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Autumn 2017





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Welcome!

Hello and welcome to latest edition of Bearsden and Milngavie Connect.

Brought to you by the Herald and Times Magazine Group, our community magazine seeks to celebrate the best the area has to offer.

Inside, this edition is filled with community news. From a packed programme of local events in our what's on guide on page 16, to news of the local buildings opening their doors for this year's Doors Open Days, there's plenty to enjoy.

Interested in advertising?

Hand delivered through letter boxes, Connect is the ideal platform to reach families in the heart of the community.

We hope you enjoy this edition and will see you next time.

Team Connect



'Step into some wonderful buildings for Doors Open Days. Turn to pages 28 & 29.'

Editorial

If you have a story you would like to be included in a future issue of Bearsden and Milngavie Connect contact:

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Bearsden and Milngavie Connect
Herald and Times Magazines
200 Renfield Street
Glasgow, G2 3QB

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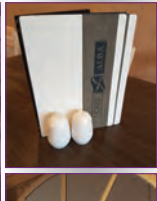
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Community Contacts

East Dunbartonshire Council contacts

General:
0300 123 4510

Community

Brookwood Library:
0141 777 3021

**Milngavie
Community Library
and Education
Centre:**
0141 570 1522

**Milngavie and
Bearsden Sports Club:**
0141 956 3817

**The Scout Hall,
Bearsden:**
0141 943 2183

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**Allander Evangelical
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**Milngavie United
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**St Andrews RC
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**Bearsden Cross
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The future looks bright for new bairns

NEW parents receiving Scotland's Baby Box will be among the first to benefit from a doubling of free early learning and childcare in Scotland.

The Baby Box initiative which rolled out in August, is inspired by Finnish baby boxes, and gives all newborns and their parents a box of essential items to help them through their first six months.

The box can also be used for babies to sleep in.

First Minister Nicola Sturgeon promoted the initiative during a visit to a nursery in Glasgow, where she met babies who will be among the first to benefit from the commitment to double funded childcare provision by the end

of this Parliament.

Speaking after the visit at Butterfly Nursery in Arden, Glasgow, the First Minister said: "Scotland's Baby Box is giving children the best possible start in life, and we are committed to doing all we can to make sure Scotland is the best place for a child to grow up.

"Our commitment to almost doubling entitlement to free early learning and childcare hours will benefit the Baby Box generation and ensure they can grow and develop in the very best environments, like the one I visited today. It will also benefit families by allowing parents to go back to work or further study.

"The importance of early

years development simply cannot be overstated, which is why my government is putting so much emphasis on doing all we can to improve the life chances of youngsters across Scotland."

The Baby Box generation will also benefit from a new Early Years' Grant for low income families, delivering £300 birth payments for all children and additional payments of £250 at key transition points in the early years; access to affordable and nutritious food through the Healthy Start Voucher scheme for low income families; the expanded Family Nurse Partnership programme; and 500 more health visitors by the end of next year.

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Accessing your favourite books is now easier than ever thanks to a recent makeover of East Dunbartonshire Libraries' digital services.

An extensive suite of digital library services puts eBooks, eAudiobooks, digital comics, graphic novels and magazines firmly at your fingertips.

The new eBook service - BorrowBox Library from Bolinda Digital - offers a great collection of over 2,300 eBooks and a small collection of e-audiobooks with titles for all ages. A free app is available for Apple, Android and Kindle Fire devices which makes downloading, reading or listening very simple and



straightforward.

ComicsPlus Library Edition is another recent addition to the digital services, offering a selection of over 16,000 comic books and graphic novels with titles suitable for ages from over-fives through to over-16s.

To register for any of these services you just need your

library membership barcode number, your PIN or password and an email address. Web links and more information about these services are available in the 24/7 Library section of the EDLC website at www.edlc.co.uk/libraries/24-7-library. Any library members who do not have a PIN or have forgotten it can ask at their local EDLC library or e-mail libraries@eastdunbarton.gov.uk and a PIN can be reset for them.

Alternatively, support is available in all libraries or you can email your question to libraries@eastdunbarton.gov.uk or call 0141 777 3143.

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For the movers and makers

LOCAL artists and craftspeople have the chance to showcase their work by applying for a stall holder spot at one of the monthly Milngavie Makers Market.

