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## Welcome

Hello and welcome to the Summer/ Autumn edition of **Newton Mearns Connect.** 

Brought to you by the Herald and Times Magazine Group, this community magazine is proud to shine a spotlight on all the amazing people, places and events going on in the area. Crammed with feel good news

and features. However, we wouldn't be able to do this without youn column in a future magazine

don't be shy and get in touch. Interested in advertising? Our sales team is on hand to offer bespoke multi-media support to help you tell our 10,000 readers what you do best.

We hope you enjoy this latest segment and look forward to working on the next!

**Team Connect** 

of twin

schoolmates

score straight

As, see page

#### **Editorial**

If you have a story you would like included in a future issue of Newton Mearns Connect

#### Nicola Brown

#### **Erin McDermott**

#### Advertising

To find out how the magazine can help your business connect with new customers.

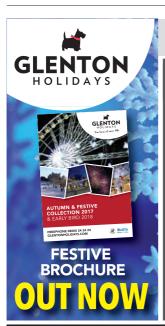
#### John Slattery

john.slattery@Heraldandtimes.co.uk 0141 302 6062

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### Police and Emergency Services

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#### **Council contacts**

East Renfrewshire Council General 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 Swift** 

(Conservative):

07534515159

### Councillor Caroline Bamforth (SNP):

0141 577 3107

Newton Mearns North:

Councillor Tony Buchanan

07976 360398

Councillor Charlie Gilbert

(Conservative):

0141 639 2948

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:

Cnurcn:

0141 639 7373

**Newton Mearns Baptist** 

Church:

0141 616 2362

**Mearns Kirk Church Hall:** 

0141 639 6555

St Cadoc R C Church:

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**Maxwell Mearns Castle** 

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## Staff trained to tackle tantrums

TODDLER tantrums aren't fun for anyone, especially in shopping centres. Staff at The Avenue Shopping Centre in Newton Mearns believe that children's outbursts shouldn't ruin anyone's shopping experience.

Security staff at The Avenue have been receiving training designed to tackle any toddler tantrums that arise.

The 'tantrum taming' course was delivered to employees in a bid to improve families' shopping experience.

A recent survey showed 43 per cent of parents would rather avoid a trip to the shops with their children for fear of them misbehaving.

On the back of those results, NewRiver, which owns The Avenue, opted to enlist the help of a child psychologist to provide tips for

taming tantrums to its security personnel.

Dr Sam Wass, from Channel 4's The Secret Life of Four Year Olds series, dished out advice on spotting warning signs and how best to support children and parents while shopping.

Security staff will now make a point of looking out for good behaviour that they can reward with a high five or a sticker.

Michelle McCabe, centre manager at The Avenue, said: "Our Kids Club aims to improve the overall experience for our family shoppers by helping to keep kids entertained in our centre and incentivise good behaviour.

"Free events like our monthly Funday Sunday activities make shopping fun for kids and allows parents to get on with their shopping.

"Our security staff also have a key role to play in this.

"As well as being trained to oversee the safety of our centres and their customers, they will now be in a position to help create a welcoming and enjoyable environment for both parents and children."

The initiative is part of NewRiver's Kids Club scheme which aims to improve the shopping experience for all customers.

Parents, grandparents and guardians who sign up to the scheme will have access to free events and activities in the centres and exclusive discounts at a number of retailers.

For more information, visit: www.nrr.co.uk/kidsclub



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## Show volunteers you care

THERE are many people doing good deeds every day that go unnoticed.

If you feel like it's time for these good doers to get some recognition it's not too late to nominate someone special in the East Renfrewshire area for the Queen's Awards for Voluntary Service.

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The Lord-Lieutenant of Renfrewshire, Guy Clark, is calling on local people to put forward voluntary groups who deserve recognition for their outstanding work in their community.

The award was introduced

by the Queen in 2002, in celebration of her Golden Jubilee, and ranks with

the MBE for volunteer groups.

