

INSIDE: CURLERS | GARDENERS | FOOTBALLERS

Friday 17 June 2022

Community



25 & 26 JUNE 2022
PARK FARM SHOWFIELD,
DUMFRIES

Dumfries
& Galloway





In a league of their own

Stranraer's Millennium FC u13s Girls team was awarded the Youth Team of the Year accolade at the recent MG Alba Scottish Women's Football Awards 2022.

The showpiece Awards event took place at Glasgow Hilton, where coaches, players and parents were present.

Winning the award was quite an achievement in the face of stiff competition from Glasgow City Development u15s, Rangers FC u16s, and Rangers FC u19s.

The judges commented: "Despite significant geographical challenges, Millennium FC has provided opportunities to local girls not only to participate but also to win. They exemplify the best aspects of the grassroots game."

Participating in the Southwest regional area, which covers Dumfries and Galloway, Ayrshire and South Lanarkshire, Millennium initially played 12 games, winning 11 of them. Teams were then allocated 1 of 3 leagues, with Millennium entering the top-seeded league, which included Hamilton Academical, Kilmarnock, and Queen of the South.

The plan was for Millennium, which has no senior team, to learn and develop its players. However, a first game win against pre-season favourites Hamilton boosted confidence and the team never looked back. The team went on to win all its league fixtures, except for one draw, and clinch the league title as top scorers. The team also reached the quarter-final stage of the League Cup, losing the match in a penalty shootout.

The team of 15 girls from Stranraer and 1 from Newton Stewart travelled more than 1,500 miles to fulfil its fixtures. A spokesperson said: "As a grassroots club, we set out managing expectations and hoping that our girls would learn and develop as players. However, our girls showed their commitment and dedication and exceeded our expectations. They're just a brilliant bunch of girls who have shown dedication, determination, and a drive to succeed. They've been real ambassadors for the club and area. Now, the younger girls and boys at the club are looking at what they've done and want to emulate them. The girls have shown that if you put the work in, listen to your coaches, and strive to learn and improve, that the unexpected and unlikely is possible."

Best Start Foods for Families

The Scottish Government has announced plans to remove all income thresholds from Best Start Foods by 2023-24, making more children and families eligible for this payment, to support families during the cost of living crisis in line with the pledge to alleviate child poverty.

This will increase eligibility to all people receiving a qualifying benefit with an additional 30,000 families expected to benefit.

Best Start Foods is currently delivered through a prepaid card and provides £18 every 4 weeks throughout pregnancy, £36 every 4 weeks from birth until a child turns 1, then £18 every 4 weeks from 1 until a child turns 3.



Saturday line-up
includes:

ELLA EYRE
PIXIE LOTT
NATHAN EVANS
I AM A RAVER

25 & 26 June 2022
Park Farm Showfield,
Dumfries

Sunday line-up
includes:

JOHN NEWMAN
JONAS BLUE
HRVY
VENGABOYS

There will also be more than 40 young local musicians performing across 3 stages.

PROGRAMME



Friday 17 June

SILENT BEATZ

SILENT DISCO AND INFLATABLE FUN
Hillview Leisure Centre, Kelloholm
7pm - 9pm

BEATZ CHALLENGE DISCO

TRY YOUR HAND AT JOUSTING AND OTHER
CHALLENGES WHILST DANCING THE NIGHT AWAY
Victoria Halls, Annan
7pm - 9pm

Saturday 18 June

BEATZ FUN DAY

INFLATABLES, GAMES, MUSIC AND MORE
Colliston Park, Dalbeattie
1pm - 3.30pm

BEATZ BEACH PARTY

INFLATABLES, BEACH THEMED ACTIVITIES & MORE
Agnew Park Pavilion, Stranraer
6pm - 8pm

