

# DART Newsletter

14<sup>th</sup> August 2020

Issue 8

Dirleton Area Resilience Team ([DART.Coordinators@outlook.com](mailto:DART.Coordinators@outlook.com) / Dedicated Telephone 07528-856147)

Website : <https://dirletonresilience.org>

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## Welcome

This will be the last Newsletter from DART under the guise of the Corona Virus response at the present time.

It has been discussed and agreed among the various resilience groups and the Council that the current timing is right for the resilience groups to move from active work and assume more of a standby role until re-engaged by the Council under the County resilience strategy.

There will be a very short period of time where some residents will be using DART services just until the normal procedures and agencies are fully in place to support them.

The Website will continue to operate and will only be updated from time to time with Resilience information.

The volunteering that has been going on will continue to be reported on the website as the young ladies and gentlemen gain their various stages of the Saltire and Hi-5 awards.

The main Email address will be monitored and for emergencies the dedicated telephone number will continue.

If you have any questions about the Corona Virus resilience matters please use the central email address rather than your local co-ordinator.

The village will hopefully be returning to a more normal cycle of activities and The Dirleton Good Neighbours group will be sending out information as it is available.

We hope that DART has been of use and support over that past 4 months and we can certainly say we have enjoyed taking in part in that support with you all.

Stay Healthy (Senior Movements is on Zoom now - See article) and let's move forward together,

Best Regards

Mike (Newsletter Editor)



## Alison's Blog

There are some interesting articles this week – follow the links for more information :

- [Webinar: Law 4 Dementia Carers in Scotland: Coming out of Covid?](#)
- [Tickets on sale for Care Tech 3 – 28 August](#)
- [East Lothian IJB is looking for an Independent Sector Representative](#)

Remember Alison's Blog is regularly updated and is a good source of information from The EL Health and Social Care Partnership.

Find the blog at <https://www.edubuzz.org/almac/>

## Message from David Tait, DART Lead Coordinator

Hello everyone,

It has been some time since you received correspondence from myself. It has been an exceptionally busy few months and my continual gratitude continues to be with you. I can say from myself and all of the area co-ordinators that your continued support and aid to the village has not gone unnoticed. To state fact, your work has been recognised locally in the village. County wide you have officially been noted on record for your outstanding achievements from the East Lothian Council. You have been officially recorded nationally for your achievements by the Scottish and UK governments.

Every one of you, and I'm including our Hi-5 (5 to 12year olds) and our DART Youth volunteers (12-25year olds), deserve a massive pat on the back and continued gratitude for the months yet to come.

Now you have probably already noticed that things in and around our village and Scotland are beginning to change, hopefully for the better. Lockdown has been relaxed, shops are opening and an aspect of normality is starting to emerge. From the beginning of June, I have been in large amounts of meetings both locally and nationally to determine and assess the needs of the village and how DART will operate during this transition. From these meetings numerous points were taken and myself and the area coordinators completed an assessment of the village. In the beginning we took the decision to retract the community essentials larder which ceased operations in June. This decision was made due to the increase of shops opening and increased service of home deliveries. In addition to this, numbers using the larder decreased dramatically which further concluded our decision was a correct one. With the larder closed, I then looked at the number of residents still requiring our help. Ensuring priority residents are taken into consideration, I as the DART Lead coordinator took the exception decision to cease all DART COVID operations on July 31st 2020. My decision was based on facts and careful planning and consideration to our vulnerable residents. Out of the meetings I have had, I can confirm that any resident who require prescription collected and delivered will be transferred onto the individual Pharmacy delivery service.

Any resident requiring shopping or other support or aid including hardship will be transferred to the East Lothian Councils health and social care department. Prior to July 31st, we are talking about 5 residents who fall into these categories for transfer. If there is any resident who does not fall into these categories and still require help, will still receive help but under the banner of friendly neighbours and not DART.

DART COVID operations have ceased but that does not mean in any way that DART has ceased to exist. DART is a resilience organisation and COVID 19 is only one of the many operations we deal with. As a resilience organisation we deal with utility loss, missing persons, severe weather (mostly winter weather) and other activities deemed as an emergency operation. So, DART has effectively gone into hibernation until the next emergency arrives. What that means for me is planning for future emergencies, be it COVID second wave or winter resilience or any other emergencies previously mentioned. There is a lot of work still to be done in the background and planning for every eventuality. There are many meetings still to come, and I will keep you all updated as best as I can.

You have all been amazing and I cannot thank you enough for all your hard work. I have one ask of you and that is, do I have your permission to continue to store your details as DART Volunteers in the eventuality of further emergencies to arrive to our village. If you can let me know either way by email at [DART.Coordinators@outlook.com](mailto:DART.Coordinators@outlook.com)

Thank you all from the bottom of my heart and I look forward to hearing from you soon.



David Tait

DART Lead Coordinator



## DART Essentials Food Larder Update

Now the Food larder has closed we have quite a large supply of plastic bags, insulated bags and egg cartons.

If you would like any then please contact Janice on the main email address.



## \*\*\* IMPORTANT \*\*\*

If DART is re-engaged by the council for an issue then we would like to make sure that we have all the village's email (or phone) information to hand so we can quickly send onwards official resilience information.

Some of you have already signed back up to the DART mailer – so THANK YOU for that.