It recognises
exceptional
contributions made by
voluntary groups who

give up their time for their local communities

Mr Clark, the Queen's representative in East Renfrewshire, as well as the Renfrewshire Council area and Inverclyde, said: "I know there must be many more local organisations that would be worthy winners of this very special award.

"Voluntary groups make

such a difference in their communities and make such a massive contribution to people's lives. They do it selflessly and they deserve some public recognition.

"If you know of any deserving groups in East Renfrewshire, please get your nomination in by Friday, September 15."

Fairweather Multicultural Friendship Group, Old Paisley Society Sma' Shot Cottages and St Columba's School Duke of Edinburgh Scheme Volunteers are amongst the worthy winners of the 2017 awards.

For more details, visit https://qavs.direct.gov.uk

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## THE World Sport Stacking Association

THE sport of Stacking is growing. People all over the world have become mesmerised by the new sport.

The simplistic nature of stacking and destacking is something people can't take their eyes off of. This unique hobby has now become a global sport.

The rules of the sport are simple, you have a specific number of cups in front of you to stack up together and then stack down together. All contenders aim to achieve this in the quickest time. Though a very basic sport, audiences have found it very satisfying to watch. The sport continues to grow all over the world, and Newton Mearns recently welcomed some of the quick-handed experts.



On July 29, the World Sport Stacking
Association held an event in Newton Mearns'
Eastwood High Sports Centre. The event was
the first official World Sport Stacking event in
Scotland, and competitors brought their A game
in a bid to impress through speed and precision.

British record holder Lee Norton, who attended the event, said: "The secret is practising and practising, because it's all about muscle memory and hand-eye co-ordination, ambidexterity and all those other skills.

"It's quite fun and addictive, and it stands out to all the other activities."

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### Water standards among the best

MANY of us take for granted the reliably fresh water that comes from our taps. Scotland has some of the purest sources of freshwater. Householders in Renfrewshire have been told the quality of their water supply is among not just the best in Scotland but the best in the world.

Praise for the stringent standards applied to drinking water has come from the industry's "watchdog" in Scotland.

Sue Petch, who is the Drinking Water Quality Regulator, said: "Consumers can be confident that, when they turn on the tap, the product they receive meets some of the strictest water quality standards in the world

"I am also pleased to report that the service consumers receive from Scottish Water when they do have an issue with the quality of their water supply has improved in recent years."

Her comments are contained in the latest annual DWQR report, which shows Scottish Water's compliance with the stringent standards for drinking water is extremely high at 99.91 per cent.

Douglas Millican, Scottish Water's chief executive, said: "We work strenuously around the clock, every day,

to ensure our customers receive the best possible drinking water in line with some of the most stringent standards in the world.

"We challenge ourselves continually to improve the quality and service still further, using innovation and new scientific insights, while collaborating with a wide range of partners and alliances.

"I hope this independent report from the DWQR further assures our customers that the quality of the water they use every day remains extremely high."

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## Opportunity of a lifetime for a community superstar

IT'S no secret that Newton Mearns is full of kind-hearted people with hidden talents. Many people don't believe in themselves, but given the right opportunity, they could shine in the spotlight.

Thames Television is looking for inspirational people or community groups around the UK who have done something outstanding to appear in a new show where they receive a surprise performance by a famous music artist.

The one-off show will be

broadcast on ITV showcasing superstar performances and remarkable personal stories.

The channel is inviting 'secret' nominations of friends who may be a music lover and who deserve the chance to showcase their talent.

A spokesperson for the company said: "We are also looking for people that may have written a song for a loved one, or with a powerful message, and would like help recording it and performing it.

