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Welcome

Hello and welcome to the latest edition of Newton Mearns Connect, brought to you in association with the Herald and Times Group Magazines.

As usual we bring you a fresh dose of community news, events and features. Here we celebrate all the people of Newton Mearns and some of the incredible actions being carried out in the local area.

Turn to page six as we unveil some of the highlights from Whitecraigs Beer Festival this summer.

We also hear the latest from the £15 million development of the new school in Maidenhill on page eight.

One local group are determined to help make their care home resident's dreams a reality after launching a programme that helps raise funds to tick off the wishes from their bucket lists (no matter how unique). Turn to page 12 for more.

Also inside is our latest round up of upcoming events in the area, top tips on how to get the most out of growing herbs this season and a feature on some of the best indoor house plants for your home. We hope you enjoy this issue, and we will see you again soon.

**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:

connect.mags@newsquest.co.uk

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Councillor Barbara Grant

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Councillor Jim McLean

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Councillor Jim Swift (Conservative):

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Newton Mearns North:

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Three cheers to beer festival

After taking a year out, a locally loved event made a welcome return this summer at an East Renfrewshire rugby club.

Almost 800 people attended the Whitecraigs Beer Festival, which was back with a bang as 16 vendors drew in the crowds eager to tantalise their tastebuds.

Alongside plenty of craft ales, street food and home baking, people of all ages were able to enjoy entertainment such as face painting and a magician in a day full of fun.

Experts from the likes of Ayr Brewing Company, Drygate, Overtone Brewing Co and Up Front Brewing pulled the pints, while there was also a chance to enjoy Prosecco, cocktails and cider for those with differing tastes.



Event organiser Hugh Henderson was delighted to see so many people supporting the festival and has said it will be back at the Newton Mearns venue next year.

He added: "It went really well and everybody was really happy.

"We had lots of real ale enthusiasts, as well as club members, families and people who were just looking for a good day out.

"It's really good for the club to have a day like this as it gets more people associated with us.

"Apart from the odd shower, the weather was kind to us and it was amazing to have almost 800 people showing up.

"We are definitely going to be holding the festival again next year and we'd like to see the attendance hit 1,000.

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Development is top of the class



Pupils finally got to step through the doors of East Renfrewshire's brand new primary school.

The £15million development in the new community of Maidenhill, in Newton Mearns, welcomed youngsters to two primary one classes and children throughout the rest of the year classes, as well as those attending the new nursery class.

More than 800 homes are to be built in the surrounding area

in the coming years.

Alasdair McDonald, Maidenhill Primary's headteacher, told Connect's sister title, the Barrhead News: "I'm looking forward to working in partnership with our new children, families and staff in months and years ahead.

"We have a really unique opportunity to not only build a brand new school but also shape the new community which is being established around us.

"The facilities available to our young people are phenomenal and will offer our young people the very best learning environment possible.

"I can't wait to get started."

Councillor Paul O'Kane, East Renfrewshire's education and equalities convener, said: "The new Maidenhill Primary and nursery class will provide the required additional places which will be needed as families move into the new homes in the area.

"Both Kirkhill Primary and Mearns Primary already have high occupancy levels and the nurseries at Calderwood Lodge, Mearns and Hazeldene are almost at capacity.

"So, as well as creating a high-quality educational facility which will deliver for our residents, we are also building for the future as people continue to move to East Renfrewshire to benefit from our fantastic schools and nurseries."



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community.

She added: "When we heard Paths For All wanted to establish a route in Newton Mearns, we were delighted.

"It's precisely the sort of project our community needs.

"We knew some of our residents would relish the chance to get involved."

The aim of Paths For All is to get people in Scotland walking regularly, both in their leisure time and during their working day, to promote better health.

The charity believes that by making an effort to take regular walks, people will notice a significant difference in their wellbeing.

The walking group takes place every Thursday at 11am.

For more information about the next walk, email Newton House at enquiries@hamberleycarehomes.co.uk

Walk to wellbeing

Residents are being encouraged to join a new walking project that has been created to boost opportunities for health and happiness.

The charity Paths For All has launched a half-mile route, starting and finishing at Newton House care home in North Greenlaw Way.

People of all ages are being

encouraged to pull on their walking shoes and enjoy the benefits of fresh air and exercise.

Care home residents recently joined Paths For All walkers to complete the route and afterwards everybody headed back to Newton House for refreshments.

Home manager Helen Hendrie said the scheme is a fantastic opportunity for their residents to get fit alongside members of the

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Seeing wishes become reality

A local care home in East Renfrewshire has adapted a unique way to care for its residents - by granting their wishes, no matter how unlikely they may be.

