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"I hope that over the coming year we continue to improve how we work with communities to ensure there is ownership and buy in and that we are successfully reaching and working with those people in Annandale & Eskdale who are experiencing the greatest inequalities in health, whilst making best use of our assets. "



A Note from the SHAP Chair

Welcome to our annual SHAP Newsletter. It's that time of year again when we take time to stop, reflect and celebrate our achievements. All too often we are so immersed in 'getting on with the work' we don't realise how much is actually going on. There are actually so many exciting developments and initiatives happening in our communities and I hope this newsletter will give you a flavour of some of the great work that is current and some of what has been achieved this year.

Reducing health inequalities is about ensuring everyone has the same opportunities to lead a healthy life, no matter where they live or who they are and I believe partnerships, like the SHAP, are best placed to be able to identify key priorities and actions in relation to addressing inequality. If this is the case however we must also fully understand our communities and collaborate with them to develop appropriate and innovative solutions to the issues and challenges we are faced with. I hope that over the coming year we continue to improve how we work with communities to ensure there is ownership and buy in and that we are successfully reaching and working with those people in Annandale & Eskdale who are experiencing the greatest inequalities in health, whilst making best use of our assets. In order to do this we must build on our strengths and continue to use the partnership to jointly meet our aims.

Given the challenging financial environment, and other unknowns, I want to acknowledge the amount of hard work and commitment to that goes into making this partnership a success and the effort that goes into making Annandale and Eskdale one of the best places to work, rest and play. There is a very strong sense of pride in our local partnership arrangements and the fact that we pull together to do the best we can to improve outcomes for the people we work with.

Lastly I want to say a big thank you to everyone involved in the SHAP for their on-going loyalty, dedication and contributions. We look forward to another productive and exciting year ahead.

Elaine Lamont

An Update on the New GP Contract



We are now half way through the 3 year transition program for the introduction of a new GP Service contract across Scotland. On the face of it you probably haven't noticed much change so far. Like many change projects of this scale it takes a bit of time to build up momentum make the most of the opportunity to transform the way care is delivered.

So what have we actually done in the last 18 months? In Annandale and Eskdale we have recruited three people to provide Mental Health care and support within the GP Practices. Every Practice now has an attached Primary Care Mental Health Nurse who will see people who are experiencing Mental Health problems. The way this works within each practice may be a little different depending on how appointments are arranged. The aim is to ensure this is meeting the needs of both the person and the Practice and this may evolve and change over the next year or two. The aim of the changes is to ensure people achieve the best possible outcomes by seeing the most appropriate service at the right time. Feedback from both patients and GPs is very positive and we hope to gradually build this service.

We have also been working with our Pharmacy team in Annandale and Eskdale to develop more support for the management of prescribed medication. We issue huge numbers of prescriptions every day and this support has helped to improve the monitoring and issuing of both regular and one off prescriptions.

There are more changes to come but perhaps the most important point to make at this stage is the level of investment, although significant, is not enough if we carry on doing the things the way we have always done them. It's critical for us to use this opportunity to be truly innovative and find ways to transform the way people use GP and Primary Care services not only to make things more efficient but also to improve the quality of care. We need now to ensure that we invest more time and effort in the support needed to effect that level of change. This is often not a comfortable process but one which most people now recognise as essential if we are to create a sustainable model of General Practice for the future in Annandale and Eskdale.

For people who use GP services, therefore you can expect to see things change over the next year or two, including the way you can contact the surgery, who you might see and what support options might be available.

Dr Neil Kelly, Clinical Lead - Annandale and Eskdale (Oct 2019)

Pharmacists are in a GP Practice Near You

The new GP contract aims to provide better services to people by providing stability and sustainability to General Practice. Playing a role in this new vision is a Pharmacy Team who will work alongside GPs and Practice staff. Our pharmacy team is led by Dot Kirkpatrick who has been working as a Prescribing Adviser for the nine GP practices in Annandale and Eskdale for over 20 years. The team comprises of five pharmacists and four technicians of which two are full-time.

The team are delivering what has been labelled as “pharmacotherapy” services in all our Practices. One of the main roles is to process requests for medication that is not on a person’s regular repeat list called ‘acutes.’ These requests will often require a telephone conversation with the person who is requesting the medication. Changes to medication that are a result of an in-patient stay in hospital or at an out-patient clinic are also more likely to be managed by the pharmacy team.

Referrals from social services about patients struggling to manage their medicines come direct to the team under a service called “Optimise.” Occasionally this means we visit the patient in their own home to work out the most appropriate solution. As the service progresses, we hope to deliver more services for those with complex medication regimens and those experiencing long term pain.

We have a fantastic team, dedicated to improving outcomes for people and making medicines management for all a good experience. We look forward to delivering more of this support across Annandale and Eskdale.



Dot Kirkpatrick, Locality Lead Pharmacist, Annandale and Eskdale

What Can Community Pharmacists Help You with?

Community Pharmacists are essentially experts in medicines but nowadays they and their trained teams can offer their customers so much more.

As contractors to Dumfries and Galloway Health Board we are responsible for the safe and effective supply of medicines and often advise other Health Professionals on this to help reduce medication errors and improve safety. We respond to people's enquiries and needs and advise on sales of medicines that may help to treat their symptoms and can also signpost them to other services within Annandale and Eskdale that they can benefit from. We work as part of a team across the locality to best meet people's needs.

Many people are not aware about the range of services a Community Pharmacy can offer. Services include:

- Blood Pressure and Diabetes Testing
- Consultations on a one to one basis to discuss your medicines and their use in a private room within the pharmacy.
- Emergency Hormonal Contraception
- Minor Ailments Service-after a short consultation we can provide free treatment for certain minor conditions.
- Pharmacy First -We can now treat uncomplicated Urinary Tract Infections without the need to visit a GP. Minor skin infections (including infected bites) and Impetigo can also be treated.
- Unscheduled Care- if you have run short on medication a pharmacy can provide a supply of the medicine until you can contact your GP to arrange a new prescription for it.
- Gluten-Free Food Service – this allows people diagnosed as coeliac to obtain certain items from pharmacy without having to visit their GP
- Smoking Cessation – all pharmacies run a 12-week programme and can provide nicotine replacement items to help you stop smoking.
- Private Flu vaccination Clinics- this service is vital for people who do not qualify for a vaccine through NHS service.
- Health advice on many topics – we are all extremely knowledgeable on many conditions that can affect your health

People are often directed to us from local GP surgeries and Out of Hours Doctors - they recognise that through our expertise we can often help people without the need for an appointment with the doctor.

As you can see from the examples above we in Community Pharmacies wear a variety of 'Hats' and have varied skills to help you help yourself. These services are always available when the pharmacy is open both within GP opening hours and out of hours at weekends.

Next time you have an issue with your medication or health why don't you pay a visit to your local pharmacy first and see if our friendly teams can help you.

Shirley Taylor, Community Pharmacist, Lloyds Pharmacy, Annan

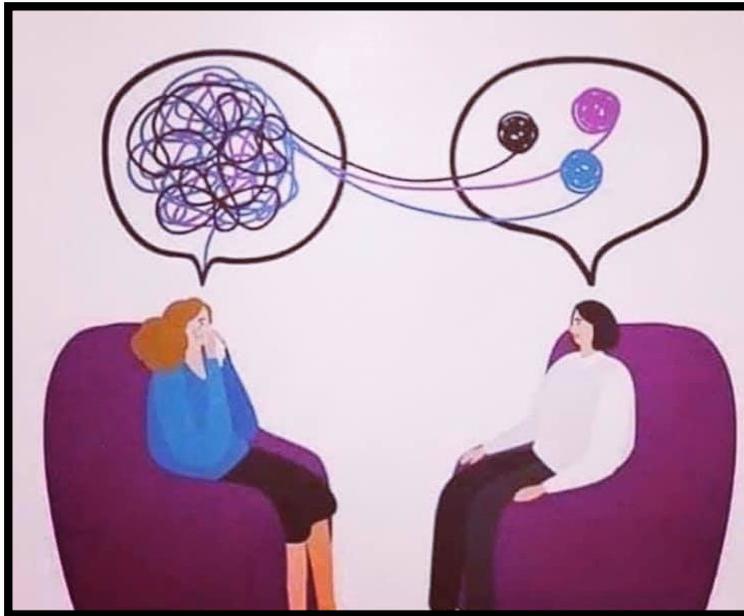
How can the Community Link Service Support You?

Community Link provided a listening ear and the time to think and talk about the things which are important to me.

The support from Community Link helped me to think about what keeps me well and to live the life I want to.

Community Link put me at the centre and focused on allowing me to take the time to explore my current situation and to make plans for my future.

A Community Link Worker helped me to identify what really mattered to me.



Community Link worked with me to find solutions and ways to improve my own health and wellbeing.

My Community Link Worker took time to listen and ask the right questions to find out what was really going on.

Community Link helped me to identify what mattered to me, to prioritise what was important and to discuss what I wanted to achieve. This helped me to set realistic goals.

Community Link helped me to access appropriate services and sources of support in my local community.

For more information contact Annandale and Eskdale Health Improvement, Sonas, Stapleton Road, Annan. Tel 01461 204741

Referral form requests to

dumf-uhb.AandE-Community-Link@nhs.net

The Community Link Worker works with people over the age of 16 years

As part of the new GP contract, Community Link will have a key role within GP Practices.

Living and Dying Well in Annandale

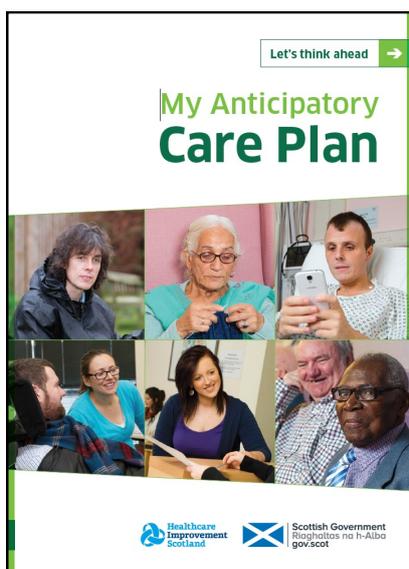
Living and Dying Well in Annandale

Planning for our future is something we do throughout our lives but as we get older it is even more important that we have conversations with our families and health and social care providers about our wishes. In Annandale and Eskdale we have been successful in our bid to participate in becoming part of Healthcare Improvement Scotland's Frailty Collaborative and we will be working with local people and Health and Social Care colleagues across the sectors, to strengthen the work we do around forward planning and encourage people to think about what's important to them, both now and in the future, and to support them develop an Anticipatory Care Plan (ACP), so that their wishes can be recorded.

