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Welcome

WELCOME to the April 2019 edition of Newton Mearns Connect.

Brought to you by Newsquest Clyde and Forth Weekly Press, publishers behind trusted titles including Barrhead News, Connect is proud to shine a spotlight on all the latest feel good community news, events, and features.

This compact community magazine celebrates all the inspiring people and work being carried out throughout the community.

From the story of a local woman praised for her efforts highlighting the plight of women affected by a mesh 'scandal' on page 6, to the Giffnock Theatre Players preparing to round off their 2018/19 season with the classic drama The Diary of Anne Frank on page 10, there's plenty to keep you in the loop.

We hope you enjoy this latest edition.

**Until next time,
Team Connect**



*Two pals go head to head for a charity close to their hearts.
See page 20*

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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Housing Services:

0141 577 3714

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07388 859264

Councillor Barbara Grant

(Conservative):

0141 639 3809

Councillor Jim McLean

(Conservative):

07388 859263

Councillor Jim Swift (Conservative):

07534515159

Newton Mearns North:

Councillor Tony Buchanan (SNP):

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Councillor Charlie Gilbert

(Conservative):

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Councillor Paul O'Kane (Labour):

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0141 639 5292

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Inspirational woman earns praise for campaign effort

A Newton Mearns woman who has fought tirelessly to highlight the plight of women affected by a mesh 'scandal' has been praised for her efforts.

Elaine Holmes is among those whose lives have been devastated by operations to fit mesh implants.

The medical devices are used by surgeons to treat pelvic organ prolapse and incontinence in women – conditions that can commonly occur after childbirth.

More than 20,000 women in Scotland have had transvaginal mesh implants over the past 20 years but some have suffered painful and debilitating complications.

Elaine, from Newton Mearns, has helped to lead a campaign calling for a complete ban on the use of mesh implants in Scotland.

In March Elaine and fellow campaigner Olive Mcllroy, from Renfrew, were jointly awarded the Amazing Lifetime Inspiration prize at the No.1 Amazing Women Awards, in Glasgow.

Now she has been praised at both Holyrood and Westminster.

Eastwood MSP Jackson Carlaw and East Renfrewshire MP Paul Masterton have submitted motions at their respective parliaments to formally commend Elaine's achievements.

"From the moment I first met Elaine, she has shown an unshakeable determination to achieve justice for all of the women who have undergone a damaging mesh procedure and

provided exceptional leadership throughout," said Mr Carlaw.

"Elaine is a credit to Eastwood and I can't think of anyone who is more deserving of this award."

Mr Masterton added: "Since my election in June 2017, the concerns over faulty mesh implants has been one of the major issues I have pursued at Westminster.

"I was delighted to be there in person to witness Elaine win

the Amazing Lifetime Inspiration Award. It is well deserved recognition of everything that she has achieved so far."

Elaine has welcomed the parliamentary support for those affected by mesh surgery.

She said: "As a constituent of Jackson and Paul, my husband Jeff and I cannot thank them enough for their empathy and support for mesh victims everywhere."



Elaine Holmes, left, of Newton Mearns and Olive Mcllroy from Renfrew



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Newton Mearns Connect

A top appliance of science

Mearns Primary was one of three East Renfrewshire schools to win a top science award at a recent ceremony.

Calderwood Lodge and Kirkhill primaries were presented with the Primary Science Quality Mark (PSQM), whilst Mearns primary school was honoured with the Outreach award.

Mearns primary demonstrated how science leadership is having a sustained impact on science teaching and learning across the school and others, and is one of 11 schools nationwide to have achieved this top accolade.

PSQM is the only national award scheme to develop and celebrate the quality of science teaching and learning in primary



schools.

It aims to raise the profile of science by developing, sharing and celebrating good practice.

The PSQM process is a year-long focus on developing science teaching and learning in primary

schools.

All three schools spent the year developing and improving science provision for all pupils, as well as providing training for staff and engaging families in their science work.



