#SupportDG

EDITION 18
Friday 5 June 2020

# 1–7 JUNE VOLUNTEERS' WEEK

# Community

## What's Inside

Volunteering stories

Where am I?

www.dumgal.gov.uk/supportdg
Tel 030 33 33 3000

# USE THE HASHTAGS
#VolunteersWeekScot
#SupportDG

Dumfries & Galloway COUNCIL

# Welcome to Community

Dumfries & Galloway Council

## Your Dumfries and Galloway Community Bulletin

**Welcome to Edition 18 of Community.**

Today is the fifth day on Volunteers' Week, and we continue in this edition, and across social media, to thank volunteers for their great community spirit as well as recognising their effort and dedication throughout the year. We also want to recognise four voluntary groups who have been awarded the prestigious Queen's Award for Voluntary Service, namely Dumfries and Galloway LGBT Plus, Sports Driving Unlimited, Kirkcudbright Summer Festivities, and Galloway Mountain Rescue Team. A huge congratulations to you. There is more on this on page 3.

The Restart programme for household waste recycling centres is well underway, and we thank you for your co-operation with, and compliments to, staff onsite during this time. It is very much appreciated. The new opening hours of sites are on page 6. And don't forget, our bulky and white goods uplift service has also restarted - and you can make a booking at **030 33 33 3000**. There is more information at **https://supportdg.dumgal.gov.uk/waste**.

Remember, where we can now meet up with people from two different households, meetings can only take place outdoors and people must keep 2 metres apart.

**Please continue to stay safe.**

with best wishes

Elaine and Rob

**Cllr Elaine Murray**
Council Leader

**Cllr Rob Davidson**
Depute Leader

**We are hosting a series of public online Q&A events focused on Community Support, Business Support and Children, Young People and Parents.**

**Our next business support event will be at 7pm on Tuesday 9 June**

See https://supportdg.dumgal.gov.uk/chat-with-us

**@dgcouncil**

**@DumfriesGallowayCouncil**

**Email updates dumgal.gov.uk/newsletters**

**If you would like some help understanding this or need it in another format please contact 030 33 33 3000**

# Top Award for Voluntary Service

The Queen's Award for Voluntary Service (QAVS) is the highest award given to UK volunteer groups, being equivalent to the MBE. QAVS awardees are announced annually on 2 June, when a special London Gazette supplement, detailing all winning groups according to region, is published.

The prestigious award recognises exceptional work done by volunteer groups in their communities. This year, four Dumfries and Galloway groups receive the honour.

**Dumfries and Galloway LGBT Plus**
Working towards equality for LGBT and other diverse adults, their families, and supporters.

**Sports Driving Unlimited**
Enabling disabled people of all ages to enjoy the therapeutic excitement of pony carriage driving.

**Kirkcudbright Summer Festivities**
The festivities puts on year round entertainment for all, for 48 years.

**Galloway Mountain Rescue Team**
Providing emergency search and rescue services throughout Galloway and South West Scotland.

# Redoubtable Rhins

Stoneykirk, Sandhead and Ardwell community resilience group have spent the last few years preparing for a winter emergency – little knowing that the emergency they'd tackle next would be something completely different.

But plans have swung into action, and volunteers from across the Rhins have stepped up and given their time in so many ways. Some who are isolating have stayed at home, covering calls and administration, while others have coordinated tasks, updated social media, made additional food parcels along with those kindly donated by supermarket Morrisons in Stranraer, and carried out shopping, and deliveries on behalf of local residents.

Lead co-ordinator Alex Whannel said: *"I'd like to thank all the volunteers and a special thanks to my depute Claire Dorans, who's been a great assistance organising events such as the VE celebrations, statue making competition and making and delivering food parcels, as well as carrying out her home schooling schedule!"*

If you stay in the area, and need some help you can contact the Sandhead, Stoneykirk and Ardwell Resilience Team through their **Facebook Page or call Alex on 01776 830 343.**

## Andrea's Goal

Volunteer, Andrea Haggerty leads the weekly netball club at Cargenbridge Primary, near Dumfries. She used to be a parent of pupils at the school, but since her children left, she has continued with coaching duties. Throughout the COVID-19 pandemic Andrea has been assisting with getting shopping for neighbours and some elderly people she knows as well as distributing home baking to many people too.