This Newsletter will be sent out to some who have not signed up – so can we ask you please to do a sign up to DART ready for the next requirement.

If you have sent an email to [news@dirletonresilience.org](mailto:news@dirletonresilience.org) and had a response – you do not need to do anything.

If you have not sent the email or had the response then please send an email to [news@dirletonresilience.org](mailto:news@dirletonresilience.org) and state that you do want to subscribe to DART email list.

If you are reading this and do not have email then please ring the main number and let us know the details.

We hope that we don't need to email out anytime soon but we are sure you can appreciate that it is better to have the information now before we have to react quickly.

Many thanks

DART Team.

**Your email address and telephone number will only be held for purposes of DART communications and will not be given, sold or transferred to any other party.**

**You will be sent a verification email periodically to check details are correct and that you still wish to be registered.**

## Dirleton Good Neighbours

From Anne Orr :

*As Janice MacLeod has been closely involved in both DART and Dirleton Good Neighbours, there have been active discussions regarding transition activities for Dirleton residents, as the ELC supported Resilience Groups ceased their active role at the end of July.*

*Although the return of the Dirleton Lunch Hub still seems quite a way off, while there is good weather it seems worthwhile to attempt to have some events to bring together small numbers of residents outdoors, where Covid restrictions are slightly easier.*

*So on this basis DGN held a trial afternoon tea on the 6th August for 9 residents in Anne Orr's garden incorporating all the Covid-19 precautions.*

*Following this successful event, it is hoped to hold more over the coming month or two (weather permitting!!).*

Anne

Contact Anne about Dirleton Good Neighbours on her email [orralo@aol.com](mailto:orralo@aol.com)



## 5k x 7d x 5w = 175km - update

Doing the maths that is a lot of km any way you look at it – here's an update of how that was achieved :

*"My Journey*

*After exploring various ways of raising funds for our local care home staff I came up with the idea of running 5k everyday for 5 weeks. My motivation for this challenge was to show the dedicated carers how much we value the vital work they do on a daily basis. Further, I thought that this experience was a good opportunity for me to get fit again. Like many individuals during this unprecedented time I definitely put on a few pounds from comfort eating. It is great to have more time to cook delicious homemade recipes, however there are consequences, such as my expanding waistline!*

*Running everyday was no doubt a bit of a challenge. I used to run twice a week with my delightful companions from Dirleton Joggers, so running seven days a week did push my body. Nevertheless, as the weeks passed by I got stronger and felt the benefits of running each day to Yellowcraig beach. Running or walking by the beach for me is therapeutic and a real joy for the soul even on a wet day. Gazing over to Fidra Island just confirmed how lucky we all are to live in such a beautiful place.*

*Thanks to the generosity of family, friends and members of our community I managed to raise £800. This enabled me to buy hand creams and soaps for care home staff who worked in Fidra, Abbey, Ashley House and Muirfield. The products come from a local supplier called Hoods Honey and I think they are a perfect gift to show our appreciation to all the wonderful staff.*

*Regards Margaret "*

**Well Done Margaret** 175 km well run and a brilliant outcome.



**"Thank you Margaret Kent"** from the staff at The Abbey!

*"A beautiful gift for the staff from funds raised in the community from fundraising by Margaret Kent running 5km every day for 5 weeks! We are not the only local care home to receive this gift and our gratitude is immense thank you all."*



Previously reported in "Alison's Blog"

<https://www.edubuzz.org/almac/2020/06/11/thank-you-margaret-kent-from-the-staff-at-the-abbey/>

For information about The Abbey visit the ELC website :

[https://www.eastlothian.gov.uk/info/210583/assessment\\_and\\_support/11891/care\\_homes\\_in\\_east\\_lothian/6](https://www.eastlothian.gov.uk/info/210583/assessment_and_support/11891/care_homes_in_east_lothian/6)



## Saltire Awards Scheme

We have five young people who have been working during the Coronavirus incident as volunteers.

Very happy to announce that three have now completed their 10 hours target and have received certificates from the Saltire awards for their efforts.

WELL DONE TO YOU ALL – a worthy achievement.

Here's to you all as you go for the big milestone of 25 hours - Good Luck.

We would also like to cheer on our next pair of volunteers who are very close to getting their 10 hours award – Go for it Hugh and Sophie – let's see your certificate photos on the website shortly.

**Megan, Imogen and Zoe pictured with their certificates:**



## Are ZOOMING!



monthly subscription £10



Our zoom class is every Wednesday  
10.45am

To register call 07711 761165

Or Email

[andrea.mannion@btinternet.com](mailto:andrea.mannion@btinternet.com)



## Contact Details

	Dedicated DART Phone Line <b>07528-856147</b>
	<a href="mailto:DART.Coordinators@outlook.com">DART.Coordinators@outlook.com</a>
	<a href="https://dirletonresilience.org">https://dirletonresilience.org</a>

### Community Coordinators

Name	Phone	eMail
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### DART Emergency Coordinator

Area	Name	Phone	eMail
<b>ALL Dirleton</b>	David Tait	01620-850641 07387-185309	<a href="mailto:davidndanni16@gmail.com">davidndanni16@gmail.com</a>

### Community Area Coordinators

Until DART is re-engaged by the Council please only use the contacts above.  
When necessary we will set up appropriate areas and their coordinators.

### Newsletter and Website

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### Administration

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