

# Bothwell & Uddingston **Connect** Autumn 2017





# Call or visit Bothwell's Estate & Letting Agents



14 Main Street, Bothwell, G71 8RF

Tel: 01698 852237

Email: [info@property-angels.biz](mailto:info@property-angels.biz)

[www.property-angels.biz](http://www.property-angels.biz)

## Welcome!

Welcome to the autumn edition of **Bothwell and Uddingston Connect**.



This year's Bothwell Scarecrow Fest came up trumps. Turn to page 6.

Brought to you by the Herald and Times Magazine Group, our series of popular Connect magazines aim to celebrate the best the area has to offer.

This issue is packed with stories and events from the local area. If you missed this year's Bothwell Scarecrow Festival, catch up on what went down on page six.

Also inside we've rounded up some of the best upcoming events in the area on page 14 as well as lots of community stories throughout.

If you have a story you'd like to share with others or want to know how Connect can help your business, don't hesitate to get in touch.

We hope you enjoy the current issue and will see you again soon.

Until next time,  
**Team Connect**

### Contacts

#### Editorial

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

#### Nicola Brown

nicola.brown@newsquest.co.uk  
0141 302 7741

#### Erin McDermott

erin.mcdermott@heraldandtimes.co.uk  
0141 302 6068

#### Advertising

To find out how the magazine can help your business connect with new customers, contact:

#### Scott Campbell

scott.campbell@heraldandtimes.co.uk  
0141 302 6064

#### John Slattery

john.slattery@heraldandtimes.co.uk  
0141 302 6062

Write to us: Bothwell & Uddingston Connect  
Herald and Times Magazine Division  
200 Renfield Street, Glasgow G2 3QB

All images supplied by Getty Images and contributors.

HAMILTON  
**Bathroom  
& KITCHEN CENTRE**

bathrooms • kitchens • tiles

- ✓ plan
- ✓ design
- ✓ install
- ✓ supply

29 Bothwell Rd  
(Opposite Parks BMW)  
Hamilton,  
Lanarkshire ML3 0AS

Customer Parking at Rear

T: 01698 281900

info@hamiltonbathrooms.co.uk  
www.hamiltonbathrooms.co.uk

AT LEAST  
**10% OFF  
EVERYTHING!**  
TERMS APPLY

fitted bathrooms  
from  
**£4995**

plus  
**20% OFF  
APPLIANCES!**

fitted kitchens  
from  
**£9995**



## Handy Numbers

### Council

General: 0303 123 1015

### Emergency

Police Scotland - 101 (or 999 in emergency)

Scottish Water - 0800 0778 778

Shelter Scotland - 0808 800 4444

Women's Aid South Lanarkshire and East Renfrewshire  
- 01355 249897

### Education

Bothwell Primary School - 01698 852919

St Bride's Primary School - 01698 850000

Hamilton College - 01698 282700

Bothwell Montessori Nursery School - 01698 850000

Hamilton Grammar School - 01698 285 777

Glenlee Primary School & Hamilton School for the Deaf  
- 01698 823 343

Muiredge Primary School - 01698 813852

St John the Baptist Primary School - 01698 813540

Uddingston Grammar School - 01698 805050

Sunshine Nursery - 01698 801162

Tom Thumb Nursery & Tots Group - 01698 817419

Castle Gate Nursery - 01698 810081

Tannoch Tots Nursery - 01698 810198

### Churches

St John the Baptist's Church - 01698 813156

Bothwell Parish Church - 01698 853189

St Bride's Church - 01698 852710

### Libraries

Bothwell Library - 01698 853150

Uddingston Library - 01698 813431

Hamilton Town House - 01698 452 299

### Community

Uddingston Community Centre - 01698 813383

Bothwell Parish Church Centre - 01698 854903

Hamilton Baptist Church - 01698 284 004

Hamilton Old Parish Church - 01698 281 905

Fallside Community Centre - 01698 849368

Focus Youth Project - 01698 811925

Bothwell Bowling Club - 01698 852408

Uddingston Bowling and Tennis Club - 01698 814278

### Health

NHS 24 - 111

Udston Hospital - 01698 723200

Beckford Lodge - 01698 456212

Hairmyres Hospital - 01355 585 000

Wishaw General Hospital - 01698 361 100





## WE TAKE NORTH INDIAN CUISINE SERIOUSLY!

At The Dhabba we are proud to present absolutely authentic Indian cuisine that has evolved over centuries.