There are currently over 17,000 people living in Dumfries & Galloway who are aged 75 years and older, representing 11.5% of the resident population. This is the highest proportion of any Health Board area in mainland Scotland. Many are living with long term health conditions and in Annandale alone there are over 3000 individuals who have been diagnosed with two or more, long term health conditions. Having conversations earlier about 'what matters to you' and putting plans in place is really important for everyone so that people are living life on their own terms and that Health and Social Care services are centred in helping them to maintain or improve their quality of life.

The first phase of the Living & Dying Well work has started with the Annan GP Practices.

To get more information about having an ACP or to get involved contact Lynn Scott or Elaine Lamont (lynnscott@nhs.net or elamont@nhs.net)



Link to Living and Dying Well with Frailty Collaborative

<https://ihub.scot/improvement-programmes/living-well-in-communities/our-programmes/living-and-dying-well-with-frailty/>

Link to Living Well in Communities

<https://ihub.scot/improvement-programmes/living-well-in-communities/>

Building Work Begins on New Housing in Annan

Building work recently began on a modern, purpose built, housing with care development in Annan. Loreburn Housing Group are developing the new homes in partnership with Dumfries & Galloway's Health and Social Care Partnership and Key Community Support. The development will provide seven homes and will be ready for occupation in May 2020.

Lorraine Usher, CEO of Loreburn Housing Group said:

"We are very pleased to be working alongside the Health and Social Care Partnership, this development is a great example of joint working. The homes will enable people to live independently with support close at hand. It will also be accessible with design features such as assistive technology to support independence and wellbeing. Homes will be let on a secure tenancy, providing individuals with the knowledge and security of a long term home designed to meet their requirements now and into the future. A huge thank you goes to D&G Council and the Scottish Government for the support and funding for this project. Loreburn has received £723,000 in grant funding from Scottish Government towards its total development costs of £1.85m".

In addition to the homes for life, the development will also feature two apartments which will provide an enhanced short breaks service for people with learning disabilities and their family carers. Allison Breen, a social work member of the multi-disciplinary team of staff who have helped developed the project, reported that " It has been a privilege to have been part of this project from concept to fruition. Historically some adults with complex needs may have had to move way to find suitable accommodation. However this project supports individuals to remain connected to their family, friends and community."

Gary Sheehan, Locality Manager for Health and Social Care across Annandale and Eskdale, said:

"This new and much needed service will help provide more choice and support for people with learning disabilities and their families across Annandale and Eskdale. Building on the success of this project, we are already planning to develop more housing with care schemes across the locality, including new Extra Care services for Older People. It is great to see such progress being made and I look forward to further new housing with care developments over the next few years."

Jimmy Marshall, Locality Social Work Manager (Adult Services), Annandale and Eskdale.

Lifelong Learning Service in Annandale and Eskdale

English for Speakers of Other Languages (ESOL)

Our ESOL classes in Annan run throughout the year and cater for beginners to improvers. We currently have 30 learners attending classes in Annan and are hoping to provide classes in Lockerbie soon.

Literacy and Numeracy

Support with literacy and numeracy skills is available via a weekly class and drop-in session in Annan. If you are unable to travel to Annan but would like support with literacy or numeracy skills, please contact Alison Murgatroyd – details below.

Peep (Parents early education partnership)

Peep courses support parents/carers, babies and children to learn together by valuing and building on what families already do. We have been delivering peep learning together programmes in Hecklegirth and Lockerbie nurseries for several years now. Last month parents/carers from Lockerbie achieved their SQA qualification in the Peep Early Literacy strand. Peep has now started at Newington nursery and is due to start at Eastriggs nursery soon.

Roots of Empathy

Our yearly Roots of Empathy Classes have started, or are about to start, in Lockerbie and Hecklegirth. Roots of Empathy is an international, evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy.

Computer Courses

Kate's Kitchen is the venue for our First Steps with a Computer course in Annan. This is a 13-week SQA certificated course. A shorter course – “switch it on” – will start in Lockerbie at the end of October.

Family Learning

In addition to Peep and Roots of Empathy, we deliver various Family Learning courses e.g. Literacy project at Hecklegirth Nursery, Learning is Fun Together, pre-writing and transition workshops and home activity sheets. Our recently formed Family Learning Activity Group (FLAG) which is made up of parent/carer volunteers will be delivering after school family STEM sessions after they have completed training.

Maths Week Scotland 30th September – 6th October

We planned a number of successful community activities for maths week, including number walks and number hunts.

For more information about Lifelong Learning courses/groups please contact:

Eileen.Johnstone@dumgal.gov.uk phone/text 07709 479624

Alison.Murgatroyd@dumgal.gov.uk phone/text 07827 860408

Lifelong Learning Service in Annandale and Eskdale



English for Speakers of Other Languages-pictured is the class held in Annan.

Our ESOL classes in Annan run throughout the year and cater for beginners to improvers. We currently have 30 learners attending classes in Annan and are hoping to provide classes in Lockerbie soon.



Social Security Scotland

Over the next four years we will take on delivery of a number of benefits including some that will replace benefits currently delivered by UK Government and a number of entirely new benefits created by the Scottish Government. These benefits will be for people on low incomes, disabled people, carers, young people entering the workplace and to help people heat their homes. The Scottish Government has established Social Security Scotland to administer these benefits.

The Department for Work and Pensions (DWP) and local authorities will also continue to deliver some benefits in Scotland. Social Security Scotland will put dignity, fairness and respect at the heart of everything we do.

Social Security Scotland currently delivers six benefits. These are:

Carer's Allowance Supplement

An extra payment to carers in Scotland who are receiving a full or partial Carer's Allowance payment from the Department for Work and Pensions. Social Security Scotland will pay this every six months until Scottish Government plans for a new Carer's Allowance are in place. Each six monthly payment will be £226.20, updated annually with inflation.

Best Start Grant – Pregnancy and Baby Payment

The Pregnancy and Baby Payment is part of Best Start Grant, a package of three payments that will give extra money to low income families during the early years of a child's life. This payment will help low income families with expenses in pregnancy or having a new child and replaces the Sure Start Maternity Grant. It pays £600 for a first child, and £300 for other children. There will be an extra £300 if you have a multiple birth.

Best Start Grant - Early Learning Payment

The Early Learning Payment is part of Best Start Grant, a package of three payments that will give extra money to low income families during the early years of a child's life. It is a £250 payment made between the ages of two and three and a half years old. This is to help with the costs of early learning for eligible families who have a child.

Best Start Grant School Age Payment

The School Age Payment is part of Best Start Grant, a package of three payments that will give extra money to low income families during the early years of a child's life. It is a £250 payment made around the time a child normally starts Primary 1 to help with the costs of a child starting school. The money can be used for anything from school uniform and shoes to a school bag, books or days out.

Dignity, fairness, respect.



Social Security Scotland
Tèarainteachd Shòisealta Alba

Best Start Foods Payment

Best Start Foods payment replaces the UK Government's Healthy Start paper vouchers with a new payment card, and is now open for applications. The card, which works in a similar way to bank cards, can be used to buy a variety of healthy foods including milk and infant formula, fruit and vegetables, pulses and eggs.

Eligible families on low income benefits will get £17.00 on their card every four weeks during pregnancy and for any children between one and three years old. For babies up to the age of one, the payment increases to £34.00.

Funeral Expense Assistance

A one-off payment to a person responsible for paying for the funeral. This assistance is a contribution to help meet funeral costs. Available to those who are receiving certain qualifying benefits.

In the Autumn Young Carer's Grant will launch followed by Job Start payment Spring 2020.

Young Carer Grant will launch in the Autumn

The Young Carer Grant is for young people aged 16 to 17 (or 18 and still at school) who do at least 16 hours of caring a week. Available for those caring for people in receipt of certain disability benefits, and not in receipt of Carer's Allowance. It will provide £300 a year to help access employment, social and leisure opportunities.

Job Start Payment will launch in Spring 2020

A payment intended to help young people aged 16-24 who are returning to work after a period of six months unemployment. It will provide a payment of £100, or £250 for those who have children.

You can find out more about Social Security Scotland via

<https://www.socialsecurity.gov.scot/>

or you can call Social Security Scotland on Freephone 0800 182 2222

Dignity, fairness, respect.

Let's Prevent Diabetes

Preventing Type 2 Diabetes – NEW programme available!

Currently 257,000 people in Scotland are living with **type 2 diabetes**. It is estimated that 500,000 people have **pre-diabetes** which is likely to develop into type 2 diabetes without intervention.

For the majority of people, developing type 2 diabetes can be prevented by making small changes to diet and physical activity.

We are delighted to announce that NHS Dumfries and Galloway in partnership with Dumfries and Galloway Council are now offering **Let's Prevent**, an evidence-based programme to support people with pre-diabetes.

- **Let's Prevent** is aimed at supporting people to make small lifestyle changes that work for them
- **Let's Prevent** is made up of two sessions (on different days), each lasting three hours and taking place in a community venue
- **Let's Prevent** is run by two facilitators who have a background in health and wellbeing
- **Let's Prevent** is for ten participants at a time to make sure it's interactive and useful for everybody

Four courses have already taken place across D&G and received positive feedback:

Very informative and well put over



I very much enjoyed the 2 sessions and found them very helpful

What can I do?

The Diabetes UK website has a tool to help you understand your risk. For some people, it will then advise making contact with your GP surgery for further assessment.

<https://www.diabetes.org.uk/preventing-type-2-diabetes/diabetes-risk-factors>

If you think you might have pre-diabetes, please discuss this with your GP/Practice Nurse. To sign up to Let's Prevent you will need to have had a blood test which indicates you have pre-diabetes before being referred to the programme.

