

# Bearsden & Milngavie Connect Winter 2017



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# Welcome!

**Hello and welcome to the winter 2017 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 issue is filled with community news. From a packed programme of local events in our what's on guide on page 20, to news of parents deciding on the new Bearsden school's name on page six and a call for input at Milngavie's Barloch Moor on 14, there is plenty inside for readers.



**New primary school name unveiled**  
See page 6

### ***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**

### **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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#### Milngavie Community Library and Education Centre:

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# New primary school name unveiled

**A name has been decided for the new £10m primary school being built in Bearsden after a poll of local families chose 'St Nicholas's Primary'.**

The name for the new school, which is being built on the site of St. Andrew's Primary to replace it and St. Joseph's Primary in Milngavie, was picked following a consultation by the interim parent council with both school communities.

Other names in the running were St. Anthony's, St. Gabriel's and St. Peter's. The results of the first vote - which failed to find a winner with a 10 per cent majority - were:

St. Anthony's PS	47 votes
St. Gabriel's PS	50 votes
St. Nicholas' PS	69 votes
St. Peter's PS	47 votes

A second ballot where families voted between the top two saw St. Nicholas' PS receive 110 votes and St. Gabriel's PS receive 88 votes.

Members of the Council's Education Committee approved the name at a recent meeting and Committee Convener, Councillor Mohrag Fischer, met young people at the site of the new school to unveil the poll results.

She said: "This is a milestone in the life of the new school which is set to open in August 2018. Well done to the interim parent council for running this consultation and bringing both school communities together to make this huge decision.

"St. Nicholas' is the patron saint of children so there could hardly be a more appropriate name for this fabulous new school which has at its heart the development and nurture of local young people."



*Councillor Fischer joins pupils from both schools and local Councillors to unveil the school's new name.*

## A week of books encourages the write stuff

**Book Week Scotland is rolling around soon and fascinating food stories, writing on the road and momentous events are among the topics on the menu locally.**

East Dunbartonshire Libraries will host a range of events between 27 November and 2 December - with authors reading from their works and celebrating the written word.

On Thursday 30 November catch Struan Stevenson as he takes part in a Meet the Author event at 7pm at Milngavie Library.

The award-winning writer and broadcaster will be giving an illustrated talk on his book 'Ten Meals that Changed the World'. The fascinating and unusual work examines how food and drink have had a huge influence on the outcomes of world-changing events.

Councillor Jim Gibbons, Convener of East Dunbartonshire Council's Place, Neighbourhood & Corporate Assets Committee, said: "A range of events have been organised by the Libraries team as part of this year's Book Week Scotland. I hope as many people as possible take the chance to go along and get involved."

Sandy Marshall, Chair of East Dunbartonshire Leisure and Culture Trust, said, "Our libraries play an extremely important role in the heart of our communities and the lives of local residents. Book Week Scotland is the ideal opportunity to promote reading and the use of our excellent local facilities."

Visit [www.scottishbooktrust.com/events](http://www.scottishbooktrust.com/events) for more information on Book Week Scotland, or to book your free place at the Meet the Author call 0141 777 3143 or visit [www.booking.edlc.co.uk/horizons/culture](http://www.booking.edlc.co.uk/horizons/culture)



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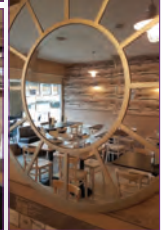
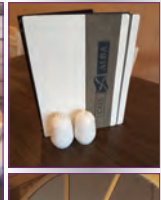
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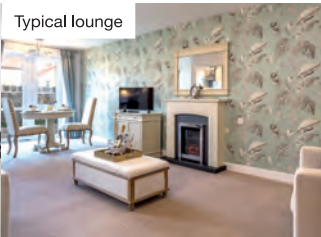
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Typical lounge



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For more information on Riverwood or to register your interest, please call us for free on **0800 310 0479** or visit [mccarthyandstone.co.uk/riverwood](http://mccarthyandstone.co.uk/riverwood)

LP-SC-CONNECT

## A feast fit for a King

**O come all ye patrons... and get your tickets for a Christmas lunch fit for Good King Wenceslas.**

The recently rejuvenated Kilmardinny House is hosting a series of festive lunches throughout December and tickets are selling like hot mince pies.

