Community

#SupportDG

EDITION 97
Friday 26 November 2021

Kelton the wicker beltie recently visited the Crichton Estate in Dumfries

Be Kind | Connect | Take Notice | Support | Give

Inside

Titanium
Carbon
Smoke

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Dumfries & Galloway Council

Welcome to Community

@dgcouncil

@DumfriesGallowayCouncil

Email updates dumgal.gov.uk/newsletters

Cllr Elaine Murray
Council Leader

Cllr Rob Davidson
Depute Leader

Dumfries and Galloway's 16 Days of Action on violence against women and girls started yesterday and runs until 10 December.

It raises awareness of and encourages action to tackle all forms of violence against women and girls.

Violence against women and girls is widespread and the demand for specialist support services has risen during the Covid pandemic.

Last year, 1,394 domestic abuse incidents were recorded by Police Scotland in Dumfries and Galloway. Across Scotland, 40,803 incidences of a woman being abused by a man were recorded by Police Scotland. Around 750,000 children in UK witnessed domestic abuse.

Around the world women and girls are subjected to rape, sexual assault, domestic abuse, child sexual abuse, child sexual exploitation, sexual harassment, stalking, female genital mutilation, forced marriage, child marriage, sex trafficking, pornography, prostitution, and other forms of commercial sexual exploitation.

We must do all that we can to oppose violence against women and girls and put a stop to it.

#WhatWillYouDo

best wishes

Elaine and Rob

Carbon Neutral Council

In June 2019, the Council declared a climate emergency and set out a 12-point plan, with the aim of achieving net zero carbon status by 2025.

The Council has now launched its Carbon Neutral Strategic Plan, which provides direction and identifies key priorities and points of action. It highlights the importance of climate change in our region, but also recognises the global implications, particularly in light of the recent COP26, held in Scotland.

The Council has already made significant progress. There are projects underway to reduce emissions, such as adapting the Council's vehicle fleet to electric, reducing business travel through digital solutions, and reducing its property estate.

Partnership working is at the heart of the strategic plan, with local businesses and communities having a major part to play. The Council is committed to providing support, encouragement and expert advice whenever possible.

The strategic plan demonstrates the council's desire to lead locally on tackling the causes of Climate Change, supporting communities to adapt and change, and become more sustainable and robust to the challenges ahead.

View the Carbon Neutral Plan

Tackling Violence Against Women and Girls in Dumfries and Galloway

25 November - 10 December 2021

Find out more at: **www.dgppp.org.uk/16days**

16 Days of Action

Let's Work Together to End Domestic Abuse and Violence Against Women

16 Days of Action Against Gender Based Violence is an international campaign that runs from 25 November to 10 December.

It encourages action and awareness against all forms of **violence against women and girls**, including rape and sexual assault, domestic abuse, child sexual abuse, child sexual exploitation, sexual harassment, stalking, female genital mutilation, forced marriage, child marriage, sex trafficking, pornography, prostitution, and other forms of commercial sexual exploitation.

- Around the world, millions of women and girls suffer physical or sexual violence.
- 95% of people trafficked for sexual exploitation in Europe are female.
- In 2019-20 there were 40,803 domestic abuse incidents recorded by Police Scotland where a woman was abused by a man.
- In the same period there were 1,394 domestic abuse incidents recorded by Police Scotland in Dumfries and Galloway.
- Around 750,000 children in the UK witness domestic abuse every year.

For more info on the 16 Days of Action see **HERE**

Adult Support and Protection report

A joint inspection of adult support and protection measures in Dumfries and Galloway has found clear strengths in ensuring adults at risk of harm are safe, protected and supported: Joint Inspections of Adult Support and Protection in Dumfries and Galloway. However, inspectors also identified areas which could further improve.

Inspectors from the Care Inspectorate, Healthcare Improvement Scotland and HM Inspectorate of Constabulary in Scotland carried out an inspection in the area between September and November 2021.

These inspections review local partnership areas' operation of adult support and protection processes, and leadership for adult support and protection services.

Inspectors looked at health, police, and social work records of adults at risk of harm.

They found the partnership had made a sound decision to focus on adult support and protection early screening/triage and duty to inquire arrangements. The well-resourced multi-agency safeguarding hub (MASH) provided a robust platform from which to take forward adult support and protection work.