Staff at Whitecraigs Care Home have developed PATH – an initiative which sees patients being provided with personalised care, centred around each of their wellbeing goals.

As part of the drive, the team created a 'Wish Wall' that encourages residents to identify an activity they have on their bucket list.

Percy Mann, who has just celebrated his 102nd birthday, served in the police for over 30 years before retiring in 1977 and, inspired by his fond memories of those times in the force, the

Whitecraigs staff organised for two officers to visit him.

They spent over two hours reminiscing with Percy and brought him a crystal police glass, as well as taking him for a spin in their car – with lights and sirens blaring.

John Andrews, 78, was a member of West of Scotland rugby team in his youth and wanted to go to a match to relive his glory days, so staff surprised him with a special visit to Murrayfield Stadium, where he met Scotland legend Chris Patterson.

Annamarie Porter, manager at the care home, in Thornliebank, said: "It is truly inspiring to see the positive impact that the PATH



and Wish Wall schemes have had on our residents. "It is an honour to help our residents achieve their goals, whether those are everyday mobility and wellbeing aims or their bigger dreams.

"We work to the ethos that residents don't live in our workplace, we work in their homes, and it is our aim to ensure that all our residents feel healthy, fulfilled and valued."



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WHAT'S ON

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

EVENT: WATERSTONES BOOK SIGNING – LINWOOD BARCLAY

Date: Thursday, 12 September

Time: 7-8pm

Location: Waterstones, The Avenue Shopping Centre

What's on: Waterstones Newton Mearns is set to host an evening with best-selling crime author, Linwood Barclay, when he will talk about his newest book Elevator Pitch. His new novel begins on a Monday when four people board an elevator in a Manhattan office tower. When tragedy ensues, it appears to be a horrific, random occurrence. But then, on Tuesday, it happens again in a different Manhattan skyscraper. And when Wednesday brings yet another high-rise catastrophe. For more details pop into the store or call 0141 616 3933.

EVENT: HELPING HANDS – INFORMATION AND ADVICE LUNCH

Date: Friday, 20 September

Time: 11am – 2.15pm

Location: Fairweather Hall

Cost: Free but booking required

What's on: Head along for a free lunch where a programme of speakers will be present. The talks taking place will include TSB Bank: How to protect yourself from banking fraud; Glasgow's Golden Generation: Making sure you are getting the financial help you are entitled to; and Talking Points: What is a Talking Point? How can the team help me? To book a place phone or email Vicky on 07858552767 or hello@mkhelpinghands.org.uk

EVENT: BRITISH CYCLING GUIDED RIDE

Date: Saturday, 14 September

Time: 10am – 2pm

Location: Mearns Kirk

Cost: Free

What's on: For those looking to go on more cycle adventures but without the admin, a HSBC UK Guided Ride may be for you. This guided ride will meet in the car park of Mearns Kirk Church and will take cyclists through pretty farmland up to the old market town of Strathave for a café break, before taking a slightly different route back to Newton Mearns. To find out more and book your place, visit www.letsride.co.uk/rides/mearnskirk-to-strathaven-cafes

EVENT: DRUIDS OF CALEDON'S PUBLIC FESTIVAL OF THE AUTUMN EQUINOX

Date: Sunday, 22 September

Time: 12-4pm

Location: Rouken Glen Park

Cost: Free

What's on: Everyone is welcome to join in with the DOC for their Public Festival in the Wheel of the Seasons, bringing Druidry to the Public of the Festival of the Autumn Equinox. They will meet at around 12 or before at the 13 Maidens Tree Circle up by the Waterfall for a 1pm start. If weather is bad you can text or call 07887354011 for any change of plans.

EVENT: 'THE TESTAMENTS' BOOK GROUP

Date: Thursday, 26 September

Time: 6.30 – 7.30pm

Location: Waterstones, The Avenue Shopping Centre

Cost: Free

What's on: Head along on Thursday, 26 September as the group discuss 'The Testaments' by Margaret Atwood. 16 days after publication should be plenty of time for those keen to their hands on this book to read it. Even if you've not quite finished it, head along and join in the discussion – which will try to remain spoiler-free.

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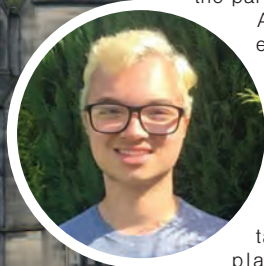
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the part. I was delighted.”
Andrew’s first experience of acting started when he was a pupil at Eastwood High School. He said: “My teachers were inspirational and encouraged me to take part in school plays because they realised I was keen on

Andrew Alger, 18, from Newton Mearns, achieved a major breakthrough in his acting career after being chosen to appear in a two-man play at this year’s Edinburgh Fringe.