Christmas lunches will be served at the A-listed Bearsden building on Thursdays and Fridays - 7/8 December, 14/15 and 21/22 - with plans for live music beforehand.

The luxury menu includes starters, main courses, desserts and deep-filled mince pies - as well as classic Christmas crackers.

The lunches are being organised by East Dunbartonshire Leisure and Culture (EDLC) Trust and specialist caterers Elior.

Tickets cost £14.95 per person and places are limited. For more information and to book, e-mail [chloe.halliday@elior.co.uk](mailto:chloe.halliday@elior.co.uk) (link sends e-mail) or call 0141 777 3090/3096.

Councillor Jim Gibbons, Convener of the Council's Place, Neighbourhood & Corporate Assets Committee, said: "The Christmas lunches are proving popular at Kilmardinny House. As well as providing



people with an opportunity to enjoy first-class festive food and drink, it allows them to see the newly-improved facility at first hand."

Lunches will be served in the new garden pavilion extension - which provides a modern, flexible space able to accommodate a range of activities, including performances, exhibitions, conferences and weddings.

For information on bookings, e-mail [edlct.bookings@eastdunbarton.gov.uk](mailto:edlct.bookings@eastdunbarton.gov.uk) or call 0141 777 3143. Further details on Kilmardinny House can also be found on the Trust website - [www.edlc.co.uk](http://www.edlc.co.uk)



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# Helping to stub out bad habits

**An unhealthy and potentially life altering practise is being targeted by a newly launched campaign which challenges adults who buy or give cigarettes to children and young people.**

East Dunbartonshire Council and the East Dunbartonshire Tobacco Alliance have shown support for a national campaign to challenge this practise taking place.

The evidence tells us that young people who smoke usually get their tobacco from friends, family and other people they know. Often these adults think they are “doing them a favour”.

In response, the #notafavour campaign will make it clear that those helping under-18s to get hold of cigarettes are also helping them into addiction, ill health and financial problems.

The campaign has been developed by Action on Smoking and Health (ASH) Scotland and the Society of Chief Officers of Trading Standards in Scotland and is fully supported by East Dunbartonshire Tobacco Alliance, as part of a national effort to reduce the number of young people who take up smoking every day.

As part of the campaign Council Trading Standards Officers will be carrying out visits to

tobacco traders to highlight the issue and support them in dealing with potential proxy sales. In addition to this, pavements throughout East Dunbartonshire will also be stencilled with temporary spray paint to promote the campaign message that it's illegal to buy tobacco to give to under 18s.