For further information, please contact the **Let's Prevent Team: 01387 244062**

In Annandale and Eskdale, the Let's Prevent Programme is being delivered by Louise Johnstone and Victoria Henshall (Health Improvement) and Karen Halliday (Communities Directorate.) All three are well networked within the locality and extremely knowledgeable about groups and activities that are available locally to encourage people to make and sustain the changes to their behaviours and lifestyle that may be required.



Louise



Victoria



Karen



ShELF the Sugar – Pilot

Dumfries & Galloway have the highest rate of overweight children entering P1 across Scotland (27%). As well as this, the prevalence of type 2 diabetes in children is also rising at an alarming rate (25% increase in 5 years)

With concerns in some of our local schools regarding the amount and choice of high sugar snacks provided for children from home, a need was identified to support and work with the whole school community to raise awareness about the impact of a diet high in sugar on our health.

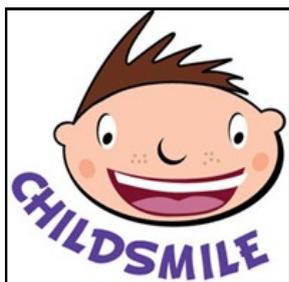
A local initiative was developed and delivered in partnership with three of the Annan Cluster Primary schools and NHS D&G to raise awareness with teaching staff, pupils, parents and carers around the hidden 'added sugar' in the diet, particularly in snacks.

ShELF the Sugar involved delivering workshops, providing key oral health messages and information on the healthier choices to pupils and parents. Pupils also supported our 'cheeky' Elf, to make small changes to her diet, which in turn had a positive impact on her health. As well as engaging with the Elf, pupils have been involved in developing a loyalty snack scheme and providing healthier alternatives from the school tuck-shop.

Throughout the pilot a monitoring exercise was carried out to show what the young people were having for their snack, and by the end of the project all three schools (Gretna, Cummertrees and Carrutherstown) had an overall reduction in the amount of 'added' sugar in their mid-morning snack, with Carrutherstown having an impressive reduction of 63%.

An information booklet has been produced and issued to all families, to provide a guide on 'added' sugar and how they can make small, achievable, positive changes to their lifestyle. Information includes how to spot hidden sugar, how to check the labels on packaging, key oral health information, healthier snack options and sugar swaps. **Tel. 01461 207728 to obtain a booklet.**

This has been a very positive SHAP pilot, and plans are currently being made to roll this work out across all schools in Annandale & Eskdale.



Let's Cook Family Fun Programme – Annan

Providing young people with the opportunity to learn the basic skills required to feel confident in the kitchen is important. Getting them interested and involved in planning, preparing and cooking meals and snacks will equip them with life-long skills and enable them to make healthier choices.

Let's Cook Family Fun is all about bringing families together to prepare and cook healthy, nutritious meals on a budget, in a fun and relaxed way. As well as cooking there is also information and advice on portion sizes, food labelling, menu planning and budgeting and useful tips on how they can build up their store cupboard.

A six week programme was delivered recently in Annan, with families from Hecklegirth Primary School. The feedback received from participants was very positive and they highlighted that it was good to learn about how to read labels and find out about the health benefits of different foods. Families said that they are now eating foods they had not tried before attending the programme.

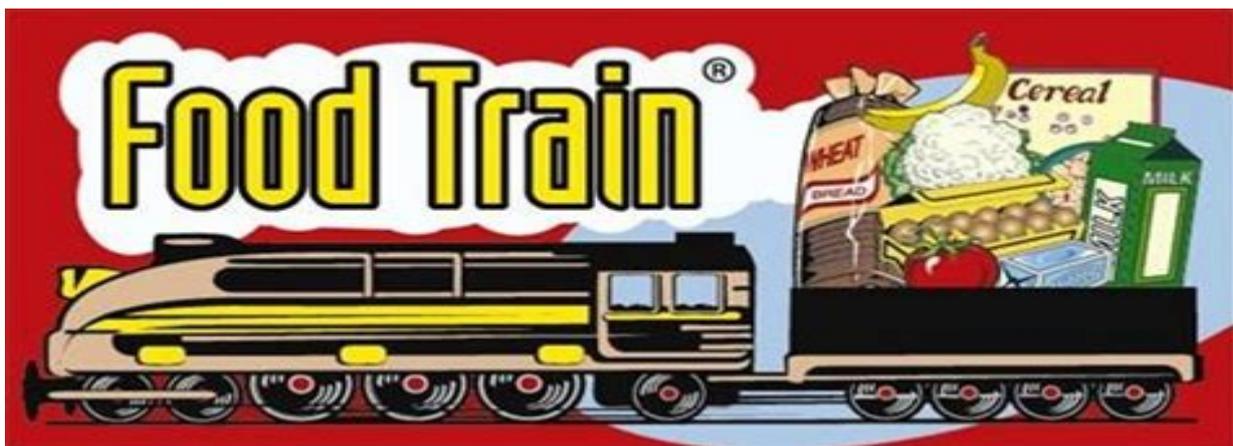


Let's Cook

For more information contact:

Yvonne or Louise
Tel. 01461 204741





The shopping service from Food Train ensures older people have regular access to food which is vital in maintaining good nutrition in later life. In Scotland it's estimated 103,000 aged 65 and over are at risk of or are suffering from malnutrition which is a key public health problem. In 2018 Food Train launched the Eat Well Age Well project to help tackle the issue of older people becoming under-nourished and under-weight.

Eat Well Age Well supported UK Malnutrition Awareness Week which took place between 14th – 20th October 2019. This year they supported lunch clubs across Scotland to get involved in the campaign by hosting a themed event to encourage more conversations about food, appetite and eating well in later life.

Community lunch clubs which were interested in being involved, could order a free campaign pack from Eat Well Age Well by visiting their website www.eatwellagewell.org.uk or by calling 0131 447 8151.

Digital Communications Officer, Danielle Gray said:

“Lunch clubs are often a lifeline in the community for older people, not only to enjoy good food but to also keep social contact and remain active. By having more conversations about the challenges to eat well as we age then we can help identify and prevent issues such as isolation and loneliness which are risk factors for malnutrition.”

If you know an older person living in Dumfries and Galloway who could benefit from the shopping delivery service please contact the Head Office on 01387 270800 for more details.

Local contact details:

Helen McAnespie
Regional Manager
01461 207778 or 0790 2186 454
helen@thefoodtrain.co.uk

What is FareShare?

Project Summary

FareShare saves good food destined for waste and sends it to charities and community groups who transform it into nutritious meals for vulnerable people.

Location: Glasgow G14 0AP, United Kingdom

Description

8.4 million people in the UK, the equivalent of the entire population of London, are struggling to afford to eat. At the same time, at least 270,000 tonnes of quality, in-date food is wasted every year by the food and drink industry.

FareShare is the UK's leading charity tackling these two increasingly urgent issues. Our model is simple but unique – we work with the food industry to identify and redistribute surplus food that would otherwise go to waste to charities and community groups who provide a lifeline for hungry, vulnerable and often socially marginalised people with their local communities.

We currently support over 5,500 charities across the UK who use surplus food to provide a hot meal and vital support to disadvantaged people. Our beneficiaries range from:

- Children getting a healthy start to the day at breakfast clubs
- Young people having a good meal and getting vital support at youth centres
- Homeless people getting a hot meal and job/housing advice at shelters
- Women, men and children at domestic violence refuges having dinner and access to lifesaving support
- People with mental health conditions, physical disabilities or war veterans getting fresh food and specialist support
- Older people living alone having a vital cooked meal and much needed company at lunch clubs

By ensuring good food is not wasted, we turn an environmental problem into a social solution. Put simply, we save food and change lives.

Our reach and impact

Set up in 1994 as a homelessness project in London, FareShare has been an independent charity since 2004. We now have 20 Regional Centres distributing surplus food to 1,100 cities, towns and villages across the UK.

Last year we redistributed over 12,000 tonnes of food – enough for nearly 26 million meals. We support over 400,000 people every single week to get access to a hot nutritious meal, who might otherwise go without.

By receiving FareShare food, our charity partners save an average of £8,000 on their food bill. This vital saving can be reinvested in their core services, which is more and more important in times of funding cuts and increased demand for services. Almost 20% of our charities have said that they would have to close altogether if they no longer received FareShare food, meaning thousands would be left without the support they have come to rely on. Last year FareShare food was valued at £22 million to the UK charity sector.

#feedpeoplefirst

Key Links

<https://www.neighbourly.com/project/58ee3ab3c7ac8d1484192318/information>

How Can Your Organisation Get Involved with FareShare?

Opportunity to be involved in the FareShare project locally...

Please see the previous page for information about FareShare. FareShare requires multiples of four organisations per van run to Dumfries and Galloway in order to deliver this **free** of charge. There is normally a charge of £938 for a yearly delivery within Glasgow boundaries.

The membership is £1,150 per year and most organisations receive between £8000 to £20,000 worth of stock for their membership. All organisations will receive an order that consists of ambient (tins), chilled and frozen stock.

Scott Crawford, FareShare Development Manager (based in Glasgow) would be more than happy to attend a meeting as required. Email: scott@moveon.org.uk Alternatively, please get in touch with Hazel Thompson at Kate's Kitchen or Gordon Williamson, DGHP, who would be happy to explain how this initiative works locally.

At the moment there are three organisations involved in Annandale and Eskdale which means that they have to pay someone to collect the produce from Glasgow weekly. Hence they are looking for a fourth organisation to become involved to be eligible for the free delivery. The food would normally be delivered to one central place locally and the other organisations could collect it from there.

If this opportunity is of interest, please get in touch with one of the above contacts.



We save good food waste from going to waste...



...redistribute it round the UK...



...to charities and community groups...



...who turn it into meals for vulnerable people.

How we fight hunger and food waste

2019



Lockerbie & District Carer Support Group

When: Second Thursday of each month 10.30am - 12pm

Where: The Townhead Hotel
Lockerbie
DG11 2AG

Dates: 10 January
14 February
14 March
11 April
9 May
13 June

11 July
8 August
12 September
10 October
14 November
December TBC

Do you support someone who has dementia?

