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# Welcome!



New campaign  
to help fund  
seven guide  
dogs  
Page 10

WELCOME to the October edition of Bearsden & Milngavie Connect.

Brought to you by Newsquest Scotland, Connect is proud to shine a spotlight on the feel good stories, inspirational residents and local events going on throughout the community.

Inside this issue we uncover ways the community are enjoying active travel, from the popular Cycle for a Swim initiative (page six), to upcoming drop-in sessions asking locals to have their say in how to make travel more accessible (page 14).

We also bring you the latest features to help you transform your home this season, turn to pages 26, 28 and 30 for some inspiration.

We hope you enjoy this issue. Until 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:

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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:**  
0141 943 2183

### Schools

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**Bearsden Primary School:**  
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**Milngavie Primary School:**  
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**Douglas Academy:**  
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**Clober Primary School:**  
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**Allander Evangelical Church:**  
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**Milngavie United Free Church:**  
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# ***New initiative offers cyclists*** **A FREE SWIM**

**Local pedalling patrons are diving into the Cycle for a Swim initiative now being rolled out at local leisure pools until 31 October.**

If you cycle to the Allander Leisure Centre in Bearsden, the Leisuredrome in Bishopbriggs or Kirkintilloch Leisure Centre up until 31 October then you are eligible for a free dip in the pool.

The initiative proved popular earlier this year, when a total of 618 free swims were claimed by people of all ages across the three centres.

To secure your free swimming session just cycle to one of the three local centres, take a selfie on your bike outside and then show it to reception colleagues.\*

The scheme is being run by the Council and East Dunbartonshire Leisure and Culture (EDLC) Trust, and funded by the Smarter Choices, Smarter Places programme.

Councillor Billy Hendry, Convener of Place,

6 October 2019

Neighbourhood & Corporate Assets, said: "There's no need to splash out if you Cycle for a Swim. I am delighted that people are already taking advantage of this wonderful initiative - which gives participants the chance to claim a free session in the pool if they cycle to one of our three leisure centres."

Sandy Marshall, Chair of EDLC Trust, added, "Cycle for a Swim is a great initiative - helping to encourage people of all ages to get out and about, as well as promoting use of our local leisure centres. Well done to everyone involved."

For more details on local leisure centres and pools – including opening times – visit [www.edlc.co.uk](http://www.edlc.co.uk)

*\* Offer subject to pool availability, please check ahead. Bikes should be secured and are left at owners' risk. Pool use subject to the terms and conditions set out within the EDLC Pool Admission Policy.*



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# A helping hand for those in need

**The council are offering elderly residents some extra help after now taking the reins on The Care and Repair in East Dunbartonshire service which was previously managed by Caledonia Housing Association.**

The service provides free and practical advice and assistance for East Dunbartonshire residents aged 65 and over, or 60 and over with a disability or long term illness. This support extends all the way from completing minor repairs, through to assistance if you need an adaptation to your home.

There is no charge for labour or travel costs and you only pay for the cost of materials if supplied by the service.

The service carries out a variety of repairs and small jobs including changing lightbulbs, fuses, batteries, fitting draft excluders, repairing kitchen units, repairing/ fitting hinges and locks, assembling small flat pack furniture, fitting shelving and toilet seats, trimming doors, hanging curtains/ fitting curtain rails, turning mattresses, and repairing doors or windows.



The Care and Repair team can also carry out a complete safety check around your home and identify any hazards or dangers which may pose a threat to your health, safety or security.

To qualify for the service, you must live in East Dunbartonshire, be a homeowner or private rented tenant, and be aged 65 or over, or 60 with a disability.

To access the service call 0300 123 4510 or speak to a customer service agent in any of the Community Hubs.



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# New campaign to help guide pups

Throughout the month of October charity Guide Dogs is appealing to people to get involved in their first ever Pups to Partnership campaign.

The appeal aims to raise £420,000 in one month, which will help fund lifetime costs of seven guide dog partnerships.

The sum will fund seven adorable puppies from birth to retirement, on their journey to becoming life changing guide dogs. Puppies Harry, Prue, Anthony, Declan, Jamie, Sandra and Cookie will each be able to give freedom and independence to those living with sight loss.

The number of people in the UK living with sight loss is increasing. Today, there are nearly two million people living with sight loss severe enough to have a significant impact on their daily lives.



As uncoordinated bundles of fluff, they have a lot of learning and growing to do as they begin to explore the world. It will take approximately two years of training before they are ready to support someone with sight loss.

There are lots of ways members of the public can help reach the Pups to Partnership target in October. From tea parties and quizzes to sponsored challenges, fundraising at home or work will help the charity reach their target.

Donations are also welcome, as is giving up an hour of your time to join the fundraising collections taking place across the country.

