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February/March 2019



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# Welcome!



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at the annual  
rodeo charity  
event**  
See page 10

Hello and welcome to the February/ March 2019 edition of Bearsden and Milngavie Connect.

Brought to you by the Herald and Times Magazine Group, this magazine is proud to highlight the local achievements, events and endeavours taking place in the community.

Remember, we wouldn't be able to do this without you.

If you have a story or event you would like to be featured in a future edition, please do get in touch.

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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**

## Contacts

### Editorial

If you have a story that you would like to be included in a future issue of Bearsden & Milngavie Connect please email: [connect.mags@newsquest.co.uk](mailto:connect.mags@newsquest.co.uk)

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# Dynamic duo turn up the heat at prestigious event

**A couple responsible for the success of a Bearsden restaurant are soon to take their expert knowledge to a national trade event.**

Martin and Sharlene Thliveros, owners of restaurant Monadh Kitchen, will go head-to-head with two other couples in an interactive game show-style panel at ScotHot, Scotland's leading trade event.

Presented by Scottish Tourism Alliance CEO Marc Crothall, 'Teamwork Makes The Dream Work' will chart the highs and lows of working in a husband-and-wife team in Scotland's hospitality industry. The panel forms part of the Scottish Tourism Alliance Spotlight Stage programme of events, designed to inform, inspire and entertain more than 7000 delegates from Scotland's food, drink, hospitality and tourism industries.

Taking place on March 13 and 14 at Glasgow's Scottish Event Campus (SEC) in collaboration with Scottish Tourism Month, ScotHot is the Scottish hospitality and catering sector's largest and most comprehensive trade event.

Martin and Sharlene – who opened Monadh Kitchen in summer 2017 – will be joined on stage by Stephen and Fiona Leckie of Crieff Hydro, and Fiona and Ali Campbell, owners of Mansefield House and Campbell Cottage on the banks of Loch Long, Arrochar.

Sharlene Thliveros, manager



at Monadh Kitchen, on New Kirk Road, said: "We are looking forward to being part of such a prestigious event and learning about other professionals' stories, as well as discussing our experiences since opening Monadh Kitchen together."

Marc Crothall, CEO at the Scottish Tourism Alliance, added: "The Scottish Tourism Alliance Spotlight Stage within ScotHot has been carefully curated to complement the Scottish Tourism

Alliance Signature Sessions, which will take place in the SEC on March 14.

"Through our partnership with ScotHot, we are able to offer a unique and valuable event, delivering 'do not miss' insights and inspiration for tourism business owners, industry leaders, senior and middle management, suppliers to industry and anyone aspiring to succeed and carve out a successful career in hospitality and tourism."



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# Life-saving training to be extended to more schools

**East Dunbartonshire Council are continuing their efforts to ensure all secondary school pupils throughout the area receive a form of CPR training.**

At a meeting of the council's education committee recently, councillor Denis Johnston put forward a motion supporting this training, which is already provided in several local schools.

Councillor Johnston said: "Only one in 12 people survive an out of hospital cardiac arrest compared to one in ten in Denmark. In Seattle, it is as high as 1 in four.

"We need to improve these statistics any way we can."

In unanimously voting for the



motion, councillors noted the important work achieved by organisations such as the British Heart Foundation, which provides free CPR training.

The Evening Times has also campaigned to ensure every Scottish pupil leaves school with the training.

Research carried out by the British Heart Foundation and international organisations has shown that training pupils in CPR techniques could potentially triple the survival rate for these emergencies.

Council officers are reviewing the current delivery of CPR training in East Dunbartonshire schools and will recommend how to extend this across all secondary schools, while working in liaison with the British Heart Foundation.



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## Bearsden & Milngavie Connect

# Saddle up for rodeo day of animal fun



**A pet-friendly day of fun and entertainment for the family is in store as the annual rodeo returns for 2019.**

On Saturday, April 20 the 59th Annual GUVMA Rodeo - the University of Glasgow's largest charity event - is back to raise money for animal welfare organisations. Organised by students from the School of Veterinary Medicine, the event will be held at Garscube Estate at 464 Bearsden Road.



