

1-7
JUNE

VOLUNTEERS' WEEK 2021

Community

Friday 4 June 2021

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Local volunteers are recognised for their valuable work during a gathering at Clatteringshaws Loch

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Welcome to Community



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Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

In this week's Community, we acknowledge our debt to the volunteers and carers in our region and thank them wholeheartedly for all that they do.

Volunteers' Week is an opportunity for local authorities, charities, voluntary groups, and volunteers to recognise the incredible impact that volunteering makes.

Due to the Covid pandemic, this has obviously been an exceptionally difficult year but people of all ages and from all walks of life have taken the time to volunteer and make a huge difference to communities. They are an inspiration, working at the heart of our communities, assisting so many people.

So, thank you to all of our volunteers across our region for making our communities better places to live and showing that community spirit is to the fore in Dumfries and Galloway.

Next week is Carers' Week, an annual campaign to raise awareness of caring, highlight the challenges that carers face, and acknowledge the contribution that carers make to families and communities.

This year, carers across the country have faced new challenges because of the Covid-19 pandemic. Many people are taking on more caring responsibilities, looking after a family member or a friend who has a disability, mental or physical illness, or needs extra help as they grow older.

The impact of caring on all aspects of life, from relationships and health to finances and work, can be significant.

Our carers need to be appreciated for the difficulties they're experiencing, respected for all they're doing, and provided with information, support and understanding. So, a sincere thank you to all of our carers.

with best wishes

Elaine and Rob

Queen's Award

The Queen's Award for Voluntary Service (QAVS) recognises outstanding work by volunteer groups to benefit their local communities.

It was created in 2002 to celebrate the Queen's Golden Jubilee. Recipients are announced each year on 2 June, the anniversary of the Queen's Coronation.

Any group of 3 or more people that has participated in voluntary work for more than 3 years and is making a positive impact in its community and benefitting others is eligible to apply.

Nominations for next year's awards close on 15 September 2021.

For more info see qavs.culture.gov.uk/ or email queensaward@dcms.gov.uk



Brownies Bin It

Kelloholm Brownies braved heavy rain to undertake a litter pick in Upper Nithsdale Inclusive Play Park.

Leader Jenna Hyslop said: "When I asked the girls what sort of volunteering they would like to do, they were passionate about litter in their local community."



1-7 JUNE

VOLUNTEERS' WEEK 2021

Volunteers' Week (1 to 7 June) is an annual initiative, entering its 37th year, for local authorities, charities, voluntary groups, and volunteers to come together to recognise the incredible impact that volunteering has in our region.



Jeff Ace (Chief Executive for NHS Dumfries and Galloway) with DGR1 volunteers Anne Sears and Vivien Jane McAlpine.



Volunteers from LIFT D&G in Lochside, Dumfries – Jade Caven, Amanda Melbourne, and Lynsey Hughes.

This year's theme, a time to say thanks, recognises that in an exceptionally difficult year due to the pandemic, people from all ages and walks of life in our region have taken the time to volunteer and have made a huge difference to communities.

Councillor Andy Ferguson, Chair of the Communities committee, said: "I want to personally thank all of our volunteers across Dumfries and Galloway for making our communities better places to live. Throughout this current crisis, volunteers have been inspirational and have worked at the heart of our communities by connecting with many vulnerable people on their doorsteps to assist with shopping, collecting medicines, or simply chatting to residents who may feel isolated and lonely."

Councillor John Martin, Vice Chair, said: "It truly has been a year like no other. I'm incredibly proud of what volunteers have achieved during lockdown by helping people and families across the region. The large number of volunteers who came forward to help, many through our third sector partners, have shown that community spirit is alive and kicking in Dumfries and Galloway."

For more info on volunteering:
www.volunteerscotland.net

For the latest Scottish statistics:
www.volunteerscotland.net/

For the latest Covid-19 Research see:
www.volunteerscotland.net/

To track Volunteers' Week activity on twitter search for #VolunteersWeekScot



Fiona Lees (Interim Chief Executive for Dumfries and Galloway Council) with volunteers from Summerhill community centre.