A huge thank you to Andrea for her time and commitment.

Andrea has written an about what volunteering means to her.

**V** Vivacious
**O** Opportunities
**L** Learning
**U** Understanding
**N** Nourishing
**T** Teaching
**E** Exciting
**E** Enthusiastic
**R** Rewarding

1–7 JUNE

# VOLUNTEERS' WEEK

## Love Your Library

Libraries across the region benefit from volunteers working alongside staff. Joanna Grace is one of the service's newest volunteers. Her mum already works in Ewart Library in Dumfries, and Joanna is now part of the small local studies and information team. *"It's fun and I've met some nice people. I like that mum is just downstairs in the library in case I need anything!"*

Joanna is currently working on an exciting project. When the Galloway News closed their office, the Ewart Library were gifted around 150,000 glass and celluloid images, including newspaper pictures and portraits from the old Maxwell studios. And so, began the Galloway News project, to get this incredible archive of local history catalogued and uploaded to the View Dumfries and Galloway website. Some images also appear in the Galloway News, where readers are asked to identify the photos.

Retiree Lorraine Ayres has been a long-serving library volunteer since 2012, and is also part of the project team. She said, *"I see volunteering as a job. I talk about it as going to work. I enjoy the company and feel a sense of achievement. And I feel strongly that images like these should be kept for history. Plus, my computer skills have vastly improved, which has really boosted my confidence".*

Ailsa Shuttleworth was matched to the project through a 12-week placement. She loved it so much she's now been volunteering for five years. *"I've always liked going to the library, so it's nice to be working here, with friends. We have a good laugh while we work!"*

Thanks to the efforts of Ailsa, Lorraine and Joanna, thousands of images have been scanned and uploaded already. You can see the results at **viewdumfriesandgalloway.co.uk**

# Caring in Cairnsmore

Young Leaders, Steven Keenan and Logan Harris devote hours of their time to the Cairnsmore Duke of Edinburgh's (DofE) group – and have done ever since they completed their own Bronze Awards three years ago.

Steven and Logan volunteer at the weekly group. They help young people to record their progress and achievements on their online DofE accounts, support them through their mandatory training, and organise the expedition kit stores. They also help with all the bronze and silver expeditions, and are excellent role models, giving lots of advice and encouragement throughout the year to help keep young people motivated during their expeditions.

The guys also help with fundraising and completing funding applications for the group to help buy new equipment, and – when they have a spare moment – both are aiming to complete their gold awards later this year!

**Some great work. Thank you.**

**To find out more about the DofE award in Dumfries and Galloway visit www.dofedumgal.org**

Leo aged 5

# Marvellous Moffat

Like groups across the region, Moffat Town Hall Redevelopment Trust have been providing extra care and support to their town, broadening, and deepening their reach to all in the community.

Since lockdown, the volunteer trustees have been leading Moffat Community Council's resilience plan, providing 132 meals-on-wheels, 84 food parcels for 244 people and 37 FareShare food packs to elderly and vulnerable residents. Although the trust's Monday club and Friday club both had to be cancelled, the team have ensured all members are being taken care of at home. The trust has also been heavily involved with the local pharmacy in the delivery of prescriptions, and has provided extra treats such as puzzle pages and quizzes and baked goodies for Easter and VE Day.

There's a whole band of volunteers who all support the community, but the trust would like to highlight Jane McCulloch, Angus Sinclair and Claire Black, in particular, for all their extra efforts. Jane has continued to provide non-stop support, being at the hall most days, even with the loss of her mum a few weeks ago – which all at the trust agree is a heroic response.

The trust recently linked with communities in Johnstonebridge, Wamphray and Beattock to provide further support, especially with distributing food parcels, and more special mentions go to Anne Watson from Johnstonebridge, Kenny Thomson from Wamphray, and Beattock Community Council for their joint efforts throughout upper Annandale.