Adult support and protection investigations and risk assessments were collaborative and undertaken to a high standard. The rolling risk assessment and use of a risk matrix contributed to high quality work.

The partnership's Chief Officer Group and Public Protection Committee worked well together to provide a clear vision and ensure adult support and protection remained a strategic priority prior to and during Covid-19. And there was a clear collaborative ethos across the partnership including front line staff, and across the leadership team including the statutory, third and independent sector organisations.

However, inspectors noted that key process timescales were inconsistently met. This resulted in poor outcomes for a small, but significant number of adults at risk of harm.

They recommended that medical examinations should be completed in line with the needs of the adult at risk of harm. And they report that the partnership should ensure front line staff are more directly involved in self-evaluation and improvement activity.

Toy Story

Dumfries and Galloway Standard is running its annual Toy Appeal so that young people referred by local agencies can experience the magic of Christmas.

The appeal is seeking gifts for young people (babies to teenagers):

- Toys must be new, unused and sealed, boxed or tagged (second-hand toys can't be accepted)
- Parcels must not be wrapped

Toys can be dropped off until Friday 10 December at:

- Marks and Spencer, Dumfries
- Morrisons, Dumfries
- Tesco Extra, Cuckoo Bridge, Dumfries
- Tesco Peel Centre, Dumfries
- Nationwide Building Society, Dumfries

If you'd prefer to make a cash donation rather than have to shop for a toy, this can be done through the High Street branch of the Bank of Scotland in Dumfries (in branch or online) using BACS, account number 10856666, sort code 80-22-60.

Young Carer Grant

The Young Carer Grant has now been available to young people in Scotland for 2 years.

The payment is available for 16-, 17- and 18-year-olds who spend an average of 16 hours caring for a person or people who receive a disability benefit.

Young carers can apply if they're at school, in further education, employed, or unemployed.

People can apply once a year as long as they remain eligible.

The payment is a £308.15 cash benefit and people can spend it as they choose.

Wan Scotch Polis, there's only…

Your Police is a survey that Police Scotland runs every year, enabling it to gauge public confidence in its policing.

The survey is available all year on Police Scotland's Engagement Hub. It now includes a new GIS mapping tool, which will aid the understanding of areas of concern for local residents.

Updates are shared with local police commanders at community safety scrutiny meetings at local authority level.

Your Police 2021-22 is now live, and Police Scotland is inviting anyone living in Scotland to take part.

The survey asks about your experiences of feeling safe in your community and what you think about the police.

The survey also aims to help the police understand more about your experiences of interacting with them.

So, this is your opportunity to shape how policing happens in your local area.

Take part in the survey: **http://ow.ly/CSFv50Gke93**

www.youtube.com/watch?v=M59GIKsXgEc&t=1s

The Stove's Open Hoose offers a unique opportunity for anyone with a community-focused idea in Dumfries to use the cafe venue space alongside the resources of the Stove team to launch self-initiated projects and events with the support of the Stove's experience, space, and production skills.

The Open Hoose project is funded by the Scottish Government: Investing in Communities Fund and will give good ideas a chance to grow.

A spokesman said: "Open Hoose is about growing and nourishing new enterprises, projects, or events in the heart of the High Street. So, whether it's a regular jam night, a bread club, banner-making group, or book club, The Stove offers our space, our team and our support to help launch community-based and/or cultural activity in the town. Activity can be a one-off evening or a regular slot, it's up to you. Think of it as testing an idea. If you're not quite sure of the details yet, or even how it will all work out, that's okay. Come and talk to us, it might just be what we're looking for. We're particularly interested in hearing from groups and individuals we haven't yet had the chance to work with."

Who?

Anyone with a community-focused idea.

What?

Projects that:

- Have potential to grow and develop
- Bring people together
- Encourage people to try new things
- Help to grow the vibrancy of the town centre

Sometimes the best projects can come from even a passing thought.

You may have a project already on the go but need an extra bit of support.

When?

Activity to take place January to March 2022.

OPEN HOOSE ENQUIRY FORM

t: 01387 252 435

e: **info@thestove.org**

Dumfries and Galloway College

Nil by Mouth

Students and staff at Dumfries and Galloway College marked Interfaith Week with a series of online events held in partnership with anti-sectarianism charity Nil by Mouth.

Presented by anti-sectarianism campaigner and Campaign Director of Nil by Mouth, Dave Scott, the events allowed students and staff to discuss the importance of stamping out religious discrimination and promoting respect between those of all faiths and none.