“...throughout this current crisis, volunteers have been inspirational...”



1-7 JUNE VOLUNTEERS' WEEK 2021

Annan Churches Together is a group of like-minded volunteers who regularly litter pick areas around Annan in the quest to keep the town clean and tidy.

They have a bank of volunteers of all ages and are continually looking to encourage others to join them.



They work closely with the Council's Community Assets Team, which supplies resources and ensures that the litter is collected promptly and appropriately disposed of.

Throughout Covid volunteers from the **Moffat Town Hall Development Trust** have supported the communities of Moffat, Beattock, Wamphray and Johnstone. This includes shopping, collecting prescriptions, meals on wheels, and food parcels. Volunteers have also been home baking and telephone befriending.



Volunteers from **Ae Community Council** are helping to maintain flower beds and walks with litter picks and planting.

Along with the local school and the Parent Council, they also organise activities for families to enjoy the local environment, such as fairy trails, bonfires, and Halloween activities.



They sought advice and guidance from the Council's Head Gardener and will benefit from donated plants for the community in the Summer.

Torthorwald Community Council and **Dumfries Devorgilla Rotary Club** recently

volunteered to do a litter pick in Collin in an area frequented by the local community for walks but which has unfortunately become a target for fly tipping.



Tony Fitzpatrick of **Dynamically Different Dumfries** recently gave a talk to pupils of Loreburn Primary School, outlining town centre issues and regeneration plans for Dumfries town centre.

Head teacher Lesley Farrell said: It was an excellent experience and so interesting for the children. By mentioning the work done by the class, Tony really gave the children a sense of ownership of their town. They were particularly interested in the Bakers' Oven project and the use of renewable energy."



Dumfries Partnership Action Group (DPAG) brings together local people, groups and businesses to create a 10-year priority action plan for Dumfries town centre. In partnership with the Council, DPAG has appointed planning specialists to develop the project.

DPAG Chair, Leah Halliday, said: "This action plan is different to anything that's come before. It will build on previous work, bring together the public and private sectors, and provide us all with an agreed focus and direction to move forward as a town. This is the community's opportunity for their voice to be heard so that funding can then be found to make these improvements a reality. This plan is about strengthening the can-do spirit of Dumfries and taking real action."



www.lovedumfries.co.uk/dynamic-dumfries

[Dynamically Different Dumfries \(dumgal.gov.uk\)](http://dumgal.gov.uk)

FoodShare started in Upper Nithsdale in December 2019 covering Kirkconnel, Kelloholm and Sanquhar and has been kept going by staff and volunteers during the Covid19 pandemic. Throughout this time, the project was totally reliant on volunteers.

FoodShare aims to make sure that no one in the community of Upper Nithsdale goes without food or other basic essentials.

Volunteer roles include collecting food, packing bags, delivering bags, driving, cooking, and chatting.

Volunteer Jacqui said: "I want my life to make a difference and FoodShare is fantastic. Nobody should go hungry."

Helen said: "Volunteering gives me a connection with other people. Rather than sitting at home alone I am helping myself and others."

Closeburn Community Resilience Team and **Community Council** features a team of local volunteers working in the community all year round

In the last year, the team has purchased a shed to store gardening and resilience equipment for use by the whole community, made sure that people are safe, helped with shopping, delivered fuel, made friendly phone calls, gritted paths, distributed activity bags for young people and arts and craft packs, run tallest sunflower and melon growing competitions, doorstep bingo, distanced discos, and much more.

The Resilience Team coordinator said: "We've just been trying to keep everyone's spirits up and ensure that everyone had someone to turn to if needed and trying to keep people focused on fun things or something to make them smile"



WALKFIT is a weekly walking programme run by John Goldsworthy and Shirley Singh in partnership with the Council and Dumfries and Galloway Disability Sport.

Sessions incorporate fitness activities for people with a disability and offer the chance to socialise in a picturesque outdoor location.

