

INSIDE: GRITTERS | WOMEN | YOUTHS

Friday 11 March 2022

# Community

## Adventure Tourism in D&G





# Welcome to Community



**Cllr Elaine Murray**  
Council Leader



**Cllr Rob Davidson**  
Depute Leader

Just as we're emerging from the horrors of the Covid pandemic and feeling some degree of optimism, it is incomprehensible and ghastly that we're now witnessing the horrors of war.

The events in Ukraine are something that we hoped never to see in our lifetime. The situation feels utterly surreal. It feels particularly inappropriate and shocking that the horrific attack on Ukraine is being inflicted by a country that suffered so badly during World War 2. The atrocities are intolerable. The level of suffering is unbearable.

We wholeheartedly condemn the actions of President Putin and the Russian Federation and express our support for the people of Ukraine. Our thoughts are with the people of Ukraine and our colleagues in local government there.

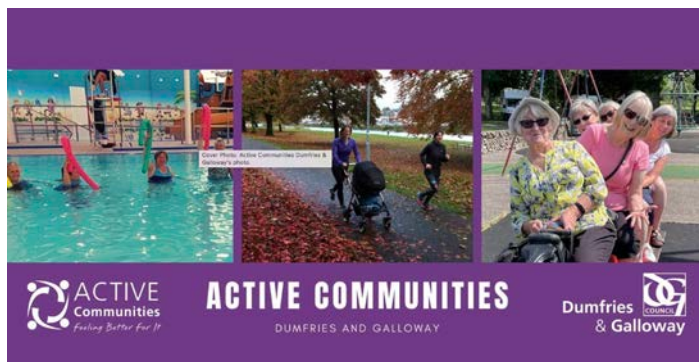
Our Council is working with third sector organisations to support people displaced by the invasion and the attacks on their communities. Through CoSLA, we're seeking urgent engagement with the UK Government to see how we can play a role in the resettlement efforts announced by the Home Secretary.

We very much hope that a peaceful resolution can be achieved as soon as possible.

**best wishes**

**Elaine and Rob**

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



## Active Communities Dumfries and Galloway

Dumfries and Galloway Council's Active Communities programme offers a wide variety of community classes designed to encourage and support adults (18+) to be more physically active.

Many classes include strength and balance activities to help people stay stronger for longer. The programme is available in towns and village halls across the region, with example classes being Stroll in the Park, Gentle Movement, and Easiobics.

Classes are fun and friendly with small, supportive groups in which activities can be adapted to suit different fitness levels so people can work at their own pace. They're suitable for people who are inactive and/or have one or more long term conditions.

Highly qualified Active Communities instructors will be there to greet you on arrival and help you get started and stay motivated in your favourite activities.

Post activity refreshments are available at most sessions so participants can catch up over a tea or coffee and ask the instructors for advice and support.

**Get activity information direct to you by signing up to the Active Communities Topic**

**[Click here to sign up](#)**



## Show Racism the Red Card; creative competition

The SRtRC Creative Competition is free to all schools in Scotland and now open. With categories from P1 to S6, the competition encourages young people to think creatively about what anti-racism means to them.

Register **[now](#)**

# Call of the Wild



**Dumfries and Galloway's landscapes, coastlines and natural environment are home to an increasing variety of leisure and adventure activities for visitors.**

**There is increasing recognition of the value of the outdoors to the Dumfries and Galloway economy and the role it plays in supporting sustainable economic growth by creating employment, sustaining tourism spend, and enhancing the profile of the area through the promotion of its natural landscape and scenery.**

The sustainable growth of Adventure Tourism is a strategic priority for Dumfries and Galloway Council and the ambition is to accelerate business growth across targeted Adventure Tourism businesses.



The Adventure Tourism Accelerator will offer a series of specialist workshops with speakers, one-to-one advice and collaboration opportunities with like-minded businesses.