**More information on Moffat Town Hall Redevelopment Trust at moffattownhalltrust.org.uk**

## Message From Cllr John Martin

*"This Volunteers' Week we are thanking volunteers for their great community spirit as well as recognising their effort and dedication throughout the year. So, thank you to each and everyone of you. As a result of COVID-19, thousands of individuals have come forward to help protect the most vulnerable people in our region. When things return to normal, it is our ambition that volunteering is a legacy of this pandemic. Being a volunteer isn't unique to the situation we find ourselves in now – there are volunteers that support activities in their communities all year round. We want to embrace the current zeal for volunteering and ensure there are ways for people to remain involved in delivering services in their area."*

**Cllr John Martin, Vice-Chairman of Communities committee**

# To Know A Volunteer

Committed hearts like yours,
Are not too easy to find.
It takes an exceptional person,
To be so generous and kind.

You care so much for your local community,
It is a quality that is all too rare.
Yet you give your talent and time,
For all of those in need to share.

We thank you for being a volunteer,
It is a privilege to work with you.
We want you to know just how appreciated you are,
Not just this week, but the whole year through.

**Erin, aged 14**

#SupportDG

# MEET THE TEAM

VOLUNTEERS' WEEK 1–7 JUNE

The community bulletin is very much about bringing communities together by sharing good news stories, community spirit and the huge volunteering effort by local people, as well helping to keep citizens and communities up-to-date on the COVID-19 response. Today we shine a spotlight on Karen and Rebecca.

**Name** Karen Little

**Job Title**
Head Teacher,
Shawhead Primary

**Role in Community Bulletin Team** Reporter

I volunteered to report for the community bulletin because I wanted to do something to help in the current crisis, over and above my usual job. I have had some really nice feedback about the bulletin. One of the people I interviewed said she really likes the bulletin and that one neighbour cut the useful numbers out and so she can refer to them if needed. Someone else said they like the puzzles. And the people who are featured in the articles feel proud to be acknowledged and published. I have been amazed at all the community support and positivity there is out there. I have really enjoyed finding out about the good news stories and the amazing folk all doing their bit. It makes me feel uplifted! I am proud to be a part of the team putting the bulletin together each week.

**Name** Rebecca McQuaker

**Job Title**
Youth Issues Worker,
Communities

**Role in Community Bulletin Team** Sub-Editor

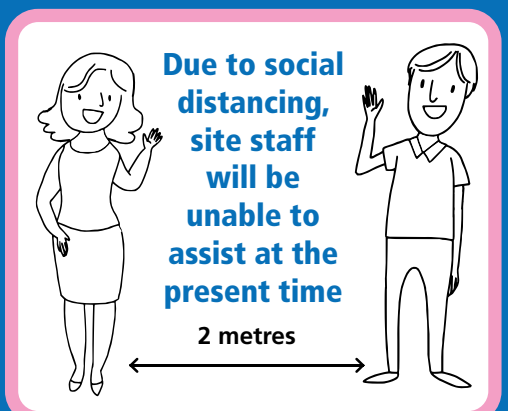
I felt that volunteering to work as part of the community bulletin would make use of my skillset as someone who already works within tightly-knit communities in my everyday role as a Youth Issues Worker in the council's youth work service.

I enjoy seeing the content coming in from reporters, detailing all the acts of kindness that are happening right across Dumfries and Galloway. I hope that people enjoy reading the bulletin online, in their shielding and school meal boxes, or by picking it up at a local supermarket. I'd also encourage people to get in touch with us if they have a story they would like to be featured, or if they have a rainbow filled picture, they would like to us to share!

