

THE **GREEN HANDBOOK**

FREE

Connecting Dumfries & Galloway

DIGITAL ONLY EDITION
SUMMER 2020

in this issue

**HYBRID YOGA
TEACHING**

**VACCINE
HESITANCY**

**TO MASK
OR NOT
TO MASK**

**MOTHERLY
LOVE**

**CORONAVIRUS
INFO**

LISTINGS

Holistic Health • Therapies • Environment • Community

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Eskdalemuir: Community Hub

Gatehouse of Fleet: Boots, The Crafty Crow, Galloway Lodge

Isle of Whithorn: St. Ninian's

Kirkkconnel: Poppy's café, Station 49

Kirkcudbright: Kirkcudbright Galleries, Pleat, Stewartry Museum, Corner Gallery, High Street Gallery, Pure Beauty, Brambles Delicatessen

Langholm: Chloe at La Belle, The Paper Shop, Pelosi's Corner Café, Truly Scrumptious, Welcome to Langholm

Laurieston: The Gallery at Laurieston

Lochmaben: Pink Flamingo Vintage Tea Room, The Wee Shop, Graham's Bakery café

Lockerbie: Flower Pot Gift Shop, Cafe 91, Just Be Bistro, Wilsons' Newsagent & Post Office, Kings Arms

Moffat: Ambacare, Moffat Books, Beauty Matters, Benmar Services, Brodie's, Buccleuch Arms, Harvest-Time

Moniaive: Watsons' Grocers & Post Office, The Hive, Craigdarroch Arms

New Abbey: Abbey Cottage Tearoom

New Galloway: Catstrand, Community Shop, Post Office

Newton Stewart: Belted Galloway Visitor Centre, Brew Ha Ha, Lushlagenlook, Scent of Galloway, Creeside Clinic, Blackburn's Hair Salon

Palnackie: Village Shop

Ringford: Old Schoolhouse café

Sanquhar: A' the Airts, Burnside café

Stranraer: Good Life Foods, Jan de Vries shop

St John's Town of Dalry: Post Office

Thornhill: Community Centre, Down to Earth, Drumlanrig Café, Moniaive Chocolatier, Spar

Wanlockhead: Wanlockhead Inn

Whithorn: Whithorn House Tea Room

Wigtown: Hippiedippies, Readinglasses, Shoots & Leaves Café, The Book Shop, Cobwebs, W&B Community Initiative

CORONAVIRUS SPECIAL EDITION

With most of our outlets closed, we decided to abandon the usual Summer issue of the Green Handbook. This digital only edition is provided free of charge to advertisers – we hope to get back to a printed issue as soon as we are able to.

Despite Dumfries & Galloway not being a disease hotspot, we do know of local people who have been very ill and sadly, not all have survived. Very few people who got ill were actually tested so we don't really know how prevalent the disease has been here. As the lockdown is relaxed, extra vigilance is needed.

We decided to tackle some of the issues that have arisen during lockdown – hoping that some reliable factual information might counterbalance some of the misinformation that has been circulating on social media.

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Jenny Craig MBacC

26 South Main St,
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Best wishes to all my clients! I am so sorry that my practice has been closed, but as from June 1st I am able to see people in my Wigtown clinic if urgent treatment is needed. Please be assured that I will be following government guidelines for COVID as well as those provided by the British Acupuncture Council.

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jenny.craig1@btinternet.com

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CORONAVIRUS INFORMATION

STAY INFORMED WITH RELIABLE SOURCES OF INFORMATION

Coronavirus articles in this special edition have been written and compiled from information provided by medical professionals specialising in epidemics and pandemics who have spent many years preparing for a pandemic such as this.

SCOTTISH GOVERNMENT ADVICE

www.gov.scot/coronavirus-covid-19/

DR. JOHN CAMPBELL - NURSING EDUCATOR

www.youtube.com/user/Campbellteaching

COVID-19 STATISTICS

ourworldindata.org/coronavirus

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www.nhs.uk/coronavirus-status-checker/

MORE CONTACTS

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NHS24

111

www.nhsinform.scot

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999

Doctor Out of Hours

111

Social Work Out of Hours

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D&G Citizens Advice Service

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Samaritans

116 123

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Age Scotland

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LGBT Helpline Scotland


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D&G Co. Community Bulletin

[supportdg.dumgal.gov.uk/
communitybulletin](http://supportdg.dumgal.gov.uk/communitybulletin)



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TO MASK OR NOT TO MASK

At the time of writing, mask wearing has not been made compulsory in the UK. In March, I contacted a friend who sews professionally and asked her to make four cloth masks in case any of us got ill and needed to self-isolate within the house. At the same time, a friend in the health service put out a desperate message for protective equipment, so the first batch of masks ended up going to our local health team. Thus began a cottage industry in Moniaive, funded by the local Community Council, supplying free washable masks to people here who wanted them. This is ongoing.

