

Eastwood
Connect
Autumn 2017





Nicol Estate Agents

NO SALE NO FEE
NO HIDDEN COSTS
SIMPLE SELLING

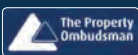
Please pop in or contact us today for a free, confidential,
no obligation market appraisal

0141 616 3960

E. mail@nicolestateagents.co.uk
46 Ayr Road, Newton Mearns, G46 6SA

0141 638 4541

E. clarkston@nicolestateagents.co.uk
1 Helena Place, Clarkston, G76 7RB



www.nicolestateagents.co.uk

Welcome

Hello and welcome to the autumn edition of Eastwood Connect.



Brought to you by Newsquest Scotland, the team behind trusted titles such as the Evening Times and the Herald, this small but mighty magazine has one simple mission – to celebrate the best that the area has to offer.

Packed with community news, features and events Eastwood Connect is delighted to be at the heart of the local community. As well as local news, Connect also highlights all that local businesses have to offer.

If you have a story or event you'd like us to cover or have a suggestion for future editions, don't be shy and get in touch.

Interested in advertising? Our sales team is on hand to offer bespoke multi-media packages that will tell our readers what you do best.

We hope you enjoy this latest offering and we look forward to working on the next.

**Until next time,
Team Connect**

Contacts

Editorial

If you have a story that you would like to be included in a future issue of Eastwood 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@heraldandtimes.co.uk

0141 302 6064

john.slattery@heraldandtimes.co.uk

0141 302 6062

Write to us

Eastwood Connect
Herald & Times Group Magazines
200 Renfield Street
Glasgow G2 3QB

All images are supplied by Getty images unless otherwise stated

KNIGHTSWOOD SERVICE CENTRE

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

ALL MOT'S

£30



0141 951 4447

Community Contacts

Police and Emergency Services

Police Scotland:

101 (999 in an emergency)

Council contacts

East Renfrewshire Council General

Enquiries:

0141 577 3001

Council Tax Payment:

0141 577 3002

Child Protection:

Pest Control:

0141 577 3001

Housing Services:

0141 577 3714

Councillors

Councillor Jim Fletcher (Labour):

0141 639 0265

Councillor Gordon Wallace

(Conservative):

07486 060028

Councillor Vincent Waters (SNP):

07703887170

Newton Mearns South

Councillor Barbara Grant (Conservative):

0141 639 3809

Councillor Ian McAlpine (Labour):

07890592671

Councillor Jim Swift (Conservative):

07534515159

Community

Giffnock Library:

0141 577 4976

Eastwood Recreation Centre:

0141 577 4956

Giffnock Soccer Centre:

0747 308 0800

28th Glasgow (Giffnock) Scout Group:

0141 638 0282

Schools

Our Lady of the Missions Primary School:

0141 570 7280

St. Ninians High School:

0141 577 2000

Woodfarm High School:

0141 577 2600

Churches

Orchardhill Parish Church:

0141 638 3604

Giffnock South Parish Church:

0141 638 2599

The Park Church:

0141 620 2204

Giffnock URC Church:

0141 638 3052

Shawlands Church:

0141 639 9059



WE VALUE MORE THAN YOUR HOME

Sell or let your property with Rettie & Co.
We are now covering:

Shawlands

196 Kilmarnock Road,
Shawlands,
G41 3PG

Call: 0141 406 4999

Newton Mearns

116 Ayr Road,
Glasgow,
G77 6EG

Call: 0141 639 1999



RETTIE

PROPERTY WITH CHARACTER

www.rettie.co.uk



New range of free computer classes available at local libraries

DISTANCE doesn't have to get in the way of family time for East Renfrewshire's silver surfers, thanks to a series of free computer classes.

June Bannister, from Barrhead, placed a computer on the table and set up a video call on Skype last Christmas, so that everyone could see and chat with her brother Bob at his home in Ilderton, Ontario, Canada.

The 75-year-old learned computer skills at her local library and now she's urging others to learn how to Skype at free classes run by East Renfrewshire Culture and Leisure (ERCL).

The sessions are being held at various libraries in East Renfrewshire over the next few months and June reckons the

Skype video calls – where you can both see and talk to someone over the internet on an iPad or tablet – is ideal for keeping in touch with family and friends, no matter where they are in the world.

She told our sister title the Barrhead News: "We'd set up a computer at the dinner table and, when we did the video call, it was as if Bob was with us.

