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Welcome!



Blooming brilliant Uddingston nominated for top award on page 6

Hello and welcome to Hamilton, Bothwell and Uddingston Connect.

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 the 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.

**Happy reading,
Team Connect**

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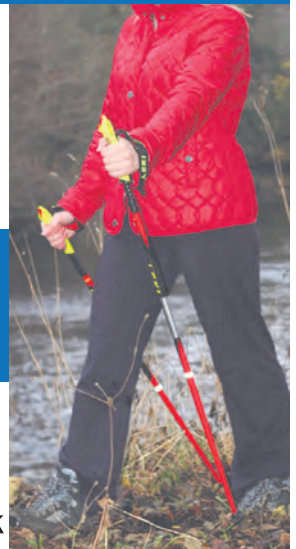
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Hamilton Grammar School - 01698 285 777

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Bothwell Parish Church - 01698 853189

St Bride's Church - 01698 852710

Libraries

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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

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The fuchsia's bright for Uddingston

UDDINGSTON has shown its flower power after being selected to represent Scotland in this year's Britain in Bloom finals.

The small town will be competing in the urban community category, facing stiff competition for the top spot in the form of Aldridge, Clifton, Didsbury, Littleover, Starbeck and Walthamstow Village.

Judging for the competition will take place in the first two weeks of August.

They are also joined by Aberdeen, Coupar Angus, Forres in Bloom, Beautiful Kilconquhar, Growing Kirkcaldy and Brighter Bothwell who are up for the Small Town category among the Scottish entries. Brighter Bothwell were the proud winners of the Best small town award in 2013 and are



hoping to once again scoop the top spot.

Liz Wilson from Uddingston Pride said: "We are delighted to have been invited to take part in two prestigious campaigns, Keep Scotland Beautiful and Britain in Bloom in 2017.

"We will be working in conjunction with our local

authorities, South and North Lanarkshire to improve our local environment following the Keep Scotland Beautiful theme by planting trees, flowering shrubs, bee friendly plants, providing bird nesting boxes and bug hotels throughout our community.

"Other groups will also be assisting us in our quest to make Uddingston a better and brighter place to live."



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Sports stars in the making

St Mary's Primary School in Hamilton has struck gold at national level after being awarded the SportScotland gold award.

One of only 158 schools out of more than 2000 across Scotland to have achieved this, the award recognises and celebrates the school's achievement in quality physical education and school sport.

Head teacher Elaine Fitzpatrick is delighted that the school, its teachers, and 373 pupils have been formally recognised for their efforts.

She said: "Mr McManus, our PE co-ordinator and the School Sports Committee submitted our application to SportScotland and we were overwhelmed to be granted the Gold award.

"And we were all so excited to welcome a representative from SportScotland to the school to present our award. It was quite a celebration and involved every one of our pupils and staff.

"The school is indebted to local clubs, such as Uddingston Hockey Club and

Hamilton Tennis Club who work hard to improve the skills of the pupils.

"Laura Somerville, the Active Schools Co-ordinator also works very closely with Mr McManus to provide opportunities to ensure every child in the school has the chance to be involved in lunchtime or after-school sports clubs.

"And, of course, we are all very thankful for the continued co-operation and support from the parents and carers."

Tony McDaid, the council's Executive Director of Education Resources, who

attended the awards ceremony, added: "Congratulations go to St Mary's Primary School on gaining their SportScotland Gold Award.

"The commitment of the whole school community in encouraging pupils to be physically active during and beyond the school day provides inspiration for all of us."





Due to the major and extensive works, building a new state of the art kitchen and huge refurbishment, there will be no food between 9th January until 13th March 2017 when #AllNewAngels will open.

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In the meantime why not join us at the Angels Pop Up Kitchen?

Angels Classics at Vintage Prices

Keep up to date for launch parties and tasting nights on social media





Budget package includes 1,000 new homes

PLANS to double the council's house building programme to 1,000 new homes have been unveiled by council leader Eddie McAvoy.

