



# RESILIENCE GROUP NEWSLETTER Winter Edition

**LORNA**, A KEY MEMBER OF OUR VOLUNTEER TEAM, HAS BEEN BRILLIANT AT KEEPING OUR OLDER COMMUNITY PEOPLES' SPIRITS UP THIS LAST WHILE. WITH THE RESTRICTIONS REINTRODUCED IN SEPTEMBER, THE TEAM SADLY HAD TO STOP THE MORNING COFFEE CLUB. IT WAS OUR INTENTION TO MOVE VENUES TO THE THORNTON ROAD COMMUNITY CENTRE, AND MOVE TO A LUNCH TIME SLOT TO MAKE IT MORE ACCESSIBLE FOR PEOPLE WHO WERE SHIELDING, BUT SADLY THIS WAS NOT TO HAPPEN.

But in true BKR spirit this didn't stop the resilience group.

Over the last few months we have continued with our support for people who are shielding or isolating and we have been supporting with shopping, running errands, and dropping by for a friendly chat on the door step.

With restrictions changing under the new Covid protection levels the resilience group remain on hand to help. You will find a reminder of our phone numbers along with other useful numbers on the back page.

**WE WOULD LIKE TO SAY A HUGE THANK**

Our regular Coffee Club users have been disappointed that we haven't

been able to continue our services due to Government restrictions and so to cheer them up our great team of

volunteers... **Caroline, Jean L, Jean S, Marie & Tracey**...delivered lovely bouquets from Alison's Flowers. Thanks again ladies for your help!



We would also like to give a **special thanks**

**to The Westend Bar and Grill** for their continued support. Throughout the initial lockdown and the coffee mornings, the team at The Westend have continued to support the Resilience Group and we cannot thank the Westend enough!

This month we are especially thankful for the donation of soup and cake which brought a warm and welcome cheer to those who are shielding. *Lesley x*

**THE WESTEND RESTAURANT**  
Tel (01555) 895296 or 895237  
73 - 77 Strathaven Road  
Kirkmichael  
ML11 9RW

**"WHO HIDES IN THE BAKERY AT CHRISTMAS? A MINCE SPY!"**



# Well Hello...



For those that don't know me already, I'm Stephanie and I have been volunteering with the group since March. I also run my own business, "SCISSORS DOT COMB" Hair & Beauty Salon and over the lockdown period, like many others, I found myself closing my shop doors not knowing when, or if I would ever, be re-opening again. This was a worrying and anxious time for many and I wanted to help my local community during the lockdown. When I heard that the resilience group was in the process of starting up I offered to help with the initial leaflet drop in March and volunteered to help on the phones and support the call handling team.

After volunteering for a month or so I was asked if I wanted to support the group with the kid's environmental projects. I was bit confused at first about what this had to do with supporting people through lockdown but I soon learned why it was so important.

The kids projects, as well as all the other outreach projects - including the Wednesday night bingo - were all aimed at giving people some fun and friendly activities to keep their spirits up and to help the mental wellbeing of our community with positive activities. I loved helping out with the kids clubs and enjoyed being part of the outreach team and before long I was taking on the role of Secretary and learning lots of new IT skills! It was amazing to see all the colourful and creative gardens being posted on the facebook page and now being able to see all the posters displayed around the village makes me feel proud. It certainly cheers the area up a little during these darker nights.

Being part of the group has given me a real sense of purpose but unfortunately since my salon has re-opened I haven't been able to commit as much time to the group as I would have liked. I still help the team behind the scenes and I still volunteer to help on a Monday and a few evenings each week. My biggest highlight was delivering the high-teas and getting to meet all you lovely people in person. Seeing how much the high tea meant to people...well that will always be an incredibly special memory.

2020 has certainly been a year we won't forget, one that I certainly won't forget it! My husband Cammy and I have just found out that in just a few months' time we will be welcoming a new member to the family! Baby Aitken is due in May 2021 and we both can't wait - as you can imagine this news has certainly lifted the winter blues lol. So, on that cheery note, I hope you enjoy this newsletter and on behalf of the committee I would like to wish you all a very merry Christmas and a happy New Year.