"I've been Skyping Bob for years and it's great that we're able to 'ding' each other, as we call it, when we know each of us is going to be online.

"We'd be talking for about an hour and a half on the phone and it would cost a fortune but, once you get online, a Skype video call doesn't cost a penny."

June added: "Being able to see

the person you're talking to makes all the difference and it's almost like they live just down the road and you've popped in to see them.

"I'd encourage people of all ages to learn how to Skype, especially as these classes being held in East Renfrewshire libraries are free."

Speaking on Skype from Canada, 72-year-old Bob said: "When I first emigrated, we would write home and it would take a month to get a reply.

"Now all you need to do is turn on your computer and you get to see and talk to family in Scotland."

Many others like June are benefiting from the friendly classes. Log on to www.ercultureandleisure.org/LibraryEvents or call 0141 577 3738 for more information.



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



Scotland's No.1 Family Run Bespoke Upholstery Company



**BEST QUALITY SOFAS, SUITES & UPHOLSTERY
FOR YOUR HOME OR BUSINESS**



0141 647 0427

www.suiteillusions.co.uk | info@suiteillusions.co.uk



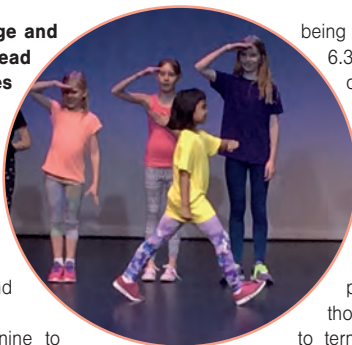
Drama classes seeking talented young actors to join

YOUNGSTERS keen to get on stage and try their hand at acting can head along to a series of drama classes organised by East Renfrewshire Culture and Leisure.

The Sparrows drama sessions, for five to eight year olds, are held at Woodfarm High School, between 10am and 11am on a Saturday. These classes are all about having fun with drama, playing games, singing and creating performances.

The Starlings drama class, for nine to 12 year olds is more advanced, using drama performance to build confidence by learning new skills and making new friends. These sessions are also at Woodfarm High and are held on a Saturday between 11.30am and 1pm.

A brand new course for teenagers up to the age of 15 is



being launched in Clarkston Hall, between 6.30pm and 8pm on a Monday, starting on October 30. The classes teach theatrical skills including movement, writing and improvisation and creating their own performances.

Anthony McReavy, chief executive of ERCL said: "The Play in a Week drama classes we run during the school holidays have proved to be very popular, so we thought we'd extend the drama sessions

to term time. It's a great opportunity for youngsters to not only get a taste of theatre and performing, but it builds their self-confidence and they can learn other life skills."

See www.ercultureandleisure.org/CreativeChildren for more information about these classes or call 0141 577 4956 to book your place.

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

Mob: **07932 595925**

Tel: **0141 778 5700**

DANCE INC. STUDIOS

dream believe achieve

**Dance classes for boys & girls
age 2-18 in a variety of styles
in our fully equipped studios.**

- Building confidence and social skills through our fun, engaging, non-competitive classes!
- Annual summer shows in the Clyde Auditorium
- Industry professional workshops
- Themed parties

Email info@danceincstudios.org
for more info and to book your trial today!

Mobile - 07776353635



**Franchise Opportunities available
"Work for yourself but not by yourself!"**



MAYFAIR DRY CLEANERS

LAUNDRY | DRY CLEANING
PRESSING

36 Kirkton Park, The Village
East Kilbride G74 4HX

Tel: **01355 221 401**

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

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





New tax-free childcare scheme lends helping hand to parents

CUTTING childcare costs for parents was the topic up for discussion when politicians visited a nursery in Thornliebank.

Liz Truss, Chief Secretary to the Treasury, was joined by local MP Paul Masterton for the trip to the Enchanted Forest Nursery.

They were keen to meet workers and parents to discuss the UK Government's Tax-Free Childcare (TFC) scheme, which offers working parents in Scotland up to £2,000 a year towards childcare costs until their offspring turn 11.

Ms Truss said: "It was great to visit Paul and the fantastic staff at the Enchanted Forest Nursery, who work so hard to give their children the very best start in life.

"By keeping taxes low and helping working parents with the cost of childcare, we are ensuring

the broad shoulders of the UK are helping Scottish families, entrepreneurs and companies thrive."