In particular, the events focused on the online space, which has its own unique problems with sectarianism, and allowed attendees to discuss and think about how this can be challenged.

Nil by Mouth was founded in 1995 and has been at the forefront of anti-sectarian education, training, and campaigning in Scotland.

Dumfries and Galloway College is committed to making sure its campuses and college community are free of sectarianism and are places that people from all walks of life are able to work, learn, and train together.

Principal Joanna Campbell said: "Sectarianism is never acceptable in college, work, or anywhere else, and we're proud to stand alongside the Nil by Mouth campaign to say this as clearly and emphatically as possible."

Green Gown Gongs

The College is celebrating a double victory at the Green Gown Awards 2021.

In the Campus of the Future category, the College took home the prize for creating a learning environment that allows learners to access green skills and technology in an accessible and forward-thinking way.

The prize for Benefitting Society recognised the College's Making the Most of the Coast initiative, which saw students create works of photography and animation themed around the issue of marine plastics and the devastating impact they have.

The Green Gown Awards UK and Ireland recognise and reward inspirational and empowering work done by colleges and universities in promoting a better and greener future.

Smokin!

Every home in Scotland must have interlinked fire alarms by February 2022, either mains-wired or tamper-proof battery alarms.

You may not always hear the alarm closest to the fire, especially if you're somewhere else in the house. Being interlinked means if one alarm goes off, they all go off. An interlinked system will alert you immediately.

Make sure your home is fire safe - mygov.scot

Older and disabled homeowners on low incomes can get help with costs, contact your local **Care and Repair service**

If you're a private tenant, your landlord is responsible.

If you're a housing association tenant, landlords are aware of the new standard and have been working to ensure that the new alarms are in place, where needed.

Under the Equality Act, tenants (social and private renting) can ask their landlord to make certain changes to the property that are needed to avoid the disabled person being at a disadvantage, and appropriate fire and smoke alarms for deaf or deafblind people fit into that category.

For more info:

BSL version: **https://youtu.be/_l0fgET7-2k**

The Scottish Fire and Rescue Service (SFRS) can install alarms in the homes of people assessed to be at high risk from fire as part of a home fire safety visit, see **Scottish Fire and Rescue service website** or t: 0800 0731 999

Soldiers

at **Sanquhar Tolbooth Museum**

Thursday 30 December 2021 from 10am to 4pm

A chance to 'meet' some soldiers from the Napoleonic Wars outside the museum.

During the day, you will be able to:

- handle objects (muskets, bayonets, swords, uniforms)
- talk with experts
- take part in drills and marching
- visit the museum
- see real historic objects from the Napoleonic War in the museum

FREE to attend and visit the museum. No need to book to meet the soldiers but booking recommended for a museum visit.

No live ammunition will be used or on site and the group running this event have all the necessary police consents, all weapons are blunt edged.

Be allergy aware ASAP

Food allergies are unforgiving and there's no room for mistakes, they can and will kill. Unfortunately, very few children know or understand the dangers that an allergic reaction can have and fewer know what the symptoms are and how to help.

Although the number of deaths in the UK from food allergens is still small, the amount of people with allergies has risen dramatically in recent years.

A be **AWARE** of what you see

S know the **SYMPTOMS** of an allergy

A **ASK** for help, for instance from a teacher or grown up

P **PHONE 999** or call a doctor

Do this A.S.A.P - As Soon As Possible.

A.S.A.P is a fun, but fact finding play from the Kids Active Theatre Company. It aims to teach young children a very simple but important lesson for life: Be Allergy Aware, it can save lives.

The play is adapted from the book Me & My Injector-Pen by Suki Bhachu. Like many parents that have young children with food allergies, Suki fears for the health and life of her young son every day.

Having a food allergy, isn't something to be shy about, and yet so many children don't speak up about their allergens, either from being too young to acknowledge them, or they'd rather not tell.

Recently Natasha's Law has received a lot of publicity and food labelling is now law. Yet, children don't legally have to be taught anything about food allergies.

A.S.A.P aims to clear up any confusion surrounding the topic of allergies for children aged 4 to 8 years, and provide life-saving knowledge.

