

# Newton Mearns Connect

Winter 2016



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NMC10DEC The image shown is taken from The Ranald Showhome at Rosegarth Wynd and features fixtures, décor, flooring and soft furnishings which are not fitted as standard in a CALA home. These are used to suggest possible finishes you could adopt in your own home and would be an additional cost. Please ask a Sales Advisor for further details. Prices correct at time of going to print.

# Welcome!

## HELLO and welcome to the latest edition of Newton Mearns Connect

We'd like to kick start this magazine by saying thanks to everyone for their support following our first offering – it's much appreciated.

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. 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?

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

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

Cover image: Courtesy of Getty Images.



Top award for local park  
See page 26

## Contacts

### Editorial

If you have a story you would like to be included in a future issue of Newton Mearns Connect contact:

#### Nicola Brown

nicola.brown@newsquest.co.uk  
0141 302 7741

#### Maxine McCreddie

maxine.mccreadie@newsquest.co.uk  
0141 302 7742

### Advertising

To find out how the magazine can help your business connect with new customers, contact:

ronnie.dodd@heraldandtimes.co.uk  
0141 302 7757

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## Community contacts

### Police and Emergency Services

**Police Scotland:**  
101 (999 in emergency)

### Council contacts

#### East Renfrewshire Council

##### General Enquiries:

0141 577 3001

##### Council Tax Payment:

0141 577 3002

##### Child Protection:

0141 577 3001

##### Pest Control:

0141 577 3714

### Councillors

#### Newton Mearns South:

Councillor Barbara Grant

(Conservative):

0141 639 3809

Councillor Ian McAlpine

(Labour):

07890592671

Councillor Jim Swift

(Conservative): 07534515159

#### Newton Mearns North:

Councillor Tony Buchanan

(SNP):

07976 360398

Councillor Charlie Gilbert

(Conservative):

0141 639 2948

Councillor Elaine Green

(Labour):

01505 850732

Councillor Paul O'Kane

(Labour):

07718697115

### Community

#### Mearns Library:

0141 577 4979

#### 28th Glasgow (Giffnock)

#### Scout Group:

0141 638 0282

#### East Renfrewshire Centre:

0141 258 5959

### Schools

#### Mearns Primary School:

0141 570 7220

#### St Cadoc's Primary School:

0141 570 7340

#### Mearns Castle High School:

0141 577 2300

#### Eastwood High School:

0141 577 2200

#### Isobel Mair School:

0141 570 7600

#### Kirktonholme Nursery

Mearnswood:

0141 639 5292

### Churches

#### Newton Mearns Parish

#### Church:

0141 639 7373

#### Newton Mearns Baptist

#### Church:

0141 616 2362

#### Mearns Kirk Church Hall:

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#### St Cadoc R C Church:

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#### Maxwell Mearns Castle

#### Parish Church:

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# Newton Mearns Connect



## Festive fun raises £70,000 for Quarriers

**CHRISTMAS has come early for a social care charity after it coined in £70,000 at its annual festive fundraiser.**

Guests were at their generous best at Quarriers' 23rd Noel Lunch, during which they were treated to entertainment from the Secret Opera Singers.

Comedian Fred MacAulay hosted the event and led the live auction, which included a Great Britain Davis Cup shirt signed by tennis aces Andy and Jamie Murray.

It had been gifted by their mother – and Quarriers supporter – Judy.

Quarriers is based in Bridge of Weir and operates services across Scotland. These include the Chavey Down Service, which is based in Newton Mearns and provides residential care and

short breaks for children and young people with a complex disability.

All funds raised at the festive lunch will go towards helping establish and expand the charity's Dementia Befriending Service, which was launched earlier this year.

The service aims to provide companionship and meaningful activities to people with dementia, using befriending as a means of reducing loneliness and isolation and offering the opportunity to keep doing the activities they enjoy.

Quarriers Dementia Befriending Service is currently funded by the Life Changes Trust. Money raised at the lunch will secure the future of the service, allowing it to expand into new areas.

Alice Harper, Quarriers' chief executive, said: "Quarriers' Dementia Befriending Service

will benefit hugely from everyone's tremendously generous efforts and it's humbling to see so much support for a service that will make a real difference to the lives of so many people with this condition.

"A special thanks must go to our guests for coming along to support the charity and a particular thanks goes to Fred for providing top entertainment and Phil Genoe for his tireless commitment, along with the rest of the Noel Lunch committee."

Phil Genoe, chairman of the Quarriers' Noel Lunch Committee, added: "Once again it's been another unforgettable afternoon and I'm overwhelmed by the generosity of our guests old and new who return every year to support the charity and kick start their festive celebrations with Quarriers."