Sunday 19 June

BEATZ FUN DAY

INFLATABLES, GAMES, MUSIC AND MORE
King Edward Park, Lockerbie
1pm - 3.30pm

BEATZ MINI FRINGE

ENTERTAINMENT, INFLATABLES AND MORE
Dock Park, Dumfries
6pm - 8pm

Monday 20 June

BEATZ 'SCHOOLS OUT' FUN DAY

AN AFTERNOON OF FUN (SCHOOL PUPILS ONLY)
Wallacehall Academy
2pm - 3.45pm

BEATZ POOL PARTY

KEEP AN EYE ON OUR SOCIAL MEDIA
PLATFORMS ON HOW TO BOOK
Castle Douglas Swimming Pool
7.30pm - 8.30pm

Tuesday 21 June

SILENT BEATZ IN THE PARK

SILENT DISCO, LASER TAG AND MORE
Goldie Park, Sandside
7pm - 9pm

Wednesday 22 June

SILENT BEATZ

SILENT DISCO AND INFLATABLES
McMillan Hall, Newton Stewart
6pm - 9pm

Thursday 23 June

BEATZ 'SCHOOLS OUT' FUN DAY

AN AFTERNOON OF FUN (SCHOOL PUPILS ONLY)
Moffat Academy
2pm - 3.45pm

REGIONAL #WE CARE FESTIVAL 2022*

FOR CARE EXPERIENCED
YOUNG PEOPLE AGED 12-25
Park Farm, Dumfries
1pm - 8pm

*Booking Required

For info contact: championsboard@dumgal.gov.uk

Elli Wadsworth, youth
councillor for Mid
Galloway and Wigtown
West and Dumfries and
Galloway Youth Council
chairperson, said:

**"Youth Beatz
Festival is so
much more than
the main event
weekend and
it's excellent
to see such a
broad range of
events being
delivered across
Dumfries and
Galloway as
part of the
Fringe this year,
at no cost for
young people."**



Youth Beatz Luminarium

The Arboria II Luminarium will be on the Youth Beatz site on Saturday 25 and 26 June, from 12 noon to 6pm each day.

Since 1992, Architects of Air's luminaria have enchanted more than 3 million visitors in more than 40 countries around the world. The Luminarium has been to Madrid, Sydney, Barcelona, Los Angeles and now it's coming to Dumfries.

Half the size of a rugby pitch, the Luminarium provides the chance to explore its sculpture, experiencing light and colour in a dazzling maze of domes, columns, and branches, Inspired by natural geometry and Persian architecture: <http://www.architects-of-air.com/>

Youth Beatz Daytime Activities

Have you got an adrenaline side? This year you can zip across the length of a football field. You can go solo or race your friend.



Not a fan of heights? Maybe mountain biking, climbing or laser tag are your thing? If so, visit the Galloway Activity Centre area with pop-up mountain bike arena, climbing wall, and zorbs for bubble football.

Or head to the inflatable zone for a gladiator duel, dart quest, human table football, giant slide, or rodeo bull.

There's also Access Parkour with the chance to learn how to jump and move properly with qualified instructors.

And if you're wondering how to get around, just hop on the land train running from one end of the site to the other.

Youth Beatz Food Donation

Community and volunteering are at the core of the Youth Beatz ethos with the event focussed on providing free activities, opportunities and experiences for children, young people, and their families at no cost.



In 2019, following discussions with food banks in the region, the youth steering group established the Food Donation Project, which asked all ticket holders who were in a position to donate to bring along an item of foodstuff to donate when they entered the event. The project was a success with more 48,200 individual items donated over the course of the weekend.

All ticketholders for 2022, are invited to bring along 1 food item that they can deposit in the Food Donation Drop Box at the entrance if they're able to do so. A donation is not a condition of entry.

Suitable donations include tinned meat, biscuits, cereals, pasta and rice, baby products (including formula) and toiletries.

Please don't bring items that will perish, such as frozen food, cheese, yogurts, eggs, bread, or meat.

