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Welcome!

WELCOME to the first edition of Kirkintilloch and Lenzie Connect.

Our popular series of Connect magazines are brought to you by Newsquest Clyde and Forth and Herald and Times Magazines, the publishers behind trusted titles such as the Clydebank Post and High Flyer.

Lenzie and Kirkintilloch Connect is your community magazine, keeping you in the loop with news and events from the local area.

Our first issue is packed with stories. From news of the first pupils to enjoy the brand new Lenzie Meadow



Primary school on page 6, to highlights from this year's Kirkintilloch Canal Festival on page 20, there's lots inside. We'd like to extend a big thank you to everyone who has supported our

first edition, we hope you enjoy.

*Until next time,
Team Connect*

Contacts

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Kirkintilloch & Lenzie Connect



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Police and Emergency Services

Police Scotland:
101 (999 in an emergency)

Council contacts

East Dunbartonshire general enquiries:
0300 123 4510

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William Patrick Library:
0141 777 3141
Lenzie library:
0141 776 3021
Auchinloch Community Centre:
0141 776 2409
Hillhead Community Centre:
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Harestanes Primary School:
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Holy Family & Saint Ninian's R C Church:
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Kirkintilloch Baptist Church:
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If you would like your club, society or organisation to appear on our handy numbers page, email the details to nicola.brown@newsquest.co.uk or maxine.mccreadie@newsquest.co.uk and we'll pop them in a future edition.

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Lenzie Meadow Primary opens for the start of the new school year

FOR most pupils the start of term means new uniforms, pristine school bags and shiny shoes, but for children in Lenzie this August it also meant a brand new £11.5 million school building.

The new Lenzie Meadow Primary School and nursery class was built on the site of the old Lenzie Moss Primary and is now home to 568 pupils. It will also host 58 pre-school children in its new nursery.

It is the second school to be delivered by the council as part of its Primary School Improvement Programme. The first was the award-winning Lairdsland Primary in Kirkintilloch which opened in Spring 2015.

Council Leader Rhondda Geekie went along to the school to meet pupils and teachers.

She said: "It was wonderful to see the children coming together in their fabulous new school. They have been involved since the design process and have had a guiding hand in creating the kind of school they wanted.

"I know I show my age when I remark on how different modern schools look compared to what many of us are used to but it really is wonderful. Lenzie Meadow is so bright and colourful and the use of open areas and outdoor spaces for various things like project work or break-out sessions is a great asset to teachers.

"Today's young people expect to learn with technology and with the inclusion of LCD touchscreens as well as Wi-Fi



throughout the building, they haven't been disappointed."

Lenzie Meadow Interim Parent Council has been working alongside Council Officers to ensure that the new school meets the needs of pupils and parents within the community. Co-Chairs, Gordon MacDonald and David North, said: "We are delighted that the new Lenzie Meadow Primary School is open for the start of the school year. It is a fantastic new building and will be a great educational resource for our children. We would like to thank all the East Dunbartonshire Council officers, teachers and the staff of Lend Lease who have worked so hard to get the building finished and ready for occupation."

Pupils started the new term yesterday and have been busy getting to know the layout of their new school and playground and meeting new classmates.

Lucy in Primary 5, who is a former pupil of Lenzie Primary, said: "The new school is really good, it's really big and great fun. There is lots of space and I have enjoyed meeting all my new class mates."

Ross, a former pupil of Lenzie Moss Primary, is also in Primary 5. He added: "The school has a lot of space – it is so big it's still a bit confusing but I'm sure I'll get used to it. The teachers are all really nice too."

Head teacher Greg Bremner is relishing the challenge of continuing the work of bringing two school communities together.

He said: "When the children arrived at school and nursery there was such a buzz – not only from pupils but also from parents and staff. We feel very privileged to work in this wonderful building full of amazing learning opportunities."

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Kirkintilloch & Lenzie Connect

Advertising feature

Your ultimate hideaway

THERE'S no denying that the pace of life is increasing.

Balancing work, family and social commitments often becomes a complicated juggling act for most, leaving little time to stop and appreciate the little things in life.

This autumn, take a moment to forget the hustle and bustle and enjoy the simple life at The Boathouse.

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Scotland is renowned for its warm hospitality and that couldn't be more apparent than at The Boathouse.

Open for breakfast, lunch and dinner, guests can make the most of the varied menu.

All dishes are freshly prepared by the dedicated kitchen staff who are all proud to use locally sourced to offer a true taste of Scotland's larder.