The event provides an opportunity for commercial businesses, local companies, and charities to interact and communicate with a wide audience comprising of students and families from the local area and beyond. Last year's Rodeo raised £15,000 for charity and this year the committee is working hard to ensure another successful event.

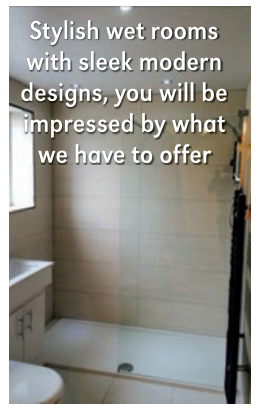
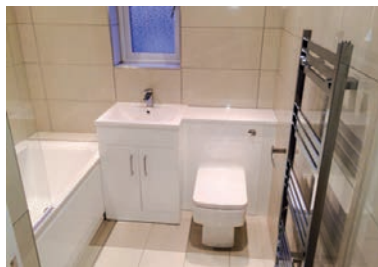
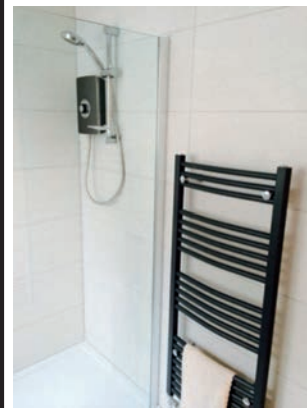
The beneficiaries set to benefit from funds raised at the 2019 event include Students for Animals in Need, Trusty Paws and Glasgow RDA.

*The event runs from 11am – 5pm and tickets cost £20 for families (2 adults, 3 children), £8 for adults and £5 concession (students, seniors, children). Children under 3 go free.*

To find out more visit [www.guvmarodeo.co.uk](http://www.guvmarodeo.co.uk).

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## Bearsden & Milngavie Connect

# WHAT'S ON

Keep an eye on some of the best upcoming events in Bearsden & Milngavie.

### EVENT: MILNGAVIE MAKERS MARKET

Date: Saturday, 9 March  
Time: 11am-3pm  
Cost: Free  
Location: Milngavie Town Hall

**What's on:** This regular indoor artisan market features over 30 unique stalls with quality handmade products made in Scotland. Whether you're looking for gifts of something for yourself, the makers market also has lovely products to browse. To apply to be a stall holder, email [milngaviemakersmarket@gmail.com](mailto:milngaviemakersmarket@gmail.com).

### EVENT: YOUNG PEOPLE'S ART 2019 - IN CONVERSATION WITH....

Date: Saturday, 16 March - Thursday, 4 April  
Time: Open Tuesday - Saturday, 10am-1pm and 2-5pm  
Cost: Free  
Location: Lillie Art Gallery

**What's on:** This year's annual exhibition will showcase selected works by both Saturday art classes at Lillie Art Gallery and Auld Kirk Museum. Students have been inspired by East Dunbartonshire's permanent collection and Archives and have had a rare opportunity to see what's under lock and key within the gallery and Archive stores. This is a highlight show for families and young people in East Dunbartonshire.

### EVENT: WHAT'SAPP - WHAT'S IT ALL ABOUT?

Date: Tuesday, 26 March  
Time: 2-3.30pm  
Cost: Free  
Location: Milngavie Library

**What's on:** Head along to find out how to use the popular messaging service, WhatsApp. The free to download app uses the internet to send messages, images, audio or video. The service is very similar to text messaging services.

### EVENT: SENSORY STARS

Date: Thursday, 28 March  
Time: 11.30am-12.15pm  
Cost: £3 per child  
Location: Bearsden Library

**What's on:** Aimed at babies 0-12 months, Sensory Stars is where you can enjoy some chilled-out time for you and your wee one, play sensory games that encourage your child's development and then meet other carers while your babies experience some sensory play.

