

Community

#SupportDG 

EDITION 67
Friday 30 April 2021



Hawthorn Blossom



Be Kind



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Notice



Support



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Tracking Salmon

Dinner Ideas

Supporting Stranraer

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Dumfries
& Galloway



Welcome to Community



@dgcouncil



@DumfriesGallowayCouncil



Email updates dumgal.gov.uk/newsletters



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

In Dumfries and Galloway, we continue to make outstanding progress on Covid vaccinations. 71.4% of our adult population has been given the first dose of a vaccine (compared to 61.15% across Scotland) and 43% has received a second dose (compared to 23.5% nationally).

As we emerge from lockdown, venues such as gyms, museums, galleries, libraries, cafes, restaurants, pubs have reopened. We can meet up outdoors with family and friends. If necessary, we can now travel anywhere in mainland Scotland. It feels as if our lives are returning to some degree of normality.

However, while our region presses ahead with restart, renewal and recovery, we mustn't be complacent. The shocking images and statistics from other parts of the world confirm that we're still dealing with a deadly virus in a global pandemic that continues to cause misery and cost enormous numbers of lives on a daily basis.

So, it's of the utmost importance that we all continue to be take precautions against Covid and follow the FACTS guidance: face coverings, avoid crowds, clean hands, two metre distance. Anyone with symptoms should self-isolate with their household and book a test.

with best wishes

Elaine and Rob



DG Culture
Dumfries & Galloway Council

Culture Returns

Our museums and galleries are reopening and we look forward to welcoming you back.



Full details of venues and opening times can be found at dgculture.co.uk

Measures are in place to make sure everyone has a safe and enjoyable visit, including online booking to manage numbers and maintain physical distancing.

Entry is free but you must book your timed slot in advance to ensure that we can manage numbers and maintain physical distancing. Click on the links below to book your time slot.

[Kirkcudbright Galleries](#)

[Gracefield Arts Centre](#)

[Stranraer Museum](#)

[Dumfries Museum](#)

[Stewartry Museum](#)

[Annan Museum](#)

[Kirkcudbright Tolbooth](#)

[Sanquhar Tolbooth](#)

[Robert Burns Centre](#)

Remember

FACTS



Face coverings



Avoid crowds



Clean hands



Two metres



Self isolate

There's something fishy going on

The global population of wild Atlantic salmon continues to decrease, with research highlighting a range of suggested impacts and reasons, including climate change and the impact of humans on our freshwater and oceanic systems.

The Atlantic salmon has a complex life cycle in the wild, migrating as smolts from freshwater to the sea when around 2 years old, and then back again as adults for spawning.

As the smolts migrate to sea, they often encounter a range of human-induced challenges, such as poor water quality, habitat fragmentation, and other barriers.

An innovative project on the River Dee will be using recent advances in acoustic telemetry to track progress of smolts down the river towards the sea. The Dee, approximately 1,000km² in size, runs from the Galloway Hills, the core of the UNESCO Biosphere, through the Galloway Forest Park, to the sea at Kirkcudbright. The river catchment hosts a variety of challenges for migrating species, including the Galloway Hydro-Electric Scheme.

Galloway Fisheries Trust (GFT), a local environmental charity focussed on enhancing the ecology of local freshwaters, is leading on work to tag up to 50 Atlantic salmon smolts before they start their journey. As each of the tagged fish pass a series of 16 bankside receivers, they will transmit the time, location, and their identity.

Findings from this project will increase understanding of:

- the impact of standing waters on smolt migration
- the success of smolts migrating past barriers
- the potential influence of predators on smolt survival
- whether smolts successfully reach the sea
- whether there are any major bottlenecks for smolts along their journey to sea
- the speed and direction of migration

Numbers of Atlantic salmon in the River Dee are still declining, but results from this study will enable areas of concern for smolt migration to be identified and targeted management actions prioritised.

Project leader, Dr Samantha Beck, said: "As smolts prepare for their migration downstream, they undergo dramatic changes in their physiology, behaviour and morphology, so that they are able to cope with conditions at sea. Any delays in their timing of sea entry may be critical to their chances of survival. This project will allow us to target areas of concern for management and maximise the chances of smolts reaching the sea on time, whilst also potentially increasing the number of adults returning to spawn in subsequent years."



Tracking Salmon in the Kirkcudbrightshire Dee

The Atlantic salmon has a complex life cycle, involving migration from freshwater to the sea as ~2 year old 'smolts', and then back again as adults for spawning. As the smolts migrate out to sea, they often encounter numerous human-induced challenges. To better understand these, an innovative project on the River Dee in Kirkcudbrightshire is tracking their progress.

