

# Community

#SupportDG 

EDITION 39  
Friday 2 October 2020



Autumn colours looking across Moffat Water and the Moffat Hills



Be Kind



Connect



Take  
Notice



Support



Give

## Inside

Cleaner, Greener  
Council

Challenge Poverty Week

Local Hero

[www.dumgal.gov.uk/supportdg](http://www.dumgal.gov.uk/supportdg)  
Tel 030 33 33 3000

Dumfries  
& Galloway



# Welcome to Community

Your Dumfries and Galloway Community Bulletin

If you would like help understanding this or need it in another format  
telephone 030 33 33 3000

## Welcome to edition 39 of Community



Cllr Elaine Murray  
Council Leader



Cllr Rob Davidson  
Depute Leader

Welcome to this week's edition of your community bulletin.

As we head into winter, we're currently at an absolutely crucial point in our fight against COVID-19.

Worryingly, the numbers of confirmed cases, hospital admissions and deaths are rising again across Scotland, including here in Dumfries and Galloway.

If we're to avoid even greater lockdown restrictions, it's absolutely vital that we stick to the latest advice and guidance to protect ourselves and others.

Please wear a face covering when required, avoid crowded places, clean hands and surfaces regularly, stay 2 metres away from other people, and self-isolate and book a test if you have COVID-19 symptoms (a new continuous cough, fever, loss/change of smell/taste).

Only by all working together will we be able to defeat COVID-19: stay safe, protect others, save lives.

with best wishes

**Elaine and Rob**

 [@dgcouncil](https://twitter.com/dgcouncil)

 [@DumfriesGallowayCouncil](https://www.facebook.com/DumfriesGallowayCouncil)

 Email updates [dumgal.gov.uk/newsletters](https://dumgal.gov.uk/newsletters)



## Supporting your child's learning and wellbeing

Looking for advice on supporting your child's learning and wellbeing?

Dumfries and Galloway's educational psychologists and educational visitors offer a telephone call back service to all Dumfries and Galloway parents and carers, whether your child is school age or younger.

### Educational Psychology and Educational Visitor Telephone Consultation Service

12.30pm - 3.30pm every Tuesday and Thursday

Sign up for a call-back by phoning or emailing

 01387 273784 or

 [supportinglearners@dumgal.gov.uk](mailto:supportinglearners@dumgal.gov.uk)

## Dates for your diary



### 9 to 15 October: Baby Loss Awareness Week

Raises awareness of loss in pregnancy and of babies, supporting bereaved parents and families, and driving tangible improvements in policy, bereavement care and support for anyone affected by the death of a baby. Council HQ will be lit pink and blue.

### Friday 16 October: Show Racism the Red Card day

Wear red and donate £1 for football's 6th national day of action, encouraging schools, businesses and individuals to support anti-racism education. Council HQ will be lit red.

# Cleaner and Greener



## **While the Council has been responding to the COVID-19 pandemic, work has also been going on dealing with the Climate Emergency.**

This new Council priority means that our directorates and services must take action to address climate change, with the overall target for Dumfries and Galloway to be a carbon neutral region by 2025.

We also want other public services, business and communities to prioritise action on climate change and, in November 2020, we'll have a new strategic action plan setting out what we need to do to achieve this target.

**Councillor Dougie Campbell, the Council's Environment Champion and Chair of the Councillors' Cross-Party Working Group on Climate Change, said:**



"I've been really impressed by the commitment of our Council's services that are going to play their part in responding to the Climate Emergency because we're already seeing evidence in the region of climate change with more erratic weather conditions throughout the year.

"Unless everyone takes practical measures to reduce our carbon footprint, we'll see more frequent damaging storms, periods of drought, and increased rainfall and flooding that will disrupt how we live and work. Not to mention the impact that rising temperatures will have on our natural environment and biodiversity.

"So, our Council will limit the impact of climate change by reducing harmful CO<sub>2</sub> and greenhouse gas emissions. But you can also contribute in reducing your carbon footprint by doing some practical things, such as recycling household waste, insulating your home,

reducing unnecessary car journeys, buying local produce and repairing household goods rather than replacing them. Everything you can do, no matter how small, contributes towards tackling climate change.

