

# Newton Mearns Connect

Winter 2017



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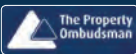
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# Welcome

**WELCOME to the winter edition of Newton Mearns Connect.**

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



*'Find out about the grand opening of Newton Mearns' joint campus school on page 6'*

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

Our latest issue is packed with stories. From news of the new joint faiths' campus grand opening on page six, to the local flower club's call for members on eight, there's plenty inside to keep you in the loop with what's happening locally.

We'd like to extend a big thank you to everyone who has supported this edition and we hope you enjoy.

**Until next time,  
Team Connect**

## Contacts

### Editorial

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

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0141 302 6064

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### Write to us

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### Council contacts

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##### Enquiries:

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##### Council Tax Payment:

0141 577 3002

##### Child Protection:

0141 577 8300

##### Pest Control:

0141 577 3001

##### Housing Services:

0141 577 3714

### Councillors

#### Newton Mearns South:

Councillor Barbara Grant

(Conservative):

0141 639 3809

Councillor Jim McLean

(Conservative):

07388 859263

Councillor Jim Swift (Conservative):

07534515159

Councillor Caroline Bamforth (SNP):

07388 859264

#### Newton Mearns North:

Councillor Tony Buchanan (SNP):

07976 360398

Councillor Charlie Gilbert

(Conservative):

0141 639 2948

Councillor Paul O'Kane (Labour):

07718697115

### Community

#### Mearns Library:

0141 577 4979

#### 28<sup>th</sup> Glasgow (Giffnock) Scout Group:

0141 638 0282

#### East Renfrewshire Centre:

0141 258 5959

### Schools

#### Mearns Primary School:

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#### St Cadoc's Primary School:

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#### Mearns Castle High School:

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#### Eastwood High School:

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#### Isobel Mair School:

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#### Kirktonholme Nursery Mearnswood:

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### Churches

#### Newton Mearns Parish Church:

0141 639 7373

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# Newton Mearns Connect



Religious figures joined the school community



Talented pupils from both schools performed

## Celebration marks opening of new joint faith school

**The opening of the world-first joint campus for two faiths in Newton Mearns was celebrated with an official opening ceremony.**

Bringing together the Catholic and Jewish faiths, the event at the £17 million school was attended by Bishop John Keenan of the Diocese of Paisley, Britain's Chief Orthodox Rabbi, Epharim Mirvis, councillors, staff and pupils.

Having opened its doors in August, the school is now home to St Clare's Primary and Calderwood Lodge, as well a non-denominational nursery class.

The grand opening, which took place on Wednesday 8 November, featured a series of religious readings and prayers, as well as talented young musicians from the two schools who delivered a performance of their own for their guests.

East Renfrewshire Council's convener of education and equalities, councillor Paul O'Kane, officially declared the school open with the unveiling of a commemorative plaque.

He said: "It was a huge honour



*The Catholic and Jewish faiths come together on one campus*

to be part of the official opening ceremony at this state-of-the-art campus which will support fabulous learning experiences for all of its pupils.

"This new £17 million facility is part of a wider multi-million pound investment in the council's school estate which will support us to improve services for our youngest residents in communities right across the area.

"We are privileged to have two excellent head teachers driving Calderwood Lodge and St Clare's forward and, as they settle into their new surroundings, this

leadership will help foster a wealth of shared experiences which will benefit all.

"It is fantastic that these two schools share their own strong and distinct faiths, but this is coupled with shared values which embrace diversity and reflect the multi-cultural world in which we live. I look forward to seeing the campus develop over the coming years."

Mhairi Shaw, the council's director of education, added: "Throughout this innovative project we worked closely with local faith leaders to ensure all religious needs were met when designing and developing the facility.

"Most importantly children, staff and parents were heavily involved in shaping the design.

"We are delighted with the end result, which has not only provided two school communities with state-of-the-art learning facilities, but will also bring these two faiths together and enrich the learning of our pupils through their shared experiences."



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# Newton Mearns Connect



## Flowers, friendship and fun

**Green-fingered locals are encouraged to add a little colour to their life by joining the Mearns and Whitecraig Flower Club.**

Keen to recruit new members, the society adopts the motto 'flower friendship and fun', and meets every month excluding July and August.