LOVE,  
STEPHANIE  
BKRG SECRETARY



**"WHAT DO REINDEER SAY BEFORE THEY TELL A JOKE?  
THIS ONE WILL SLEIGH YOU!"**





Hey

My Name is Trisha Maider and I moved from Northern Ireland to Scotland in 1997 to join the prison service. After living in Falkirk for 8 years, my mum decided to join me and we bought a house in Blackwood. So I've lived here since 2005.

Before lockdown, my life was pretty hectic, working full time supporting teenage care leavers and studying full time to become a primary school teacher. Some of you may know me as Fluffy Owl from volunteering for the Brownies (2nd Blackwood Brownies).

I personally have enjoyed lockdown, despite working, I found the time to volunteer with the resilience group and get to know some of the locals, especially Katrina and Steven (who actually live at the bottom of my drive)!!! I even got to spend quality time with my husband (Tommy) and realised I actually quite like him 😂😂

Time flies by and it's easy to miss the important things in life. I've realised I live in a lovely village and the people are so nice, friendly and caring. The support shown throughout lockdown has made it bearable for most.

As a community I believe we will have the strength to get through this, together.

Until that day comes, keep safe, adhere to the rules and enjoy the quality time you have with your family and loved ones before life becomes chaotic again.

Trisha xx

To our shielding Friends.....

How are you?

Do you know you're thought of and cared about? It must be easy to forget that, or question it at times, especially in our current situation. As someone shielding, you haven't only helped to keep yourself safe, you've helped protect the NHS and save lives.

You've helped us all.

Thank you!

We hope you've taken some strength and comfort from the contact the group has had with you. In fact we know you have because you haven't been slow to say thank you to the amazing team behind BKRK.

Be kind to yourself and know that people are thinking of you xx

Your community



# Looking after our community

As you may have read in our previous articles, the children have been busy over the summer months designing anti-litter posters.

The group were successful in securing funding from the South Lanarkshire Renewable Energy Fund which allowed us to have all the posters printed onto signs and displayed around the village.

I think you'll agree...the children and young people had a noticeably clear message for all us adults, stop the littering and clean up after your dog!



**"HOW DO YOU LIFT A FROZEN CAR? WITH A JACK FROST"**

**Fun Fact!**  
Dog fouling is not only deeply unpleasant, but also dangerous. Whilst rare, contact with dog excrement can cause toxocarasis – a nasty infection that can lead to dizziness, nausea, asthma and even blindness or seizures.



**THE KIDS MESSAGE IS LOUD AND CLEAR!!!!**  
**PUT YOUR LITTER IN THE BIN**  
**AND PLEASE PLEASE PLEASE PICK UP THE POO**

thank you!

Supported by  
  
South Lanarkshire  
Renewable Energy Fund  
Managed by South Lanarkshire Council

**TAKE YOUR LITTER HOME  
OR PUT IT IN THE BIN!  
BE RESPONSIBLE!**



**TOP TIP! IF YOUR BIN IS OVERFULL PLACE IT BY THE KERBSIDE IN THE MORNING THAT WAY THERE'S LESS CHANCE OF LITTER BLOWING AWAY FROM OPEN LIDS**



During the initial lockdown, many people in the village - inspired by Alan Crooks - took to the streets and began litter picking around the different parts of the community. As you can see from the photo there was a colossal amount of litter picked up which also included the local fly-tipping hotspot. **Thank you to everyone who took to the streets to help clean up our village!**

**You can help stop fly-tipping by reporting it when you see it, and if you can, take a note of the registration of the vehicle along with any business logos or branding.**

**TOP TIP!**

**If you are having renovations or clear-up work done in your home or garden, ensure the waste removal service uses the correct processes and recycling centres. Much of our local area has become fly-tipping sites.**

**Did you know:**

**Scotland collects 50 Kelpies' worth of litter every year**

That's 15,000 tonnes, or 250 million items – nearly 50 pieces of litter for every person in Scotland. Or, in other words, 475 dropped every minute.

**We're all paying for the clean-up**

Litter on our streets forces local authorities to divert public money away from other public services like schools and roads. Every year Scotland spends at least £46 million cleaning up after our litterers — that's around £20.00 for each taxpayer.

