

# 1. QUALITY OF LIFE

## NEEDS, PROBLEMS, ISSUES

- Private dentists/GPs; no hospital clinics; no maternity - risk
- Academy no longer offer support for sexual health awareness
- cost of living, food and fuel poverty; social isolation
- poor quality in care homes
- huge demand for additional support needs
- Young men are 'lost'; mental health issues
- Social housing shortage ... crisis; limited affordable private/rented
- Homelessness at all time high (Covid break-ups, domestic abuse)
- Licensing is looser here; 20yr olds with alcoholism signs
- Highest regional drug deaths
- need help with benefits, jobs, using digital services

## SOLUTIONS, IDEAS, OPPORTUNITIES

- Wigtownshire Community Transport support hospital visits
- Reinstate local clinics and maternity services; offer sexual health support
- Free meals at Fed Up cafe, Apex food bank, D&G College
- Free veg in Unexpected Garden and at hospital Incredible Edibles
- Development Trust bringing 50 new allotments: learn/share skills; grow own food
- Propagate Scotland can run school/community courses on food; improve health/environment/food production
- Repeater Station as food hub; partner with Aird Farm (grow/ manure), Academy poly tunnel, Fed Up cafe: food box scheme
- Volunteer hub: coordinate (accessible) opportunities; make benefits clear... learn new skills for fun or work, make friends
- Take elder care into public sector or community; pay decent wages to carers
- Accessible raised beds, cycle paths... accessible everything
- Share a community-owned respite caravan for carers
- Men's shed; gaming projects; outdoor - grow, walk, forage, bootcamp
- Garrick Hub intergenerational housing young, old, dementia friendly
- Second Home Tax fund can develop town centre housing
- Community ownership of The Grapes: zone times of use for whole community with alcohol free nights
- Immediate/joined up support for risky behaviours - drugs/drink
- Improve Rhins-wide digital connectivity
- Offer tools and support to access and use (digital) services

“EVERYTHING COSTS”

“GET FOOD IN PEOPLE’S HANDS”

“SOME ARE DESTITUTE... THAT’S THIRD WORLD TALK”

“PUT LOCALS FIRST, NOT TOURISTS”

“6 HOUR ROUND TRIP TO HOSPITAL FOR NOTHING”

