

Bearsden & Milngavie **Connect** Winter 2018



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Welcome!



Hello and welcome to the winter 2018 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.

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

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Editorial

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Pupils set for a historical treat
See page 8

DS interiors

carpets ■ beds ■ flooring



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Community Contacts

East Dunbartonshire Council contacts

General:

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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:

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Local park attracts film fans

Two of Scotland's top bloggers battled it out to visit as many film and real-life locations associated with Robert the Bruce in under 36 hours, to coincide with the release of Outlaw King on Netflix.

In November, Neil Robertson and David Weinczok, who form part of social media collective, Scotlanders, took on the challenge set by Visit Scotland. Between 10 and 11 November, they sought to connect social media users with the true story of the King of Scots, visiting iconic locations including Mugdock Country Park.

Film fans were able to take a virtual tour of the filming locations by tracking Neil's movements using the hashtag #ReelOutlawKing, while history buffs explored the real historical

sites linked to the Bruce through David and the hashtag #RealOutlawKing, on both Twitter and Instagram.

During the challenge, the bloggers came face-to-face at The Battle of Bannockburn at 1.14pm (1314 – in reference to the year that the Battle of Bannockburn took place), before finally coming together again on Sunday at Dunfermline Abbey, home to the Abbey Church which contains the resting place of the real Robert the Bruce.

Other locations the Scotlanders will visit included Mugdock Country Park, Glasgow Cathedral, Arbroath Abbey, Scone Palace and Loudoun Hill.

Outlaw King was shot entirely in Scotland (according to the borders of 1320) and is said to be the

largest production, budget-wise, to be made in the country to date.

Dozens of locations were used in the production, including Craigmillar Castle, Blackness Castle, Linlithgow Palace, Glen Coe, Dunfermline Abbey, the University of Glasgow and the Isle of Skye.

Starring Chris Pine as the Bruce and Aaron Taylor-Johnson as James Douglas and directed by David MacKenzie, Outlaw King tells the story of Robert the Bruce, from defeated nobleman in 1304 to victorious King of Scots at the Battle of Loudoun Hill in 1307.

With one in five visitors inspired to come here after seeing Scotland on the big or small screen, VisitScotland expects visitor numbers to grow further with the release of Outlaw King.

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Touring production to teach pupils about Scottish history

Pupils in Bearsden are set for a history lesson with a difference as a new Jacobite opera is set to visit schools next year.

Scottish Opera will tour the production, titled 1719!, around the country in their forthcoming primary schools tour, which will visit more than 50 locations, reaching thousands of students. The tour will commemorate 300 years since the Jacobite Risings, one of the most dramatic periods in Scottish history.

The show will take young viewers “back to a key moment in Scottish history to tell the story of the Jacobite Scots locked in a desperate struggle to restore the House of Stuart to the throne of Great Britain, while the Hanoverian King George I argued with other European rulers over the lands and riches of the New World”.

Beginning in Bearsden in January, it will cover 300-year-old ground, focusing on the assembly of Jacobites and their Spanish allies in Glen Shiel.

The battle with the forces of King George marked

the last close engagement of British and European troops on UK soil, ending in defeat for the Stuart supporters. Children in primaries five, six and seven will learn the songs in their classrooms before working with the national company to put on a show for their parents and schoolmates.

Jane Davidson, director of outreach and education at Scottish Opera, said: “An amazing way to learn about one of the most dramatic and exciting periods in Scottish history, 1719! features more battles than Braveheart and is a thrilling adventure that pits the Jacobite troops and their Spanish allies against the forces of King George’s Government in the mountains surrounding Glen Shiel.”

“Although not the most famous of engagement in the Jacobite wars, it had far reaching significance for Britain’s role in Europe and 300 years later, is still recalled in the name Sgurr nan Spainteach – the Peak of the Spaniards – in recognition of the Spanish troops who fought there.”