How does it work?

The latest acoustic telemetry equipment enables tagged smolts to be tracked as they migrate past receivers, which transmits a signal detailing the time, location and also the individual.

Galloway Fisheries Trust will deploy 16 regularly spaced receivers from the bottom of Polharrow burn, all the way downstream to Kirkcudbright estuary.

When is this taking place?

Galloway Fisheries Trust aims to capture and tag a total of 50 smolts during their 4-6 week migration window in April-May 2021. Smolts should have completed their migration by the end of July, when the fieldwork will end and the data will start to be analysed.

What do we hope to learn?

Findings from this project will enable us to better understand how smolts travel down the river, identifying particular challenges they face.

To contact the project, email Dr Sam Beck samantha@gallowayfisheriestrust.org





Ken kens the Ken

Loch Ken Trust has appointed a new seasonal ranger.

Ken Scott, a former police officer who lives in Kirkcudbright has been a frequent loch user. He said: "I've been visiting Loch Ken since the 1990s and I know just how special a place it is. I feel privileged to have been chosen for this new position and I look forward to developing the role. I'm looking forward to working with the trustees on behalf of local communities, businesses, user groups and visitors, and enriching everyone's experience of the Loch. There's a vast amount of work to be done over the next six months but I envisage getting the foundations in place to ensure that the role is successful in this and future years. Initially, I'll be prioritising my time to be at the loch during periods of peak activity and meeting as many people as possible."

Alan Smith, Loch Ken Trust Chairman, said: "We are delighted to appoint Ken in this role to assist the range of volunteers and partners around the area and ensure that visitors and residents get the best from the amazing asset that is the loch."

The Loch Ken Trust was established in 2020 to promote the natural, cultural and recreational assets of the Loch Ken area for the benefit of the public and to support sustainable local communities.

Contact Loch Ken Trust or join as a member:
barnaby.fryer@lochkenalive.co.uk

Consultation on Duke of Edinburgh

The Council is running an online consultation to gather views on how the Duke of Edinburgh's Award (DofE) scheme is delivered in Dumfries and Galloway.

The aim is to best support the needs of all young people who want to work towards one of the awards.

The survey is open until Sunday 23 May 2021:
forms.office.com/r/JY0LVdT3YT



Douglas Ewart dishes up improved din dins

Pupils at Douglas Ewart High School recently approached headteacher, George Webb, to see if there was any way that extra space could be created in the dining area to allow for better distancing.

He was so impressed with their pro-active approach and ideas that he dipped into the school budget to make it happen.

Existing furniture and catering equipment was enhanced by new wall art and the revamped area has eased congestion in the dining hall and provided more seating and space, enabling more pupils to remain indoors if they wish.

The improvements to the dining area coincided with the launch of the new Globetrotter menu, which promotes flavours of the world while using locally sourced ingredients.

Pupils can also now use an App to pre-order meals the evening before or on their way to school on the day.

Bon Appétit!

Cllg Rbrnd

...or is that College Rebrand?

Dumfries and Galloway College has rebranded its visual and verbal identity, with a new logo, colour scheme and website: www.dumgal.ac.uk

DGC Dumfries
and Galloway
College

Quaranthology

The We Agree On Eggs (WAOE) Arts Collective has launched a community anthology of works, created during lockdown by writers and artists in Dumfries and Galloway.

It comprises stories, poems, drawings, photographs, paintings and crafts created since the UK lockdown began in March 2020.

The idea for Quaranthology came from Phil Palios, an alumni student of University of Glasgow (Crichton campus), and member of WAOE. He said: "I decided that capturing whatever people in Dumfries were writing during this unique historical moment was important".

Lizzie Parsons, another egg took up the mantle of the project when Phil had to leave Dumfries, and organised some virtual workshop evenings for contributors to read each other's writing and give feedback. Then came the task of editing and compiling it, funded by Loreburn Community Council, to be printed by Solway Print.

Copies are available, priced £6.60, from: quaranthology@weagreeoneggs.com



Stranraer is tremendous

Last week more than 70 fruit trees were planted at 4 locations in Stranraer: Sheuchan Primary School, Rephad Primary School, Park School, and Rephad Nursery.

This was planned and organised by volunteer group Incredible Edible Stranraer, using funding the Council.

The trees were supplied with help and advice from John Hancox, Scottish Fruit Trees, and planted by Council workers, staff, pupils and Incredible Edible's volunteers.