The play is full of fun facts, interesting characters and catchy songs and will help chidren understand the potentially deadly effects of not complying with allergy-safe rules. These lessons aren't meant to scare, just educate:

- Don't share food unless you know it's safe to do so
- Always read the label
- Know the symptoms
- Dial 999 or call a doctor

www.katheatrecompany.co.uk

citizens advice bureau

DUMFRIES & GALLOWAY CITIZENS ADVICE SERVICE

FUEL TOP UP SCHEME

Apply for £40 worth of fuel vouchers when in need.

Details

Those who are eligible are tenants in private rented accommodation.
You need to be referred either direct at one of our offices or through one of our referral partnership agencies, which include:

- Dumfries & Stewartry Women's Aid
- Independent Living Support (ILS)
- Kate's Kitchen
- First Base Agency
- Wigtownshire Women's Aid

Eligibility criteria applies.

Our other services include:

Energy Advice
Budgeting Advice
Debt and Money Advice
Benefit Advice
Housing Advice

Our Bureaux:

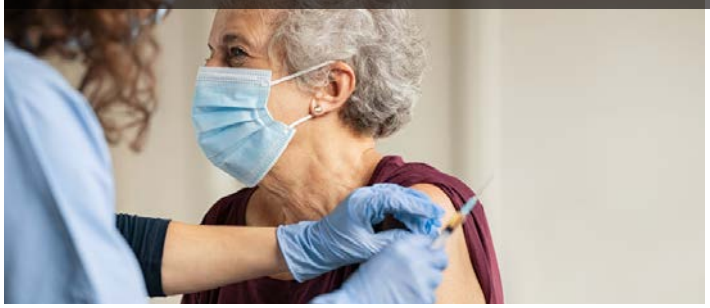
Stranraer
Dumfries
Annan
Castle Douglas Outreach

Opening Times

- Monday- Thursday: 9:30am-4:30pm
- Friday: 9:30am-4pm
- Dumfries Bureau is open every Thursday until 7pm
- Castle Douglas outreach is open every Wednesday 10am to 4pm
- All offices close for lunch

www.dagcas.org **0300 303 4321** **info@dagcas.org**

Covid case numbers still high



The number of Covid cases remains high in Dumfries and Galloway but, fortunately, show no further increase from last week.

795 new cases were recorded in the region in the week ending 21 November, down 17 from the previous week's 812.

Consultant in Public Health Medicine Dr Andrew Rideout said: "Thankfully, we didn't see the further big jump in Covid numbers last week that we had seen over recent weeks. However, this is no cause for celebration. Our numbers, though relatively steady for this one week, are still very high. We really do need people to do everything they can to help stop the spread of Covid, and bring these numbers under control if we can."

Data suggests that cases in the region are appearing in people who haven't been vaccinated. Cases are also appearing in areas of the region which have had less recent exposure to Covid and, therefore, less established resistance to the virus.

Dr Rideout said: "Covid vaccinations have undoubtedly played a fantastic role in helping people avoid some of the worst health consequences of the virus. Our latest data suggests that cases are now appearing notably among people who have not been vaccinated.

"It really does make the case that vaccination benefits not just our health, but also helps to limit the local rate of infection and the extent of disruption to all our lives. So, we'd very much urge everyone to take up the opportunity to get fully vaccinated.

"We really do need everyone to do what they can to try and control these numbers, and advice is now being rolled out in advance of the Christmas period. Wearing a face covering in indoor public spaces remains important, as does giving very careful thought to our interactions and the environments where they take place. Meeting outdoors or in a very well ventilated space helps prevent Covid from spreading. If we try to remain within the one social group when we're out socialising, that also helps to contain any spread.

"Taking up the chance of regular testing is very important. It can provide a degree of confidence around our interactions, helping to catch cases early when they do occur and giving close contacts the chance to help prevent further spread. As has been promoted nationally this week, taking a quick lateral flow test before attending a social event does provide some degree of assurance.

"Most importantly, do please get vaccinated. If you are eligible for a booster, please get one, and use the new online booking system."

To book a vaccination visit **https://vacs.nhs.scot** or t: 0800 030 8013.

www.nhsdg.co.uk/testing/

www.nhsdg.co.uk/vaccines/

Better support for disabled people

Disabled people will benefit from a new independent advocacy service that will support access to disability benefits.

The Scottish Government has committed £20.4m over the next 4 years to providing this new and free advocacy programme.