To find out more about how you can help, visit [www.guidedogs.org.uk/pups-to-partnerships](http://www.guidedogs.org.uk/pups-to-partnerships)



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# WHAT'S ON

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

### EVENT: A VIEW FROM THE FRIDGE - BEARSDEN FESTIVAL AUTUMN

#### GATHERING

Date: Thursday 10 October

Time: 7.30 – 9.30pm

Location: Bearsden Baptist Church

Cost: £6

**What's on:** Back by popular demand as part of the Bearsden Festival Autumn Gathering, Muriel MacKenzie takes stock. Activism, anxiety, avocados? It's all in the mix for this opinionated empty nester. Join Foolproof Creative Arts' Fiona Stewart for an evening of gentle anarchy as she performs her sell-out Edinburgh Fringe and Bearsden Festival 2019 one-woman show.

### EVENT: DE CAFÉ BEARSDEN

Date: Thursday 14 November

Time: 10.30am – 12pm

Location: Bearsden Baptist Church

Cost: Free

**What's on:** De Café Bearsden is a peer-support café for people affected by dementia or memory loss. Ceartas facilitates six De Cafés across East Dunbartonshire – the one at Bearsden Baptist Church is the most recent addition.

### EVENT: AUTUMN CRAFT

Date: Wednesday 16 October

Time: 2 – 2.45pm

Location: Bearsden Community Hub

Cost: Free

**What's on:** Celebrate the arrival of autumn by getting creative at this local craft session. Held at Bearsden Community Hub and run by East Dunbartonshire Leisure and Culture Trust, those interested can register for their free place at [www.eventbrite.co.uk/e/autumn-craft-bearsden-library-tickets-72215674025](http://www.eventbrite.co.uk/e/autumn-craft-bearsden-library-tickets-72215674025)

### EVENT: MILNGAVIE MAKERS MARKET

Date: Saturday 7 December

Time: 11am – 4pm

Location: Milngavie Town Hall

Cost: Free

**What's on:** The next Milngavie Makers Market will take place on 7 December. The perfect chance to shop for Christmas presents, the market will feature over 30 stalls with unique, high-quality products handmade in Scotland.

### EVENT: FIZZGIG HALLOWEEN FUN

Date: Saturday 26 and Sunday 27 October

Time: 11.30 - 12.45am, 1.30 - 2.45pm and 3.30 - 4.45pm

Location: Mugdock Country Park

Cost: £5

**What's on:** Fizzgig are back with their mix of outdoor and indoor Halloween fun. Book a place for a short interactive play, an exciting hunt in the woods and some traditional games. The event is suitable for ages 3-7 and costumes are encouraged. Booking is essential – call 0141 956 6100.





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# Bearsden & Milngavie Connect

## Have your say on new travel routes

Residents in Bearsden and Milngavie are being encouraged to have their say in future plans for active travel, public transport, roads and parking throughout the area through a series of upcoming drop in sessions.

The Council is seeking views on the Draft Local Transport Strategy 2020-2025 until 12 November 2019, with drop-in sessions being held in Bearsden, Bishopbriggs, Kirkintilloch, Lennoxton and Milngavie.

You can access the draft strategy, background and corresponding Environmental Report - and fill out an online survey - by visiting the webpage: [www.eastdunbarton.gov.uk/draft-local-transport-strategy](http://www.eastdunbarton.gov.uk/draft-local-transport-strategy)

Copies of the strategy and paper response forms are also available at Community Hubs and libraries.

The local sessions will be taking place at Kilmardinny House, Bearsden on Wednesday 9 October from 3pm-7pm, and at Fraser Centre,

Milngavie on Thursday 24 October from 3pm-7pm.

Initial consultation on the Transport Options Report - setting out preferred and alternative options for active travel, public transport, roads and parking - took place during winter 18/19.

All of the feedback received has been considered and helped to inform the Draft Local Transport Strategy.

Members of the Place, Neighbourhood & Corporate Assets Committee approved publication of the draft plan and consultation process at a recent meeting.

Councillor Billy Hendry, Convener of the Place, Neighbourhood & Corporate Assets Committee, said: "The Council has been working to produce a new strategy for the area, which will provide a route forward as regards transport planning objectives, as well as actions and interventions to enhance transport and travel across East Dunbartonshire.

"I hope as many people as possible can take the time to get involved in helping to steer this vital document.

"We want your comments to help the Council in producing a final strategy for publication and implementation."

East Dunbartonshire Council  
**Draft Local Transport Strategy 2020-2025**

Local Transport Strategy

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## The art of the matter

**An opportunity to embrace creativity is on offer throughout East Dunbartonshire in a newly launched arts programme.**

From September 2019 - June 2020, the chance to engage with drawing and painting, pottery and weaving, is open to people of all ages.

