



Date: **13th Dec**

Welcome to our weekly e-bulletin. If you have items you would like included in future bulletins send them to us at info@thehubdg.org.uk. If you receive multiple copies please advise us which email address you wish this bulletin to be sent to.

Our comprehensive funding bulletin comes out separately on the third week of each month.

PRIVACY NOTICE

The Hub Dumfries and Galloway (t/a the hub – your community action centre) is registered with the Information Commissioner's Office (ICO) and complies with Data Protection legislation and best practice procedures, including the new General Data Protection Regulations (GDPR). Our ICO certificate of registration number is ZA048606. We only store your data in order to be able to contact you and provide you with information updates; and to be able to manage our organisation effectively.

We never share your information with third parties unless you have provided us with your express consent to do this. You can ask us to remove and delete your data from our records at any time by contacting us at info@thehubdg.org.uk



**Festive Greetings from everyone at the hub
We have a reduced number of staff working
over the Xmas/New Year period.**

**Please note we are not able to open to the
public.**

News

Addaction Christmas Drop In This drop in is open to anyone looking for tips in regards to substance use how to keep themselves or loved ones safe over the festive period.

Tuesday 18th December

Addaction Office—79 Buccleuch Street, Dumfries

10am—12pm

Individual Training Accounts Individual Training Accounts are now closed to new applicants and it's anticipated they will reopen in **April 2019**, subject to budget approval. To register your interest in funding for next year, please email ita@sds.co.uk If you would like any help with your career plans, you can speak to one of their advisers on 0800 917 8000 or visit your local Skills Development Scotland centre.

Healthy Connections Your Health and Wellbeing Small Changes = Big Benefits. Healthy Connections is a **FREE** one to one service available to people over the age of 16 that offers confidential support to get you started. Service is available from Lochfield Road Primary Care Dumfries DG1 9BH For more information contact them on 01387 244401 Dumf-uhb.nithsdalehit@nhs.net

Nithsdale In Partnership Single point of Contact

This will streamline non-emergency Health and Social Care referrals for anyone living in DG1 and DG2 who is over 16 years of age.

The Process – **Call 030 33 33 3001** Open **Monday to Friday 9am to 5pm**, a Call will be taken by a member of the local team and a member of the team will call you with an update about the referral. Health and Social Care services include: Domiciliary Physiotherapy, Community Adult General Nursing, Community Rehabilitation, Community Rehabilitation Occupational Therapy, Health and Wellbeing, Social Work Services, Social Work Services Occupational Therapy, Podiatry, Speech and Language Therapy, Pharmacy and Medicines Review.

Disclosure Services' new guidance videos

The Disclosure Checks (PVGs) process can seem complicated so Volunteer Scotland have made sure the guidance isn't. Check out the new '**Completing the forms**' guidance videos on their website [here](#).

Events

Fed up Community Café The Big Christmas Dinner

Following the success of the Big Christmas last year, helping people with financial hardship and social isolation, the Fed up community café are running a second dinner this year. **Friday 21st of December 2018 at The Baptist 'Church Hall, Bellevilla Road,**

Stranraer. Dinner is served at **1.00pm**. This service is offered **FREE** to everyone who is in need this Christmas. For any additional information – www.fedup.org.uk or email info@fedup.org.uk

Healthy Connections Cuppa Club A Social group for adults to meet new people, enjoy some company, Share common interests and make new friends. **Every Thursdays 2-3pm** at **Molly Mays 82 Queensberry Street Dumfries**. For any enquires please contact Healthy Connections on 01387 244401 or dumf-uhb.nithsdalehit@nhs.net

Surveys and Consultation

Volunteering Trends in Scotland (2007 - 2017)

To better understand the volunteering landscape in Scotland, Volunteer Scotland have completed a longitudinal analysis of the Scottish Household Survey (SHS) from 2007–2017. Click below to view the Full & Summary reports plus more. View the report here: www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/volunteering-trends-in-scotland/?utm_medium=email&utm_campaign=VIO%20December%20newsletter&utm_content=VIO%20December%20newsletter+CID_2bdb382f0b64c0dd9a89524e29d1fdaa&utm_source=Email%20CM&utm_term=View%20here

Publications and reports

Volunteer Scotland's Annual Report

Available to [view here](#) on their website

Campaigns

Refuge uses Christmas poetry to raise awareness of

domestic abuse A campaign using reversible poetry to raise awareness of domestic abuse at Christmas has been launched by the charity Refuge.

A total of three poems, called [Christmas Eve](#), [Mistletoe](#) and [Auld Lang-Syne](#), have been released as the charity looks to highlight how domestic violence is often hidden. The campaign also aims to raise awareness of the support Refuge can offer to victims when their partner “turns and becomes controlling”, says the charity.

NSPCC helpline fundraiser launches Called the Light for Every Childhood appeal, the campaign features a [fundraising page](#) on the NSPCC’s website, encouraging single and monthly donations to help the charity run its helpline. Neglect is among the most common issues the charity’s helpline tackles, including at Christmas.

Christmas can be a particularly busy time for the helpline because extended family members contact the charity after being concerned about a young relative they have spent time with over the festive

period. The NSPCC website also lists some of the [commons signs and symptoms of child neglect](#) to watch out for. This can include poor appearance, hygiene and being regularly hungry when at school.

Funding

Support for people affected by in work poverty

The Employability and Skills Service at Dumfries and Galloway Council have secured funding to provide support to those who are in work and in poverty. Scottish Government figures show that in-work poverty is rising. 52% of working age adults in poverty are now from working households and it is no longer the case that work by itself is a route out of poverty.

Eligibility Criteria

This service is funded by the European Social Fund and is targeted at lone parent or low income households within Dumfries and Galloway. Support includes help for people to upskill, progress in their current job and raise their income level or move to a better paying job. They can also provide support to help people gain more control over their lives financially and/or provide support with childcare costs. Their main office is at **Woodbank, 30 Edinburgh Road, Dumfries DG1 1NW** For more information email LT Telfer, Amanda Beattie or Gary Calderwood at:

DGemployability@dumgal.gov.uk or call 01387 260600 or visit www.dgtap.co.uk



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the hub - your community action centre is for community groups, voluntary organisations and social enterprises who need affordable, accessible office accommodation with development support to set up and deliver their services. Meeting rooms are also available to book at competitive hourly rates.

We also deliver a range of projects and services that assist people in our local communities. Working together making a difference

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