Come along for coffee/tea and a chat

- Meet others in a similar situation to you
- Chat to your local Dementia Advisor/Carer Liaison Worker
- Share thoughts and experiences
- Access information, support and advice
- Gain tips and practical advice on caring
- Find out about local social activities and events

For more information phone Mandy Pool or Rachel Byers on 01387 261 303

Alzheimer Scotland - Action on Dementia is a company limited by guarantee registered in Scotland 162046. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022295 190 Dundee Street, Edinburgh, EH1 1DQ, 0151 261303, www.alzscot.org

Alzheimer Scotland provides support for those who care for someone who has problems with their memory or has a diagnosis of dementia. In Annandale and Eskdale this support is provided by Mandy Cowan, Dementia Advisor and Rachel Byers, Carer Liaison Worker.

Mandy, as Dementia Advisor, supports people with dementia, their families and carers and works with local communities. Rachel, as Carer Liaison Worker, provides support for carers who are considering long term care for the person they care for and during this transition process. She also provides support to those who have been recently bereaved. Rachel can provide information and emotional support at these difficult times of adjustment.

As well as meeting with carers individually to provide support, Alzheimer Scotland also holds Carer Support Groups which meet monthly. These groups are facilitated by an experienced member of staff who is available to offer information and advice; they also provide an opportunity to meet with others who are in a similar situation, to share thoughts and experiences and to find out about other events/activities in the area. Groups also have occasional speakers at their meetings. There are currently two groups in Annandale and Eskdale that meet monthly:

Annan Carer Support Group

Last Friday of each month 11-12.30 (25th Oct, 29th Nov, NO meeting in Dec, 31st Jan 2020)

Annan Hospital Meeting Room, Stapleton Rd, Annan, DG12 6NQ

Lockerbie & District Carer Support Group

2nd Thursday of each month 10.30 – 12 noon (10th Oct, 14th Nov, Dec TBC)
Townhead Hotel, Lockerbie DG11 2AG



Rachel Byers, Carer Liaison Worker

For any further information please contact Dumfries Resource Centre on 01387 261303.

Carer Support Group



When: Last Friday of each month

Where: Annan Hospital, Meeting Room
Stapleton Road, Annan, DG12 6NQ
11am-12.30pm

Date: 25th Oct, 29th Nov, Dec NO meeting, 31st Jan



Do you support someone who has dementia?
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For more information please contact Mandy Cowan, Dementia Advisor on
01387 261 303 or email MCowan@alzscot.org

Annandale and Eskdale Carer Support Meetings

Are you fairly new to your caring role or have you supported someone who is living with dementia for many years?

Where ever you are on your dementia journey we would like to meet you.

If you are supporting a partner, husband, wife, mother or father, grandparent , neighbour or friend then why not come along for cuppa and a chat. This is a very relaxed small group that brings family carers together, sharing experiences, understanding and support.

Each meeting will be attended by an experienced member of staff from Alzheimer Scotland, who will provide information and practical advice.

Information sessions cover a variety of topics, including: understanding dementia, helpful tips on supporting personal care , dressing, eating, drinking, changes in emotions and behaviours, money and benefits advice, information on local support services available and many other topics to assist you in your caring role.

If a group meeting is not something you are able to attend and you would prefer one to one support with Dementia Advisor, Mandy Cowan, this can also be arranged. (see poster for contact details)



Mandy Cowan, Dementia Advisor



A Carer is someone who provides support to a family member or friend who is affected by long-term illness, disability, mental health, age or addiction.

A regionwide service for all Carers whatever your caring role. We can offer....

Information, Advice & Support

Adult Carer Support Plan

Carers Emergency Card

Short Breaks Project

Guidance on Benefit

Groups & Learning Opportunities

Time for You

Health & Wellbeing



It's something just for me. It makes me feel valued as a carer. I've met new people who have become friends who share my caring problems, so I can offload and know that I won't be judged.

Attending the groups with other Carers is a great way to just relax and join in, plus to get any new information about things available in our area.

The support I received from my Support Worker has made a huge difference to me. To know there is always someone there to listen and who understands and can offer practical support means a lot.

Completing the Adult Carer Support Plan has made a difference. The plan identified that I really needed time to myself to do things I enjoy and I have changed the timing of my sons support hours to allow me to do this.

If you are a Carer and would like more information or support, please contact us.

Dumfries & Galloway Carers Centre, 2-6 Nith Street, Dumfries DG1 2PW

Web: www.dgalcarers.co.uk Tel: 01387 248600 Email: info@dgalcarers.org



Dumfries and Galloway Carers Centre

Volunteering with Dumfries and Galloway Citizens Advice Service (DAGCAS)

During 2018 – 19 DAGCAS provided a service to **7,570 people giving advice 25,941 times and securing financial gains to the value of £9.3 million, we helped people to manage their debts of over £12 million.**

This only tells part of the story as we deal with a great variety of issues brought by our clients including but not limited to:

- Social Security issues, with Universal Credit being the biggest issue of contact along with other benefit entitlements;
- Consumer issues;
- Employment issues for both employers and employees
- Relationship breakdown issues (not counselling)
- Housing issues such as eviction or possible eviction

We could not operate without volunteers who provide advice services and also coordinate social policy activity and provide administration support. Our volunteers are also mostly members of the company and so have an important role to play in our governance. As a result one of our Directors is an active volunteer and brings those experiences to help shape the Board's strategy and decision making. Our 50 plus volunteers contributed almost **13,000** hours to our services in 2018 – 19.

Our volunteers are the first line of contact with our clients in the provision of generalist advice services through our three Citizens Advice Bureaux in Annan, Dumfries and Stranraer along with our unique partnership out-reach service in the Stewartry. The quality of that initial contact can make or break a client's journey through our system whether that is being dealt with by one or more volunteers or to referral to a more in-depth specialist service such as our in-court; benefit tribunal or debt team.

The beauty of our service is that it is all free no matter who you are and is completely confidential and impartial. **We never judge.**

In addition to our volunteer advisers, we encourage others to volunteer as administrators; social policy coordinators or if you have particular skills, as specialist advisers or even become a member of our Board of Trustees.

Volunteering with Dumfries and Galloway Citizens Advice Service (DAGCAS)

All of these volunteering posts are backed up by a thorough and rigorous training course that provides you with all the skills and knowledge that you will need.

Other noteworthy services that we provide are:

- Support4Life – specialist advice on social security benefits for people with long term health conditions
- Tribunal representation – advice and support to appeal social security benefit decision
- Debt advice – advising people with complex debts and putting in place appropriate solutions such as negotiating with creditors, Debt Arrangement Schemes and sequestration
- In Court advice - representation services for people at risk of losing their home through eviction or repossession and also support for small claims
- Prison advice – advice on social security and housing for prisoners and families in HMP Dumfries
- Kinship care – advice and information service for families and individuals who are kinship carers
- Minority communities – advice services for people from ethnic minority communities
- Patient Advice and Support Service – advice and assistance for people raising NHS issues and complaints
- Energy advice – to reduce household spend on utilities and maximise available income
- Universal Credit Help to Claim – advice, information and support to those who need to make their first universal credit claim
- Financial Health Check Project – advice, information and support for those that are struggling financially and are looking to maximise their benefits and reduce their outgoings.

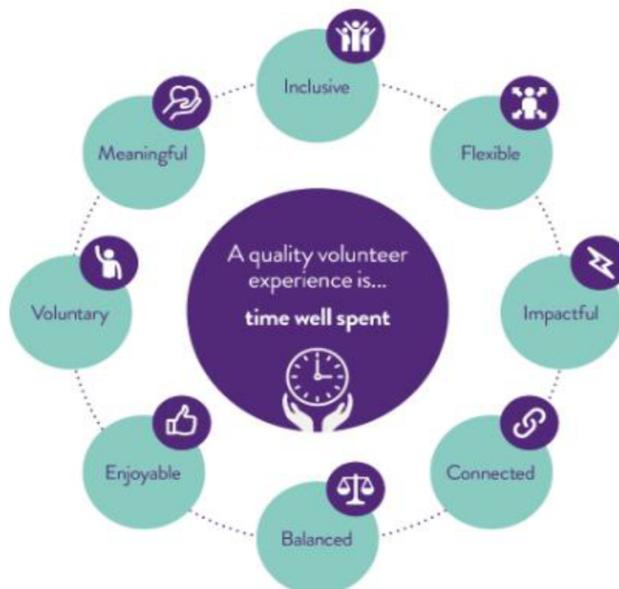
If you are interested in getting more information on volunteering with DAGCAS contact our

Communication and Volunteering Development Manager, Katie Dyet:

volunteering@dagcas.org



The Befriending Project are delighted to announce they have been awarded the Investing in Volunteer award. This award demonstrates the commitment the Befriending Project has of providing an outstanding volunteer experience. It also shows how the Befriending Project value their volunteers by ensuring that volunteering with the Befriending Project is Time Well Spent (NCVO's Time well Spent. A National survey on the volunteer experience, 2019).



The number of young people in need of a reliable adult role model has increased. Last year 90 befriending matches were supported by the Befriending Project across the whole of Dumfries and Galloway, but only 11 of these matches were in Annandale and Eskdale. The Befriending Project are appealing for more volunteers in the Annandale and Eskdale region. If you have a spare few hours and would like to make a real difference to young people in your community, please get in touch. There is a new training session coming to Annan soon.

"I didn't realise how much I would get out of befriending, the physical enjoyment of the activities plus the mental stimulation, it is much more rewarding than I had anticipated."

Quote from a befriender



"Having a befriender is awesome. It's safe, supportive and fun. You meet new friends and lovely people and do new things. My befriender is the best person I have met."

Quote from a young person

Case Study

Stewart was referred to the Befriending Project because he struggled to maintain friendships. Volunteer befriender, Alan was matched, and they enjoyed a wide and varied range of activities together. They built model airplanes, read books, played board games and learnt about nature. Stewart is growing in confidence and is less socially isolated because he has a reliable, supportive adult. He is also learning how to react and cope with situations that don't go to plan.



ACTS

Annandale Community Transport Services

**PROVIDING
COMMUNITY
TRANSPORT**

THROUGHOUT ANNANDALE & ESKDALE

DO YOU HAVE SOME TIME TO VOLUNTEER?