Unfortunately, like a lot of things, the subject of mask-wearing has become deeply politicised and mired with conspiracy theories. Since January, I have been following the research and policies around the world and in March, I took an online course on the Covid-19 pandemic with the London School of Hygiene & Tropical Medicine. My firm opinion on the subject is that wearing masks significantly reduces the risk of spreading the illness and, in a small way, reduces the risk of catching it.

So should we be forced to wear masks in public? Not really. Enforcing these things is never the best way forward. Unlike in some countries – e.g. Republic of Ireland or New Zealand – the public has not been trusted with reliable factual public information. Reluctance to promote mask wearing



goes back to the toilet paper shortage (which was caused by poor public information more than selfishness). Demand for surgical masks might exacerbate PPE shortages in the NHS. We have been let down, and misled.

However, it's simple. Covering the nose and mouth reduce virus particles flying out of our mouths when we speak. And for shouting, coughing and sneezing, the virus travels far greater than two metres. Indoors the situation is worse and particles stay suspended in the air much longer. This is why the Scottish Government has advised people to wear masks on public transport and when shopping.

From a statistical point of view, one person wearing a mask makes only a tiny difference, but as more and more people wear them, the community risk of infection starts to reduce dramatically. Wearing a mask is not particularly pleasant, but it is a simple act of kindness – about half the people spreading coronavirus have no symptoms at all and no idea they are spreaders. It could be you or me.

**Sara Lockwood
Dance Artist**

*best wishes
and hope to see you soon*

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Dumfries Quakers sit in their own homes each Sunday for Meeting during the lockdown. Contact 01387 263773 and 01387 810241

quaker.org.uk

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I Might Become a Hybrid Yoga Teacher

by Alyson Tyler

As a yoga and massage therapist, the lockdown restrictions and social (physical) distancing has meant a sudden change to my business and personal life, as it has for everyone. But the rise in stress, anxiety, worry and low moods among the general public means that sharing things like calming breathing techniques, mindful movement and mindfulness practices is very important.

At the start of the lockdown I spent a while researching all the options for online yoga classes. Some teachers bravely jumped in straight away. Some have decided online teaching is not for them, for various reasons. Each response is right for that yoga teacher.

I had the time and love doing research, so I signed up to lots of yoga webinars, joined the new Facebook groups, and learnt more than I needed to know about microphones! I started taking online yoga classes with local and further away teachers who I hadn't seen for a while, which is nice.

I also had the time to finally research, choose and set up an online booking and payment platform, which I'd been meaning to do for a year and a half. I can use this in the future for massage bookings and my yoga classes so it's been a good investment of time.

I started delivering online yoga classes during the Easter weekend. My current schedule involves different types of classes to suit different needs. This includes free 30 minute sessions

within a private Facebook group that anyone can request to join, and my 'Dumfries' full-length regular yoga classes but in an online setting, again open to all. At the time of writing I am deciding about adding some more classes e.g. 45 minute lunchtime class.

What's been lovely is that friends and family from across the UK have been able to join my classes, as have some people who came to my yoga classes when I lived in Wales. As a result, I can see me keeping some of the online yoga, even if/when we are able to deliver studio-based classes or 1-2-1 sessions – a hybrid yoga teacher.

And whilst fellow yoga teacher Kerry Riddell and myself couldn't run our retreat in May, we created a free online package for those who had booked onto the retreat, so that they could enjoy something at home instead.

Online yoga is not for everyone though, and they are a different experience, which I've noticed as both a teacher and a participant. But I believe they're a great option for many.

Although I have been able to offer digital yoga, online massage is more of a challenge! Some therapists have been offering personal sessions giving self-massage techniques so contact your local salon or individual therapist to see what they are offering.

