

DART Newsletter

25th March 2020

Issue 2

Dirleton Area Resilience Team (DART.Coordinators@outlook.com)

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Welcome to the Newsletter

A few more community based items today.

Please take note of the NHS recognition item in the community section – let's make some noise.

If you feel able to volunteer (there are many ways to do this) please use the dedicated DART email address listed at the top of page as this will make it swifter to log and deal with your request.

Items for the newsletter can be emailed to DARTNews@mnsdsys.net.

Best Regards

Mike (Newsletter Editor)



General Advice

Need to fill up at the Petrol/Diesel/Electric pumps ???

The virus can live on surfaces for a limited time. It is a very good idea to use either gloves or tissues when handling the pump – and then dispose of the glove/tissue straight away. Keep contact down and keep yourselves safe.

Repeat Prescriptions

With increased demand there is a strain being put on the doctor's surgery and the pharmacies – so order your repeat prescriptions well in advance – instead of the current 48 hour turnaround consider giving them at least 10 days time to process your requests.

As ever, though, please don't over order – let's make sure there are enough supplies to go around everyone.

Community Shopping Help

If you need help with shopping – please contact the DART team as soon as you can using the dedicated email address at the top of the newsletter. This will help with logistics and planning.

N.B. If you are over 70 years old then please stay in your houses and use the DART volunteers (email above).



Dirleton Facilities

Archerfield Walled Garden

We have reviewed our situation and decided that it is in the best interests of our staff and our community to close our doors, for now. So unfortunately, the delivery service I mentioned yesterday will no longer be happening. Staying open, but only offering a limited range of essentials would force our customers to shop twice, which is in stark contrast to what we are all being asked to do right now. We will be closing our Food Market at 5pm on 24th March. We look forward to reopening, when it is safe to do so and hope to see the DART community back when we do.

Lindsay Scott

Communications Manager, Archerfield Estate

Can you help please ?



North Berwick Coastal Health and Wellbeing Association

North Berwick Community Connections is continuing to offer emotional support through telephone calls. Our community connectors are working really hard and everyone has been matched up. We are still taking new referrals and street helpers can email our CommUnity Connections project if they think someone needs more support that they can offer.

It is possible that some people in our community will need additional mental health support during this time. We will all experience some anxiety but some of us may find it more overwhelming. It is highly likely that some people will become bereaved during this time and may need emotional support. So we are wanting to set up a pool of trained mental health workers who are willing to offer their support as volunteers in case people need support from more experienced mental health workers (such as counsellors, psychotherapists, clinical psychologists, mental health nurses and experienced workers from the voluntary sector. If you are a trained mental health worker and can offer free support please email Deborah.Rtchie19@gmail.com

For telephone support from Community Connections please email

nbc-communityconnections@outlook.com

With good wishes and appreciation,

Deborah Ritchie

**co-chair North Berwick Coastal Health and Wellbeing Association and
Co-chair North Berwick CommUnity Connections**

Self-Isolating Researcher – Gardening

The growing season is upon us – and the gardens are a perfect place to take exercise and practice the green finger techniques.

If you could help by doing some research into local gardening centres/nurseries that can make deliveries into Dirleton – even if it is a bulk drop that gets split by residents (with due care to distancing) that will all be useful.

Items that come to mind are Seed, Fertilisers of all types, plants

If you think you could "surf the garden waves" then please send your details to the main DART email address (at the top of the newsletter).

Dirleton Village Website

At the moment, information is coming in so fast, and details are changing so quickly , that it is difficult to keep up with.

Our village website is a valuable resource of information in an easy to browse format.

See: www.dirletonvillage.co.uk

If you have any experience of websites or are generally good at systems, do get in touch.

We use Clikpic which is a simple system and the current website administrator, Anne Orr, will give you tuition. Contact dedicated DART email.



Shops and Supplies Information

This is a rapidly changing situation. Some stores are cancelling booked slots and leaving residents without the food they expected. DART has today rescued a pensioner household to whom this happened.

The WeeLocals

The North Berwick businesses have coordinated their information on a website – the WeeLocals.

Click on this link and then use the arrow beside each business to see details.

<https://www.weelocals.com/>

Individual Shop Updates

Ferguson Coal

UK Manufacturer/Distributor – current news is that they have stocks of all fuels and have delivery capacity.

Contact them on email at Fergusson.ContactCentre@cpldistribution.co.uk

Anderson the Butcher

Please note correction of the previous number - please use the following for the shop 01620-892964.



Dirleton Community

Dirleton Joggers

Dirleton Joggers is a group suited to all levels of folk. This can involve a jog/walk programme. We normally meet outside the Castle Inn at 9 30 am Wednesdays and 8 30 Sundays.

In view of the current crisis however our runs are suspended. Details regarding the restart of our runs will be on our Facebook page which is also a contact mechanism. As per government suggestions we would encourage exercise such as solo jogging in the meantime.

Regards
Neil Jones

Recognition of Medical Workers

We have had a request from residents to make a public mark of appreciation to the staff who are on the front lines of the medical community.

We all know how hard they work and how much they are sacrificing of their own lives to give that commitment.

We suggest that all residents in Dirleton go into their gardens on

THURSDAY 26th March at 8pm

and give a rip-roaring round of applause for those workers.

They may not be all able to hear it directly – but they will appreciate the token.

[I will attempt to record something – if it is loud enough (any other recordings welcome) – Ed.]



Contact Details



Community Coordinators

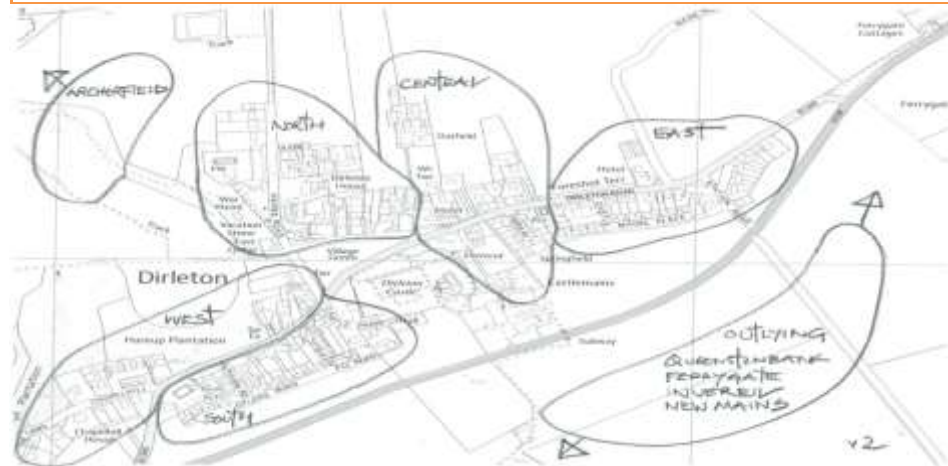
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Archerfield	Rob Aberdein	07968-628978	robaberdein@mac.com
Dirleton & Surrounding Area	Janice MacLeod	01620-850509	janicemacleod16@gmail.com
Dirleton & Surrounding Area	Anne Orr	01620-850813	orralo@aol.com

DART Emergency Coordinator

Area	Name	Phone	eMail
ALL Dirleton	David Tait	01620-850641 07387-185309	davidndanni16@gmail.com

Community Area Coordinators

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Newsletter

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