On 16 February the key pledges were delivered to not increase Council Tax and to protect frontline services, along with the plan to build new homes.

Mr McAvoy, who is stepping down in May after 21 years as a councillor, said the budget left South Lanarkshire Council "in good financial standing", despite years of battling with

cuts in government grant.

He said: "Today's budget does more than just keep our finances straight for the next year. They also set out some ambitious plans for South Lanarkshire's future. The Capital Programme in particular lays out details of £255million in investment by 2020.

"This means we will replace three of our care homes, we will improve community facilities, such as replacing Balgreen Hall, and we will invest to make sure our school kids have access to the best IT

equipment.

"We will also extend our roads improvement programme with another £5.5m and we will progress our City Deal projects. Our Community Growth Areas alone will help revitalise parts of Newton, East Kilbride, Hamilton and Larkhall.

"The investment in our area's future doesn't end there. We've already rebuilt almost all of our schools. I am now committing my party to another great investment in South Lanarkshire's future – a massive extension of our council house building programme."



Pauline, practical support volunteer

Make your time matter

Pauline supports families going through cancer treatment with practical tasks such as shopping and ironing.

She says 'Volunteering makes me feel I am using my time in a very worthwhile and meaningful way. It is very flexible – you can make it work around your life'.

Macmillan is now looking for volunteers in North and South Lanarkshire to provide support to people affected by cancer.

For more information on the volunteering opportunities in your area please contact Marian McLatchie on 07801 307 080 or go online at www.macmillan.org.uk/volunteering

Make time matter. Volunteer today.
macmillan.org.uk/volunteer



Readers set to get booked up



Do you love reading? Do you enjoy talking about books? Would you like to share your ideas for a good read?

At Bothwell Library, on the first Thursday of each month from 6-7pm, locals interested in discussing books can meet for a lively and informal chat. Similarly, on the first Wednesday of each month from 1.30-2.30pm a book

group takes place at Hamilton Townhouse Library; and on the last Monday of each month from 11am-12pm a crime readers group takes place at Uddingston Library.

These local book groups offer a platform for local people to meet regularly and discuss books they have been reading. Groups range from friends who meet in each other's homes, to groups set up in libraries or

bookshops. The beauty of a reading group is that members discover new authors and titles, widen their reading choices and meet other readers in a friendly, informal setting.

South Lanarkshire Leisure and Culture's libraries run reading groups in a number of libraries around the authority. For more information visit www.slleisureandculture.co.uk

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In town, slow down campaign launched

DRIVERS across South Lanarkshire are being urged to be aware of their speed.

The news comes as a new road safety campaign kicks off aiming to reduce the number of pedestrians and cyclists injured due to fast driving.

The Scottish Government's campaign aims to make drivers more aware of the consequences of driving too fast in built up areas where the majority of these accidents happen.

Every nine minutes, someone is stopped for speeding in Scotland.

Latest figures show there has been an increase in the number of vulnerable road users being killed or seriously injured in Scotland, with recent statistics showing that 96 per cent of these accidents happened in built-up areas.

The research also reveals that you are seven times as likely to kill a pedestrian if you hit them at 30mph rather than 20, highlighting just how important it is to drive at an appropriate speed for the environment and conditions.

The Scottish Government and Road Safety Scotland (part of Transport Scotland) campaign is

aimed at all drivers in Scotland who regularly undertake journeys in built-up areas.

The campaign clearly communicates and reinforces the importance of driving at an appropriate speed in our towns and cities. For more information go to dontriskit.info



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What's on

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KEEP up to date with events taking place in the local area with our handy what's on guide. From craft sessions to puppet shows, there's a diverse range of activities to keep all ages happy.