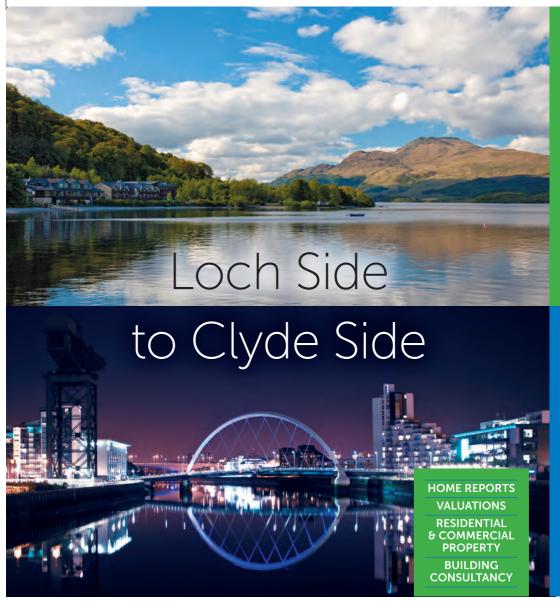
"If there are any people in your local community who you

think would be deserving of a surprise such as this then it would be great to find out more about them.

"We are looking for the exceptional, the deserving, and the bravest people out there.

"The nature of the show is for us to surprise people so if there is anyone you think would be worthy please do keep it a secret from them."

To nominate, email your name, contact number and reason for your nomination to lifetimeperformance@thames.tv



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## Three sets of twins triumph with straight As

THEY say good things come in threes, this was certainly the case for three sets of twin schoolmates as they received their higher results.

Emma and Vivien McAinsh, 17, Joseph and Michael Lowrie, 17, and Niamh and Roisin Kelly, 16, all attend St Ninian's in East Renfrewshire.

All together they notched up 30 top grades, with sibling rivalry having played a part in the success of some of them.

Roisin Kelly said: "I would not have worked as hard if she (Niamh) hadn't forced me to, so it actually came in handy."

Like thousands of other students across the country, the pupils received their results by text.

But it left one of the Kelly sisters on tenterhooks when her sibling's message came through, and hers did not.

Roisin said: "I was really nervous because she'd (Niamh) done so well and if I'd got it after and it was awful then that would've been bad.

"When I eventually got the results, I was just so relieved."

Emma McAnish added: "We both got the text at the same time, but I was too scared to open mine. Vivien opened hers first and then ran through to my room, and once I had looked at my results we started celebrating."

Joseph said: "I was hoping for five As to get into medicine, but whatever I had got I would have been happy with because I had worked as hard as I could for the exams."

Michael added: "We didn't know what each other had got so it was a bit nervous in our house, so we were delighted to have got the results.

"I'm not completely sure of my career route yet, but I'm pleased with the results I've got that all options are still open to me."









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## The healing power of tea

SUNDAY tea parties are proving an effective way of combatting loneliness among the elderly as a charity is encouraging people to host and

attend a meet up over tea and conversation.

conversation.

Contact the Elderly is supported by a network of volunteers, who organise monthly Sunday afternoon tea parties for small groups of older people aged 75 and over who live alone, offering a regular and vital friendship link every month.

Sunday afternoon is highlighted as a particularly lonely day of the week for older people living alone and the charity is seeking to remedy this and transform lives over tea, chat and friendship.

Keeping its groups small, with the same individuals meeting every month, it encourages

guests and volunteers to make lasting and fulfilling friendships in the personal and welcoming environment of someone's home.

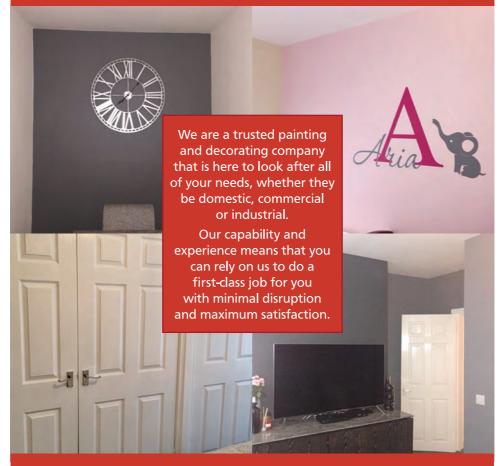
If you know someone aged 75 and over who lives alone, has little contact with friends or family and finds it difficult getting out and about, a change of scenery and regular meet ups may be just what they need. Residents in Newton Mearns

who would like to host a tea party or refer a guest are encouraged to visit www.contact-the-elderly.org.uk.