6 local organisations will benefit from Food Project donations:

- **Kate's Kitchen**
- **Lochside Community Association**
- **The Fed Up Café**
- **Rhins Basics Banks**
- **Summerhill Community Association**
- **Stepping Stones, Castle Douglas**



Dumfries and Galloway Council as Lead Local Authority for the Solway Local Plan District, as identified under the Flood Risk Management (Scotland) Act 2009, hereby advises that information regarding the update of the Dumfries and Galloway Shoreline Management Plan (SMP) will be available for review from Friday 17 June 2022. The plan is being updated as required in the Solway Local Flood Risk Management Plan 2016 and will establish a robust, evidence-based and long-term sustainable approach for managing the risk of coastal flooding and erosion along each part of the Dumfries and Galloway coast.

A Strategic Environmental Assessment (SEA) and a Habitats Regulations Appraisal (HRA) record have also been prepared to examine the potential for significant environmental effects from implementing the Plan and to propose mitigation measures.

Draft versions of the SMP, SEA and HRA record are now being put to consultation.

The consultation opens on Friday 17 June 2022 and will close on Friday 16 September 2022.

The draft documents will be available to view by clicking [here](#)

Any comments on the draft plan can be submitted via email to smps@dumgal.gov.uk

or in writing to:

Dumfries and Galloway Council
Flood Risk Management Team
Cargen Tower, Garroch Business Centre,
Cargenbridge, Dumfries, DG2 8PN

A printed copy of the documents will be available to view at the following Council buildings: Council Headquarters in Dumfries, Daar Road Offices in Kirkcudbright, Town Hall in Annan and the Ashwood House in Stranraer.

For further information please contact the

Flood Risk Management Team at
smps@dumgal.gov.uk or call 030 33 33 3000



Adult Disability Payment

This summer, the process of transferring the awards of adults in Scotland currently receiving Disability Living Allowance from the DWP will begin.

Some clients will have their Disability Living Allowance replaced by Adult Disability Payment, which will be administered by Social Security Scotland.

A series of free online events will give stakeholders the information they need about the case transfer process, including an overview, timeline, client journey, and how clients will be kept updated.

Attendees will have the opportunity to ask questions during the events.

The events are designed for stakeholders who provide support to people living with a disability, long-term health condition, or terminal illness, who are currently receiving Disability Living Allowance.

Content specifically relates to the transfer process from Disability Living Allowance to Adult Disability Payment for people who were born after 8 April 1948 and who;

- report a change of circumstance to their disability or health condition;
- are in receipt of an award of Disability Living Allowance that is due to end or be renewed after the launch of Adult Disability Payment; or
- have asked to have their award moved to Adult Disability Payment

[Book your place on our website](#)





The British Cycling
UK National Road
Championships



Why Not Cycle the Time Trial Circuit?

If you are visiting Dumfries and Galloway for the UK National Road Cycling Championships, a great introduction to the area is to cycle the time trials circuit.

There is lots to see and do on the 22km circuit, that can be enjoyed in a more leisurely style, if you are not competing to be the UK Champion! The Time Trial Circuit will be closed to vehicles and cars for most of Thursday 23 June, but makes a great 1.5 to 2 hours cycle over the weekend of the UK National Road Championships, or at any time for that matter!!

The route starts and finishes at the impressive Crichton Estate on the outskirts of Dumfries. The Crichton is home to universities, businesses and conference halls. It's a beautiful location, with a fascinating history, and is an ideal place to start a relaxed cycle.

Leaving the Crichton, head out onto the B725 – the Bankend Road. The road rises gently for a mile or so and then opens up to sweeping countryside views. After a few miles you come to Bankend, and the Time Trial route continues straight on. You may notice signs to the Brow Well – four miles from Bankend, this rural spot is renowned in Scottish history for where Robert Burns was recommended to bathe to cure his rheumatic fever. Unfortunately the Bard grew rapidly ill during his time at Brow Well, and died three days later in Dumfries. Cyclists can also take a detour to Ruthwell, where a small independent museum, the Savings Bank Museum, tells the story of the world's first savings bank, established by Henry Duncan, a local Minister in 1810.

