

Coronavirus (Covid -19)

We are providing this update to bring together information that we have received on what is happening locally in response to the current crisis. With the UK government restrictions in place, individuals and community groups may be considering how to respond. In this newsletter we are providing a summary of the information that we have received and links to the various local support initiatives.

We have written to Portpatrick Community Council offering our full support and provide contacts details for this local initiative overleaf.

It is important that we all do what we can to support each other. Local action is needed to ensure that we can do as much as possible at a local level to help contain the spread of the virus but also to support the health and wellbeing of those most at risk.

This is a constantly changing situation, and we will post updates, and links on our web site and facebook page.

Please do get in touch if you need help or would like to volunteer and we will do what we can to provide support.

Contact Details:

Website: www.pcdt.scot facebook : @pcdt.scot

email: info@pcdt.scot tel: 01776 810822

Community Wellbeing

Find new ways to connect

- Consider new ways to keep in touch; WhatsApp groups, Facebook or Twitter
- Can devices be shared with neighbours/family to ensure everyone can be as connected as possible
- Can trusted friends give neighbours a quick call to have a chat once a day?

Be active






- During periods of isolation, our mental health can be impacted so do whatever you can to keep your mind active; read, do crosswords, play board games and catch up on those arts and crafts you never find time to do!
- Find something you enjoy
- If you are not displaying any symptoms, you can still go outdoors for short walks or even round your garden, cycling etc as long as you respect the most up-to-date guidance and keep a 2m 'social distance', or if possible, go on your own.

Take notice

- This is an emerging situation and information is changing on a regular basis. Keep up to date at NHS Inform website
- It is important to help slow the spread of the virus by taking on board the most up-to-date advice.
- Keep learning—Every day is a learning day so why not use this time to learn something new. You could learn digital skills online, share things with Facebook Live, or offer a 'remote service or activity'?


#SupportDG

COVID 19 - 5 things you can do to make a positive difference in your community

				
Be Kind	Connect	Take Notice	Support	Give
<p>People in every community will face the challenges of COVID-19 in some way – from needing basic provisions to help while they are unwell. Think of others, consider your actions and be kind.</p>	<p>As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Connect and reach out to your neighbours, share phone numbers, use social media, other technology and stay in touch.</p>	<p>Keep up to date with news, share accurate information and advice and be a positive part of your local online community conversations.</p>	<p>Different groups in our communities are at increased risk - social isolation and loneliness are key concerns for all ages, support anyone who may be anxious about COVID-19.</p>	<p>There are things that you can do like volunteering for local support services or donating to foodbanks to help. Give your time, your words, your presence.</p>

#SupportDG

www.dumgal.gov.uk/SupportDG



Give

- Your time, your words, your online presence - let people know you are there!
- Check the links below and local facebook groups to see what support may be required and what you can offer
- People will need basic shopping picked up, prescriptions collected, a newspaper delivered - respect social distancing for those in isolation

Useful contacts

- NHS 24 - 111
- Emergency - 999
- Dumfries and Galloway Council - 030 33 33 3000
- Samaritans - 116 123

Calls for help, and Information on Local Support Groups

Portpatrick Community Council

Portpatrick Community Council and Portpatrick Harbour CBS have joined forces to provide support to residents of Portpatrick. This initiative will be co-ordinated from the Portpatrick Harbour Community Hub at the Harbour and can provide local help by arranging and picking up essential supplies.

For assistance **Tel 01776 810 032**

Dumfries and Galloway Council

For advice on how individuals and communities can **#SupportDG** please go to www.dumgal.gov.uk/SupportDG and follow **@DGCEmpowerment**.

Volunteer to help during Coronavirus crisis

Volunteer Dumfries and Galloway, working with third sector organisations across the region, Volunteer D&G is co-ordinating volunteers to help during the Coronavirus crisis. You can register on the site
Volunteer D&G will then pass your information to any relevant third sector organisations.

Volunteer D&G are working closely with Dumfries and Galloway Council, NHS, Police Scotland and other emergency services to support them during these difficult circumstances.

<http://thirdsectordumgal.org.uk/volunteer-to-help-during-coronavirus-crisis/>

Can't volunteer but still want to help out your community?

Stranraer Resilience Team require equipment to support the on going response to Covid-19

Do you have a (working) old laptop that you no longer use? Do you have any old pay as you go or sim free mobile phones?

If so please get in touch with the TEAM: **(01776) 702928** or email ashley_gallowayactionteam@outlook.com or message Via Facebook <https://www.facebook.com/groups/143766180296523/>

Stranraer Food Train Urgent Volunteer Plea

Our Stranraer branch is experiencing unprecedented demand from local older people who are now in desperate need for our shopping delivery service.

Sadly, unless we can sign up more volunteers we cannot help more people.

If you live in or around Stranraer and can help us please give us a call on 01776 704831 or email jim@thefoodtrain.co.uk and we will get back to you asap. Our older people are rightly concerned as they are in the most 'at risk' category - please help us to support them in your local area - thank you.

D&G HandyVan (SCIO)

D&G Handy Van In are here to help all organisations with the discharge of patients from hospitals to free up beds should they be needed. We would reassure the public that our staff are taking every precaution regarding hygiene and cleanliness whilst carrying out their duties.

Contact freephone number – 0800 069 9173 and our office hours are 9am to 4pm, Monday to Friday.

Martin Lewis

Martin Lewis is to release £1,000,000 from his personal charity fund to provide grants of £5,000 to £20,000 to small registered charities, or local arms of bigger charities, across the UK – to help with specific UK coronavirus-related poverty relief projects.

Examples could include foodbanks, charities engaged in community aid, financial advice help and more. My hope is to get the money distributed within the next couple of weeks, and I'm looking for projects that are up and running, or are in the process of being set up – as we want to deliver help at speed.

<https://blog.moneysavingexpert.com/2020/03/i-m-making-p1m-available-to-fund-urgent-small-charity-coronaviru/>

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