Alyson Tyler, *Holistic Yoga and Massage*
<https://alysonyoga.wordpress.com/>

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A Retreat at Home

by Susan Neal

The past few weeks of having to stay at home have felt a little bit like a retreat. I guess being a practitioner of yoga and qigong, and having experienced short retreats, including those with silence, has been a preparation for the isolation that has been imposed. Plus I am aware of long time introvert tendencies.

As a yoga and qigong teacher, I have certainly missed my students. Like many others, I have taken to using Zoom to teach online and it has been a boon in keeping that contact. An unexpected benefit has been the ability to access my own teachers' online classes. One qigong teacher, who is an acknowledged master, is someone I only see once a year or so because of geography. Now, thanks to the move to online classes, I can practice with her several times a week. I am also able to access a lovely yoga teacher who lives a couple of hundred miles away.

The garden has been a refuge and the beautiful weather has been a great incentive to get outside. I feel a great deal of sympathy for anyone who does not have a garden in these times. In Lockerbie, lots of people have been helping each other through contact on social media - I hope that carries on when a more active life resumes.

I do have family to sustain me. We are not on top of each other during

the day. We come together for meals and chat and then go off and do our own thing in various corners of the house and garden. It is peaceful and productive.

What I have missed is meeting with family and friends. I have missed travel too - I like to do an occasional 'Thelma and Louise' road trip with my pals and look forward to those excursions. My trailer tent is sitting unused, waiting for that trip to France. I am unsure yet whether that bit of wanderlust will have declined, or whether it will come back full force. I do feel we should be more circumspect about how much we use air travel in the future, given how the earth seems to have taken a big sigh and breathed a little easier. I would like us all to consider keeping a slower pace of life for the foreseeable future.

Some useful links:

1. My own Yoga class on Wednesdays:
Facebook: Yoga with Susan
@oceanofcalmenergyarts
or email susanneal@mac.com
2. Qigong: Facebook Live with Tina Faulkner Elders. Mondays and Wednesdays
facebook.com/RuyiAberdeenshire/
Suitable for most abilities
3. Yoga with Jill Dobbie - local teacher with several Zoom classes
facebook.com/Yoga-From-The-Heart-Dumfries-604538686393993/
4. Self compassion meditations and yoga online - contact Sarah Lionheart
Facebook: @heartandmind.org
Also check out the following on
Facebook: Lime Green Yogi, Soul Studio Dumfries, Holistic Yoga and Massage with Alyson, Himalayan Institute Europe

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Vaccine Hesitancy



In the not too distant past, deaths of children from diseases like polio and diphtheria were consigned to the history books by vaccination programmes.

However, vaccines do not come without some risk – a member of my own family died as a baby following a bad reaction to the enforced smallpox vaccine in the 1930's. As anti-vaccine ideas seem to have some traction in the alternative community and are not hard to find on the internet, I decided to take a closer look at this hot-potato of a conundrum, to try and get my facts straight, ahead of any attempts to eradicate COVID19 (probably 2021). So I have delved into the depths of medical journals, Big Pharma propaganda, conspiracy theorists and social media campaigns to try

and gain an understanding of what's really going on so that you don't have to (if you don't want to).

In 1998, a study of 12 children attempted to link the MMR vaccine with autism, receiving huge amounts of media coverage and public concern. However, the data turned out to have been manipulated, the lead scientist discredited, the report retracted and over 10 subsequent large-scale studies (one with 90,000 children) have shown no link at all.

Then, in 2009/10, 6 million people in Britain were given a vaccine for Swine Flu which had to be withdrawn. Tragically, 100 of these people developed narcolepsy – only 0.0016% or 16 in a million – but nonetheless, 100 people with a life-changing disability. The hesitancy around vaccines has

been around for many years and despite some spectacular successes, several well-publicised failures have cast serious safety concerns. Well-founded scepticism of the profit motives of the pharmaceutical industry, scare-stories about toxins, suspicion of government conspiracies and cover-ups have all been amplified by social media and Russian internet trolls, heightening fears. The World Health Organisation has serious concerns about this situation and even *The Lancet* has reported that the “lack of faith in government, the health care system, and pharmaceutical companies is not always irrational.”

