

A young boy with short brown hair is smiling broadly, hanging from a wooden ring in a gymnasium. He is wearing a light blue polo shirt with a logo on the chest. The background is a blurred gymnasium with a red and blue mat.

Hamilton Connect

Autumn 2016



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Book at Low Parks Museum



South Lanarkshire's Museum
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01698 453382
www.slleisureandculture.co.uk

Welcome

HELLO and welcome to the first ever edition of Hamilton 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 our community.

From local news to events taking place in the community, 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.

Interested in advertising?

Hand delivered through letter boxes, Connect is the ideal platform to reach families in the heart of our community.

Our sales team is on hand to offer bespoke multi-media support to help you tell our readers what you do best.

And what's more, they're also happy to help with competitive advertising rates in our sister Connect titles – offering you the chance to reach people across the country.

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

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Hamilton Connect

Herald and Times Magazines

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Renfrewshire- 01355 249897

Schools:

Hamilton College Junior School- 01698 286830

Holy Cross High School- 01698 543450

Hamilton Grammar School- 01698 285777

St Mary's Primary School- 01698 282850

Beckford Primary School- 01698 423200

Hamilton College- 01698 282700

St Cuthbert's Primary- 01698 282175

Woodside Primary - 01698 427811

St Paul's Primary- 01698 284777

Glenlee Primary- 01698 823343

Neil Island Primary- 01698 286405

St. John Ogilvie High School- 01698 727600

St Peter's Primary School- 01698 281277

Hamilton School for the deaf - 01698 823377

Health

NHS 24- 111

Udston Hospital- 01698 723200

Beckford Lodge - 01698 456212

Hairmyres Hospital- 01355 585 000

Wishaw General Hospital - 01698 361 100

Churches

West Parish Church- 01698 284670

Scottish Episcopal Church St. Marys- 01698 429895

Evangelical Church - 01698 284645

Hamilton S.N.U Church- 01698 284859

St. Johns Church- 01698 286868

St. Mary's Catholic Church- 01698 423552Ham

Hamilton Old Parish Church- 01698 281905

Library

Burnbank Library- 01698 285730

U.W.S Hamilton Library- 01698 894424

Hamilton Townhouse Library- 01698 452122

Community

Almada Community Centre - 01698 459855

Voluntary Action South Lanarkshire - 01698 300390

Hillhouse & Earnock Community Centre -

01698 710404

Strathclyde Youth- 01698 338420

If you'd like your organisation, club or society included in this handy numbers page don't hesitate to get in touch.

Email: Maxine.mccreadie@newsquest.co.uk or Nicola.brown@newsquest.co.uk and we'll be sure to include them in a future edition.



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New library is a ‘fantastic resource for pupils’

IT was back to school time for one of Scotland’s most famous faces as former Udston Primary School pupil Jackie Bird opened the school’s brand new library earlier this summer.

The BBC Reporting Scotland anchor, who received a warm welcome from around 300 pupils, presented the school with a copy of the book *Little Women* which she said had inspired her to go into journalism.

Jackie, who still has her Udston school tie, said: “It’s a privilege to be invited to open this wonderful new library. Reading can be inspiring and inclusive.

“I couldn’t agree more with the school’s philosophy that reading unlocks the imagination and takes you places that you’ve never been before. It’s a fantastic resource for the pupils.”

The new library has been funded through grants from Education Scotland and the Co-op, as well as through fund-raising by the school and the parent council. The pupils themselves chose an outer space theme for the library with planets suspended from the ceiling, lava lamps, star pillows and even an astronaut.

Rebecca Turnbull, Depute Head, added: “Creating the new library has been a real team effort and the result is a creative and stimulating space that the children want to visit to borrow books.

“Our aim is to give them access to books for their enjoyment and also to develop positive, life-long reading behaviours that will raise literacy attainment levels.”

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Bookbug sessions have a tale to tell



YOUNG 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, help relaxation and offer quality time.

Each Bookbug session offer the opportunity for

children to play and learn whilst interacting with others.

Hamilton Town House Library plays host to a number of sessions, open to youngsters up to the age of four.

Sessions for children between 0 and four run on Saturdays between 11am and 12noon.

For more information call the library on 01698 452299 or check out www.scottishbooktrust.com/bookbug

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Police and fire service warn of wheelie bin fire dangers

HAMILTON residents are being warned of the risks associated with wheelie bin fires.

The Lanarkshire division of Police Scotland is working in conjunction with Scottish Fire and Rescue Service and the council to highlight the dangers associated with the fires which have the potential to cause extensive damage to property and serious injury to residents.