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Newton Mearns Connect



A new take on a tragic tale

Giffnock Theatre Players are preparing to round off their 2018/19 season with the classic drama *The Diary of Anne Frank*, which will be held in Eastwood Park Theatre.

"This season has so far been a very successful one," said member David Pearson.

"Many readers will be familiar

with the true story of how Anne Frank and her family hid from the Nazis in concealed attic rooms in Amsterdam for two years. We will be performing the adaptation by Wendy Kesselman, which is a later and more relevant version of Anne's story."

The *Diary of Anne Frank* will be performed in Eastwood Park

Theatre from Wednesday 1st May - Saturday 4th May at 7.30pm, with an additional Saturday matinee performance at 2.30pm.

Tickets are £15 and £13 and can be purchased from Eastwood Park Theatre's box office in person, or online at www.eastwoodparktheatre.co.uk/boxoffice.

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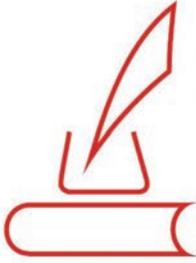
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Newton Mearns Connect

WHAT'S ON

Stay in the loop with events taking place in Newton Mearns and the surrounding areas.

EVENT: ALL ABOUT EVE

Date: Thursday, 11 April
Time: 7pm
Location: Eastwood Park Theatre
Cost: £15

What's on: Gillian Anderson (X-Files, NT Live: A Streetcar Named Desire) and Lily James (Mamma Mia! Here We Go Again) lead in All About Eve, broadcast live to cinemas from the West End in London. Lifting the curtain on a world of jealousy and ambition, this new production from Ivo van Hove asks why our fascination with celebrity, youth and identity never seems to get old.

EVENT: AN EVENING WITH CHRIS BROOKMYRE & MARK BILLINGHAM

Date: Thursday, 9 May
Time: 7-8pm
Location: Primavera Bistro, Avenue Shopping Centre
Cost: Free

What's on: Head along for a double whammy of authors - Chris Brookmyre who will be discussing his brand new novel 'Fallen Angel' and Mark Billingham chatting about his new novel 'Their Little Secret'. Call Waterstones on 0141 616 3933 to reserve your space at this event.

EVENT: POKEMON SWAP SHOP

Date: Friday, 19 April
Time: 12-1.30pm
Location: Waterstones, The Avenue Shopping Centre
Cost: Free

What's on: Waterstones Newton Mearns are hosting another hugely popular Pokemon Swap Shop. Bring your doublers, treblers or unloved pokemon cards along and trade with fellow pokemon trainers and pokemon masters to help complete your pokedex.

EVENT: TREE WALK

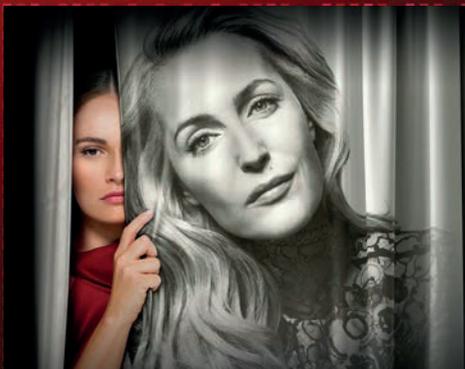
Date: Wednesday, 19 June
Time: 1-3pm
Location: Rouken Glen Park
Cost: Free

What's on: Learn more about the trees at Rouken Glen Park on this guided walk led by the activity ranger. Look at and learn about the variety of trees growing in this East Renfrewshire park.

EVENT: HISTORY WALK

Date: Thursday, 25 April
Time: 1-3pm
Location: Rouken Glen Park
Cost: Free

What's on: Join the history volunteers for a guided walk around the park, looking at the history of Rouken Glen Park. To hear of upcoming events as they are announced, sign up to the mailing list by emailing roukenglenpark@eastrenfrewshire.gov.uk



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Sessions spark a passion for reading in youngsters

Babies and toddlers were bitten by the bookbug as they embraced the magical world of storytelling at an East Renfrewshire library.

