



RESILIENCE GROUP

NEWSLETTER

Summer Edition

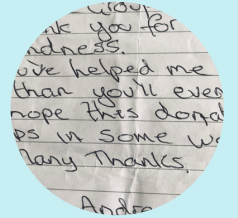


We are delighted to have launched the BKRG coffee club for our regular service users who have been shielding during lockdown. We wanted to help them feel confident and comfortable

integrating back into the community in a safe, friendly setting with a socially distanced cuppa, a cake...or two... and of course, a blether.

It's early days and we hope that folks will continue to enjoy the coffee club until the time when regular community groups and clubs are reinstated. It's great to see everyone enjoying themselves and getting out the house for a little while and we hope that this will help people to feel more able to return to previous hobbies and activities after their time spent at home.

And of course we couldn't manage any of this without our wonderful team of befriending volunteers who have been helping to co-ordinate people, cars and transport, set-up and serve the cakes and coffee and most importantly, join in with the banter. So please join us in thanking our **volunteers** for everything that they do! **THANK YOU!** "A pleasure to talk to and a great service" - Jean



To everyone at the Resilience Group. Thank you for your kindness, you've helped me more than you'll ever know. I hope this donation helps in some way. I can't thank you all enough. God bless to you all xx
Helen Andrews



This is a BIG thank you to all and everyone that has taken part in the Resilience Group one and all. I myself don't know what I would have done without everyone. You have been very good. What good people you are.
Yours faithfully
Mary Husband

So what's been happening...



Hi folks

For those of you who don't already know me, I am Lesley Speedie, and I am the Chairperson of the Blackwood and Kirkmuirhill Resilience Group. In the last few newsletters both Katrina and Vicky touched on the upcoming plans for the group and what we were doing to support the community during the COVID-19 lockdown.

Since the 1st of August, when the shielding period was officially paused, the team have been focusing on building people's confidence and supporting people back into the community again. If you follow us on facebook you may have read about the different outreach activities for individuals who were shielding - our high tea & afternoon tea events went down a treat and our boxes of kindness and various activity packs kept folks busy with a mix of items from puzzles to sow-and-grow window ledge kits.

A social progression from these activities is our shielding people's coffee club. A socially distant coffee morning where people who have been using the BKRG services over lockdown can come along and enjoy a friendly chat with others who have also been isolating since late March. In addition to this, we have also invited other community group leads along to explain when other groups are starting back and what they can expect when the groups do start back.

However, COVID-19 still remains a threat and the biggest challenge for the group now is finding the balance and adapting our response effort to cater for people who may have to isolate due to the track-and-trace system, or people who may have to quarantine after returning from a restricted country or regional lockdown area. Many of our volunteers are now back working full time and can no longer support the group during normal working hours. We have therefore decided to keep the phone lines open between 10am and 12 noon and requests that require shopping will be carried out in the evening between 6pm and 8pm. So, if you are isolating or in quarantine, you can still call the resilience group between 10 and 12noon and the team will aim to have your shopping request completed that evening. If we do go back into a full lockdown the team will revert to our core response times as per the initial lockdown phase.

If the above was not keeping us busy enough, one of the keys focuses of the group will be the transitioning from a constituted community group to a not for profit community organisation. The constituted group model was a fast and effective means to set up our community response rapidly, and much to our amazement the group has grown considerably over the lockdown period.

Over the next month or so the team will be looking at how best to position the group for the long-term. Whilst COVID-19 response will always be our priority we hope to work with other community groups to help address long terms concerns for our community.

Regards

Lesley Speedie

BKRG

Chairperson



I was very touched by the words so well written by Billy Lemon, they brought back memories of Hope Road and the people who made it special.

I was born in Hope Road in 1936, Kirkmuirhill was a much smaller village then and the only council houses were Hope Road, Park Street and Carlisle Road across from the Parish church.

We all knew Billys grandparents, Sophia and Wullie and all the family. Matt was the eldest son who was a special friend of my dad's, as he was to all of us.