Perfect for a celebratory dinner or simply an evening away from your own kitchen, there is something for everyone to enjoy.

Why not make a day of your visit and explore the nearby John Muir Way which stretches 134 miles or 215 km across Scotland's heartland, running between Helensburgh in the west through to Dunbar in the east coast and Muir's birthplace.

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More than just a deli

Advertising feature

BILLINGTON'S of Lenzie is delighted to serve up a service that is second to none.

Things have been going from strength to strength since it opened its doors in November 2012 with local foodies Mark and Sue Billington at the helm.

A warm welcome awaits guests and customers at the bustling deli and ice cream parlour who can expect nothing less than a taste sensation at the Kirkintilloch Road business.

Not ones to stick with the status quo, Mark and Sue are delighted to bring a range of artisan and locally produced products.

They say variety is the spice of life and that's certainly the case at the deli counter.

Home to a selection of meats and international products as well as homemade treats lovingly prepared by Sue herself, there is something to suit every taste.

However, perhaps the most exciting addition to Billington's is the Coldstone slab ice cream counter. Inspired by our American friends, the ice cream is mixed on a cold marble slab and customers can choose their choice of seven different flavours followed by a range of toppings.

For those who fancy a night off cooking and most importantly away from washing up, Billington's is the perfect setting.

With a Mediterranean vibe, it offers guests the chance to enjoy some of the store's home made goods as well as a selection of small plates. Ideal for an evening catching up with friends with beer, wine or Prosecco. Guests can also enjoy an impressive gin menu with over 35 available by the glass.

And with a pudding club, whisky club and wine club running, as well as a number of specialist evenings, Billington's is proud to be at the heart of the community.

It's little wonder it has scooped a myriad of awards, including the East Dunbartonshire Council Best Food and Hospitality Award 2016 as well as the title of Best Deli in Scotland at the Farm Shop and Deli Awards to name just a few.

Speaking to Connect, Mark said: "Quality is of the utmost importance. My wife Sue and I are always keen to offer new dishes and produce to keep things fresh."

"We also have an incredible team who work with us so we'd like to thank them as well as customers old and new for their continued support."



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Local club captures the charity spirit

KIRKINTILLOCH Camera Club has recently shared the good news of being awarded charitable status.

In their recent newsletter, Focus in Kirkie, the community club announced the club update. Relaying that in their last AGM members voted overwhelmingly in favour of filing an application to make the club a Scottish Charitable Incorporated Organisation (SCIO), they were delighted to confirm their application had been approved.

Whilst the club will continue to function much the same as it has

before, the committee members will all become Trustees of the club. The big difference is that the club now has legal status, and can provide legal protection for individual members in terms of liabilities or claims against the club

Ian Tully, (Immediate Past) President of the club, wrote: "My thanks to the small steering group who assisted me in drafting the application, constitution and other supporting material – Malcolm Allan, Gordon Baird, Eric Mair, Peter Thomson and Jim Watson."

He continued, "There are vacancies on the committee and I would urge anyone to consider offering their services to help develop the club. Having some fresh faces is a good thing as it brings fresh energies and new ideas, so why not give it a go?"

Kirkintilloch Camera Club meets on Monday evenings at 7.30pm from September through to April. They are located at Turner House, 34-36 Eastside, Kirkintilloch, G66 1QH.

They regularly host interesting speakers catering to a variety of interests and levels of expertise.

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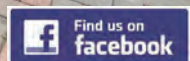
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Walking Football kicks off in Kirkintilloch

THE beautiful game is helping local residents living with dementia keep fit as Walking Football sessions return to East Dunbartonshire.

Walking Football is a non-contact, slower version of the game, designed to keep people active in their older age.

East Dunbartonshire is one of the first places in Scotland to launch the sessions specifically for people living with Ceartas Advocacy and other key services in the East Dunbartonshire Dementia Network to introduce them last year.

The eight-week block, funded by Paths for All, was so successful that the sessions continued fortnightly until the start of the summer.

The new season will kicked-off on in August at Kirkintilloch Leisure Centre and runs fortnightly until 14 December.

Councillor Anne Jarvis, chairwoman of East

Dunbartonshire Leisure and Culture Trust, said: "When the sessions were introduced at the start of this year they proved very popular with players of all types of abilities who enjoyed the chance to play the game again.

"Walking football is designed to give you the chance to play the game you love but reduce the chances of injury. It's a great way to keep fit, learn skills, have fun and socialise at the same time.

