

Eastwood **Connect**

Winter 2016 / 2017



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Welcome!

HELLO and welcome to the latest edition of Eastwood Connect.

Once again brought to you by the Herald and Times Magazine Group, this small but mighty magazine aims to celebrate the best the area has to offer.

Packed with feel good news and features, Connect prides itself on being a champion of the best things that happen in our community.

From local success stories to news of fundraising events, there is something for everyone to enjoy.

However, we wouldn't be able to do it without you and want you to be as involved as possible.

If you have a tale to tell, an event to share or simply want to tell us what you think of the magazine, please don't hesitate to get in touch.

Now all that remains to be said is we hope you enjoy this offering and we look forward to working on the next!

Happy reading,
Team Connect

Cover image courtesy of Getty Images



Doors open to new multi-million pound centre. Turn to page 10

Contacts

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**Council Tax
Payment:**

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Pest Control:
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Housing Services:
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0141 639 0265

**Councillor
Gordon Wallace
(Conservative):**
07486 060028

**Councillor Vincent
Waters (SNP):**
07703887170

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**Eastwood Recreation
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Giffnock Soccer

Centre:
0747 308 0800

**28th Glasgow
(Giffnock) Scout
Group:**
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Taking to Eastwood stage will be a ‘special moment’

A RIVER City Star will be stepping back in time when she takes to an East Renfrewshire stage to star in a panto.

Leah MacRae is set to appear as the Fairy Godmother in *A Belter of a Cinderella Story*, at Eastwood Park Theatre in Giffnock.

As it happens, it is the very same stage she made her performing debut as a 10-year-old.

Back then, Leah, who plays Ellie McLean in the Scottish soap, was a pupil of The Dance Factory dancing school and was performing in a production of *Bugsy Malone*.

And the 32-year-old – who also appears in *Gary: Tank Commander TV* – revealed that as a youngster she knew that there was no other business like show business for her.

Leah, who was brought up in East Renfrewshire, can't wait to re-visit the scene of her performing debut on stage.

She said: "Going back to Eastwood Park Theatre for the first time after all those years will be a special moment for me.

"It will be amazing if I can stand on the same spot on the left hand wing waiting to go on like I did all those years ago.

"I'm definitely going to ask if I can do that.

"That first time I was standing in the wings, everyone was really excited.

"The teachers were telling everyone to shush, but I was



completely silent, just looking up and being mesmerised by the giant curtains and the lights. I had never experienced anything like it before.

"Back then when I was waiting to go on stage, I just knew this is what I wanted to do. It was the first time I had been on stage in a real theatre and I felt something special

about being there."

A Belter of a Cinderella Story runs at Eastwood Park Theatre from Wednesday, December 14 up until Thursday, December 29.

Tickets are priced at £15 for adults, £12 for children or £45 for a family of four.

To reserve a seat, visit www.eastwoodparktheatre.co.uk

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LOUIS Armstrong said it best or should we say, sang it best: 'when you smilin' the whole world smiles with you'.

However, there can be little to smile about if you don't have confidence in your teeth.

Your smile plays a huge part in your personality and not feeling like yours is at it's best can play havoc with your self-esteem.

This is something the team at the Glasgow Denture Studio appreciate.

The friendly, family-run business have been offering a warm and professional service to all for more than 30 years.

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don't just need to grin and bear their dental woes, they have proudly been at the forefront of producing high quality cosmetic dentures.

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Not content with sticking with the status quo, staff are delighted to continually keep moving with the times to offer people the very best treatments

and products on the market.

Originally established in Mount Stuart Street, things have grown from strength to strength for Glasgow Denture studio, with three practices offering a first class service across the city.

However, this July the team were delighted to go back to their roots and once again moved back to Mount Stuart Street again.

For full details of the services on offer, visit www.glasgowdenturestudio.co.uk or call 0141 649 8377.



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What do you value most in community life?

George Thomson - Volunteer Scotland

"Me? I value the friendship. It's a laugh."

"We value the difference we make. It's uplifting."

"Us? All of us value each other. It's rewarding."

Value the volunteers in your community and please send them a thank you card.



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Eastwood Connect

Doors open to new multi-million pound centre

THE doors of the new £1.6million Cart Mill Family Centre opened in November to welcome children and staff.

As East Renfrewshire Council's newest family centre, the facility will provide 40 full time equivalent additional early years' places for children in Busby, Clarkston and Eaglesham.

Children already enrolled at the nursery, who have been in temporary accommodation at Williamwood High during the construction, were delighted to get into their new building.