The family lived at the top of Hope Road and my grandparents lived down the middle. The newly built houses in Hope Road were mostly allocated to the miners and their families. First time they had electricity and indoor toilets. We still talk about how beautiful the gardens were kept. The wives took great pride in their homes. The steps were scrubbed right to the gate every Friday.

Everyone looked out for each other and friends remained friends for life.

Until next time.

Anonymous

The next instalment... First day at Blackwood Primary school I remember was traumatic...I only knew two others there, Archie McVee and Maxwell Taylor - our teacher was Miss Robertson. However we all settled in and started our journey through school together. I was luckier than most I suppose as I had my aunt Margaret and Sheena and uncle Geordie and Lewis at the same school.

School to me was just a way to pass the time till we could get home and out to play. Playtime in Kirkmuirhill was wonderful, a nice safe environment and I think this contributed most for me a happy upbringing, plus the fact that I had so many relatives in the village it felt like i knew everyone and they knew me.

Nothing very interesting at school during the next seven or so years other than a toilet incident and memories of Miss Hutchison's middle finger that would poke you on the back of the neck to make you eat your veg at lunchtime! We passed on through from miss Robertson, Miss McBeth, Miss Hutchison, Miss Allan and finally to Miss Jackson and then onto secondary school.

Here are the names of my classmates from 1963 - 1966

Boys: Max Taylor, Jim Falconer, Alec Hunter, Peter Meilson, Tommy Muir, Sammy Bailey, Billy Milligan and Alistair Thomson (no relation).

Girls: Mary Kerr, Libby Mackenzie, Moira Smith, Sandra Reid, Mary Turley, Rae Dempster, Marion McVee, Christine(tootsie) Hendry, Catherine Logan and Janet Torrance....(Max Taylor has posted a photo of this class on the Kirkmuirhill site). And of course I had been parted with the love of my life (all in my head of course and unrequited) Jean Moffat, she was off to Larkhall Academy.

Until next time,

Billy

The kids have been doing their bit too!



WOW! our 'clean up our village' poster club was very popular - we are blown away with your amazing work and absolutely love your designs.

Your slogans are fabulous!

Our focus was to bring awareness to problem areas in the village and to encourage responsibility and ownership for keeping our community clean & tidy. We are extremely grateful to have been awarded funding from SLC Renewable Energy Fund to get all of the posters made into signs and erected around the village - so please watch this space as you should see them out and about very soon!



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Hi, I'm Stephanie, and I'm part of the BKRK team. You'll find out more about me in the next edition but I wanted to quickly introduce myself and say a little bit about the kids clubs. I was chuffed to be asked to help out with them and I've really enjoyed co-ordinating the projects - from dropping off poster packs, collecting finished posters, updating spreadsheets, making phone calls and putting garden packs together - it has certainly kept me busy during lockdown while my business was closed and as a bonus my IT skills have grown too! I've got to know loads more people from being out and about picking up posters and delivering garden packs and anyone who knows me knows that I like to chat so its been great talking to everyone! I've loved seeing all the colourful & creative garden photos & can't wait to see all the posters being displayed around the village, all the kids did an amazing job!



Steph
BKRK Secretary

We'd love you to join the team...

We are looking to recruit an inspiring and committed young person to join our volunteer team



- ✓ Can you help us develop our presence and use of social media
- ✓ Do you want to learn new skills, meet new people and gain work experience
- ✓ Have you got lots of ideas to share and interested in IT
- ✓ Are you able to commit your time to volunteer on a regular basis

If so, all you have to do is visit our Facebook page, drop us a message & tell us why you'd like to get involved!
<https://www.facebook.com/blackwoodandkirkmuirhillresiliencgroup/>

Can you spare some time in the evening to help with shopping and message runs for our shielding community?

If so we'd love to have you on the team!



It's easy to get involved as a volunteer and we are grateful for any time that you can give to the community.

All we ask is that you are able to commit to a regular day & time.