"Even if you have never played football before, this is the perfect introduction to the game and the organisers will help you practice at a level of activity that best suits your needs, making sure you are safe, above all else, having fun.

"We've received a lot of positive feedback about the many health and social benefits of Walking Football."

For further information, contact Football Development on 0141 5788431.



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Kirkintilloch & Lenzie Connect

What's on

FIND lots of ideas for events and activities to take part in throughout the local community with our what's on guide.

From a travelling exhibition to an upbeat club night and a bookbug session at the local library, there is lots happening over the next few months.

If you would like an event highlighted in a future edition, don't hesitate to get in touch.

Email nicola.brown@newsquest.co.uk.

EVENT: George Bowie club night

Date: Friday 7 October

Location: Club Bliss, Kirkintilloch

Time: 10pm-3am

Cost: advance tickets, £10

What's on: Get set to rave the night away at this special DJ night. Tickets cost more on the door so make sure to snap them up quick. Visit www.skiddle.com/e/12812995 to buy yours.

EVENT: Bookbug Baby and Toddler

Date: Thursday 29 September, then fortnightly on a Thursday

Location: Lenzie library

Time: 2-2.30pm

Cost: free

What's on: Fun, friendly sessions aimed at children and parents. Head along to a bookbug session with your baby or toddler and enjoy rhymes, songs, tickles, bounces and books.

EVENT: Alt-w: Blush Response

Date: Thursday 20 October

Location: Kirkintilloch Leisure Centre

Time: 11am-5pm

Cost: Free

What's on: Don't miss the Travelling Gallery's autumn exhibition. It focuses on artists making use of technology within their practise, exploring the exciting role that digital interaction can have on our lives. The Travelling Gallery is a custom-built, contemporary art space, which brings high quality exhibitions and events to schools and communities throughout Scotland.

EVENT: Rock Choir

Date: Tuesday 4 October

Location: The Park Centre, Kirkintilloch

Time: 8pm

Cost: £25 a month, free taster

What's on: Ever fancied joining a local choir and taking part in a weekly singing session with like-minded individuals? Well now's your chance! The group rehearses pop, rock, and Motown tunes and performs at a variety of events and shows. No prior singing experience is needed. Email office@rockchoir.com for more information.

EVENT: Murder on the Nile

Date: Thursday 27 – Saturday 29 October

Location: The Turret Theatre, Kirkintilloch

Time: 7.30pm

Cost: £9 (£7 concession)

What's on: Set on a steamer train under the scorching Egyptian sun, the Kilmardiny Players present the classic whodunit, Murder on the Nile. To purchase tickets, visit kilmardinyplayers.org.

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Do you have band dreams?

CAN you help the Kirkintilloch Band complete their line-up?

The community brass band are on the hunt for a front row cornet player and are casting the net out to encourage people to come forward and help finish the musical group.

Working under Allan Ramsay and John Boax, the band enjoys a busy schedule of engagements and is preparing for high-profile concerts including the Scottish Open.

The Kirkintilloch Band had origins dating back over 120 years. The band have won many awards over the years, not least the significant victory at the Grand Shield contest in 2001.

Playing Percy Fletcher's Epic Symphony conducted by Allan Ramsay, the band wowed the judges and won the notoriously hard to win competition.

If you're musically inclined and think playing alongside the band sounds like your cup of tea, then don't delay getting in touch.

Applications for the cornet player spot will



be treated with the strictest confidence. Those interested should contact Ian Squire (band secretary) by emailing i.squire@blueyonder.co.uk.

If you're interested in joining the band in another capacity, visit thekirkintillochband.org.uk for more information.

A large, eye-catching clearance sale sign. The background is bright yellow. At the top left is a red triangular warning sign with a black exclamation mark. To its right, a black banner with white text reads "WARNING PRICES TOO LOW!!". Below this, the words "CLEARANCE ZONE" are written in large, bold, black letters with a white outline and a distressed texture. On the right side, a red arrow-shaped graphic points downwards, containing the text "PRICED TO GO!" in white, followed by "once they're gone, they're gone!" in a smaller white font. At the bottom of the sign, a red banner with yellow text reads "Sofa King Cheap - Just Got Cheaper".

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Kirkintilloch & Lenzie Connect

KIRKINTILLOCH was awash with fun and frivolity as locals flocked to the annual Canal Festival.