The parent of a participant said: "I really appreciate the activities held during Covid. They have given my son something to look forward to and the opportunity to keep in touch with his friends. The weekly walking group has allowed him to continue to exercise and helped towards his health and wellbeing."



At **Dalbeattie Explorer Scouts**, which delivers The Duke of Edinburgh's Award Programme, volunteers Kirk Connor and Islay Herrick are committed to supporting young people to achieve the Award.

Over the last 5 years the young volunteers have supported breakfast clubs, community youth clubs, sports clubs, youth councillor roles, hall committees, and local charity shops.

The Explorer Scout sessions run every Friday evening, but Kirk and Islay give a lot more time behind the scenes, including recces of routes that young people have planned, completing risk assessments and relevant paperwork, and actually going on the expeditions.

They said: "It's hard-work but it's very rewarding to see young people grow in confidence, become responsible citizens, and achieve their Bronze, Silver and Gold Awards.



To mark the centenary of the local war memorial, **Castle Douglas Development Forum**

and its environmental sub-group Eco-CD have been working with the British Legion to plant a wildflower meadow.



The **Council's Youth Work Service** offers young people opportunities to undertake volunteer and leadership roles, including managing events, participating in committees and meetings and community clean ups, such as this beach clean at Garlieston.



The **Peer Project** in Dalbeattie is targeted at young people with additional support needs and disabilities.

Kyle Robb has been volunteering for more than 2 years, providing much needed support to young people and staff. A spokesman said: "Kyle has built strong relationships and the trust of the young people. He is always happy to assist, especially with equipment and technical challenges. He made a huge contribution to our panto and talent shows. He's always first to put his hand up when we really need people. He's a credit to himself and an incredibly important part of the project."



Helping Hands was formed by a group of parents from Whithorn Early Years to improve the outside area for the nursery children.

The group created a sensory area using tyres, then painted road markings including a zebra crossing and disabled parking spaces on a tarred path. They added a petrol station and car wash and a wooden bus for the children to sit in with their teacher.



Galloway Action Team helped create the bus and an outdoor classroom. The Council's Lifelong Learning staff supported the group and nominated it for a VOSCAR award, which it won.



Douglas Park Path Project has been working on local environmental projects with community partners, including the Council's Streetscape team, to plant community gardens and with Newton Stewart Initiative to install a new public footpath in Douglas Park, Newton Stewart.



The aim is to inspire young people to become more connected with their local community and instil a sense of civic pride. The path project is linked to climate change and young people will design interpretation boards that to promote initiatives to tackle global warming.

Cree Valley Resilience Team, based in Newton Stewart, is a well-established team of volunteers with experienced and knowledgeable members, including ex-emergency services personnel.

Over the years the Team has responded to emergency events, including the worst flooding in the area for 50 years in December 2015.

At the beginning of the first lockdown, the team issued a letter to all 2,438 households in the Cree Valley area offering help with shopping, collecting prescriptions, posting mail, dog walking, putting bins in/out, a friendly phone call to those lonely through isolation, and pretty much anything a household needed help with.

The Team set up a dedicated phone number and opened a Resilience Hub in the McMillan hall in Newton Stewart and issued red cards to be displayed in a window to indicate to daily patrols if someone needs assistance.

The team now has a Polaris Ranger 4x4 and salt gritter for use in adverse weather and has installed 3 public access defibrillators.



Prepare to Volunteer

The Council's Lifelong Learning Team has been supporting adult learners to achieve their personal goals.

At the end of last year, Lifelong Learning successfully delivered 2 SQA Prepare to Volunteer courses virtually, which for some learners was a challenge to master digital learning as well as their coursework. 15 learners participated and recently received their certificates.

A spokesman said: "We were delighted that they adapted so well to this new way of learning. This SQA unit will provide them with the knowledge and confidence to participate in a volunteering role."

The Lifelong Learning team has recently started delivering SQA-Volunteering Skills, the next unit which develops and reflects on people's role as volunteers.