Set up last year by American artist, Jessica Stafford Cameron, the market provides a spot to showcase the wealth of talent in the area. Held in Milngavie Town Hall, there are plenty of stalls set to take place over autumn and winter.

A chance for shoppers to support local makers whilst finding individual gifts, the next markets will take place on Saturday 2 September, Saturday 7 October and Saturday 28 October.

Selling everything from art, crafts, fashion, soap and other items, with over 30 stalls present buyers will be spoilt for choice.

As the Town Hall lies across the street from Milngavie train station, it's ideal for locals and visitors from further afield.



Those wishing to apply to be a stall holder for any of the autumn/ winter markets can email milngaviemakersmarket@gmail.com with examples of work. Submissions will be reviewed and a selection will be made from a range of diverse and high quality products. Due to the high volume of applications please allow 10 business days for applications to be reviewed.



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The opportunity of a lifetime for a community superstar

IT'S no secret that the local area is full of people with hidden talents.

Whilst many might not believe in themselves enough to seek the spotlight, it could be down to a lack of opportunities to shine.

Thames Television is looking for inspirational people or community groups around the UK who have done something outstanding to appear in a new show where they will receive a surprise performance by a famous music artist.

The one-off show will be broadcast on ITV, showcasing

superstar performances and remarkable personal stories.

The channel is inviting 'secret' nominations of friends who may be a music lover and who deserve the chance to showcase their talent.

A spokesperson for the company said: "We are also looking for people that may have written a song for a loved one, or with a powerful message, and would like help recording it and performing it.

"If there are any people in your local community who you think would be deserving of



a surprise such as this then it would be great to find out more about them.

"We are looking for the exceptional, the deserving, and the bravest people out there.

"The nature of the show is for us to surprise people so if there is anyone you think would be worthy please do keep it a secret from them."

To nominate, email your name, contact number and reason for your nomination to lifetimeperformance@thames.tv

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Spruce up your home with a fresh approach to interior decoration

Quality interiors, expert service and knowledgeable staff can be found at the recently launched DS Interiors store in Bearsden.

Opening its doors just over two months ago, the new addition to the community stocks a wide range of products to help kit out any home in style. From carpets to beds, flooring to furniture, the staff at DS Interiors are on hand to offer the best advice to create the perfect look for you.

Whether you're home could use a revamp with freshly fitted carpets or a luxury vinyl tile, pop into the shop and browse for inspiration. The

rotating stock is certain to delight shoppers, with a little something to suit different tastes.

With 23 years of wholesale experience, owner Derek Spratt brings his extensive experience to the community.

As well as selling an array of interiors, customers can also benefit from the additional services provided.

DS Interiors offer a no obligation free measuring and estimating service on all carpets and flooring. Whether it be a small bedroom to a large commercial project, no job is too big or too small. With experienced fully qualified and

trusted tradesmen on hand to help, newly fitted carpets and flooring will be fitted to the highest of standards and deliveries arranged at a time that suits the client.

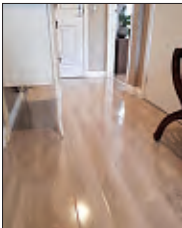
To win a memory foam double mattress, like and share DS Interiors on Facebook and leave CONNECT MAGAZINE in the comments.

Find DS Interiors at 27 New Kirk Road, Bearsden or call 0141 942 3030 to speak with a friendly member of staff.

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After the grand opening the Bathroom Company Glasgow is now open for business

An array of shiny new bathrooms is open for the public to view at 1/3 Erskine Square, Hillington.

Shoppers can receive a ten per cent discount simply by bringing in and showing this advert. Take a stroll at your own pace to view the great variety of fitted bathrooms on show.

With beautiful bespoke bathrooms, the Bathroom Company Glasgow pride themselves in accommodating for their customers, whether that be in style or budget, you are sure to find a bathroom to suit you.

They're selection also includes a disability range. Your dream bathroom can become a reality as the Bathroom Company has all your design, installation, tiling and bespoke lighting covered.

The service offered includes full bathroom installation, wet room installation, wet wall panelling, boiler installation, mobility adaptations, boiler repairs and servicing.

With over 15 years of experience in fitting bathrooms customers can be rest assured the Bathroom Company Glasgow know their stuff.