It will offer independent advocacy support to disabled people looking to access current and future disability benefits, such as Child Disability Payment, Adult Disability Payment, and Pension Age Disability Payment.

VoiceAbility, a charity with 40 years' experience in delivering advocacy services, has been awarded the contract to provide the service that will be operational in 2022, independent of the Scottish Government and Social Security Scotland. It will be available to all eligible clients when and where they need it.

Meanwhile, an interim service is being offered until the new service is rolled out next year, t: 0800 182 2222 and ask to be referred to the Independent Advocacy Service.

More info: **factsheet available here**

Name one thing that local government has done for us...

CoSLA has launched its This Is Local Government campaign: [‘This Is Local Government’ campaign launch | COSLA]

Inspired by the COSLA Blueprint and the herculean efforts of Councils during the pandemic, the campaign proudly highlights the vast range of essential services offered by Scotland’s 32 Councils.

It aims to increase awareness and appreciation of the essential service provided by Councils. Every home across the rural, island and urban areas of Scotland benefits from Council-run services and from the dedication of the Council workforce. It will bring to the fore the everyday essential services upon which we all rely but are sometimes unaware of who provides them. And there is a particular focus on boosting engagement with young people, who may not realise just how many Council services they use now and will rely upon in the future.

Social Security Scotland
Tèarainteachd Shòisealta Alba

Social Security Support

Social Security Scotland’s local delivery service is now available in every local authority area in Scotland.

Following a successful pilot in Dundee City, Perth and Kinross, and the Western Isles, people across Scotland will be able to access face-to-face support when applying for Scottish benefits at a time and place that best suits them.

Clients will be able to book an appointment to meet with a specially trained adviser in their local community or at their home and will also be able to ask for video calls and telephone appointments.

Client Support Advisers will answer queries about Social Security Scotland benefits, help people populate paper or online applications forms, and offer other support including help with submitting change of circumstances information.

The local delivery service will help people to apply for Social Security Scotland benefits.

For benefits Social Security Scotland doesn’t deliver, Client Support Advisers will signpost clients to relevant services that can provide additional information where they’re able to do so.

Job Op: N76 Project Officer

An opportunity to work with communities on sustainable transport solutions has emerged in Dumfries and Galloway and East Ayrshire.

Network 76 in Motion (N76) is a multi-year project developed together by 6 communities on or around the A76, with support from national charity Community Energy Scotland.

The partnership has confirmed funding for the first year of N76 and is looking for a locally minded, proactive and passionate individual to take on the role of N76 Project Officer.

The post will be housed in Community Energy Scotland and, during the first year, will focus on community consultation and capacity building, including baseline data gathering, a programme of events, and local transport plans produced with each participating community.

New Cumnock Development Trust, Kirkconnel and Kelloholm Development Trust, Sanquhar Enterprise Company, Keir Penpont and Tynron Development Trust, Nith Valley Leaf Trust and Moniaive Initiative have come together with a shared interest in finding sustainable solutions to local transport problems.

The partnership recognises a number of barriers to local people making more sustainable transport choices and believes that working collaboratively to address these will help to create long term solutions that bring benefit across the project area.

A full application pack for the post is available at: **communityenergyscotland.org.uk** and any inquires can be made to **jobs@communityenergyscotland.org.uk**

Closing date for applications is 5pm on 7 December.

Child Disability Payment has opened for new applications.

The benefit replaces the UK Government's Disability Living Allowance for Children and provides families with support for extra costs that a disabled child might have.

If you already receive Disability Living Allowance for children, you don't need to apply. These cases are being automatically transferred in phases from the Department for Work and Pensions to Social Security Scotland. This will be completed by spring 2023.

Child Disability Payment is the first disability benefit in the UK that can be applied for online. A variety of options are available to make sure people can apply in the way that suits them best, including phone and post, and face-to-face meetings. More info **here**

D&G Morsels

The **Council's Roads and Infrastructure Service** has developed an **opportunity to recruit 40 young people** to train and work with the Council as Kickstart Apprentices in Roads, Waste and Streetscene Services. Employment for a 6-month period will allow the apprentices to gain valuable experience to help them with future skills and potentially fulltime Council employment. 15 applications were received and, following an evaluation day, offers of employment were made to all candidates. A further 20 will be recruited in the New Year.