TFC broadens access to childcare support for more working families, including parents whose employers don't offer vouchers and those who are self-employed and can't use vouchers.

The policy aims to create a level playing field, with lone parent households getting the same support as two-parent households, and is part of the UK Government's commitment to helping Scottish families keep more money in their pocket and supporting Scottish businesses and entrepreneurs.

Mr Masterton, who is MP for East Renfrewshire, said: "Tax-Free Childcare demonstrates the UK Government's commitment to hard-

working Scottish families. Many parents across East Renfrewshire will be able to benefit from Tax-Free Childcare and this support is very much welcome.

"I would encourage everyone to check their eligibility and take up this valuable entitlement."

Mr Masterton has also raised concerns about the impact that rates increases are having on local nurseries.

He said the Enchanted Forest Nursery faces an annual increase of £62,000, while Elmwood Nursery, in Newton Mearns, is being hit with a £25,750 hike.

This follows the release of the Barclay Review into business rates which has called for nurseries as well as new builds and new businesses to be given temporary tax relief.

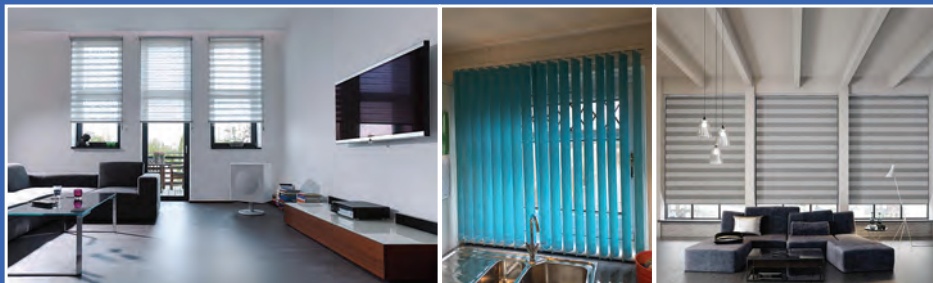
PEAKY WINDOW BLINDS



3 X VERTICAL OR
ROLLER BLINDS FROM £80

FREE ESTIMATES | FREE FITTINGS

VERTICAL • VENETIAN • WOODEN • ROMAN
PERFECT FIT • NIGHT & DAY



ALL OUR BLINDS ARE FITTED WITH
FREE CHILD SAFETY DEVICES



0141 258 4063



WEB
EMAIL

WWW.PEAKYBLINDS.COM
SALES@PEAKYBLINDS.COM

VISIT OUR SHOWROOM ON
16 GLEN STREET, BARRHEAD, GLASGOW G78 1QA



Leisure centre to undergo major upgrade

RESIDENTS from Eastwood and the surrounding areas are set to benefit from a £2.2 million upgrade of the swimming pool, health suite and changing rooms at Barrhead Foundry.

The refurbishment and modernisation will create a new changing village with better quality cubicles and lockers, a different layout that gives more space, along with new showers and toilets.

Improvements to the swimming pool aim to give better water quality and bathing conditions, with new tiling and energy efficient lighting.

East Renfrewshire Council leader Tony Buchanan said: "We are committed to providing quality facilities for our residents to allow them to enjoy an active, healthy lifestyle.

"This significant upgrade at the Barrhead Foundry pool will be fantastic and I can't wait to see it completed. Once work is under way, every effort will be made to keep any

disruption to a minimum and residents' patience during this period is appreciated."

The health suite will also be upgraded, along with a refurbished changing area for gym users.

The refurbishment will begin later this year and work on the pool and health suite is expected to be complete by summer 2018.

The pool and health suite will be closed during the upgrade.

Work on the gym changing area will be completed within three months and customers will be able to use the downstairs changing facilities, which have already been upgraded.

The gym, games hall, library and all other facilities at Barrhead Foundry, which is operated by East Renfrewshire Culture and Leisure (ERCL), will remain open as normal.

While the improvement work is being carried out,



swimming lessons will be transferred to Neilston Leisure Centre and ERCL will contact all customers to detail the changes.

For the majority of customers, the lessons will be on the same day and at the same time as their current lessons.

Anthony McReavy, ERCL chief executive, said: "When the work is completed, visitors to Barrhead Foundry pool will have a significantly improved facility to enjoy.