Hosting colourful and decorative flower shows, earlier this year they staged a sparkling flower show in Eastwood Theatre. National demonstrator, Andrew Grisewood, brought great panache to his flower arrangements on the day, which was attended by over 250 flower lovers. He received several rounds of applause for his amazing designs, as well as loud bursts of laughter for his witty comments.

The local club is part of the Scottish Association of Flower Arrangement Societies and each month, members are treated to a pleasurable afternoon of floral arrangement demonstration while simultaneously learning new techniques of conditioning, arranging and experience growing flowers and foliage.

The social occasion provides the opportunity to make new friends, sit and chat to old friends and enjoy the refreshments provided by the club's dedicated committee members. These three dimensions — namely social, educational and leisure — have been key elements of the club's activities that have kept it going for the last 53 years.

The club meetings are held at the Broom Parish Church,



Mearns Road at 2pm every second Wednesday of the month excluding July and August. Anyone interested in attending the meeting can contact Cheryl Nixon on 0141 639 6927.



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# Newton Mearns Connect



## 70 years of showstoppers

**Giffnock Theatre Players are currently celebrating a birthday of epic proportions as this year marks their 70th birthday season as a leading amateur dramatics company.**

The local theatre group present three plays a year in Eastwood Theatre, their most recent being Noel Coward's sparkling and perennial favourite *Blithe Spirit*. Deemed a great success, in April they will be bringing another popular favourite to audiences as they perform Compton Mackenzie's *Whisky Galore*.

Yet rehearsals are currently underway for one of the great classics of modern American drama - Arthur Miller's *All My Sons*. Part family drama, part thriller, it begins on a quiet Sunday morning in the yard of the Keller family home. Neighbours and children drop by and the atmosphere seems relaxed, however all is not as it seems. A storm-damaged tree lies broken in the garden, and

symbolises how several people's lives will unravel over the space of just one day, with dark secrets laid bare.

The Daily Telegraph has described it as "a play of extraordinary power and emotional depth."

Newton Mearns theatre goers can catch *All My Sons* from Wednesday 17th January to Saturday 20th January 2018 at Eastwood Theatre. It will be running at 7.30pm each evening and a Saturday matinee at 2.30pm.

Tickets cost £15 (£13 concessions available), with an extra-special offer of two tickets for £25 on Wednesday 17th and Saturday 20th January. All tickets can be purchased by phoning 07518 201756 or 0141 577 4956, or by emailing [tickets-gtp@hotmail.co.uk](mailto:tickets-gtp@hotmail.co.uk) or online at [www.ticketsource.co.uk/giffnock-theatre-players](http://www.ticketsource.co.uk/giffnock-theatre-players) or [www.eastwoodparktheatre.co.uk](http://www.eastwoodparktheatre.co.uk). Also available at the theatre's box office.

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## Newton Mearns Connect



# A sign of respect for heroes

**A volunteer for Jewish Care Scotland (JCS) was inspired to engage fellow members of the community and pay his respects for this year's Remembrance Sunday.**

Francis Samuels was encouraged after the opening of the world-first joint campus that brought schools serving both the Catholic and Jewish faiths together in Newton Mearns.

For Remembrance Sunday on November 12 Francis travelled to the Memorial Garden in George Square to lay out JCS's personally inscribed poppies. Over 60

wooden Magen David (Star of David) poppies were laid out in respect to our fallen.

Francis aimed to give members of the local Jewish community a chance to make a personal offering and pay respect to the many men of the Jewish faith who fought side by side with their comrades of many religious backgrounds.

Francis said: "The JCS clients, staff and volunteers, embraced this event with equal measures of enthusiasm and respect, knowing that they were able to make a full and personal contribution to the 2017 Armistice Day

Commemorations.

"Given that this amazing group of people embraced this so warmly, it is my intention to carry the momentum through into 2018 and I will be approaching the wider Glasgow Jewish Community, including the Jewish School, other groups, clubs and organisations to enable each individual to participate in the Centenary Commemorations, this time next year.

To keep up to date with Jewish Care Scotland visit their Facebook @JewishCare or Twitter @Jcarescot.