CALLING BLACKWOOD & KIRKMUIRHILL!

WE NEED YOUR HELP TO KEEP OUR NEWSLETTER FRESH AND CURRENT. CAN YOU HELP US WITH...



- ✓ THE NEWSLETTER DESIGN - ARE YOU CREATIVE & GOOD WITH DESIGN
- ✓ IDEAS AND STORIES TO SHARE IN THE NEWSLETTER
- ✓ PENPAL LETTERS FOR OUR REGULAR SLOT
- ✓ COMMUNITY UPDATES
- ✓ DELIVER THE NEWSLETTERS ON A REGULAR BASIS

Please give us a call or drop us a message if you'd like to get involved

T: 07943 990 630 / 07943 804 965

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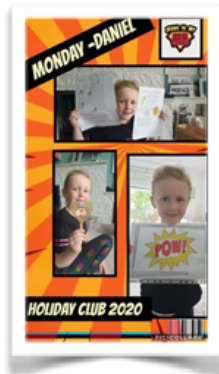
Holiday Club went virtual this year!

Whenever I speak to people in the community who have lived here their whole lives Holiday Club is something that many remember with great fondness. They remember the themes, the stories, the songs or the friendships made through Holiday Club and the fun that they had down at the church, every day for a week together. Holiday Club at Kirkmuirhill Parish Church started in 1976 and has become an annual event in the community. Last year, in my first year as Minister, we had almost 100 young people joining us each morning as we explored different Heroes of the Bible. This year? Well, things have looked a little bit different this year!



On Monday 27th July the first episode of Holiday Club 2020 went live on the Church YouTube channel. It featured many familiar faces who the young people would normally see up front each day. We introduced our Memory verse for the week, we had our Superhero warmups and every day featured a story about a Bible Superhero. Two of our favourite characters, Battered and Captain Sparkles, made appearances and brought with them their usual brand of nonsense. We had our craft instruction and we even had songs for the young people to sing along to. Every day that week was a little bit different, but we tried to include everything that our young people would normally experience at Holiday Club, hence the puppets!

The Holiday Club planning committee made the decision, a number of months ago, that our usual extravaganza would not be possible due to the current situation we are facing. At that point we had to choose between doing nothing or moving everything online. We decided on the latter and with 50 young people registered for our Virtual Holiday club it is clear we made the correct decision!



Andrew is a key member of the BKRg team & has been a great source of support helping to facilitate & co-ordinate the response hub. Thank you!



To go alongside the videos each young person received a delivery of the craft materials for the whole week along with worksheets to help them reflect on the story for each day. Even though Holiday Club was virtual we wanted to make sure that everyone still had the same amount of fun as we



If you've managed to watch any of the videos (and yes, they are all still available) you'll see from them how much I love Holiday

Club. Indeed, when I was discerning where God might be calling me one of the many things that drew me to Kirkmuirhill was the annual Holiday Club. However, I wouldn't be able to enjoy the week as much as I do without the fantastic team who make up the committee and the number of volunteers who give up their time and expend so much energy every day ensuring that each young person has the best possible experience.

Holiday Club is a highlight of my year and, even though this year has been vastly different to normal, we are already looking forward to next year. It's a privilege to be able to help each year. So, if you have children, grandchildren, nieces or nephews who you think would enjoy stories, songs, crafts and games each day then why not keep an eye out for information about our plans for next year and sign them up, we'd love to see them.



Andrew,
Minister, Kirkmuirhill Parish Church

So, who is behind BKRG?



Hello,

Having recently retired from a 40 year nursing/midwifery career, I was delighted to volunteer as a call handler for BKRG, and help our local community. Our team of 6 call handlers worked great together with the help of Jo & Jane and not forgetting Andrew “Keeper of the keys” and co-ordinator!

From 10-12 daily we took a variety of calls from shopping, PO runs, delivering & collecting prescriptions & even putting up a parasol..whatever was needed. But this would not have been possible without Lesley and her great committee & of course the amazing hard working runners.