It has been a dream for the owners to open

their own showroom, and with a wealth of knowledge and a dedicated team behind them the pair are excited for this next step.

Owners Jennifer along with husband Richard are excited for the big opening, Jennifer said:

"As Richard has been on the fitting side of bathrooms we feel that this will make our showroom very unique as his experience and knowledge will benefit our customers massively."

For more info visit:

www.thebathroomcompanyglasgow.com



THE OPENING OF THE BATHROOM COMPANY GLASGOW

will be on **SATURDAY** the 26th of **AUGUST** from 12 onwards at 1-3 Erskine Square Hillington Glasgow G52 4BJ.

At the opening we will be having a **tasty BBQ, fizz, bouncy castle for the kids** (weather dependant!) and of course to show case all the beautiful bathrooms we have to offer.

We are the most stylish Bathroom Showroom to hit Hillington with bathrooms to suit every budget. We also have a selection of disability ranges. All your needs are taken care of to help you achieve your dream bathroom from design, installation, tiling and bespoke lighting. The services we offer include Full Bathroom Installation, Wet Room Installation, Wet Wall Panelling, Boiler Installation, Boiler Repairs & Servicing and Mobility Adaptations.



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A little bit of background about us- My husband Richard has been fitting bathrooms for over 15 years and has a wealth of experience. He has been self employed for many years fitting bathrooms for lots of companies in and around Glasgow with a dedicated team who have all worked for Richard for many years. The time has now come to take the next step and open our own Showroom. As Richard has been on the fitting side of bathrooms we feel that this will make our showroom very unique as his experience & knowledge will benefit our customers massively. Our web page is still under construction but will hopefully be live asap.

THE BATHROOM COMPANY GLASGOW

Opening Hours

Mon	10am - 5pm
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Wed	10am - 5pm
Thu	10am - 7pm
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The healing power of tea

SUNDAY tea parties are proving an effect way of combatting loneliness among the elderly as a charity is encouraging people to host and attend a meet up over tea and conversation.

Contact the Elderly is supported by a network of volunteers, who organise monthly Sunday afternoon tea parties for small groups of older people aged 75 and over who live alone, offering a regular and vital friendship link every month.

Sunday afternoon is highlighted as a particularly lonely day of the week for older people living alone and the charity is seeking to remedy this and transform lives over tea, chat and friendship.

Keeping its groups small, with the same individuals meeting every month, it encourages guests and volunteers to make lasting and fulfilling friendships in the personal and welcoming environment of someone's home.

If you know someone aged 75 and over who lives alone, has little contact with friends or family and finds it difficult getting out and

about, a change of scenery and regular meet ups may be just what they need.

Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for the afternoon. The group is warmly welcomed by a different host each month, but the drivers remain the same which means that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship.

The tea parties are a real lifeline of friendship for older guests who have

little or no contact with family or friends. They bring people of all ages together, develop fulfilling friendships and support networks, and give everyone involved something to look forward to each month.

Residents in Bearsden and Milngavie who would like to host a tea party or refer a guest are encouraged to visit www.contact-the-elderly.org.uk.

Find local groups to join or how to set up your own tea party to help those who could use the company.





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The results are in

PUPILS across East Dunbartonshire have proved they're some bright sparks after strong exam results were published by the SQA.

The results for the area's eight secondary schools remain strong across all year groups with bigger numbers of S6 pupils achieving Advanced Highers and more S5 pupils achieving 3+ and 5+ Higher passes.

Across the area, 94.7 per cent of S4 pupils achieved five or more National 4 passes while 66.8 per cent obtained five or more passes at National 5.

Amongst 5th year pupils, 77.9 per cent obtained one or more Highers while 60.7 per cent achieved three or more Highers. The number of S5 pupils achieving five or more Highers rose by 1.2 per cent.

The number of S6 pupils achieving Advanced

Highers rose by almost 2 per cent to 35.8 per cent with 33.1 per cent gaining three or more Highers.

Councillor Mohrag Fischer, Convener of the Education Committee, said, "It is clear from these results that pupils, supported by conscientious and committed staff, have worked very hard over the last academic year to return some very strong exam results.