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**Please note that we are closed on 25th & 26th December and 1st & 2nd January**

# A service to smile about

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

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

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

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

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

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The experienced team understand that no two clients are the same and so are committed to offering a truly personal service to ensure they create a stunning smile.

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and products on the market.

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

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

For full details of the services on offer, visit [www.glasgowdenturestudio.co.uk](http://www.glasgowdenturestudio.co.uk) or call 0141 649 8377



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is the newest addition to the Thistle Healthcare Group portfolio,  
one of the leading Independent Quality Care Providers in Scotland.  
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We offer care for older people over a number of specialist categories including care for older people and older people with dementia.

- Highly qualified compassionate staff.
- Weekly schedule of events and excursions.
- State of the art facilities including a bistro style cafe, hairdressing and beauty salon, cinema room etc.
- The facility is surrounded by beautiful landscaped gardens including water features, sensory garden and bowling green.



Potential residents and their families are welcome to visit Greenlaw Grove to have a look around and to discuss the facility and its services with a member of staff.

For more information or to arrange a viewing, contact [greenlaw.reception@thistlehealthcare.co.uk](mailto:greenlaw.reception@thistlehealthcare.co.uk)  
or call 0141 616 5060 or visit [www.greenlawgrove.co.uk](http://www.greenlawgrove.co.uk)



We now have a rare opportunity to offer vacancies now at Whitehills Care Home in East Kilbride - Manager Daniel Jenks on 01355 579758/  
or email: [whitehills@thistlehealthcare.co.uk](mailto:whitehills@thistlehealthcare.co.uk)

# Newton Mearns Connect

## Mearns drivers urged to be aware of smoking law

**NEWTON Mearns residents should be aware that from December 5 it will be against the law in Scotland to smoke in the car if there is a child present.**

A child is regarded as anyone under the age of 18 and the ban applies to private motor vehicles in public places.

It does not apply if the vehicle is designed to be used as living accommodation, such as a mobile home, and the smoking takes place while the vehicle is parked and being used as living accommodation.

Anyone found to be smoking in a car with a child present could face a fixed penalty of £100 by either the police or a



local authority officer.

If the penalty is paid within 29 days the person will not be prosecuted, however, failure to do so could lead to prosecution and if someone

if found guilty they could be given a fine of up to £1,000.

It has been against the law in England and Wales to smoke in a car if a child is present since October 2015.

visit us [razzamataz.co.uk](http://razzamataz.co.uk)

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- Inters** 9-11 years, 5-8pm
- Seniors** 12-18 years, 5-8pm

For more information or to book your place, call Lyndsey on 07787 066282 or email [glasgowsouth@razzamataz.co.uk](mailto:glasgowsouth@razzamataz.co.uk)



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# Grant will help residents switch on to efficient heating

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

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

The work will be funded through the Scottish

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

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

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

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

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## Quicker connection for locals

**A SUPERFAST broadband rollout has reached new East Renfrewshire communities.**

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

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

Liz Mallinson,  
BT Scotland's fibre  
broadband director

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

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

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

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

For further information, search [www.scotlandsuperfast.com/where-when/](http://www.scotlandsuperfast.com/where-when/)

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[www.scottishcyclingmag.co.uk](http://www.scottishcyclingmag.co.uk)

[www.familyfocus.scot](http://www.familyfocus.scot)

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.**



**B O T H W E L L**  
B R I D G E H O T E L

**The Bothwell Bridge Hotel is an award winning hotel, conference centre and wedding venue located on the borders of Glasgow.**

The hotel boasts a large selection of rooms from classic double rooms to executive suites, which accommodate business travellers to large families and couples. The contemporary Da Vinci's Bar offers delicious drinks – champagne, cocktails and traditional Italian aperitivos that welcome both hotel guests and local visitors alike.

Our 'Martalo's Restaurant' features a new award-winning menu from our Executive-Chef, Colin Kydd, which is carefully crafted from the finest locally sourced Scottish produce. Whether for an intimate meal or an extravagant dinner party, our award-winning restaurant is perfect for any occasion.

The combination of chic accommodation and unrivalled hospitality in a historic location has awarded the Bothwell Bridge Hotel the honour of being named the *"Most Stunning Wedding Venue in Scotland"* by *The Herald*.



**CHRISTMAS DAY FEAST**

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# Sell your home with Rettie this Christmas



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

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

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

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

That's why the team at Rettie are proud to help make the process of moving even simpler.

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

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

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

Thriving with a bustling community and some of



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

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

And that positivity translates into the housing market.