The Bookbug event saw

youngsters enjoy a fun-filled morning at Giffnock Library, where reading, singing and dancing were all on offer.

It was one of several Bookbug sessions staged at various

locations during term time, with youngsters in Barrhead, Busby, Clarkston, Eaglesham, Newton Mearns, Neilston and Thornliebank also able to join in the fun.

The aim is to encourage tots to pick up a book from a young age – sparking their imagination and enhancing their learning in the process.

Incorporating touch-and-feel books, board stories, cuddly toys and DVDs, the Bookbug classes bring reading to life in various ways, as well as introducing music to the very young, using simple rhymes, songs and games.

For more information, visit www.whatsoneastrenfrewshire.co.uk.





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Newton Mearns Connect

Tapping into healthy new habits

A new interactive initiative which aims to get East Renfrewshire residents out and about recently swept into Newton Mearns.

Beat the Street is a free challenge where people are rewarded with points and prizes for exploring their town on foot or bicycle.

More than 40 special sensors called 'Beat Boxes' were put in place across Barrhead and Newton Mearns.

Players tap the Beat Boxes with cards and fobs to track their journey and earn points for themselves and their team. The more Beat Boxes people swipe during a journey, the more points they earn.

And, within the first few days of the game being launched, residents had collectively travelled more than the distance to Australia.

More than 5,000 people walked and cycled 12,000 miles in just one week as part of the competition.

Around 17 schools and teams in the Newton Mearns and Barrhead areas competed against each other to see who could journey the furthest and win

hundreds of pounds worth of prizes.

After one week, Kirkhill Primary School, in Newton Mearns, was at the top of the leader board, with 4,900 miles travelled, while ERC Education's players had the highest average points.

Beat the Street is delivered by Intelligent Health on behalf of East Renfrewshire Council, with support from Paths for All's Smarter Choices.



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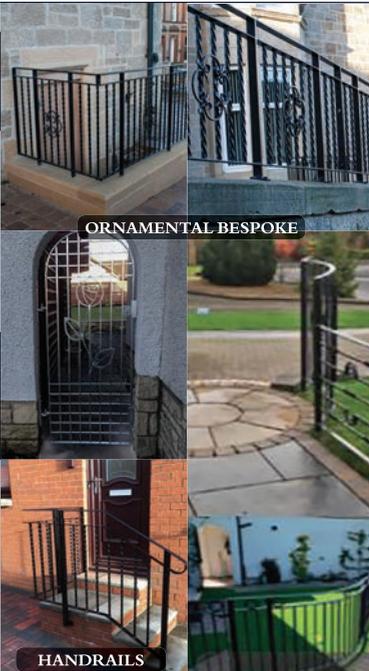
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Newton Mearns Connect

Friends go the extra mile

A Newton Mearns man is clocking up the miles with a close friend in a bid to raise cash for charity.

Despite being paralysed from the chest down, Jim Taylor is preparing to join his long-time friend Gordon Hollerin for an unusual marathon challenge.

Jim will be cheering on local man Gordon as he runs the London Marathon and, at the same time, will tackle his own test of endurance by using an arm exerciser to attempt to match him mile for mile.

Both men will be raising money for the Hearts+Balls charity, which supports rugby players and their families in times of need.

At the age of 23, Jim's rugby career was tragically cut short after he broke his neck while playing for Kelvinside Academicals – an injury that left him paralysed.

However, 61-year-old Gordon, from Newton Mearns, knows his good friend will be vigorously cycling his arms in a bid to beat the time it takes him to make his way round the streets of London.



He said: "Jim is the most inspiring person I know, so my main focus will be to make sure I don't let him down."

Gordon, who works as an insolvency lawyer for Scottish firm Harper Macleod, is currently training five times a week.



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Newton Mearns Connect

An eye for a worthy cause

Staff at the Newton Mearns Specsavers were seeing things clearly when they decided to help support Comic Relief this year.