ACTS, the local community transport service, is helping people who are not eligible for ambulance transport to get to their appointments using community cars driven by local volunteers. If you enjoy driving and helping people this is for you! You may be retired, unemployed, or just have some spare time.



Requirements: -

- Have held a full driving licence for 2 years
- be aged over 25

What will we provide: -

- full training
- out of pocket expenses
- the opportunity to be part of a friendly team of volunteers helping your community

**FOR FURTHER INFORMATION PLEASE
CONTACT JANET SAUNDERS ON 01576 203053**



**Reduce loneliness and isolation:
Volunteer for Visibility & support people
with sight & hearing loss**

**Volunteers urgently required! Make a difference to
people living in YOUR community**



Could you support people with sensory loss living in Nithsdale, and Annandale and Eskdale to get out and about in their community?

Comprehensive training and support will be provided to help you in this role. Expenses are covered and hours arranged to suit you.

If you have an hour or two to spare in your monthly diary, we would love to hear from you. Please contact Allison:

Call - 01387 267131 Text - 07825 162 774
Email—seehear@visibility.org.uk

Funded by



Visibility is the trading name of GWSSB (formerly Glasgow and the West of Scotland Society for the Blind). GWSSB is a company, registered in Scotland, limited by guarantee with its registered office at 2 Queens Crescent, Glasgow, being a recognised Scottish Charity. Registration Number: SC 116522 Scottish Charity Number: SC 009738

Devil's Porridge Museum, Easttrigg

The Devil's Porridge Museum is a volunteer run and led organisation. "We have about 40 volunteers altogether, some have been with us for many years while others have been with us a comparatively short period of time." commented Judith Hewitt, Museum Manager. People volunteer at the Museum for all sorts of different reasons: for their personal development and to improve their social skills or confidence, to get out of the house and have a change of scene, for work experience or when they are in between jobs, to meet new people, learn new skills or because they are passionate about the history of this area and want to be part of delivering a 5 star visitor experience.

"Most volunteers at The Devil's Porridge Museum do one shift a week on front of house welcoming and helping the public have a great experience when they visit the Museum but there are all sorts of opportunities available such as assisting our caterers in the café" continued Judith, "working in our vegetable garden, office roles, helping out at workshops for young people and working with the archives and collections in our object store. Some volunteers work on specific projects for a set period of time, some are here more long term but we believe everyone finds it to be a supportive environment which welcomes people of any age or experience."



Judith and a volunteer working in the museum's vegetable garden.

Some of the volunteers at last year's Armistice celebrations.





The Moffat Town Hall Friday and Monday clubs enjoyed four different outings this summer thanks to a generous donation from the Home Instead Senior Care Bring Joy Foundation Trustees. The members had enjoyable days out at Dumfries House, Garrion Bridge Garden Centre, a Seagull Trust Cruise to the Falkirk Wheel and a visit to Castle Kennedy Gardens. Without this donation the cost would have been considerable and therefore would not have been possible. Houston's Coaches and the Annandale Community Transport Service (ACTS) provided the transport; without ACTS our disabled clients would not have been able to attend. Everyone on the trip provided favourable feedback; some saying the highlight was the drive along the coast as they had not seen the sea for years.

The Moffat Town Hall Friday Community club meets every Friday and is open to anyone in the DG10 area who wishes to enjoy a lovely lunch and good entertainment in the company of other like minded people it is well attended and open to new members.

The Moffat Town Hall Monday Well Being Club is for anyone with mental or physically disabilities and require more one to one interactions. A full entertainment programme is produced with games, crafts and activities throughout the morning and music after lunch. Numbers are limited to 30 but there are places available if the criteria are met.

Call Fay 01683 221102 for more information.

If you cannot get out and about and are in need of a hot meal, then Moffat Town Hall can provide **Meals on Wheels every Monday and Friday**. A hot, nutritious two course meal is delivered straight to your door by dedicated volunteers.

Call 01683 221102 for information.

Moffat Town Hall Community shop is open Monday to Friday 10am-3pm all proceeds go to local community groups or to help the groups within the Moffat Town Hall.

Volunteers are required for any of the above and for help at functions within the town hall e.g. waitresses, bar staff, hall set up, dishwashers, kitchen assistants, delivering meals on wheels or shop assistants. We are a friendly bunch so come along and join us if you can spare an hour or two.

A new craft afternoon has just started in the Moffat Town Hall. **Crafty Capers takes place Thursday 2-4pm** with Tea and cake provided for a donation of £1.50 Come along and enjoy your own activity in the company of others or learn a new skill from the experts who attend it is a fun afternoon enjoyed by all.

Would you like to improve or maintain your fitness?



Family Friendly Aerobics

Waterbeck Village Hall
Wednesdays 6pm - 7pm

Eastriggs Social Club
Wednesdays 1pm - 2pm

Family Friendly Aerobics
Leswalt Village Hall
Mondays 6.30-7.30pm
Starting Mon 22 July

Both starting 17 July

An energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout.

Added bonus that the little ones are welcome too! They can join in or just chill out at the side (£1 per child if taking part)

All classes £3 - No need to book, just turn up
No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water.

For further information contact Active.Communities@dumgal.gov.uk
* Participants will be asked to fill in a health questionnaire at their first class

FAMILY FRIENDLY AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout. Added bonus that the little ones are welcome too! They can join in or just chill out at the side (£1 per child if taking part)

Waterbeck Village Hall	Wednesdays	6pm - 7pm
Eastriggs Social Club	Fridays (Starting 30 Aug)	6.30pm - 7.30pm

AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout

Kirkpatrick Fleming Village Hall	Mondays	6.30pm - 7.30pm
Ecclefechan Village Hall	Thursdays (Starting 12 Sept)	6.30pm - 7.30pm

EASIOBICS a light exercise to music class which focuses on movement, strength, toning and general increased physical activity. Perfect if you haven't exercised in a while and want to get back into it!

Lochmaben Centre, Lochmaben	Mondays (Starting 9 Sept)	9.30am - 10.30am
Lochmaben Centre, Lochmaben	Wednesdays (Starting 11 Sept)	9.30am - 10.30am
Market Hall Annan	Thursdays (Starting 19 Sept)	10.30am - 11.30am

All classes are Macmillan friendly classes



All classes £3 per hour - No need to book, just turn up
No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water. Participants will be asked to fill in a health questionnaire at their first class.

For further information contact Active.Communities@dumgal.gov.uk

Are you interested in increasing your strength, balance and overall wellbeing?

Read on to find out more about exercise classes available locally...

Exercise for Health

A series of exercise to music classes have recently started across Dumfries and Galloway in a bid to encourage more people to exercise for health as part of the Council's Active Communities development.

The exercise to music classes are aimed at anyone who would like to improve or maintain their fitness whilst also increasing strength, balance and overall wellbeing. Fourteen people from across the region were trained in the Exercise to Music Level 2 qualification over a ten-week period from March to May. The new instructors have begun delivery in local village halls, community centres and council buildings, thereby offering a range of activity in more local areas.



Louise Ross from Annan (bottom left) and Karen Halliday (bottom 2nd left) from Lockerbie are delivering classes in Kirkpatrick Fleming, Eastriggs, Waterbeck, Ecclefechan and Annan.

Classes range from:

Easiobics – a light exercise to music class which focuses on movement, strength, toning and general increased physical activity. Perfect if you haven't exercised in a while and want to get back into it!

Aerobics – an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout.

Family Friendly Aerobics – an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout. Added bonus that the little ones are welcome too! They can join in or just chill out at the side. (£1 per child if taking part)

For more information on **Exercise for Health** classes please email Active.Communities@dumgal.gov.uk



Aerobics class at
Kirkpatrick Fleming Village Hall



Family aerobics tug-of-war
activity at
Eastriggs Social Club

Macmillan MOVE MORE

Dumfries & Galloway Council are working in partnership with Macmillan Cancer Support and NHS Dumfries & Galloway to deliver the Move More Dumfries and Galloway programme.

Move More Dumfries & Galloway is a programme of activity specifically designed for people affected by cancer but is also suitable for those with a long-term condition.

The initial 3-year programme, originally delivered by NHS Dumfries & Galloway, ended in September 2018. Since then, work has been ongoing to develop a new Move More programme that focuses on progressing a Move More Dumfries and Galloway that is better embedded, integrated and more closely aligned to local health and wellbeing delivery approaches in Dumfries and Galloway.

Being active during and after cancer treatment improves both physical and emotional cancer outcomes and can reduce feelings of isolation. However, many people affected by cancer and long-term conditions often feel nervous about building up activity levels.

Move More Dumfries & Galloway have recruited 4 Move More Champions, one per locality, in order to support, encourage and deliver Macmillan friendly physical activity opportunities. Everyone affected by cancer and living with a long-term condition should have access to appropriate physical activity. From gentle movement classes and low impact exercise to low impact gym instruction and walking programmes, Move More Dumfries & Galloway will ensure there is something for everyone.



The Annandale & Eskdale Move More Champion is Louise Ross. She provided a taster session for some of the parents at Kirkpatrick Fleming Primary School as part of their Macmillan Coffee Afternoon on Friday 27 September.

MOVE MORE DUMFRIES & GALLOWAY

MOVE MORE

A programme of physical activity specifically designed for people affected by cancer and suitable for those with a long term condition.



For more information call
your local NHS Health and
Wellbeing Team

Annandale and Eskdale	01461 204741
Nithsdale	01387 244410
Stewartry	01556 505724
Wigtownshire	01776 707731



Mindfulness-a pilot partnership project

Jason Railton, Project Manager: Langholm Initiative

Our ability to cope under pressure, to process and understand our emotions and make the best decisions we can is not a skillset we associate with the delicate teenage years.

Although we might perceive teen angst as a rite of passage, for some it can exacerbate the ongoing difficulties of those years: exam pressures, existential worries about the future, jobs, college, university, volunteering, friends, family, identity, place in society...

Being swept up in emotions and not reaching the best decision isn't just something that happens during teenage years. For many facing poverty and deprivation it is a daily struggle. It should come as no surprise that people in poverty face higher prevalence of chronic disease, including depression and anxiety, than the general population (Gallup, 2015).