"If you're interested in getting more involved, you can join one of the local climate action groups that are springing up in towns and villages across our region."

“Act local, think global and this message has never been more important than now.”

Patrick Geddes, 19th century climate change pioneer

**There has just been a fifth Council priority approved by elected members to tie into our Climate Emergency Declaration. We have committed to:**

- Encouraging understanding of how the way we live and work in the region impacts on climate change
- Empowering our communities and stakeholders to make significant changes to reduce emissions and adapt to a low carbon approach
- Leading on the transition to cleaner and greener technologies
- Promoting and protect our region's natural environment
- Contributing to a greener economy, maximising the region's green energy potential

## Local Hero

# Allan McNish

Dumfries-born Allan McNish is regarded as one of the world's top sports car drivers, having won the world's oldest sports car race, the Le Mans 24 hours 3 times.

Winning in 1998, 2008 and 2013, only 8 people have won the prestigious French race more often.

McNish has also won the American Le Mans Series 3 times (2000, 2008, 2013), the 12 hours of Sebring 4 times (2004, 2006, 2009, 2012) and was FIA World Endurance Champion in 2013.

The son of car dealer Bert McNish, Allan was educated at St Joseph's College in Dumfries.

Starting out in cart racing, he had hopes of a career in F1 with Toyota but found his niche in sports car racing, first with Porsche then Audi.

Allan retired from full-time driving in 2013. He lives in Monaco and works in broadcasting and team and driver management.



## Stalking

A serious downside to the COVID-19 pandemic and its associated lockdowns has been the increased risk to victims of domestic violence and stalking.

Telephone calls to the National Stalking Helpline during Covid-19 indicate that stalking victims are at a higher than usual risk, as perpetrators know where they will be most of the time.

Victims of stalking say they feel like "sitting ducks" trapped in the same locations during COVID-19 lockdowns.

Suky Bhaker, CEO of stalking charity the Suzy Lamplugh Trust said: "Stalking is a crime of psychological terror that impacts on all aspects of a victim's life, often in ways that are long-lasting and irreparable."

The National Stalking Helpline, operated by the Trust, gives practical information, support, and advice on risk, safety planning and legislation to victims of stalking, their friends, family, and professionals working with victims.

**Opening Hours:** 9.30am to 4pm  
Monday, Tuesday, Thursday and Friday  
1pm to 4pm Wednesday

**Freephone** 0808 802 0300

[www.suzylamplugh.org](http://www.suzylamplugh.org)

## RU OK? RU OK? RU OK?

**The Scottish Health Survey 2019 (published 29.09.2020) showed that self-reported rates of depression and anxiety continue to increase, with 14% of adults reporting 2 or more signs of anxiety (compared to 9% in 2008/2009).** 12% reported 2 or more signs of depression (compared to 8% in 2008/2009). 7% of adults reported ever having attempted suicide, the highest level recorded (4% in 2008/2009).

In 2019, 10% of adults reported feeling lonely often or all of the time in the last two weeks. Rates were much higher for younger adults (16% for those aged 16 to 24) than for older adults (5% for those aged 65 to 74). Those in the most deprived areas were much more likely to report feeling lonely often or all of the time (17% compared to 6% in the least deprived areas).

Many people are currently struggling with their mental health. You may be worried about Covid-19 and how it could affect your life and your family and friends. You might be concerned about having to spend a lot of time at home; or you may have concerns about being around other people; you might be having to self-isolate; or you could be worried about others, such as student children living away from home, or elderly relatives.

There is help available if you need it:

[Clear Your Head](#)

[Breathing Space](#) T: 0800 83 85 87

[NHS Inform](#)

[Mind](#)

[Samaritans](#) T: 116 123 E: [jo@samaritans.org](mailto:jo@samaritans.org)

# CHALLENGE POVERTY WEEK

MONDAY 5 - SUNDAY 11 OCTOBER 2020

**Challenge Poverty Week is a national campaign led by the Poverty Alliance aimed at raising awareness of poverty in our daily lives.**

It's an opportunity for you to raise your voice against poverty and unite with others in calling for a more just and equal Scotland.