Those taking part will gain insight into emerging local, national and international trends to understand challenges and opportunities for adventure tourism in Dumfries and Galloway. In depth analysis into Scotland's tourism sector and experience economy, including how to use market research effectively, will be explored. Reaching desired markets through online platforms and travel trade and other trade shows will also be discussed.

The fully funded programme offers flexible support and has been designed specifically to develop adventure tourism experiences. It is open to a range of businesses looking to grow, including mountain biking, white-water rafting, hillwalking, wild camping, foraging and cookery.

The programme seeks motivated and enthusiastic businesses that are keen to develop professional and personal skills, capabilities and industry connections. Participants will develop a tailored, business development plan.

Register interest at <https://bts.scot/adventure-tourism-accelerator/> before 31 March.





**The Dumfries and Galloway Tackling Poverty Reference Group launched its first book at the Bridge in Dumfries on World Book Day.**

Our Journey – A Mountain to Climb portrays the work of the group, looking at the highs and lows of its journey into making a difference to the lives of people living in poverty in Dumfries and Galloway.

The Tackling Poverty Reference Group was established in 2016 as one of the projects of Dumfries and Galloway Council's first Anti- Poverty Strategy to give our Council and its partners a greater understanding of the needs of families and individuals facing all forms of poverty.

The group has been a vital voice providing a lived experience of poverty and how future policies, projects and funding could be developed to ensure the removal of barriers for anyone in poverty.

Jeanette Byers, group chairperson, said: "Our work has never been more necessary than it is now: poverty is increasingly covering a wider spectrum of people.

It helps us look at services from a lived experience perspective. The group is formed from volunteers who have first-hand experience of poverty and we advise and assist Dumfries and Galloway Council in the fight to tackle poverty in the region.

"It's vital to address poverty in many different ways. It means different things to different people. It's rewarding to see the results of all we do and so fulfilling to see how much we can do to help. Our book is an example of what can be achieved. At this really trying time, it's more important than ever for our community to pull together and support those who, through no fault of their own, find that they have fallen into poverty and need a bit of help to get back on their feet. The Tackling Poverty Reference group has been doing everything it can over the last few years in the fight against poverty and our book will hopefully inspire others to do the same."

Copies of the E -book are available at: <https://www.calameo.com/books/00698819122446180b70c>



**...this is our story**  
**2017-2022**

**Established in 1975, CoSLA is the voice of Local Government in Scotland, providing political leadership on national issues and working with councils to improve local services and strengthen local democracy.**

Millions of people rely on the services that local government delivers every day.

Collectively, councils spend almost £19bn a year on local services and employ more than 240,000 people, nearly 10% of all employment in Scotland.

See: [www.cosla.gov.uk](http://www.cosla.gov.uk)

# Dumfries **M**useum transforms

Dumfries Museum is changing, with its ground floor main hall display getting a new look with amended displays.



£50k of funding from Museums Galleries Scotland will enable the museum team to change the focus of the gallery, uniting the displays of taxidermy, mineralogy and archaeology by looking at the landscape of Dumfries and Galloway.

Local artists, creators of digital media and specialists such as ornithologists will work with staff at the museum to add new touches to older displays and create fresh ways of looking at the material.

Work started on the new look at the beginning of March and includes a new colour scheme and carpets. After that, the Museum Curator will be looking for young people to help reimagine the gallery. They'll learn a lot about the history of the area, get to explore some of its most significant sites, and work with experts to create new displays focused on the environment and the impact of human beings on it.

Lucy Casot, CEO of Museums Galleries Scotland said: "We're delighted to support the team at Dumfries Museum with their ambitious re-display. Through working with young people and the community, this project will make a big difference to redefining how the collections communicate the history of the area, and important issues impacting it today, such as the climate emergency."



Dumfries Museum will be closed to visitors to allow the first part of this transformative work to take place. The museum is now closed for works and will re-open on 1 April at 10am.