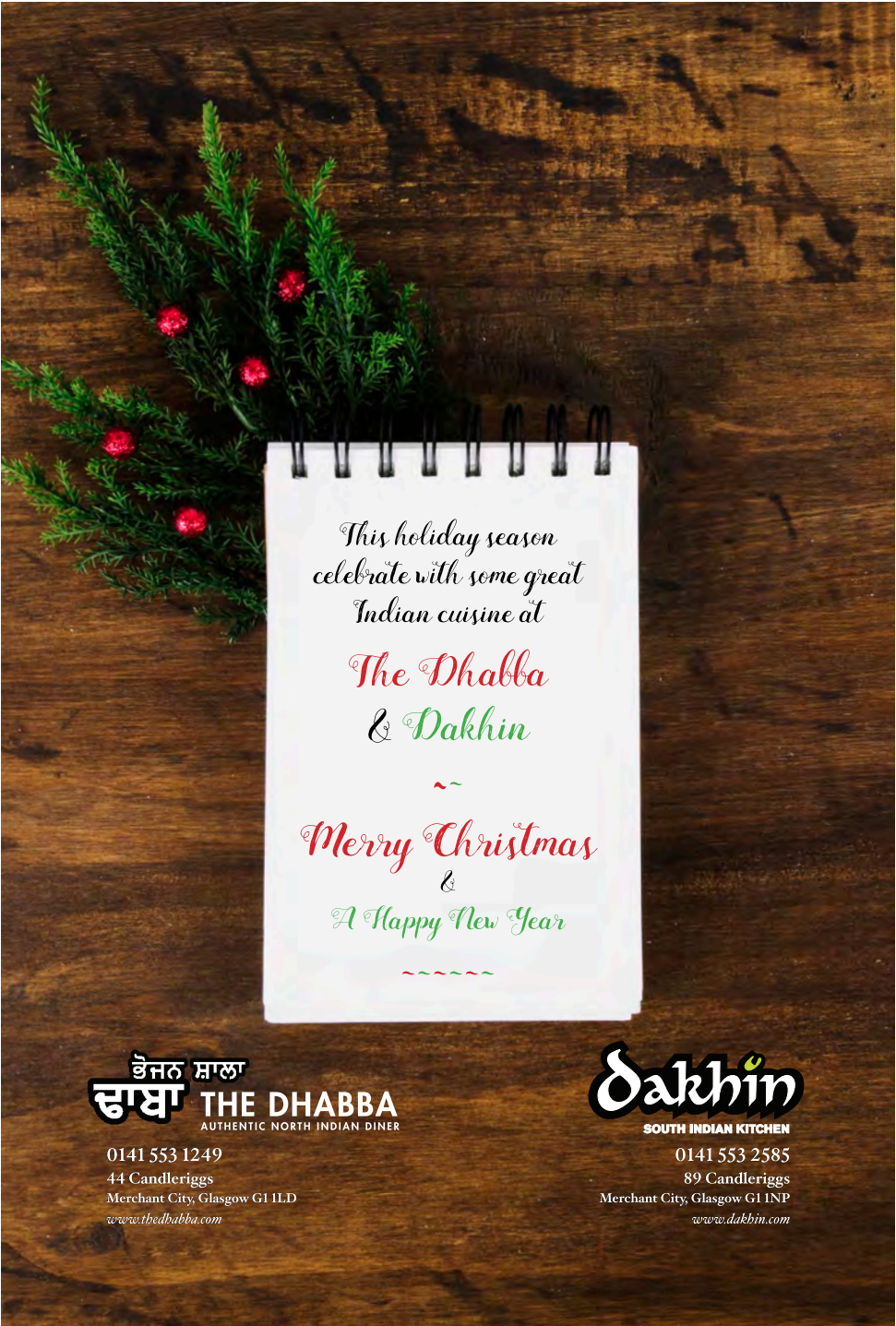
Secondary schools across the area will also be visited by representatives of the East Dunbartonshire Health and Social Care Partnership (HSCP) to encourage them to debate the issue of proxy sales.

Council Leader Gordan Low, said, “The Council and East Dunbartonshire Tobacco Alliance are delighted to help the young people of East Dunbartonshire by supporting the #notafavour campaign.

“Most people wouldn't dream of buying tobacco for young people, but for those who do we want to challenge the attitudes and assumptions behind this behaviour – they are most certainly not doing them any favours.”

Sheila Duffy, Chief Executive of ASH Scotland, said, “Most people who smoke started as children, and the great majority now say they regret it. So let's keep tobacco out of the hands of young people. If we could really make starting to smoke an adult choice then almost nobody would do it.”





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# Can you help shape Barloch Moor's future?

**The people of Milngavie are being asked to have their say and help shape the future of Barloch Moor.**

East Dunbartonshire Council has contracted Heritage Environmental Ltd to produce a five year Management Plan for the Local Nature Conservation Site located on Old Mugdock Road.

A drop-in public information event has been organised by the Council's Streetscene Technical Support Team to allow the local community to find out more and to have their own say about what they would like to see in the management plan.

Councillor Jim Gibbons, Convener of the Council's Place, Neighbourhood & Corporate Assets Committee, said: "Barloch Moor is one of East Dunbartonshire's hidden gems and is bursting with biodiversity. It's very popular with the local community and is well-used as a resource for delivering environmental education opportunities.

"This information event is a great opportunity for



anyone interested in finding out more about the proposed management plan to come along and get all the information they need and give their feedback.

"There will be experts on hand to answer questions and provide further details on what is being proposed."

