

# Supporting our **NHS**

DO YOUR BIT TO HELP THEM THROUGH THIS CRISIS: **STAY AT HOME!**

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### BRIEFING

#### NEWS

#### Town is divided over flood protection choice



FEWER than half of people in Langholm agree with the preferred option presented to them at a public consultation on a flood protection scheme.

Full story: Page 5

#### NEWS

#### E&L boredom busters



This week, we're pleased to offer a couple of quizzes, compiled by readers, to help you keep the brain active during the hours of lockdown,

Quizzes: Pages 14 & 16

#### SPORT

#### First and last for Canonbie Driver?



THE first, and what could well be the last, rally of the season for the Canonbie-based JMC RallySport team was the Malcolm Wilson Rally on Saturday, March 14.

Full story: Page 24

# Amazing support from the community

## Langholm COVID-19 support group garners 900 members

We are living in a time of crisis and it's heartwarming to know that people all over the world are pulling together to help each other, none more so than our local heroes...and here are just a few of them ...

Remember, it's a marathon, not a sprint – and your help will be even more crucial in a few weeks' time. For now, the best thing to do is to check in on neighbours and offer help with shopping and other errands.

LANGHOLM Covid-19 support group is continuing its efforts to ensure that everyone in Langholm and surrounding areas get the support they need.

The group have a Facebook page with over 900 members, which posts tips and advice on how to stay safe during isolation. Leaflets have been delivered to the homes in Langholm, with the telephone numbers of two incredible ladies - Kerry and Sue - who are on the end of the phone to help if you need basic supplies like bread and milk, medication, or if you just need to hear a friendly voice. Please keep their numbers safe in case you need them at a later date.

Also, here are the support group's top tips for staying safe.

- Latest information suggests that the virus can live on paper for up to 24 hours, so don't pick up your mail from the mat until the following day.
- Avoid touching your bin, letterbox or knocker - use a glove or a bag over your hand to touch it and then dispose of it.

- Treat everything coming into your house as contaminated. Spray plastic and metal with a household disinfectant or make up five tablespoons of bleach to a gallon (3.7 litres) of water in a bottle. Remember to protect your hands when using bleach.



Kerry Hines of Langholm COVID-19 Support

- Avoid going out unless it is absolutely necessary, and if you do go out, go as infrequently as you can and stay at least two metres away from people at all times.

The Langholm Co-op is now carrying out a free home delivery service in Langholm and the surrounding areas to help people who are in quarantine or self-isolation.

Customers can ring 013873 81345 from 9am to 6pm daily. Staff will then pick the order and call back to give you details of cost and tell you about any out-of-stock lines, offering an alternative where possible. Everything is subject to availability.

The order will then be delivered to your door.

When the driver arrives, he will knock and step back, leaving your shopping at the door. You take the shopping inside and put the money in the envelope which has been placed in your bag. You then leave the envelope at the door and go inside. After you close your door, staff will check the money and return any change before leaving.

Delivery staff will be wearing gloves at all times.

Manager of the Langholm branch, Gary Collins, told the E&L that they sometimes have volunteers doing the deliveries including the postmen and neighbours who happen to be shopping in the store.

"We are extremely grateful to all the people who have volunteered to help.

"We are offering this service to everyone but we ask that you keep this to essential shopping and not just a standard delivery service.

"If anyone wishes to leave a donation for the service, it will be added to our buckets to be used for care packages for the most vulnerable."

To minimise the chance of infection to both their customers and staff, The Paper Shop in Langholm has changed their opening hours temporarily from 5am to 12 noon Monday to Saturday and 5am to 11 am on Sundays.

Customers who collect daily papers which are on account (and therefore don't need to be paid at the time of collection) can collect them from the side door in Wattie's Arch – just knock.

Proprietors Liz and Billy Young are asking you to please be patient – you will be served as soon as possible.

They said: "We will get through this together and will emerge from it as an even stronger community than we are now. Please be safe and look out for each other."

Langholm Day Centre is delivering hot meals to its regulars and members every lunchtime from Monday to Friday.

Sandra Graham said: "We are practising social distancing and our volunteers stand back and hand over the meals to the members at their front door.

"Volunteers wear gloves and

have their mouths and noses covered.

"We plan to continue delivering this service for as long as we can."

Kate's Kitchen have also started deliveries of a hot meal and/or a food parcel to vulnerable individuals across Annandale and Eskdale on Tuesdays and Thursdays. Telephone 01461 206444 or email [info@kateskitchen.org](mailto:info@kateskitchen.org) to arrange a delivery.

They are also offering telephone support with benefits, energy and budgeting from 11am to 1pm, Monday to Friday on 0745 8301878 and Befriending Support on 07551 910890 or 07554 192182.

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Sandra Graham of Langholm Day Centre