"I'd like to congratulate all those young people who achieved what they set out to do and are now embarking on the next stage of their lives whether that be in school, further education, training or in the workplace.

"My thanks go to the teachers and staff within our schools who work tirelessly with young people to identify and build on their strengths and ensure high levels of attainment and achievement in all our schools."

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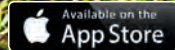
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Flu vaccine

PRIMARY School pupils throughout East Dunbartonshire are set to receive the flu vaccine this October.

A team of 29 school immunisation staff from NHS Greater Glasgow & Clyde (NHSGGC) will visit 34 primary schools in the area, reaching almost 9,000 children.

The flu vaccine is given as a painless nasal spray. Children who can't have the nasal spray for medical or religious reasons can receive the vaccine as an injection in the upper arm.

Children have the highest flu attack rates and are more likely to pass on the virus to family, friends and the wider community.

However, evidence from Public Health England has shown that where primary school age children were given the vaccine there is a significant reduction in the



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number of children and adults attending GPs and hospitals with flu like illness.

Emilia Crighton, deputy director of Public Health, NHSGGC, said: "It may seem very early to be thinking about flu during the summer holidays, however we want to immunise as many children – one of the most vulnerable groups - as possible.

"Vaccinating 85,000 primary children over a nine week period is a massive operation for our teams. However, it is hugely important as the vaccine is the best protection we have against an unpredictable virus which causes severe illness and deaths each year.

"If a primary pupil was immunised against flu last year it is important they get the vaccine again this year, as the virus changes every year. As a result, a different vaccine has to be made every year, meaning annual vaccination is necessary for children.

"I'd urge parents and carers to return the completed permission form as soon as possible. Flu needs to be taken seriously – it's not the same as the common cold and the virus can have an immediate and severe effect."

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Bearsden & Milngavie Connect



Read all about it

YOUNG bookworms are invited on a world of discovery at their local library.

East Dunbartonshire Libraries invite parents and young children to Bookbug sessions, which take place on various dates throughout the year.

Open to youngsters aged between 0-four, Bookbug sessions are fun, free and friendly events for little ones and their families to enjoy together.

During the 30 minute sessions children and grown-ups share stories, songs and rhymes and have fun at the same time.

Studies have revealed that just a few minutes of reading or singing every day can help develop language skills, boost confidence, help relaxation and offer quality time.

Each Bookbug session offers the opportunity for children to play and learn whilst interacting with others.

Parents keen to instill a love of reading are encouraged to find out the sessions taking place in the area.

Bearsden Library hosts sessions on a Wednesday, Thursday and Saturday, whilst Milngavie Library sessions take place on Mondays, Tuesdays and Saturdays.

To find out more information or book a session, call 0141 777 3143 Monday - Friday 9am-1pm and 2pm-4pm.





For the love of the planet

Organisations are being encouraged to host events and raise awareness of the impact of climate change to coincide with Climate Week 2017.

Running from 18 – 22 September, Scotland's Climate Week will highlight the actions people and organisations can take together to reduce emissions and adapt to a changing climate.

Activities could range from having climate conversations, hosting seminars and educational sessions, to sustainable travel fairs to encourage people to cycle or

walk to work. Organisations can also team up with Climate Challenge Fund groups which are delivering climate actions including energy efficiency improvements, low carbon travel options, community growing initiatives and schemes to tackle waste.

Climate Change Secretary Roseanna Cunningham said: "Climate Week is an opportunity to get more people talking about climate change and highlights how people can get together and learn from each other to take action – whether it's reducing food waste, cycling and

walking instead of driving, installing energy efficiency measures, or improving our green spaces for biodiversity.

"Scotland is already punching well above our weight when it comes to its climate change ambitions. I would encourage organisations across the country to sign up to Climate Week and help us spread the word that everyone can play a role in tackling climate change."

For more information about doing your bit, visit www.keepsotlandbeautiful.org and search Climate Week 2017.

Bearsden & Milngavie Connect

What's on

KEEP up to date with events taking place in the local and surrounding areas.

EVENT: Bookbug for babies

Date: Every Wednesday
Time: 2pm
Location: Bearsden Library
Cost: Free

What's on: Fun, friendly and interactive sessions for babies aged 0 to 18 months, Bookbug offers the perfect chance for parents and children to bond over a love of reading. You and your baby will enjoy rhymes, songs, tickles, bounces and books. Call 0141 777 3143 for more information.

