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LDVG IS HERE FOR YOU

As you will know, at LDVG we have had to temporarily cancel our activity groups and lunch clubs in light of the current COVID-19 pandemic. While this is the best decision for the safety of our members it is a profoundly unfortunate situation as we know how much our services mean to our members. We are eager to get back to hosting our lunch clubs and activity groups as soon as it is safe to do so. We want to remind you that we are still here for you and are committed to helping the community however we can.

As such, our volunteers and staff are dedicated to continuing and expanding our Call Line service. We are now making calls every day of the week, mornings or afternoons. We recognise the huge difference a blether, a sympathetic ear or even a simple check up can make during such a trying and isolating time. Just listen to what some of our members have to say...

"So nice to hear something positive for a change - everything is so negative right now. This call has made me feel a lot better!"

"It's very good what you're doing, some people have nobody else."

It can be hard to stay positive but we are here to help. If you or somebody you know could benefit from the Call Line, please get in touch by phoning **01698 888893** or sending an email to **admin@ldvg.org.uk**.



LDVG'S VOLUNTEERS CELEBRATE IN STYLE

How better to spend Valentine's Day than with the people we love? With the people who support us so we can support you; the volunteers!

On February the 14th we thanked our volunteers with our Volunteer Christmas Party. This party was a well deserved chance for our volunteers to relax and enjoy food, drinks, music, dancing and, best of all, the incredible company. The night was filled with fun, games and even a bit of karaoke.



We would like to thank the Raploch Bowling Club for the venue and J.T. MacFarlane for their fantastic food. Thanks also go to Peter and Jackie Gavin, for providing the music, and Ann Nisbet, for her hard work in organising the event. We'd of course like you to join us in giving an extra special thanks and three big cheers to the volunteers! Our volunteers work so hard for the community and we love giving them a chance to enjoy themselves.

OUR ONLINE COMMUNITY

Our community means everything to us, especially during such an unpredictable time. We want to stay connected to you.

Our Facebook page is a fantastic way of keeping in touch with what's going on with us, other community groups and each other. It's an opportunity to share advice and updates. It's a reminder that we are dedicated to supporting our community throughout anything. Please share it with everybody who might benefit from our regular updates.

We want you to help us by sending us anything that you think would be useful. Meditation videos? Accessible workouts? Recipes? Fun DIY projects? We want to hear it!



LarkhallDistrictVolunteerGroup



MARCHING AHEAD

ATTENTION! We are pleased to announce that progress on our newest group, the Armed Forces Community Group, is well underway. After several meetings with members and key community figures we are ready to march ahead with our plans for this group.



Once normal service returns, this group will meet every second Thursday at 1400 hours. While plans for this group are currently on hold, we are very pleased with how it is shaping up and have exciting plans for the official launch. Stand at ease and stay alert for details.

BE SAFE, BE SCAM AWARE

Sadly some people are using the COVID-19 epidemic to hide their scams. We want you to be aware of their tactics so you can stay safe.

Scammers are sending texts claiming that your phone location data has shown you off your property and that you have to pay a fine. Do not follow the link and do not give your personal information or bank details.



Many current scams are using government branding to appear official. Some are even trying to get your details by claiming that the government owes you compensation. So stay vigilant and remember that it's always better to be safe than sorry. If you are unsure or do suspect a scam you can call Action Fraud on 0300 123 2040. They can provide advice and increase the likelihood of the scammer getting caught.

Also be aware of door to door scammers during this time. Do not give your money or access to your home to anybody who isn't trusted, even if they are offering their help. If somebody you suspect to be a scammer is at your door or in your neighbour, make the local police aware by calling **101**.

AN ODE TO CALL LINE

One of our members, Lorna Cammock, has written a poem dedicated to our very own morning Call Line volunteers. We are delighted that she wants us to share it with everybody.

To My Morning Call "Vollies" at Larkhall

by Lorna Cammock

Funny new word "Self Isolation"

Nicer American word "Sheltered in Case"

Oh there's Hazel on Monday

And Shona on Tuesday

And Mary on Wednesday call,

James on a Thursday, Betty/Ann on a Friday.

My thanks to them one and all.

But now that I'm indoors and waiting

They're going the extra mile.

From their mobs on a Saturday, also on Sunday

They do it to make me smile.



Lorna is a talented poet and she has used that talent to show her appreciation, bringing us a ray of sunshine during this time. We would like to thank her for allowing us to share this kind gesture with you all.

While it can be easy to get fed up during the current lockdown, using your creativity to write is a great way to keep your mind active. If this sounds appealing to you then see the next page for a project that might interest the writer inside of you.

LETTERS TO OUR GRANDCHILDREN

Generations Working Together have Started a unique project to bring young and old together! "Letters to our Grandchildren" is encouraging those over 65 to write an open letter to the younger people in their life. By gathering these letters in a book, this project will help to build a bridge of understanding between these generations.

Now is the perfect time to reflect and write. You could write about how to find happiness in life, the importance of family and friends, how to cope with loss or your hopes for a future world. Of course, these are only suggestions and you should feel encouraged to write what you're passionate about. If you want to participate by sharing your advice and reflections, write your letter on a single side of A4 and send it to us on Facebook or by email (admin@ldvg.org.uk).



TEA DANCE

Our Tea Dances are always popular. These gatherings are alive with laughs, music and dancing (not to mention the delicious cakes made by our volunteers). We know you will all be missing the good times and better company. That's why we are overjoyed that we will still be able to continue this tradition.



You might recognise Peter and Jackie from the Tea Dances and as "The 5 O'clock Some Where's", this duo is well known for their talent and the joy they bring to others. They will be performing on LDVG's Facebook LIVE every Tuesday at 2pm. This is a chance to hear live performances, catch up with each other in the comments and most importantly, have some fun. We hope to see you there!



WHO TO CALL

We understand that many of our members are unable to get out themselves for necessities like essential groceries or prescription pick ups. Here is a list of numbers for who to call if you, or somebody you know, is struggling with this.

- South Lanarkshire - **0303 123 1009**
- North Lanarkshire - **0300 555 0407**
- Stonehouse - **07385 839274**

The people at these lines will do everything they can to help you. If you're unsure, give us a call and we can find the right help for you.