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# In need of a loving home



### **Foster carers who can provide loving homes to young people are needed in East Renfrewshire.**

Children of all ages need help, but there is a particular need to find foster carers for young people aged 16-21, who are not ready to live on their own.

Being placed with the right foster carers locally will give local young people the opportunity to continue with their education or employment, keep the same circle of friends, and give them the stability to thrive with a family that can give them the love and support that they need.

Kate Rocks, Chief Social Work Officer for East Renfrewshire, said: "Fostering is incredibly rewarding. Most people imagine they would take in a baby or toddler, but there are young people of all ages that need the love and guidance of a home setting.

"The difference with taking in a 16-21 year old is they are asking to be placed in a family home. Whilst there are other options available to them, they still want stability and support.

"If I consider myself at 16, or even 20, I know I would not have been ready to leave the family home either, and with most of our young people still in education or just starting working life, it's a wonderful time to help them become well-rounded adults.

"Please pick up the phone and speak to us, we treat every enquiry individually and full support is provided, along with financial assistance."

Lynda Webb from Thornliebank has been a supported carer for over three years. Speaking about her decision to become a supported carer, the term used for people who foster 16-21-year-olds, she said: "I didn't take the decision to bring a teen into my home lightly, but it was one of the best decisions of my life.

"I was a civil servant with 17 year old twin boys and fostering had always been in my mind. I reached out to the fostering team at East Renfrewshire Council and have never looked back. Whilst there have of course been tough moments along the way, our whole family has absolutely loved bringing young people into our home.

"The support we've had from the council has been second to none, I know our link worker is at the end of the phone anytime we need anything."

A full campaign to drive the recruitment of foster carers rolled out across East Renfrewshire from Wednesday 8th November.

For more information log onto [www.eastrenfrewshire.gov.uk/foster](http://www.eastrenfrewshire.gov.uk/foster) or call 0141 577 8300.

# A.M.K.

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# Local store has an eye for change



**Specsavers in Newton Mearns has their eye on the prize after becoming the first store in Glasgow to have invested in 3D scanning technology which allows optometrists to view the eye in more detail than ever before.**

The Optical Coherence Tomography (OCT) machine is a cutting-edge piece of equipment, usually found in hospital eye departments. It is used for a variety of functions including screening and management of conditions such as age-related macular degeneration, glaucoma and diabetic retinopathy.

The results are similar to an ultrasound or MRI scan, in that it creates multiple scan slice images that are built up to form a total image. The OCT machine uses a safe, laser light source and not x-ray-type

radiation.

Store director Emma Robb said: "This investment gives our team the ability to enhance the services to the local community by identifying and helping to detect or manage conditions, with a level of diagnostic capability which previously would have needed a hospital visit.

"OCT technology produces such a detailed picture of the structures in the eye that it allows us to identify signs of diseases years earlier than traditional methods.

"Given that nearly half of all sight loss is preventable, the sooner we can detect these conditions, the sooner we can help manage them or refer people for treatment."

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# Campaign raises concerns about effects of sugary drinks

**A campaign is aiming to boost the health of children across East Renfrewshire as concerns have been raised about excessive sugar in diets helping to fuel poor health.**

Bosses at NHS Greater Glasgow and Clyde are urging parents to steer clear of sugary drinks, saying the high sugar content can lead to obesity and damage teeth and are urging them to offer their children sugar-free drinks or water instead.

Dr Linda de Caestecker, NHSGGC director of public health, said: "Our population is already consuming too much sugar and a small can of



standard cola contains almost the maximum daily amount of sugar recommended for a small child.

"Many people, including public health officials, are concerned about the wider impacts of shifting consumption habits from sugary food and drinks to those that are artificially sweetened.

"There is currently conflicting

research on the wider health implications of overconsumption of artificially sweetened products. While artificially sweetened beverages can be useful for those individuals with a high intake of sugary drinks, especially those above a healthy weight, this is only a temporary measure.

Her call came as the Coca Cola festive truck visited Glasgow in November.

Childhood obesity figures make for grim reading and show no signs of lowering, with one in five children overweight when they start primary school and almost one in three by the time they leave primary school.