Museums Galleries Scotland is the National Development Body for museums and galleries in Scotland and offers strategic development support to the sector, see: [musemsgalleriesscotland.org.uk](https://musemsgalleriesscotland.org.uk)





## LGBT Charter Mark for Youth Service

The Council's Youth Work Service has been awarded the Silver LGBT Charter Mark from LGBT Youth Scotland.

The LGBT Charter Mark allows organisations to undertake training and review policies, practices and resources to make sure that the Youth Work Service is as inclusive as it can be to young people who identify as LGBT and their allies.

The LGBT Charter Mark has enabled the service to continue to proactively include LGBT people in every aspect of its work and ensures the provision of inclusive and accessible services across our region for young people. It has also enabled a critical reflection on the service and a thorough needs assessment of LGBT young people who access provision.

The Youth Work Service will now ensure that the correct support is in place for LGBT young people and their allies, that it continues to challenge homophobic and transphobic attitudes, and that everyone embraces and supports the opportunities to develop LGBT services for young people throughout our region.

<https://www.lgbtyouth.org.uk/>

Twitter: @LGBTYS

Facebook: **LGBT Youth Scotland**

Instagram: @LGBTYS

## International Women's Day

(8 March) seeks a world free of gender bias, stereotypes, and discrimination. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can **#BreakTheBias**



DUMFRIES AND  
GALLOWAY  
**Health and  
Social Care**

## Call to help share health and social care engagement strategy

A 14-week period of consultation is now underway around Dumfries and Galloway Integration Joint Board's (IJB) Draft Participation and Engagement Strategy for 2022/25, and the views of partnership staff and managers are urgently needed.

The strategy will set out how participation and engagement on everything the partnership does will be undertaken and improved over the next 3 years.

Anyone in the region can download the draft strategy at [dghscp.co.uk/](https://dghscp.co.uk/) and give their views through an online survey at [forms.office.com/r/mY1tbNe309](https://forms.office.com/r/mY1tbNe309). A downloadable version of the survey is at [dghscp.co.uk](https://dghscp.co.uk/) for those who would prefer to print it out and reply.

An easy read version of the strategy is also available at [dghscp.co.uk/](https://dghscp.co.uk/)

Printed copies of the survey and the strategy can be requested from the DGHSCP communications team at the address below.

Any enquiries should go to Dumfries and Galloway Health and Social Care Partnership Communications Team Leader Alexander Campbell, by calling 07932 745 130 or emailing [Alexander.campbell5@nhs.scot](mailto:Alexander.campbell5@nhs.scot)

# Our Council Supports Ukraine

In line with our Council's actions during the Syrian crisis there are a range of initiatives taking place to support Ukraine.



For example, the continued provision of a Council building in Dumfries to be used by Massive Outpouring of Love (MOOL) – D&G Refugee Action as an aid store and sorting facility.

In addition, we are continuing to work alongside existing Resettlement Project partners from the region – MOOL and Dumfries and Galloway Multi-Cultural Centre (DGMA) – to support them.

- MOOL has an active presence online [describing the types of items needed by those fleeing Ukraine](#) as well as an opportunity to [donate money through Paypal](#) should you so wish. MOOL volunteers are currently arranging local donation drop-off points across the region and transportation of donations to a Council-provided depot in Dumfries for gathering, sorting and shipping of aid abroad. MOOL's chairperson, David Formstone, has already confirmed that a container prioritising aid for women and children who have fled Ukraine is due to leave our region for Poland by the end of March.

- [DGMA](#) has an active presence on Facebook and is offering a drop-off point in the old Debenhams building, Dumfries High Street, for specific items needed by those fleeing Ukraine, and is working in partnership with volunteers at the Ukrainian Chapel near Lockerbie to arrange transport.

