

# DART Newsletter

25<sup>th</sup> May 2020

Issue 6

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

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## Welcome

We have some reports from the various ongoing facilities and services.

We have news of a new Website coming along ....

We are now getting closer to the first phase of the First Minister's plan for releasing the lockdown. Things will change and will in time become more "everyday". Please be assured that as we transition to the new guidelines this may cause new anxieties and DART will be there to offer assistance if required.

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](mailto:DARTNews@mnsdsys.net).

Best Regards

Mike (Newsletter Editor)



## DART Essentials Food Larder Update

There has been an increase in usage of the larder which we are very happy to see. Donations and stock is being maintained at a good level.

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***



## Archerfield Walled Garden Shop

The Shop is now open again for Essential items daily between 10am and 4pm.

Currently payments are card only in the building. They are setting up a "click and collect" operation – so watch their website for more details.

(<https://www.archerfieldwalledgarden.com/shop>)

**How about a stroll over to Archerfield Walled Garden for a little stress-free shopping and a takeaway coffee?**

**The Walled Garden is gradually getting back into business and is now open daily between 10am and 4pm.**

**Kerri sent the following message to Dirleton residents who are keen to support local businesses:**

...So far we have extended our range of essential / larder ingredients – milk, eggs, Mellis Cheese & store cupboard essentials.

We have a great stock of ingredients for baking – flour, yeast, sugar and many gluten free options.

We are now stocking fresh bread, rolls & scones from a local bakery in Dunbar and fresh fruit and vegetables – the Scottish strawberries are delicious!

Also we are very excited to be stocking Mimi's cakes – an Edinburgh based family bakehouse renowned for their fabulous cupcakes & traybakes. Take away coffees are also available. In addition we have a range of Eco Friendly cleaning products – not forgetting toilet rolls!

New products are being added to the range as they become available.

Hopefully over the next few weeks will we be introducing takeaway sandwiches & salads.



## Dirleton Community

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

This photo was spotted on a walk in Dirleton – for some of us (ages not mentioned) do you remember "Pet Rocks" ?? Well here are some very happy and colourful Dirleton rocks.



To our younger readers – ask your parents/grandparents about pet rocks !!

Any photos of budding artists work and village life welcome – please send to the Editor ([news@dirletonresilience.org](mailto:news@dirletonresilience.org))



## New Website

**"The time has come", the walrus said** and in our case that time has come to venture into having a standalone website for DART and its activities.

Up to now we have been fortunate enough to have the assistance of the Dirleton Village Association and the Dirleton Good Neighbours in sharing their web site and their mail feeds. To all the people involved in those groups we wish to say a very big **thank-you** for your assistance, resource and patience.

DART now needs to be able to provide slightly different things so we have commissioned a new website. The website will be a primary point of call for all things DART. We will be putting more material and links on there and would encourage you to visit regularly. Newsletters and other flyers will still continue to be delivered as now – the website gives us a place to add much more information and keep it up to date.

We have also set up email in the new website domain.

The newsletter will be published from the new website domain and email addresses may change – the first one you will see is

[DART.News@mnsdsys.net](mailto:DART.News@mnsdsys.net) This will become [news@dirletonresilience.org](mailto:news@dirletonresilience.org) and this is live as of today.

We will be maintaining links to the DVA, DGN and Dirleton News and Views.

We will be doing due diligence with regards to GDPR, if we don't have you recorded as "opt-in" for DART publications you may receive an email from the group asking for your permission to "opt-in".

The Website will be going fully live as of 0900 Thursday 24<sup>th</sup> May.

The last thing now remains to give you the new address :

<https://dirletonresilience.org>

We hope you find the new site useful and beneficial.

Any comments and suggestions please send to [webmaster@dirletonresilience.org](mailto:webmaster@dirletonresilience.org)

Regards

Mike.

P.s. If you connect before Thursday morning you may not find the site fully functioning.



## Dart's Lock-Down Treat

We have had some very positive feedback from the community about this. Thank you for your comments.

The Dart team are happy to be able to lift the mood a little.

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 3<sup>rd</sup> June** from 12ish.

Enjoy



## Mental Health

Having just finished national mental health awareness week it is important to keep information and discussion of the topic at the forefront, especially during the various extra pressures that the current situation is forcing on the community.

DART will be running a series of articles in the Newsletter and on the website to inform, to provide self-help and to point to the places for further support.

Sometimes the answer to mental health anxieties can be as simple as a little kindness and understanding, other times it can be a lot more involved. As a community we can all help in many ways – hopefully these articles will stimulate conversation and appropriate action.

If you have anything you would like to contribute please send articles/emails to [news@dirletonresilience.org](mailto:news@dirletonresilience.org)



The **East Lothian Health and Social Care Partnership** have launched a new Mental Health line

East Lothian Health and Social Care Primary Care Clinical Lead Alastair Clubb says:

*'These are very challenging times and we know there are many people finding it hard at the moment. There are a lot of extra pressures right now for people, including additional caring responsibilities, and worries about money or work. People may also be struggling because they are cut off from family or friends. As a result, we're aware that people may feel anxious or depressed, and unsure of where to turn for help.'*

*'That's why we set up the CWIC Mental Health Line. We have established one number for everyone across the county to speak with a specialist Mental Health Practitioner and get support. We are working closely with GP surgeries to make sure people get support from the right person at the right time.'*

The new ELHSCP Mental Health line is open from 9am to 4pm Monday to Friday. You don't need a referral from a GP or other clinical professional to use it. It's for anyone aged 18 and over.