Our chefs combine fresh ingredients with a full range of wonderful herbs and spices, using traditional and time honoured recipes.

The results ensuring a complex and vibrant gastronomic experience.

0141 553 1249  
WWW.THEDHABBA.COM

44 CANDLERIGGS,  
MERCHANT CITY, GLASGOW G1 1LD



*“This Glasgow restaurant has captured the authentic tastes of South Indian cooking.”*

— THE HERALD

**Dakhin**  
SOUTH INDIAN KITCHEN

# Trump is out standing in South Lanarkshire

**Bothwell Scarecrow Festival's seventh annual event got underway recently with many people taking the opportunity to have a pop at the American President.**

Now the biggest festival of its kind in Scotland, Donald Trump became a popular target at this year's event, making an appearance of sorts in many south Lanarkshire fields.

Around 400 scarecrows were created for the seventh Bothwell Scarecrow Festival, with people taking inspiration based on everything from Game of Thrones and The Avengers to Spiderman and Oor Wullie.

Harry Marsh, one of the festival organisers, said: "This is a community event, and it is about getting people out of their houses and coming together.

"We are very pleased with the response this year."

The week-long event concluded with a Grand Scarecrow Parade followed by an 'afternoon of fun' as the playground goes 'down on the farm' with music, dancers and races.





✓ FREE MEASURING ✓ FURNITURE MOVED ✓ OLD CARPETS REMOVED

# VISIT OUR MASSIVE NEW SHOWROOM.



**NOW AT: 33 DOWNIEBRAE ROAD  
RUTHERGLEN G73 1PW**

**FLEMING**  
CARPETS • FLOORING

**T: 0141 647 2302**  
sales@flemingcarpets.com  
www.flemingcarpets.com

# Bothwell & Uddingston Connect

## Can you dig it?

**Locals with some free time to donate are being encouraged to help conserve, enhance and celebrate the heritage of the Clyde and Avon valleys.**

The Clyde and Avon Valley Landscape Partnership needs you, and along with Bothwell Community Council, are urging anyone interested to lend a hand. From archaeology to archival research, education and environmental volunteering roles, there are a wide range of volunteering, training and learning opportunities available.

Why not learn something new or contribute skills you already have individually, or as a group, and make a difference along the way. Perhaps you're retired and would like to use some free time to help the community, maybe you're in between jobs and would like to boost your skillset, whatever your circumstance you can help conserve the local environment.



From repairing paths, planting trees and flowers, woodwork and gardening, there are a variety of options throughout a variety of locations from Falls of Clyde to Dalzell Estate. Help celebrate the landscape and learn new skills along the way.

**To find out about the opportunities available in the area and discover more, visit [www.clydeandavonvalley.org/join-in/volunteer](http://www.clydeandavonvalley.org/join-in/volunteer)**

## **KNIGHTSWOOD SERVICE CENTRE**

SERVICING | MOT | TYRES | 4 WHEEL ALIGNMENT | DIAGNOSTICS | AIR CONDITIONING

ALL MOT'S

**£30**



**0141 951 4447**





DON'T MISS OUR  
FINAL HOMES AT THORNTONHALL  
JUST ASK CALA



A street scene at The Lawns at Thorntonhall

The Lawns at Thorntonhall  
Peel Road, G74 5AG

NOW ONLY 4  
HOMES REMAINING

PLOT SPECIFIC  
INCENTIVES AVAILABLE

Luxurious 5 bedroom  
detached homes  
Prices from £585,000  
to £765,000

0141 413 9180 | CALA.CO.UK

# Bothwell & Uddingston Connect

## Can you help save a life?



**LOCALS** are being urged to help save a life by attending an upcoming blood donation drive this winter.

The Scottish Blood Transfusion Service (SNBTS) is calling on people living in Bothwell and Uddingston to join them at a donation session this winter to help make a difference across the country.

The process of giving blood is quick and simple.

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

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

Each donation takes around 10 to 15 minutes and staff aim to take around 470mls of blood - with additional samples for testing.

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

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

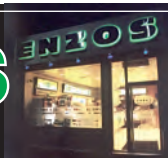
Residents will have the chance to pay it forward on Thursday 11 January from 2-3.30pm and again at 5.15-7.30pm.

The SNBTS team will set up shop in Lidl's Car Park, Bothwell Road, Uddingston.