At the half way point of the route you'll come across Caerlaverock Castle, a medieval fortress, surrounded by a moat. The grounds of the Castle are currently open, though restoration works mean that there is no entry to the Castle itself. Close by you'll find the WWT Wetland Centre, a spectacular nature reserve

of 1400 acres, where you can sample a wildlife-rich landscape and amazing views of the Solway. The reserve was the location for BBC's Autumnwatch in 2015 and the café, visitor centre and tower hides can give you a welcome break from the saddle.

As the B725 loops back towards Dumfries, the time trials route now follows the River Nith, with very attractive views across to Criffel. The village of Glencaple is an ideal coffee or lunch spot, and here you'll find the Nith Hotel and The Boathouse, which are excellent places to eat – and The Boathouse has a small deli and gift shop too. Do find time to time stop and browse at Vintage on the Nith, a charming antiques shop that specialises in furniture from the 1950s to 1970, glass and ceramics and has a section of antiquarian books as well. You're now only three miles from the Crichton, which you enter through one of the Glencaple Road gates.



British Cycling and Dumfries and Galloway Council wish to thank the communities of Bankend, Caerlaverock and Glencaple for their support and cooperation on June 23, to enable the national Time Trials to take place safely.



Blood Bikes get 4 wheels

A new support car for Dumfries and Galloway Blood Bikes, funded by the Dumfries Hospitals League of Friends, has been named after the late Prince Philip, Duke of Edinburgh.

Blood Bikes Chairman Dave Hook said: "We're delighted that the funding provided by the League of Friends has supported the purchase of a car to join the ranks of our vehicles. Royal consent was obtained to name this new car in memory of HRH Prince Philip, The Duke of Edinburgh. The decision to name the car in his memory was taken to recognise the honour bestowed on Dumfries and Galloway Blood Bikes in 2018 when it was awarded The Queen's Award for Voluntary Service."

The car was unveiled by the Lord Lieutenant for Dumfries, Fiona Armstrong.

Adeline Hill from Dumfries Hospitals League of Friends said: "We're very aware of the excellent work undertaken by all the volunteers in Dumfries and Galloway Blood Bikes, helping to transport items around the country. They rely on their fleet of vehicles, and we're delighted that we've been able to provide funding that we have raised as a charity in support of their continuing efforts."

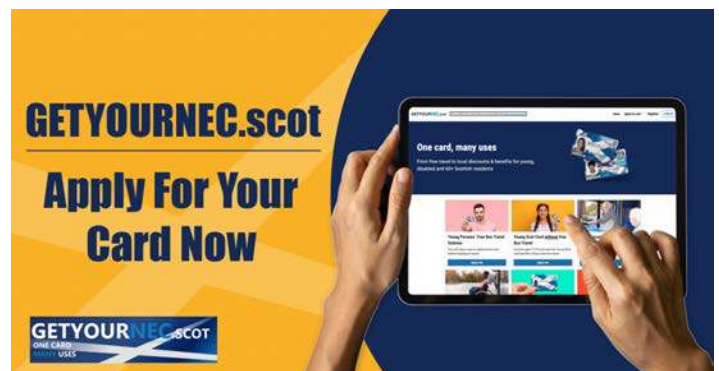
Get your National Entitlement Card

The Improvement Service has launched an updated version of the getyournec.scot website, with new features designed to improve the user experience for people applying online for a [National Entitlement Card](#), including the Young Person's Free Bus Travel Scheme, the 60+ Concessionary Travel Scheme and the Disabled Concessionary Travel Scheme.

A document checklist before the start of the application process ensures that applicants have all the paperwork they need. Those without the appropriate documentation for an online application are then directed to apply offline through their local council.