#### **Challenge Poverty Week aims:**

- Raise a unified voice against poverty and show that we all want to live in a more just and equal Scotland
- Build awareness and support for solutions to poverty
- Change the conversation around poverty and help end the stigma of living on a low income

#### **Key messages:**

- Too many people in Scotland are living with the constant pressure of living in poverty
- As we plan our economic recovery, we must redesign our economy to reflect the values of justice and compassion we all share
- By boosting people's incomes and reducing the cost of living we can make sure we all have what we need

Following on from our regionwide support to this national campaign in previous years, our Council will be delivering a programme of activities to showcase all the work that is being done day-in and day-out to tackle poverty in our region and the support available to everyone who needs it.

Due to the COVID-19 pandemic, the programme will be delivered differently this year, using predominantly digital communication, taking account of current guidance from the Scottish Government on physical distancing.

As the COVID-19 pandemic continues, it's turned the lives of many upside down. People have been furloughed or lost their jobs. Some are unable to work from home as they can't pay for the required connections or additional household costs. Some are having to balance childcare with work. Many are facing an impossible task to balancing their finances. The challenges are particularly acute for low-income families.

During the week, there will be **Question and Answer sessions** on a range of different topics, with a theme of increasing incomes and reducing costs:

- Causes and Effects of Poverty
- Money, Benefits, Welfare, Finances and Debt
- Education and Training
- Employment and Retirement
- Housing and Utilities
- Food Banks
- The Changing Face of Poverty and Community Stories

For more info and the programme of events in Dumfries and Galloway, see:

[www.dumgal.gov.uk/challengepovertyweek](http://www.dumgal.gov.uk/challengepovertyweek)

Follow [@PovertyAlliance](https://twitter.com/PovertyAlliance) and [@CPW Scotland](https://twitter.com/CPW_Scotland) on Twitter to keep updated, or subscribe to the Poverty Alliance newsletter

[www.challengepoverty.net/](http://www.challengepoverty.net/)

#ChallengePoverty

#TogetherWeCan

# Help protect yourself, others and the NHS

This week we see the start of the national flu vaccination programme, and there are around 100,000 people in Dumfries and Galloway eligible for a flu vaccination this year. For those eligible for a vaccination from the NHS may now have already received your letter of appointment. If you have, please do make every effort to attend this appointment.

The following groups are eligible for the free flu vaccine this year:

- All primary school children
- Children aged 2 to 5 (children must be aged 2 years or above on 1 September 2020 and not yet in school)
- Anyone aged 65 and over (by 31 March 2021)
- Anyone with an eligible health condition
- Pregnant women
- Healthcare workers
- Social care workers who provide direct personal care
- Unpaid and young carers
- Those living in the same home as people previously shielding from coronavirus

A second phase is planned to begin in December and will include those aged 55 to 64 (by 31 March 2021) who would not usually be eligible.



## The Flu Vaccine

### Why the Flu Vaccine?

- The vaccine's the best defence against flu
- The vaccine is safe, effective and is the best protection against flu.
- It reduces your risk of getting flu and spreading it to others, especially those who are most at risk.
- You have to be immunised every year because the virus changes each year and your immunity reduces over time. The vaccine takes around ten days to work so the sooner you get it the better. Help our NHS avoid the pressure that a spike in seasonal flu would put on top of coronavirus.