**To find out more, visit [scotblood.co.uk](http://scotblood.co.uk)**



# ENZOS



## PIZZAS FISH & CHIPS

**OPEN SEVEN DAYS**

**MONDAY - FRIDAY**

11.30am - 1.30pm & 4.00pm - 11.00pm

**SATURDAY & SUNDAY**

4.00pm - 11.00pm

**HOME DELIVERY**

5.00pm - 10.30pm

195 MAIN STREET • UDDINGSTON

# 01698 810505

## BRIAN MULGREW PLASTERERS

*Over 35 years experience*

All aspects of internal plastering

- ✦ Skimming ✦ Coving ✦
- ✦ Artex removal ✦ Cornice work ✦
- ✦ Ceiling Specialist ✦

*Insurance work*

Free estimates

Facebook at

**Brian Mulgrew Plasterers**

Email:

**[brianmulgrewplasterers@msn.com](mailto:brianmulgrewplasterers@msn.com)**

Mob: **07932 595925**

Tel: **0141 778 5700**

**VINTAGE & MODERN WATCHES  
JEWELLERY & COLLECTABLES**

---

**J. SIMPSON**

**ALL VINTAGE & MODERN  
WATCHES WANTED**

**Broken or Not  
Rolex, Omega etc**

**Top prices paid for scrap  
Gold and silver**

**Open Wednesday to Saturday**

**Call 01698 818967  
34 Main Street, Glasgow G71 7LS**



# Spooky goings on this October

**Get your Halloween off to a frightful start with a visit to one of the many scary events set to take place this season.**

For those living in Bothwell and Uddingston, there are a whole (g)host of activities for those looking to embrace the spirit of the season.

Returning for 2017, M&D's unforgettable Night Terror experience promises to test even the bravest souls as they get stuck into these spooky thrills. Their 'Outbreak: Night Terror' events run on various dates throughout October and ask - what if you were trapped in your own nightmares? Can you think of a way to escape your own mind when it's against you? What if you never wake up?

For those with a love of all things Halloween, this event will make you feel fear like never before in a brand new, totally immersive live action horror experience. Tickets cost from £8 per person and packages are available online.

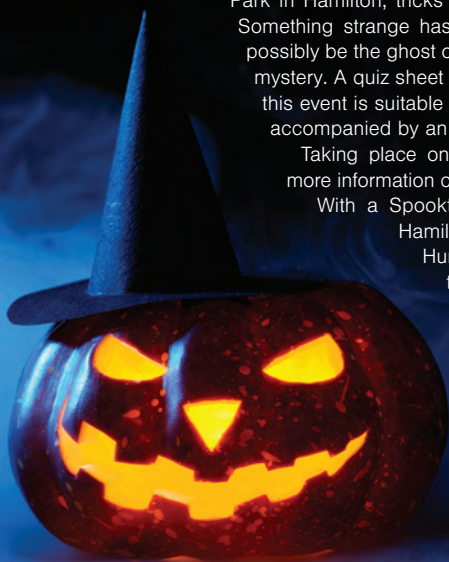
Also new for 2017 at the local theme park, Darktober allows people to ride the top five thrill rides in the dark from 6-10pm each night.

Brave individuals under the age of 15 can be admitted when accompanied by a responsible adult. 15-minute experience (approx). No food or drink to be taken into the attraction. People are advised to book in advance to avoid disappointment.

Or for those willing to make the journey to Chatelherault Country Park in Hamilton, tricks and treats are in store at their Ghost Hunt. Something strange has been happening at Chatelherault; could it possibly be the ghost of the Duke? Take part in this quiz to solve the mystery. A quiz sheet available to purchase from the reception and this event is suitable for children aged five and over, or younger if accompanied by an adult.

Taking place on various dates up to Sunday 5 November, more information can be found at [www.slleisureandculture.co.uk](http://www.slleisureandculture.co.uk)

With a Spooktacular Messy Play at Neilsland Square in Hamilton for the little ones, and a Spooky Treasure Hunt in Calderglen Country Park in East Kilbride, there are plenty Halloween events throughout Lanarkshire to sink your teeth into.





BALMER  
CARE HOMES

PEOPLE CARE



**NOW  
RECRUITING**  
DEPUTY MANAGER  
TRAINED  
NURSING STAFF  
& SENIOR  
CARE STAFF



Luxury Care Homes, administered daily by the Balmer Family, providing the highest quality of person centred care in a happy friendly and caring environment.