### EVENT: ALASTAIR MCDONALD

Date: Saturday, 6 April  
Time: 7.30pm  
Cost: £10  
Location: Milngavie Folk Club

**What's on:** Scottish banjo-playing folk/ jazz musician Alastair McDonald will bring his unique brand of music to Milngavie Folk Club. To find out more and book tickets, visit [tickets.jmsconcerts.co.uk](http://tickets.jmsconcerts.co.uk).



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## New cycle initiative makes a splash...

**A new initiative which gives people of all ages the chance to enjoy a free swim if they cycle to their local leisure centre is making waves.**

Between Friday, February 1 and Sunday, March 24 anyone who cycles to the Allander Leisure Centre in Bearsden is eligible for a free dip in the pool. The Leisuredrome in Bishopbriggs and Kirkintilloch Leisure Centre are also part of the healthy initiative that rewards those who keep active.

Extended by popular demand following a successful trial at the Leisuredrome, locals are encouraged to claim their free swimming session. Simply take a selfie on your bike outside and then show it to a reception employee inside the centre.

The scheme is being run by the Council and East Dunbartonshire Leisure and Culture (EDLC) Trust - funded by the Smarter Choices, Smarter Places programme, which is aimed at encouraging active travel.

Councillor Susan Murray, Vice Convener of Place, Neighbourhood & Corporate Assets, said, "This is a great new initiative which encourages people of all



ages to cycle and swim - two of the best exercises for keeping fit and improving wellbeing.

"I am delighted the trial initiative was received so positively and would encourage as many people as possible to get involved by cycling to one of our three local leisure centres - in Kirkintilloch, Bishopbriggs and Bearsden.

Sandy Marshall, Chair of EDLC Trust, said, "This is very welcome news. Well done to everyone involved from the Council and EDLC.

"I hope it will inspire people of all ages to get out and about, and also to access the wonderful leisure facilities available locally."

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# Bearsden & Milngavie Connect

Advertisement Feature

## Built in luxury at specialist care home

**Meallmore's luxury private care home, Antonine House in Bearsden, is among the country's finest, providing the highest quality nursing and Dementia care.**

It offers 24-hour nursing care as well as specialist care for people living with Dementia and its related conditions. Rooms within the care home far exceed national standards and provide a wide range of quality care and personal services, tailored to individual needs.

A limited selection of high quality en-suite bedrooms and executive suites are currently available. The home includes nine spacious lounge/dining areas so residents can choose where to enjoy fresh, seasonal and nutritious meals prepared by the expert catering team. There is also a cinema room for watching the latest blockbusters

and a hairdressing and beauty room for a spot of pampering.

Outside, the landscaped gardens and roof terrace are safe, secure and easily accessible, providing an attractive area to sit and relax or enjoy a spot of gardening. Residents and families are encouraged to participate and become fully involved at all stages of care planning.

Life at Antonine House is designed to offer something to suit everyone and there are a wide range of events and activities on offer.

Residents are supported to maintain an active social life and to continue with any hobbies they enjoy.

**To arrange a private appointment phone Ms Bobby Dougan, Antonine House Care Home Manager, on 0141 942 4644.**



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**Westerton Care Home combines quality care and friendship within contemporary and comfortable surroundings. As a purpose built, luxury care home, they provide excellent nursing care to residents, with a specialist area in dementia.**

Situated in the leafy suburbs of Bearsden, Glasgow, they put residents first by providing the highest standards of care, respecting their individual needs and giving them independence. In short, Westerton Care Home want to make the most of everyday which is why the attention to detail and exceptionally high standards makes everyone feel relaxed and at home.

Residents can take advantage of a wide range of activities including social events and entertainment – there's always something in the calendar to look forward to. The activities organiser will support and encourage you with any hobby, reminiscence sessions or shopping trips that take your fancy.

