

DART Newsletter

12th May 2020

Issue 5

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

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Welcome

Since the last newsletter the main focus has been on the Essentials Food Larder – we are very happy to say this is working well and the stock variety is growing. See the article later in this issue.

There are a couple of articles from the wider community that may be of interest.

As there is talk of easing the restrictions takes place please be assured that DART will not be lessening it's focus to help the community in Dirleton. There may be differing challenges to be addressed.

If you have any concerns about lifting of the restrictions then please let us know and we will see what we can do to help.

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

Best Regards

Mike (Newsletter Editor)



DART Essentials Food Larder Update

The EFL (Essentials Food Larder) is working well and there are a good number of village residents making use of it.

There will be a fuller list of the items stocked accompanying this newsletter – please have a look at what is there – it's growing all the time.

Latest additions are craft items and entertainment items – which have all undergone a quarantine period and been sanitised before putting out in the EFL.

There are daily changes to the "Specials Board" thanks to home cooking and other donations – contact Graeme or Hamish to find out more.

Don't forget that the EFL is there for **ALL Dirleton Residents** – whether you are finding it financially challenging or can save a journey and potential contact it's there for us all.

If you do normally go shopping yourself and have forgotten something or need something else – use the EFL – it saves a trip outside the village – potentially lessens the contact possibilities therefore helping to keep us all safe.

The EFL is free to the Dirleton Community.

Contact Graeme on 01620-850877 (Mon-Fri 10-12) to book an access slot

Contact Hamish on 0790 425224 (Tue and Thu 10-12) to book a home delivery from the larder.

DART Essentials Food Larder – here for all the Dirleton Community



Dart's Lock-Down Treat

As the lock down continues the Dart Team would like to deliver a treat to you every fortnight. This will include a selection of goodies including homemade soup, bread and cakes.

If you are self isolating and would like a little treat please contact your Area Coordinator.

Next delivery is on **Wednesday 20th May** from 12ish.

Enjoy



Grant to DART

**A Big Thank You to the North Berwick Coastal Area Partnership and The Wellbeing Grant (Corra Foundation)
DART secures £3,000.**

This funding has enabled DART to support our community in a variety of ways. Due to impact of COVID-19 many of us have had to change the way we shop.

Thanks to our DART Volunteers we are able to support residents with shopping. DART felt that there was a need for an Essentials Community Larder both to reduce the necessity for additional shopping trips to North Berwick and Gullane but also to support those families who could be experiencing hardship due to changes in employment.

The funding has enabled the start up and continuation of the Essentials Community Larder for the length of this crisis. In addition to the food supplies, assistance is offered for top up fuel cards and bus travel.

For more information please see the shopping leaflet attached or contact our dedicated helpline.



Face Coverings

Current government guidance suggests that face coverings *may* be useful in preventing the spread of Covid-19.

"The evidence on the use of face coverings is limited, but there may be some benefit in wearing a facial covering when you leave the house and enter enclosed spaces, especially where physical distancing is more difficult and where there is a risk of close contact with multiple people you do not usually meet. Examples include, travelling on public transport or entering a food shop where it is not always possible to maintain a 2 metre distance from another customer." - **Excerpt from Scottish Government Publication Advice and Guidance (Coronavirus (COVID-19) public use of face coverings**

Members of the DART Craft Club and other volunteers from the village have very kindly offered to make face masks/coverings for those that do not have one or can't otherwise get hold of one. If you would like a face mask/covering please get in touch with a size (S/M or L/XL)

If you have sewing skills and would be prepared to make some face covers OR if you have any materials you could donate (very close weave fabric such as jersey or quilting cotton, old t-shirts, thin elastic) this would be gratefully received.

Please contact:

Miranda at DART Craft Club for offers of sewing, materials etc
Miranda.mayes@btinternet.com

Kate at DART Co-ordinators if you would like to request a face covering
DART.Coordinators@outlook.com

PLEASE NOTE: *These homemade face masks are not medical grade and are not suitable to be used as PPE for health providers they are simply a washable cotton face covering.*



Local Resident raising funds for carers

Margaret Kent has had idea of raising funds to purchase handcare products to give to carers in the local community and care homes.

Margaret describes her fundraising as follows :

*"During this Coronavirus Pandemic many dedicated care workers within nursing homes sacrifice their own health to provide care for some of the most vulnerable members of our society. In order to recognise and value the vital work these individuals do on a daily basis I have decided to **run 5K everyday for 5 weeks.***

To protect both residents and themselves, care workers use large volumes of hand sanitisers daily, resulting in their skin becoming dry and damaged. To show my gratitude I would like to provide natural hand creams and body wash products to help moisture and heal their skin. I have decided to purchase the gifts from Hoods Honey, a local company in East Lothian, that produces natural skin care products made from honey and beeswax.