MOOL can be contacted [here](#) or through Facebook at [Massive Outpouring Of Love - D&G Refugee Action | Facebook](#)

DGMA can be contacted [here](#) or through Facebook at [DGMA Dumfries | Facebook](#)

Council HQ in Dumfries was lit-up in the colours of the Ukrainian flag until Sunday. Also, we are temporarily changing the Council's Twitter and Facebook profile pictures to reflect solidarity with Ukraine. The Council Leader and Depute Leader have issued the following statement to the media, condemning the Russian Federation's actions and expressing our support for the Ukrainian people.

Councillor Elaine Murray, Leader of Dumfries and Galloway Council, said: "What is happening in Ukraine right now is not something I thought I would see in my lifetime. We condemn the multiple attacks and violations of the territorial integrity of Ukraine and we are aghast at the actions of the Russian Federation. As a Council we want to express our full support and solidarity with the Ukrainian people and our counterparts in local and regional government still in that sovereign country."

Depute Leader, councillor Rob Davidson said: "As the days go by and the news reports describe in vivid detail what is happening across Ukraine, our thoughts also go out to more than 1 million displaced people who have fled that sovereign country in the wake of the Russian Federation's actions. As a Council, we are working with local third sector organisations to help support people who have fled the fighting. In addition, through COSLA we are seeking urgent engagement with the UK Government to see how we can play a role in the resettlement efforts that have been announced by the Home Secretary."





# Travel Safe D&G

**Dumfries and Galloway Road Safety Partnership (DGRSP) has launched a road safety mobile App.**

Travel Safe D&G has been designed to provide road users with information that will allow them to make better informed decisions prior to their journey and improve safety on the region's roads.

The App is available now and can be downloaded on Apple and Android devices. A short user guide video is also available. Just click on the appropriate QR code.

If your phone doesn't read QR codes, search for Travel Safe D&G in Google Play (Android) or Apple App Store.

## 5 advantages of the App:

- Simple, easy to use and navigate, for all ages, central hub for D&G, free to use
- App can locate the user to within 3m in an emergency with use of embedded 'what 3 words'
- Users have access to road fault reporting for all roads in Dumfries and Galloway
- Allows road users to plan their journey more effectively
- Access to up-to-date information during adverse weather and poor driving conditions

Feedback is welcome at [travelsafedg@gmail.com](mailto:travelsafedg@gmail.com)



Android



iOS (Apple)



User Guide



**Dumfries and Galloway has won a CoSLA Excellence Award for its work to strengthen community resilience during the Covid pandemic.**

CoSLA's Excellence Awards, the annual celebration of Scottish Local Government success, took place virtually on 24 February.

Scotland's 32 councils were invited to submit entries to a panel of judges drawn from local and national government and the private sector.

Dumfries and Galloway Council's Community Planning and Engagement Service won in the category for Stronger Communities, Especially in Light of Covid with its work on Community Resilience Strengthened Through Covid.

The Dumfries and Galloway project focussed on developing community resilience plans and groups that helped communities and individuals through the Covid pandemic by organising support around food, medical deliveries, how to manage volunteers, personal protective equipment (PPE), and ensuring that these plans and arrangements were sustainable.

The submission highlighted the volunteer response and how the Council's Ward Officers and Community Resilience Officer supported them.

Councillor Alison Evison, CoSLA President and Chairperson of the Awards, said: "It's been wonderful being part of the judging panel and hearing so many positive and inspiring stories from council teams working hard to deliver valued services in communities right across the country. The impact of Covid can't be underestimated. This year's entries emphasised the critical role councils played during the pandemic and are now playing in Scotland's recovery. But what really shone through from the entries was innovation at a local level and the sheer determination from Scotland's councils to simply make people's lives better at a very challenging time for all."

A video of the Council's entry can be viewed at: [youtu.be/oXb69l42ysY](https://youtu.be/oXb69l42ysY)



**The Oasis Youth Centre in Dumfries is well under way with its latest programme of activities, with loads on offer for young people aged 12 to 17.**

**Monday to Friday:** lunch club between 1 and 2pm.

**Wednesday, Friday and Saturday:** drop-in night where young people can take part in activities, hangout with friends, connect to Wi-Fi and get a bite to eat.