A range of bright, open plan playrooms are provided with direct access to outdoor learning spaces, a kitchen and dedicated dining area. The modern facility will also give families more opportunities to get involved in the life of the centre.

Councillor Elaine Green, Convener for Education and Equalities, said: "The opening of this wonderful new family centre provides first class facilities for the children and families of Busby, Clarkston and Eaglesham.



"The investment in this new centre is part of a £77 million commitment to improving the education estate in East Renfrewshire over the next three years and I'm tremendously excited at what this means for our children and young people, as well as their parents."

An advertisement for Razzamataz Theatre Schools. It features a young girl with blonde hair and a blue headband, smiling and making a peace sign. The background shows other children. Text includes social media icons, a website URL, the school name, a list of activities, age groups, and contact information.

visit us razzamataz.co.uk

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Top recognition for Giffnock volunteer

AN EAST Renfrewshire volunteer has been recognised for her service to an additional support needs charity.

Claudia Edelman, from Giffnock, received the 'Summit' Saltire Award for her outstanding contribution to the work of Cosgrave Care.

She was presented with her accolade by Voluntary Action

East Renfrewshire enterprise and youth development worker Roisin McCusker.

Roisin said: "Claudia is an inspiration to other people and proved how much one person can do to help the community and make a difference."

Lauren Jarvis, volunteer coordinator with Cosgrave, said: "We are delighted that Claudia has received this well-

deserved prestigious award.

"We nominated Claudia in recognition of the valuable contribution she was making to our weekly adult services computing group where her patience, diligence and welcoming manner were appreciated by the staff, other volunteers and most importantly the individuals attending the group."

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Quicker connection for locals

A SUPERFAST broadband rollout has reached new East Renfrewshire communities.

Residents in certain areas of Clarkston, Giffnock, Thornliebank and Newton Mearns can now access the £410 million Digital Scotland service.

To benefit from the faster connection speeds, residents need to sign up for a fibre service with their chosen provider, as upgrades are not automatic.

Liz Mallinson,
BT Scotland's fibre
broadband director

said: "Every day our engineers are bringing fibre broadband to more Scottish homes and businesses.

"It's a massive civil engineering task which is benefiting the whole country, now and for the long-term, and they're doing a fantastic job.

"The difference it makes to people from all walks of life and in all sorts of situations is amazing, whether you're running a business or have the whole family online at the same time without any slowdowns or frustrations.

"Whatever you do online, you can do it better and faster with fibre broadband."

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Sell your home with Rettie this Christmas



MAKING the decision to move isn't one that is taken lightly – particularly during the festive season.

Understandably, we hold on to our purse strings a little tighter in the run up to December 25 with extra cash going towards party nights and presents rather than being put aside for getting a property on the market.

However, as the bright lights of the season begin to fade as we move into 2017 and daily routines become the norm once again, there can often be a sense of wondering what's next for most.

The turn of the year brings with it a fresh start and a time to put those grand plans you came up with throughout the festivities into action.

That's why the team at Rettie are proud to help make the process of moving a simple one.

This Christmas, clients are invited to make the most of zero upfront fees and it couldn't be easier to get involved.

Instruct the team to sell your home before January 31 and they'll cover the cost of your home report and marketing costs – leaving you with a little bit more in your pocket for gifts.

And when you consider that it costs an average of £800 to place a property on the market, there are big savings to be made.

Thriving with a bustling community and some of



Scotland's top schools, Newton Mearns is a hive of activity for families.

Ideally located just outside of Glasgow city centre, with convenient transport links to the airport, it is little wonder that it's one of Scotland's most sought after areas.

And that positivity translates into the housing market.

According to figures, the market in Newton Mearns is rising.

The total value of property sold in quarter two of 2016 was more than double that of quarter two in 2010 – highlighting the fact that more families are looking to call the area home.

John McDiarmid, Rettie Newton Mearns Associate Director, is looking forward to the Christmas season.

He told Connect: "It's understandable that people don't really think about moving during the Christmas season but it's actually a pretty busy time.

"There are still people out there looking to buy which is why we're offering people the chance to make the most of our zero upfront fees offer.

"Naturally people want to keep any extra money they have for Christmas so this is a great time to get their property on the market and not feel like they're penny pinching over the festive season.

"Given that house sales take on average around 3 months or so to achieve, this means it is important to get properties ready to market early in the New Year so that they can benefit from the Spring upturn.

"Newton Mearns and East Renfrewshire as a whole has a lot to offer and there's so much happening across the area with new build family homes – there's something for everyone."