A spokesman said: "This is what community action looks like and illustrates beautifully how collaboration and mutual support can make a difference in our communities. Many thanks to the Wigtown Area Council team for preparing the ground, helping the children to plant the trees, providing the bowser to water the new trees in this dry spell, and generally being a really nice, helpful team. We all had a lot of fun and enjoyment."

The orchards will be maintained by the school communities with support and advice provided by Incredible Edibles Stranraer and will provide the children and their families with fruit for many years to come.



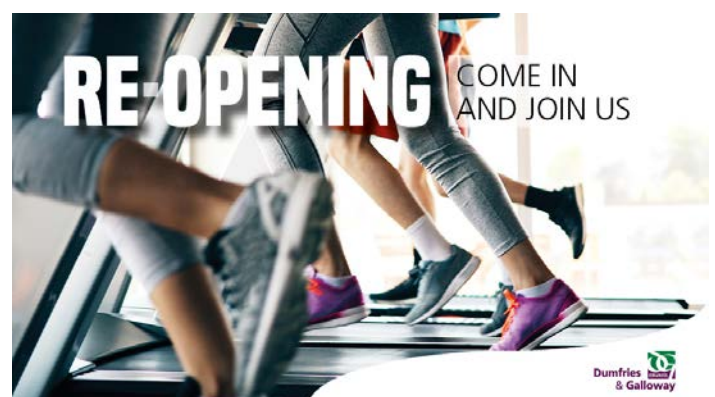
Brexit ready?

If you're an EU Citizen who moved to the UK before 31 December, you'll need to apply for permission through the EU Settlement Scheme to continue living in the UK.

The deadline is 30 June 2021.

See Dumfries and Galloway Citizen Advice Service: www.dagcas.org/eu-citizens-support-scheme/

To apply: www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status



SUPPORT STRANRAER

Supporting local businesses helps protect local jobs.



Dumfries & Galloway



STRANRAER DEVELOPMENT TRUST

Stranraer is open

Stranraer Development Trust has launched a short film showcasing Stranraer and Loch Ryan, filmed by drone:

[Facebook page](#)

Named Stranraer is, the film is part of the Support Stranraer community building campaign, which aims to support Covid-recovery by encouraging people to feel good about enjoying local facilities and buying from local businesses.

The campaign launched last autumn but was put on hold due to Covid restrictions.

Romano Petrucci, Chair of Stranraer Development Trust, said:

“This past year has had an absolutely devastating impact on Stranraer. One thing that it has shown without doubt is the importance of community and just how lucky we are to live in this stunningly beautiful part of the world. As Scotland unlocks we wanted to celebrate our wee toon and everyone in it. Stranraer is all of us. It’s our people, our schools and college, our local businesses, our community groups, our ambition, the warmth of our welcome, and our very beautiful place. We wanted to capture that feeling of togetherness in this film. Brighter days are ahead and the community of Stranraer will embrace those brighter days with confidence and determination. Stranraer is special and we want to shout about it.”

RBCFT Film of the Week

The Father

The Film of the Week chosen by the RBCFT staff is the drama *The Father* for which Sir Anthony Hopkins recently won Best Actor Award at both this year’s BAFTAs and Academy Awards.

Hopkins plays 80-year-old Anthony, who lives alone, suffers from dementia, and continually refuses help from his daughter Anne (Olivia Colman). We learn that Anne is unable to make her daily visits anymore and Anthony soon begins to question his family, his circumstances, his own mind, and even reality.

Despite talk of a posthumous Best Actor award for Chadwick Boseman in *Ma Rainey’s Black Bottom*, this was a thoroughly deserved accolade for Hopkins. In a long and distinguished career his role in *The Father* is undisputedly his very best. He is simply astounding as an elderly man with dementia. There are the sudden flights of fancy, the way he forgets key elements of his life, the sudden uncomprehending looks that cross his face. He nails every single tick and nuance.

Hopkins is helped in no small part by the script and direction by Florian Zeller. It’s cleverly constructed - we begin to see life through Anthony’s eyes and, as he



becomes disoriented, so do we. This is notable when characters flit in and out of shot and we’re as surprised and confused by what’s happening as Anthony is.

In confining the film to one apartment the film feels like a stage play (it was adapted by Zeller from his own play *Le Père*) but it provides the director with ample opportunity to confuse Anthony, and the audience, even further.

Olivia Colman is on equally good form as Anthony’s daughter and the supporting cast, featuring a host of well-known actors, is uniformly excellent.

The Father is released in cinemas (including RBCFT) on 11 June. Our advice? Don’t miss it.