**Super Mondays (12 to 25):** Youth group for young people with Additional Support needs and disabilities with a variety of activities.

**Duke of Edinburgh (14 to 25):** for those would like to complete their Duke of Edinburgh Award.

**Bouncin' Bairns (Young Parents up to 25):** a group for young parents and their children.

**Parkour:** learn everything you need to know to get started in Parkour.



**Intro to events:** learn all you need to know to run an event, from photography and promotion, to stage management and lighting. Plus get the opportunity to take part in local and national events such as Youth Beatz.

# ESTD. 1999



## OASIS YOUTH CENTRE

**Global Ed:** interested in social issues, social justice and climate change? Come along to global ed and learn how to tackle these issues. Plus, get the opportunity to get involved in local and national projects.

**Junior Youth Group:** for young people in primary 6 and 7 to take part in activities and make new friends.

**Arts Group:** show us your creative side with our arts and crafts group.

**Jo of all Trades (15 to 19):** learn about practical home skills, such as decorating, cooking and budgeting.

**Cooking Group:** come and try your hand at cooking and baking, before enjoying what you make with the rest of the group.



**Junior Nithsdale Challenge (P7 to S1):** take part in a 10 week programme of community activities (must attend all sessions).

**Super Monday's Arts and Drama group (12 to 25):** for young people with Additional Support needs and disabilities to come along and engage in arts and drama-based activities and develop your skills.

**Gaming group:** Play a variety of games, on consoles (new and old) and on Gaming PCs. We even have a selection of table-top games for you to learn and enjoy too. Try your hand at games development through programmes such as Scratch.

**Music Night:** dance and sing the night away, play an instrument, or try your hand at some music-based challenges.



The rehearsal room and recording studio is also open to book for young people under the age of 25 and will be available Monday to Friday, 9am to 7pm.

For more information about what's on, follow us on social media @oasisyouthcentre phone us 01387 260243 or see <https://youthwork.dumgal.gov.uk/> or see @YOUTHWORKDG



# Cheaper **B**roadband

Price increases on broadband bills are just one factor in the tightening squeeze on everyone's disposable income.

A strong, reliable internet connection is now as essential to families as other household utilities, for home working and learning, job hunting, grocery shopping, and for keeping in touch with family and friends.

For lower income households, whether that's a family on a tight budget or those receiving income support like Universal Credit, [Uswitch.com](https://www.uswitch.com) provides tips to reduce costs while meeting needs.

Low-income broadband deals, or social tariffs, are offers that are much cheaper than the standard monthly rate for the connection. They're reserved for customers who receive financial support, such as Universal Credit, and can't afford the usual monthly price of a broadband service. They're still often the same speed, quality and reliability as other home broadband deals. The only difference is the price.

- BT offers its low-income customers BT Home Essentials at £15 a month, which is essentially a half price version of its regular BT Fibre Essential package.
- Virgin Media has a similar deal called Virgin Media Essential, which is a flexible 30-day rolling contract, also only £15 a month.
- Hyperoptic offers 2 discounted broadband deals with differing speeds for low-income families.

The availability of all these packages is based on the supplier's eligibility criteria. So, if you're receiving a form of financial support from the government, the above deals may be suitable for you.

## Broadband **tips** for people on a low income

### Alternatives to credit checks

Most broadband suppliers will carry out a credit check. If you're concerned about your credit history being a barrier to a broadband deal, there are options for PAYG and also no contract deals. Beware though that both PAYG and monthly/no contract deals often come with higher monthly prices, so ensure it's a good deal by calculating the overall cost. See: [here](#) for more info.