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

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

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

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

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

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

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

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

**For more details, visit [www.rettie.co.uk/offices/office-details/newton-mearns](http://www.rettie.co.uk/offices/office-details/newton-mearns) or call the team on 0141 639 1999.**





## Zero upfront fees this Christmas<sup>\*</sup>

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



**Sell your home with Rettie this Christmas**

Call 0141 639 1999 or email [newtonmearns@rettie.co.uk](mailto:newtonmearns@rettie.co.uk)  
Rettie & Co Ltd, 116 Ayr Road, Newton Mearns G77 6EG

\* Terms & Conditions Apply

# Helpline will offer support

**A NEW helpline has been launched to support thousands of local pensioners who are victims of abuse.**

Experts at the Action on Elder Abuse (AEA) Scotland charity estimate that around 1,400 elderly people in Renfrewshire have suffered abuse in the past year, while the figure for East Renfrewshire is close to 800.

The charity says this abuse can take a number of forms, including physical, sexual, psychological or financial.

Now a campaign is being launched to make sure older people who find themselves in this situation know that help is at hand.

Lesley Carcary, director of Action on Elder Abuse Scotland, said: "The harm and abuse of older people in our communities is a big problem and, unfortunately, one that doesn't receive the level of attention it deserves.

"Older people are particularly vulnerable to abuse by ruthless family, friends, carers or fraudsters who victimise them because of their age.

"The perpetrators can be strangers or, all too often, those closest to them, often shattering a relationship of trust.

"Our helpline will not only offer a much-needed listening ear to older people who are being or are at risk of abuse, but will also support them in getting help.

"Our aim is to eradicate elder abuse. We hope that the



launch of this helpline takes us one step closer to this goal."

ELDERLY people in Renfrewshire are more likely to be abused than those in most other parts of the country according to a new report by the charity Action on Elder Abuse (AEA) Scotland.

It has launched a dedicated Scottish helpline to support an increasing number of older people it claims who face physical, sexual, psychological or financial abuse.

This is often from family members, friends and neighbours as well as callous doorstep crooks.

The charity estimates 1381 elderly people are abused every year in Renfrewshire with the figure for East Renfrewshire almost half at 776.

While cities such as Glasgow and Edinburgh have much higher figures, Renfrewshire is at the top of the list for smaller regions.

While AEA says it is difficult to provide accurate figures, it says the helpline will serve a

'growing problem.'

Lesley Carcary, Director of Action on Elder Abuse Scotland, said: "The harm and abuse of older people in our communities is a big problem and, unfortunately, one that doesn't receive the level of attention it deserves.

"Older people are particularly vulnerable to abuse by ruthless family, friends, carers or fraudsters who victimise them because of their age. The perpetrators can be both strangers and, all-too-often, those closest to them, often shattering a relationship of trust.

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The AEA help line number 08088088141 is free to call. Lines are open between 9am and 5pm Monday to Friday.

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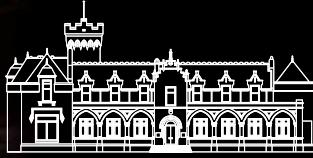
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Visit our website at [www.lchaimsrestaurant.co.uk](http://www.lchaimsrestaurant.co.uk)

L'Chaim's Restaurant is under the constant supervision of the Rabbi and Mrs Chaim Jacobs of Lubavitch and the West of Scotland Kashrus Commission





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# Newton Mearns Connect

## Nominations open for Young Scot Awards 2017

**Young Scot has officially launched the search for Scotland's most inspiring young people as nominations open for the Young Scot Awards 2017.**

Young Scot is calling on people in East Renfrewshire to help find Scotland's young heroes as communities across Scotland nominate young people who do extraordinary work to improve the lives of others.

The Young Scot Awards is Scotland's biggest celebration of young people and shines the spotlight on the outstanding contribution of young people aged 11-26, who have made a real difference to the lives of

others.

Previous winners include Andy Murray, Gordon Reid and Paulo Nutini and fundraiser Jenny Cook.

Now in its twelfth year, the Awards will celebrate contributions and work across health, community, the arts and diversity. From hundreds of entries, three finalists will be chosen in each of the 12 categories. The winners will be announced at a red carpet ceremony at the Clyde Auditorium in Glasgow on April 27, 2017.

Louise Macdonald, chief

executive of Young Scot, said: "At Young Scot, we meet the most incredible and inspirational young people who go above and beyond

to improve the lives of others in their communities.

This is our chance to celebrate their achievements and share their inspirational stories

with the rest of the country.

Everyone in East Renfrewshire knows a young person who's achieved great things – get your nominations in."

Nominate at [youngscotawards.com](http://youngscotawards.com) before February 27.



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# Five decades of support

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

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

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

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

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

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

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

As part of the Lubavitch

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

Rabbi Jacobs arrived in



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



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

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

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

functions on a day-to-day basis.

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

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

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

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

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

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

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

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



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## Top award for Rouken Glen



### **ROUKEN Glen Park is officially the best park in the UK.**

The East Renfrewshire park was crowned the country's finest by the national charity Fields in Trust at its annual awards event on Wednesday night, November 30.