The packed arts programme - Get Creative - has been unveiled by East Dunbartonshire Leisure and Culture (EDLC) Trust and includes taster events and mixed-ability classes. Highlights for adults include creative water-based painting, ceramics, life drawing, portrait painting, Mark Mulholland artist talk, weaving, sculpting and creative textiles.

Meanwhile, for children aged between 7 and 11 there are Saturday smART sessions in Kirkintilloch, the Lillie Art Gallery and Bishopbriggs Library. Saturday smART is one of the longest running young people's Saturday art classes in the country where participants can try lots of different types of drawing and 3D designing. Venues include Kilmardinny Arts Centre in Bearsden, Barony Chambers and the Town Hall in Kirkintilloch, the Lillie Art Gallery in Milngavie and Bishopbriggs Library. To find out more about any of the courses e-mail [edlct.bookings@eastdunbarton.gov.uk](mailto:edlct.bookings@eastdunbarton.gov.uk) or visit [www.booking.edlc.co.uk/Horizons/culture](http://www.booking.edlc.co.uk/Horizons/culture).



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## Bearsden & Milngavie Connect

# Taking a stand against excess waste



**Bearsden and Milngavie residents were among those praised for their efforts during this summer's 'rubbish amnesty' which was marked as a great success. Over 68 tonnes of rubbish was collected from more than a thousand happy customers at five sites throughout East Dunbartonshire.**

Throughout July and August, local people were encouraged to bring their excess household waste and larger items to Community Centres, Sports

Centre and Church Car Parks in Auchinairn, Bearsden, Kirkintilloch, Lennoxton and Milngavie.

And the response was overwhelmingly positive among those who used it.

Community Safety Officers spoke to people using the service about the threats that fly-tipping can cause to people and wildlife, and the negative effects it can have on our environment. Residents were encouraged to report fly-tipping to help the Council pursue enforcement and potentially prosecutions.

Councillor Billy Hendry, Convener of the Place, Neighbourhood & Corporate Assets Committee, said, "A huge thanks to everyone who took advantage of this free service over the summer to have a clear out and dispose of their waste in a responsible and safe way. It has grown in popularity year on year and we will listen to the feedback we have gathered."

"We must all play our part to tackle fly-tipping and this is just one of the ways the Council is approaching the problem."

Fly-tipping can be reported online using the 'Report It' facility on the website homepage ([www.eastdunbarton.gov.uk](http://www.eastdunbarton.gov.uk))

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# Helping to combat loneliness

**Sunday tea parties are proving an effective way of combatting loneliness among the elderly finds a charity who are 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.

Anyone living in Bearsden or Milngavie who would like to host a tea party or refer a guest is encouraged to visit [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

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

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# Bearsden & Milngavie Connect

## An easy way you can help save a life

**Bearsden residents can tick off a good deed by marking diaries with the next blood donation drive.**

On Wednesday, November 27 the give blood team will set up at Bearsden Cross Public Hall and welcome anyone who can to donate to head along from 2-3.30pm and 5-7.30pm.

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 you can spare a pint of blood.

Once everything is checked and in order, volunteers 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 donated blood. Within 24 hours of a donation, blood is processed, tested and available for use.

One blood donation can save or improve the



lives of up to three people. However, figures reveal that only five per cent of the population currently gives blood.

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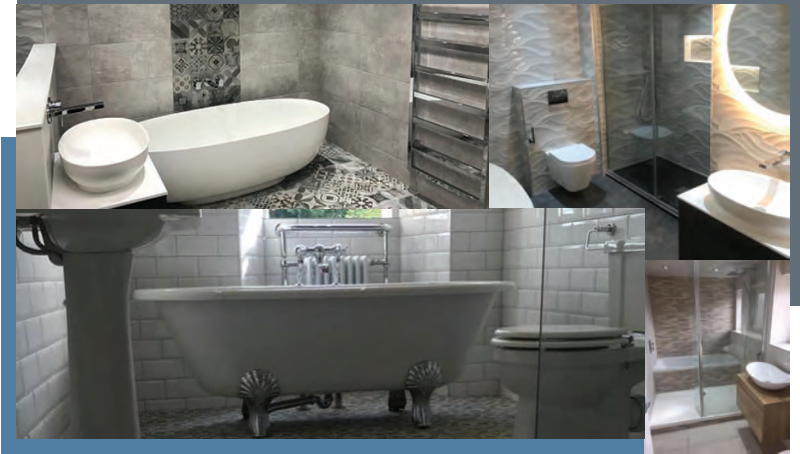
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**MY LIFE**



# Houseplants to enhance any home

Claire Bishop, houseplant buyer at Dobbies Garden Centres, offers the following tips on how houseplants can enhance a number of different styles and moods - from bright and bold, to soft, subtle and architecturally sculpted - and which ones work best where...