Additional new features include:

- Checks at each stage of the application to ensure the correct information/documents are being submitted
- A visual representation of photographs that are acceptable and those that will be rejected
- A new tool enabling applicants to crop photos
- Review page at the end of the application process, so that people can check all the information and documentation is correct before they submit
- Dashboard showing all applications, including incomplete ones
- A new save and return function, which allows people to return to incomplete applications



A series of videos explains the new website and its functions to applicants for all the different NEC formats:

- How to apply for Young Persons' Free Bus Travel on behalf of your child: <https://youtu.be/EYiz87G0MSE>
- How to apply for Young Persons' Free Bus Travel on behalf of your child under 16 who already has a card: <https://youtu.be/A3sKTzZVpiA>
- How to apply for Young Persons Free Bus Travel if you're over 16: <https://youtu.be/CLWDKSzfCqA>
- How to apply for 60+ concessionary travel: <https://youtu.be/NupbGBF-MHM>
- How to apply for disabled concessionary travel: https://youtu.be/DL_BFsn2TPo



ARMED FORCES DAY

25 JUNE 2022

Armed Forces Day is a chance to show support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets.

The UK Armed Forces defend the UK and its interests, and work around the world, promoting peace, delivering aid, tackling drug smugglers, providing security, and fighting terrorism.

You can find out more about what they are doing at home and around the world by visiting the official sites of the [Royal Navy](#), [British Army](#) and [Royal Air Force](#).

Armed Forces Day is on Saturday 25 June and a number of events take place in the run up, starting with flag raising on Monday 20 June. Arrangements have been made along with Legion Scotland branches in the region to raise flags.

Monday 20 June

- Midsteepie, Dumfries – 10am
- Market Hill, Castle Douglas – 11am
- Colliston Park, Dalbeattie – 11am
- Town Hall, Moffat – 11am
- Tollbooth, Sanquhar – 11am
- Castle Square, Stranraer – 11am

Flags will also be flown at Annan Town Hall and Langholm Town Hall.

The Council supports the Armed Forces in a number of ways, including the [Armed Forces Covenant](#), additional leave for military service and training, laying wreaths at local war memorials on Remembrance Sunday, Armed Forces Champion, support for Dumfries Veterans' Garden, grants and maintenance for local war memorials, and conferring Honorary Freeman status on Legion Scotland.

Saturday 25 June

An Armed Forces Day parade will take place in Dumfries town centre on Saturday 25 June, starting at 1140 from the entrance to the Loreburne Centre on the High Street, marching to the Plainstones. The event is expected to end by 12.30pm.

The Parade will be led by a band, comprising local musicians, followed by retired and serving armed forces personnel and local cadet units.

As well as Armed Forces Day, the parade will mark the 40th anniversary of the Falklands War.

Gold Standard

Congratulations to a team of young curlers from Dumfries and Galloway who are now world champions.

Jack Carrick, Scott Hyslop and Niall Ryder won the gold medal at the World Junior Curling Championships, defeating Germany in the final, at the Jönköping Curling Club in Sweden.

Jack and Scott started their curling at the Ice Bowl in Dumfries while Niall started out in Stranraer. They progressed through the Curling's Cool programme, into juniors, and went on to win national u14, u17 and u21 events before becoming Scottish champions, earning the right to compete in the world championships.



Sign o' the times

A new initiative to encourage more members of the public to take up sign language as an extra language and skill is now available locally. The Signs4Life scheme will help people to communicate and engage with children and adults who may be hard of hearing.

Radiyya Jahan, Signs4Life partnerships officer, said: "There are more than 9 million hard of hearing people registered in the UK. We wanted to open our programs to the general public, who might have an interest in learning sign language. We're offering a community 6-week BSL program, which you can enjoy and access from the comfort of your homes, delivered through Zoom."

For more details on the Summer community programs, see: <https://signs4life.org/in-the-community/>



Don't Drown

Drowning Prevention Week (18 to 25 June) aims to help everyone enjoy water safely, equipping them with the skills and knowledge to make the right decisions about water safety.