"It's necessary to close the pool while this major refurbishment takes place but I can assure people that it will be well worth the wait. Visitors will notice a big difference

in the quality of the pool, health suite and changing areas.

"With the use of natural light and new technology we're installing, the building's operation will be more energy efficient and reduce our carbon footprint.

"During the refurbishment, our customers can continue to swim at our other pools at Neilston Leisure Centre, Eastwood Park Leisure and Eastwood High Sports Centre.

"The process for appointing a contractor to carry out this work is under way and the exact dates for starting and completing the upgrade will be confirmed in due course."

To find out more information about visiting the Foundry, visit www.ercultureandleisure.org





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

Thursday 9 November, 9.30am - 11.30am

The Glasgow Academy, Newlands G43 2QQ

Nursery (age 3 - 5) and Prep School (P1 - P4)

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 206 1000.

ents

d
ts...



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

www.theglasgowacademy.org.uk



Can you reduce food waste?

A WOMAN from Thornliebank has jumped on board the new food campaign designed to help reduce food waste.

Glasgow residents have been challenged to do their bit to cut down on the 41,000 tonnes of food waste the city produces each year.

As part of the What's In Your Kitchen? campaign by Love Food Hate Waste, Glasgow locals monitored their kitchen outgoings in a bid to save money and help the environment.

The organisation challenged householders to keep a food waste diary to find out how much food they dispose of each day and how they could potentially improve.

Hailey Thomson, from Thornliebank, said that her diary has encouraged her to prep her food in advance.

As well as promoting healthy eating through her online business, Hailey is mum to two children aged four and eight.

She said: "I became aware of food waste after I gave up the corporate world and started a healthy eating business.

"I started planning during my weekend, planned what I was going to eat that week which involved getting my shopping on a Sunday.

"I prepped all my ingredients and knew what meals we were going to have and I found I wasn't throwing out as much food as I usually would.

"I stopped finding myself thinking what do I need to go out and buy because things had gone mouldy or whatever which was a better approach.

"I didn't think I'm wasting that much but the diary has really let me see, and when you're tracking it you pick up on all the wee things that you wouldn't notice.

"It's unbelievable what you find that you do throw out."

Throughout the week, Hailey found herself wasting vegetables that could otherwise be re-used in things like soups or as stock.

Another key finding, was the importance of portion control and reusing food the next day.

"Portion control is important," she explains.

"My top tip is always just to plan your week. If you buy what you need and use what you buy, I think that's the biggest thing."

To find out more, visit www.zerowastescotland.org.uk/food-waste/whats-in-your-kitchen



THE BLIND GUY



**FREE
ESTIMATES**

**ROLLERS & VERTICALS
INC WHITE & CREAM
4 FROM £99**

**DEALS ON VENETIAN & WOODEN
ASK ABOUT FULL HOUSE OFFERS**

THE BLIND GUY

THE BRAES SHOPPING CENTRE, CASTLEMILK

07474 335 334

9am - 8pm



Eastwood Connect

What's on

Keep up to date with events taking place in the local and surrounding areas with our handy what's on guide.

EVENT: East Renfrewshire HSCP Walking Group

Date: Every Tuesday

Time: From 9.30am

Location: Eastwood Park

Cost: Free

What's on: Perfect for beginners keen to keep fit and meet new people, this 30 minute walking session is welcome to all. Call 01415778361 to find out more.

EVENT: Mark Beaumont – Around the World in 80 Days

Date: Monday 27 November

Time: 7pm

Location: Clarkston Halls

Cost: £6

What's on: Mark Beaumont's first taste for adventure cycling started at the age of 11, when he pedalled across his homeland of Scotland. Now is your chance to join Mark as he shares his adventures, including his latest 'Around the World in 80 days'.

Breaking a Guinness World Record, Mark will tell all about the highs and lows of an unforgettable challenge.

To book tickets visit www.eastwoodparktheatre.co.uk

EVENT: Snow white and the Seven Wee Muppets

Date: Monday 18–Saturday 30 December

Time: various times

Location: Eastwood Park Theatre

Cost: Adult, £15; Child £10

What's on: Join pop star wannabe Snow and the Muppet family for an all singing, all dancing banterlicious family panto. Full of song, dance and Glasgow banter. Visit www.eastwoodparktheatre.co.uk to book tickets.