If you could spend just five minutes to make a donation to show your appreciation for our wonderful compassionate care workers I would be very grateful."

To make a donation follow the link below to Margaret's Just-Giving page.

<https://dirletonvillage.us17.list-manage.com/track/click?u=01d349f5da941e9fd1f987bb6&id=9ccbc617cb&e=aa79c508cb>

Hoods Honey can be found at <https://www.hoodshoney.com>



Gullane Scrubbers

No we're not being rude about our neighbouring village – read on for news on their latest initiative :

Local volunteers have established “Gullane Scrubbers” making scrubs and scrub bags for the NHS and care homes. The first batch of 89 scrub wash bags was delivered to the East Lothian Community Hospital.

The production of over 100 scrubs trousers is now well underway with the sample sizes seen here being delivered to the Muirfield Care home in Gullane.

Well done to all the “Scrubbers” – a fantastic effort by all.



Article contributed by Gullane Resilience Team



Appeal for donations of mountain bikes & bike equipment for young people with East Lothian Council's 15+ Aftercare Team



The three bikes Davie, Owen and the team have refurbished so far

East Lothian Council 15+ Aftercare Team is seeking donations of mountain bikes asap for young people aged 16-26 who are who use ELC's aftercare service (having been in residential or foster care). This will help young people during the current COVID19 restrictions to exercise and where necessary travel for shopping without having to use public transport. We hope that this will also help promote better physical and mental wellbeing for many of the young people who are isolated in tenancies or emergency accommodation.

Donations of working bikes for young adults (heights 5 foot – 6 foot) gratefully received! Thanks for donations already received. We still need a further 11 bikes (10 male, 1 female).

If you have a suitable bike or equipment to donate, please email a photo of it to Davie Rutherford, ELHSCP Community Payback Team Leader at drutherford@eastlothian.gov.uk or call/text him on 07776 170 478



Hi5 and Saltire Awards

DART are very keen to encourage the efforts of younger volunteers.

The **Hi5** and **Saltire** awards are nationally recognised awards that aim to motivate young people to be involved in wider achievements and recognise their activity in the community.

- Hi5 is for young people from 5 years upwards
- Saltire is for young people from 12 to 25

If you have an interested young person who would like to be involved in these awards please contact:

Hi5: Kate Hamer
kmtaylor@sky.com

Saltire: Janice MacLeod
janicemacleod16@gmail.com



Dirleton Community



More Dirleton Artists have been out to express their best wishes – Keep it coming and keep taking photos for the Newsletter



Any photos of budding artists work and village life welcome – please send to the Editor
(DARTNews@mnsdsys.net)



Contact Details

	Dedicated DART Phone Line 07528-856147
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Community Coordinators

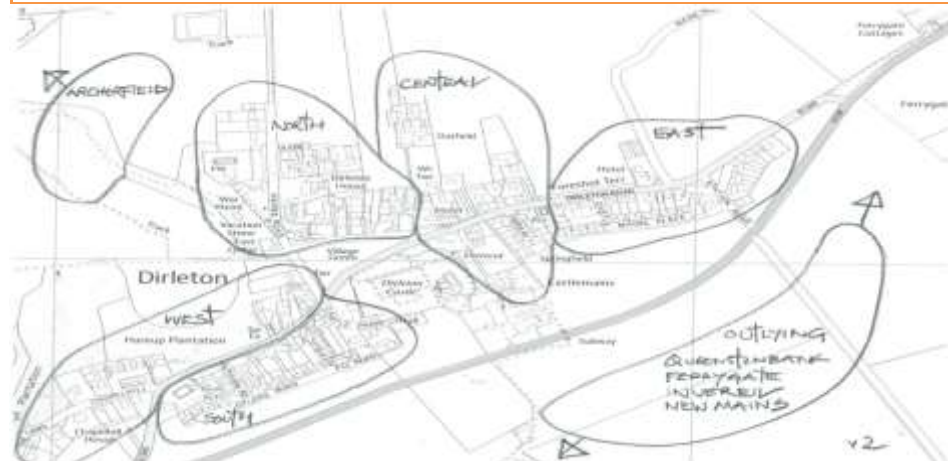
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DART Emergency Coordinator

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Community Area Coordinators

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Newsletter

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