So while modern-day, ‘non-live’ vaccines are clearly not 100% safe, misinformation has been spread by both the well-intentioned and by the downright malicious, leaving people feeling perplexed and scared. There seem to be four main arguments circulating which science refutes:

1. Vaccines contain dangerous chemicals. Vaccines do actually deliver trace amounts of formaldehyde, ethyl mercury and aluminium into the body. Because the foods we eat every day can contain far larger amounts of these substances, scientists consider this argument to be bogus.
2. Vaccines overload the immune system of children. A vaccine is a neutralised organism intended to stimulate our own immunity where it would be dangerous to be exposed to the live version in the wild. Children are exposed to many live viruses and bacteria all the time.
3. Natural immunity is better.

Naturally acquired immunity may last longer than immunity from a vaccine but immunologists assert that, in general, the risk of catching dangerous diseases outweighs the risk of vaccine side effects. E.g. the death rate for measles is 1 in 500 but adverse reaction to MMR is at 1 in a million.

4. Vaccines cause allergies, asthma and auto-immune disorders. These are on the increase in developed countries. Scientists believe that this increase is actually caused by living in a more ‘hygienic’ environment, overuse of antibiotics and the prevalence of high-fat, low-fibre diets.

The spreading of anti-vaccine tropes and the well-intentioned refusal to immunise can lead to the failure of health programmes which could eliminate terrible diseases completely. If and when a vaccine for COVID19 is made available, the hesitant should be sure they are influenced by the best information possible and be cautious of information from social media, from the well-meaning, from Big Pharma companies – competing to profit from a vaccine – or indeed from governments eager to get people back to work.

Now is the time for a cool, fact-based, non-dogmatic conversation on this, all our futures depend on it.

References:

isglobal.org (Barcelona Institute for Global Health)
medpagetoday.com
theguardian.com
undark.org
theintercept.com

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Touch, Trauma & Today

by Tigger MacGregor

When I discovered that a world renowned neuroscientist had published research¹ that showed a clear link between touch and the removal of trauma triggers I was overjoyed – it made sense of the powerful shifts and transformations I had seen in my own clients improving mental and physical health.

The Covid-19 outbreak will have ripple effects continuing for decades, if not generations – and the best thing we can do to face these changes is to build our resilience so that we can withstand the buffeting of the waves of life. Now, and as we emerge into “the new world”.

There are hundreds of resources out there which offer to improve your health and resilience: it may take trying a couple to find the one that works for you. Likewise, finding a touch therapist who’s the “right fit” may take some time.

So my invitation to you is this: Learn about your breath: almost every healing tradition places the role of the breath at its very heart. Deepening your understanding of the breath, and your skill in using it to bring you into a meditative and healing space is likely to be beneficial in many areas of your life. The resource I have found most helpful for this is The 4 Breaths meditation².

Explore your local touch therapist options: a strong relationship with your therapist is hugely important to the effectiveness of your work with them. Although not working, you can contact local and, ideally, recommended therapists to start assessing for yourself if you think they would be a good ‘fit’. That way, when they *are* able to offer treatments again, you know exactly who to ring up and get your sessions booked in with. Take a look at their website and social media, drop them an email or even arrange a phone call. The therapeutic relationship is an important one: taking the time to find the right fit is time well spent.

Be kind to yourself: you will already have strategies that have helped you through hard times in the past. Some will be available to you right now. Some won’t. But prioritising the time and space to enact the strategies you can access at the moment is vital. Right now your resilience is taking a beating if only due to the massive uncertainties we all face, let alone the additional stresses your individual situation brings you. So I really invite you to be kind to yourself. Have that cup of tea. Take that extra nap. Go for an extra long walk while the sun is shining. Spend time playing with your kids. You know what works for you – and looking after you is the most important thing you can do just now.

Tigger MacGregor is a NO HANDS Massage Therapist. Contact 07367 064945
 1: bit.ly/2zwwCg6
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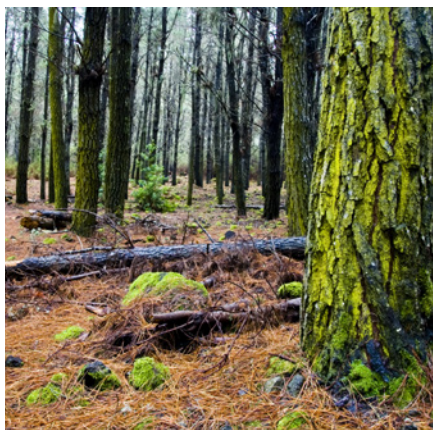