More information at [nhsinform.scot](https://nhsinform.scot)

Bill Cunningham's Film of the Week

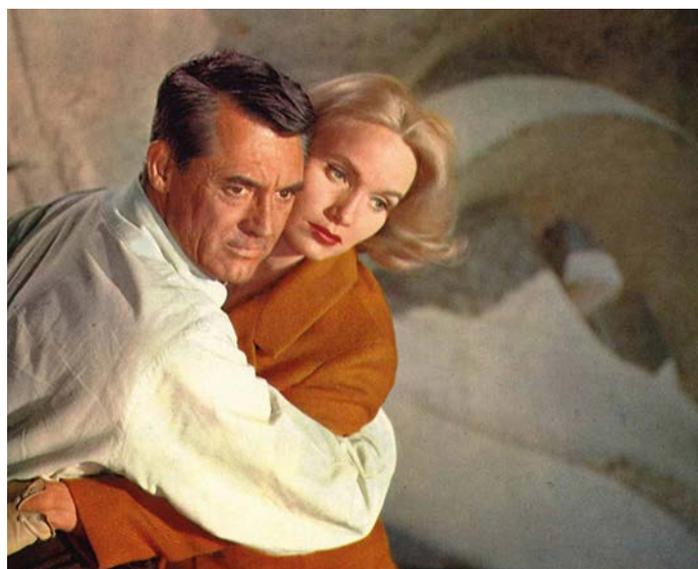
## North by Northwest

Vintage classics keep rolling out just now and I have been re-watching the 1959 Hitchcock classic, North by Northwest. Sandwiched between Vertigo and Psycho, this is the master of suspense in a lighter mood with a romance framed by a spy thriller.

As in the 39 Steps and Sabotage, the hero Roger Thornhill is an innocent man on the run after being kidnapped by a spy network in a case of mistaken identity. As played by Cary Grant, he is a successful businessman who lives a dull life according to his previous wives. But now he is in a nightmare scenario with an attempt to kill him and a murder charge involving a nationwide man hunt. Through it all he has an urbane charm and thanks to a great script he sails through it all with ease.

Matching him as the villain is the superb James Mason, equally charming but deadly. Eva Marie Saint is at her best as the cool blond temptress beloved of Hitchcock.

The film endures with classic sequences - the drunk car drive, the United Nations Building murder, the crop-dusting sequence, and the climax on Mount Rushmore with Grant hanging from Lincoln's nose!



This is Hitchcock at his best yet at the Oscars it missed out to Ben-Hur and Pillow Talk! Despite his multitude of awards, Hitch never won an Oscar as Best Director.

A film to see again and again - it is currently showing on BBC i-Player.

Bill Cunningham worked as a member of staff at the Robert Burns Centre Film Theatre and, previously, wrote the film page for the Dumfries & Galloway Standard.



**"Progress is impossible without change, and those who cannot change their minds cannot change anything,"**

George Bernard Shaw, Irish playwright, critic, polemicist and political activist.

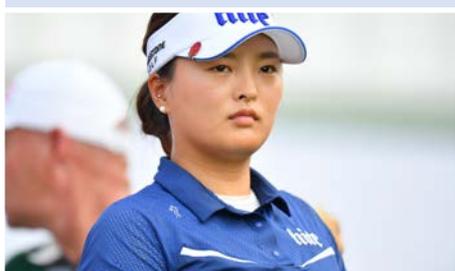
# Activities Page

## Sports Quiz Part 2

Questions from Hertfordshire Mercury



1. Who did Cristiano Ronaldo make his Premier League debut against in 2003?
2. Who has won more Grand Slams, Roger Federer or Serena Williams?
3. The Pittsburgh Penguins play which sport?
4. Which WWE superstar did Tyson Fury wrestle in 2019?
5. Who did England beat in the 2019 cricket World Cup final?



6. Who is the top-ranked female golfer in the world?

7. Which rugby team play their home games at The Stoop?
8. Who was the first woman to train the winner of the Grand National?
9. Who did Manchester City beat to win the Premier League on the final day of the 2011/12 season?
10. The term 'albatross' in golf means what?
11. Which snooker player is nicknamed The Rocket?
12. Who are the owners of Liverpool FC?



13. Wayne Rooney scored his Premier League first goal against which team?
14. What was Wladimir Klitschko's boxing nickname?
15. Name the four Grand Slam events in tennis
16. At which Olympics did Dame Kelly Holmes win two gold medals?

17. Who is the current manager of Crystal Palace?
18. Name the only two positions who can score in netball.
19. Where were the Olympics held in 1980?