The event will take place on Wednesday 6 December 2017 from 3-7pm at Cairns Church, 11 Buchanan Street, Milngavie, G62 8AW.



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## Bearsden & Milngavie Connect

# Help develop the Antonine Wall

**Residents living in Bearsden and the surrounding areas are invited to help develop exciting plans for the Antonine Wall.**

A new £1.6m scheme, Rediscovering the Antonine Wall, will deliver a range of projects along the route of the famous Roman wall - from the Clyde to the Forth.

Bearsden, along with Twechar, are key locations and local residents have been invited to get involved.

A drop-in event was held in Bearsden Cross Parish Church on Tuesday 21 November between 2pm and 8pm, but those who missed out can get more information at Twechar Healthy Living and Enterprise Centre's Christmas Market on Saturday 2 December - between noon and 3pm.



Ideas include an Antonine Wall-inspired playpark at Peel Park, Kirkintilloch; siting a replica distance slab near Twechar Healthy Living & Enterprise Centre; multi-media projects related to sites along the wall; developing and leading community initiatives - these could be anything from exhibitions and local research projects, to community gardens with a Roman twist and art activities, and the '21st Century Legion' - a volunteer group which will help raise awareness of the wall, as well as developing and delivering activities.

The project has received a first-round pass from the Heritage Lottery Fund (HLF), with development funding of £97,000 awarded to progress plans - allowing the group to apply for a full grant next year to implement the project.



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## Opening Hours

**Mon-Fri: 8.30am - 5.30pm | Saturday: 8.30am - 4pm | Sunday: 10am - 4pm**

# What's on

KEEP up to date with local events to see you through Christmas and into the New Year with our handy what's on guide.

## EVENT: Sensory Stars

**Date:** Every Thursday

**Time:** 11.30am

**Location:** Bearsden Library

**Cost:** £3 per child

**What's on:** Enjoy some chilled out time with your baby and hear stories, meet other carers and let babies experience some sensory play. Sessions cost £3 and run in blocks. Classes need to be booked in advance either online 24/7 by visiting [www.booking.edlc.co.uk/horizons/culture](http://www.booking.edlc.co.uk/horizons/culture) or by telephoning 0141 777 3143.

## EVENT: Boo Hewerdine

**Date:** Saturday 16 December

**Time:** 7.30-10pm

**Location:** Milngavie Folk Club

**Cost:** £13

**What's on:** Mark "Boo" Hewerdine is an English singer-songwriter and record producer, with his work including being the lead singer and creative force behind The Bible, formed in the 1980s, and reformed in 1994, as well as solo recordings and work for film. Purchase tickets at [tickets.jmsconcerts.co.uk](http://tickets.jmsconcerts.co.uk)

## EVENT: Milngavie St Andrew's Festival

**Date:** Sunday 3 December

**Time:** From 12pm

**Location:** Milngavie Town Centre

**Cost:** Free

**What's on:** Head along to the town centre where it will be filled with Scottish Music, Highland dancing, a Pipe Band parade, Scottish Market and Ceilidh music leading to the firework finale and winter lights "switch on".

## EVENT: Sam Carter

**Date:** Saturday 10 February

**Time:** 7.30-10pm

**Location:** Milngavie Folk Club

**Cost:** £12

**What's on:** British guitarist, singer and songwriter, Sam Carter, will be bringing his folk/ roots music to Milngavie. To purchase tickets, [tickets.jmsconcerts.co.uk](http://tickets.jmsconcerts.co.uk)

## EVENT: Milngavie Makers Market

**Date:** Saturday 23 December

**Time:** 11am-4pm

**Location:** Milngavie Town Hall

**Cost:** Free

**What's on:** Stock up on last minute Christmas gifts and stocking fillers at this monthly market. Find nice people and nice things whilst meeting the makers of some wonderful crafts.



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# For the movers and makers

**Don't miss the chance to pick up some last minute Christmas gifts and stocking fillers at the final Milngavie Makers Market of 2017.**

The monthly market will host a Christmas edition on Saturday 23 December at its usual spot in Milngavie Town Hall, before picking up again in the New Year.