For those who enjoy a bit of pampering and 'me' time, they can provide everything from a head massage and aromatherapy treatment to a foot rub and a trip to their hairdresser. In addition to this, individual therapeutic treatments can be arranged to suit your needs.

The Care Home recently

opened a new state-of-the-art wing, offering 19 en-suite bedrooms and a range of luxury services including a cinema room where you can enjoy the classics, a coffee bar to relax with friends and family, and a bistro with bright and comfortable lounge and dining areas.

From the moment you arrive at Westerton, the staff will do everything possible to ensure that your stay will be welcoming and comfortable – their emphasis is on creating a true home-from-home environment with dedicated staff delighted to cater for every need.

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## Netball star helps raise awareness



**Strathclyde Sirens netball star Ella Gibbons made a special visit to a Bearsden primary school in a bid to keep children safe from abuse.**

Ella teamed up with NSPCC Scotland's Speak Out Stay Safe campaign while visiting Mosshead Primary School before inviting pupils to join her in a coaching session.

The charity has been working in partnership with the nation's only semi-professional women's sports team since 2017 to promote child safety.

The programme aims to help children, in an age-appropriate way, to understand abuse in all its forms and recognise the signs that it is happening, learn how to protect themselves from abuse and recognise how to get help – including from the NSPCC's Childline service.

NSPCC research shows that on average at least two children in every primary school classroom will have suffered some form of abuse or neglect.

Interactive discussions and videos used during the assemblies gave the children help and tips on how to discuss and explore what constitutes harmful behaviour.

Ella said: "The message is very powerful and I am delighted the Strathclyde Sirens are on board to promote this vital message."



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# Kids in Milngavie welcome play park

**Children in Milngavie are swinging with joy thanks to the fantastic new play park right in the heart of the community.**

Situated in Milngavie precinct, the new play area replaces an existing facility which had been installed in 2004 and brings a new lease of life to the town centre.

The new facility, which opened in January, incorporates new safety surfacing with colourful graphics, new bowtop fencing and self-closing gates.

Councillor Susan Murray, Vice Convener of the Place, Neighbourhood & Corporate Assets Committee, was joined by children from Milngavie Nursery at the official opening of the play area, which was built thanks to a £40,000 investment from the Council.

Councillor Murray said: "Milngavie Precinct is amongst the smaller of the Council's play areas but usually one of the busiest.

"Within 10 minutes of opening it was full and many young children were enjoying the new facility, which was fantastic to see. Feedback from these users has been hugely positive and we are delighted to see it being so well-used."



The new facility features a castle multi-play unit which can accommodate toddlers as well as older children up to eight years of age. Other features include play items such as talking tubes, "springies", a tea cup spinner, play binoculars and a saddle swing.

In addition, new seating has also been installed for parents and carers. There is also a small mural on the inside wall which shows the route of the West Highland Way which starts only a stone's throw away.

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# Take control of your career

If you're looking to boost your career in 2019 with a promotion, pay rise or job change, Laura Holden, from jobs website Reed.co.uk, shares the following tips...

### Set yourself career goals

It could simply be a list of five or six achievements you want to accomplish in the next six months - milestones to achieving your overall objectives. For example, if achieving a promotion is your overall objective, you might take a management course as part of one of the steps to get there.

### Regularly update your CV

Treat your CV like a living document. As you improve professionally, so should your CV. If you complete a course, or take on

new responsibilities in your current job, add these to your CV when they occur, rather than scrambling around a week before an interview to remember the exact details.

### Make meaningful connections

Be proactive in your networking. Sign up to professional networking websites and connect with those you have worked with in the past. They may even give you a reference or testimonial if your experience working together was positive.

### Learn a new skill

Boosting your skill-set will certainly help if you're looking for a new role, or at the very least, boost your confidence when it comes to discussing a pay rise or promotion.