# Household Waste Recycling Centres

## Opening Hours (7 days a week or unless otherwise stated)

| | | |
|---|---|---|
| Annan | 7 days | 9am to 6pm |
| Beattock | Closed Tue/Wed | 12.15pm to 6pm |
| Castle Douglas | 7 days | 9am to 6pm |
| Dalbeattie | Closed Tue/Wed | 12.15pm to 6pm |
| Lincluden (Dumfries) | Closed Tue/Wed | 12.15pm to 6pm |
| Locharmoss (Dumfries) | 7 days | 9am to 6pm |
| Lockerbie | Closed Tue/Wed | 12.15pm to 6pm |
| Newton Stewart | Closed Tue/Wed | 12.15pm to 6pm |
| Sanquhar | Closed Tue/Wed | 12.15pm to 6pm |
| Stranraer | 7 days | 9am to 6pm |
| Thornhill | | **Remains closed** |
| Whithorn | | **Remains closed** |

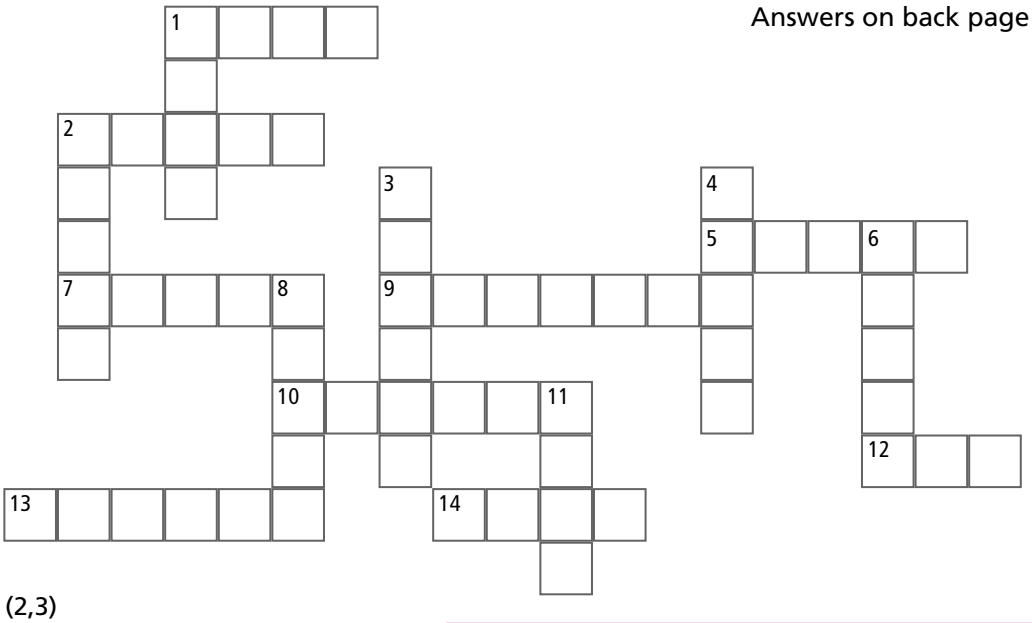


*"The future belongs to those who believe in the beauty of their dreams."* Eleanor Roosevelt

# Activities Page

## Crossword

Answers on back page



**Across**

1. Proceed (2,2)
2. Japanese verse form (5)
5. Supermarket section (5)
7. Arms & legs (5)
9. Diamond shape (7)
10. Academy Awards (6)
12. Fastener (3
13. Baby swan (6)
14. Stiff paper (4)

**Down**

1. Broad smile (4)
2. Yuletide greenery (5)
3. _ Obama, 44th US President (6)
4. Penne e.g. (5)
6. Highest capital in South America (2,3)
8. Raise one's voice (5)
11. Apple's virtual assistant (4)

## Where Am I?

### Dundrennan Abbey

The Cistercian Dundrennan Abbey was founded in 1142 by King David I in alliance with Lord Fergus of Galloway and probably erected by monks from Rievaulx Abbey in Yorkshire. Around 50 years of construction saw changes in style from Romanesque to Gothic, still visible today.

The best remains are of the presbytery, chapter house and transepts – the north transept is well preserved with vaulted roofs visible in part and many archways intact. A footprint of substantial foundations, walls and pillars makes it easy to see this was an impressive structure, with aisles on both sides of the nave and a tower above the crossing, unusual for this period. The abbey prospered for over 100 years, becoming a mother house to two more abbeys in Galloway, Glenluce and Sweetheart.