Find local groups to join or set up your own tea party to help those who could use the company.







### 07756 029 669 | 0141 316 6116

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# After the grand opening the Bathroom Company Glasgow is now open for business

An array of shiny new bathrooms is open for the public to view at 1/3 Erskine Square, Hillington.

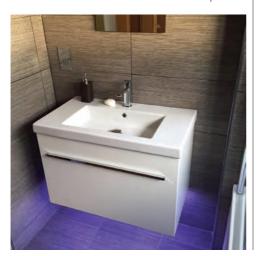
Shoppers can receive a ten per cent discount simply by bringing in and showing this advert. Take a stroll at your own pace to view the great variety of fitted bathrooms on show.

With beautiful bespoke bathrooms, the Bathroom Company Glasgow pride themselves in accommodating for their customers, whether that be in style or budget, you are sure to find a bathroom to suit you.

They're selection also includes a disability range. Your dream bathroom can become a reality as the Bathroom Company has all your design, installation, tiling and bespoke lighting covered.

The service offered includes full bathroom installation, wet room installation, wet wall panelling, boiler installation, mobility adaptations, boiler repairs and servicing.

With over 15 years of experience in fitting bathrooms customers can be rest assured the Bathroom Company Glasgow know their stuff. It has been a dream for the owners to open



their own showroom, and with a wealth of knowledge and a dedicated team behind them the pair are excited for this next step.

Owners Jennifer along with husband Richard are excited for the big opening, Jennifer said:

"As Richard has been on the fitting side of bathrooms we feel that this will make our showroom very unique as his experience and knowledge will benefit our customers massively."

For more info visit: www.thebathroomcompanyglasgow.com



#### THE OPENING OF THE BATHROOM **COMPANY GLASGOW**

will be on SATURDAY the 26th of AUGUST from 12 onwards at 1-3 Erskine Square Hillington Glasgow G52 4BJ.

At the opening we will be having a tasty BBQ, fizz, bouncy castle for the kids ( weather dependant! ) and of course to show case all the beautiful bathrooms we have to offer.

We are the most stylish Bathroom Showroom to hit Hillington with bathrooms to suit every budget. We also have a selection of disabilty ranges. All your needs are taken care of to help you achieve your dream bathroom from design, installation, tiling and bespoke lighting. The services we offer include Full Bathroom Installation, Wet Room Installation, Wet Wall Panelling, Boiler Installation, Boiler Repairs & Servicing and Mobility Adaptations.



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A little bit of background about us- My husband Richard has been fitting bathrooms for over 15 years and has a wealth of experience. He has been self employed for many years fitting bathrooms for lots of companies in and around Glasgow with a dedicated team who have all worked for Richard for many years. The time has now come to take the next step and open our own Showroom. As Richard has been on the fitting side of bathrooms we feel that this will make our showroom very unique as his experience & knowledge will benefit our customers massively. Our web page is still under consruction but will hopefully be live asap.

### THE **BATHROOM** COMPANY **GLASGOW**

#### Opening Hours

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**Tue** 10am - 5pm **Wed** 10am - 5pm

**Thu** 10am - 7pm

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## The future looks bright for new bairns

NEW parents receiving Scotland's Baby Box will be among the first to benefit from a doubling of free early learning and childcare in Scotland.

The Baby Box initiative which rolled out in August, is inspired by Finnish baby boxes, and gives all newborns and their parents a box of essential items to help them through their first six months.

The box can also be used for babies to sleep in.

First Minister Nicola Sturgeon promoted the initiative during a visit to a nursery in Glasgow, where she met babies who will be among the first to benefit from the commitment to double funded childcare provision by the end of this Parliament.

Speaking after the visit at Butterfly Nursery in Arden, Glasgow, the First Minister said: "Scotland's Baby Box is giving children the best possible start in life, and we are committed to doing all we can to make sure Scotland is the best place for a child to grow up.