Set up in 2016 by American artist, Jessica Stafford Cameron, the market provides a spot to showcase the wealth of talent in the area. Offering the perfect opportunity to buy quirky Christmas gifts just in the nick of time, locals can pop along anytime between 11am and 4pm.

Selling everything from art, crafts, fashion, soap and other items made by local makers, with over 30 stalls present it means buyers will be spoilt for choice to nab that perfect gift.

Selling nice things by nice people, the market offers the chance to mingle and shop without the need to battle the crowds on busy high streets.

Local artists and craftspeople hoping to have the chance to showcase their work, can apply for a stall



holder spot by emailing [milngaviemakersmarket@gmail.com](mailto:milngaviemakersmarket@gmail.com) with examples of work. Submissions will be reviewed and a selection will be made to from a range of diverse and high quality products.

## Ready for winter

**People in Bearsden and Milngavie are being assured that the Council is ready to respond to dropping temperatures and snow to keep its traffic and pedestrians safe and moving as we begin to feel the winter chill.**

The Place, Neighbourhood and Corporate Assets Committee recently approved the adoption of the Winter Service Plan for 2017/18 which guides how the Council responds to severe weather, be it heavy snow or freezing temperatures.

Councillor Jim Gibbons, PNCA Committee Convener, said, "Every year we seem to be faced with new challenges but the people of East Dunbartonshire should know we are well placed and are doing everything in our power to be prepared.

"Our gritting fleet is always ready, we have salt supplies stored in our salt dome and our highly experienced teams are on standby 24/7 throughout the winter responding to meteorological reports to keep roads and pavements as snow and ice-free as we possibly can.

"This is not an easy task as conditions change rapidly but our on-call Duty Officer checks a dedicated



forecasting service – specific to East Dunbartonshire – three times a day and uses this to make a decision on what action is required to keep our roads safe.

"We also have road condition sensor stations at various locations which give information on the current road condition, road surface temperature and the amount of residual salt. This allows us to save money by only gritting when it's needed and not wasting supplies unnecessarily by being as efficient and effective as possible."



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# Be advent-urous this Christmas and have a calendar with a twist

**People living in Bearsden and Milngavie can help ensure no one goes hungry this Christmas by joining the Reverse Advent Calendar campaign.**

Whilst the festive season is an excuse for many of us to overindulge in food and drink, there are parents, families and older people who unfortunately can find themselves worrying about having nothing to eat or how they are going to feed their children without the usual help of free school dinners.

That's why UK Money Bloggers are this year urging people to support their local foodbank and take part in #FoodbankAdvent. The premise is simple. Rather than the usual Advent Calendar, where you open a window from December 1st to Christmas Day and get a reward, you instead make a donation a day.

The idea is to get an empty box, then put one item for your local foodbank into it every day. You could either



do this for 25 days to mirror the advent calendar, or start a few days early to ensure you can hand your box over in time for Christmas.

The Trussell Trust's website gives handy tips for what items are appreciated, but generally speaking tinned or dried food is best as it has a long life. Children may want to fill the box with mince pies, chocolates and snacks – the sort of special food they think of as being for Christmas.

But food banks also need “the boring stuff” – cereals, tinned fruit and vegetables and rice.

#FoodbankAdvent is a great way to show children Christmas is a time for giving, not just getting.

If you do a reverse advent calendar box this year, why not share a photo of it on Facebook, Instagram and Twitter to encourage your friends to do the same? Use the hashtag #FoodbankAdvent.

Solving poverty, low and erratic wages and benefits problems needs action from the government, but small acts can make sure no-one goes hungry this Christmas, one box at a time.

Milngavie's foodbank is located at St Joseph's Church on Buchanan Street. Visit [www.trusselltrust.org](http://www.trusselltrust.org) to find out more about what items are needed.







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# A matter of kindness

**Whilst many of us look forward to Christmas and spending time with family and friends, some people unfortunately aren't so lucky.**

Many elderly people across East Dunbartonshire find themselves alone during the festive period, for a variety of reasons, and during the colder winter months is when the elderly are at their most vulnerable.

Health problems can arise, especially if someone is left alone and unchecked. As well as potential health issues, Christmas can be a bad time too as it's a time which is meant to be celebrated and spent with family, but for those left alone it just reinforces the loneliness and loss they may have experienced.