**CROFTBANK HOUSE**  
98 Old Mill Road  
Uddingston  
tel: **01698 814466**



**ROSEPARK CARE HOME**  
261 New Edinburgh Road  
Uddingston  
tel: **01698 816161**



**SUMMERLEE HOUSE**  
1 Canal Court, West Canal Street,  
Coatbridge  
tel: **01236 433466**

web: **[www.balmercarehomes.com](http://www.balmercarehomes.com)**  
email: **[info@balmercarehomes.com](mailto:info@balmercarehomes.com)**

If you have the relevant qualifications why not join our team of health professionals, please email **[helen@balmercarehomes.com](mailto:helen@balmercarehomes.com)** for an application form.

# Bothwell & Uddingston Connect

## What's on

Keep up to date with events in Bothwell, Uddingston and the surrounding areas with our handy what's on guide.

### EVENT: Dementia Cafe

Date: Wednesday 18 October

Time: 10.30am-12pm

Location: Viewpark Parish Church

Cost: Free

What's on: Alzheimer Scotland provides information and advice from their local dementia advisor. Here people will have the opportunity find out about services and supports in your own community as well as meeting other people and families also living with dementia.

### EVENT: Kristina Rihanoff & Tristan MacManus

Date: Saturday 28 October

Time:

Location: The Town House, Hamilton

Cost: £25/ £24 concession

What's on: Strictly Come Dancing stars Kristina Rihanoff and Tristan MacManus, present an evening of breathtaking dances. With amazing Ballroom and Latin routines such as the Waltz, the Paso Doble, the Samba and favourites the Charleston and the Argentine Tango. Call 01698 452 299 for more information.

### EVENT: Knit and Natter

Date: Every Tuesday

Time: 7-9pm

Location: Uddingston Community Centre

Cost: £4 (£3 concession)

What's on: Head along to Uddingston Community Centre on Tuesday for a wee get together with fellow crafters. All are very welcome – just bring your project and you will be supplied with tea/ coffee and healthy edibles.

### EVENT: Room on the Broom

Date: Saturday 28 October

Time: 11am-12pm

Location: Chatelherault Country Park, Hamilton

Cost: Adult £3/ child £1.50

What's on: South Lanarkshire libraries children's team will be re-telling the story of Room on the Broom by Julia Donaldson between 11am-12pm. There will be a walk through the park with the book characters, crafts and other fun activities. Aimed at three years and over.

### EVENT: The Night Pirates

Date: Wednesday 18 – Thursday 19 October

Time: Wednesday 1.30pm, Thursday 11am and 2pm

Location: The Town House, Hamilton

Cost: £12 / Family ticket of 4: £45 / Groups 10+ £10

What's on: Adapted from the best-selling book, The Night Pirates tells the tale of a group of little girl pirates who descend on a young boy called Tom at bedtime. Eager to join the pirate adventure, Tom uses his house as a pirate ship and sets sail to retrieve stolen treasure from Captain Patch and the bumbling grown-up pirates. Call 01698 452 299 for more information.



# Bothwell & Uddingston Connect

## EVENT: Local Heroes Landscape Walks

Date: various dates

Time: various times

Location: Lanarkshire

Cost: Free

**What's on:** CAVLP Heritage are running six walks exploring the local landscapes which inspired famous artworks. Running until 4th November, there are various walks to try. To find out more about CAVLP Heritage projects and how you can get involved, contact the team at cavlp.heritage@gmail.com or on Facebook [www.facebook.com/CAVLPHeritage](http://www.facebook.com/CAVLPHeritage) or on Twitter @CAVLPHeritage.



## EVENT: Yin Yoga

Date: Thursday 26 October

Time: 6.30-7.30pm

Location: Prana Yoga Studio, Hamilton

Cost: £7.50

**What's on:** Yin Yoga is an ideal complement to an active lifestyle, but is also suitable for those new to yoga who would like a gentle stretch. Working on the connective tissues, fascia and joints, this style of yoga helps to release tension on a deeper level, leading to improved range of mobility. Call 07890026110 to find out more.