Quiz of the Week



1. This week Chloé Zhao became only the second female director to win Best Director at the Oscars. Who was the first?
2. Which Scottish golfer tied in twelfth position at the Masters Tournament this year?
3. Who is the longest serving James Bond actor (between release dates of first and last film)?
4. At which ground in Edinburgh does Scotland's national cricket team play?
5. Sir Anthony Hopkins won his second Best Actor Award at this year's Oscars for The Father. For which film did he win his first award in 1991?
6. In which Scottish city will you find the Brig o' Balgownie?
7. Which Canadian band had the biggest selling single in the UK in 2020 with the song Blinding Lights?
8. Which best-selling Scottish crime writer, born in Fife in 1960, is also lead singer for a band called Best Picture?
9. Which famous TV chef's real name was Phyllis Nan Sortain Pechey?
10. What is the name of the hero in John Buchan's novel The Thirty-Nine Steps?
11. Which American singer had a hit with You're So Vain?
12. Who is the most capped men's Scottish footballer of all time with 80 caps?
13. Which snooker player has never won the World Championship although he appeared in 6 finals?
14. In which year did the Rev. Henry Duncan establish the world's first Savings Bank in Ruthwell?
15. Which two members of Monty Python wrote the 1970s book Bert Fegg's Nasty Book for Boys and Girls?
16. How many No. 1 hit singles did the Bay City Rollers have in the UK?
17. What is the name given to a region of spacetime where gravity is so strong not even light can escape it?
18. What is the oldest University in Scotland? .
19. What is the name of the frankly terrible Disney sci-fi film from 1979 which featured the uncredited voices of Roddy McDowall and Slim Pickens as robots?
20. Which Scottish cyclist was crowned the King of the Mountains (and finished 4th overall) in the 1984 Tour de France?

Norwegian Beef

This is an easy recipe which gives a very tasty stew that can be eaten with potatoes, rice or couscous.

Ingredients

- 2 large onions
- 1 oz butter
- 1 1/2lb lean stewing steak
- 1 tbsp flour
- 1 tbsp worcestershire sauce
- 4 tbsp tomato sauce
- 2 tbsp vinegar
- 2 tbsp brown sugar
- 1 tbsp curry powder
- 3/4 pint beef stock
- Salt and pepper

Method

Slice the onions finely. Sauté them in the butter on the hob in a large casserole until translucent. Place the flour, salt and pepper in a bowl and coat the beef, before placing it into the casserole. Stir the beef until browned. Add the other ingredients, stirring well and bring to the boil. Transfer to the oven (160C) for 2hrs until the meat is nice and tender. Serve with potatoes (to soak up the gravy) and any vegetables.

Prep 25 mins Cook 2hrs Serves 4



The stew can also be cooked in a slow cooker on high for at least 3 hours or until the meat is tender. You can use mild, medium or hot curry powder depending on your preference.



Key Contacts



National COVID-19 Helpline

0800 111 4000

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

NHS24 111
www.nhsinform.scot

Emergency 999

Doctor Out of Hours 111

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

Business Support Helpline 01387 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



You cannae beat a trip to the beach

To really make your day
The weather doesn't matter
You can still explore and play
Over the rocks you clamber
To see what you can find
Run free like a child again
And let it clear your mind
You can just perch on a rock
And watch the world go by
Look far out into the ocean



Where it looks like it meets the sky

The noises of the gulls, the wind
And the lapping of the sea
Merged together makes
A unique seaside melody



Exploring all the rock pools
To look for crabs under a stone



If one nips your finger
You'll wish you'd left it alone
Gathering shells and pebbles
And other new found treasures

A day at the beach and the memories made

Are part of life's great pleasures
You must roll up your trousers
Doesn't matter if you're young or old
Head in for a paddle



Don't be feart it's not that cold
Whenever you get a chance
Go to the beach and don't debate



A trip to the seaside is the tonic you need
To make you feel just great!

Alison McAuley

If you would like help understanding this

or need it in another format telephone 030 33 33 3000

Answers

1. Kathryn Bigelow (The Hurt Locker, 2009)
2. Robert MacIntyre
3. Daniel Craig, 16 years (2005 to 2021).
4. The Grange
5. The Silence of the Lambs
6. Aberdeen, it's one of Scotland's oldest bridges (work was begun on it in the late 13th century).
7. The Weeknd
8. Ian Rankin
9. Fanny Cradock
10. Richard Hannay
11. Carly Simon
12. Darren Fletcher
13. Jimmy White
14. 1810
15. Michael Palin and Terry Jones
16. 2, Bye Bye Baby and Give a Little Love.
17. A Black Hole
18. St Andrews University, founded between 1410 and 1413
19. The Black Hole
20. Robert Millar