EVENT: Dementia Cafe

DATE: 15 March and 19 April

LOCATION: Viewpark Parish Church, Uddingston

TIME: 10.30am – 12pm

COST: Free

WHAT'S ON: Alzheimer Scotland provides information and advice from their local dementia advisor. You 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: Calamity Jane

Date: Friday 28 – Saturday 29 April

LOCATION: Hamilton Town House

TIME: 7.30pm / Saturday Matinee 2.30pm

COST: £10 (£9 concession)

WHAT'S ON: Hamilton District Youth Theatre present Calamity Jane. Watch the talented performers bring the much-loved Wild West story to the stage.

EVENT: Knit and Natter

DATE: Tuesday 14 March and then fortnightly

LOCATION: Uddingston Community Centre

TIME: 7-9pm

COST: £4 (£3 concession)

WHAT'S ON: Head along to Uddingston Community Centre for a get together of creatives to work on knitting or crafts projects whilst having a blether. Just bring your project and tea/coffee and healthy edibles will be supplied.

EVENT: The Fisherman and The Seal

DATE: Monday 3 April

LOCATION: Hamilton Townhouse

TIME: 2.30-3.15pm

COST: £5

WHAT'S ON: Based on myths and legends of the Scottish Selkie, Yugen Puppet Company tells the comic tale of a fisherman falling in love with a seal and how in matters of love things don't always go according to plan. Using handcrafted puppets and striking shadow silhouettes, with music from the past, Yugen Puppet Company puts its own twist on this tragic Scottish fairy tale.

EVENT: Wedding Open Evening

DATE: Thursday 16 March

LOCATION: The Castle Rooms, Uddingston

TIME: 4-8pm

COST: Free

WHAT'S ON: Getting hitched this year? Meet the wedding coordinators and envision your big day at the Castle Rooms. The suite will be set and there will be complimentary canapés and a glass of bubbly on arrival.

Glasgow's Hidden Treasure

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Little-Persia has grown over the years to host to one of the UK's most unique collections of rugs. With pieces from all over Iran (Persia), the Orient

and the Middle East there are rugs to suit almost any interior.

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* Discount can be used in-store or online, one use per customer. Offer expires 31/03/17. Not to be used with other offers.

Help put an end to illegal puppy trade

LOCALS in the Hamilton, Bothwell and Uddingston areas are urged to help combat illegal puppy trade.

South Lanarkshire Council are looking for volunteers who have recently bought or are thinking of buying a puppy to help look into this illegal trade.

As a participant, you would be asked to join a small group in a local venue to share your experience of buying your puppy. Focus groups will take place during February and will only take up 40 minutes of your time. By sharing your experiences you

will be providing invaluable information which will be used to help respond to the illegal puppy trade in Scotland.

It is hoped that this Scottish Government funded research on the sourcing of pet dogs from illegal importation and puppy farms will encourage buyers who have fallen into this trap to come forward, and also to discourage or educate future pup buyers.

If you want to take part in these focus groups please contact Dr Jennifer Maher to share your experiences. Email jenny.maher@southwales.ac.uk



A magical journey awaits children

YOUNGSTERS from across Hamilton, Bothwell and Uddingston are in for a treat this spring as a much loved children's book takes to the stage.

Little ones are invited on a spellbinding adventure at Room on the Broom – a tale from the creators of the Gruffalo.

Adapted for the stage from the best-selling book by Children's Laureate Julia Donaldson MBE and Axel Scheffler, the performance is about a witch and cat who



when flying along on their broomstick are blown off by strong winds and the witch's hat, bow and wand float off into the night.

With the help of a daft dog, beautiful bird and a friendly frog they set off on a mission to retrieve her belongings.

However, there's a problem – the broom stick can only hold five

and snaps in two.

And when a hungry dragon appears, who will save the poor witch?

The performance is a magical and musical extravaganza for children aged three and above.

Room on the Broom takes place at Hamilton Town House on Friday, April 7 and Saturday,

April 8.

Friday's performance will kick off at 1.30pm whilst families can enjoy two performances on Saturday at both 10.30am and again at 1.30pm.