If you are feeling anxious, depressed or have other worries about your mental health, call on 01620 642963 between 9am and 4pm Monday to Friday. An experienced worker will take your details and make an appointment for you to speak to a specialist mental health practitioner, who will ring you back at a time that is convenient for you within the next 36 hours. The practitioner will assess you over the phone, and provide help and support and sometimes a referral on to other services. This service is not designed for:

- people already being seen regularly by a Community Mental Health Nurse in the Community Mental Health Team
- people who are experiencing a mental health emergency—in this case, please phone your GP or emergency mental health support immediately.

Alastair adds:

*'The lockdown experience, along with the everyday stresses of life, can be very difficult to deal with and really affect your mood and emotions. We have an experienced team of Mental Health Practitioners who can offer support and advice to improve your well-being, so if you're finding it hard to cope we would encourage you to give us a ring.'*





## D-ART Gallery

One of the DART team, Kate, has been working hard on getting the D-ART gallery up and running in the village telephone box.

She has managed to do a superb job of prompting and coordinating the village young people to do drawings for the gallery.

The bonus for the artists is they can use this work as part of the Hi5 and Saltire awards as well as being exhibited in a public gallery.

The East Lothian Courier covered the story this last week.

To Kate, WELL DONE – keep it going 🍌🍌🍌

To the young artists of the Village – WELL DONE as well and definitely keep the artwork coming in. 🍌🍌🍌

To the villagers – why not make the D-ART Gallery part of your daily exercise route ??



## Flower Bombing D-ART

Look at the spelling – this is a nice “Flower Bombing” courtesy of local events florist Victoria McArdle, who is the Secret Garden Events Florist.

Victoria has said :

*" With lock down in place my flower business has come to a grinding halt. All weddings and contract work postponed or cancelled until further notice, so I decided it was time to diversify a little. With garden centres being closed, I thought I would provide a door to door mobile PLANT VAN SERVICE stocking a selection of perennials and summer bedding. What a fabulous response I have had thank you very much folks. I will be providing the service for another couple of weeks depending on demand. Please message me if you are interested. Best wishes Victoria McArdle "*

07812 142494

[mcardle.vic@gmail.com](mailto:mcardle.vic@gmail.com)

Secret Garden Events Florist

Take a walk up to the telephone box and see the D-ART with its flower installation.



## North Berwick Coastal AP



ELC are looking at ways we can help make our communities safer by increasing peoples' ability to keep the UK and Scottish Governments' recommended 2m social distancing when they are out and about. This is going to be increasingly important over the coming weeks as the lockdown measures ease.

Here is a link to an area map. You can highlight issues and leave your comments if you wish. ELC want to hear from you.

<https://elothianspacesforpeople.commonplace.is/>



## Contact Details

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

### Community Coordinators

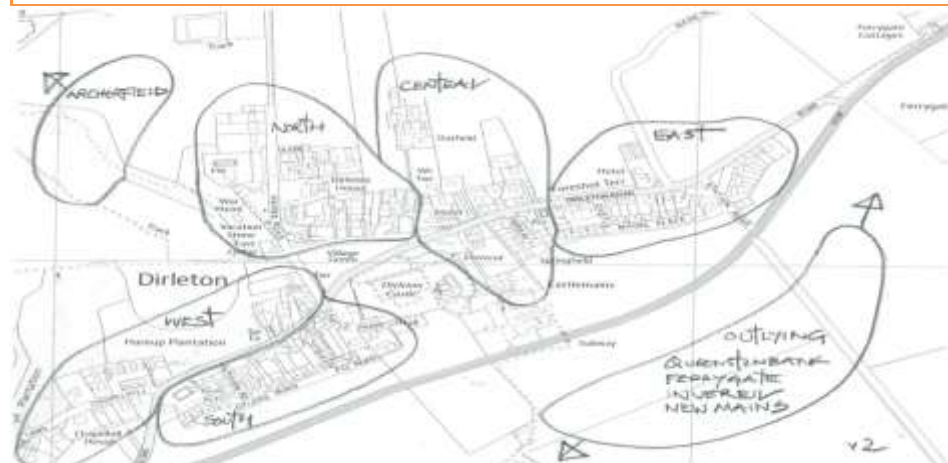
Name	Phone	eMail
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<b>Janice MacLeod</b>	01620-850509	<a href="mailto:janicemacleod16@gmail.com">janicemacleod16@gmail.com</a>

### 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

Area	Name	Phone	eMail
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<b>Dirleton North</b>	Janice Macleod	07528-856147 01620-850509	<a href="mailto:janicemacleod16@gmail.com">janicemacleod16@gmail.com</a>
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### Newsletter

Edited by Mike Howarth

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