At the end of the 13th century, despite swearing allegiance to Edward I of England, Dundrennan Abbey was damaged by his passing troops, for which it sought compensation. It continued to operate but by the Reformation was in decline and the appointed commendator Edward Maxwell, was ordered to demolish it. He declined, but monastic life there had essentially ended.

In May 1568, a fleeing Mary, Queen of Scots spent her last night on Scottish soil within the abbey walls before boarding a boat to England, imprisonment, and eventual execution.

## Dumfries and Galloway - Place Names

**True or False?**

Howe hill of Hagagmalag

Dalpondrous

Knockynocking

Kiln of the Fuffock

Croakrebeck

Daft Anne's Steps

Altiebeastie

Cairn of Cocklejim

Big Stronbeaver

Whittle Joanwater

**Can you find them on a map?**

Find your own place names at a website devoted to place names in the Galloway Glens: https://kcb-placenames.glasgow.ac.uk/, or at a Twitter page: @dgplacenames

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 4 | 5 | |
| | | | 7 | 8 | | 3 | | 9 |
| 3 | | 8 | | | | | | |
| | 5 | 4 | 9 | | | | 1 | |
| | | | | 2 | | | | 4 |
| | 9 | | | | | | | |
| | | 5 | | | | | | |
| | | 6 | | | | | | 3 |
| 8 | | 1 | 4 | | 9 | 7 | | |

# Key Contacts

### National COVID-19 Helpline
0800 111 4000

For people who don't have family or existing community support and can't get online and who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons, will be directed to our dedicated local team who can offer essential assistance.

### NHS24
111
www.nhsinform.scot

### Emergency
999

### Doctor Out of Hours
111

### Dumfries and Galloway Council
030 33 33 3000
www.dumgal.gov.uk/SupportDG

### Business Support Helpline
01387 260280
Mon-Fri 9am-5pm

### Multi Agency Safeguarding Hub
030 33 33 3001

### Social Work Out of Hours
01387 273660

### Third Sector Dumfries and Galloway
0300 303 8558

### Dumfries and Galloway Citizens Advice Service
0300 303 4321
www.dagcas.org

### Samaritans
116 123

### SHOUT
Text SHOUT to 85258 for free

### Scotland's Domestic Abuse Helpline
0800 027 1234

### Age Scotland
0800 12 44 222
Mon-Fri 9am-5pm

### Shelter Scotland
0808 800 444
Mon-Fri 9am-5pm

### LGBT Helpline Scotland
0300 123 2523

### Childline
0800 1111

**If you have any positive stories about things that are happening in your community and would like to see them featured in Community – please email us at**

**communitybulletin@dumgal.gov.uk**

**and one of our reporters will get back to you.**

Place Names Answers
True – Isle of Whithorn
False
True – Rhinns of Kells
True - headland on the Rhinns of Galloway
False
True – off Kippford
True – Carsphairn
False
True – near Cairnsmore of Carsphairn
False

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 9 | 2 | 3 | 1 | 4 | 5 | 8 |
| 5 | 1 | 2 | 7 | 8 | 4 | 3 | 6 | 9 |
| 3 | 4 | 8 | 6 | 9 | 5 | 1 | 7 | 2 |
| 2 | 5 | 4 | 9 | 6 | 3 | 8 | 1 | 7 |
| 1 | 8 | 3 | 5 | 2 | 7 | 6 | 9 | 4 |
| 6 | 9 | 7 | 1 | 4 | 8 | 2 | 3 | 5 |
| 4 | 2 | 5 | 3 | 7 | 6 | 9 | 8 | 1 |
| 9 | 7 | 6 | 8 | 1 | 2 | 5 | 4 | 3 |
| 8 | 3 | 1 | 4 | 5 | 9 | 7 | 2 | 6 |

Crossword answers
**Across** 1. go on, 2. haiku, 5. aisle, 7. limbs, 9. rhombus, 10. oscars, 12. zip, 13. cygnet, 14. card

**Down** 1. grin, 2. holly, 3. Barack, 4. pasta, 6. La Paz, 8. shout, 11. Siri