

## Growing with what you've got : Live Workshop Q & A



A great live workshop Q&A from Dundee tomorrow!

This on-line workshop tomorrow has as the guest growing guru Kate Treharne who has been documenting ideas for lockdown gardening in her online channel, making do with things she's got at hand.

Stand by for lots of tips on what's worked and what hasn't for her so far, followed by the usual Q&A powered by several growing gurus.

Booking is required.

More details  
at [www.eventbrite.co.uk/e/growing-with-what-youve-got-live-workshop-q-a-tickets-103406561810](https://www.eventbrite.co.uk/e/growing-with-what-youve-got-live-workshop-q-a-tickets-103406561810).

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## Daily Covid-19 figures – 26 April 2020

The Department of Health confirms that today a further five people have sadly lost their lives to Covid-19.

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# Another update during the COVID-19 emergency

## **COVID-19**

**Information updates from  
Councillors Craig Duncan  
and Fraser Macpherson**

**Further update – for Sunday 26th April – from and Councillor Fraser  
Macpherson  
(West End) and Councillor Craig Duncan (Broughty Ferry)**

**NON-COVID: IF YOU NEED HELP, CALL THE NHS**

People are being encouraged to seek medical help for urgent health issues which are not related to COVID-19.

During the lockdown, patients have been delaying seeing their GP, and there has been a urgent cancer referrals and families getting their children vaccinated.

The campaign will encourage people to call their GP surgery, or 111 out of hours, if they have urgent health concerns. In emergencies, they should still dial 999.

**CASH**

There is a new service which allows friends and families to be able to withdraw cash for those who are self-isolating and drop it to them securely and safely at their home.

Banks can now send vouchers to customers by text, e-mail or post which they can then share with a trusted individual to withdraw cash on their behalf. All UK Banks, Building Societies and Credit Unions are able to use this service and customers can contact their bank to find out if they have signed up.

<https://www.itv.com/news/2020-04-13/post-office-helps-self-isolating-people-access-cash-more-easily>

[www.postoffice.co.uk/post-office-payout](http://www.postoffice.co.uk/post-office-payout)

**LOCK DOWN EXIT DISCUSSION**

The discussion document published by the First Minister on Thursday sparks a national conversation on not just how we exit the lockdown but how we change our lives for the next few years. The lockdown is saving lives from Covid 19 but it is also impacting on our mental health and is exacerbating inequalities. Our plan must fully include ways of addressing these problems.

The UK wide approach that has been adopted has been broadly effective at keeping the public health guidance clear. It is important that the Scottish Government backs up the need for clarity.

We are prepared to contemplate different measures for different parts of Scotland and the UK, but we are not prepared to support being different for its own sake. There is a risk from confused messages from different governments and that must be avoided to help keep people safe.

Please take time to read the document and contribute to the discussion.

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making>

#### AGE SCOTLAND ADVICE

Age Scotland has some helpful advice for older citizens at <https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/about-coronavirus>

#### PHISHING E-MAILS

National Cyber Security Service now has a phishing reporting service so people can simply forward dodgy emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). This is even more of an issue during the current health emergency.

Read more at <https://www.ncsc.gov.uk/information/report-suspicious-emails>

#### INFORMATION

UK Government news: [www.gov.uk/search/news-and-communications](http://www.gov.uk/search/news-and-communications)

Scottish Government Updates: [www.gov.scot/news](http://www.gov.scot/news)

Dundee City Council updates: [www.dundee.gov.uk/coronavirus-covid-19](http://www.dundee.gov.uk/coronavirus-covid-19)

Covid community helpline for food, shopping, prescriptions, finances, personal care: People in Dundee on the shielded list only – 0300 123 1403. People in Dundee who are vulnerable but not on the shielded list – 0800 111 4000

NHS Inform – <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

NHS Tayside website: [www.nhstayside.scot.nhs.uk](http://www.nhstayside.scot.nhs.uk)

Helpline for those who do not have symptoms but are looking for general health advice Tel: 0800 028 2816.

Health Protection Scotland Guidance – [www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19](http://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19)

Federation of Small Businesses: [www.fsb.org.uk/coronavirus](http://www.fsb.org.uk/coronavirus)

Helpline for small businesses, Monday to Friday, 8.30am to 5.30pm. Tel: 0300 303 0660.

Ready Scotland Information – [www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)

Tayside Cares – [www.taysidecares.co.uk](http://www.taysidecares.co.uk)

#### SUPPORT AND ADVICE

This is an anxious and uncertain time but we want you to know that we are here to try to help constituents in whatever way that we can.

#### CONTACT DETAILS

WEST END WARD – Bailie Fraser Macpherson

Phone – Dundee 459378 (home)

E-mail – [fraser.macpherson@dundeecity.gov.uk](mailto:fraser.macpherson@dundeecity.gov.uk)

Facebook updates : [www.facebook.com/dundeewestend](http://www.facebook.com/dundeewestend)

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## [Daily Covid-19 figures – 25 April 2020](#)

The Department of Health confirms that today a further sixteen people have sadly lost their lives to Covid-19.

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## [Support for vulnerable residents during the COVID-19 emergency](#)



The banner features a dark blue background on the left and a lighter blue background on the right. On the left, the 'TaysideCares' logo is in white, with the website 'www.taysidecares.co.uk' in a white rounded rectangle. Below this, the text 'Helpline for People Shielding Against Coronavirus' is written in large white font. A smaller white text block at the bottom left states: 'This will provide lifeline support and supplies for vulnerable people in Dundee who have been advised to shield themselves against coronavirus, but have no way to access services.' On the right, a white smartphone is shown at an angle, with the phone number '0300 123 1403' displayed on its screen in white text.

I thought it would be useful to give a reminder of the Dundee helpline to

provide lifeline support and supplies for vulnerable people who have been advised to shield themselves against coronavirus, but have no way to access services.

The Freephone number for Dundee – 0300 123 1403 – allows those who have been identified by Scotland's chief medical officer because of specific health conditions to speak to council advisers, who will then be able to target emergency aid directly.

People in Dundee who are vulnerable but not on the shielded list should use a different number – 0800 111 4000.

A single point of contact internet portal has been launched at [www.taysidecares.co.uk](http://www.taysidecares.co.uk) to help provide a joined-up response in the wider Tayside local resilience partnership area, which includes Angus and Perth & Kinross.