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Milngavie Fraser Centre – 10am-12pm
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Milngavie Clinic – 1pm-3:00pm
Address: North Campbell Avenue, G62 7AA

THURSDAY

Milngavie Community Centre & Library – 10am-12pm
Address: Allander Road G62 6PA

FRIDAY

Milngavie Fraser Centre – 10am-12pm

East Dunbartonshire Citizens Advice Bureau is a company limited by guarantee No: SC232542.
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New facilities for childcare

Families with young children in Bearsden, Kirkintilloch and Milngavie are set to benefit from new early years facilities, which have been planned for each town.

Representing an investment of more than £4.5m, the three centres will help East Dunbartonshire Council deliver on the Scottish Government pledge to increase early learning and childcare hours for each child from 2020.

The new buildings will create spaces for 272 children, comprising 88 in Bearsden, 96 in Kirkintilloch and 88 in Milngavie.

The development sites are the former Brookwood Library in Bearsden; land across from Kirkintilloch Police Office at Southbank Marina and the former St Joseph's Primary in Milngavie.

By 2020, all three- and four-year olds and all eligible two-year olds will be entitled to 1140 hours free early learning and childcare, an increase on the 600 hours currently provided.

Joint Leader, Councillor Andrew Polson, said: "There



is a great deal of work to be done to ensure that, come 2020, the Council is in a position to offer families the best possible choice of early learning and childcare services.

"The three new facilities will go some way towards meeting demand and it is great to see that we have been able to identify sites that formerly housed Council services for that purpose. Future generations will benefit from these community resources as their parents and grandparents have done."



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Did you know HMRC plan to communicate with all taxpayers digitally by 2020? HMRC's 'Making Tax Digital' initiative is impacting businesses, private individuals and landlords. No-one can afford to be left behind. By law all Tax Records will be stored and exchanged digitally and submitted quarterly to HMRC.

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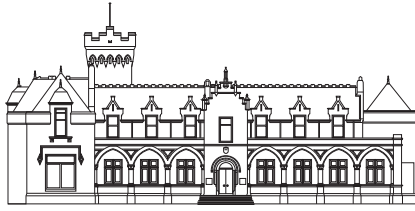
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WHAT'S ON

Keep up to date with all the events going on in and around your area with our handy what's on guide.

MARVELLOUS METEORS

Date: Thursday, December 13
Time: 7.30-9.30pm
Location: Mugdock Country Park
Cost: £5 per person

WHAT'S ON:

Find out all about the Geminid Meteor Shower with the Ranger Service at Mugdock Country Park. Enjoy a short talk followed by a chance to search the December skies for one of the greatest natural firework displays of the year. This event is not suitable for children and booking is essential. Call 0141 956 6100.

MILNGAVIE MAKERS MARKET

Date: Saturday, December 22
Time: 11am-3pm
Location: Milngavie Town Hall
Cost: Free

WHAT'S ON:

Finish off the last of your Christmas shopping at this monthly market. Browse the stalls set up by locals, who make their own crafts and gifts, and find something unique for family and friends. Set up in 2016, the market has grown from strength to strength. To apply to be a stall holder, email milngaviemakersmarket@gmail.com

BREAKFAST OR TEA WITH SANTA

Date: runs until Monday, December 24
Time: various times
Location: Dobbies Garden Centre, Milngavie
Cost: from £5.99

WHAT'S ON:

Make this Christmas one to remember for the little ones with a visit to see Santa over breakfast or tea. This popular family event is suited to those with children aged 12 and under. Families will be seated and served at their own table. Visit www.dobbies.com/events/upcoming-events/breakfast-or-tea-with-santa/ to find out more.

SENSORY STARS

Date: Thursday, December 6, 13 and 20
Time: 11.30am-12.15pm
Location: Bearsden Library
Cost: £3 per child

WHAT'S ON:

Bring your baby (0-12 months) along to a Sensory Stars session, where you can enjoy some chilled-out time for you and your wee one. Hear a story and meet other carers while your baby experiences some sensory play. Must be booked in advance.