For more details, visit www.rettie.co.uk/offices/office-details/newton-mearns or call the team on 0141 639 1999.



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Instruct us to sell your house before the 31st January and we'll pay your Home Report and Marketing costs, leaving you with a bit more in your pocket for presents.



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* Terms & Conditions Apply

Clarkston initiative looks to the future

A VISION to improve Clarkston Town Centre, including creating increased public space and a café culture with more greenery, is being progressed by East Renfrewshire Council.

As part of the Clarkston: Your Town initiative, suggestions were put forward by local residents, businesses and community groups in a series of workshops held in September seeking ideas on their priorities for changing and improving the town centre.

The final action plan is still being concluded, and one of the options under

consideration is to trial a new street layout on Busby Road next year.

This could involve widening the pavements temporarily to enable the council to assess whether it could provide positive benefits for the vibrancy and economy within the town centre. The proposed new layout would be assessed on an ongoing basis before any decision was made on whether to make any changes permanent.

The council is also considering how to improve accessibility for pedestrians and cyclists with the overall aim of allowing easier access to both the town centre and to

nearby green spaces such as Overlee Park, Busby Glen and possibly linking to Greenbank House.

East Renfrewshire convener for infrastructure and sustainable growth, Councillor Tony Buchanan, said: "We had a fantastic response from our community. Thanks to everyone who got involved and put forward their views on Clarkston. Your input and suggestions were invaluable about making positive changes to the town, from huge ambitions to small improvements. By working together we can make Clarkston an even better place to live, work and visit."



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P6694 / Y0234

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Health centre officially opened by Minister for Public Health and Sport

THE new Eastwood Health and Care Centre, which started seeing patients in July, was officially opened by the Minister for Public Health and Sport, Aileen Campbell in October.

The Minister was greeted by NHS Greater Glasgow and Clyde's Chairman, John Brown, Julie Murray, Chief Officer, East Renfrewshire Health Social Care Partnership, and Alan Lafferty, East Renfrewshire Council.

The Minister toured the £15 million state of the art building meeting staff and patients before officially opening the building.

She said: "I am delighted to be here today to mark the official opening of the Eastwood Health and Care Centre.

"I want to extend my thanks to all those involved in steering this project all the way from the initial planning stages to what we see now: a wonderful, state-of-the-art new facility that is already proving to be such an asset to the local community.

"Not only will the building provide first-rate healthcare facilities, but it will also house many social care services and provide space for voluntary groups of all kinds.

"All of this allows much improved, joined up public services, delivered at a local



level."

NHSGGC Chairman John Brown said: "I am delighted to welcome the Minister to officially open this fantastic healthcare facility.

"It is home to five GP practices and community health and care services including clinics, podiatry, physiotherapy, children's services, adult mental health services, speech therapy, district nursing, health visiting and social work.

"I have every confidence that the people of Eastwood are impressed by this new Health and Social Care Centre which will provide modern facilities for the year ahead."

East Renfrewshire Health and Social Care Partnership (HSCP) Chief Officer, Julie Murray, said: "Together with Barrhead Health and Care Centre, which opened in 2011, this provides the people of East Renfrewshire with fantastic modern facilities, fit for the future delivery of integrated health and care services."

Alan Lafferty, East Renfrewshire Councillor and Chair of the East Renfrewshire Integrated Joint Board said: "I'm delighted to see the new Eastwood Health and Care Centre officially open.

"This new building provides our residents with fantastic modern facilities, fit for the delivery of integrated health and care services all conveniently located under one roof.

"Through careful design, we have planned spaces where health and care staff, along with GP and third sector colleagues, can work together planning and co-ordinating care and support for local residents. It will be a real asset to our local community for many years to come."



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Grant will help residents switch on to efficient heating

TENANTS across East Renfrewshire are set to benefit from major upgrades to their central heating systems after the council secured a £318,000 grant to carry out the work.

A total of 106 council homes will have the most energy efficient gas heating systems installed, helping to save energy, reduce fuel bills and make it easier for tenants to heat their home – keeping themselves and their families warm.

The work will be funded through the Scottish

Government's Capital Acceleration Programme and will be carried out between January and March 2017.

Councillor Danny Devlin, Convener for Housing and Maintenance Services, said: "We are delighted to have secured this funding from the Scottish Government. It is the first time in many years that the grants have been offered to local authorities without the requirement for match funding to be provided, so it's a fantastic opportunity for the council to capitalise on this.