Izzy Ross from New Galloway completed her SQA Prepare to Volunteer course and has achieved an Adult Achievement Award.

Lifelong Learning supported Izzy to update her CV and her newfound confidence and increased knowledge has led to employment. Izzy said: "The support I received from Lifelong Learning was fantastic, my confidence has grown, I'm meeting others and have completed and enjoyed many courses and I've now secured a job. What a great team, offering lots of support. I would highly recommend others to get in touch. I started off with little education but can now face learning challenges."

Donna Kennedy has recently completed her Adult Achievement Award and her SQA Prepare to Volunteer. She has been a volunteer for many years and has worked in Marie Curie, British Heart foundation, Salvation Army, and the Nithsdale Furniture Project.

Donna is a member of the Tackling Poverty Reference Group and is looking forward to continuing her volunteer hours with this group as well as helping in the TLC Community Café in Castle Douglas.

Recently, Donna was awarded with her 10-year Brownie badge and is thrilled that all her hard work and dedication as a Brownie leader has been recognised. She said: "I was really excited to receive this badge and it was such a surprise. I'm looking forward to getting



back to the café in Castle Douglas when it opens again. Volunteering has helped me in so many ways, increasing my confidence, meeting others, and learning new skills."

Ian Russell, better known as Rusty, from Castle Douglas has been volunteering for many years but now tends to the community garden at The Scottish Pantry in Castle Douglas. He enjoys keeping the garden tidy for the visitors and growing produce to distribute locally.

Rusty has recently completed his SQA Prepare to Volunteer Award with Lifelong Learning and is currently enjoying a Climate Change course which is a virtual class online. Completing courses online has been a challenge for Rusty but through hard work he has managed and looks forward to seeing his fellow volunteers from the Tackling Poverty Reference group online.

Rusty said:

"I enjoy giving something back to the community, it keeps me busy which is good for my mental health and gives me a purpose to my day. I like seeing the group members online and although it's good to be connected, I am looking forward to being able to meet with them again and continue our work to tackle poverty in Dumfries and Galloway"

Young Leaders

Young people across Dumfries and Galloway have recently completed Young Leaders training, exploring the roles and responsibilities of a volunteer. As part of the co-design process, young leaders are integral to shaping and delivering youth work services in our region that meet their needs and interests.





Galloway Mountain Rescue recognised

Galloway Mountain Rescue Service has received The Queen's Award for Voluntary Service, the highest award that a voluntary group can get in the UK.

From their base in Newton Stewart, these dedicated men and women have provided life-saving assistance to walkers, climbers, and accident victims in challenging and often remote terrain stretching from Stranraer to Dumfries and from the Solway Coast to the South Ayrshire Hills.

Since being formed in 1975, the group of 48 highly trained unpaid volunteers has responded to over 600 incidents and is on-call and ready to mobilise for emergencies at any time of the day or night, every single day of the year, whatever the weather.

They also frequently assist the Scottish Ambulance Service, Police Scotland, HM Coastguard and other emergency organisations.

Lord Lieutenant Aileen Brewis said: "I cannot think of a more worthy and inspiring group to receive this honour. Galloway Mountain Rescue is an outstanding group of truly dedicated people who freely give their time to save the lives of others, often in dire circumstances."

Ken Mackenzie, former Team Leader, said: "It's a great honour for the team to receive this award. It is recognition of the hard work, dedication and commitment of all our team members, the understanding and support of their families, and the continued support of local communities."



Mairi Ann McIntyre has been presented with the British Empire Medal, having been recognised in the Queen's Birthday Honours for services to the community.

Mrs McIntyre is a highly respected and inspiring community stalwart who has been involved with charity fundraising projects for more than 50 years. She has participated in a range of valuable work through engagement with the church, social clubs, care support groups and charity fund-raising projects.

She has been a member of the Coronation Day Centre in Stranraer since 2001 and chairperson since 2012. In addition to her day-to-day activities, she has also organised special events for centre users, and played music at fundraising concerts for the centre.