HELLO FROM THE

SECOND CHANCE SHOP

This is a message to all our Second Chance customers and supporters to say that we hope you've been keeping safe over the last 4 months and that we've been missing you all!

Hopefully we will be able to open up in the coming months as soon as we know it will be safe to do so. There will probably be a few changes in order to comply with Covid restrictions but it will be great to serve everyone again.

Keep well and stay safe!

Best wishes

Second Chance



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The calls can be a lifeline for many who are isolating & lonely and I often enjoy a long chat with some of the callers. Andrew helped us arrange the ‘Cuppa & Chat’ which was a blessing for several callers and they enjoyed one of Ali Caters lovely cakes.

I'm also with the outreach group & involved in the recovery phase helping our service users back to a safe new normal. I really enjoy meeting them at our socially distanced Coffee Club & it's so good to put a face to our regular callers. For some it is still a bit scary leaving home after so long but we are still here to help any way we can.

Always keep safe.

Lorna Kennedy



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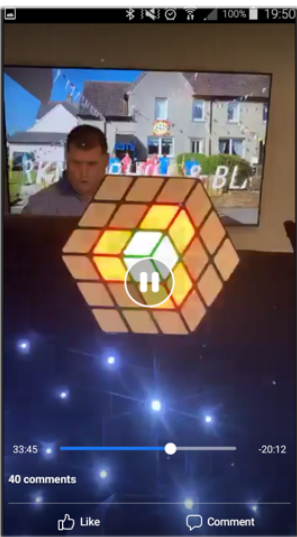
● **LASER TRACKING**

Mon - Fri 8am to 5pm

Sat 8pm to 12noon

For those that do not already know me, my name is Allan Miller and I am part of the BKRg committee and the outreach team - the latter being the team behind the BKRg Wednesday Night Thing. As well as inviting you all into my home on many-a-Wednesday Night through facebook live, I am also part of the BKRg team who help manage the various social media and group pages.

Living in surreal circumstances I felt the need to become involved with BKRg to enable me to assist in helping others and giving something back to my community. As a shielding person myself I was limited to how much I could assist but through the Wednesday Night Thing - bingo nights, kids disco's, family quiz nights, and even an online gala-week - I was able to contribute to the response effort.



I also felt the "The Wednesday Night Thing" brought the community together and hopefully helped us become a stronger, happier and better place to live - and at the very least, I hope we kept you entertained during lockdown.

Allan



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When we first started the Wednesday night thing our prizes were.. let's say 'quirky'! Anything from a brown paper bag, boy band calendars to tins of mackerel!

We wanted it to be a fun way of bringing everyone together and of course the funnier the prize the better. Well it was the funniest answer that won after all!



But over time and with your generosity and donations we've been able to be more adventurous with prizes.

We've also been pleased to work with local businesses to support and encourage recovery in the community with a selection of gifts and gift vouchers amongst the prizes from various businesses in the village.



The team are having a very well earned rest but we hope to bring the 'Wednesday Night Thing' back to you all soon and we hope that our recent prize winners enjoyed their winnings! Not a tin of mackerel in sight!



I really hope you are enjoying the newsletter. It started off as an idea back at the start to keep everyone updated on what was happening in the group... as believe me there was rather a lot!

But to see it grow from a 2 page online update to what is now a whopping 12 page publication supporting the community, in a very short time! Wow!

There's a lot involved in putting it together so if you are able to help in any way to keep the newsletter going we'd love to hear from you!

Katrina x



"OUTLINE OF MAGAZINE - GREAT! EVERYTHING IS SHORT AND TO THE POINT. GOOD MIX OF STORIES & PICTURES"

IVOR

ALAN COURT

School of motoring

07727 648205

Alan is incredibly proud to be associated with the Blackwood & Kirkmuirhill Resilience Group and would like to thank all the volunteers on their fantastic community response to the pandemic.