The campaign, created by the Royal Life Saving Society UK (RLSS UK), encourages parents, schools, leisure centres and communities to use its free water safety resources to give children the skills to enjoy a lifetime of fun in the water.

During Covid huge numbers of young people missed out on the opportunity to learn to swim. And, in communities where participation in swimming and water safety activities was traditionally low, a worrying gap in knowledge and skills is now even bigger.

After the prolonged period of lockdown, with leisure centres closed, a spell of sunny weather will tempt people into swimming outdoors. But beware, swimming in open water, rivers or lochs can be very dangerous. Underwater machinery, strong currents and deep cold water are just some of the hidden dangers.

watersafetyscotland.org.uk/

[Drowning Prevention Week](#)



Flowerpot Men

Bill and Ben aren't the only ones who have spent a lifetime in the garden.

3 Council gardeners have amassed a total of 133 years gardening.

Michael Brown started in October 1976 (45 years and 8 months service) and Brian McAviney and William Dalglish started in August 1978 (43 years and 10 months service).

Celebrating their long service, the trio were visited by presenter Fiona Armstrong and an ITV Border crew to film a feature for the Border Life series.

Health and Social Care consultation **extended**

Consultation on the strategy for participation and engagement in health and social care in the region has been extended and will now run until Monday 27 June.

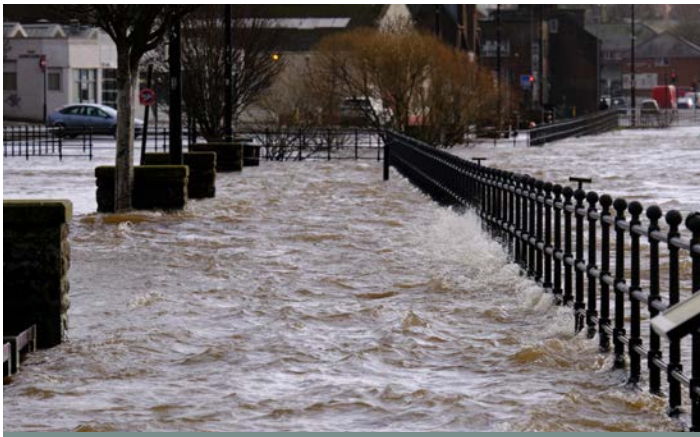
A spokesman for Dumfries and Galloway Health and Social Care Partnership said: "The draft is intended to set out plans for how the organisations involved in delivering health and social care in the region can improve their approaches to participation and engagement over the next 3 years. So, it's really important that everyone has their say in this and helps shape the document that is ultimately adopted.

"Consultation began a little over 14 weeks ago, but at that point the concerns around Covid-19 were still very heightened, and this extended to the risk of transmission through the sharing and handling of

materials. With the risk posed by Covid now markedly reduced thanks to a highly successful vaccination programme, there's an opportunity to more easily circulate physical copies of the draft strategy and survey. As a result, the consultation is now being extended until 27 June and copies of the draft strategy and survey are available at libraries in Annan, Dumfries, Moffat, Kirkcudbright, and Stranraer."

The draft strategy and survey can be accessed at: <http://dghscp.co.uk/consultation/>

Or anyone can request a copy by emailing dg.engagement@nhs.scot, phoning 01387 241 061, or by writing to: Communications Team, Dumfries and Galloway Royal Infirmary, Cargenbridge, Dumfries, DG2 8RX



Flood Forecast

The Scottish Environment Protection Agency (SEPA) and the Met Office have created a new Scottish Flood Forecast, which will give communities an indication of where flooding is likely to occur in Scotland up to 3 days in advance.

The Scottish Flood Forecast shows a 3-day forecast at a national level, using maps and the colours yellow, amber, and red to show whether flooding is likely to happen, also giving information on likely impacts and on what to do next. The maps use the area of concern concept to provide information on the geographical extent of risks.