Tickets cost £11.50 and are available from South Lanarkshire Leisure and Culture box office.

Email www.sllcboxoffice.co.uk or call 01698 452299 for further details.

Can't wait until April?

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No change of direction for Uddingston salon

THE world has changed a lot over the last 30 years but an Uddingston salon has continually remained Ahead of Time.

Styles have come and gone but the respected salon, located in the town's Main Street, has continually offered clients a first class and cutting edge service.

Owned by experienced stylist Philip Zadruzynski, who has been keeping the luscious locks of clients looking their best since 1986, the salon is proud of its continual forward thinking approach.

Philip's career as a hairdresser has taken him all over the world.

Originally starting out working in a Steiner salon as a teenager he then took to the seven seas working as a stylist on cruise ships – including the beloved QE2.

However, he called the local area home in the mid-80s and has enjoyed getting to know clients old and new since opening Ahead of Time.

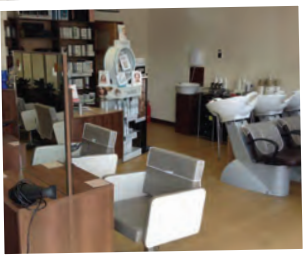
And as the salon marks its 30th anniversary Philip would like to thank both clients and staff for their continued support.

"It's incredible to think that the salon has been open for 30 years," he revealed to Connect.

"I've still got clients that first started coming to me all those years ago – it really is wonderful.

"I'd really just like to say a huge thank you to clients old and new for their support.

"Whether they still come along to the salon or not,



their support is very much appreciated.

"I'd also like to say thank you to my amazing staff.

"Most of my staff have been with me for a number of years but I'd like to give a special mention to Nicci Steven who has been working by my side for 20 years."

Specialising in styling, cuts and colours and hair-ups the salon is a one stop shop for all of your hairdressing needs and also boasts a nail bar.

And although Philip has seen and done it all in the hairdressing world over the last three decades, he's looking forward to seeing what is still to come.

He continued: "So much has

changed in 30 years but what I'm finding now is that lots of styles, both in fashion and in hair styling, are back in vogue.

"There's subtle differences to the classic looks to give them a slightly more modern edge but looks do tend to go through cycles time and time again.

"However, no matter how much experience you have it's important to continually keep up to date with trends and the latest techniques.

"I really do believe that it's important to continue to train in this industry – every day is a school day as they say."

To find out more or to make an appointment, call 01698 810158.

A NOTE FROM THE EDITORS
It's not often we make mistakes here at Connect but when we do we like to put our hands up.

In our previous edition of Bothwell and Uddingston Connect (Autumn 2016) we stated that Ahead of Time was located in Bothwell which is not the case. We would like to apologise for any inconvenience and confusion this may have caused.



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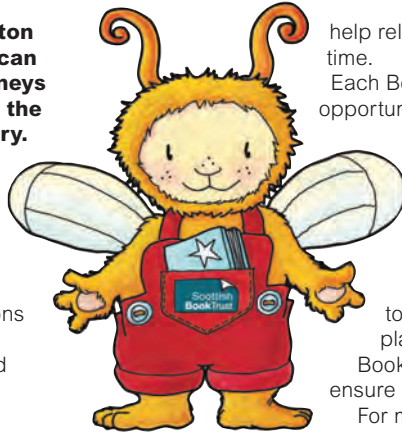
Take off on a reading adventure

YOUNG Bothwell, Uddingston and Hamilton bibliophiles can enjoy adventures and journeys to far flung places all from the comfort of their local library.

Bookbug sessions, aimed at youngsters aged between 0-four, are fun, free and friendly events for little ones and their families to enjoy together.

During the 30 minute sessions children and grown-ups share stories, songs and rhymes and have fun at the same time.

Studies have revealed that just a few minutes of reading or singing every day can help develop language skills, boost confidence,



Bookbug

help relaxation and offer quality time.