Thousands of people rocked, rolled, sailed and cycled their way to the 2016 Kirkintilloch Canal Festival - which reached a crescendo on the weekend of 20-21 August.

A family favourite in the town's calendar, from 15-21 the festival took over, featuring a jam-packed list of events. The Council's annual celebration of everything nautical and nice was another great success - entertaining thousands, as well as delivering a boost for the economy of Kirkintilloch and East Dunbartonshire.

Reaching a crescendo, visitors enjoyed Get Active Saturday and Gala Sunday.

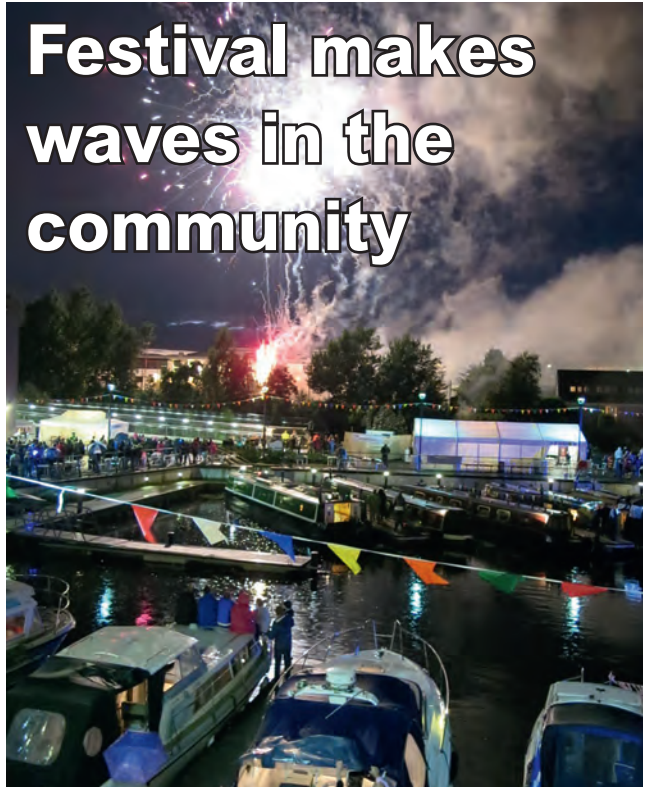
Gala Sunday fun took place around the Marina, Barleybank, the grassed area at Sainsbury's and New College Lanarkshire – Kirkintilloch Campus.

The family friendly weekend included a roller disco, live music, fireworks, canoeing, archery, climbing, food court, stone carving, arts and crafts, cycle rides and Nerf



Councillor Rhondda Geekie pictured with Gregor Watson, an instructor at Rollerbeats and Alan Duncan, Kirkintilloch & District Classic Vehicle Club

Festival makes waves in the community



Adventures.

The rocking roller disco at Lairdsland Primary School was just one of the highlights on offer as part of the festival.

Organised by East Dunbartonshire Council and partners such as the Leisure and Culture (EDLC) Trust, Police Scotland, Scottish Fire and Rescue, Kirkintilloch Baptist Church, New College Lanarkshire - Kirkintilloch, Seagull Trust, Scottish Canals and the Forth and Clyde Canal Society, the festival relies on help from all corners of the community.

East Dunbartonshire Council Leader Rhondda Geekie (pictured), said: "I am delighted to say that Kirkintilloch

Canal Festival was another great success - attracting thousands of people to East Dunbartonshire for a weekend to remember.

"The weather was most certainly mixed, but that did not dampen any of the enthusiasm - particularly among the children and young at heart who got into the swing of things at the many different events.

"The festival remains an annual highlight for local residents and visitors from far and wide - attracting thousands of people to East Dunbartonshire and helping to deliver a massive boost to the local economy.

"I look forward to another great event in 2017."

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Kirkintilloch & Lenzie Connect

The Alps are the limit for adventurous Scouts



EARLIER this summer, 42 intrepid explorers from Kirkintilloch and Cambuslang Scout Groups joined together for a trip of a lifetime when they travelled to the International Scout Centre in Kandersteg, Switzerland.

Spending 10 days participating in adventurous activities and camping with over 1,200 other Scouts from around the globe, the group got stuck in - taking part in activities including white water rafting, high rope adventures, mountain biking and paragliding.

Scout Leader, Stephen Macmillan, said: "This was a huge adventure for our members. We are always busy outdoors, camping and trying new activities but the opportunity to meet so many overseas Scouts and sharing the experience with our friends from Cambuslang made the trip all the more worthwhile.