SEPA is asking members of the public for their feedback on the new Scottish Flood Forecast. It will be available on SEPA's website www.sepa.org.uk/scottishfloodforecast and will initially be released as a test version to the public until Autumn 2022. This is so that SEPA can gather feedback and make any improvements before fully launching the service to the public formally later this year.



Social Security Advocacy Service

The Social Security Advocacy Service is now available, and is provided by VoiceAbility, independently of Scottish Government and Social Security Scotland.

VoiceAbility is a charity and has been delivering independent advocacy services for 40 years.

The service is available free of charge to:

- anyone with a disability who may need extra support to understand and communicate when accessing and applying for Social Security Scotland benefits;
- parents or carers with a disability who need support to access benefits for a child; and
- parents or carers who are accessing benefits for a child with a disability, if the child wants to be involved in the process and needs support.

An advocacy worker won't provide advice, but can help clients to:

- be heard and understood;
- know, understand and secure their rights under the Scottish social security system;
- ask questions and get information;
- express their rights, views, wishes and what they want to achieve, and represent their own interests;
- be fully involved and make informed decisions; and
- safeguard their rights by representing their circumstances if they are unable to.

Clients can be referred to the service by completing the appropriate referral form on the VoiceAbility website.

Or, clients can access this support themselves through the VoiceAbility website, or by contacting VoiceAbility directly for free on 0300 303 1660.

Are you, or someone you know, in need of a unique, British treat experience?

Candour Productions are filming an aspirational new TV series this Summer with a luxury UK travel company and we're looking for people to experience a one-of-a-kind day trip.

Do you have a special occasion coming up this summer?

Does your friend or family member need a boost?

Are you planning to propose?

Do you want to treat someone close to you with a special experience?

Whatever the reason, we'd love to hear from you!

Please email your name, contact details, and a short summary about who you think needs a special experience and why to:

casting@candour.tv




<https://candour.tv/privacy-policy>

All applicants must be 18 or over. All personal information you provide us will be processed and stored in accordance with our privacy policy. While Candour will aim to contact everyone who applies, we cannot guarantee this due to the number of applications. If you are contacted by the team, this does not guarantee that you'll be selected to take part.

Quiz of the Week

“At the end of your life, family and friends don't talk about what you didn't do. They don't measure your life in terms of what you left undone. They appreciate what you did and the impact you made.”

”



1. Which 80s hit song made it back into the Top 10 after its appearance in Stranger Things?
2. What is Eleven's favourite food in Stranger Things?
3. What is the recently announced official title of the new Knives Out film?
4. What French city does bouillabaisse originate from?
5. Kigali is the capital of which country?
6. Are Jaffa Cakes a cake or a biscuit?
7. Who was the first ever British Prime minister?
8. Grenadine is obtained from which fruit?
9. Which author created fictional detective Hieronymus 'Harry' Bosch and Lincoln lawyer Mickey Haller?
10. Which Australian chocolate biscuit was inspired by the Penguin biscuit?
11. Which football team this week inflicted a 4-0 defeat on the England men's team?
12. Which nuts are used in marzipan?
13. Which company achieved a market value of \$3 trillion earlier this year, making it the first company to be valued as much?
14. Which flower does the spice saffron come from?
15. Which country is home to the world's largest pyramid?
16. What is the main ingredient in sauerkraut?
17. What was the first film in the Marvel cinematic universe?
18. Which cake is made by baking yellow and pink almond sponge-cakes separately, and then cutting and combining the pieces in a chequered pattern?
19. Who played Red in the film The Shawshank Redemption?
20. Bobotie is the national dish of which country?

RBCFT Film of the Week



Everything Everywhere All at Once

This multiverse fantasy action-comedy stars Michelle Yeoh and Jamie Lee Curtis.

The film was released earlier this year to great reviews and brilliant word of mouth and very quickly raced to \$60m at the US box office.