The eye specialists, along with Barrhead staff, decided to get in on the act by selling funny frames to raise funds for the annual charity appeal.

This year marked the third Red Nose Day that Specsavers has supported by launching the frames in store, with this year's red glasses jester theme in keeping with the charity's comic ethos.

Emma Robb, store director at the Newton Mearns branch, said of the campaign: 'Our glasses this year are fantastic.

"We are really proud to support Comic Relief and all the good causes it funds."

Since 2015, Specsavers has raised a total of £848,000 for Comic Relief, with more funds being added to the pot this year.

The Comic Relief frames were sold for just £2, with all proceeds going to the charity.



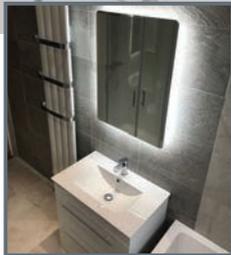
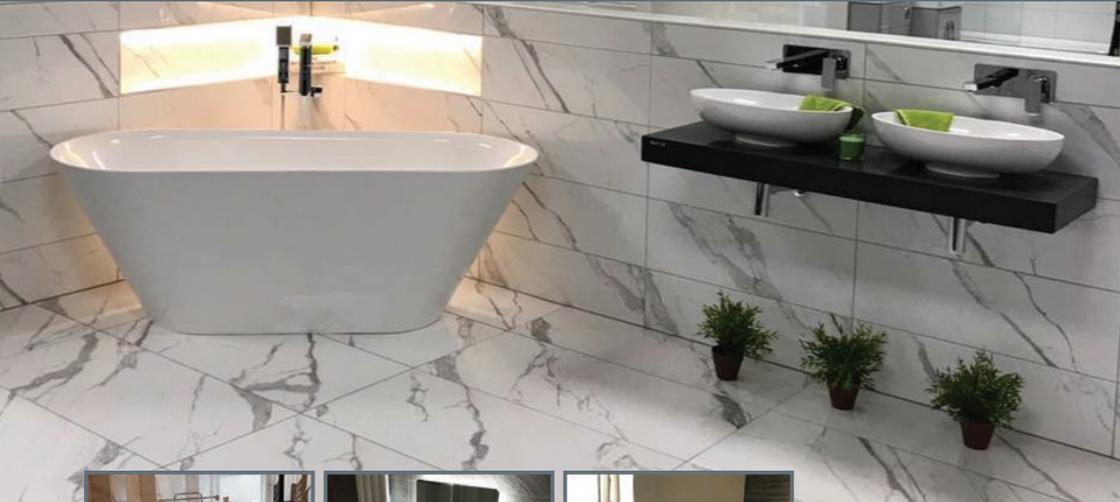
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"Once we agreed the design, price, colours and tiles etc we went on holiday and left them to it. We arrived back this morning to a brand new ensuite and the house immaculately clean and tidy. I would recommend Richard, Jenny & their team to anyone who is looking for a new bathroom. I cannot praise them highly enough. They obviously take great pride in their work."

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Newton Mearns Connect

Advertisement Feature

Revamp set to make the UK and Ireland shine...

After launching two new businesses in the UK and Ireland, Revamp Creative Coatings Ltd are embracing all things crome. Their new environmentally friendly system not only looks great but is much safer for the planet than traditional options. Their crome effect offers customers a flexible product that can be applied to almost any surface.

Revamp are delighted to be the distributors and applicators of Spectra Chrome & Gold Effects to the UK and Ireland.

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sectors worldwide, from home owners who want something a bit special from cars and motorbikes,

to Champagne bottles for wedding gifts, to kitchen taps or any old jewellery.

Gold Effects is a plating system that includes 24kt gold, copper, nickel and silver plating.

Steven, of Revamp Creative Coatings, visited the headquarters in Florida and went through all aspects of application by the Chrominator Eric (master trainer).

Steven said: "These systems are like nothing I have ever seen before and will give the public and industry a reliable great looking product that they can depend on."