Stranraer's Ryan Centre Theatre welcomed back its Into Film Festival, an annual celebration of film and education for 5- to 19-year-olds. 6 local primaries were involved and more than 600 children given the opportunity to enjoy the cinema experience.

RBCFT Film of the Week

Titane

Upcoming French horror Titane isn't released until next month but customers at the RBCFT were given a sneak preview of the 18 rated film as part of this year's French Film Festival.

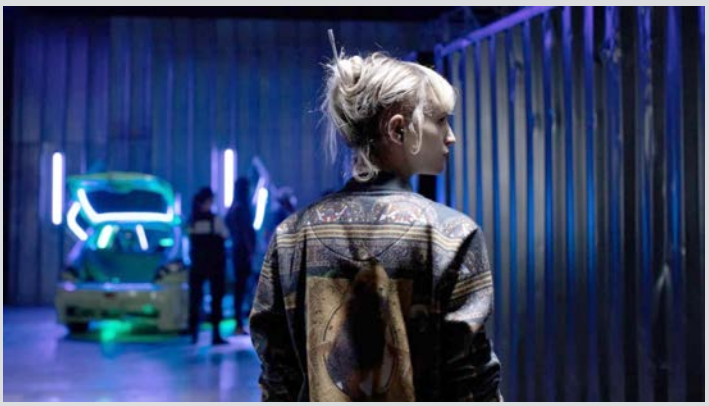
Titane (French for titanium) is the second feature from French film director Julia Ducournau who was only the second ever woman to win the Palme D'Or at Cannes. Her first feature was Raw, about a young woman who develops a craving for flesh.

Titane features a young woman, fitted with a titanium plate in her head after a childhood accident, who goes on to commit a series of brutal crimes.

Both films fall under the category of body horror, which, according to Wikipedia is 'a subgenre of horror that intentionally showcases grotesque or psychologically disturbing violations of the human body.'

The film is certainly shocking in places, at times obscenely so, with many UK cinemas reporting numerous walkouts during the film's more explicit scenes. This prompted one Twitter user to tweet:

Titane. Words cannot describe. At least 20 people left the cinema during last night's screening @glasgowfilm Definitely not for the faint hearted, but the payoff is unreal. Sly comedy balanced with brutal horror….10/10



At the heart of the film, it's a story about identity.

While on the run from the police Alexia is taken in by Vincent, a steroid abusing firefighter whose young son went missing many years before. To do this she changes her appearance completely. Vincent's colleagues can see who Alexia really is, but Vincent is oblivious. The moment he reveals the reason why is simply heart-breaking. It's a satisfying turn of events that brings gender politics into play.

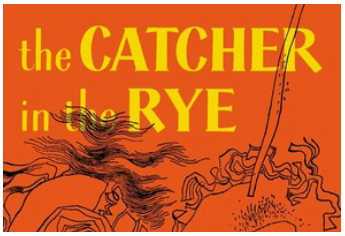
Amid all the nihilism, violence, and brutality (and there's a lot of it) there's a tenderness to be found. Oddly, given the horror tropes, it's at times an incredibly moving and weirdly life-affirming film.

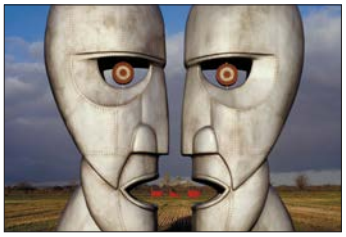
The RBCFT customers liked it (no walkouts here) but even they were savvy enough to know it's not for everyone.

Titane is released nationally on 31 December.

Nobody has enough talent to live on talent alone. Even when you have talent, a life without work goes nowhere. Arsene Wenger

Quiz of the Week





1. Who wrote the Books of Blood anthology horror series?
2. In which J.M. Barrie novel did the character of Peter Pan first appear?
3. In which year was the novel Jaws first published?
4. Which member of the British Royal Family wrote the children's book Budgie the Helicopter?
5. Who wrote the novel Black Narcissus?
6. Who played the character of Sister Clodagh in the film version of Black Narcissus?
7. As of 2019, how many of Stephen King's books, short stories, and co-writes had been made into films?
8. Which novel opens with, 'It was love at first sight. The first time Yossarian saw the chaplain he fell madly in love with him.'?
9. What was the title of the first Famous Five story?
10. How many books are in the Famous Five series?
11. Which Scottish novelist wrote the Culture series (from 1987 to 2012)?
12. In what year was The Catcher in the Rye published as a novel?
13. Which Scottish author's second novel was Marabou Stork Nightmares?
14. Which Scottish crime novelist also writes under the pseudonym Jack Harvey?
15. Which popular spy series of novels begins with the line, 'The scent and smoke and sweat of a casino are nauseating at three in the morning'?
16. What was the best-selling book of 2020?
17. Whose debut novel was Quite Ugly One Morning?
18. Which author, famous for his comedic sci-fi novels, chose the name for Pink Floyd's 1994 album, The Division Bell?
19. Sue Townsend was the author of which best-selling new British fiction book of the 1980s?
20. What was the title of the thirteenth and final novel in the children's novel series A Series of Unfortunate Events by Lemony Snicket?