## EVENT: Baby and child first aid workshop

Date: Wednesday 25 October

Time: 10am-12pm

Location: Bothwell Library

Cost: £20 per person

**What's on:** Would you know what to do in a First Aid emergency for your child? Why not learn some new skills and knowledge at this relaxed but informative class. Pre-crawling babies are welcome. The courses are designed for parents, parents to be, grandparents and carers of little ones. Call 07725053049 for more information or visit [helpinghandsfirstaid.co.uk/](http://helpinghandsfirstaid.co.uk/)





THE GLASGOW ACADEMY

# Open Eve

We look forward to meeting you and your family at one of our open events

**Wednesday 4 October 2017**

**9.30am - 11.30am**

**Tuesday 7 November 2017**

**6.30pm - 8.30pm**

**The Glasgow Academy,**

**Kelvinbridge G12 8HE**

**Nursery (age 3 - 5), Prep (P1 - P7)**

**and Senior School**

In addition to the above dates, prospective parents and pupils are most welcome on a normal working day to see The Academy 'in action'. If you would like to arrange a visit or for more information about entry to The Academy, please contact our Admissions Office on 0141 204 1000.

# ents

d  
ts...



to visit the school on a  
a visit, or would like further  
on **0141 342 5494**.

[www.theglasgowacademy.org.uk](http://www.theglasgowacademy.org.uk)



# Discount card campaign gathers speed



**It's full speed ahead for a petition launched in a bid to encourage ScotRail to consider giving a student discount to those travelling at peak time, which has attracted thousands of signatures.**

The 16-25 Railcard is the best student discount card offered to youngsters travelling on Scotland's trains, the card however only provides discounts for those travelling during off-peak travel.

Young Scot also offers discounts which include one third off the price of most singles and returns or 50 per cent off all weekly or monthly tickets but these discounts end when a young person turns 19.

More than 3500 people have signed the petition which was created recently by a student.

The petition stated: "A monthly train ticket at the

age of 18 (or under) using a Young Scot card costs me around £50 to travel from Hamilton to Glasgow (30 min journey), Glasgow being my place of study.

"I travel at peak times therefore a monthly discounted ticket is the only way I can afford to get there.

"When I turn 19 I am no longer able to use my Young Scot card and will be paying double that - £100 a month, just to get to college which is expensive in my eyes especially for a student."

Abby added: "I want ScotRail to consider introducing a student discount for anyone studying at college or university. A student's life is not cheap and someone working could be on minimum wage.

"A 16-25 railcard is something I have considered however you cannot use this at peak times and peak times are the only time I travel for college."



THE CASTLE ROOMS

# WEDDING OPEN DAY

SUNDAY 8TH  
OCTOBER  
12-3PM

Entry is free with delicious canapés  
& a complimentary glass of bubbly

Find out about our fantastic new  
Petite Sweetheart Package

THE WEDDING  
OF YOUR DREAMS  
FOR ONLY £1,500



THE CASTLE ROOMS  
UDDINGSTON

   01698 810889 · [weddings@lisini.co.uk](mailto:weddings@lisini.co.uk)



# What lies beneath

**Those with a curiosity to discover the unknown are in for a treat with a unique opportunity has arisen to get involved in Treasured Remains.**

A project celebrating four of the most historically significant graveyards in the Clyde and Avon Valley, Treasured Remains invites locals in Bothwell and Uddingston to take part between now and January.

The series of free workshops will explore the histories of New Lanark Burial Ground, St Patrick's Churchyard within Dalzell Estate, St Michael's Churchyard at Cambusnethan and St Ninian's Churchyard in Stonehouse. Each graveyard tells its own story in the tapestry of the area's history, as final resting places for our Clyde and Avon Valley ancestors.

Participants will work with conservation experts from Archaeology Scotland and Kirkyard Consulting to carry out vital research and recording, in order to understand the extent and current condition of the graveyards, update existing records and raise awareness of this rich part of the area's history and heritage.

They will assist in creating plans containing the position of the main graveyard features, full records for each gravestone and lichen surveys for each site. In doing so, participants will have the opportunity to learn

how to use specialist techniques such as geophysics and light techniques.

The project is managed by Archaeology Scotland in association with Kirkyard Consulting and Spectrum Heritage, and is part of the Heritage Lottery Fund and LEADER supported Clyde and Avon Valley Landscape Partnership (CAVLP).

No experience is necessary as training will be given. All ages and abilities are welcome but children under 16 should be accompanied by an adult. Workshops are free but booking is essential via Phil Richardson at Archaeology Scotland at [adopt@archaeologyscotland.org.uk](mailto:adopt@archaeologyscotland.org.uk) or on 0300 012 9878.