20. How many Super Bowls has American Football star Tom Brady won?
21. Which horse is the only three-time winner of the Grand National?
22. How many clubs did David Beckham play for during his career?
23. In which sport do competitors refer to 'catching a crab'?
24. Which Scottish footballer was the first to command a six-figure transfer fee when he moved from Torino to Manchester United?
25. What colour medal did diver Tom Daley win at London 2012?

**Brick** 2021  
**by Brick**

## An Exhibition of International LEGO® Brick Art

ADMISSION FREE

**Gracefield Arts Centre**

Gallery 2

**1 October to 16 January**

28 Edinburgh Road, Dumfries DG1 1JQ  
Tel 01387 262084 | [arts@dumgal.gov.uk](mailto:arts@dumgal.gov.uk) | [www.dgculture.co.uk](http://www.dgculture.co.uk)

Open Tuesday - Saturday  
10am - 5pm



**North Lincolnshire Council**  
[www.northlincs.gov.uk](http://www.northlincs.gov.uk)

A 20-21 Visual Arts Centre Touring Exhibition



# 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](http://www.nhsinform.scot)

**Emergency** 999

**Doctor Out of Hours** 111

**Dumfries and Galloway Council** 030 33 33 3000  
[www.dumgal.gov.uk/SupportDG](http://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](http://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

## Sports Quiz Answers

- |                     |                         |  |   |
|---------------------|-------------------------|--|---|
| 1. Bolton Wanderers | 8. Jenny Pitman         | 15. Australian Open, French Open, Wimbledon, US Open | 23. Six (Manchester United, Preston North End, Real Madrid, LA Galaxy, AC Milan, Paris Saint-Germain) |
| 2. Serena Williams  | 9. QPR                  | 17. 2004   | 24. Rowing  |
| 3. Ice hockey       | 10. Three under par     | 18. Roy Hodgson                                      | 25. Denis Law   |
| 4. Braun Strowman   | 11. Ronnie O'Sullivan   | 19. Goal shooter and goal attack                     | 26. Bronze  |
| 5. New Zealand      | 12. Fenway Sports Group | 20. Russia   |   |
| 6. Jin Young Ko     | 13. Arsenal             | 21. Six  |   |
| 7. Harlequins       | 14. Dr. Steelhammer     | 22. Red Rum  |   |

With COVID-19 around, it's more important than ever to get your flu vaccine.

**Flu**  
IS SERIOUS

Help protect yourself, others and the NHS.

[www.nhsinform.scot/flu](http://www.nhsinform.scot/flu)

PROTECT YOURSELF



- Every year in Scotland thousands of people are hospitalised with flu. It can be serious and life threatening.
- Getting vaccinated is the safest and most effective way to protect yourself. During vaccination, strict infection prevention and control measures will be in place.
- The vaccine contains no live viruses, so it can't give you or people around you flu.

PROTECT OTHERS



- Reduce your risk of getting flu and spreading it to others, especially those who are most at risk, including people with health conditions, pregnant women and anyone over 65.

PROTECT OUR NHS



- Help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.



With just a week to go until Clean Air Day (CAD) on Thursday, 8 October, people across Scotland are encouraged to download some fantastic pollution busting online resources at [www.ep-scotland.org.uk](http://www.ep-scotland.org.uk)



There's no time to waste! See what you can do to help make 2020 the cleanest Clean Air Day yet and contribute to the Scottish Government's efforts to make Scotland's air quality the best in Europe.

The CAD resources have everything you need to make a success of your physically distanced event or social media promotion – from pledge cards to air quality and active travel memes to banners, flags, teaching packs; or a Gaelic logo for a range of ages.

Listen out for their new radio campaign which launched on 28 September on Bauer Media Group's stations and online from the Highlands to the Borders and Dumfries and Galloway.

Don't forget to tag #CleanAirDay to identify your Scottish Clean Air Day event/promotion on Twitter/Facebook or other social media channels.

You can watch a video to accompany the Clean Air Scotland ad campaign by clicking this [YouTube link](#)