Starting as a teenage Sunday School teacher more than half a century ago, she has continued to work for the community through Ervie-Kirkcolm Parish Church where she is an Elder and Roll-keeper. She is also the church organist, not only playing at regular services but also performing at weddings and other occasions. She also bakes and donates food for social events and is endlessly willing to help raise funds for the church's many good causes.

Mrs McIntyre has also been a very active member of Women's Rural Women's Institute for more than 50 years at Leswalt and now Kirkcolm.

A keen bowler, she was presented with gifts after 25, 30 and 40 years after having served as Secretary to the Wigtownshire Ladies Bowling Association for 40 years. She retired in 2016.

Lord Lieutenant Aileen Brewis presented the award in the garden of Mrs McIntyre's home in Leswalt Road, Stranraer where a small group of her friends enjoyed a celebratory afternoon tea.



Do You Care?

Carers' Week (7 to 13 June) is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and acknowledge the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as caregivers and access much-needed support.

This year, carers across the country continue to face new challenges because of the Covid-19 pandemic. Many people are taking on more caring responsibilities for their relatives and friends.

They need to be appreciated for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

There are almost 7 million people in the UK who are carers. They are looking after a family member or friend who has a disability, mental or physical illness, or who needs extra help as they grow older.

The impact of caring on all aspects of life, from relationships and health to finances and work, can be significant.

Many people feel that caring is one of the most important things that they do, but the challenges shouldn't be underestimated.

Caring without the right information and support can be tough. So, it's vitally important that we recognise the contribution unpaid caregivers make to their families and local communities, workplaces, and society, and that they get the support they need.

RBCFT Film of the Week

Tea With Mussolini

For my choice this week, I've enjoyed the rare privilege of watching 3 of our most famous British dames being upstaged by Cher in Franco Zeffirelli's *Tea with Mussolini*.

On its original release in 1999 it became one of the most popular films at the Robert Burns Centre, with multiple repeat screenings.

The drama is based on Zeffirelli's own experiences as a young boy in Italy during the rise of Mussolini and the Fascists before and during WW2.

Dames Judi Dench, Maggie Smith and Joan Plowright are members of a group of British ladies who indulge in artistic pursuits in Florence. They take a young boy (based on Zeffirelli) under their wing to compensate for him having a disinterested widower father. Their idyllic lifestyle is rudely interrupted by the rise of Mussolini and the onset of war. Added to the mix is a wealthy American widow, wonderfully played by Cher, who is initially despised by the group but who proves to be a friend in their time of need.

Zeffirelli lavishes his expertise on recreating the life and times in this hugely enjoyable story while giving it a softer edge than we might expect today.



But it is the joy of watching the three grand dames in their prime while Cher, decked out in glamorous costumes, is quite a revelation holding her own in such esteemed company.

Tea with Mussolini is currently screening on BBC I-Player and Amazon Prime.

For an added bonus other Cher films currently on I-Player include *Moonstruck* and *The Witches of Eastwick* (and *Mamma Mia: Here We Go Again* is on ITV this weekend).

Bill Cunningham was a member of staff at the RBCFT and, previously, wrote the film page for the Dumfries & Galloway Standard.

Quiz of the Week



1. Which Tennis Grand Slam is played on a clay surface?
2. Scottish actor Ian McDiarmid is best known for playing which evil emperor in the Star Wars films?
3. What was the nickname given to William Joyce as he broadcast Nazi propaganda from the UK during WW2?
4. What are the names of the brothers in the band Hue and Cry?
5. What was the name of the TV family in sitcom Outnumbered?
6. What is the name of the large cannon on display at Edinburgh Castle?
7. What was the Turkish city of Istanbul called before 1930?
8. Which Scottish actress played Lysa Arryn in Game of Thrones?
9. What is the currency of Denmark?
10. Who is the most capped Scottish men's footballer of all time?
11. What are the 5 colours of the Olympic rings? .
12. Which Scottish phrase was the title of a number 1 hit song in 1958?
13. When did Big Brother first air on Channel 4?
14. Which football team in the Scottish and English leagues is unique in having a letter in its name which no other club has?
15. Which colour pill does Neo swallow in The Matrix?
16. What was name of the Edinburgh schoolteacher created by Muriel Spark?
17. How many keys are there on a piano?
18. Who was the Scottish Jacobite who saved the life of Bonnie Prince Charlie in 1746?
19. What are the names of the 5 Brontë sisters?
20. Which Scottish band, formed in 1995, recently scored their first UK number one album?