"Our commitment to almost doubling entitlement to free early learning and childcare hours will benefit the Baby Box generation and ensure they can grow and develop in the very best environments, like the one I visited today. It will also benefit families by allowing parents to go back to work or further study.

"The importance of early

years development simply cannot be overstated, which is why my government is putting so much emphasis on doing all we can to improve the life chances of youngsters across Scotland."

The Baby Box generation will also benefit from a new Early Years' Grant for low income families, delivering £300 birth payments for all children and additional payments of £250 at key transition points in the early vears: access to affordable and nutritious food through the Healthy Start Voucher scheme for low income families; the expanded Family Nurse Partnership programme; and 500 more health visitors by the end of next year.



## Ever thought about **Volunteering?**

Home-Start Glasgow South is a leading family support charity based in the South Side of Glasgow. We train volunteers to provide life-changing practical and emotional support to parents with young children.

## Local Families NEED Your HELP

Could you do Something **AMAZING** today?

Please Call

0141 570 8735

Or email theteam@homestartglasgowsouth.org.uk to find out more.



















#### What's on

Keep up to date with upcoming events in Newton Mearns and the surrounding areas with our handy what's on guide.

#### **EVENT: Guitar Lessons in Acton**

**Date:** 22 August- 3 October **Time:** 6:30pm- 7:30pm

Location: St Ninians High School, Giffnock

Cost: £10 per lesson

What's on: Running for 7 weeks, learn to play guitar in a friendly environment with an experienced tutor who believes that learning a musical instrument should be fun and enjoyable. Email guitarfivethree@ amail.com to book your place.

#### **EVENT: Giffnock Village Classic Car Show**

Date: 2 September Time: Midday - 5pm Location: Giffnock

Cost: Free

What's on: The popular Classic Car Show returns to Giffnock village once again, bringing around 100 classic and unique cars to the town. There will be a festival atmosphere with entertainment including live music, street performers, and fairground rides - and even a special marketplace.www.ents24.com/milngavie-events/milngavie-town-hall/dougie-maclean/1073830551

#### **EVENT: The Lions Of Lisbon**

**Date:** 3 September **Time:** 7:30pm

Location: Eastwood Park Theatre, Giffnock

**Cost:** £18

What's on: In May 1967, 10,000 Celtic supporters embarked on a quest to reach Lisbon. Those who couldn't afford the plane travelled on slow boats and long-distance lorries, in battered vans and buses, on rusty bikes and blistered feet, in used cars and trains that never ran on time. This is their story.

#### **EVENT: We're Batty About Bats**

**Date:** 15 September **Time:** 7:15pm-9pm

Location: Dams to Darnley Country Park, Newton

Mearns Cost: Free

What's on: Come along and find out more about bats and why they need your help. Use bat detectors to 'hear' bats feeding and watch they fly above your head. Meet at Patterton overflow car park, opposite side of Stewarton Road from Patterton Station, booking is required.

#### **EVENT: Funday Sunday at the Avenue**

Date: 27 August, 24 September and 29 October

Time: 11am-4pm

Location: The Avenue Shopping Centre, Newton

Mearns Cost: Free

**What's on:** There are lots of free activities for little ones to get involved in at the Avenue Funday Sunday event, including Get Crafty, Hartbeeps, face painters, Uncle Billy, caricatures to balloon modellers.



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## East Renfrewshire park's Green Flag glory

LOCALS can hold their heads high as Rouken Glen Park is awarded the prestigious Green Flag award for the seventh time.

The Green Flag Award recognises the best parks and green spaces across Scotland.

Environmental group Keep Scotland Beautiful hands out the accolade to green spaces which can demonstrate excellent management and standards.

The popular visitor attraction was recognised for the quality outdoor space that it provides and the wider benefits it delivers for communities, including enabling exercise, improving mental well-being



and encouraging play for child development.