The play, “Discreet”, written by Andrew’s fellow drama student Chris Kane, had a week’s run in “The Loft” at the Outhouse in Broughton Street Lane.

Telling of the developing relationship between two boys

who meet via the LGBT social networking app Grinder, Andrew played alongside Tom Bateman-Quail, another of his college contemporaries.

Originally scheduled for five days, it was extended to seven, giving the young actors even more time to absorb the unique Fringe atmosphere.

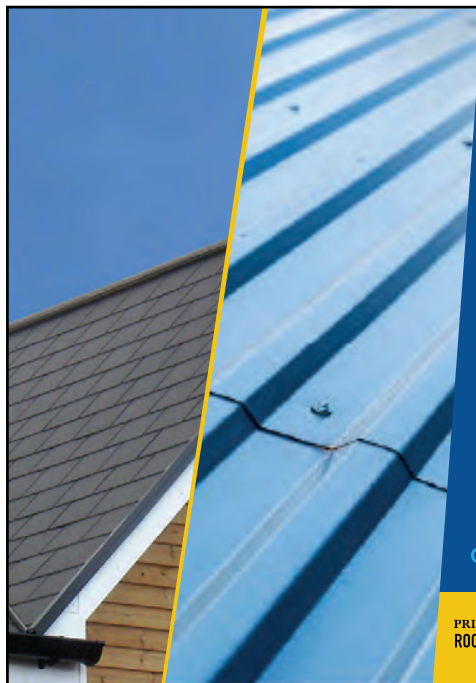
Andrew said: “I went along for an audition and Chris, who is also the play’s director, later messaged me to say I had got

drama.

“In S4 I had a part in ‘The Curious Incident of the Dog in the Night-Time’, which is a novel about a boy with autism spectrum disorder investigating the death of a dog.

“I really enjoyed taking part and that confirmed my wish to study drama.

“I realise many performers started their careers at the Fringe so I am hoping this will open doors for me in the future.”



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Join campaign to give blood

East Renfrewshire's Provost has backed a new campaign that aims to encourage more people of all faiths and no faith to give blood.

Provost Jim Fletcher met with faith leaders and Scottish National Blood Transfusion Service (SNBTS) representatives as part of the Islamic Unity Society's Imam Hussain Blood Donation Campaign (IHBCD) last week.

And as part of the campaign, SABS is reaching out to communities across East Renfrewshire to encourage new blood donors.

Iftkhar Ali, from the Scottish Ahlul Bayt Society, added: "Contributing to the society we live in is an important part of our faith, and this campaign encourages people to do just that."



Provost Fletcher added: "East Renfrewshire has a strong tradition of blood donation, with regular sessions in Neilston, Newton Mearns and Barrhead. I am delighted to support SNBTS, and would like to encourage people to consider giving up an hour of their time to help save or improve the lives of people in Scotland."

Anyone over the age of 17 who would like to register as a blood donor or to find out where your nearest donation session is, call 0845 90 90 999 or visit Give Blood for Scotland on Facebook.

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TECH OF THE TOWN



A new course is being introduced in East Renfrewshire to help residents get to grips with new technology.

The 'Tablets for Beginners' initiative is seen as ideal for those who have ever thought about buying a tablet computer or already have one but would like to learn more about getting better use from it.

It is being run by the Mearns Kirk Helping Hands group, in partnership with East Renfrewshire Culture and Leisure.

A spokesperson said: "Over five sessions, our tutor will guide you through using the internet, using

apps, shopping online safely, emailing and sending photographs and more.

"You will also receive handouts with lots of information for you to take away and use at home."

The course will run over five weekly sessions at Mearns Library,

Newton Mearns, starting on Friday, October 4, from 10am until 11.30am.

Advance booking is essential, and the cost is £3 per session.

For more details, send an email to hello@mkhelpinghands.org.uk.

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The trail to **HISTORY**

East Renfrewshire Culture and Leisure is hoping to encourage more residents to get hands on with heritage, history and ancestry.

Throughout September, October and November, history classes will be held in Netherlee, Giffnock and Eaglesham.

And with guided walks and talk sessions led by local historian Dr Stuart Nisbet and tutor Susan Hunter, those taking part can learn about how the area has developed

over the last 300 years.

Leading BBC genealogist Lorna Kinnaird will also be leading two sessions on researching your roots, with Family History for Beginners one-day courses.