The deliberate ignition of wheelie bins threatens life and property but, by following some basic safety advice, people can help minimise that risk.

A series of relatively simple steps can help safeguard properties from the potential ravages of a wheelie bin fire.

Residents are advised to only put their bins out when they're due for collection, and to remove them from the streets as quickly as possible once they've been emptied.

Where possible members of the public are asked to secure bins behind locked gates and away from nearby buildings and escape routes or emergency exits.

In addition to the risks associated to any fires there is also the cost to the local authority with the cost of dealing with a wheelie bin fire estimated at £2,500.

Anyone who witnesses someone setting a fire, or suspects them to be preparing a fire, should contact police. If a fire has already been lit, please call the Scottish Fire and Rescue Service.

Police can be contacted on 101. Alternatively, the anonymous Crimestoppers hotline can be reached on 0800 555111.

Further fire safety advice can be found at www.firescotland.gov.uk or can be discussed in person at any fire station.

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Tea & Coffee after the Service
6.00 pm Choral Evensong 1st Sunday
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WEEKDAY

AD TO FILL

- 10.00 am Eucharist Wednesday, Tea & Coffee after the Service
10.15 am Bible Study Thursday (weekly)
7.30 pm Bible Study Monday (weekly), Saints' Days as announced.

St Mary's
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Auchingramont Road,
Hamilton. ML3 6JT.

Registered as a Scottish Charity: SC005876

Support when you need it most

HAMILTON residents living with cancer can find additional help from Macmillan Cancer Support.

The national cancer charity appreciates that although to many it may seem like the last thing in the world to worry about when you're sick, that it's often then that money worries become more of a concern.

With that in mind, they are pleased to offer help and advice to all South Lanarkshire Council residents to ensure they receive the best possible help and support during their illness.

Locals living with cancer and in need of a little extra help and support can make the most of the Macmillan South Lanarkshire Benefits Advice Service.

WE ARE MACMILLAN. CANCER SUPPORT

Located within Social Work Resources at 1 Leechlee Road, the service is a one stop shop for benefits and financial advice.

Open Monday and Tuesday between 8.45am and 4.45pm, from 11am until 4.45pm on Wednesday, between 8.45am and 4.45pm on Thursday and each Friday from 8.45am until 6.15pm

The service offers welfare and money advice and and representation, while there is also a budgeting advice team, a telephone advice line for pregnant women and young families, a mandatory reconsideration team and central appeals team.

For more information about Macmillan services in your area, visit www.macmillan.org.uk

The advertisement features a collage of magazine covers and digital devices. On the left, the 'Scottish Gardener' cover shows orange flowers with the headline 'HOME ON THE RANGE'. In the center, 'Scottish Walks' covers include 'lead the hills' and 'AUTUMN IN THE HIGHLANDS'. To the right, 'Scottish Cycling' covers feature 'ONBOARD SCOTTISH CYCLING' and 'SCOTTISH CYCLING'. Further right, 'Family Focus' covers show a woman in a wheelchair with the headline 'SAMANTHA KINGMOORE'. Below the covers, a laptop, a desktop monitor, a tablet, and a smartphone all display the digital versions of the magazines. At the bottom, four website URLs are listed: www.scottishgardener.co.uk, www.scottishwalks.com, www.scottishcyclingmag.co.uk, and www.familyfocus.scot. A concluding text 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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Fireworks celebrations will kick off with a bang



MAKE your bonfire night truly sparkle at the Strathclyde Country Park fireworks display.

Just a short drive from Hamilton it's a fun and safe way to remember, remember the fifth of November!

Families from across the area are expected to flock to the free event which is hosted by South Lanarkshire Council and North Lanarkshire Council.

It'll be all systems go as the event kicks off at 5pm with the M&Ds funfair before live entertainment from Clyde 1 from 6pm.

The annual bonfire will be lit at 7.15pm before a special guest appearance at 7.30pm.

Then it's the moment everyone is waiting for at 8pm when the fireworks display starts with a bang.

Guests are asked to be aware that parking will be limited within Strathclyde Country Park, however, there is additional parking at Airbles Road and Hamilton Retail Park.

Traffic management will be in place throughout Strathclyde Country Park from 4pm.

In the interest of safety, no sparklers or fireworks allowed.

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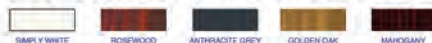
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Are you paying more for basic goods?