### Reassessing needs

Re-evaluate whether you need the speed you're currently paying for. You may be overpaying for a speed that you're not fully using. Speak to your provider to discuss this. Think about bundling your services. If you pay for other telecoms services, such as a mobile phone contract or a television service like Sky or BT TV, you could save money by bundling these services with 1 provider. For other ways to reduce your bill see [here](#).

### Mobile tethering

You can tether your computer device to your phone if you have mobile data. However, not all mobile phone contracts will allow tethering. It's also important to know how much data you have, as a few hours browsing on a tethered computer can eat up a lot of mobile phone data.

### Libraries

Most libraries now allow free internet access on their computers for a set amount of time each day. Also, if you have your own devices such as a laptop or mobile phone, you'll be able to connect to their Wi-Fi for free.

### Free public Wi-Fi spots

There are many places you can go to access free Wi-Fi, including local cafes and coffee shops, most chain fast food places, train stations, and some city centres. However, be aware of the personal data you share when connecting to an open network such as these. It would be best to avoid accessing or inputting personal details when connected to public Wi-Fi, such as banking sites.

### Can I get free broadband?

While the UK doesn't offer free broadband, [TalkTalk recently announced a collaboration with Jobcentre Plus](#) to offer 6 months of free broadband to those that are eligible. If you're not eligible but still on Universal Credit, your best bet would be to choose a specific low-income broadband deal offered by a UK home broadband provider, such as BT, Virgin Media, or Hyperoptic.



# Gritters on Manoeuvres

Our recently named gritters have been doing school visits at Kirkcowan Nursery and Moffat, Applegarth, Hottsbridge and Gretna primary schools.

The pupils wanted to know what the gritters do, how they are made, how much they weigh, and loads of other things. What does a gritter driver eat?

More visits are planned for Collin, Heathhall, Locharbriggs, Park, Sandhead, NWCC, Troqueer, Kirkcudbright, Kells and Dalbeattie.

From the top:

Kirkcowan Nursery  
**Thaw Patrol**

Moffat Primary  
**Gritty McGritter**

Applegarth Primary  
**Greta Iceberg**

Hottsbridge Primary  
**Gritney Spears**



## Free bus travel for 16 to 21s

Transport Scotland has launched a new App for people aged 16 to 21 to access free bus travel.

Transport Scot Pass Collect lets people aged 16 to 21 who already have a Young Scot National Entitlement Card (NEC) or non-Young Scot branded NEC to transfer free bus travel onto their NEC card, without having to apply for a replacement card.

The app is now available on Google and Apple stores.

To apply see [Transport Scotland website](#) a user guide is available on [Youtube](#)







# Gracefield Arts Centre

Phone and book in advance on 01387 262084



**£8 for 2 kids**

## Kids Clubs

<b>Baby and Toddler Club</b> for 18 months - 5 years	10.30am-11.30am	£3.50 per child
<b>Kids Club</b> for 5-12 year olds	10.30am-12.15pm	£5.50 per child
<b>Tweens*</b> for 11-15 year olds	1.30pm- 3.30pm	£5.50 per child

You can book as many clubs as you like. Please bring a snack for break time (or money for the café) and remember to wear old clothes. We ask that younger kids (under 7s) be accompanied by an adult – we may have to limit accompanying adults in the workshop spaces, but you can stay near-by in the café if space is limited by covid restrictions.

### 19 March

**Kids Club:** Picasso Portraits – in the last of the workshops inspired by the portrait exhibition, explore the work of the artist who changed the way we think about a portrait and sparked a modern art movement. *Brogan McCulloch*

### 26 March

**Kids Club:** Decoupage Made Easy – explore the art of decorative collaging to make a night light. *Bea Last*

**Tweens:** Explore Decoupage – use in contemporary art and make your own unique object. *Bea Last*

### Sat 23 April

**Kids Club:** Gelli Plate Printing- create prints using leaves and objects pushed into ink. *Lorna McAuley*

### 30 April

**Kids Club:** Waterlilies – make your own Monet with card and paint. *Brogan McCulloch*

**Tweens:** Monet Masterpieces – looking at the art of the impressionist painter and creating your own waterlilies or painting. *Brogan McCulloch*