### AU NATURAL

Lush green plants paired with rugged terracotta containers bring the outdoors into your home. The popular Boston fern, with its arching green fronds, can develop into a perfect sphere of intricate greenery.

Alternatively, go for the sansevieria succulent, which adds attractive marbling to the mix. Commonly known as snake plant or mother-in-law's tongue, sansevieria are much more soothing to have around than either of their nicknames suggests.

### TYPICALLY TROPICAL

For a more vibrant look, seek out dazzling tropical

plants such as the Calathea peacock plant. As the name suggests, this plant is all about display, with a feathered effect in different shades of green.

Since it originates in warmer climes, Calathea will be perfectly at home in the humid atmosphere of a bathroom or kitchen - where it's likely to expand over time into a substantial, bushy addition.

### FAMILY FIXTURE

For a bright, cheerful addition to any family room, turn to dependable, easy-to-grow favourites such as the spider plant. Thriving even in a brightly-lit lounge, the bold stripes of the variegated Chlorophytum will last all year round. Try a hanging basket to display it to best effect.

### SHABBY CHIC

Dispense with tradition and opt for 'guests' that will bring personality to your rooms. Coconut shells, coffee tins, brass cans - most houseplants aren't fussy - they'll thrive equally happily in unconventional containers.



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### MEET TRANQUIL DAWN

the Dulux colour  
of the year 2020

#### So what exactly is Tranquil Dawn all about?

"The new green palette is in tune with the interiors trend for strong green colours in the home, which has grown over the last couple of years," explains Marianne Shillingford, Dulux UK's creative director.

"We've dialled down those deep greens and instead created a softer, more gentle, smoky shade. This is a neutral colour which is easy to live with."

#### Why did you choose Tranquil Dawn?

"The judges found there was a growing desire to find our place in a world where advances in technology can make us feel increasingly disconnected from one another," explains Shillingford.

"We actually see 'green' coming through in everything from political movements and environmental concerns, through to dietary choices like veganism.

"So this is a colour that reconnects us with nature, infusing rooms with a sense of calm, and is the perfect antidote to the pressure of our 24/7 digitised, full-on, sometimes manically busy world."

#### How will it work in my home?

"It's an easy colour to use, and ideal for people who are nervous about using colour in their homes. We're generally a conservative bunch, so many people still have their reservations about bold colour, but Tranquil Dawn is so subtle and easy-on-the-eye," says Shillingford.

"We feel it will work for everyone and every style. Rather than a stand-out feature colour, this is one which you could totally wrap around all the walls in a space and it would look absolutely beautiful."

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# Eco-friendly homes



### **We're all aware of the need to look after our environment - and where better to start than at home?**

Luckily, more and more companies are embracing eco-friendly approaches and solutions, and designers are becoming ever-more inventive and innovative in their use of recycled materials to create desirable homeware - so you don't have to sacrifice your style for your principles.

Need some inspiration? From wallpaper and paint, to furniture and accessories - follow our guide to creating a home to match your values...

#### **PAINT IT GREEN**

Some house paints use casein - a protein derived from milk or beeswax as a binding agent - while others use ingredients that have been tested on animals.

A lot of paints contain high levels of VOCs (volatile organic compounds), which emit solvents into the air that are associated with causing dizziness and headaches, and may affect those with allergies.

Crown's Breatheasy Coloured Emulsion range is 99.9% solvent-free and certified under the asthma & allergy friendly Certification Program.

#### **PAPER AND PLANT**

The desire for wallpaper with good eco-credentials is growing, and Little Greene not only has great designs, but sources and uses paper from certificated sustainable forests.

"We manufacture our wallpapers in the UK and for every tree used four more are planted," says Ruth Mottershead, Little Greene marketing director.

"Wallpapers are printed using non-toxic pigments and our high-quality wallpaper paste contains no solvent."

#### **RECIPE FOR ECO COOKS**

If you want to cook up a storm but reduce your carbon footprint, sustainable timber is a good choice for kitchen units, worktops and flooring.

Deforestation is a major environmental issue that's contributing to global warming, so look for the FSC (Forest Stewardship Council) 'tick tree' logo, which signifies it is certified timber that comes from well-managed forests and/or recycled materials.

Make sure worktops don't let the side down. Wickes offers worktops made from recycled materials in its range of kitchens.

#### **LIE BACK AND THINK OF THE PLANET**

You're setting the bar higher if you want a purely vegan lifestyle - but it's perfectly possible according to Jo Peters, author of new book, *Vegan Life: Cruelty-Free Food, Fashion, Beauty And Home*.

"Vegans prefer to avoid using materials that come from animals, which can make home furnishing seem like a challenge at first," she acknowledges.

"But, as with stocking your fridge, once you've sussed out what to avoid - and found some reliable suppliers of alternatives - you'll be able to make ethical choices in every room."

# WILL YOUR FENCE WEATHER THE NEXT STORM?

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