Caeser Salad

Prep 10 mins

Cook 15-20 mins

Serves 4

Ingredients

- 1 medium ciabatta loaf (or 4 thick slices crusty white bread)
- 3 tbsp olive oil
- 2 skinless, boneless chicken breasts
- 1 large cos or romaine lettuce, leaves separated

For the dressing

- 1 garlic clove
- 2 anchovies from a tin
- medium block parmesan or Grano Padano cheese for grating and shaving (you won't use it all)
- 5 tbsp mayonnaise
- 1 tbsp white wine vinegar

Method

- STEP 1** - Heat oven to 200C/fan 180C/gas 6. Tear 1 medium ciabatta into big, ragged croutons or, if you prefer, cut with a bread knife. Spread over a large baking sheet or tray and sprinkle over 2 tbsp olive oil.
- STEP 2** - Rub the oil into the bread and season with a little salt if you like. Bake for 8-10 mins, turning the croutons a few times during cooking so they brown evenly.
- STEP 3** - Rub 2 skinless, boneless chicken breasts with 1 tbsp olive oil, season. Place pan over a medium heat for 1 min, until hot, but not smoking. Lay the chicken

on the pan (it will sizzle if it's hot enough) and leave for 4 mins.

STEP 4 - Turn the chicken, then cook for 4 mins more. Check if it's cooked by poking the tip of a sharp knife into the thickest part; there should be no sign of pink and juices will run clear.

STEP 5 - Bash 1 garlic clove with the flat of a knife and peel off the skin. Crush with a garlic crusher. Mash 2 anchovies with a fork against the side of a small bowl.

STEP 6 - Grate a handful of parmesan cheese and mix with the garlic, anchovies, 5 tbsp mayonnaise and 1 tbsp white wine vinegar. Season to taste. It should be the consistency of yogurt – if yours is thicker, stir in a few tsp water to thin it.



STEP 7 - Shave the cheese with a peeler. Tear 1 large cos or romaine lettuce into large pieces and put in a large bowl. Pull chicken into bite-size strips and scatter half over the leaves, along with half the croutons.

STEP 8 - Add most of the dressing and toss with your fingers. Scatter the rest of the chicken and croutons, then drizzle with the remaining dressing. Sprinkle the parmesan on top and serve straight away.

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



Youth going to seed

The Youth Work Service recently teamed up with Community Assets staff from Barnkirk depot to plant seeds and trees at the Cree Mills Gardens in Newton Stewart. The young volunteers helped out as part of their John Muir Award.



Gatehouse treeted to tidy up

Volunteers Ron Forster, David Richmond, David Steel, Tony Parker and Campbell Blair have tidied up overhanging trees along Lovers' Walk in Garries Park, Gatehouse of Fleet. They cleared 2 trailer loads of branches and cuttings which were then taken away for disposal by Dumfries and Galloway Community Assets staff.

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

Answers

1. The French Open (Roland Garros)
2. Emperor Palpatine
3. Lord Haw Haw
4. Pat and Greg Kane
5. The Brockmans

6. Mons Meg
7. Constantinople
8. Kate Dickie
9. Krone
10. Kenny Dalglish (102 caps)
11. Blue, Yellow, Black, Green and Red

12. Hoots Mon (Lord Rockingham's XI)
13. 2000
14. St Johnstone (the letter J)
15. Red
16. Miss Jean Brodie
17. 88

18. Flora Macdonald
19. Emily, Elizabeth, Charlotte, Anne, and Maria
20. Mogwai (As the Love Continues)