Each Bookbug session offer the opportunity for children to play and learn whilst interacting with others.

Uddingston Library is delighted to play host to the fun-filled sessions every Thursday.

Pop along any Thursday to join in the fun, which takes place from 10-10.30am.

Booking is recommended to ensure you save a spot.

For more information call the library on 01698 813 431 or check out www.scottishbooktrust.com/bookbug.

THE Scottish Fire and Rescue Service in South Lanarkshire is seeking your views on how they have performed in South Lanarkshire over the past three years.

This is a critical milestone in their sustained development of local service delivery. Through their plans they have ensured that, together with their partners, they continue to address the unique needs of South Lanarkshire's communities, improving safety both now and in the future.

The Scottish Fire and Rescue Service carried out a review of their local service delivery against the 2014-17 Area Fire Plan.

They are therefore looking for their key stakeholders to share their views on how they have performed. This will enable



them to fully understand your expectations and help them to continuously develop and improve the services provided within South Lanarkshire going forward over the next three years.

Providing feedback is

easy. You can complete the short consultation survey online by visiting firescotland.citizenspace.com/planning-and-performance/local-plan-review.

The consultation will close on the 31st of March 2017.

LOOKING for your next fundraising challenge?

Adventurous locals across the Hamilton, Bothwell and Uddingston areas now have the chance to put their best foot forward and sign up to Kilbryde Hospice' 2018 trek of El Camino De Santiago.

Hoping to raise vital funds, the South Lanarkshire hospice based in East Kilbride welcomes volunteers keen to embark on the walk and consequently help a deserving cause.

The Camino De Santiago in Spain, also known by the English names Way of St James and Road to Santiago, is the name of any of the pilgrimage routes to the shrine of the apostle St James the Great in the Cathedral of Santiago de Compostela in Galicia in north-western Spain. It's here,



Walk this way

according to tradition, that the remains of the saint are buried.

On Wednesday 15 March the hospice will be holding an information evening from 6-7pm for people to find out more about the trek.

Those looking to complete what is a challenging but very rewarding walk now have the chance to join likeminded people hoping to raise money to support the local

hospice.

The provisional date for the trek is from 2-8 July 2018, however any alternative suggestions are welcomed by the team organising the event.

To confirm your attendance at the information evening, get in touch with the fundraising team by calling 01355 202020 or email fundraising@kilbrydehospice.org.uk.



Fair to say

SOUTH Lanarkshire Council have become an accredited Living Wage employer.

Whilst the council has been paying at least the Living Wage for the past five years, to become an accredited Living Wage employer, there is a formal process which every organisation has to pass.

This includes a review of contracted staff and committing to future rates of the Living Wage. The news comes as Living Wage Week is celebrated with a series of events up and down the country.

Leader of South Lanarkshire

Council, Councillor Eddie McAvoy, said: "Paying the Living Wage has a positive impact on all low paid employees who are struggling to make ends meet in the current financial climate.

"Employees are the lifeblood of any organisation and it is only right that they are paid a fair wage.

"I am firmly of the opinion that every business or company who can afford to do so should be paying it.

"I am delighted that we have attained accreditation as it confirms our commitment to the Living Wage."

The Scottish Living Wage



Accreditation Initiative, housed at The Poverty Alliance, is responsible for accreditation in Scotland and is an independent movement of businesses, organisations and people who believe "a fair day's work deserves a fair day's pay".

Redlees urban park gets a makeover

A planned six week programme of improvements and maintenance at the popular Blantyre Park got underway in February.

Central Scotland Green Network Trust is carrying out the woodland management work on behalf of South Lanarkshire Council to bring the woodlands and open grasslands into active management and to improve the user experience throughout the park.

In addition to thinning out sections



of woodland to help protect long-term biodiversity, work will also include cutting back overgrown shrubs to keep paths clear and will be improving signage within the park for the benefit of the local community.