Councillor Alan Lafferty joined parks staff and children from Glenwood Family Centre to unveil the latest award.

Cllr Lafferty, East Renfrewshire's environment convener, said: "Rouken Glen Park holds a very special place in the heart of its visitors and I'm thrilled that it's been awarded another Green Flag."

Rouken Glen Park, which

was originally gifted to the people of Glasgow in 1906, was also named UK's Best Park ahead of three other shortlisted local green spaces to take the 2016 title.

A total of 214 parks across the UK were nominated by park users with over 10,000 votes cast in the search to find the nation's favourite.

Cllr Lafferty added: "The award is the icing on the cake for Rouken Glen as it was crowned the UK's Best Park earlier this year.

"Of course, we wouldn't receive these awards if it wasn't for our dedicated parks staff who deserve all of the credit, so a massive thank you goes to all of them."

## Jiving the night away

#### LOCALS gear up for another annual Senior Citizens Concert set to return later this year.

Residents are being invited for an afternoon of singing and jiving at the Doubletree by Hilton Hotel in Glasgow in October.

Organised by the council, the free concert offers musical entertainment and an opportunity to meet friends, old and new.

Provost Jim Fletcher, who will attend the event, said: "We want as many people as possible to join us at what promises to be an excellent afternoon of entertainment.

"The concerts are always great fun. It's a chance to meet



friends, enjoy old time classics and some refreshments. I hope to see you all there."

This event will take place on Sunday, October 8 from 2pm until 5pm.

Tickets for the Senior Citizens Concert and transport – which will be available from a number of pick-up points across the region – are free of charge.

Orders should be placed by Friday, September 22.

For more information and to book places, contact Linda McGregor on 0141 577 3143 or email linda.mcgregor@eastrenfrewshire.gov.uk

## Can you spare a pint?

AN upcoming blood donation session hopes to encourage locals to do their part to help save a life.

On Sunday 22 and Monday 23 October the Scottish Blood Transfusion Service (SNBTS) is calling on locals to join them at Clarkston Hall from 12 – 3:30pm (Sunday), 2:15- 3:45pm and 5.15-7.15pm (Monday).

The process of giving blood is quick and simple.

After filling in a donor health check questionnaire and having a check-up from a nurse, a donor's haemoglobin (iron) level will be tested to ensure they can spare a pint of blood.

Once everything is checked and in order, they will then make their donation.

Each donation takes around 10 to

15 minutes and staff aim to take around 470mls of blood - with additional samples for testing.

Every day Scottish patients receive life-enhancing or life-saving treatments using the blood donated.

Within 24
hours of a
donation, blood is
processed, tested
and available for use
and one blood donation
can save or improve
the lives of up to three
people.

To find out more, visit scotblood.co.uk





# Top tips to avoid your grass, plants and flowers having the post-holiday blues

Returned from holiday to find bedraggled plants, an overgrown lawn, herbs and flowers which have run to seed and a glut of crops you couldn't give

So, what do you do? Firstly, don't despair

awav?

don't despair
The rain
we've had
this summer
may have
gone some
way to saving
flower borders,
but containers left in
sheltered spots may have

an automatic irrigation system, or a friendly neighbour to water them in your absence.

Guy Barter, RHS chief horticultural adviser, reckons that if your bedding

plants haven't dried out completely, you should have a month of good growing weather left in the south of the country and a

little less in the

north.
"The recent

wet weather will have helped gardens enormously, but containers are still likely to be fairly dry, so you need to give them a really good soak, deadhead the flowers and give plants a good feed," he advises.

#### Cut back and feed container plants

Container plants, including petunias, can be cut back and should produce another burst of growth, provided the slugs haven't devoured the base of the plants during the rainy period, he says.

You should also be able to give trailing plants such as lobelia and bacopa a haircut and a feed, to prompt them into further flowering.

Watch out for slugs

dried out without the luxury of





"People who have been away during the wet weather should be prepared to come back to find a lot of slug damage," he adds. "They will eat petunias around the base and feast on hosta leaves, and the plants will not produce more leaves this year."