Following a nationwide vote to find the country's favourite local green space, a massive 214 UK parks were nominated and over 10,000 votes were cast with the top four parks shortlisted, one from each of the home nations.

After all the votes were counted Rouken Glen came out on top as the winner, with East Renfrewshire residents sending a "clear message" that they love their park.

Castle Gardens in Antrim, Northern Ireland, Pontypool Park in Torfaen, Wales, and Preston Park Rockery in Brighton, England, were the other finalists.

Councillor Vincent Waters, East Renfrewshire Council's (ERC) convener of environment, said: "Rouken

*The top award recognises Rouken Glen park as best in the UK.*

Glen has always held a very special place in the hearts of all its visitors and now it's official – it's the best park in the UK.

"This is a fantastic accolade to win and is just reward for all the hard work our dedicated staff and volunteers have put in to improving the park over the last few years.

"It has unrivalled natural beauty and there is something for all ages to enjoy.

"Rouken Glen has been loved by all for more than 100 years, and will continue attract thousands of visitors to East Renfrewshire in the years to come."

Helen Griffiths, Fields in Trust chief executive, added: "Many congratulations to Rouken Glen Park on being named the winner of our UK's Best Park, as voted by YOU! 2016 award.

"It's a beautiful green space and well deserving of the accolade.

"The number of parks nominated this year and the votes cast across the competition show just how much the public cherish their local green spaces.

"The people of East Renfrewshire have sent a clear message that they love their local park and I hope that East Renfrewshire Council will recognise this by working with us to safeguard Rouken Glen Park as a place for community sport, play and recreation forever."

Rouken Glen Park becomes the second recipient of the UK's Best Park accolade. Last year Telford Town Park in Shropshire beat 121 other nominated parks to be named UK's Best Park, as voted by YOU! 2015 in the award's inaugural year.

Fields in Trust is a national charity whose mission is to ensure that everyone should have access to free, local outdoor spaces.

## 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 leading and largest specialist in unique handmade Persian and Oriental rugs.

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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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# Put fitness first in 2017

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

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

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

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

Kick start your new health regime with a hearty and healthy breakfast.

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

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

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

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

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

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

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

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

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

The NHS recommends that

adults aged between 19-64 do at least 150 minutes or two and a half hours of moderate-intensity aerobic activity such as cycling or fast walking every week as well as muscle strengthening activities that work all major muscles groups on two or more days.

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

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

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

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

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

### **Start 2017 off on a positive note at Fit4less.**

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

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

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

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

And what's more, Fit4less is delighted

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

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

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

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### Youngsters invited to make history with National Ensemble

**Y**OUNG aspiring actors and actresses from across the Newton Mearns area are being offered the chance to make history as part of a new theatre group.

Youngsters aged between 16 and 25 are being invited to an open audition for the Scottish Youth Theatre's (SYT) new National Ensemble.

The company launched the new dramatic group at the end of last year with a little help from Game of Thrones actress Kate Dickie to mark its 40th anniversary.

There will be no participation fee with entry based purely on the performer's ability and commitment.

In a bid to ensure they select the best Scotland has to offer, auditions will be held nationwide in Stornoway, Inverness, Oban, Dumfries, Stranraer, Aberdeen, Edinburgh and Glasgow.

Once recruited, the Ensemble will undertake development sessions

across Scotland working with professional theatre-makers.

"The National Ensemble is something we have wanted to do for quite some time," said SYT artistic director Mary McCluskey.

"It is an example of our commitment to giving talented young people the opportunity to challenge and develop their theatre skills. They will also have the opportunity to gain a formal qualification which will aid them in accessing further education and industry work."

SYT has a long tradition of helping some of Scotland's most talented stars shine brighter than the average 15 minutes that comes along with fame, with former students such as Dr Who's Karen Gillan and movie star Gerard Butler once treading the boards.

Kate, also a former SYT participant, was delighted to pledge her support for the National Ensemble.

She added: "I think this is a great idea. Before joining

SYT, I never thought I could even consider an acting career.

"However, my experiences at Scottish Youth Theatre of working with professional writers, directors and back stage crew improved my ability as a performer and inspired me to turn my passion into a career.

"I am delighted to encourage all aspiring young performers to join Scottish Youth Theatre National Ensemble."

It is hoped the National Ensemble will also give young people the confidence to develop their abilities and ideas, securing the future of Scotland's drama and arts future.

For more information, a full list of audition dates or to register, check out [www.scottishyouththeatre.org](http://www.scottishyouththeatre.org). Don't miss your moment

Sunday, February 12 - Scottish Youth Theatre, The Old Sheriff Court, 105 Brunswick Street, Glasgow G11TF. All participants should register before attending an audition.

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