The welfare of our residents is our number one priority and

this will help provide another step forward in continuing to deliver a high standard of housing.

"We had been planning to commence these upgrades next year as part of the council's longer term investment into council houses, but this funding means work can start immediately and we can make a big difference to these households in a short space of time. It also releases resources for other council house projects, which will benefit other tenants across East Renfrewshire."

The advertisement features four magazine covers: 'SCOTTISH gardener', 'scottish walks', 'SCOTTISH cycling', and 'family focus'. Below the covers are images of a laptop, a desktop monitor, a tablet, and a smartphone, all displaying the digital versions of the magazines. At the bottom, there are four website URLs: www.scottishgardener.co.uk, www.scottishwalks.com, www.scottishcyclingmag.co.uk, and www.familyfocus.scot. A text box at the bottom reads: "Whether you enjoy pottering in the garden, walking through Scotland's beautiful landscapes, cycling through the countryside or keeping up-to-date on current issues affecting families in Scotland, we have it covered. Register for your free digital edition to our portfolio of magazines at the individual websites listed above."

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Local park has a tale to tell

A BOOK detailing the history of Rouken Glen Park has gone on sale to the public.

Entitled 'Discovering Rouken Glen – The History of the Park and its People', it was compiled by a group of volunteers to take readers through the lifetime of the park.

Having been crowned the UK's Best Park at the start of December, the East Renfrewshire greenspace now has yet another cause for celebration with the launch of the limited edition pictorial text.

The book covers a variety of topics, from the geology and landscape of the park to the history of farming and industry



on the land.

Also included is Rouken Glen's 20th Century past, as well as its modern-day image.

Councillor Vincent Waters, convener for Environment, said: "Rouken Glen has such a rich

history and the geology of the park is fascinating.

"It holds such a special place in the hearts of all of its visitors so I am delighted that we have now created the first comprehensive book about the park. The book is fantastic and my thanks go out to the volunteers, council staff and the Heritage Lottery Fund for making it possible."

'Discovering Rouken Glen' is priced at £10 and can be bought by card from the park's pavilion visitor centre, as well as the council offices in Barrhead and at Eastwood Park, Giffnock.

Alternatively, call 0141 577 3001 to buy a copy.

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Five decades of support

SCOTLAND'S longest serving rabbi is showing no sign of slowing down as we fast approach 2017.

Shliach Rabbi Chaim Jacobs, 70, spoke to our sister title The Herald about his commitment to watching over Glasgow's Jewish community for the last five decades.

Mostly confined to the south side of the city, numbers in Glasgow's Jewish community have declined over the years with around 4,000 living in the area.

Mention Rabbi Jacobs name and many of these people will more than likely have taken part in his programmes or classes or have eaten at the Kosher restaurant he established with his wife Sora – L'Chaim's.

Speaking to the Herald, Rabbi Jacobs said: "A number of synagogues have closed because the community has contracted. You have a married couple and they have two or three children who go off to university or college and they don't come back to Glasgow after that.

"Either because they find a better Jewish social life down south or overseas, or they find better job opportunities. They don't settle in Glasgow, so now a family of two adults and two or three children is just down to the two adults.

"And then very often, when they come to retirement age, they are moving to where their children are."

As part of the Lubavitch

movement – the world's largest Jewish educational outreach organisation – Rabbi Jacobs is not linked with any one synagogue and is proud to offer support and inspiration to those keen to learn about their faith within the community.

Rabbi Jacobs arrived in



When we came to Scotland we were a breath of fresh air for the Jewish community.



Scotland in 1969 and although he has seen many changes in the community over the years.

"The main function of the organisation is to try and inspire and encourage Jews to come back to their faith", he continued to tell The Herald.

"The Lubavitch came into the community primarily to reach out to the community. We are not tied down to these

functions on a day-to-day basis.

"When we came to Scotland we were a breath of fresh air for the Jewish community."

His wife, Mrs Jacobs, is also proud of what they have achieved in Glasgow over the years.

She added: "We started off with a lot of youth work when we first came. We did day camps for 150 children every year, we took them out on day trips on buses and did children's clubs, cooking and baking and handicrafts.

"We had a nursery school for more than 30 years in the Giffnock synagogue and in Clarkston Synagogue. At one point, we had more than 60 children of a morning.

"Then we did adult education programmes, kosher food exhibitions, cooking demonstrations. We have dealt with the children and now they are becoming parents themselves and we are dealing with their children. It's lovely, wonderful."

Having raised a family of six together – one of their sons, Mendel, is also a rabbi – the couple could be excused for thinking about retirement.