EVENT: Dougie MacLean

Date: Friday 20 October
Time: 7.30pm
Location: Milngavie Town Hall
Cost: tbc

What's on: Internationally renowned for his song Caledonia, music for Last of the Mohicans and inspired performances, Dougie MacLean is a singer-songwriter and a national musical treasure who has developed a unique blend of lyrical, 'roots based' songwriting and instrumental composition. Tickets available in person from Haydock Music, Stewart St and The Iron Chef, Mugdock Road and by visiting www.ents24.com/milngavie-events/milngavie-town-hall/dougie-maclean/1073830551

EVENT: Have a Go Longbow

Date: Sunday 15 October
Time: 2pm
Location: Mugdock Country Park
Cost: £1

What's on: Take a shot at medieval archery with the Green Hollow Bowmen in the Walled Garden. Watch the demonstration at 2pm or turn up and join in at any time. Visit www.mugdock-country-park.org.uk to find more information.

EVENT: Proud Monsters of South Lodge

Date: Wednesday 18 October
Time: 2-3.30pm
Location: Mugdock Country Park
Cost: £3

What's on: Bold backswimmers, wicked water boatmen and crafty caddisfly nymphs are just a few of the amazing creatures you might find. Join the Ranger Service to try and catch these fascinating underwater beasts. Children must be accompanied by an adult. Wear wellies and meet at South Lodge car park or follow the signs to find the Ranger.

EVENT: Family Shine

Date: Saturday (monthly)
Time: 2pm
Location: Milngavie Library
Cost: £1.50 per child *(Book one session get one free)

What's on: A story-based session with games and challenges for children and their families. Lots of lovely books and ideas to make children happier and more confident and to 'help them shine' as well as Lego Vs Minecraft fun. Book online by visiting www.booking.edlc.co.uk/horizons/culture or call 0141 777 3143.

Can you spare a pint?

AN upcoming blood donation session hopes to encourage locals to do their part to help save a life.

On Monday 20 November the Scottish Blood Transfusion Service (SNBTS) is calling on locals to join them at Killermont Parish Church in Bearsden from 2-3.45pm and again at 5.15-7.15pm.

The process of giving blood is quick and simple.

After filling in a donor health check questionnaire and having a check-up from a nurse, a donor's haemoglobin (iron) level will be tested to ensure they can spare a pint of blood.

Once everything is checked and in order, they will then make their donation.

Each donation takes around 10 to

15 minutes and staff aim to take around 470mls of blood - with additional samples for testing.

Every day Scottish patients receive life-enhancing or life-saving treatments using the blood donated.

Within 24 hours of a donation, blood is processed, tested and available for use and one blood donation can save or improve the lives of up to three people.

To find out more, visit scotblood.co.uk



The advertisement features a collage of magazine covers and digital devices. The covers shown are for 'Scottish Gardener' (with orange flowers), 'Scottish Walks' (with a person walking in a landscape), 'Scottish Cycling' (with a cyclist), and 'Family Focus' (with a woman in a wheelchair). Below the covers, a laptop, a desktop monitor, and a smartphone are shown displaying the digital versions of the magazines. At the bottom, the website addresses are listed: www.scottishgardener.co.uk, www.scottishwalks.com, www.scottishcyclingmag.co.uk, and www.familyfocus.scot. A text box at the bottom reads: 'Whether you enjoy pottering in the garden, walking through Scotland's beautiful landscapes, cycling through the countryside or keeping up-to-date on current issues affecting families in Scotland, we have it covered. Register for your free digital edition to our portfolio of magazines at the individual websites listed above.'

Bearsden & Milngavie Connect



Unlock the local area's potential

OPEN doors to the past, present and future at a variety of iconic locations throughout East Dunbartonshire.

That's the offer ahead of Doors Open Day 2017 - which takes place locally on Saturday 9 September.

This is the 19th year that East Dunbartonshire has taken part in the Scotland-wide event and there are a range of buildings and events in this year's programme.

All activities are free, but visitors are reminded you must book where places are



limited.