Due to the nature of the work it will

be necessary to temporarily close sections of path adjacent to working areas during operating hours but they should be reopened by evening and there will still be plenty of alternative routes to explore.

Redlees Urban Park covers a 27

hectare area of greenspace on the edge of Blantyre and was created to convert a former stone and clay quarry into a public greenspace in the 1980s through woodland planting and the paths network was created in the 1990s.

The woodlands are over grown and require extensive thinning and management to increase bio-diversity, ensure their longevity and enable people to explore the woodland habitat.

Hamilton • Bothwell • Uddingston Connect

CITIZENS Advice Scotland has offered five top tips to help residents struggling with debt.

The organisation has compiled simple, straightforward steps to help those with financial problems and has urged those finding themselves worrying they are not alone and that help is available locally.

Tips include:

1) Pull all the information you have together

First things first: gather all the information you can about what you owe, what you spend, what you earn and what you receive. That includes details about everything that affects money going out or coming in, so don't forget to include things like any overdrafts, store credit, and buy-now-pay-later deals. Remember to account for birthdays, school meals and car costs. Make up a spreadsheet or budget sheet to help you to see everything at a glance. It might seem a lot and it may be tough, but the trick is to bite the bullet and not leave anything out. If you include everything it'll be easier to find a way forward.

2) Understand what your essential costs are and prioritise them

Take a look at what you spend, and decide what's essential and what you can do without. Essential expenditure is things like rent, mortgage, council tax, water charges and utilities. Once you know what's essential, you can prioritise that. Can you reduce your expenditure? We'd always suggest being realistic at this stage, so you know your plan is something you can maintain.



3) Deal with the emergencies

It can be hard to open those letters marked with red. But if you follow the first few tips, and know what you're facing and what's essential, you can tackle the real issues that can affect you and your essentials first, and make a plan for what comes next. Check for court paperwork especially. Do you have a court date for an eviction hearing, for example? There are time scales attached to this type of letter, and you must act within these time scales.

4) There are options

Depending on how much you owe and how much you earn, you do have options for how to deal with debt, and to get you through it. Re-do your budget sheet, see if you have any money left over to make an offer of payment. Don't worry if you have nothing left over; there are still options to deal with your debts and you will get through it. There's no one-size-

fits-all solution, so you could do some research to see what your options might be and get advice from experts.

5) Get free, independent support and advice

If you need help to tackle any of these steps, you aren't alone. Reach out for the information and support you need, and make sure it's from a free and independent source that's regulated by the Financial Conduct Authority - like your local Citizens Advice Bureau. That way you can get the information you need and be sure it's in your best interests. Beware of companies who will charge you for advice.

Residents looking for further information can find at Hamilton Citizens Advice Bureau.

Located in Almada Tower at 67 Almada Street, the team is on hand to offer free and independent support.

For more details call 01698 283 477 or visit www.citizensadvice.org.uk/scotland

A trip down memory lane

UNLESS you're an active history buff and make a conscious effort to read up on local towns, often the history of places close to home can pass us by.

So let's take a trip down memory lane and look back at the long and dramatic history of Bothwell.

A small town near Hamilton, one of its most distinguishing features lies to the west and comes in the shape of the substantial ruins of Bothwell Castle. Scotland's largest and, many believe, finest 13th century castle.

Originally a stronghold of the powerful Moray and Douglas families, one of its most noteworthy features is its massive round tower.

On the other side of town, Bothwell Bridge, which spans the Clyde, was the scene of a major battle between Royalists and Covenanters in 1679. A monument commemorating

the battle stands near to the bridge.

In the 19th century the town was impacted by the industrial revolution and a coal mine was established in the centre of the village. Whilst this remained a stable source of jobs for Bothwell until the middle of the 20th century, today few signs of it remain.

Whilst the town benefits from great transport links to Glasgow, it retains the charm of being slightly off the beaten track. For those who do make a visit however, it's a place with much to see. From the castle to the church, ancient bridge to

battlefield, Georgian and Victorian mansions to the modern amenities of shops and restaurants, it's a town that blends the past and present.