**Half of Scotland's streets are blighted by cigarette butts**

More than 4.5 trillion cigarette butts are dropped around the world each year. No matter where you go, chances are you're never far from a cigarette end, and that includes in Scotland.

Smoking-related waste is our most commonly littered material – with cigarette butts topping the list. Every year in Scotland we spend a packet cleaning up items dropped by smokers – money that could be much better spent elsewhere.



**Welcome to your local  
Lanarkshire Eco Friendly Larder**

- Natural, organic products with no nasty chemicals
- Waste FREE shopping & Plastic FREE alternatives
- Refillable groceries & liquids
- Delivered to your door FREE (or you can collect)
- Official opening in the New Year
- Christmas Promotions out NOW! (see our Facebook page)

[www.thymetofill.co.uk](http://www.thymetofill.co.uk)

Instagram & Facebook <https://www.facebook.com/ThymetoFill>

**REDUCE. REUSE. RECYCLE**

**"WHAT DO HIP HOP ARTISTS DO ON CHRISTMAS? UNWRAP"**



# Blackwood Estate

## Community Association Funding Update

### YOUR COMMUNITY WOODLAND IN BLACKWOOD ESTATE IS 80% FUNDED!

Our project to buy 65 acres of ancient woodland in Blackwood Estate for the local community is almost complete. We have already received funding of **£186,200** and would like to thank our funders:

**SLC Renewable Energy Fund**  
**Scottish Land Fund**  
**Falck Auchrobert Community Benefit Fund**

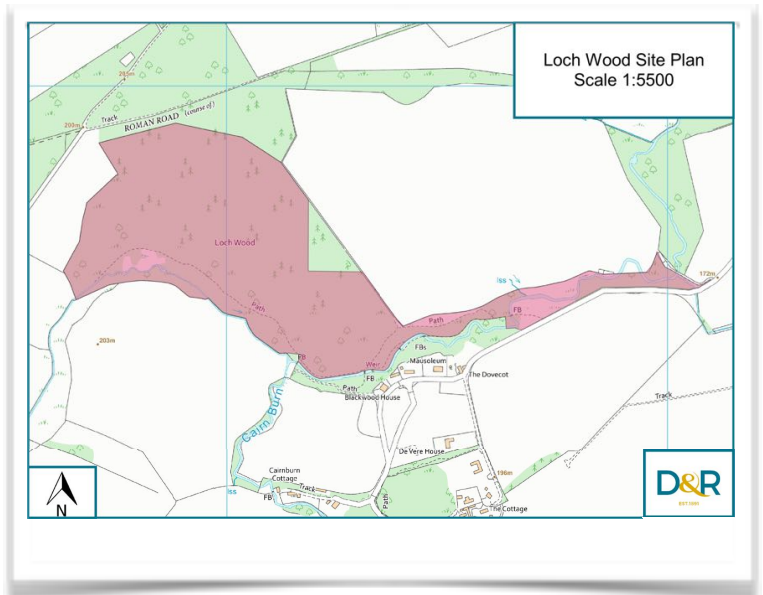
We'd also like to thank all the people who have signed up as members of our group: without your active support, we would not have achieved so much!

We are working hard to secure the balance of funding (£48,200) but are confident that Loch Wood will be community owned by early 2021.

### Loch Wood will be your local community woodland:

2021 will see our conservation work begin, together with projects and activities led by our members. Plans include a dedicated outdoor learning space and opportunities to get everyone involved in caring for a wild woodland on their doorstep.

*PLEASE VISIT OUR FACEBOOK PAGE FOR UPDATES OVER THE COMING WEEKS*



### DO YOU HAVE MEMORIES OF BLACKWOOD ESTATE: THEN PLEASE TAKE PART IN OUR ORAL HISTORY PROJECT!

We know that many villagers have explored the Estate since they were young – we meet them every day on their walks. We hear memories of fishing in the old loch, the Italian prisoners of war working to grow food for the war effort, and tales of ghosts on horseback in the night.