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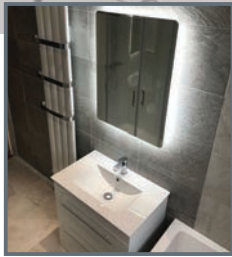
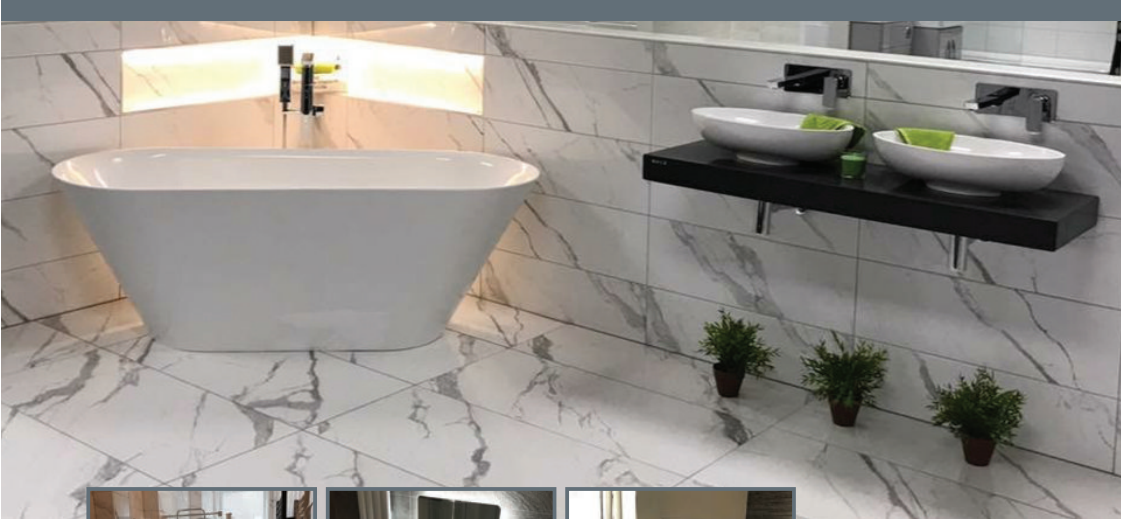
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# Bright ideas for your work station

**If you're set to join the millions who work from home, look on it as the perfect chance to tailor a space to suit your taste and needs.**

### **Make it personal**

In an open-plan space, zone an area with a stunning wall mural, or cork tile an expanse of wall so you can pin up inspiring photos or to-do lists

**TIP:** If you fancy it, don't be afraid to incorporate pattern and colour into your office scheme. For a perfect balance, keep energetic colours in your periphery, while sticking to a more subdued look for the desk.

### **Kill the clutter**

Filing cabinets, desks with compartments, and accessible floating shelves for file boxes are a



good investment. Don't let a notice board be all to-do lists and bills though, or you won't ever want to look at it.

**TIP:** Keep everyday essentials close to hand, so there'll be less temptation to get up and wander.

### **Carve out a creative corner**

"Whatever you use your home

office for - computer work, home and life admin, or crafts and projects - an effective work area demands plenty of light. Equally, you don't want glare on your screen, so choose your window dressings wisely," says White.

**TIP:** Set clear ground rules for your work space, such as asking family to knock before coming into your office, or respecting quiet time between certain hours.

### **Dress the desk**

Include pleasing decorative elements, such as a vase full of flowers and colourful storage pots, so you can enjoy the comforts of home all through the working hours.

**TIP:** Setting priorities is important in an office, and even more so when working from home, as doing so will help you stay on track.

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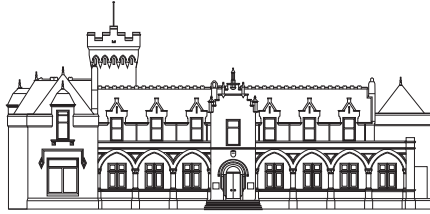
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