The rich countryside around Bothwell and along the banks of the

Clyde provide excellent walking opportunities for the

intrepid explorer. Less than a mile away lies the towns of Uddingston and Blantyre, the former home to the Tunnock's factory, much loved for its Caramel

Wafer and Tunnock's Tea Cake; the latter known for being the birthplace of David Livingstone.



JOIN US AT STEPDOWN

Stepdown is keen to add to its growing team of experienced foster carers and would be delighted to talk to anyone interested in joining the fostering team at Stepdown.

Being a foster carer is very rewarding and at times can be demanding as young people requiring foster care have experienced challenging backgrounds and often have complex needs.

Stepdown recognises the level of support required and provides a high level of supervision and training which makes caring for a young person not just possible, but successful.

Ann, Stepdown Foster Carer: "I have a teenage child and a grown up child of my own and I've been fostering two young people for over four years," says Anne, who is a Stepdown foster carer. "I thought I'd like to help other young people to have a home so contacted Stepdown. My questions were endless and I think the Social Worker from Stepdown must have had a sore head but she fully answered all my questions and raised some I hadn't thought about. I went to the preparation group to learn more, and I met other couples and single people who were also asking questions and interested in Fostering."

"Stepdown staff guided them through working with Stepdown and being a foster carer, explaining how the team all works together. Stepdown has been great for me and my family, we know all the staff and managers, communication and support is seriously good and we can talk to them 24/7 every day of the year with a real voice at the end of the phone", says Anne. "Stepdown is always there for you and the young people and I get quality training and supervision. If you're interested in fostering, Stepdown is a great organisation to work with".

Karen Rinaldi, Manager of the Stepdown Foster Care Services, would be pleased to answer any questions you might have about fostering. You can ring her on 0141-762-4523 or text STEP to 66777 and you will receive a reply immediately. You might also like to visit our website: www.stepdown.org.uk

Stepdown looks forward to hearing from you.

Join our strong team, Foster with Stepdown

Foster Carers & Supported Carers

Young People aged 11-21 need your support. If you can care for a young person, join our Foster Carers team. We will support you with full training and generous allowances.



For More Information:

Text: **STEP to 66777**

Call: **0141 762 4523**

Visit: www.stepdown.org.uk



Hamilton • Bothwell • Uddingston Connect

PROSPECTIVE students hoping to enrol on a course and find out more about study options should take note of South Lanarkshire College's upcoming Information Evening.

Taking place on Tuesday 28 March between 4.30pm and 7pm, the evening will provide the perfect opportunity to find out about the courses on offer from August 2017. And while you're there you can view the facilities, have a friendly chat with the staff and get a feel for what student life at South Lanarkshire College is like.

All who are interested in applying to study at SLC in August 2017, whether on a full or part time basis are welcome to attend the evening. The



A meeting of minds

information evenings are always enjoyed thanks to the chilled and welcoming atmosphere provided by all the staff and students.

If you're interested in

attending the Info Evening, you can like South Lanarkshire's Info Evening posts on Facebook, join the event, or simply just turn up on the night to a warm welcome.

HAMILTON residents are being urged to help save a life this year by giving blood.

The Scottish Blood Transfusion Service (SNBTS) is calling on locals to join them at a donation session this spring 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.

This may sound like a lot but is actually less than a pint in

total.

Donors will have a team member with them at all times to ensure they are comfortable and happy with the process.

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

However, figures reveal that only five per cent of the population currently give blood.

Residents will have the chance to pay it forward on March 15 at Hamilton Town House.

The SNBTS team will set up shop between 2pm and 3.45m then again from 5.15pm until 7.30pm

To find out more, visit scotblood.co.uk



Please support our
young patients

Text CHILD to 70707 to donate £5 or visit
www.GlasgowChildrensHospitalCharity.org



**Glasgow
Children's
Hospital
Charity**

Do you know where to find support?