But Rabbi Jacobs said that there are no plans to sit back any time soon.

He added: "As long as we are here, as long as there are Jews here that we can preach to or reach to or connect with, we have our work cut out."

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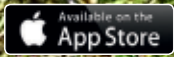
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Students shine at enterprise event

TEAMS from across East Renfrewshire and Renfrewshire showcased their creations in the annual Young Enterprise Company Programme Trade Fair.

The event at Soar intu Braehead saw a wide range of products all developed and marketed by the pupils, with over 200 fifth and sixth year classes taking part.

The 22 teams offered a fantastic selection of products ranging from candles, phone covers, framed images and wooden Christmas trees.



Commenting on the event, local area chair Bob Davidson said: "The standard as always was high making it a hard task for our judges."

The 'banter award' prize winners on the night included Joshua Dube of Williamwood

High School for his Joy Jars and Caitlyn Gray from Paisley Grammar for her Gioventu product.

Renfrew's Trinity High School's 'Home in a Frame' and Eastwood High School's 'Picture This' also came runners up in the display stand awards.

Bob added: "I would like to take this opportunity to thank my area team colleagues, all our judges, intu Braehead for hosting the event and to Snow Factor for sponsoring the awards.

"Congratulations to all the teams, teachers and business advisers for all their efforts in the programme so far. Keep up the great work."

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Put fitness first in 2017

FILLED with promise and ambition, the new year is the perfect time to live a healthier lifestyle.

From pledging to get active at the gym to cutting out chocolate and junk food — January is the month in which most of us start our quest to achieve the body that we've always desired.

Introducing healthy options into your lifestyle is a quick and easy way to get started.

A nutritious and balanced diet is an important part of maintaining good health and doesn't need to be a major hardship.

Why not kick start your new health regime with a hearty breakfast.

There can often be a temptation to skip breakfast for those attempting to lose weight but in fact, according to recent research tucking into breakfast - whether it's a bowl of porridge or cereal is a vital component in a balanced diet.

Known as the most important meal of the day — eating breakfast can help people

control their weight and provides vitamins and minerals we need for good health.

It is also recommended that we eat at least five pieces of fruit and vegetables every day — not a big ask of those seeking to shed the pounds or get healthy.

As with the turn of every year there's pressure to get physical.

However, there's no denying that finding the motivation to exercise during the winter months can be difficult for most.

The thought of making your way to the gym or a local fitness class in the cold and the dark after a hard day of work can at times feel like too much to bare.

However, gym bunny or not, getting in shape is a fantastic way to not only get in shape and stay healthy but help boost self-esteem and confidence as well.

With most people dreaming of their summer holidays during January and February — it is the perfect time to start thinking about ways to achieve that seemingly elusive beach body.

The NHS recommends that adults aged between 19-64 do

at least 150 minutes or two and a half hours of moderate-intensity aerobic activity such as cycling or fast walking every week as well as muscle strengthening activities that work all major muscles groups on two or more days.

Your local area is filled with different exercise classes and groups for you to make the most of.

From dance based Zumba and Bokwa to kettle bell and meta fit classes — there's a work out for everyone.

If you don't fancy taking part in a class you could always join your local gym where fully qualified instructors are on hand to offer health and nutrition advice.

Or alternatively, if you're strapped for cash — why not go for a run in your local park or brisk walk or even a cycle.

Regular exercise can help prevent major illnesses such as heart disease, stroke, diabetes and cancer by up to 50 per cent and lower your risk of early death by up to 30 per cent.

ADVERTISING FEATURE

Start 2017 off on a positive note at Fit4less.

The bustling Thornliebank gym is proud to help clients put their fitness first.

Open to everyone Fit4less offers gym bunnies and those who have joined for the first time the

chance to make the most of an exciting range of facilities.

From the latest cardio and resistance machines to the fully equipped free weights area, there is something for everyone to enjoy.

And what's more, Fit4less is delighted

to host more than 40 classes a week including Body Pump, Body Combat, Body Attack, Spin and much more.

Dedicated and professional staff are on hand to offer help and advice to help clients reach their fitness goals.

Make the most of great savings on annual membership this January and sign up for £169 - that's only £14 per month.

For full details of the offer, check out the advert on page three or call the gym on 0141 280 2004.

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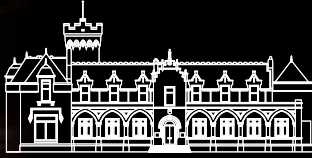
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