BOOKBUG BABY/ TODDLER

Date: Thursday, December 6, 13 and 20
Time: 2-2.30pm
Location: Bearsden Library
Cost: Free

WHAT'S ON:

What's on: These free, fun-filled sessions incorporate rhymes, songs and games with parents and their children, instilling a love of reading from a young age. Dads are very welcome to attend with their child. Book your place through Eventbrite.





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Keeping the community in mind

New research by Contact the Elderly has highlighted 'Christmas anxiety' as a common issue, stressing the importance of reaching out to vulnerable people in the community.

The research was commissioned by the charity to highlight how societal pressures can have a huge impact on older people who are often left forgotten and forced to spend Christmas alone.

The survey, which was sent out to 2,000 respondents across the UK, found that almost 20 per cent of us worry about upsetting family members when making Christmas plans, even though 44 per cent of people make the



same festive plans every year.

The charity released the festive research to coincide with the news that they've joined forces with Community Christmas, an organisation which aims to ensure no older person spends Christmas Day alone unless they want to. With nearly half a million older people facing spending Christmas alone, many of whom have

been widowed, the charities are encouraging communities to come together and provide companionship for older people who have nowhere to go.

Meryl Davies, Chief Executive of Contact the Elderly, said: "We want to ensure Community Christmas continues to grow and to encourage people across the UK to think about any older people in their local communities who might not have plans for Christmas Day. This is a chance to tell older people about Community Christmas, or look at the website for them to find their nearest event."

Visit www.contact-the-elderly.org.uk to find out more about Community Christmas.

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Nancy and her team are dedicated to striking a balance between price and style, with customers able to find treasures from as little as a few pounds to a few hundred pounds.

The website has recently had a makeover and it is easy to have a good browse, order online or click and collect. Though nothing beats a visit to the shop,



The shop is packed with gorgeous products.

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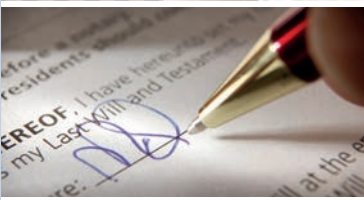
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Service halts over winter months

Residents in Bearsden and Milngavie are being reminded that their green bins won't be emptied over the winter break.

Collections of garden waste ceased in November and will continue for a period of three months before resuming in March 2019.

Councillor Billy Hendry, Convener of the Council's Place, Neighbourhood & Corporate Assets Committee, said: "During the winter months the demand for garden waste collections reduces greatly as people are less active in the garden and there is little plant growth.

"However, any residents



that do find they have some garden waste during these months can take it to our Mavis Valley Recycling Centre in Bishopbriggs. Alternatively, our green-fingered residents could try their hand at home composting.

"There will also be a one-off collection of garden waste

bins in January, which we will advertise on our website and social media nearer the time.

"After this short break, we will resume the normal collection, which is available to all East Dunbartonshire residents throughout the rest of the year."

The material collected in garden waste bins makes a large contribution to the Council's recycling rate, with 8100 tonnes of garden waste being collected from the kerbside last year.

For more information on the garden waste service, and to view collection dates visit www.eastdunbarton.gov.uk/residents/recycling-waste/bins-and-recycling.

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Are you prepared for winter?



The Scottish Government is encouraging residents to think ahead, avoid getting caught out and minimise the effects if severe weather strikes.

After the Beast from the East hit earlier this year, many people will be looking to prepare for the worst. Though even an average Scottish winter is likely to include cold snaps and snowfalls, ice, storms, high winds, heavy rain and fog.

Therefore, it's important to make preparations and steer clear of risks.

The government has published information on the Ready Scotland website to help people ahead of bad weather. The website contains practical advice and simple steps to protect you, your family, your community and your business from the worst effects of poor weather.

By knowing how to prepare and respond to bad weather, you can help keep yourself, family and

neighbours safe.

Before snowfall or ice, there are some steps they advise following. These include keeping as warm as possible, particularly wearing layers and ensuring at least one room in the house is heated. It's also recommended that households review their emergency kit to ensure everything that may be needed is there; avoiding parking cars or bikes underneath locations where snow and ice may accumulate; ensuring there is a supply of salt or grit; and checking on vulnerable neighbours or relatives to help them prepare.