PEOPLE on lower incomes pay more than average costs for basic goods and services, according to new research by Citizens Advice Scotland (CAS).

The new CAS report, 'Paying More to be Poor' reveals some poorer Scots are paying a poverty premium for their energy, telecoms, credit, loans and insurance. This premium exacerbates the problems experienced by those living at or near the poverty line and can force those on a low income to cut back on essentials like food.

This in turn adversely affected their health and relationships.

In the research CAS polled a number of lower-income Scots which found:

- **Energy:** Low income families are more likely to use more expensive pre-payment meters (PPMs) and 24 per cent of those using PPMs spent over £100 per month on their energy. Only 24 per cent switched their energy supplier in the past three years, with those living in the most deprived areas of the country less likely to do so.
- **Telecoms:** Those with mobile phones tend to use more expensive Pay As You Go payment methods. They are also more likely to be without mobile phones, and so are hit hardest by the rise in landline costs. Low income consumers are also less likely to switch phone suppliers.
- **Financial services:** 53 per cent said they were not using credit or loans, indicating a possible difficulty in accessing these products. Of those who had used credit or loans, 11 per cent were repaying over £100 per month. There is also evidence that low income consumers take out credit or loans without understanding the full costs involved. Others told us they had no home contents insurance, as they find it unaffordable, leaving their home vulnerable in case of accident or theft.

CAS also asked these lower-income Scots what impact their financial situation has on them:

- 43 per cent said it had made them cut back on food
- 24 per cent revealed they cut back on gas and/or electricity used
- 22 per cent said they cut back on social activities
- 19 per cent reported that it increased stress and anxiety
- 13 per cent said it had a negative impact on their personal relationships
- 10 per cent said it had a negative effects on their physical health

Publishing the report, CAS spokesman Patrick Hogan said: "We and other charities have published evidence in recent years showing that there are too many people in Scotland who are struggling on low incomes.

"What this new research shows is that many of those peoples' financial situations are actually being made even worse because the poverty they are in.

"So if you are poorer in Scotland today you end up paying more for basic services, and so become even poorer. This cannot be right, and needs to be addressed.

"In our report today we make a number of recommendations about how to address this problem.

"We pledge that we will work together with those who supply essential services, to persuade them to bring down costs and offer better deals to those on low incomes, and also to raise awareness of cost traps and consumer choices.

"The market must offer better value for consumers of all income levels, but it is clear that we need to target information more at those on the lowest incomes.

"Poverty should not breed even more poverty."

Anyone looking for support or advice can contact Hamilton Citizens Advice on 01698 283477. The office is located at Almada Tower at 67 Almada Street for further information.

Glasgow's Hidden Treasure

Venture just a few minute's walk from the city centre and you will stumble across one of Glasgow's true hidden gems. Little-Persia, within Love-Rugs, is Scotland's largest and leading specialist in unique handmade Persian and Oriental rugs. With over 2,000 hand-knotted works of art for the floor on sale; the selection, colours and history will transport you to the markets and bazaars of Tehran.

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* Discount can be used in-store or online, one use per customer. Expires end of September 2016. Not to be used with other offers.

Musical extravaganza is so much fun it should be illegal

DO you know how to bend and snap?

Talented members of Hamilton's District Youth Theatre (HDYT) have mastered the art as they prepare to take on one of the silver screen's most iconic chick flicks – Legally Blonde.

With music and lyrics by Laurence O'Keefe and Neil Benjamin and based on the book by Amanda Brown as well as the Metro-Goldwyn-Mayer motion picture, HDYT's talented army embark on another high profile production.

This October they will take

on the fabulously fun and international award-winning show Legally Blonde: The Musical which follows the transformation of sorority girl Elle Woods as she negotiates her way through Harvard Law School.

Action packed yet heartfelt, this musical explodes on the stage with memorable songs and dynamic dances.

A great night out for the girls or the family that hasn't to be missed.

The show will take to the stage at Hamilton Town House on Friday 7 and Saturday 8

October.

Evening shows start at 7.30pm while the Saturday matinée begins at 2.30pm.

Tickets cost £10, £9 for concessions and £7.50 for groups of 10 or more.

Call the box office on 01698 452299 to book, or visit www.sllcboxoffice.co.uk for tickets and to check out a full line up of this season's shows at Hamilton Town House.

This amateur production is presented by arrangement with Josef Weinberger Ltd on behalf of Music Theatre International of New York.