We are therefore setting up a project to record your stories of Blackwood Estate for future generations to hear. To succeed, we need to hear from **YOU**:

**Are you interested in getting involved as an interviewer: do you love a blether?!** We are looking

for up to **twelve people** to take part in a free online training programme with the Oral History Society, to develop and deliver the project. This will be bespoke training, delivered as six half day online sessions throughout the duration of the project- it's a great opportunity (at any age) to develop valuable skills and connect with other people in your village.

## Pelvic and Core Physiotherapy

2 Millholm Road, Strathaven

[Pelvicandcorephysiotherapy.co.uk](http://Pelvicandcorephysiotherapy.co.uk)

Treating Male and Female Clients with Bladder & Bowel Issues  
Antenatal Pelvic Girdle Pain and Postnatal Mummy MOT

Phone - 07518 003 573

Carolinecallister@Gmail.com



**Do you have memories you'd love everyone to hear?** Then please get in touch and we will compile a list for our interviewers.

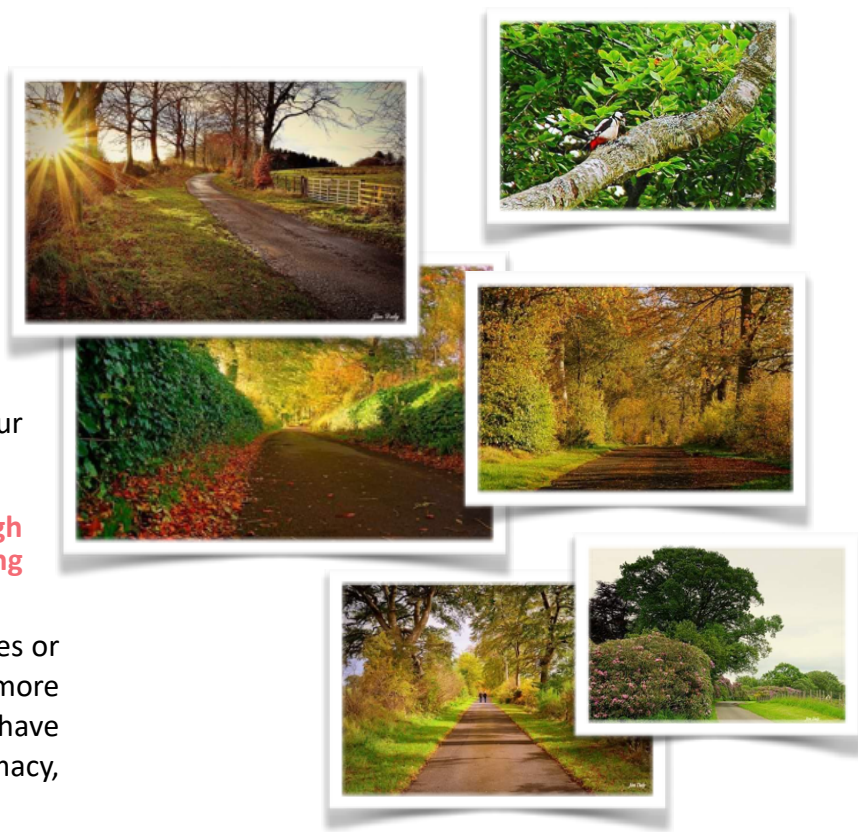
Our contact details are shown below - if you can't email or don't use Facebook, please ask family or friends to contact us on your behalf, to get the ball rolling.

**Are you a local teacher who's interested in getting your pupils involved?** We want to work with our schools and get the generations talking - please contact us to discuss your ideas for linking this project to your school activities.

**This project will only run if there is enough interest shown, so please do get in touch using the contact details below and get involved.**

Please visit our Facebook page for all our updates or email us at [blackwoodestate@icloud.com](mailto:blackwoodestate@icloud.com) for more information or free enrolment. We also have membership forms held at Kirkmuirhill Pharmacy, Thornton Road.

*Thanks to Jim Daly for letting us share his fabulous photos!*



CPR Gardening is a 1-man Garden Landscaping company that covers all local areas.

I cover most aspects of garden landscaping and no job is too small.