NHS Lanarkshire is reminding people to “know who to turn to” so they don’t visit busy emergency departments for inappropriate reasons.

The message is being highlighted to help reduce waiting times and to counter the potential spread of infections in A&E departments.

Patients can get appropriate medical help and advice from a range of other services.

They include GPs, the out-of-hours service, the NHS24 helpline, pharmacists, dentists and opticians. In addition, people can often treat themselves at home.

NHS Lanarkshire’s emergency departments, at Hairmyres Hospital in East Kilbride, Monklands Hospital in Airdrie and Wishaw General Hospital, treat nearly 4000 patients a week in total.

Dr David Litherland, clinical lead in emergency medicine at Monklands Hospital, said: “It can delay the treatment of sick patients if people come with conditions that should be seen by a GP or another service.

“We are staffed to deal with emergencies such as suspected heart attacks or strokes, breathing difficulties, severe bleeding and broken limbs. We also have a minor injuries service, which is for

sprains, strains, burns, bites and cuts.

“However, we are often visited by patients with ailments such as sore throats, vomiting, toothache, earache, rashes and even sunburn. We do appreciate that these can be unpleasant conditions but

they do not usually require to be seen in an emergency department.”

Tracy Dodd, emergency department senior charge nurse at Wishaw General, added: “Patients sometimes attend with chronic conditions or to ask for a

prescription. These are the sorts of things that are best discussed with their GP practice who will have access to their medical notes and will be able to deal with problems more efficiently.”

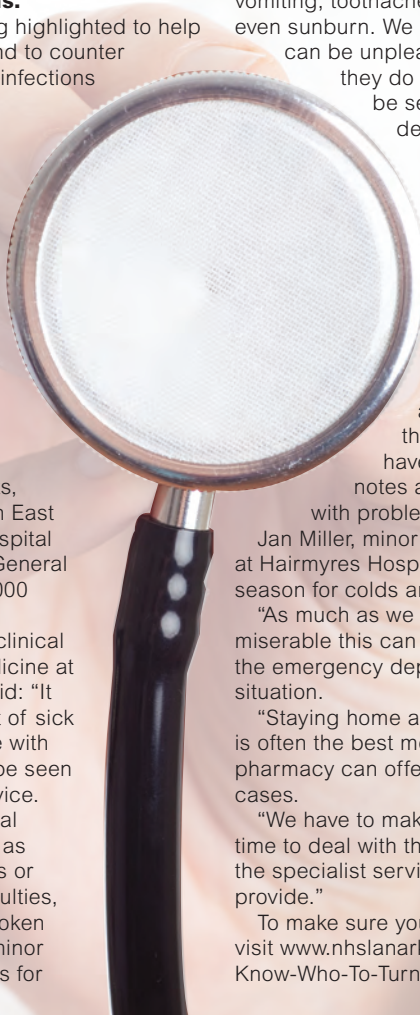
Jan Miller, minor injury team leader at Hairmyres Hospital, said: “This is the season for colds and runny noses.

“As much as we appreciate how miserable this can be, there is nothing that the emergency department can offer in this situation.

“Staying home and taking plenty of fluids is often the best medicine but the local pharmacy can offer extra advice in many cases.

“We have to make sure we have the time to deal with those patients who need the specialist service we are aiming to provide.”

To make sure you know who to turn to, visit www.nhs.uk/Lanarkshire/Services/Know-Who-To-Turn-To



A baby with a tuft of hair, wearing a yellow t-shirt with a fire truck graphic and red shorts, is sitting on a light-colored floor. The baby is holding a green block and looking up with an open mouth. Several other colorful blocks (red, yellow, green) are scattered on the floor around the baby.

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*Statistics taken from Rightmove Sept 2015 - Sept 2016, Residence Hamilton and Uddingston branches sold 24.2% of the market in the ML3, G71 and G72 postcodes.