In 2018, we were awarded Anti-Poverty funding from Dumfries and Galloway Council to deliver the "Richer Lives" project, focusing on how we could support people in poverty and prevent people falling into the poverty trap.

As part of this, we embarked on a pilot project with Increased Access 2 Psychological Support (IA2PS), a Dumfries & Galloway-based charity practicing mindful self-compassion. With support from the Holywood Trust and the SHAP Day Opportunities Fund, we commissioned IA2PS to deliver a ten-week course to students at Langholm Academy to see how mindfulness as part of the curriculum could help to support improved mental health for young people.

The results were quite clear. 71% of the participants demonstrated significant improvements in their self-compassion, meaning their ability to adopt a more balanced point of view and approach situations as responsive rather than reactive was increased.

Although the session sizes were small, the group of seven benefited from this work and helped to show that supporting the mental health of young people doesn't need to be intervention at a late stage. The old adage rings true: "prevention is better than cure".

Mindfulness-a pilot partnership project

Jason Railton, Project Manager: Langholm Initiative

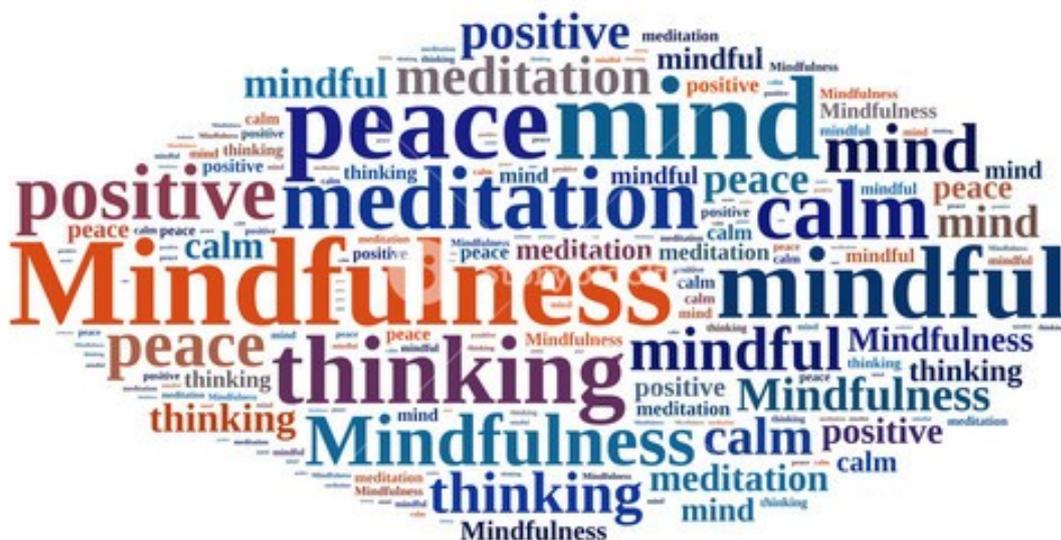
We learned a lot from this work. We need to better co-ordinate the sessions, build a critical mass, help to mainstream mindfulness as an important practice and carefully consider how the sessions are delivered. We need to work collaboratively to discover how this could be replicated in a way which is cost-effective without losing any value. Most importantly, we need to give ownership to young people to define their own personal development journeys.

As a result of this, I now firmly believe that it is the responsibility of health agencies, education authorities and community and learning practitioners to incorporate mainstreamed mental health support into the curriculum. We don't necessarily need to identify individual students to provide support to; rather we should take a systems change approach and roll out mindful practice as part of the school day.

Imagine the potential mental, physical, social and economic benefits of providing a whole generation with the skills they need to better prepare themselves for the challenges that life presents, and how this could build the resilience to break the exclusionary cycle of poverty in Scotland.

Poverty is an issue that requires a holistic approach. Like all social concerns, there is not one answer, but a patchwork of interventions and support that should be delivered at a localised level.

Our report "Mindfulness: a pilot partnership project" is available online from www.langholminitiative.org.uk/richer-lives.



Time for Tennis?

Whether you are interested in picking up the game of tennis as a complete beginner, or feel like dusting down your racket, there is something for you to do in Annandale and Eskdale! Aging should never be a reason to avoid starting something new, or to give up something that you enjoy. The great thing about tennis is that it's not dependent on youth, or strength as some other sports are...it's a game to enjoy your whole life.

It's a well-known fact that keeping active as we grow older has many benefits...tennis improves your aerobic capacity, while lowering your resting heart rate and blood pressure. It also helps to lower body fat, as well as improving muscle tone and strength. You can also look forward to watching your reaction times improve, as well as enjoy feelings of both physical and mental wellbeing.

There are also many social benefits of tennis, especially as it is suitable for all ages and skill levels. There is no reason for you to feel embarrassed when you walk on the court if you are a true beginner. You will always be able to find someone of your ability to play with and hopefully improve your game, as well have a lot of fun!

In Annandale & Eskdale there are now four well established Tea & Tennis groups, three of which have benefited from start up funding from SHAP. There is now between forty and fifty people playing every week and all the groups are now self-sustaining. There are groups in Annan, Gretna, Kirkpatrick Fleming and Moffat. They were originally developed to attract 'more mature' players to provide more social opportunities, as well as fun physical activity, but many group members now are playing three or four times a week, both participating and competing in Club activities and competitions. There is now also a Silver Servers' Group, which is a new fun social group aimed at the aimed at more mature men.

Why don't you find out what's available and give it a go?!

For more information please contact Annan Seaforth Tennis Club,

or contact Mark Sindall by email: marksindalltenniscoaching@gmail.com,

or telephone on 07833358881.

**Alternatively, you can visit Facebook pages, Mark Sindall Tennis Coach,
or Annan Seaforth Tennis Courts.**



Time for Tennis?





Silver Servers

A new fun/social tennis programme for
the more mature man...

All abilities and fitness levels welcome, so even if
you are a complete beginner come along and give
it a go!

Tuesdays from 9am-10am

in

Newington Sports Hall, Annan

(this class will return to being outdoors at Seaforth Tennis Courts in better weather- please check Clubspark for
more details – see link below)

All equipment will be supplied

If you are interested please contact Mark on 07875269073 or book
your place by going to;

<https://clubspark.lta.org.uk/AnnanSeaforthTennisClub>

Have a go at

Tai Chi

Relaxation, Stress relief, Body toning

Mind - Body - Spirit



Tai Chi is a sequence of slow, gentle movements
suitable for men and women, old and young,
fit and not so fit.

No special clothing or shoes required.

For further details please contact

Angela - mobile. 07808503091

E.mail. creatinginnerrainbows@hotmail.co.uk

Website. www.taichiscotland.org

**My walking
has improved.**

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

**Positive
Steps**
PHYSIOTHERAPY
Empowering you to achieve your goals!

Positive Steps for Parkinson's continues in Annan

Providing exercise sessions for people living with Parkinson's Disease.

Exercising regularly plays a key role in managing your symptoms of Parkinson's and group exercise can be a fun way of keeping motivated.

These sessions will focus on balance, strength, posture and coordination. They are run by a chartered physiotherapist who is experienced in working with clients with Parkinson's. Participants can arrange an assessment with Erin so that exercises can be tailored to individual needs.

These sessions will take place from 1.30-2.30 with tea and coffee afterwards. Carers welcome.

**15th October, 5th and 19th November,
3rd December and 17th December 2019 with more
dates to follow in 2020**

**at Lodge Caledonian 238, Campbell House,
Tweedie Terrace, Annan, DG12 5ER**

Please contact Erin (Chartered Physiotherapist) for more information – 07798572585

**I became
more aware of
what my body
is capable of.**

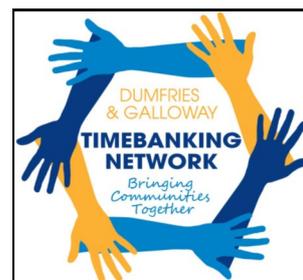
The Annan Branch of Parkinson's UK, approached SHAP to help set up an exercise class for people living with Parkinson's Disease in the Annan area.

In May and June SHAP explored the viability of running exercise classes in Annan with four taster sessions provided by Chartered Physiotherapists. It was financed jointly by Parkinson's UK (Annan) and SHAP. The classes were attended by eleven participants, who for the most part would have been unable to access the Dumfries classes, mainly through transport issues. The participants benefited from being able to attend these sessions locally without the need to travel to Dumfries. One person moved on to a PD Warrior class (a more intensive session held in Dumfries).

Exercising regularly plays a key role in managing Parkinson's symptoms and group exercise can be an enjoyable way of keeping motivated. These sessions focused on balance, strength, posture and co-ordination. The participants completed a questionnaire at the end of the taster sessions. Reported benefits included increased self-esteem and improved mobility. In addition there was a shared sense of community with the chance to socialise with a coffee afterwards. Carers also benefited from being part of these sessions. Another participant mentioned that the class helped to keep them well and out of hospital.

With this positive feedback, further funding was secured through the Medical, Nursing and Ambulance Fund. SHAP and Parkinson's UK (Annan Branch) have organised a regular fortnightly class at Campbell House in Annan. A visiting physiotherapist tailors the classes to meet individual needs and to support personal goals.

What is Timebanking?



Timebanking is a rewarding and enjoyable way to bring people together and share their skills. People of all ages and abilities can join in and exchange their skills. Every person is of value no matter what their age or ability.

Skills are so much more than just knowledge, but also include personal experience and the ability to help others in their own community. Timebanking is different to volunteering as it is less formal and you are able to receive and give time doing things you enjoy.

Everyone's time is equal: one hour of sharing skills or helping others is recognised by receiving a time credit-which in turn can be spent on something in return. One hour = One credit. You can also donate your time credits to someone else or a local charity.

There are three different categories of timebanking :

Person to person: This is a typical exchange where a time bank member will earn a time credit for doing shopping for an elderly member of the time bank and then spending that time credit on getting somebody else to help them to paint a fence.

Person to organisation: An organisation might need support in gardening and rather than paying a gardener would use a time bank member who enjoys gardening to do this.