### MAYFAIR DRY CLEANERS

LAUNDRY | DRY CLEANING  
PRESSING

36 Kirkton Park, The Village

East Kilbride G74 4HX

Tel: **01355 221 401**

[www.mayfair-cleaners.com](http://www.mayfair-cleaners.com)

### ALLISON STREET CLEANERS

DRY CLEANING | LAUNDRETTE  
SERVICE WASH | PRESSING

110 Allison Street, Govanhill

Glasgow South G42 8ND

Tel: **0141 423 3958**

[www.allisonstcleaners.com](http://www.allisonstcleaners.com)

# Autumn Special

**5 Shirts for  
£7.50\***

Wash, pressed on hanger

**Curtains:  
£6.00/kg**

(normally  
£7.50/kg)

**4 Garments  
Dry Cleaned  
for**

**£14.99\***

**Jackets, Trousers  
& Skirts -  
any mix**

**BACK TO SCHOOL** - inc school blazers

**DYLON Dyes** Stock of Dylon Dye Pods, Mayfair cleaners only

New pods in stock - **introduced price £6.99** normally £7.49

**Offer ends : 30th October 2017**

\*Terms and conditions apply - **see staff for details**



TO CLAIM THIS OFFER, BRING THIS ADVERT, REQUIRES PRE-PAYMENT



# The healing power of tea

**SUNDAY tea parties are proving an effect 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 Bothwell and Uddingston 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 how to set up your own tea party to help those who could use the company.



[www.betterdenture.co.uk](http://www.betterdenture.co.uk)

Are you unhappy with  
your dentures?  
Would you like?  
Improved appearance,  
fit and comfort



We are a denture only practise.  
For expert denture care and commitment to quality  
call us today.

**Glasgow Clinic**

1 Cambuslang Road, Farme Cross, Rutherglen  
Glasgow G73 1AP  
Tel: 0141 647 8889

[info@betterdenture.co.uk](mailto:info@betterdenture.co.uk)

Denture & Implant Solutions from Alan Mitchell  
CDT RCS [Eng]

Cosmetic Denture Clinic  
 Denture and Implant  
Solutions



# Local art is in the frame on organised walk tours

**Local Landscape Hero walks which offer fascinating insights into the views that inspired famous artworks, are now underway - and there's still time to sign up.**

A series of six different trails have been set up for local communities to join and enjoy. Each guided walk is from one to five miles long with all of them an easy ramble through woodland or along country lanes. Running until Saturday 4 November, there are a range of different walks for people to enjoy.

On Friday 27 October walkers can take part in 'Cadzow Clothes Drying', a walk which measures 1.19 miles. Then on Saturday 28 October - 'Meikle Burn' - at 4.44 miles. On Friday 3 November there is the chance to join 'The Seasons of Crossford' at only 0.50 miles; and on Saturday 4 November - 'The Falls' which is 2.15 miles.



Organised by CAVLP Heritage, these guided walks will trace the artistic footsteps of local landscape heroes and track down the subjects used in selected paintings. Each group will photograph a version of each landscape view, adding in frames and comparing them to the original works of art. Participants will also be guided to conduct a walkover survey and record any archaeological sites encountered on the trail.

24 Autumn 2017



The project has been very successful in identifying more than 80 pieces of art which can be seen in a virtual art trail. Much of the art featured on the trail was created in the 19th century and depicts a fascinating changing landscape.



The Clyde and Avon Valley has long been a destination for visitors, including esteemed artists and writers such as J. M. W. Turner, the Wordsworths and Sir Walter Scott. Known for its patchwork of nationally important woodlands and stunning geological formations, crumbling castles and orchard heritage, the area has fired the imagination of visitors throughout the ages.

As important historical sources, paintings of dramatic local views can help the public understand how the landscape and subsequent changes have affected the people living in the area. The CAVLP team is keen to explore with the groups whether the subject matters in the paintings, such as buildings or landscape features, can still be identified today.

**To find out more and to get involved email [cavlp.heritage@gmail.com](mailto:heritage@gmail.com) find them on Facebook or follow them on Twitter @CAVLPHeritage.**

# Couple have a stroke of luck after securing business loan

**A South Lanarkshire couple are making a splash after being granted the first ever £100,000 award from a new business loan scheme.**

The funding secured from Business Loans Scotland gave Tom and Nicola Mitchell the support they needed to realise their dream of a purpose-built pool as a permanent home for their swim teaching business, Making Waves.