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Top tips for decor dilemmas

Joanna Thornhill, author of *My Bedroom Is An Office & Other Interior Design Dilemmas*, offers her advice on some of the most common home decor dilemmas...

Should I go open-plan?

Thornhill advises giving careful consideration "before racing to knock down every internal wall in sight".

She says: "Think carefully about how you'd use the opened-up space, and if it would work for you both now and in five years' time."

Is a feature wall a cliché?

"It felt as if the world reached 'Peak Feature Wall' several years ago, as we all fell over ourselves



to turn our chimney breasts into statement centrepieces," says Thornhill. "It's by no means over for the feature wall - but it must be handled appropriately, or it will feel dated."

It's often better, she suggests, to use your statement colour or paper inside the alcoves on either side of a chimney breast, which will look more subtle but no less striking. "Choosing a darker tone

or pattern will create the illusion that the walls are receding, enhancing the feeling of space," she adds.

My windows are overlooked - how can I create more privacy?

"If net curtains aren't your thing, try clever blinds or frosting films," suggests Thornhill. "Semi-sheer blinds can block prying eyes and diffuse the light, but the loss of view or context can feel a little oppressive.

"Bottom-up blinds - which operate the reverse way to standard roller blinds - allow you to control exactly what you can and can't see," she adds. "They can be a great option where privacy needs can change throughout the day."

An advertisement for two magazines: Scottish Walks and Scottish Cycling. The left side features a woman looking at a smartphone, with a circular callout stating "DIGITAL EDITION is available on iPhone, iPad and other mobile phone devices and tablets." The right side features a woman wearing a cycling helmet and looking at a smartphone, with a circular callout stating "FEATURES INCLUDE zoom, video and interactive maps, download, print, archive + new issue alerts." At the bottom, a pink banner says "SUBSCRIBE FOR A PRINT EDITION You'll get 4 issues every year filled with great walking routes for everyone - from coastal paths, along historic trails to empty glens and majestic hills." A white circle on the right contains the text "only £6 FOR THE YEAR!".

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How to transform a shed in just a few simple steps

Start with the basics

First things first - you need your shed to be structurally sound, and even relatively recent models often aren't. Replace any rotting boards, use wood filler to seal gaps in the walls or ceiling, and mend any large cracks that can't be papered over.

Next get the place clean - and we're not talking about 30 seconds of abject sweeping, we mean properly clean. You don't want to be painting over any spider's webs or lichen and you certainly don't want to conceal any rot, so a once-over with a fungicidal wash might be a worthwhile move too.

Perfect your paintwork

Now for the colour: Apply a layer of



oil-based primer, and once it dries, you're ready for your first layer of paint (always check products are). Paint pumps are much faster than brushes and power sprayers are faster still, but a simple roller will still be perfectly effective.

Remember to put down a tarpaulin to protect nearby areas, and cover hinges, handles and window frames with masking tape

to stave off unwanted splash. Let it dry, repeat, and let dry again. Depending on your materials, a decent two-coat paint job should last up to five years.

Keep it cosy

Damp is the number one enemy of a shed-turned-living space, and its number one entry point is from the ground, so it may be time to surface your floor. We recommend vinyl sheeting - it's relatively cheap, insulating, easy to clean and fares well with heavy footfall. It can even do a creditable imitation of the hardwood floors so many homeowners crave. Most importantly, it's waterproof, and seasoned DIY-ers can install it by hand in a single sheet.



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The Schaw (four bedrooms with double garage) features a high-specification kitchen leading to a stunning sun room with sliding glass doors to the garden. The ground floor also boasts a relaxing living room, formal dining room and a separate family/study room, offering superb flexibility for growing families. Upstairs there are four spacious bedrooms including two en suites. Other properties include The Miller (four bedrooms with garage) and The Telford (five bedrooms over three floors with integral garage).

Properties are priced from £489,995 to £629,995. Castle Grove is open from Thursday - Monday, 10.30am - 4.30pm. Visit www.macmic.co.uk or call 07973 912 241 for more information.



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