Organisation to organisation: An organisation may give other organisations on the time bank access to resources such as graphic design or legal advice. Timebanking is no longer funded in Annandale and Eskdale despite having 180 members and managing to exchange thousands of hours.

The Safe and Healthy Action Partnership is facilitating an open meeting on the 29th October to discuss how Timebanking can be revived in the area. There will be discussions around how best to develop this approach with people in the local communities with knowledge, skills and experience of being a Timebank Broker, Timebank Co-ordinator and a Timebank member.

Following this open meeting a Focus Group will be held on the 4th December at 2:00pm (Venue to be confirmed) Should you be interested in attending please telephone 01461 207728 for more details.

Mia Glendinning, October 2019

Tuesday Tots

for

New parents

"Parents to be"



**Parents of
children under
1 year old**

**Every Tuesday from 10.00-11.30
at United Reformed Church Hall, Annan
during term time**

£1.50 per week

Meet other parents with young babies for tea/coffee and a chat in a relaxed friendly group.

- **Peer Support**
- **Activities**
- **Guest Speakers**
- **Links to further information**



For further information and updates please visit the **Safe and Healthy Action Partnership (SHAP) Facebook page.**



<https://www.facebook.com/AandESHAP/>

You can also contact the Annandale and Eskdale Health Improvement Team on 01461 207728.



Tuesday Tots enjoyed a visit from Paula Gilfillan who brought the Bookbug session to the group. The sparkling “pond” (in the story) was great fun to explore.



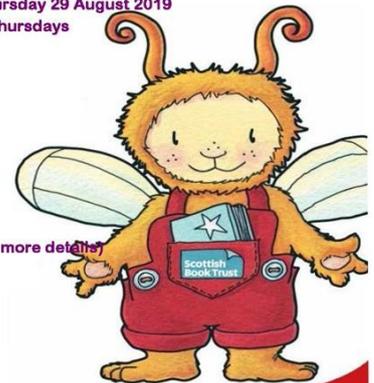
Annan Library

Bookbug Session

DG Customer Services
Annan Town Hall, High Street
Annan DG12 6AQ
Telephone: 01461 204914

Sessions return: **Thursday 29 August 2019**
and then alternate Thursdays
(term time only)
1100-1130
0-4yrs

Fun sessions with
nursery rhymes,
singing and stories
(see library staff for more details)



Free
family
event

Dumfries & Galloway



Paediatric first aid classes for parents and carers

Would you know what to do in an emergency?



Our award winning, comprehensive classes cover everything you need to know to give you the confidence and skills to help a child in an emergency.

Topics covered include: Unconscious baby/child, recovery positions, resuscitation and CPR, choking, fevers and seizures, meningitis, burns and lots more!



Classes are available at venues across **Cumbria, South West Scotland and West Northumberland** or in the comfort of your **own home**.

Paediatric First Aid Class for Parents and Carers with Daisy First Aid in the United Reformed Church Hall

Thursday 7th November, 1000-1230
Monday 11th November, 1800-2030

SHAP is funding a **FREE** Paediatric First Aid Course for Parents and Carers with a choice of a morning or an evening slot. **In order to secure a place, a refundable deposit of £5 per person is requested**, payable now. The facilitator will run the class with babies present (not on their feet yet), but it is hoped that most people will try to arrange a sitter.

Telephone 01461 207728 to book or in person at Tuesday Tots. Open to all.

1st Annan Girls' Brigade



The 1st Annan Girls' Brigade is based at the United Reformed Church, Station Rd, Annan and meet between 6.00pm and 7.30 pm every Thursday during school term time. Sadly we are the only Girls' Brigade Company based in Dumfries and Galloway but we do understand the pressures put on girls with all the other organisations and clubs in the area, and with school activities as well they have to limit their extra curricular activities.

There are three sections in the Girls' Brigade:

EXPLORERS

The first section in the Girls' Brigade journey are the Explorers and are recognised by the red sweatshirt they wear. Girls join from Primary 1 and stay for 3 years until the end of Primary 3. Making friends and having fun are key to girls of this age but Girls' Brigade offers new challenges through games, craft, physical activities and story telling. If your child is currently registered for Primary 1 to Primary 3 at school and you would like to find out more or make an enquiry about them joining please contact us through the church web site contact page. The Company Leaders will happily provide you with information you need to get your child started, with costs, enrolment and uniform as well as any other questions you may have.

JUNIORS

Juniors start at Primary 4 and this part of the Girls Brigade journey takes them through to the end of Primary 7. They wear a blue sweatshirt. Girls are encouraged to explore the world around them while building on their inter-personal skills. Their award programme offers a wide variety of challenging topics with areas such as games, music and drama.

BRIGADERS

Brigaders run from Secondary 1 to Secondary 6 and follow a programme designed to challenge them at every level of ability, belief, social responsibility and community engagement. They are recognised by the purple sweatshirt they wear. There are many opportunities open to young women at this stage of their Girls Brigade journey and it is the case that the Brigade offers something to everyone.

LEADERS

To become a Leader whether a Trainee Leader, Warrant Officer, Auxiliary Leader or Commissioned Officer you have to be a minimum of 18 years of age. The different Leaders have different qualifications but mostly you have to undertake Child Protection Training, undergo a satisfactory PVG check, be a member or adherent of a church or mission or be sympathetic to the aims and ethos of the Girls Brigade. You will be responsible to the Captain. Make commitments to attend the company nights. Undertake tasks allocated by the Captain and other Leaders to help deliver the programme and activities of the girls. Demonstrating a positive influence on the girls and work as part of the staff team.

The 1st Annan Girls Brigade is always looking for volunteers so if you can help in anyway, even for a few nights throughout the year please contact the company through the Annan URC web page. (annanurc@gmail.com)

During last year's session we visited the Seaforth Tennis Club, had a visit from the TSB where we learnt the history of the Savings Bank and the life of Henry Duncan, we held a Christmas Fair and the Christmas Party was a visit to the cinema. As part of the community we attended the Remembrance Day Parade at the cenotaph in Annan as well as Kirkin' of the Cornet earlier in the year.

Paula Mitchell

Annan Activity and Resource Centre (ARC)

The “Good Conversations” bench was an idea born from the Annan ARC Charter for Involvement group.

The Charter for Involvement has 12 statements which we are working on. The Charter encourages individuals to be bold, strong and have their voice heard. During work on statement four “We must be able to speak about how our support is working for us and what would be better”

We discussed opportunities to have better conversations and have our voices heard.

The ARC is a busy environment, we already have social time, ARC Key worker drop ins and regular reviews, however the charter group wanted something additional to encourage individuals, staff and service users to chat about day to day topics and encourage communication .

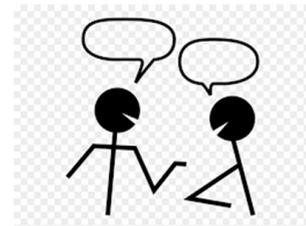
- Sometimes our emotions can be overwhelming in our day-to-day lives.
- Sometimes we do not know what to say, but would like someone to sit beside us.
- Some people are non-verbal. However, this does not mean they cannot communicate.
- If you sit on the bench, someone may come and ask to sit with you.
- They can ask how you are today, and if you would like to talk.
- Sometimes you may just want someone’s presence, to sit beside you.

“GOOD CONVERSATIONS” Bench (SPOKEN OR UNSPOKEN)



Designed in partnership by Annan ARC,
Compass (Brain Injury Specialists) and
Chris Hall from the Chunky Bed Company (Gretna)

Could a “Good Conversations” bench help you?



It is good to talk and share experiences.

Young People Inclusion Project

Sacro's Young People Inclusion Project focuses on promoting social inclusion for vulnerable young people. The project supports young people to gain access to local services, provides advocacy and promotes positive decision making with the aim of reintegration into the community.



YPIP Referral Form

-  [YPIP leaflet \(general\)](#)
-  [YPIP leaflet \(partners and referrers\)](#)
-  [YPIP Service overview and information for referring services and agencies](#)
-  [YPIP A4 poster](#)

Sacro's Young People Inclusion Project was established following the award of a Scottish Government Aspiring Communities Fund grant. The Scottish Government Aspiring Communities Fund, supported by the European Social Fund, aims to support the most disadvantaged communities across Scotland to tackle poverty and inequality.

What does the service offer?

The aim of this service is to work on a one to one basis with young people aged 16 to 25 who reside in either Dumfries or Annan. The project provides support based on the needs of the young person. This may involve supporting young people to access appointments and local services, provide advocacy, facilitate positive decision making and engagement with positive activities and pastimes. Examples of areas of support include:

- support in attending for appointments with other agencies and services.
- supporting and acting as an advocate for young people in dealing with other agencies and applying for services.

- attending court and leaving custody.
- identification and participation in a activities, pastimes or hobbies.
- access support services in your local area.
- access support to enhance life and social skills, e.g. financial budgeting, housekeeping, cooking.
- complete paperwork and make phone calls.
- reintegrate into the community.
- access education or training.
- find employment opportunities.

How does this service work?

Involvement in the Young People Inclusion Service is on a voluntary basis and requires the consent of the young person. Young people being supported by the service will be linked with a Young People's Inclusion Worker and or Support Worker who will work closely with them to develop a trusting and supportive relationship. Sacro will work closely with young people to support them in identifying need and promote social inclusion through positive engagement with services, activities and advocacy.

Who is this service aimed at and how is this service accessed?

Sacro's Dumfries and Annan Young People Inclusion Project (YPIP) will accept referrals and consider providing a support and inclusion service to any young person aged 16 to 25 who is resident in the towns of Dumfries and Annan at the time of referral.

YPIP encourages referrals from other services, agencies and community groups as well as from the young people and their families directly. All referrals should be agreed with and have the consent of the young person.

Referrals can be made to YPIP by completing a [referral form](#). **To complete the form online, please download to your device and open file in Adobe Reader.** You can also contact us directly if you require a copy of the form. We are also happy to speak to potential referrers, including young people, to discuss the support available or answer any queries you may have.