Past jobs and customer reviews can be found at [www.cprgardening.com](http://www.cprgardening.com) and on Facebook at CPR Gardening

For a free no obligation quote please get in touch by Tel: 07940254311

Email: [cprgardening@mail.com](mailto:cprgardening@mail.com) or Facebook



Where quality workmanship and good customer service comes as standard not as an extra...



Decking  
Flooring  
Fencing  
Outdoor Bar  
Bespoke Designs  
Home Improvements

All joinery work considered  
FREE ESTIMATE  
Tommy Maider



## Being mindful this Christmas...

As well as being the Treasurer for BKRG I am also a qualified Cognitive Behavioural Therapist with a Masters Degree in Psychology. Throughout the pandemic I have helped many of my clients cope with anxiety and depression which has often felt worse due to the restrictions on our lives and the isolation we may often feel.

Over the coming months many people will be finding things extremely difficult, with day light hours reducing and typical Scottish stormy nights looming, it is enough to make us all feel slightly down. Add to that the annual Christmas shopping; if that is possible during lockdown restrictions and you have a recipe for a season of stress! Many people who have been isolating since March will be desperate to visit family members on the big day and may feel uncertain about whether that will be possible and what they will do if they find themselves spending Christmas alone.

Many people will also be secretly worried about money and job security, how they will find the extra money for Christmas presents or how they might pay the heating bill. In truth, the next few months are not going to be easy, many will struggle. You might want to **consider an alternative Christmas** (*we've got a few ideas to share with you on page 10*) rather than spending lots of money on many gifts, maybe everyone in the house does a Secret Santa, spend the day enjoying family movies, going for a long family walk, and simply enjoying a lovely meal?

The Resilience Group remain committed to supporting people through these difficult times and within this edition you will find contact numbers for the well-being helpline which was set up early in the response efforts to help people manage the uncertainties of COVID-19.

But there are other ways we can all help to manage our mental health and wellbeing over these wet and windy nights. In many high-stress working environments and large FTSE100 companies, meditation and mindfulness is being taught as a successful method to manage feelings and emotions.

The most common way to help manage our feelings, thoughts, worries and emotions is simply talking to a friend, however, many people prefer to actually speak to a stranger.

If you can, pick the phone up to a dear old friend and grab a good catch up over the phone, you will be surprised how much better you feel after this.

When you're feeling down it is very easy to reach for comfort foods, this is your body's natural reaction in an attempt to release more serotonin – the happy chemical that is formed in our heads. However, that small spike in the feel-good chemical from eating that entire chocolate bar or drinking that second glass of wine or pint of beer is only temporary and can actually leave us feeling worse. **The best way to establish longer term energy and positive feelings is to eat a balanced and varied diet;** not only will this help regulate body weight, but the natural nutrients released in the food help repair and strengthen your mental health by fuelling and re-energising the grey-matter.

**SUNLIGHT, SOMETHING WE ARE NOT SO FAMILIAR WITH IN SCOTLAND, IS OUR BIGGEST SOURCE OF VITAMIN D. VITAMIN D HELPS THE BODY BY KEEPING BONES, MUSCLES AND TEETH HEALTHY. IT HELPS TO BALANCE BLOOD PRESSURE AND REDUCE STRESS; IT ALSO HELPS THE BODY TO FIGHT DEPRESSION. THIS IS WHY WE FEEL BETTER WHEN THE SUN IS SHINING AND WHY WE FEEL TIRED AND DOWN WHEN THE CLOUDS ARE THICK AND GREY WITH RAIN. IF YOU CAN'T GET OUT OF THE HOUSE, TRY ADDING MORE VITAMIN D TO YOUR DIET, OR YOU COULD TAKE A VITAMIN D SUPPLEMENT.**

**For the ladies amongst us,** a drop in vitamin D over the winter, followed by a natural drop in Iron levels during menstruation can leave you feeling fatigued and depressed, **it's also good to add high sources of Iron to your diet to counteract the negative effects of iron depletions.** Iron helps our body to function more efficiently, it boosts our energy, helps our concentration, improves our immune system, regulates our body temperature and helps to restore our sleep pattern.