It's the second feature from co-director Daniels (filmmakers Daniel Kwan and Daniel Scheinert). Their previous film was Swiss Army Man, a comedy drama about the tender relationship between the survivor of a shipwreck and a flatulent corpse played by Daniel

Radcliffe. And if that sounds like your kind of fun, then Everything Everywhere All at Once is the film for you.

Yeoh plays an ageing Chinese immigrant who is swept up in a bizarre adventure, where she alone can save the world by exploring other universes connecting with the lives she could have led. Simple!

Everything Everywhere All at Once incorporates elements from several genres: black comedy, science fiction, fantasy, martial arts film, and animation. It's also a bittersweet domestic drama and plays at times like a marital comedy (Ke Huy Quan from The Goonies is superb as her goofy husband).

Each universe has a distinct look and there are references to The Matrix, 2001: A Space Odyssey, and even Pixar's much-loved Ratatouille. Michelle Yeoh's own legacy finds its way into the film with a call-back to Crouching Tiger, Hidden Dragon.

On Rotten Tomatoes, the film has a 95% approval rating based on 297 reviews by critics, with many praising Yeoh as the anchor of the film given a role that showcases her wide range of talents, from her martial art skills to her comedy timing.

Everything Everywhere All at Once is coming to the Robert Burns Centre this week. It's a wild ride, don't miss!



The Council's **Roads and Infrastructure Services** worked with local Rotary Clubs, Solway Firth Partnership, and Dumfries and Galloway ECO Warriors to remove plastic litter collected on the remote and hard to reach Barlocco Beach, south of Auchencairn in The Stewartry.



The Kirkcudbright, Dalbeattie and Dumfries Devorgilla Rotary Clubs, the ECO Warriors and some other volunteers filled 29 heli-lift bags, which were then uplifted by helicopter and taken to a lay-by near Auchencairn for appropriate disposal.



The **Ewart Library** is participating in a new initiative. Storybook is a walking trail from the train station to Moat Brae. Families follow the trail marked on the leaflets, which are available from the Ewart and other sites, spotting storybook characters along the way.

Stewartry Museum is displaying a full-sized replica **Megalosaurus skeleton**.

If you would like help understanding this or need it in another format telephone 030 33 33 3000

Key Contacts

National Covid-19 Helpline 0800 111 4000

For people who don't have family or existing community support and can't get online and who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons, will be directed to our dedicated local team who can offer essential assistance.

NHS24 111

www.nhsinform.scot

Emergency 999

Doctor Out of Hours 111

Dumfries and Galloway Council 030 33 33 3000

www.dumgal.gov.uk

Employability Support Helpline 01387 260 060
Mon-Fri 9am-5pm

Business Support Helpline 01387 260 280
Mon-Fri 9am-5pm

Multi Agency Safeguarding Hub 030 33 33 3001

Social Work Out of Hours 01387 273 660

Third Sector Dumfries and Galloway 0300 303 8558

Dumfries and Galloway Citizens Advice Service 0300 303 4321
www.dagcas.org

Samaritans 116 123

SHOUT Text SHOUT to 85258 for free

Scotland's Domestic Abuse Helpline 0800 027 1234

Age Scotland 0800 12 44 222
Mon-Fri 9am-5pm

Shelter Scotland 0808 800 444
Mon-Fri 9am-5pm

LGBT Helpline Scotland 0300 123 2523

Childline 0800 1111

Quiz of the Week Answers

- Running Up That Hill (A Deal with God) by Kate Bush
- Eggos
- Glass Onion: A Knives Out Mystery
- Marseille
- Rwanda
- In 1991 a court ruled that Jaffa Cakes were a cake
- Sir Robert Walpole
- Pomegranate
- Michael Connelly
- Tim Tam
- Hungary
- Almonds
- Apple
- Crocus
- Mexico
- Cabbage
- Iron Man in 2008
- Battenberg
- Morgan Freeman
- South Africa