It may be wise to feed vulnerable plants with nematodes, biological controls which are specifically designed to attack slugs and vine weevil.

Be aware that many

biological controls become less reliable when the temperature drops, as the predatory insects which provide the control then multiply more slowly. Check for greenfly and blackfly and take off shoots on plants which are infested and dispose of them.

#### **Grab plant bargains**

"You can also get some plant

bargains at garden centres at this time of year, including herbaceous perennials such as delphiniums and lupins, which have finished flowering, but should grow strongly next year and hopefully be free of mildew."

#### Tackle overgrown lawns

You may be returning to long grass, which will have been growing thanks to the mixed weather we've had in summer. When tackling it, Guy recommends not taking off more than a third at a time until it has recovered and don't feed the lawn until autumn.

As for vegetables, you should be returning home to bumper crops, although tomato blight tends to appear in warm, wet weather and if your plants succumb, there's not a lot you can do apart from consign them to the bonfire.

Giant veg may have to be

ditched
"You may have enormous
marrows when you actually
wanted courgettes and rather
tough, stringy beans which

have been left too long for picking. But some of the overgrown veg could go into chutnevs."

Lettuces may have bolted or been damaged by slugs and if they are, lift them and replace them with other crops such as Chinese leaves

and spinach, while mustard seeds can also be sown for green manure. Spring onions can also be sown now, where they are to mature and left to overwinter until they are ready for harvesting in spring.



A NEW school in East Renfrewshire leads the way in bringing together, for the first time, the Catholic and Jewish faiths on one campus.

The £17million faith schools' joint campus in Newton Mearns is now home to two primary schools – St Clare's Primary and Calderwood Lodge – as well as a non-denominational nursery class.

East Renfrewshire Council has delivered the innovative joint campus – hailed as a world first – to provide the required increased provision of Catholic education in the area and also to relocate the current Calderwood Lodge from its previous base in Newlands.

Councillor Paul O'Kane said: "While both St Clare's and Calderwood Lodge will undoubtedly benefit from the fantastic individual learning environments, it is the shared areas which most excite me.

"By sharing ideas and knowledge, all our

pupils at this new joint campus will enjoy an enriched learning environment."

The joint campus includes features such as a shared central amphitheatre and outdoor obstacle trails.

Two sports pitches, first-class ICT facilities, art, science, music and drama areas are also included

The campus took around 270,00 hours to complete, with around 90 staff on site daily.



## Climb the career ladder with support scheme

IF you have found yourself unemployed or want to boost your career then there may be a silver lining for you.

Residents around East Renfrewshire can benefit from free advice and support surrounding their career.

The Work EastRen employability service can help people to compile a CV and learn interview skills, as well as offering training through one-to-one mentoring, the team of advisors aim to help the area's unemployed find a job or even boost residents' career options.

Those who are long-term unemployed, recently left school or simply looking for a new challenge are being encouraged to get in touch with the Work EastRen team.

who are based at the Barrhead Foundry.

After registering with the service, people are assigned a caseworker who will provide support.

In the last year alone, more than 600 people of various ages have benefited from using Work EastRen services, whether that has involved finding a job, accessing additional training or gaining qualifications.

Michael McKiernan, Work EastRen leader, said: "We try to manage people's aspirations and expectations. We'll set a series of actions for them to complete, such as a CV.

"We then speak to them about what type of support they require. We look at aftercare and contact people to see what support they may need.

"Quite a lot of it is a bit like mentoring and changing somebody's mindset."

A key part of Work EastRen is the range of Modern Apprenticeships (MAs) it offers to those aged 16 to 19, who receive a wage and a professional qualification upon completion.

In recent years, teens from the region have gone on to take an MA in a variety of fields, including business and administration, childcare, hospitality and highways maintenance.

There are even plans to introduce an apprenticeship in craft beer production.

Call 0141 577 8438 or send an email to worker@ eastrenfrewshire.gov.uk for an appointment.

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