**Most importantly during this challenging time, be kind to yourself.** It is normal to feel stress, anxiety, sadness or fear at a time like this. Many of us will never have experienced anything like coronavirus before and it can leave us feeling very uncertain about what might happen next and worried about our own health or





that of our family or friends. The anxiety we might feel because of that uncertainty and worry can cause physical feelings of a racing heart, chest pain, sweatiness and shortness of breath. All of these can be unpleasant but are very normal symptoms of anxiety. We might also notice our mood feeling lower and that we no longer enjoy the things we used to and that we have little or no motivation. **But remember, be kind to yourself, it's ok not to be ok.** It's important to allow yourself to feel what you are feeling, we can't switch off our feelings but we can learn to accept them and understand them.

If you aren't working at the moment or all of your usual groups and activities are on hold it can be difficult to keep up a routine, but **IT IS IMPORTANT TO KEEP TO A REGULAR SLEEP ROUTINE AND PLAN ACTIVITIES FOR EACH DAY TO GIVE YOU SOMETHING TO LOOK FORWARD TO AND A SENSE OF ACHIEVEMENT AT THE END OF THE DAY. Try to do something you enjoy each day, even if you can't get outside for exercise you can read a book, listen to music, complete a jigsaw, watch a film, draw, paint, bake or write a letter to a friend.**

The Resilience Group can help if you are struggling to get craft supplies, books or jigsaws and we're always looking for pen pals and articles for our newsletter so that may be something you would like to do as well.

**Keeping in touch with people you know and trust is important,** connecting with others can help to improve your mood and you never know, they might have a good suggestion for an activity to fill your day, **something you can do with the children or grandchildren or a good recipe that you can try.**



### **Willow Grove Counselling**

You may be looking for a counsellor for a specific issue, or you might be feeling a sense of things not being right or just too much. I provide a calm, supportive and accepting space for you to take some time out of your daily life, so that you can explore what might be getting in the way of you living the best life you can.

Vicky Grove  
Cognitive Behavioural Therapist  
MBABCP, MA (Hons) Psychology,  
BSc (Distinction)  
Midwifery, PGDip CBT

**MEDITATION AND MINDFULNESS HAVE BEEN PROVEN TO IMPROVE OUR MOOD AND HELP US TO FEEL MORE IN CONTROL OF OUR EMOTIONS. HOW WE BREATHE CAN HAVE A BIG IMPACT ON HOW WE FEEL; WE CAN USE A SIMPLE BREATHING TECHNIQUE TO HELP US FOCUS AND FEEL CALMER WHEN WE ARE WORRIED OR FEELING LOW -**

### **IT'S CALLED THE BALLOON TECHNIQUE**

Closing your eyes and sitting comfortably, begin to focus on your breathing, taking a few deep breaths, in through your nose and out through your mouth; then as you breathe in deeply imagine a balloon inside your tummy is being inflated, then as you slowly breathe out imagine that balloon is slowly deflating. Repeat this 5 times, each time imagining that balloon inflating and deflating and as you breathe out you can imagine the stress and worry leaving your body and as you breathe in you can imagine positive energy entering your body.

Other mindfulness techniques include things like mindful eating, mindful walking and the body scan. These encourage you to take notice of what you are eating – not just the taste but the texture, heat, shape and colour of the food or drink. Mindful walking encourages you to notice the feeling of your body as you move, how the air feels on your skin, the different textures on the ground and surfaces around you and the various smells you may be aware of. The body scan encourages you to pay attention slowly to each part of your body from head to toe, slowly moving down your body and noticing any areas of pain or tension, feelings of warmth or tingling and relaxing each part of your body as you move from top to toe.

You can repeat any of these techniques several times a day so that they become familiar and easier to use when you find yourself anxious or down. They can help you to find a new awareness of yourself and an appreciation for your body and the world around you.

**Remember, be kind to yourself and to others.**

*Vicky x*



**"WHO DELIVERS PRESENTS TO DOGS?" SANTA PAWS**

# It's beginning to look a lot like Christmas....



Well, 2020 has certainly been a year of change...but one that has shown strength, compassion, resilience and immense community spirit. Well done to each and everyone of you!