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# Newton Mearns Connect

## What's on

Keep your finger on the pulse with local events throughout Newton Mearns and the surrounding areas with our handy what's on guide.



### EVENT: Mearns History Group Meeting

**Date:** Tuesday 5 December

**Time:** 7.30pm

**Location:** Fairweather Hall

**Cost:** Annual membership, £10; individual meeting, £2

**What's on:** Join the Mearns History Group for their monthly meeting where a guest speaker will give an illustrated presentation. For more information call 0141 577 5904.



### EVENT: Festive Wreath Making

**Date:** Wednesday 13 December

**Time:** 10am-12pm and 1-3pm

**Location:** Rouken Glen Park

**Cost:** tbc

**What's on:** Get into the Christmas spirit with a little help from the Rangers at Rouken Glen Park. Head along to make a festive wreath; children under 16 must be accompanied by an adult. For more information call 0141 638 4121 or email [roukenglenpark@eastrenfrewshire.gov.uk](mailto:roukenglenpark@eastrenfrewshire.gov.uk)



### EVENT: Community Council meeting

**Date:** Thursday 14 December

**Time:** 7pm

**Location:** Fairweather Hall

**Cost:** Free

**What's on:** Have your voice heard on local issues at the Crookfur, Greenfarm and Mearns Village Community Council Meeting.



### EVENT: Funday Sunday at the Avenue

**Date:** Sunday 31 December

**Time:** 11am-4pm

**Location:** The Avenue Shopping Centre

**Cost:** Free

**What's on:** Funday Sunday has something for all members of the family to enjoy. It will feature a rolling roster of free activities from Get Crafty, Hartbeeps, face painters, Uncle Billy, caricatures to balloon modellers.



### EVENT: Winter Walk

**Date:** Sunday 14 January 2018

**Time:** 1-3pm

**Location:** Rouken Glen Park

**Cost:** Free

**What's on:** Join the Activity Ranger for a guided walk around the park, looking at the cultural and natural history. Children under 16 must be accompanied by an adult. Call 0141 638 4121 for more information or email [roukenglenpark@eastrenfrewshire.gov.uk](mailto:roukenglenpark@eastrenfrewshire.gov.uk)

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## Slimming World: Your loss our gain

### Successful Slimmer? Your loss could be Southside Glasgow and surrounding area's gain.

Slimming experts in the local area are celebrating a successful year after helping 3200 new members since January and helped members lose 70000 stones in 2016. Now they have launched a campaign to recruit more people with a passion for helping others for the "best job in the world" with special Slimming World careers opportunity events planned at The Glynhill Hotel 169 Paisley Road, Renfrew PA4 8XB.

Linda who manages a team of 9 Consultants



who run 12 Slimming World groups in the Southside area says: "We're going through a period of steady growth. In 48 years, millions of people have changed their lives with Slimming World's brilliant combination of a hunger-bursting eating plan, increased activity and weekly group support. Now with obesity at an all-time high - two out of three adults in Scotland are overweight or obese - government predictions say that 80% of men and 70% of women will be overweight or obese in the next decade - the demand for our unique warm and friendly approach has never been greater."

"At Slimming World we have the best eating plan in the world where members can and do lose weight without ever having to go hungry," says Linda.

Slimming World is looking for people who have lost weight themselves with the organisation, people who can share their own weight-loss success to build a fabulous career.

Linda adds: "Every Slimming World group helps members achieve long-term success through healthy lifestyle changes. Food Optimising is a unique and healthy eating plan which satisfies the biggest of appetites. It encourages people to fill up on unlimited amounts of satisfying foods such as meat, fish, poultry vegetables, fruit, eggs, pasta and much more, and to enjoy meals with the whole family. Meals like curry and rice, lasagne, Sunday roasts and even fish and chips. Members love the fact that they aren't restricted.

Slimming World Consultants are all members who have previously lost weight on the eating plan. The role is part-time, with the potential to earn £100-£400 a week for working 10-15 flexible hours as a self-employed franchisee.