Amanda Robb, of East Renfrewshire Culture and Leisure, said: "We have experienced tutors with a wealth of knowledge set to share their expertise with participants at these courses, whether you're looking to trace the origins of the local area or

your own family tree.

"We are also running courses at libraries across East Renfrewshire, with Introduction to Ancestry classes lined up in Newton Mearns, Clarkston, Giffnock and Barrhead Libraries, and Discovering Maps sessions scheduled for Giffnock Library."

Places are limited and can be booked by calling the box office on 0141 577 4956.



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Combining beautiful stone work and feature cladding, a number of the apartments include striking glass balconies, creating a luxurious and stylish development.

The attractions of the city centre are only 20 minutes by car and train, both equally convenient with the motorway network close by and Patterton train station only a five minute walk from the development.

With the last few styles remaining at Knights Grove, you can reserve one of the properties for only £99 with no deposit payable*. Prices are from £270,000 and include flooring and full LBTT.

Within The Stuart Collection, Style B, is an impressive two bedroom apartment which spans 877 sq. ft. The well-proportioned open plan lounge, dining and kitchen leads to the outdoor



space. The master bedroom is complete with fitted wardrobes and en-suite bathroom. Bedroom two boasts fitted wardrobes. Spanning 1,176 sq. ft, Style F is a three bedroom apartment situated within The James Collection. For convenience, lift access is available to all apartments and each property has an allocated car parking space. The three bedroom apartments benefit from two spaces and one space is available with each two bedroom home.

The show home is open daily from 11am to 5.30pm.

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Some herbs will soon be coming to the end of their natural harvesting period, so here are some top tips on how to pick them to enjoy for months to come.

1. MINT

If you want fresh mint into the winter months, take some cuttings now. Pick three leafy, non-flowered sprigs that are about 10cm long, sit them in a glass of water in a light position inside, ideally on a windowsill, and they should take root fairly quickly. Cut it regularly and it should bush out.

2. PARSLEY

This common herb is usually grown as an annual, either at the front of vegetable beds or in pots, but it doesn't dry well, so if you want to save your harvest, freeze bunches in a plastic bag, then you can rub the leaves off the stalks when you remove them, as needed.

3. SAGE

This Christmas favourite - an essential addition to stuffing - also looks fantastic as an ornamental because of the striking texture and tone of its leaves.

However, sage is a

Mediterranean plant, so won't appreciate a really wet winter. To be on the safe side, dry your sage leaves now by blanching them - dipping them into boiling water followed by cold - then lay them out on baking trays in a warm area to dry, turning them over from time to time. Once they are totally dry, keep them in airtight screw-top jars.

4. CHIVES

They may have long finished flowering, but if you want the oniony flavour of chives later on in the season, you're best off digging up a small clump from your garden to repot and take indoors.

Cut the foliage down to 2.5-5cm (1-2in) above the top of the roots, then repot in multi-purpose compost for windowsill plants, which should soon start growing and will be ready after outdoor plants have died down for the winter.



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BLOOM BOOST



Claire Bishop, houseplant buyer at Dobbies Garden Centres, offers the following tips on how houseplants can enhance a number of different styles and moods - from bright and bold, to soft, subtle and architecturally sculpted - and which ones work best where...

AU NATURAL

Lush green plants paired with rugged terracotta containers bring the outdoors into your home. The popular Boston fern, with its arching green fronds, can develop into a perfect sphere of intricate greenery.

Alternatively, go for the sansevieria succulent, which adds attractive marbling to the mix.



TYPICALLY TROPICAL

For a more vibrant look, seek out dazzling tropical plants such as the Calathea peacock plant. As the name suggests, this plant is all about display, with a feathered effect in different shades of green.

Since it originates in warmer climes, Calathea will be perfectly at home in the humid atmosphere of a bathroom or kitchen - where it's likely to expand over time into a substantial, bushy addition.

FAMILY FIXTURE

For a bright, cheerful addition to any family room, turn to dependable, easy-to-grow favourites such as the spider plant. Thriving even in a brightly-lit lounge, the bold stripes of the variegated Chlorophytum will last all year round. Try a hanging basket to display it to best effect.

The peace lily is another go-to houseplant, being beautiful and almost indestructible - it actually thrives on under-watering. With its pure white flowers and deep green leaves, it's a calming presence. It's also one of the best plants for removing air pollution.

SHABBY CHIC

Dispense with tradition and opt for 'guests' that will bring personality to your rooms. Coconut shells, coffee tins, brass cans - most houseplants aren't fussy - they'll thrive equally happily in unconventional containers.



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