"Scouting continues to evolve and gives boys and girls lots of new experiences. Our



programme revolves around teamwork, friendship and outdoor activities. Switzerland was a stunning backdrop for this latest adventure and everything from the double decker trains to the cable car trip to the top of the Alps, were new experiences, which the young people will remember for years to come"

Our NEW seasonal menu for the great British summer

Summer Menu Pack only £29.95



611 - Barbecue Pulled Pork

7 Main Courses with vegetables: • Barbecue Pulled Pork • Chicken & Chorizo Casserole • Chicken with Tomato & Basil Sauce • Mediterranean Fish Casserole • Lamb Tagine • Chicken & Spring Vegetable Casserole • Cumberland Sausages **3 Desserts:** • Blackcurrant & Clotted Cream Ice Cream • Lemon Sponge • Pineapple Upside Down Cake

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- SUM7 - with FREE Large Cherry & Almond Cake
- SUM8 - with FREE Large Ginger Drizzle Cake

*With every Summer Menu Pack ordered.

FREE*
Large Cake of your choice



Summer is absolutely my favourite time of the year, I just love sitting out in the garden on those warm sunny evenings. And this year, mealtimes are a breeze as I've just ordered the Summer Menu Pack from Wiltshire Farm Foods. Our Head Chef Phil and his team have put together a delicious new range that really captures the essence of summer.

With Wiltshire Farm Foods, you can choose from over 300 ready meals, each made with tasty ingredients that are quick-frozen to lock the goodness in. It's all available no-contract, no-commitment and with free delivery. Heaven!



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Awards will recognise unsung sporting stars

KIRKINTILLOCH and Lenzie residents are being urged to nominate their sporting heroes.

The search is on for those who are dedicated to inspiring and developing community sport in East Dunbartonshire ahead of the East Dunbartonshire Leisure and Culture (EDLC) Trust and supported by the Council.

Organised by East Dunbartonshire Leisure and Culture (EDLC) Trust and supported by the Council, the awards recognise people who continually inspire and motivate sports fans.

The categories are:

- Young Coach Of The Year
- Community Coach Of The Year
- Performance Coach Of The Year
- Young Person's Coach Of The Year
- Development Coach Award
- Disability Coach Of The Year
- Volunteer Award
- Contribution To Sport
- Club Of The Year
- Active Schools Volunteer Of The Year 2015 – 2016
- Active Schools Captain Of The Year 2015 – 2016

Councillor Anne Jarvis, Chair of EDLC Trust, said: "East Dunbartonshire has a wealth of talented coaches and volunteers who do a huge amount of good work locally - it is only right that they are recognised for their efforts."

She added: "'I would urge as many people as possible to seize the opportunity to nominate their unsung sporting heroes.

"The awards recognise the shining stars who inspire, support and nurture sporting people of all ages and from all backgrounds."

Entry forms can be completed online at www.edlc.co.uk.

The deadline is 3 October.



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SOUTHPORT LUXURY CHRISTMAS

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The song says it's the most wonderful time of the year so be sure to make the most of the season of goodwill on our 5 day holiday at the four star Ramada Plaza Hotel in the centre of Southport. Sit back and wait to be picked up from your front door before enjoying full festive board and an excursion to Liverpool, a traditional pantomime plus a premium **GLENTON** welcome pack.






5 DAYS ONLY £549 Fri 30 Dec **Door to Door** service

*Conditions apply

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by GLENTON

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Wed 9 Nov Sat 26 Nov
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by GLENTON

The **GLENTON** favourite Regent Hotel stands in the level esplanade which commands lovely view across the bay. Enjoy dinner each evening plus champagne cocktail and canapés followed by a five course Scottish banquet before seeing in the bells as the Caledonian Ferries blast their fog horns to welcome 2017.



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Fri 30 Dec
 Departs: Hamilton | Glasgow | East Kilbride

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.

Afghanistan, Pakistan, Turkey and China there are rugs to suit almost any interior. In-store there are tribal weavings from as little as £95 up to perfectly woven masterpieces; meticulously knotted over the course of years by revered craftsmen, for as much as £34,995.

Explore the colours and history on offer at Little-Persia this month and enjoy a 5% discount by showing this article.

Little-Persia has grown over the last 13 years to host to one of the UK's most unique collections of rugs. With pieces from all over Iran (Persia), India,

Little-Persia
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0141 420 6565
www.love-rugs.com

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

The key to local buildings

GET into Kirkintilloch buildings at this year's Doors Open Days festival.