Anyone looking for a career that offers opportunities for growth and development and flexibility around family life could find that opening a Slimming World group offers the perfect solution. There are opportunities across Eaglesham, Busby, Clarkston, Giffnock and Newton Mearns areas. For more information on opportunity events contact Linda on 07730349212 or by email [Linda.parrott@ntlworld.com](mailto:Linda.parrott@ntlworld.com) or go to [www.slimmingworld.co.uk/careers](http://www.slimmingworld.co.uk/careers)

# live happy!

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

## with Slimming World



**New Consultant**  
**Saturdays: 10.00am**  
Giffnock South Parish  
Church 10am  
3 Greenhill Avenue  
G46 6QX  
Call Elaine  
07713 245734

**New Consultant**  
**Tuesdays: 9.30am**  
Broom Parish Church  
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G77 5HN  
Call Kirsty  
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## Foodbank usage is on the rise

**A dramatic increase in foodbank use across East Renfrewshire and Renfrewshire over the past six months has been revealed by new figures.**

In the region, foodbank bosses issued 1,655 three-day emergency packages between April and September, compared to 1,364 for that six-month period last year.

The Trussell Trust, which operates foodbanks across the country, believes the local increase is due to people struggling with issues such as benefit cuts.

Elizabeth Alexander, manager of Renfrewshire Foodbank, said: "It's really worrying that we are still seeing an increase in the need for

emergency food.

"Every week, people are referred to us after something unavoidable – such as illness, a delayed benefit payment or an unexpected bill – it means there's no money for food.

"It's only with the help of local people that we're able to provide vital support when it matters most.

"We hope, one day, there'll be no need for our work but, until that day comes, we'll be working hard to help prevent people going hungry."

Tony Graham, Scotland director at The Trussell Trust, said foodbanks are acting as "an unofficial charity safety net, attempting to catch people let down by a welfare system that

should be there for vulnerable families when they need it most."

He added: "In the first half of this year, a record number of people facing destitution and hunger have been referred to the Trussell Trust foodbank network.

"Foodbanks will be working hard to provide dignified, non-judgmental support to people but we are concerned that the ongoing impact of welfare reform, combined with increased demand we traditionally see over winter, will leave foodbanks struggling to feed everyone that comes through the doors."





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**INSPECTORS have praised the quality of care and support provided to sheltered housing residents in East Renfrewshire.**

An unannounced review of a number of council-run complexes in July rated the service as “very good”, noting especially the friendliness and helpfulness of staff.

The Care Inspectorate team spoke to employees, tenants and their families and found those living in the facilities felt safe, with many experiencing improved health and wellbeing.

When considering the quality of staff, which was also classed as “very good”, the report noted management were knowledgeable and supportive of employees.

The local authority operates eight sheltered housing complexes, including the Bellfield Court and Graham Street facilities in Barrhead, which house more than 250 elderly residents who require additional security and

## Quality of sheltered housing praised

support.

A team of 16 sheltered housing warden staff work on-site seven days a week, with support from sheltered housing managers.

Councillor Danny Devlin, East Renfrewshire’s convener of housing and maintenance, said: “Our thanks go to the Care Inspectorate for their work on this report.

“I am absolutely thrilled with the findings and they are testament to the work of our staff and the strategies in place to support our sheltered housing tenants.”

The Care Inspectorate also stated that the council-run complexes were “well-maintained” and their gardens represented “beautiful spaces for tenants to enjoy.”

Work to develop strong community links and promote fire safety awareness and crime prevention also earned praise.

As well as the “very good” rating, inspectors made no formal requirements or improvements. However, they suggested adopting a clearer complaints process and ensuring tenants receive “updates on outstanding issues and progress made.”

As well as the Bellfield Court and Graham Street complexes in Barrhead, East Renfrewshire Council’s sheltered housing complexes are Kirk Glebe, Neilston; Fordyce Court, Newton Mearns; Hawthorn Court, Busby; Linnpark Court, Netherlee; Montgomerie Court, Eaglesham; and Waterford Road, Giffnock.



*Season's Greetings*

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## Well into Winter

**We can all find the motivation to throw on our trainers when the pavements are hot, eat healthily when the days are long and meditate our way to holistic bliss when a whole morning can be spent simply soaking up the rays in a local park. But when it's dark and cold outside, healthy habits can easily go astray.**

Here, three health and wellness experts reveal their top tips for keeping motivated and giving yourself a winter health reboot.