Throughout Milngavie, locals will have the chance to step inside The Glasgow Academy (formerly Atholl

Preparatory School) from 10am-1pm; Milngavie Heritage Centre - 'Railway to Milngavie' Exhibition from 10am-4pm; Douglas Academy from 10am-

Bearsden & Milngavie Connect



1pm; and Milngavie Railway Walk, which leaves from Milngavie Heritage Centre at 10.30am.

Similarly in Bearsden there is the choice of visiting St Andrew's RC Church for their 50th Anniversary from 10am-4pm; New Kilpatrick Parish Church from 11am-2pm; Arts Centre Tour - 'The Story So Far' at Kilmardinny House - 11.15am tour; and a Family Fun Workshop - 'Print A Postcard' at Kilmardinny House from 11am-noon.

Councillor Jim Gibbons, Convener of the Place,

Neighbourhood and Corporate Assets Committee, said, "I hope as many people as possible take the opportunity to enjoy this year's programme, which offers a range of visits, tours and walks in East Dunbartonshire.

"We have been involved in Doors Open Day for almost 20 years and it has proven to be a very popular celebration of local history and heritage."

Sandy Marshall, Vice Chair of EDLC Trust, said, "I'm delighted that a number of new venues are included in the 2017 programme, which

ties in with the Year of History, Heritage and Archaeology.

"All of the events are free, but please note that you will have to book some in advance."

For further information on local events, phone 0141 777 3143, e-mail culture@eastdunbarton.gov.uk or visit the website - www.edlc.co.uk

Leaflets are available from libraries, the Auld Kirk Museum, Lillie Art Gallery and participating venues.

For details of national events, visit www.doorsopendays.org.uk



Top tips to avoid your grass, plants and flowers having the post-holiday blues

Returned from holiday to find bedraggled plants, an overgrown lawn, herbs and flowers which have run to seed and a glut of crops you couldn't give away?

So, what do you do? Firstly, don't despair

The rain we've had this summer may have gone some way to saving flower borders, but containers left in sheltered spots may have dried out without the luxury of



an automatic irrigation system, or a friendly neighbour to water them in your absence.

Guy Barter, RHS chief horticultural adviser, reckons that if your bedding plants haven't dried out completely, you should have a month of good growing weather left in the south of the country and a little less in the north.

"The recent wet weather will have helped gardens enormously, but containers are still likely

to be fairly dry, so you need to give them a really good soak, deadhead the flowers and give plants a good feed," he advises.

Cut back and feed container plants

Container plants, including petunias, can be cut back and should produce another burst of growth, provided the slugs haven't devoured the base of the plants during the rainy period, he says.

You should also be able to give trailing plants such as lobelia and bacopa a haircut and a feed, to prompt them into further flowering.

Watch out for slugs

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bargains at garden centres at this time of year, including herbaceous perennials such as delphiniums and lupins, which have finished flowering, but should grow strongly next year and hopefully be free of mildew.”

Tackle overgrown lawns

You may be returning to long grass, which will have been growing thanks to the mixed weather we've had in summer. When tackling it, Guy recommends not taking off more than a third at a time until it has recovered and don't feed the lawn until autumn.

As for vegetables, you should be returning home to bumper crops, although tomato blight tends to appear in warm, wet weather and if your plants succumb, there's not a lot you can do apart from consign them to the bonfire.

Giant veg may have to be ditched

“You may have enormous marrows when you actually wanted courgettes and rather tough, stringy beans which have been left too long for picking. But some of the overgrown veg could go into chutneys.”

Lettuces may have bolted or been damaged by slugs and if they are, lift them and replace them with other crops such as Chinese leaves

and spinach, while mustard seeds can also be sown for green manure. Spring onions can also be sown now, where they are to mature and left to overwinter until they are ready for harvesting in spring.



“People who have been away during the wet weather should be prepared to come back to find a lot of slug damage,” he adds. “They will eat petunias around the base and feast on hosta leaves, and the plants will not produce more leaves this year.”

It may be wise to feed vulnerable plants with nematodes, biological controls which are specifically designed to attack slugs and vine weevil.

Be aware that many

biological controls become less reliable when the temperature drops, as the predatory insects which provide the control then multiply more slowly. Check for greenfly and blackfly and take off shoots on plants which are infested and dispose of them.

Grab plant bargains

“You can also get some plant





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