The Young People Inclusion project Team:

Brian McClafferty (Team Leader) bmcclafferty@sacro.org.uk 077 7357 3917

Katy Ince (Dumfries Inclusion Worker) kince@sacro.org.uk 078 7085 5014

Lou Adie (Annan Inclusion Worker) ladie@sacro.org.uk 078 7085 4790



STEPS – Creating Positive Mindsets & Improving Well-being Across the Locality

A gap has been identified locally in accessing appropriate courses for people who wish to build their confidence and self esteem. SHAP focuses on prevention, early intervention and in reducing health inequalities which all tie in with local Health and Social Care and Health Board priorities, particularly in relation to supporting people to keep well, take responsibility for their own health and avoid crisis.

Stage 1-Training the Trainers

SHAP is in the process of seeking funding to train 10 people to become STEPS Facilitators so that SHAP can provide access to confidence building courses for people across Annandale and Eskdale. There is an identified gap in provision of accredited, evidenced based programmes available. STEPS (Pacific Institute) is an established tool that can enable people to make positive changes and achieve better outcomes by recognising and utilising their own assets. (Outcome of funding bid expected Dec 2019)

This funding (with part-funding from SHAP) would allow us to train a team of individuals, across the sectors (particularly those who work in the Third sector) and the locality who have established relationships with vulnerable people and those who may be experiencing inequality.

Stage 2-Facilitating the STEPS courses across Annandale and Eskdale

SHAP plans to promote, arrange and facilitate courses across Annandale and Eskdale. Courses will be offered in Annan, Langholm, Lockerbie and Moffat to reach a widespread rural area. Two facilitators with local knowledge will cover each town, with a further two who have the flexibility to travel across the four towns.

What is STEPS and why has this programme been selected?

STEPS is a developmental programme for adults which has a reputation as a powerful tool for strengthening individual and community resilience.

STEPS is an opportunity for people to take a fresh look at their lives. The programme helps them to see how much they are capable of achieving and offers skills to make that happen. STEPS provides a simple set of tools to move individuals away from negative behaviour and language and encourages them to be more positive.

The STEPS Programme sits well within our core work in relation to the principles and values of the Dumfries and Galloway Health and Wellbeing Model. It helps build the foundation in taking forward the vision for Dumfries and Galloway Health and Social Care Partnership.

“Making our communities the best place to live active, safe and healthy lives by promoting independence, choice and control.”

Health and wellbeing support services need to be built around the needs and aspirations of people and communities in ways that support the development of their capacities, skills, autonomy and resilience.

Health and Wellbeing Funds for All

The new "Health and Wellbeing Funds for All" replaces the former "Day Opportunities Fund" and offers a broader criteria linked to the Scotland's Public Health Priorities.

The overarching outcome for this Fund is:

People are able to access and support a wide range of low level opportunities within their local community which enable them to keep mentally and physically active, lead a more fulfilling life, continue with life-long learning, maintain and develop friendships, feel less isolated, self-manage a long-term condition, make a contribution and support others.

Funding is available through the Safe and Healthy Action Partnership (SHAP) for two Local Funds, namely :

1. The Health and Wellbeing Fund for All that will be used to support the development of regular, new or additional groups/activities for people within Annandale and Eskdale where a gap has been identified. The principle aim of this fund is to enable communities/groups to support the health and wellbeing priorities. In addition it aims to reduce social isolation and promote independence.

2. Sport Grants Funding - is awarded towards sports equipment, training for coaches and volunteers, travel and competition expenses, clothing/kit expenses, sports events and improving and extending facilities (Not for everyday running costs)

Applications will be considered for projects/activities which support at least one of the following:

- People live in vibrant, healthy and safe places and communities
- Young people are able to flourish in their early years
- People eat well, have a healthy weight and are physically active
- People have good mental health and wellbeing
- Communities have a sustainable, inclusive economy with equality of outcomes for all
- People are supported to reduce the use of and harm from alcohol, tobacco and other drugs

To ensure that funding is available to as many groups as possible, the **upper limit** is **£500**. The criteria, application form and contact details can be found on the link below.

<https://www.aandeshap.co.uk/sub-groups/health-and-wellbeing-funds-for-all>

Please note that funding cannot be awarded retrospectively.

Health and Wellbeing Funds for All

Are you interested in setting up or developing a local activity in your community which helps reduce isolation and loneliness or supports improved health and well-being?

If so, funding of up to £500 is available to get a new group or activity off the ground through the Safe and Healthy Action Partnership.



For more information and an application form please contact the SHAP on: dumf-uhb.SHAP@nhs.net or 01461207728



www.facebook.com/AandESHAP

These are just a few examples of possible themes for funding. With the addition of the Sports Grant, there will be many other ideas for community activities. Schools can apply for new projects but the application must come from a constituted group i.e. Parent Council. Funding for transport to events will not normally be considered.

Big World

'Big World' is a partnership initiative which sits within the Substances, Sexual Health and Risk Taking sub-group of the Safe and Healthy Action Partnership. (SHAP) The main purpose is to highlight and reduce risky behaviour in young people. In late November 2018 the annual "Big World" event was held for S4 pupils in all four secondary schools in Annandale and Eskdale. Through presentations and interactive workshops awareness is raised about the risks and consequences so that young people feel more informed about the dangers to their health and well-being. They also learn how to deal with risky situations and where to access support services.

The programme takes a great deal of planning, resources and commitment by all concerned but is a good example of Partnership working in action to maximise resources and make best use of available time and skills. In the last couple of years Youth D&G has provided the drama which is the platform for the themes explored throughout the day.

SHAP, as a partnership, continues to strive to get the programme right for the students who participate by identifying any areas for improvement or future subjects for inclusion in the programme, as determined by the young people themselves. They found last year's mental health workshop particularly helpful and requested continued input around coping with depression, anxiety and stress. Some of the pupils who attended "Big World" last year are now co-facilitating in some of this year's workshops. Partners involved in the Big World 2018 listed below: -

Annandale and Eskdale Health Improvement Team, Annan Academy, Department of Clinical Psychology, Domestic Abuse and Violence Against Women and Girls Partnership, Dumfries and Galloway Housing Partnership, Langholm Academy, LGBT Youth Scotland, Lockerbie Academy, Moffat Academy, Police Scotland, Scottish Ambulance Service, Scottish Fire and Rescue Service, Sexual Health Dumfries and Galloway, Youth Work D & G, Xcel Project, Langholm

Moving forward in Big World 2019:

- "Support in Mind" is a new partner for 2019
- Greater involvement from school staff and students in the planning meetings by taking the partnership meetings to the secondary schools
- Students from the Drama departments will perform the key themes for Big World 2019. They have written the script and have focused on current issues.
- The majority of students feel that the Big World themes and event should be for a younger age group-S4 is considered to be too late for some. S3 was viewed by the students as more appropriate hence Big World will focus on S3 this year.

Small World Transition Event

The popular Small World Initiative took place in Lockerbie for the first time. Small World is a partnership project of the SHAP that aims to increase Primary 7 children's awareness and understanding of key health, personal safety and wellbeing messages as well as offering them an early transition event.

Over 120 pupils from the Lockerbie Cluster attended the Small World Transition event on 4th October at Lockerbie Academy. Pupils took part in six different Health and Wellbeing workshops on the following topics:

- Rugby
- Badminton
- Peer pressure
- Boccia
- Social Media
- Mental Health

It was a great event led by the Health and Wellbeing staff from the Academy with support from Active Schools, Moffat Rugby and Football Club, Annandale and Eskdale Health Improvement Team, Youth Development, Ann Robertson and Dumfries and Galloway Police. The pupils were supported by fantastic sports leaders from the Academy who took responsibility for mentoring and managing the group throughout the day.

It was also a good opportunity to get to know other pupils from different schools. Everyone attending enjoyed the event and feedback was very positive from both pupils and teachers.

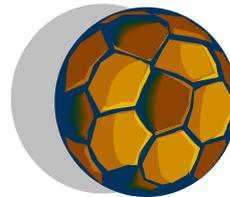


Activity Guide

Annandale and Eskdale



shutterstock - 266291585



Working in Partnership with the
Third and Independent Sectors



2019 Edition

Would you like to find out about activities
across Annandale and Eskdale?
Call 01461 207728 to arrange to have your
copy posted or emailed to you.



We support and enrich the lives of vulnerable young people across Dumfries and Galloway

Become a volunteer Befriender!

Are you **trustworthy**, **reliable**, **caring** and **friendly**?

- No experience necessary
- Training provided in Annan
- All out of pocket expenses reimbursed.

You could make a real difference to young lives in your community.

Website: www.befriending.org Tel: 01387 247812 or email: elaine@befriending.org

Dumfries & Galloway Befriending Project is a Registered Scottish Charity no. SC024562.



Dumfries & Galloway ME and Fibromyalgia Network

Phone: 07437 602610

Website: dgmefm.org.uk

Email: admin@dgmefm.org.uk

Facebook: facebook.com/groups/dgmefm

Registered Charity No: SC030641





Arts and Crafts Group

on the second Wednesday of every month (13/11/19 and 11/12/19...)
2.00-4.00pm, United Reformed Church Hall, Station Road, Annan
Cost £3 per session, contact SHAP on 01461 207728

This informal group is for adults who would like the opportunity to do arts and crafts, meet new people and enjoy a chat over a cup of tea or coffee. Art and craft materials are provided, each session will be led by a volunteer and focuses on a different activity. All welcome whether you are a beginner or an expert. Feel free to bring along your own craft project.

Felting

Box Making

Button Art

Decopatch

Brayering

Diamond Painting

Candle Decoration



Funded through the Community Support sub-group, Annandale and Eskdale Safe and Healthy Active Partnership Strengthening Individual and Community Resilience

This Arts and Crafts group has been running since August 2018 and is proving very popular with the ladies and gentlemen who are attending. It brings people together over a shared interest and offers a chance to learn a new skill from the variety of activities available. The participants enjoy the companionship and there is always lots of banter and laughter throughout the session. Diamond painting and Decoupage have also been popular and encourage a variety of skills. These activities are particularly good at supporting people to maintain dexterity and hand/eye co-ordination.

If you would like to meet new people and try some of these art activities in a relaxed, friendly environment then please come along to the next session. The group meets on the second Wednesday of every month in the United Reformed Church, Annan.

All welcome-no prior experience necessary.