The new system of Covid protection levels means that we don't quite know what Christmas will bring this year - although we are most likely thinking that it's going to be different from what we are used to.

Christmas is one of the most important Christian and cultural holidays of the year and for many it holds a time of spiritual reflection on the foundations of the Christian faith - DID YOU KNOW THE WORD CHRISTMAS ACTUALLY MEANS 'CHRISTIAN MASS' - and we often hear the term 'The true meaning of Christmas'.

For me 'the true meaning of Christmas' is nostalgic, it stirs up those warm fuzzy childhood memories and family traditions. But what does it mean to you?

IS IT THE SNOW COVERED GROUND...

THE TWINKLING LIGHTS IN THE WINDOWS AND GARDENS...

THE DECORATED CHRISTMAS TREES AND THE PRESENTS UNDER THE TREE...

Is it families and friends coming together for a turkey feast? (other alternatives are available lol)

Is it a time of spiritual reflection and celebration of Jesus Christ?

Or, perhaps it's the full package!

Whatever it is, Christmas certainly brings a lot of expectation that's for sure! DID YOU KNOW THAT MANY BUSINESSES ACTUALLY BRING IN AROUND HALF OF THEIR ANNUAL TAKINGS AT CHRISTMAS TIME ALONE! Wow! ...perhaps we have got caught up a little too much in the commercial gift giving side of Christmas. But remember these are our own expectations - Christmas doesn't have to be perfect or expensive.

**"Fun Fact! Scotland celebrated its first Christmas in 1956 which means 2020 brings our 63rd Christmas holiday since it was abolished in the 1600s. Traditionally we celebrated Hogmanay!"**



  
**HIBARI KAN JUDO CLUB**

TO BOOK YOUR PLACE PLEASE CONTACT



**FIRST NIGHT FREE**

**07900 827299**  
[Hibarikanjudo@hotmail.co.uk](mailto:Hibarikanjudo@hotmail.co.uk)

**Coaches**  
Neil Malone 6<sup>th</sup> Dan  
Andy Malone 4<sup>th</sup> Dan  
Judoscotland TD Coach  
European Masters Champion 2018



**COVID READY**

<u>BLACKWOOD</u>	<u>LANARK</u>
<p><b>Monday &amp; Thursday</b></p> <p>Hope Hub 183A Carlisle Road Blackwood ML11 9AT</p> <p>5 – 11 years 6pm – 6.45pm 12 – 17 years 7pm – 7.45pm</p>	<p><b>Tuesday</b></p> <p>St Nicholas Church Hall Castlegate Lanark ML11 9DZ</p> <p>5 – 8 years 6pm – 6.45pm 9 – 16 years 7pm – 7.45pm</p>



**LESMAHAGOW**

**Friday**

Harris and Ollie's  
50 Kelso Avenue  
Lesmahagow ML11 0BA

5 – 8 years 5pm – 5.45pm  
9 – 16 years 6pm – 6.45pm

\* Venues and times are new due to Covid 19. After restrictions are lifted there will be additional classes available in Larkhall and Blantyre.

It's about being together, feeling relaxed and carefree and enjoying being in the present... whether that's watching Christmas specials on the TV in your Pyjamas or getting outside for a walk in the fresh air...it's your day to enjoy.

Christmas has its own special meaning for each and every one of us and we have our own unique way of celebrating it. It's our values and our traditions that are rooted deep within us.

To quote the big man...  
Mr C (aka Santa),  
the Polar Express



**“the true meaning of Christmas lies in your heart”**

It's a time when we get to think of others, & bring happiness & joy to them...it's a time to give from the heart instead of the pocket. *Katrina xx*



**“WHAT DO VAMPIRES SING ON NEW YEARS EVE ‘AULD FANG SYNE”**

## And so we bring to you.... 'our twelve days of Christmas'



**OFFER TO GIVE A HAND TO SOMEONE** you know - clear out the shed, tidy up the garden for winter, your time will make the perfect the gift.



DIY has certainly been on trend this year... why not **HAVE A DIY CHRISTMAS** and make your own gifts using items around the home and garden. Reuse & Recycle!