### 7 May

**Kids Club:** Face Fun – create a cardboard scene to pop your face into for a fun frame selfie; unicorns, pirates and animals – who do you want to be? *Maria Ruiz Plana*

**Baby and Toddler Club:** Weaving – making beautiful weaving patterns using thin coloured strips of paper, or wool, or ribbon on either card or over a box then hang up on your wall. *Sarah McAndrew*

### 14 May

**Kids Club:** Paradise Bird Puppet – make a colourful bird that will flap its wings. *Lorna McAuley*

### 21 May

**Kids Club:** Explore Environment Art – out in the Gracefield grounds with found materials. *Jan Hogarth*

### 11 June

**Kids Club:** Still Life Painting – using line and tools to create a fruit or flower artwork. *Lorna McAuley*

**Tweens:** Still Life in Contemporary Painting – looking at the use of still life in contemporary painting and trying out some ideas of your own, painting on canvas.

**Baby and Toddler Club:** Making Patterns – using a variety of objects ie vehicles, toothbrushes, cotton reels etc on huge paper. *Sarah McAndrew*

### 18 June

**Kids Club:** It's a Bug's Life – 3D Insect frames – using cardboard and colour for your budding entomologist. *Brogan McCulloch*

### 26 June

**Kids Club:** Summer Holiday Jewellery – spruce up your summer outfit or create a gift with French designer *Danielle Annerel*

### Sat 2 July

**Baby and Toddler Club:** Sensory Playbough – a classic B&T workshop, making sensory playdough. *Sarah McAndrew*

## Easter Holidays

### 2 April

**Kids Club:** My Home/My World – Using air-dry clay and recycled materials to make an imaginary home – join them together for a photo of our collective town and then take yours to your real home... *Maria Ruiz Plana*

**Baby and Toddler Club:** Make a beautiful photo frame using a variety of pasta shapes. *Sarah McAndrew*



### 6 April (Wednesday)

**Kids Club:** Easter Jam Jar Terrarium/Snow Globe – a colourful container for eggs or a bunny! *Rhiannon Dewar*

### 9 April (Saturday)

**Kids Club:** Ukrainian Painted Eggs – delicate painted patterns on paper decorative eggs for your Easter tree. *Danielle Annerel*

### 13 April (Wednesday)

**Kids Club:** Shaving Foam Paper Marbling – wonderful decorative paper for cards, easter tree decorations and frames. *Rhiannon Dewar*

**Thursday 14,  
Good Friday 15  
and Saturday 16 April  
10-4pm**

### The free Annual Easter Egg Hunt Quiz

- just collect your clip board and quiz from the gallery reception desk and solve the clues, plus some crafty art challenges to try either out in the grounds or in the activity room if the weather is poor. The Textile exhibitors will also have some drop-in craft activities for you to try your hand at.

**No need to book, just turn up!**

## Quiz of the Week

“ It is only those who have neither fired a shot nor heard the shrieks and groans of the wounded who cry aloud for blood, more vengeance, more desolation. War is hell. William T Sherman ”



1. In which year was Goya's painting Portrait of the Duke of Wellington stolen from the National Gallery in London?
2. In Back to the Future, which year does Marty end up in when he travels back in time?
3. Who is credited with the invention of the Internet?
4. What is the name of the hotel in Stanley Kubrick's The Shining?
5. Which horse is the only 3-time winner of the Grand National?
6. Who was the last Tsar of Russia?
7. Ukraine President Volodymyr Zelensky provided the voiceover for which popular animated animal?
8. What age is Vladimir Putin?
9. Which country borders 14 nations and crosses 8 time zones?
10. What is Japanese sake made from?
11. What is the main pub called in Peaky Blinders where the Shelby's meet?
12. Which of Newton's Laws states that for every action, there is an equal and opposite reaction?
13. What country touches the Indian Ocean, the Arabian Sea, and the Bay of Bengal?
14. Which Beatle leads the way across the zebra crossing on the Abbey Road album cover?
15. What group with a palindromic name had a hit single that was also a palindrome?
16. How many successive pots must a snooker player make to score a 147 break?
17. In Only Fools and Horses, by what name did Trigger always call Rodney?
18. Which web-based word game was created and developed by Welsh software engineer Josh Wardle?
19. Who is currently the player-manager of Queen of the South?
20. Valerie Solanis was famous for shooting, but not killing, which famous artist in 1968?