This stressful thought process can have an adverse effect on the body too – and seeing as winter is a particularly tough time anyway, this doesn't help things.

One group who are looking to make sure the elderly aren't left alone over the festive period are Age UK.

They recently found out that almost 400,000 people over 65 in the UK had concerns about being lonely over the festive period.

As well as this, around 550,000 people over 65 claimed they were not looking forward to Christmas "because the festive season brings back too many memories of loved ones who have passed away".

According to Age UK: "Each winter, one older person dies every seven minutes because of the cold weather."

There are ways to help older people who may be feeling lonely, however. Age UK has some tips on what to do if you think someone you know is experiencing this.

They say: "Showing kindness towards others

during the festive period reminds them that someone cares for them and also that they haven't been forgotten.

"That simple act of kindness could be popping over to your neighbour's house for a cup of tea and a biscuit.

"It could be taking them to do their weekly food shop, or just calling in to see them and to say that you're going shopping and asking if they need any groceries?"

Age UK also suggest: "If it's been snowing, how about clearing your older neighbour's driveway?"

"Why not invite someone over to spend time with you and your family on Christmas day – in fact, why not ask them over to have dinner with you?"

"Remember that little things can make a difference and something as simple as getting out of the house to meet, eat and be with other people will have a lasting and positive effect on the lives of older people this Christmas and beyond."

**For more information call Age UK Advice free on 0800 169 65 65 or visit [www.ageuk.org.uk](http://www.ageuk.org.uk)**



# Natural Laundry revolutionises the dry-cleaning process

Natural Laundry opened the doors in 2017, with a vision to bring a more efficient and toxic free cleaning and laundry service, to the local Bearsden community. Natural Laundry was thought up by Stefano Dalsasso, who is a director of local restaurant Massimo.

Our laundry boutique has a welcoming atmosphere with modern décor. We aim to deliver a service that is not only natural and healthy but extremely focused on customer service and convenience.

Many traditional dry cleaners say they are “Green”, which is not completely true. They are still using toxic chemicals, mainly PERC, (Perchloroethylene). PERC is extensively recognised as carcinogenic and is banned in the US and many European countries as it pollutes air, soil, and water. At the Natural Laundry, we have gone that extra mile removing the need for these substances altogether. Our main objective is to be the next generation of cleaners, by introducing chemical free wet cleaning, the eco smart way to care for your garments.

We are revolutionising the face of laundry having installed the number one wet cleaning system, by Electrolux Lagoon Advanced care first in Scotland, supplied by Renzacci. We



have invested in state of the art washing machines, which require biodegradable detergents and conditioners combined with special moisture and sensitive dryers. Our ability to eradicate the toughest stains by pre-spotting specific marks, with the correct treatment is one of the features that make us stand out from the rest. The final stage of the process is to finish of the garments on our unique formers such as the shirt machine, jacket or trouser machinery.

Wet cleaning is gentler than hand washing your garments, gentle on the skin and leaves fabrics soft to touch and smells fresh and clean resulting in the

longevity of garments.

Here at the Natural Laundry we can clean any garment that requires professional cleaning, from duvets to curtains, delicate silks to wedding dresses, kilts, Uggs and woollens, our cleaning skills are endless. The only cleaning system to be wool mark approved. We also offer an ironing service.

We are already planning our second shop having acquired premises in the West End of Glasgow and are about to introduce our collection and delivery service.

*We are better for your skin.  
We are better for the environment.*



136 Drymen road, Bearsden, G61 3RB | 0141 571 3380  
hello@naturallaundry.co.uk | www.naturallaundry.co.uk



## Well into Winter

**We can all find the motivation to throw on our trainers when the pavements are hot, eat healthily when the days are long and meditate our way to holistic bliss when a whole morning can be spent simply soaking up the rays in a local park. But when it's dark and cold outside, healthy habits can easily go astray.**

Here, three health and wellness experts reveal their top tips for keeping motivated and giving yourself a winter health reboot.



### 1. Have an alternative spring clean

Many of us traditionally celebrate the end of winter with a good old spring clean, but why not start as you mean to go by doing the same as winter looms?