Mulled Cranberry Chutney

Prep 30 mins **Cook 50 mins** **Makes 4 x 200g jars**

Ingredients

250g (about 2-3) red onions, finely sliced
¼ tsp ground star anise
¼ tsp ground cloves
1 tsp ground cinnamon
250g granulated sugar
4 tbsp red wine or cranberry juice
100ml red wine vinegar
1 small orange, zested and juiced
500g fresh or frozen cranberries

Method

STEP 1

Put all the ingredients, except the orange zest and juice and the cranberries, into a heavy-based pan and bring to a simmer over a medium heat. Cook, stirring often, for 30 mins until the onions have softened, the sugar has melted, and the mixture looks thick and syrupy.

www.bbcgoodfood.com

STEP 2

Stir in the orange zest and juice and the cranberries, then simmer for 20 mins more until the mixture has thickened, the cranberries have popped and everything is sticky and jammy. Divide between four small sterilised jars (see tip, below) and leave to cool before labelling. Leave in a cool, dark place for two weeks before opening. Once opened, store in the fridge.

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
Employability Support Helpline	01387 260 060 Mon-Fri 9am-5pm
Business Support Helpline	01387 260 280 Mon-Fri 9am-5pm
Multi Agency Safeguarding Hub	030 33 33 3001
Social Work Out of Hours	01387 273 660
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

D&G Morsels

The Council laid 96 poppy wreaths at war memorials across the region this year, marking the centenary of the Royal British Legion and Legion Scotland.

The Council's Heritage Service has accepted a deposit of photographs and other material by the nephew of **David Shankland MBE**. David was the first man to train as a state registered nurse at D&GG Royal Infirmary and was awarded the MBE for services to nursing in 1984.

Napoleonic War era soldiers/re-enactors will be at Sanquhar Tolbooth Museum on 30 December as part of Sanquhar Winter Arts Festival, from 10am to 4pm. The museum will be open with a display of objects from the Napoleonic Wars.

Dumfries Museum will host a free **Christmas Eve Storytelling** event from 11am to 2pm.

The Council's Community Assets team has carried out winter maintenance at the **Gardens of Friendship** in conjunction with the **Stranraer Community Gardeners** and planted spring bulbs in Glebe Cemetery, Stranraer.

The Community Assets team has also assisted with the **Oceans Need US (ONUS)** group by removing a dozen bags of rubbish and several boxes following a beach clean at **Port Logan**.

The Community Assets team attended the Council's recruitment day and recruited **4 school crossing patrollers for Nithsdale area.**

The **Ryan Centre has welcomed back Stranraer Drama Club** in preparation for the pantomime Jack and the Beanstalk. The rehearsals, and performances will attract more than 2,000 patrons for the week long run of performances. Oh yes they will!

The Ryan Centre is working with colleagues in Social Work Services to offer **opportunities for volunteering or work experience for people with learning disabilities**. The first volunteers began their placement on 8 November.

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

Quiz of the Week Answers

1. Clive Barker
2. The Little White Bird
3. 1974
4. Sarah, Duchess of York
5. Rumer Godden
6. Deborah Kerr
7. 49 (with a further 18 currently in production)
8. Catch-22
9. Five on a Treasure Island
10. 21
11. Iain M. Banks
12. 1951
13. Irvine Welsh
14. Ian Rankin
15. Ian Fleming's James Bond series (it's the opening line from Casino Royale)
16. A Promised Land, the first volume of Barack Obama's presidential memoirs.
17. Christopher Brookmyre
18. Douglas Adams
19. The Secret Diary of Adrian Mole, Aged 13¾
20. The End