Making sure your pipes and water tanks are properly insulated is also one of the simplest and cheapest things you can do to help arm your property from the cold.

During snowfall or icy conditions, if you lose power, call 105 – a free of charge number which will put you through to your local network operator who can give help and advice. After a bout of snow or ice, if you are fit,

well and able, clear and grit paths and pavements. This is easiest with fresh snow, and avoid using hot water, which could quickly turn to ice.

For in-depth help and advice to prepare and react to severe winter weather, visit www.readyscotland.org.

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What do we say to our Clients ?

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And when we got back, Natasha has it all organised. Cats were out of the way so we could get the bags in. She'd washed all her bedding which we didn't expect her to do. Our house was as we left it and the cats were happy. What an excellent lady she is.

We will be in touch regarding our next holiday."

Karen from Gloucestershire

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New cafe opens doors

A new dining spot has opened in Bearsden that serves up delicious coffee, cakes, lunch, breakfast, brunch and hot food.

Kothel Bearsden welcomed its first customers on Wednesday, November 7, and locals have been quick to praise the great atmosphere, welcoming staff and tasty food on the Facebook page.

It joins the owners' existing Kothel coffee shop and Italian restaurant, Pianola, both located in Broomhill on Crow Road.

The long-awaited Kothel Bearsden enjoys a fully stocked

bar and roof top terrace, due for completion soon and to be up and running by next summer. The interior decoration is warm and rustic, with exposed beams and brick walls, wooden tables and a selection of wines and fresh food on display.

The tasty fare on the menu has a Mediterranean flair, with dishes including a cured meat platter, stuffed peppers, Greek moussakka and lasagne. To



browse the menu, follow @KothelBearsden on Facebook.

Find them at 78 Drymen Road, Bearsden, directly opposite Bearsden Station.



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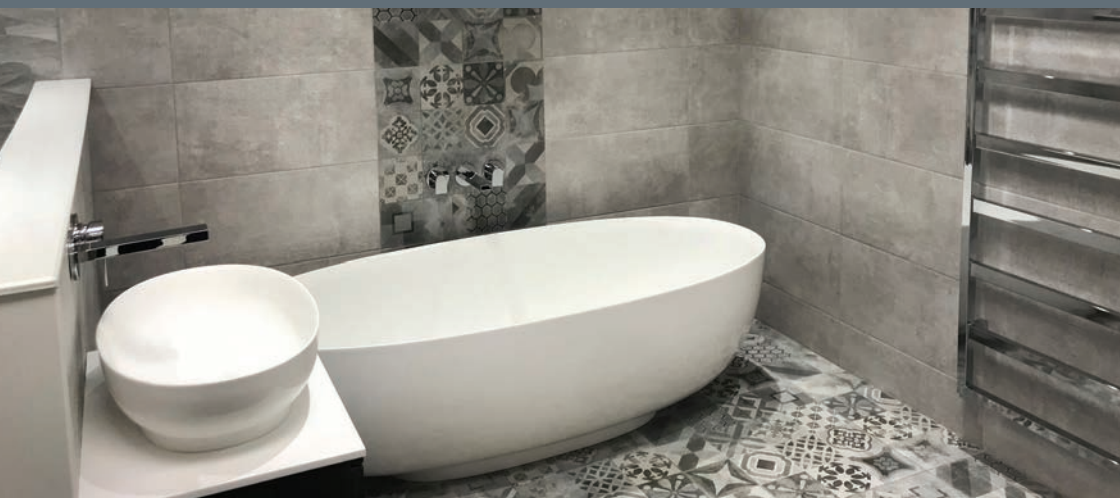
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- Deborah Wilson-McKay

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A must-see Christmas concert

The Bearsden Choir is celebrating its 50th birthday with a performance of Handel's Messiah in Glasgow City Halls on 16 December.

This is the piece that the choir was founded to perform in the Rio Cinema, Bearsden in 1968. From modest beginnings, the choir has grown from strength to strength and is now placed amongst Scotland's finest.