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E: advice@hamiltoncab.casonline.org.uk

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Hamilton Citizens Advice Bureau is Authorised and Regulated by the Financial Conduct Authority FRN 617461



A message from Hamilton College principle

HAMILTON College is proud to offer a well-rounded and inclusive education for youngsters of all ages.

For children taking their first steps into the world of education to those preparing to make the journey onto work or further education, the school prides itself on offering a safe and fun learning environment which encourages to continually strive for the best.

Here is a message from principle John J Taylor, celebrating the best of the school's achievements and looking to the future.



At this year's annual conference of the Society of Heads, a speaker gave a presentation on the purpose of education in society, and how the focus has shifted over the years between intrinsic educational value (education for education's sake), and the place of education to 'feed' the needs of the workforce and society as a whole.

The speaker made the point that this pendulum has swung from side to side over the decades, without much stability, and that it isn't getting any better on a national scale.

I broadly agree, but think that this argument misses something vital; that joy in learning (education for education's sake) is the very stronghold of developing well rounded students who are ready to make a difference in the world. The two are not incompatible; indeed, they feed one another.

Great education can contribute to a happier society, by developing students who have a holistic education and a broad understanding of the world they live in.

Our S6 students, about to step into the world, know this, and the experiences they have had at Hamilton College, whether they have been with us since Nursery or for a shorter time, have given them more than academic success. They have slept in a playground to raise funds for the homeless, walked Strathclyde Loch to support Diabetes UK, shown friendship and compassion by giving blood, demonstrated leadership with humility as Prefects, House and Sports

Captains, and by working with our Nursery and Junior School pupils. They have done so with determination, humour, grace, and confidence, and this will prepare them for whichever path they choose for their life after school.

It is partly due to such strengths in our young people that we are introducing the Hamilton College Diploma from next academic year. We're excited about it. The Diploma will draw on our focus on the whole pupil, offering various opportunities to S5 and S6 students through electives, the Creative Arts, Service, Sporting Life and Enterprise & Adventure, to develop independence by encouraging students to try something different, and asking them to choose, to prioritise, and to build their own unique Diploma experience alongside their SQA studies. Under the leadership of Mrs Lawther, our new Diploma Co-ordinator, they will build on the teamwork, independent thinking and decision making skills they already have, to boost UCAS and university applications and to prepare them for the world of work.

The spirit of our Diploma is to be extraordinary; this not only motivates our Upper School pupils, but also reflects the way that we encourage all of our children and young people to try new things and to be extraordinary.

For further information about Hamilton College and the opportunities available visit www.hamiltoncollege.co.uk

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Are you the type to save a life?

HAMILTON residents are being urged to pay it forward this October at a blood donation drive.

Locals will have the chance to take a moment and give back at the next session on Tuesday, October 4.

The Scottish National Blood Transfusion Service (SNBT) will set up shop in the town's Hillhouse and Earnock Community Centre on Hillhouse Road.

The event will offer the ideal opportunity for people to pay it forward and make a real difference not only in their own community, but the whole of

Scotland.

The first session will kick off at 2pm and run until 3.45pm before resuming at 5.15pm until 7.30pm

The process of giving blood is quick and simple.

After filling in a donor health check questionnaire and having a check up from a nurse, a donors hemoglobin (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.

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

Visit scotblood.co.uk for more.



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New home for Planning and Building Standards

THE council's Planning and Building Standards area offices have moved to Hamilton.

Area office teams previously based in East Kilbride and Lanark made the move to Montrose House, 154 Montrose Crescent, Hamilton, alongside the Hamilton area office and HQ teams on Monday, August 22.

Officers from each of the offices will keep their existing phone numbers for a limited period of time following this move.

Residents can also contact any officer by phoning the council's customer contact centre on 0303 123 1015. Montrose House is open from Monday to Thursday between 8.45am and 4.45pm and between 8.45am and 4.15pm on a Friday.

Locals can also continue to make use of any online facilities such as the national ePlanning portal for the submission of applications and the council's



website for any other payment transactions.

The website also hosts a planning portal, allowing residents to view applications and associated information, and other documents including Local Development Plans and general guidance on planning and building standards.

Animal lovers urged to be aware of where to find help

HAMILTON residents concerned about animal welfare in their community are being urged to make sure they call the correct number for help.

The call comes as the Scottish SPCA (SSPCA) has released research which reveals 31 per cent of Scots are calling the wrong animal helpline.

SSPCA badge

A recent study has shown that although 69 per cent of people would call Scotland's animal welfare charity if they discovered an injured or distressed animal, 25 per cent of people would

contact the RSPCA and 6% per cent would contact other organisations.