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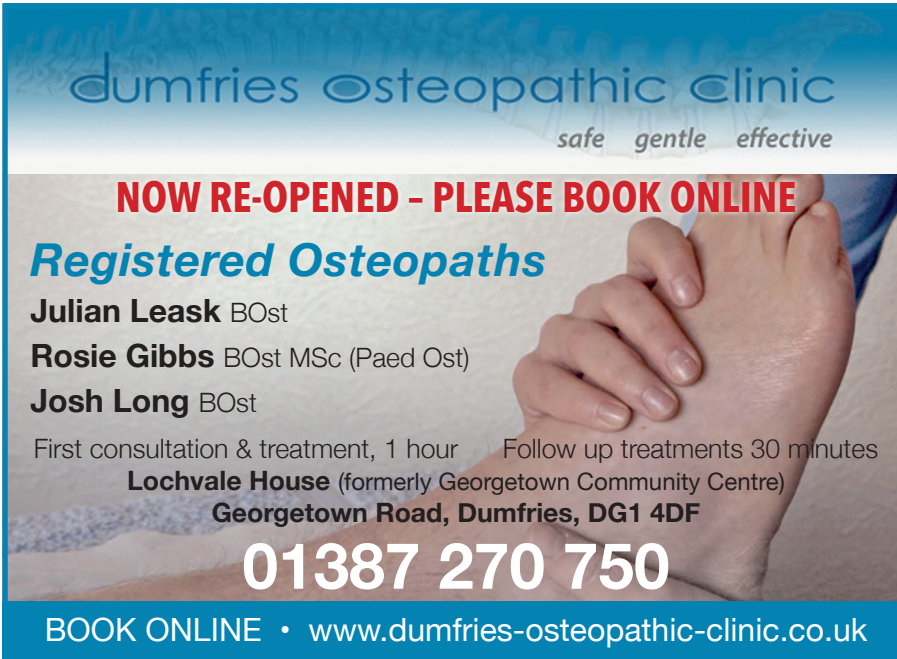
Dumfries & Galloway Greens In Lockdown

Like many organisations, the Dumfries and Galloway branch of the Scottish Green Party has taken to the internet during life under lockdown. Branch meetings are being held using Gotomeeting, a remote meeting platform similar to Zoom. This enables our widely spread members to take part in meetings from their own homes. Having got used to this process, this format will remain an option in future meetings, reducing travel miles, saving time and giving more members the chance to participate.

Scottish Greens recently held a successful Policy Weekend online using hopin.to, with speakers sharing a virtual 'stage' and smaller groups discussing policy areas and reporting back to policy makers, all from participants' homes. The occasional glitches were largely overcome by a hardworking backroom team.

The increased use of the internet and broadband connections for remote meetings highlights the need for reliable and effective digital infrastructure - something that occasionally fails during online events - as well as participants' technical ability and access to the necessary equipment.

Liz Ashburn (Co-Covenor, D&G Greens)
dumfriesandgalloway@scottishgreens.org.uk
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Motherly Love

by Rachel Kirkpatrick

While this pandemic has closed us behind doors it was not the time to cut off the love supply, especially for parents. Parents who have newborns, growing babies and toddlers. They needed that consistency in support and love.

Although I could no longer run my in-person classes it was imperative to adapt. In our support group I had a photo shared of a Mum who was going to fill in her IVF diary, this prompted an idea called 'Spotlight On...' where Mothers could share their stories of conception, pregnancy, birth and beyond. It was

an overwhelming response with such love, non-judgement and support every time a story was shared. This led to me having the idea that we could publish a book. Therefore, Motherly Love in a Pandemic was born. It is a collaboration of thirty amazing stories, including my own, about struggles to conceive, labour stories, IVF journeys, parental mental health and much more. The book is now on Amazon and we are all so excited that, as a community, we created such an amazing memory to treasure forever.

In partnership with the Lifelong Learning team, Dumfries and Galloway we have created free videos for families throughout the region. I have worked very hard to create a 'Baby Massage at Home' course which gives parents four sessions of Baby

Massage, with extra bonus videos and downloads. There is also 'Baby Yoga at Home' running weekly in a private Facebook group with a weekly live session, meditations, podcasts and downloads.