EVENT: Sleeping Beauty

Date: Monday 27 November – Saturday 2 December

Time: various times

Location: Eastwood Park Theatre

Cost: £10-£15

What's on: Eastwood Entertainers invite you to their annual pantomime. Promising to be another funny, family friendly production, head along to enjoy this traditional pantomime with a few twists in store. For more information, visit www.eastwoodentertainers.co.uk

EVENT: His and Hers Bloody Projects

Date: Wednesday 29 November

Time: 7.30pm

Location: Giffnock Library

Cost: £4

What's on: Join award winning authors Lesley McDowell and Graeme MacRae Burnet in conversation as they put the cases of alleged infamous murderess, Madeleine Smith and fictitious murderer Roderick MacRae on trial. To book your tickets visit www.eastwoodparktheatre.co.uk or contact Giffnock library on 0141 577 4976.

**Save
10%
Today**



MATHERS
SATELLITE AND SECURITY



TV Wall Mounting
Discounted Sky Deals
Satellite Installations & Repairs
Aerial Installations & Repairs • TV Set Up
Freeview & Freesat • Multi-room Systems
Telephone Points & Internet Cabling
CCTV Systems • LED & LCD screens



If you want to know more about our CCTV products and services please get in touch using our details below.

TEL: 0141 611 2115
www.matherssatellite.com

The stage is set for comedy fans

Fans of the live stage won't want to miss a trip to the theatre this October as the Giffnock Theatre Players bring their latest comedy to the stage.

Pipped as a 'comedy to die for' *Blithe Spirit* is Noel Coward's smash hit of the London and Broadway stages, brought to life by the long-established South Side theatre company.

Fussy, cantankerous novelist Charles Condomine, re-married, however he is haunted (literally) by the ghost of his late first wife, the clever and insistent Elvira who is summoned by a visiting "medium", one Madam Arcati. As these worldly and unworldly personalities clash, the "*Blithe Spirit*" haunts the hapless Charles into perpetuity.

The play will run from Wednesday 25 - Saturday 28 October 2017. The show will kick off at 7.30pm each evening, with an added 2.30pm matinee special on the Saturday.

Tickets cost £13-£15, with a special two for £25 deal for the Wednesday and Saturday shows.

To book tickets call 07518201756 or book online via www.eastwoodparktheatre.co.uk





Home
START

Support and friendship
for families

Home-Start
Glasgow South

Ever thought about **Volunteering?**

Home-Start Glasgow South is a leading family support charity based in the South Side of Glasgow. We train volunteers to provide life-changing practical and emotional support to parents with young children.

Local Families NEED Your HELP

Could you do something
AMAZING today?

Please Call

0141 570 8735

Or email theteam@homestartglasgowsouth.org.uk to find out more.

Supported by
The National Lottery
through the Big Lottery Fund



Supported by
1000 Children
in Need



NHS
Greater Glasgow
and Clyde



ODEON offers new luxury reclining experience



EAST Kilbride's ODEON cinema is treating its guests to the ultimate relaxing movie experience as it becomes Europe's first fully reclining cinema.

ODEON, the UK's second busiest cinema chain, say that the new cinema "will be setting the pace of luxury cinema for years to come".

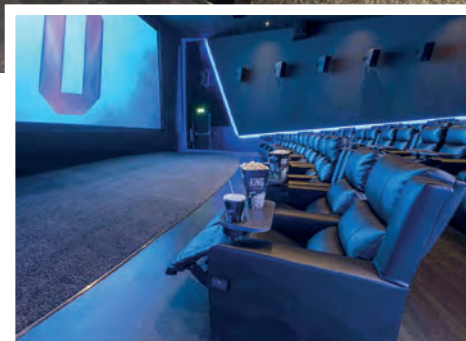
The ODEON cinema is re-opening as ODEON Luxe, with guests able to enjoy the luxury experience on offer.

Boasting 652 reclining leather seats across nine screens, the new ODEON Luxe claims that it will offer visitors increased comfort for their film-viewing experience.

Robert Murphy, general manager of ODEON East Kilbride, said: "We couldn't be more excited to be the first cinema in Europe to offer the ODEON Luxe experience.

"With huge investment from the business, our team have been working hard, redeveloping the cinema to create the ultimate venue for film fans in Scotland.

"With half the seats, but triple the legroom – and a jam-packed release schedule of the biggest and best films in the coming months – we can't wait to welcome film fans through our doors to enjoy them in fantastic luxury and comfort."