The 25m pool in East Kilbride's PlaySport complex has harnessed a wide range of innovative new technologies that aimed at giving users a great experience and helping to protect the environment.

Tom said; "We have spent 14 years building up our business and it has been a labour of love. Teaching swimming gives children confidence, exercise, fun and potentially save lives.

"We felt the time was right to take our business to the next level. So this purpose built pool has been designed to meet the specific requirements of what we do."

And Nicola added: "We installed an innovative filtration system which means we use less chemicals and the water is gentler on sensitive skin. We also have a heat exchange system so warm air being taken out by



the air conditioning actually heats the pool water.

"It has been a lot of work but having this full-time base is incredible. It has also enabled us to create 12 full-time jobs in our home town."

Business Loans Scotland is backed by a consortium of all 32 Scottish local authorities and can provide loans of up to £100,000 to new and growing small to medium sized businesses across the country. Making Waves was the first business to receive the maximum loan.

Councillor John Anderson, the chair of the council's Community and Enterprise Resources, said; "It is great to see Making Waves growing and creating new jobs in our area. Our Business Support team played an important part in helping guide Tom and Nicola through the process of securing this loan to make their vision for Making Waves become reality."

**Anyone living in Bothwell and Uddingston who wants to enquire about Making Waves swimming lessons can email [bookings@makingwavesswimming.co.uk](mailto:bookings@makingwavesswimming.co.uk) or phone 0141 530 8007.**



# Autumn fitness advice to see you through the season

**Autumn is nearly here, folks. The good news: time to dust off those glorious boots and jumpers. The not-so-good news: time for the annual onslaught of winter bugs and feeling generally under the weather.**

But it doesn't have to be that way - well not entirely, at least. While you can't completely avoid catching bugs and colds, you can give your immune system a helping hand (and no, that doesn't mean shoving a load of 'vitamin-boost' fizzy tablets in your drawer to guzzle when you're run down).

Here, Rob Hobson, Healthspan nutritionist and author of Detox Kitchen Bible Cookbook, and personal trainer Mollie Millington, share top tips for the exercise and diet tweaks to make now to keep you well through winter...



### 1. Embrace the season

A healthy, balanced diet is key for good health - but do you find it easier to eat healthily during summertime? Making the switch to winter doesn't have to mean letting all those healthy habits slip. "Swapping berries and salads for root vegetables, apples and pears is just as healthy," says Rob. "The problem is that the cold weather and dark evenings often leave us craving comfort foods that we find nurturing.



### 2. Be supplement savvy

Lots of us only think about packing in extra vitamins once we actually feel unwell, but our immune systems function best if they're supported continually, so consider starting to take a quality multivitamin now, if you don't already. "As a general all-rounder, a multivitamin and mineral is a good, cost-effective way to fill any shortfalls in your diet, and supply you with the nutrients typically associated with immunity, such as zinc and vitamin C.

*"There are some nutrients that are typically lacking in the diet during winter, such as vitamin D, so I would advise taking this from October onwards," he adds.*

### 3. Get spicy

'Tis the season of hearty soups, stews and casseroles, and spices are an easy way to add some oomph in the healthiness - as well as the taste - stakes. Take inspiration from your favourite coffee shop chains and add warming spices to hot drinks, porridge and breakfast smoothies. "I am a big fan of incorporating lots of spices into your diet all year round. There is always one for every occasion, dish or drink," says Rob. "Spices not only contain a good source of minerals, such as iron, magnesium and calcium, but many contain anti-inflammatory compounds, such as cir cumin, found in turmeric."



# Bothwell & Uddingston Connect



#### 4. Don't let the weather stop you getting outside

Invest in suitable footwear and a waterproof jacket and you'll never need to let the weather stop you from getting outdoors to walk. If walking to work isn't an option, or it's too dark, Mollie suggests getting in a little earlier "and then use 30 minutes before work to walk briskly around your office building".

#### 5. Switch to lunchtime workouts

Being physically active also plays a vital role in helping your immune system do its job. If you know the dark mornings and evenings are going to hamper your usual workout regime, switch things up and make the most of lunchtimes and early afternoons to fit in some exercise. Circumstances permitting, check out afternoon classes

at nearby gyms ("Many gyms offer cheaper classes during the day, as the classes are less popular," notes Mollie) or make use of nearby parks for jogging.