I have also become a 'Tummy Time' practitioner, learning about all the benefits of important developmental play for babies from birth such as interactive play, building up physical strength, getting ready to sit up and crawl, plus many, many more. An online guide to 'Tummy Time' for parents is now available, (see the link below).

My Mothers and Babies are so important to me and keeping the love supply going will keep them going through the tough days and remind them that being a parent is hard enough, but being a parent in 2020 is even harder and my support and love will always be ongoing no matter what the situation is. To Flourish from Birth & Beyond.



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rosewtherapies@gmail.com
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Crossmichael Complementary Therapy Centre Acupuncture, Traditional Chinese Medicine, Auriculotherapy. Jim Chalmers Fellow AACMA - MCTHA etc. 07749 087 699. Caroline Leaver Cert AT MBACc etc. 07412 327 638

Catriona Jennings, BSc(hons) MBACc Traditional Acupuncture. 07980873623 acupuncturejennings.co.uk & Facebook acupuncture.c.jennings@gmail.com Lochthorn Medical Centre, Dumfries

Kirsty Hodgson, BSc(hons) MBACc Traditional Acupuncture. 07728688003 dumfriesacupuncture.co.uk Lochthorn Medical Centre, Dumfries

Lynda Sharp
Dip Ac. Dip CHM. MRCHM. Dip NST Traditional Chinese Acupuncture & Herbal Medicine. NST Advanced Bowen Technique 01387 263703 / 07753571212 Book online www.wellnessdumfries.org

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Gallery at Laurieston

Phil McMenemy. Fine Art Photographer Tel. 01644 450235 FB: @galleryatlaurieston

The Nail Factory Gallery exhibitions, workshops & pop up shop in Dalbeattie. Hoping to open again later this year. 01556 611686 e: info@nailfactory.org.uk

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Newton Stewart
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cresideclinic.co.uk



Tara Buckel
Annan
Tel 01461 202029
Text 07527 878657
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Get to know...Tigger

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Eco News D&G
Lizzie Parsons' environment blog
econewsandg.wordpress.com

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@DGSCHT Dumfries and Galloway Small Communities Housing Trust
@DGWGO Dumfries and Galloway! Whats Going on?
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Although the competition is now finished we would welcome further artwork for the exhibition and for a planned physical show later in the year.

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Moniaive - Dicky Fusco 07873101766
dickyfusco@gmail.com

Castle Douglas Quaker Meeting

Every Sunday online
Contact 01556 504909 / 01557 339573
quaker.org.uk

Dumfries Quaker Meeting

Every Sunday online
Contact 01387 263773 quaker.org.uk

Moniaive Peacemakers

Creative friendship group for young people exploring world citizenship, nurturing spiritual qualities and skills for making a difference in the world, inspired by the Baha'i writings. Contact: Dicky Fusco 07873101766

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While the pandemic has been sadly running its course, **Castle Douglas Quakers** have been holding some meetings online. Our Zoom Meeting for Worship has become regular on Wednesday mornings from 10.30am. We worship in silence for about 40 minutes then share news and notices. Sunday Meeting Worship is as usual from 10.30am – 11.30am but held with family members/housemates or, if we live singly, alone in our own homes. Some people who don't often get to Meeting due to distance have been able to join

us for worship by Zoom. Others have experienced a deep sense of peace and connection with nature by worshipping silently at home. While we mourn the losses, the impact on the environment of less travel and consumption is to be welcomed. We look forward to resuming our regular Quaker Meeting in Castle Douglas Community Centre every Sunday at 10.30, when we are able to do this.

Clare Phillips, Elder, Castle Douglas Local Meeting of the Religious Society of Friends (Quakers)

Quakers in Dumfries, and their pets, have been gathering in spirit at 10.30 on Sunday mornings, from their own homes. Then, after the hour of relative solitude, they've moved to connecting with each other via Zoom, enjoying coffee, sharing news and, as a trial last Sunday, attempting a discussion on a pre-arranged topic. We look forward to resuming our regular Quaker Meeting at the Cumberland Day Centre on the 1st, 2nd, 3rd and 4th Sundays, when we are allowed to do this. We must all be thankful for the technology that allows us to remain connected, even if, at the same time, it serves to emphasize the absence of physical closeness.