As well as the seating upgrades, the new screens will feature fold-away tray tables for snacks, which will now include a selection of over 100 soft drinks and alcoholic beverages.

Discrete in-screen lighting will minimise distractions to viewers while a number of technological upgrades, including the introduction of a new "ultra-high-definition" ISENSE screen, have also taken place at the site.

The cinema will also become more accessible, with new audio description and hearing-impairment loop systems now in place across all of the screens.

While East Kilbride will be leading the way, ODEON announced in June that they expect recliner seating to be offered in 25 of their cinemas by the end of next year.

live happy!

Recruiting in these areas now! for more information
call Linda, Team Developer on 07730 349212

with Slimming World



New Consultant from

Monday: 30/10/17

The Redhurst Hotel
5.30pm & 7.30pm
Giffnock G46 6QE
Call Nicole
07533968582

Tuesday: 7.30pm

The Carswell Centre
Montgomery Street
Eaglesham G76 OAS
Call Lesley
07928023238

Newlands South Parish

Church 7.30pm
37 Riverside Road
G43 2EG
Call Martin
07763176000

Masonic Hall 7.30pm

Hawthorn Road
Busby G76 8EH
Call Helen
07850770013

Broom Parish Church

9.30am & 7.30pm
Mearns Road
G77 5HN
Call Jennifer
07983511623

Eastwood Parish Church

9.30am, Tuesday
Friday 9.30am & 11.30am
Mansewood Road
G43 1TW
Call Lesley
07928023238

Wednesday

Parklands Country Club
3.30pm 5.30pm & 7.30pm
Ayr Road
Newton Mearns G77 6DT
Call Jacqueline
07788184114

CHANGING TO WEDNESDAYS FROM

**11/10/17 for more
information call Linda
on 07730349212**

Albertslund Hall 7.30pm
Westacres Road,
just off Barrhead Rd
Newton Mearns G77 6WW
Call Linda
07730349212

Thursday

The Beechwood 3.30pm
5.30pm & 7.30pm
Ardmay Crescent
Kingspark G44 4PP
Call Linda
07730349212

Saturday

Giffnock South Parish
Church 10am
3 Greenhill Avenue
G46 6QX
Call Linda
07730349212

   slimmingworld.co.uk

0344 897 8000

Slimming
WORLD

touching hearts, changing lives

Eastwood Connect



Pollok Park welcomes new contemporary pub

WHILE the southside of Glasgow is not short of good spots for a Sunday lunch, there are not so many options within walking distance of a nice stroll.

So when the pub right on the edge of Pollok Park reopened under a new name a few weeks ago, Sunday strollers took note.

With more than 350 acres of lawns, gardens and rolling countryside, the famous park is an ideal Sunday jaunt. And the Boyd Roderick pub now occupies a prime spot close by, on a corner just beyond the Pollokshaws Road park entrance.

The bar is bright, contemporary and welcoming; a complete

contrast to the dated interiors of its previous incarnations as The Burrell and the 1901.

The impressive bar and gantry is still the main focus but comfy sofas have replaced the work-a-day tables and chairs and an impressive TV screen is set away to one side ... ideal if there happens to be a vital fixture.

There is a large separate dining room for big gatherings or for cosy couples wanting a little low-lit romance, but the bar and terrace has a better buzz on a Sunday afternoon.

With its motto: "Born in Skye, made in Scotland" it is clear that the new family-run gastro pub has island fare at its core. This

is evident in both the extensive whisky selection and in the availability of the Isle of Skye Brewing Company ales, which incidentally can be purchased as a carry-out and taken home in cartons.

The menu is chock full of hearty Scottish fare. Meat dominates, and the creative starter selections include delicacies such as homemade Scotch quails eggs and show-cooked ox cheek bon bons. A delightful South American fish soup, topped with fresh prawns and cress, proves this place is prepared to encourage diners to try something new while a main dish of venison stovies is comfort food at its finest. Pretty

Eastwood Connect



desserts are tempting; but then there is that whisky selection to consider too...

It's certainly a welcome addition to the neighbourhood. So next time your Pollok Park walk gets curtailed by a shower don't lose heart. Head to the Boyd Roderick for a winter warmer.





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.