“Clear out your cupboards and stock up on the foods that will help to promote winter wellness and give you the ingredients to create delicious dishes that will support your body’s health as the temperature drops,” advises nutritionist Rob Hobson.

“Nourishing grains such as barley and spelt, as well as pulses and beans, lend themselves perfectly to healthy winter dishes such as stews, casseroles, soups and warm salads.”

### 2. Keep an Instagram diary

We’ve all heard that Instagram can be toxic for our mental health, contributing to feelings of anxiety, self-doubt and body-image worries, but there are ways you can use the social network as a force for good when it’s pouring with rain outside.

“Use Instagram as a gratitude diary by taking a photo every day of something you feel grateful for,” says health psychologist Dr Meg Aroll.

### 3. Make the most of winter sports

A sunny game of Frisbee in the park might be out of the question, but don’t mourn the loss of summer, because winter brings with it a whole raft of brilliant seasonal sports that can keep you active.

Dr Aroll suggests finding a new hobby that celebrates winter, such as ice skating, snow kiting or indoor skiing.

“You could also consider doing something for the community, like volunteering. Nothing lifts the spirits more than helping others in need, and Christmas can be a significantly lonely time of year for many people.”

### 4. Eat for the weather

When the weather’s gloomy and you’re feeling depressed, it can really impact on your appetite and food choices, which may leave you lacking in essential nutrients. It’s also a common season for overloading on stodgy and sugary foods, such as takeaways and desserts, for comfort.

“Food is not a cure, but making healthy choices can help and good nutrition is proven to benefit mental health,” says Rob. “Make sure you eat regularly and follow a low GI diet by including protein, healthy fats and plenty of veggies at every meal, to help balance blood sugar levels and keep you feeling full and energised.”

He suggests topping up on B vitamins with wholegrains, oily fish, eggs, and dark green leafy vegetables that help to convert food into energy, and support a healthy nervous system.

A final tip? Take a daily vitamin D3 supplement to keep your spirits high.



### 5. Try getting out for a run

When it’s raining and freezing cold outside, why on earth would you leave your warm bed or sofa to go for a run? The simplest answer is that running in winter can instantly put you into a cheery mood, thanks to a quick hit of feelgood hormones.

“Snuggling on the sofa might sound appealing, but don’t forget that winter is a great time of year to get outside, wrap up warm and enjoy the fresh air,” says orthopaedic surgeon Dr Dan Robertson.



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### **A secondary school in Bearsden got special recognition as pass rates among S5 pupils witnessed a notable rise in a recent report.**

Boclair Academy was one of several local schools that are continuing to ensure excellence and equity for all young people at all exam levels, the new report found.

Pupils from all areas throughout East Dunbartonshire, including those from areas classified as high deprivation, perform very well.

The report details the results attained across the authority area in 2015, 2016 and 2017 and was recently presented to the Council's Education Committee.

It highlighted the measurements of attainment versus deprivation through the use of the national online benchmarking tool 'Insight'. Through 'Insight' schools can self-evaluate their results against other schools within their authority area and those of a virtual school which reflect the results of young people from across Scotland who have a similar social and attainment profile.

Convener of Education, Councillor Mohrag Fischer, welcomed the findings. She said: "We are very proud of our record of having some of the top performing

schools in the country and this year's exam results were exceptional once again.

"Boclair Academy in particular saw notable increases in their pass rates among S5 pupils with 40 per cent of students gaining 5+Highers. Bishopbriggs Academy was the best performing school in East Dunbartonshire with impressive performances across the board.

"This report not only highlights the excellent exam results, but also the success ensuring equity for all young people. This is partly due to rigorous analysis carried out on the attainment information received from the SQA and the sharing of good practice across all our schools in order to support continuous improvement."

Councillor Fischer continued: "It is extremely important that we equip our young people with the very best start that we possibly can and I am pleased that within East Dunbartonshire we are seeing such positive results within our schools.

"I'd like to take this opportunity to thank all our teachers and officers within the education service who continually develop and improve practices to ensure our pupils are given every opportunity to reach their true potential."

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