### 1. Have an alternative spring clean

Many of us traditionally celebrate the end of winter with a good old spring clean, but why not start as you mean to go by doing the same as winter looms?

"Clear out your cupboards and stock up on the foods that will help to promote winter wellness and give you the ingredients to create delicious dishes that will support your body's health as the temperature drops," advises nutritionist Rob Hobson.

"Nourishing grains such as barley and spelt, as well as pulses and beans, lend themselves perfectly to healthy winter dishes such as stews, casseroles, soups and warm salads."

### 2. Keep an Instagram diary

We've all heard that Instagram can be toxic for our mental health, contributing to feelings of anxiety, self-doubt and body-image worries, but there are ways you can use the social network as a force for good when it's pouring with rain outside.

"Use Instagram as a gratitude diary by taking a photo every day of something you feel grateful for," says health psychologist Dr Meg Aroll.

### 3. Make the most of winter sports

A sunny game of Frisbee in the park might be out of the question, but don't mourn the loss of summer, because winter brings with it a whole raft of brilliant seasonal sports that can keep you active.

Dr Aroll suggests finding a new hobby that celebrates winter, such as ice skating, snow kiting or indoor skiing.

"You could also consider doing something for the community, like volunteering. Nothing lifts the spirits more than helping others in need, and Christmas can be a significantly lonely time of year for many people."



### 4. Eat for the weather

When the weather's gloomy and you're feeling depressed, it can really impact on your appetite and food choices, which may leave you lacking in essential nutrients.

It's also a common season for overloading on stodgy and sugary foods, such as takeaways and desserts, for comfort.

"Food is not a cure, but making healthy choices can help and good nutrition is proven to benefit mental health," says Rob. "Make sure you eat regularly and follow a low GI diet by including protein, healthy fats and plenty of veggies at every meal, to help balance blood sugar levels and keep you feeling full and energised."

He suggests topping up on B vitamins with wholegrains, oily fish, eggs, and dark green leafy vegetables that help to convert food into energy, and support a healthy nervous system.

A final tip? Take a daily vitamin D3 supplement to keep your spirits high.

### 5. Try getting out for a run

When it's raining and freezing cold outside, why on earth would you leave your warm bed or sofa to go for a run? The simplest answer is that running in winter can instantly put you into a cheery mood, thanks to a quick hit of feelgood hormones.

"Snuggling on the sofa might sound appealing, but don't forget that winter is a great time of year to get outside, wrap up warm and enjoy the fresh air," says orthopaedic surgeon Dr Dan Robertson.





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## Rouken Glen nominated for UK's Best Park of the Year

**A local park is up for the prestigious title of UK's Best Park for 2017 as one of four shortlisted for the award.**

Following a nationwide vote to find the country's favourite local green space, Rouken Glen has been shortlisted alongside Craigavon City Park in County Armagh, Stanley Park in Blackpool and Roath Park in Cardiff.

A massive 360 parks across the UK were nominated by members of the public and over 15,000 votes were cast to whittle it down to one from each of the home nations.

The award-winning attraction in Giffnock was crowned UK's Best Park in 2016 and continues to go from strength to strength.

It is well known for its geology, history of farming and industry on the land, its estate buildings, landscape and fabulous open spaces for leisure.

Councillor Alan Lafferty, Convener for Environment, said: "We're delighted to have been shortlisted yet again for this

award and huge thanks must go to everyone who has got behind the park and voted.

"To reach this stage again after receiving the award in 2016 really does show that Rouken Glen is cherished by so many residents and visitors from far and wide. It benefits everyone who uses it, from dog walkers, runners, cyclists and even boat-enthusiasts throughout the year, however, the park wouldn't be what it is without our dedicated staff who maintain and improve it.

"A massive congratulations

and thanks go to them all and we will keep our fingers crossed that the crown will remain here in East Renfrewshire."

The Fields in Trust Awards, now in their sixth year, are a celebration of the achievements of individuals and organisations who have worked over the last year to ensure that everyone has access to protected outdoor recreational space.

The overall winner of UK's Best Park 2017 will be announced at an event at Lords Cricket Ground in London on 29 November.



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