Due to current restrictions, I can only provide driving lessons to key workers. If you're looking to learn to drive in the future please get in touch by phone, my Facebook page or website to be added to my waiting list.

Hello everyone,

I cannot believe that it's been over 4 months since BKRK was founded! I'm Jo and I've been found most days down at the hub as the emergency response lead and we have been blown away by the generosity and community spirit that we've encountered from yourselves. It's been clear that many of us have had the same thoughts when lockdown was announced – with people unable to get to shops, supermarkets having empty shelves and many households seeing a sudden decrease in their incomes – food was going to be a large priority, both in terms of physically getting hold of it but the increased stress of worrying over it.



Thanks to the donations that came into the hub from both individuals and businesses in the community we were able to initially start supplementing shops where items were unable to

be found on the shelves before expanding into being able to offer care parcels for those who found themselves in tricky situations.

As well as food we have also been able to give out books and jigsaws to help pass the time as we were all spending more time at home. Second Chance gave us a huge donation of these items from the shop and again, individuals have shown the strength of the communities by donating these items too. I've turned into somewhat of a librarian at trying to figure out what books suit requests. It's been fascinating to watch as the outreach efforts have continued to grow and support the most vulnerable members.

I've been so proud to be part of these villages and involved in BKRK these past few months. Thank you to all of you for supporting us and each other in all the various forms that has taken.

Jo



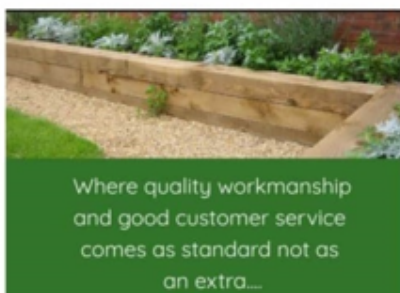
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Hi I'm Caroline and I'm a 'Women's and Pelvic Health Physiotherapist' by training and worked for the NHS for 15 years. I was due to finish working at University Hospital Wishaw to pursue a carer in the private sector in March, but delayed leaving to assist with the pandemic. I offered to be redeployed to ITU to work with the nursing staff.

I spent 6 weeks on ITU from March until May, It was a huge learning curve and a defining moment in my professional career.

By May, the hospital was managing the crisis and we had enough staff to cover all areas, so, I felt I could leave without causing undue stress to my colleagues.



After spending a week at home with my family I discovered the BKRK via Facebook. As I had some spare time, I thought it appropriate to volunteer to help the local community. I have really enjoyed being part of the team and meeting so many wonderful community members.

I enjoyed running the Uniform Swap and would like to thank everyone who donated uniform and everyone who re-homed uniform! As mentioned earlier in the newsletter I have started a FB page so, as a community, we can keep free uniform moving through our local schools. Please join the page to donate and re-home unwanted uniform!!

Caroline

“Flowers were beautiful, high tea was a lovely surprise. Thank you so much”

We have had an amazing response to our different outreach activities and our regular shielding service users enjoyed a delicious high tea, afternoon tea, soup & pudding and cakes & flowers along with our wellbeing packs.

Thanks to Ali Cater, The Westend Restaurant, Allison’s Flowers and The Flower Croft

Our boxes kindness and various activity packs have kept folks entertained and we are over the moon by the great feedback.

A mix of items from puzzles to sow-and-grow window ledge kits have been keeping you all busy!



“Thanks to all of you for the wonderful work you are doing for our community. Bringing our village together in this difficult time”
Moira

“You are lovely. We’ll really miss you all when this is over. The soup & dessert was very nice. Would love to meet you all”
Evelyn McLean

“To the volunteers, just a wee something to have with your tea/coffee. Thank you for all the valued work you do”
Mr & Mrs Hastie

NONE OF THIS WOULD BE MADE POSSIBLE WITHOUT YOUR GENEROUS DONATIONS AND SUPPORT FROM OUR SPONSORS AND FUNDERS.



**THANK YOU!
VICKY
BKR TRESURER**