On Saturday 10 and Sunday 11 September, the popular heritage festival comes to East Dunbartonshire, opening up an array of buildings for free and allowing the public to explore weird and wonderful places.

Doors Open Days is an annual event that takes place all over Scotland. It allows people free entry to buildings and attractions not normally open to the public and the chance to discover hidden gems within your own community.

This year marks the eighteenth year that East Dunbartonshire has taken part. Some new venues will open as well as some long standing contributors.

Three buildings within Kirkintilloch have graced the programme this year. With a chance discover the Forth and Clyde canal society, explore the area on a guided walk, and even take a peek inside Scotland's oldest soaperie, there's plenty to choose from.

Find information about the buildings opening their doors within Kirkintilloch:

Saturday 10

Forth and Clyde Canal Society, Kirkintilloch

Come visit the modern office at Southbank Marina where there will be displays and information on the Forth & Clyde Canal Society. Everyone is welcome to this great family activity. Short boat trips will be offered on a first come first served basis. All are welcome at any time between 10am and 4pm. Toilet facilities, disabled toilets, limited wheelchair access, free parking and refreshments are all available.

Find them at Forth & Clyde Canal Society, 4 Strathkelvin Place, Southbank Marina, Kirkintilloch, G66 1XT

Tom Johnston's Kirkintilloch, guided walk

Enjoy a guided walk around sites in Kirkintilloch associated with the famous Scottish politician and historian, Tom Johnston. Highlights will include the buildings used for an interesting range of emergency council services during World War I, when Johnston was a member of Kirkintilloch Town Council. This event is organised by Kirkintilloch & District Society of Antiquaries. The guide leader will be Don Martin and the walk departs from outside William Patrick Library at 2pm.

Caurnie Soaperie, Kirkintilloch

This historic 1920's soaperie just so happens to be Scotland's oldest. The original natural soap manufacturing equipment is in place and is still in use to this day. Caurnie is situated within its own organic herb garden. The soap press to make round bars is available to view and hand cut and hand-made soaps are viewable in operation.

Find them at Caurnie Soaperie, Canal Street, Kirkintilloch G66 1QZ and pop along anytime from 10am – 4pm. Toilet facilities, disabled toilets, assisted wheelchair access, free parking and refreshments are all available.

To view the full programme of East Renfrewshire events, visit www.edlc.co.uk/news/culture_news/doors_open_day_2016.aspx



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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.

Lenzie Libray plays host to sessions for both babies and toddlers fortnightly.

Sessions run on Thursday's between 2 and 2.30pm.

For more information call the library on 0141 776 3021 or check out www.scottishbooktrust.com/bookbug

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Time for tea?



EAST Dunbartonshire foodbank are calling on anyone willing to sign up and host a tea party to help raise vital funds to stop UK hunger.

An initiative instigated by the UK-wide foodbank network, The Trussell Trust, they have set up a campaign involving a much-loved British pastime – drinking tea.

So why not round up some friends, family and work colleagues and host your own Tea for Trussell party to support people struggling with hunger and poverty?

In the UK, 1 in every 5 people live below the poverty line. Every penny you raise will make a difference to people in crisis and help the foodbank provide short-term relief and longer lasting support to those in need.

As an example of the ways

in which your money will be put to good use, if you donate £100 that could help to pay for one foodbank to receive training to deliver debt advice to break the cycle of poverty.

To sign up and host your own tea party, visit www.trusselltrust.org/get-involved/events/tea-for-trussell and fill in the form to receive your free Tea for Trussell pack, which will include everything you will need to host the perfect tea party.

East Renfrewshire foodbank always welcome donations and promise to put them to good use. Each food parcel contains enough to offer three days of nutritionally balanced, non-perishable food.

A typical food parcel includes:

- Breakfast cereals
- Soup
- Pasta
- Rice

- Pasta sauce
- Tinned beans
- Tinned meat
- Tinned vegetables
- Tinned fruit
- Tea or coffee
- Biscuits
- Snacks

The East Dunbartonshire foodbank opened its doors in 2013 and has been continuing to deliver an emergency food supply service to vulnerable members of the community ever since.

Find the foodbank at 52 Townhead, Kirkintilloch, Glasgow, G66 1NL.

Alternatively call 07425 134131 or email info@eastdunbartonshire.foodbank.org.uk for more information.

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