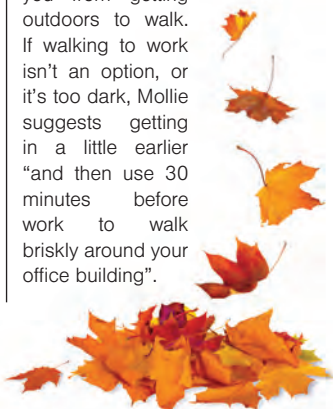
3. Get spicy

'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 ciferumin, found in turmeric."

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".



Pupils across East Renfrewshire are tucking into local organic produce

INTRODUCING healthy eating habits to children at an early stage has countless benefits for them later in life.

The initiative was launched from an innovative partnership between East Renfrewshire Council and social enterprise company Locavore.

Each of the local authority area's 23 primary schools receives a mixed box of organic vegetables every week as a result of the initiative.

Many of the vegetables provided are grown at Locavore's glasshouses within Rouken Glen Park and the contents of the boxes vary from week to week throughout the seasons.

The scheme is part of the council's drive to constantly improve the healthy, nutritious meals given to pupils.

It is another step in the Food for Life Awards process, a national scheme which encourages organisations to use more local, seasonal and organic ingredients.

ERC has already secured a bronze award due to activities that include cooking with pupils and using food grown in school gardens.

And with the introduction of the new vegetable boxes, it is hoped silver status will be achieved soon.

Councillor Paul O'Kane, convener for education and environment, said: "Food is so important for fuelling our children and young people's minds to



ensure they are ready to learn.

"Our catering service already provides high-quality meals and I am delighted this latest partnership will help it to improve even further.

"It's all about making good food the easy choice for everyone and making healthy, tasty and sustainable meals the norm for all to enjoy.

"An important part of this programme is also to reconnect

people with where their food comes from, teaching them how it's grown and cooked and championing the importance of well-sourced local ingredients."

Reuben Chesters, founder of Locavore, added: "We're delighted that our produce is reaching school plates just a few miles away from where they are grown and the enthusiasm we have seen from the kitchen staff about this partnership is fabulous."

OAKWOOD FLOORING SERVICES

All types of wooden floors - supply and fit or fit only!

Quick-Step Balterio, Kahrs Junckers, Chene Laminate and Hardwood Flooring



Oakwood Flooring Services
07772 706918
oakwoodflooringservices@sky.com



FINAL HOMES REMAINING FOR A 2017 MOVE-IN JUST ASK CALA

A typical CALA showhome – upgrades shown at an additional cost



Endrick Meadows
Roman Road
Balfron, G63 0QH

PART EXCHANGE*
AVAILABLE OR ASK
ABOUT HELP TO BUY†

Luxurious 3, 4 & 5
bedroom detached homes
Prices from £199,000
to £440,000

01360 504 377 | CALA.CO.UK

D&SC_OCT17 *CALA will obtain 2 independent valuations based on achieving a sale in a 4-6 week period, part exchange considered subject to CALA's purchasing criteria, terms and conditions. Up to 100% part exchange and other incentives available on selected plots, subject to terms and conditions and not in conjunction with each other or any other offer. Visit cala.co.uk/terms for full terms and conditions and purchasing criteria. †YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR ANY OTHER DEBT SECURED ON IT. CALA Management Ltd. Registered office: Adam House, 5 Mid New Cullins, Edinburgh EH11 4DU. Security over your home is required. Help to Buy cannot be used in conjunction with part exchange. Availability of other incentives/offers subject to lenders criteria and CALA's discretion. Your mortgage lender's deposit requirements may vary, but you should usually expect to contribute a deposit of at least 5% of the purchase price. Available on selected properties, and subject to the Government's specific terms, conditions and qualifying criteria. CHECK THAT THIS MORTGAGE WILL MEET YOUR NEEDS IF YOU WANT TO MOVE OR SELL OR YOU WANT YOUR FAMILY TO INHERIT IT. IF YOU ARE IN ANY DOUBT SEEK INDEPENDENT ADVICE. 0% APR typical. Telephone calls within the British Isles will be charged at local rate. Telephone calls may divert to a mobile service in which case call charges may vary. Calls may be recorded for training purposes. The image shown is taken from The Elliot showhome at Endrick Meadows and features fixtures, décor, flooring and soft furnishings that are not fitted as standard in a CALA home. These are used to suggest possible finishes you could adopt in your own home and would be an additional cost. Prices are accurate at time of going to print.