## RBCFT Film of the Week



### MASS

**Mass** is a 2021 American drama film written and directed by Fran Kranz (in his directorial debut), starring Reed Birney, Ann Dowd, Jason Isaacs, and Martha Plimpton.

Mass is about 2 pairs of parents, one whose child was murdered in a school shooting; the other whose child was the school shooter.

Linda (Ann Dowd) and Richard (Reed Birney) are the shooter's mum and dad: Linda needs absolution, whether it's from the other couple, or from her husband, she doesn't care. Richard is more conservative, suspicious of being invited along to the meeting. Jay (Jason Isaacs) and Gail (Martha Plimpton) see this meeting as their only way

forward and are ready to listen and forgive. It's clear that Jay and Gail are wary of any suggestion that their son's death is somehow equivalent to the death of his attacker.

It's a small film (the budget was only \$300k) and it's brimming with emotional fury and empathy. Each character is a multi-dimensional human being struggling to make sense of the unimaginable event that has transformed their lives. With its limited cast and single setting, the film unfolds like a play in real time. It's not an easy watch by any means and you might find the film staying with you for days afterwards as you witness one set of grieving parents seeking resolution and the others, absolution.

With such strong performances by all the principal leads, it's little wonder that they've won several Best Ensemble acting awards. Only Ann Dowd as Linda has been nominated for an acting award at either the BAFTAs or Oscars (in the Best Supporting Actress category at the BAFTAs). All are worthy of multiple nominations.

Don't pass up the chance to see a film that's brilliantly written and acted.

Mass is on Sky Cinema and coming to the RBCFT on Monday 14 and Tuesday 15 March.





A new plaque on **Kirkmaiden war memorial** at Drummore commemorates Sergeant William Love Colquhoun, who died in World War 2, but wasn't included on the original plaque.



## 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](http://www.dumgal.gov.uk)

**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](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

Community Assets Nithsdale staff are carrying out a rejuvenation project at **Glasgow Street car park** in Dumfries. Works include rebuilding the existing wall, installing new railings, removing dead trees and shrubs, and replanting with perennial plants and ornamental grasses. The People's Project has donated finance for project.

Due to increased demand, the **Council's Streetscene Team in Annan** has developed a further 21 allotments on the John Bell's Field site in Annan. The team built the fences and gates themselves to reduce costs. There are currently 25 people on the waiting list for allotments.

**Marie Curie National Day of Reflection** (23 March) and Daffodil Appeal raises awareness of specialist nurses and other support, including hospices, for people dying from cancer and their families. Council HQ will be lit yellow to mark the day.

**Epilepsy Awareness Day** (26 March) aims to raise awareness of people with epilepsy and make sure that no one affected feels alone. Council HQ in Dumfries will be lit purple to mark the day.

### Quiz of the Week Answers

1. 1961
2. 1955
3. Tim Berners-Lee
4. The Overlook Hotel
5. Red Rum

6. Nicholas II
7. Paddington Bear (in Paddington and Paddington 2)
8. 59
9. Russia
10. Rice

11. The Garrison Tavern
12. The third law of motion
13. India
14. John Lennon
15. ABBA with SOS
16. 36

17. Dave
18. Wordle
19. Wullie Gibson
20. Andy Warhol