You could even work in some HIIT and yoga sessions without having to leave the office or spend any money - thanks to the internet and wealth of free fitness videos on YouTube. "There are 100-plus free workouts on my website ([ptmollie.com](http://ptmollie.com)) that require little or no gym equipment. They take 15 minutes, so you could also do these at work on your lunch break with colleagues," says Mollie.



# Calling all locals



**Local residents are being urged to be vigilant of fraud calls about council tax refunds, is the advice from Trading Standards.**

They are warning everyone to be aware following information they have received that some of their customers have been receiving calls claiming they are due a council tax refund.

Residents are then being told that they will get the refund if they pay £74 and are then urged to call the number given. The 'company' calling is using a Bath Street, Glasgow address and is also making follow-up calls.

Trading Standards believe the telephone number might be abroad (possibly Mombasa, Kenya) and would be costly if phoned.

The advice from Trading Standards is therefore to not phone the number given or part with any money.

**If you are contacted or think you have been a victim of any other scam, contact Consumer and Trading Standards on 0303 123 1015 or email [consumer.enquiries@southlanarkshire.gov.uk](mailto:consumer.enquiries@southlanarkshire.gov.uk)**





**FREE  
VOLUME 2  
OUT NOW!**

scottish  
**walks**

# GRAB YOUR BOOTS AND GET WALKING

Download the **Scottish Walks  
Volume 2** tablet app for a  
choice of 60 fantastic walking  
routes across **Scotland**

**FREE**  
DOWNLOAD  
FOR APPLE  
& ANDROID  
TABLETS

SPONSORED BY



- Interactive maps
- Route descriptions
- Stunning photography
- Interactive features
- Browse offline, anytime

**FOR ENQUIRIES PLEASE CONTACT 0141 302 7743**



# A bright future ahead for South Lanarkshire teens

**It's good news for South Lanarkshire's teenagers after a national study highlighted a welcome improvement in life opportunities.**

The Scotland-wide report into 16-19 year olds shows that the number in South Lanarkshire who are in "positive destinations" – working, training or in education – has risen in 2017 and is above the national average.

According to the 2016/17 figures published by Skills Development Scotland, 91.25 per cent of the 14,040 16-19 year olds in the area are in education, employment or training, up 0.8 per cent on the previous year. The report also showed the number of unemployed local teens had fallen.

Councillor Katy Loudon, the council's Chair of Education, said: "These figures make for positive reading, showing the vast majority of our young people are achieving positive destinations as they reach school leaving age.

"The rise in the percentage of our 16-19 year olds



in education, employment or training to above 91 per cent can only be described as good news.

"And the significant fall in the unemployment level among that age group has to be welcomed. But we must continue to strive through schools, and the support that is available after the school years, to ensure all

our young people can look forward to achieving a positive destination as they set out into adult life."

The 2017 Annual Participation Measure Report shows 3.3 per cent of individuals in the age group were unemployed, a fall of 1.1 per cent on the previous figure of 4.4 per cent and lower than the national average of 3.7 per cent.

A further breakdown shows 71.7 per cent of 16-19 year olds in South Lanarkshire were in formal education) including school, higher and further education), 17.3 per cent in employment (full time/ part time/ self-employed and Modern Apprenticeships, and 2.2 per cent in training.



# scottish walks

**Bens, Glens, Islands and Coast – routes for all**

Register for your

**FREE DIGITAL EDITION**

at **[www.scottishwalks.com](http://www.scottishwalks.com)**

With 4 issues a year each including great walking routes for everyone – on coastal paths, along historic trails, through empty glens and over majestic hills

Scottish Walks digital edition can be viewed on your iPhone, iPad, as well as other mobile phone devices and tablets. Featuring zoom facility, video and animated content, download and print function, edition archive, and new issue alerts direct to your inbox.



[www.scottishwalks.com](http://www.scottishwalks.com)



If you are thinking about  
selling, you and your home  
will be in safe hands...



Call us today for a free valuation and see why more people  
choose Residence to sell their most valuable asset.

34 Cadzow Street, Hamilton ML3 6DG

Tel: 01698 444333

hamilton@residenceestateagents.co.uk

61-63 Main Street, Uddingston G71 7EP

Tel: 01698 444222

uddingston@residenceestateagents.co.uk

3 Bridge Street, Strathaven ML10 6AN

Tel: 01357 572222

strathaven@residenceestateagents.co.uk



ESTATE AGENTS

[www.residenceestateagents.co.uk](http://www.residenceestateagents.co.uk)