**SEND A CHRISTMAS CARD WITH A FAVOURITE EASY RECIPE** - great way for folks to keep occupied while isolating.



**WHAT SKILL CAN YOU SHARE?** Art, music, sports, gardening, DIY, cooking, baking, IT, crafts, knitting, sewing...the list is endless...



**DO A SWAP!** Have a small Christmas and put lots of effort into birthdays next year instead. Or have a present swap!



**START A GARDEN.** Take cuttings , package up seeds, bundle them up and share with others. Remember to include instructions!



Do a themed Christmas! **FIND OUT WHAT OTHER COUNTRIES DO AND THEME YOUR DAY LIKE THEIRS.**



**THE REVERSE ADVENT.** Pop one item a day into a box for the food bank, animal shelter, homeless. Or you could do a theme with random acts of kindness, family time, or one that's just for you!



**HAVE A WALK OR DRIVE ROUND THE VILLAGE TO SEE ALL THE HOUSES DECORATED.** Stick on your PJs and enjoy some hot chocolate!



**SHARE LOTS OF EXPERIENCES!** Family movie night, a treasure hunt around the house, make your own decorations...the possibilities are endless



**INVITE SOMEONE WHO IS ALONE INTO YOUR BUBBLE FOR CHRISTMAS DAY.** Or drop by for a chat and share some goodies with someone you know.



**JOIN SARAH MILLICAN** and talk to others on Christmas Day #joinin on Twitter



There's still **LOTS** going on in the community this Christmas....



Santa, **YES SANTA**, the main man himself, will be visiting the village on Saturday 19th December!!! We don't quite know the times yet but as soon as we do we'll let you know on the BKRG and community facebook pages. *We're just a little bit excited!*

### AND IF THAT WASN'T ENOUGH!

*We're delighted to hear that*

**COMMUNITY SANTA** is back for another year! Let's hear from Mrs C (aka Lynsey) on how her idea came to life!

Community Santa was an idea back in 2018 which became a reality in 2019. So many people contribute both to our community and to our lives and deserve our recognition - so this seemed like an appropriate way to do that. There are lots of avenues to donate gifts to children at Christmas but I wanted this to be open to all, and it's great to have received nominations for our young people, those more 'experienced' members of our community, and every age in between.

Nominations are strictly confidential and those buying seem to get as much satisfaction as those receiving do. In fact it was last years gift buyers who got in touch to ask if it was happening again this year - and of course I was only too happy to oblige!

The response has been even greater second time around and whilst I'm having to make a few adjustments, and take precautions in light of current circumstances, I'm delighted to say that both community spirit and Christmas spirit is as strong as ever in what's been a very challenging year for us all. Thank you to everyone who nominated or offered to buy a gift. This couldn't happen with you!

Look out for me and my elves in the coming weeks, we might be visiting a house near you - although there's no need to check the chimney, this Santa prefers the door! *Lynsey x*



**"WHY DOES SANTA HAVE 3 GARDENS?  
SO HE CAN HO! HO! HO!"**

# Blackwood and Kirkmuirhill Resilience Group

## We are here to help you with:

- ✔ Shopping & urgent supplies / mail delivery/ post office & more
- ✔ Support with hobbies & interests
- ✔ A friendly voice to chat over the phone with a coffee and cake

We now have a mobile card payment machine so you do not need to worry about using cash.

**OPEN FROM 10AM-12NOON**

**TUESDAY, WEDNESDAY & THURSDAY**

**07943 804 965**

**07943 990 630**

RECOGNISED AS OUR COMMUNITY COVID-19 EMERGENCY RESPONSE TEAM

## Other Useful Numbers:

■ National Helpline: **0800 1114000**

9am - 5pm (Monday - Friday)

■ South Lanarkshire Wellbeing: **0303 123 1009**

Includes Money Matters & Food Bank Support

8:45am - 4:45pm (Monday - Thursday)

8:45am - 4:15pm (Friday)

■ Psychological Wellbeing Helpline: **01698 687 567**

■ NHS Lanarkshire Mental Health & Wellbeing: **01236 707 774**

■ Kirkmuirhill Pharmacy: **01555 894 119**