Jan Lethbridge

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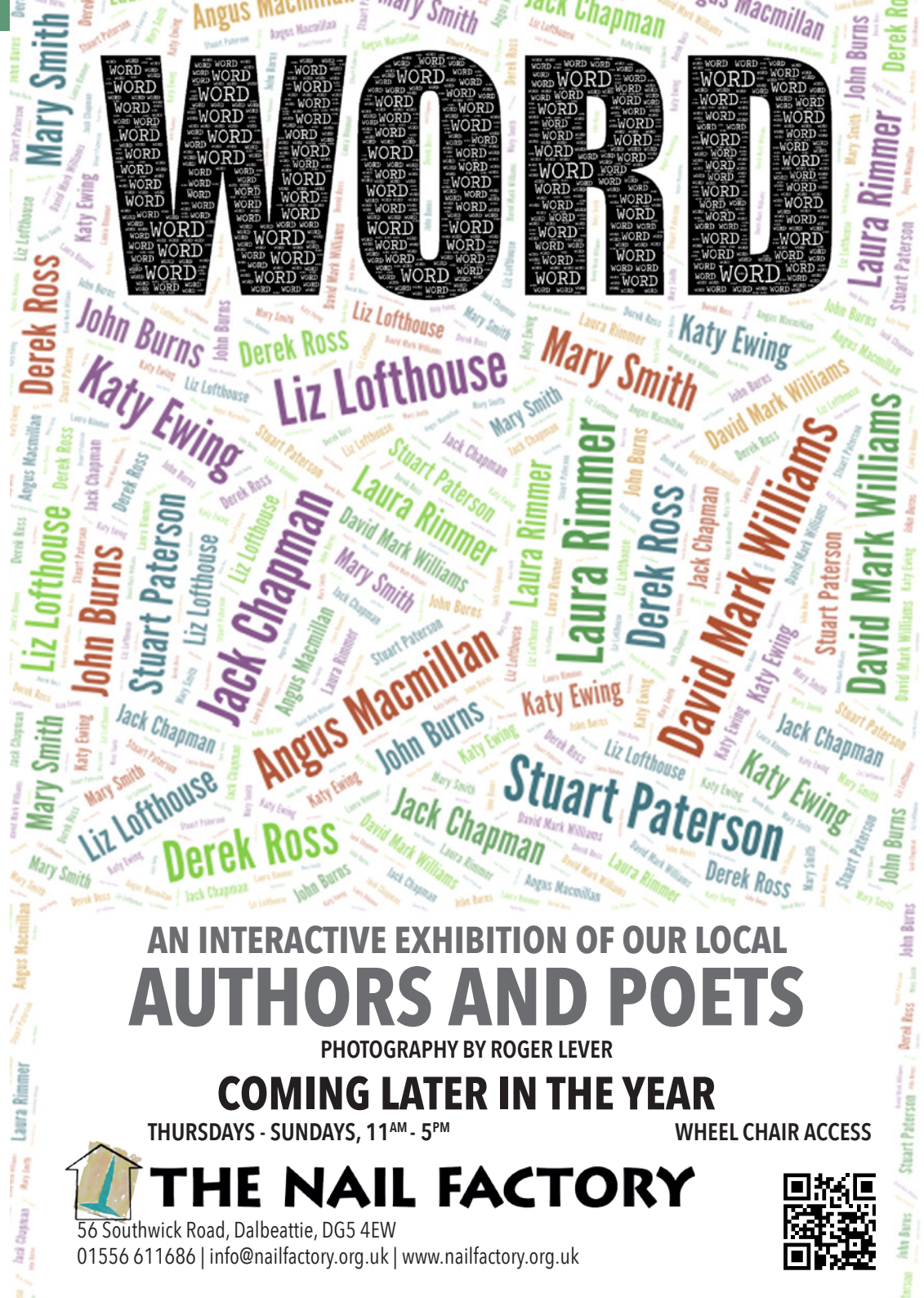
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Susan Neal
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oceanofcalm.wordpress.com
yogaforbacks.co.uk

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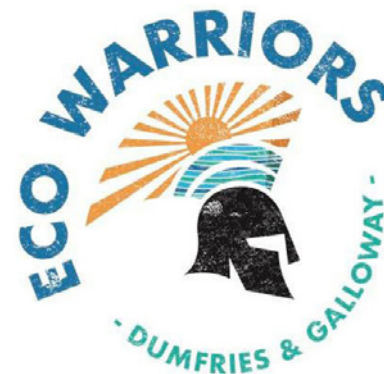


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