The performance will take place at 4pm.

Under the leadership of the conductor, Andrew Nunn, the choir offers singers new musical challenges alongside traditional favourites loved by audiences.

The season runs from late August to mid May, with weekly rehearsals held on Wednesday evenings in the



new hall of New Kilpatrick Church in Bearsden from 7.30pm to 10pm.

The choir undertakes at least four performances every season in a range of venues, which have included The City Halls, Paisley Abbey, St. Mary's Episcopal Cathedral, Glasgow Royal Concert Hall, The Barony, RCS, St John's Renfield Church and Kelvingrove

Museum and Art Galleries.

The choir sings a wide range of musical styles and performs works by composers from the traditional to contemporary. They sing with highly acclaimed professional soloists and orchestras and current membership sits at over 120.

To find out more about the choir, visit www.bearsdenchoir.co.uk

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Home remedies for a cold

The worst thing about catching a winter cold isn't the fact that you're constantly dabbing at your streaming nose, it's the painful sore throat that makes it difficult to swallow, eat or drift off to sleep.

Here, we've found some throat-soothing home remedies to rustle up.

1. Have a teaspoon of honey

Not only is it delicious when drizzled over a steaming bowl of creamy porridge, but honey has long been touted as a natural healing agent in traditional medicine, thanks to its antibacterial properties that can reduce inflammation.

2. Gargle with saltwater

It's probably not the most appealing idea but swilling salty water in your throat can help to reduce painful swelling of the tissue and kill any unwanted bacteria.

To make the solution, mix a half-teaspoon of salt

in a glass of warm water and gargle for a minute or two, taking care not to swallow.

3. Drink chamomile tea

Not only is it great for soothing an upset stomach, but studies have found that chamomile's anti-inflammatory, antioxidant and astringent properties may have a soothing effect when you start to feel the first stirrings of a throat prickle.

4. Squeeze some lemon into hot water

Some people drink hot lemon water in the hope that it may aid weight loss and clear skin, but it could also be the key to shifting your unwanted cold symptoms.

Thanks to their antibacterial, antiviral and immune-boosting powers, these sunshine-coloured citrus fruits create an acidic environment in the throat, making it harder for viruses and bacteria to breed.



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You can't beat the scent of a real Christmas tree - it transports you instantly to a wintry world where Father Christmas could be just around the corner with a mince pie.

Experts at Wyevale Garden Centres agree there are three types to go for if you're after a fragrant festive tree. Plus, there are plenty of ways to add scent to your tree, too.

Fraser fir

Tim Evans, Wyevale's buying manager for horticulture, explains: "The tree that has the most scent is the Fraser fir, which is a bit citrusy."

It's ideal for those with limited space as it's slim, so you're less likely to brush past it and knock off decorations in a smaller room, but it also has a great shape and

fresh scent, and its dark olive-green needles don't drop.

It's likely to be more expensive than the more popular Nordmann, and there won't be as many available as it's a more difficult tree to grow commercially.

Nordmann fir

The most popular tree, it won't drop its needles for the duration of the festive season and will give you some scent if you look after it and keep it watered. People love it because of its dense branches, uniform shape and good variety of sizes.

Norway spruce

While some people are reluctant to buy this type of tree because it is notorious for shedding its needles, what it loses in longevity it gains in scent, emitting a pine resin fragrance.

It's a good tree if you're putting it up last minute, or at least closer

to Christmas, because it won't last as long as the more expensive non-drop trees.

Once your tree's in place, there are other ways to add scent to the branches.

Use scented pine cones

You could either make your own or buy a pack of fragranced cones such as these by Milford Collection which feature a blend of cinnamon, citrus and festive spices (£8.48, Amazon).

Go natural with spice and dried citrus.

Secure cinnamon sticks and dried oranges with florists' wire to create a natural decoration for the tree and add some scent.

Buy scent-infused decorations.

There are a few of these on the market, but among the best and most stylish are a set of eight bells from The White Company (£20), infused with notes of cinnamon, clove and fresh orange.

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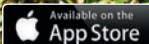
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