Chief superintendent Mike Flynn said, "Although awareness of our helpline has increased by an incredible 283 per cent since 2009, and last year we received an incredible 240,000 calls, it is concerning that some people would contact the wrong organisation if they come across an injured or distressed animal."

He continued: "You should call our helpline if an animal is in danger or distress or if you need animal welfare advice.

"If someone calls the wrong



telephone number it will delay rescues and could cause animals more suffering.

"By making our animal helpline your immediate point of contact for any animals in distress it will help us save more lives.

Locals should call 03000 999 999 with any information.

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Take a step back in time at Low Parks Museum



RESIDENTS are invited to learn more about Hamilton's rich history at Low Parks Museum.

Graded as a five star museum under the Visit Scotland grading scheme it is located in the Low Parks of the Duke of Hamilton's estates.

The museum complex is housed in two historic buildings of national importance, both originally associated with the Dukes of Hamilton.

The first of these buildings was originally the home of David Crawford, secretary and lawyer to the 3rd Duke and Duchess of Hamilton, the building dates back to the 16th century while the second is the former Palace Riding School, built in 1837 by Alexander, 10th Duke of Hamilton.

The museum celebrates Hamilton's history with exhibitions covering early settlement, working life, weaving and much more, whilst honouring the almost 300 years of distinguished service The Cameronians (Scottish Rifles) which disbanded in 1968.

The legacy of the regiment lives on through the library which is home to a range of objects and exhibitions which bring the fascinating story to life.

Low Parks Museum is also the ideal setting for weddings and functions.

The beautiful and elegant Assembly Room within Low Parks Museum is the perfect setting for civil, religious or humanist ceremonies.

The private courtyard gardens adjacent to the Assembly Room with its charming pagoda, provides an elegant backdrop for wedding photographs while the courtyard makes a perfect setting for a champagne reception and for guests



to relax al fresco.

The Assembly Room has a capacity for up to 80 guests, and we are also able to accommodate small intimate weddings.

This historical setting offers a stunning backdrop to capture memories of the special day and the experienced team is proud to ensure every little detail is perfect.

Or for those just keen to relax and watch the world going by, the Mezzanine Café is the ideal setting.

What's more, Low Parks Museum also hosts a number of events throughout the year, including an exciting fossil fun event for youngsters throughout the October week as well as a candlelit tour of Hamilton mausoleum.

For more details and to keep up to date with events, visit www.slleisureandculture.co.uk/info/203/low_parks_museum



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Youngsters to take part in new diabetes study

HAMILTON youngsters could take part in a new study aimed at preventing type 1 diabetes.

Children from across Lanarkshire aged between five and 16 are invited to take part in the major study.

NHS Lanarkshire's research and development team is looking for young people who have a brother, sister or parent with type 1 diabetes, to join the research.

Type 1 is the form of diabetes that usually develops before the age of 40, commonly in childhood.

The new study, called adAPT (autoimmune diabetes Accelerator Prevention Trial), is being spearheaded in Scotland by Dundee University and NHS Tayside.

NHS Lanarkshire is supporting adAPT by joining up with Scotland's other health boards to contact families affected by the condition to offer them the chance to participate.

NHS Lanarkshire consultant paediatrician Dr Kerstin Bumke said: "We're delighted to be supporting this exciting study looking at the prevention of type 1 diabetes in children.

"Children who agree to take part will have a blood test at a local GP practice or hospital to find out whether they have a high risk of developing the disease. If they do, they'll be invited to take part in the trial.

"They'll be offered a drug called Metformin to see what impact it has. Metformin is already used to treat diabetes, but it is not clear if it might prevent it from developing in the first place.

"There is currently no way of preventing childhood diabetes and no cure, meaning type 1 diabetes patients face sticking to a strict diet and having multiple daily injections of insulin for life.

"During the trial, each child will receive Metformin or a placebo, initially for four months, and will be tested three times to assess how their

metabolism and immune system respond.

"If successful, this large-scale trial could have great benefits – helping to explain why type 1 diabetes has risen five-fold in the last 40 years and providing a means of preventing it."

The research is launching in Scotland because the country has the third-highest rate of type 1 diabetes in the world, along with a group of diabetes doctors who work well together and very good records to identify affected families.

NHS Lanarkshire lead clinical trials nurse Berni Welsh said: "Any family in Lanarkshire who would like to participate in the research can contact us on 01236 713432."



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