

Rutherglen Connect

Autumn 2016



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Welcome

HELLO and welcome to the first edition of Rutherglen Connect.

Brought to you by the Herald and Times Magazine Group, this small but mighty magazine aims to celebrate the best the area has to offer. Packed with feel good news and features, Connect prides itself on being a champion of the best things that happen in our community.

However, we wouldn't be able to do it without you and want you to be as involved as possible,

If you have a tale to tell, an event to share or simply want to tell us what you think of the magazine, please don't hesitate to get in touch.

Interested in advertising?

Hand delivered through letter boxes, Connect is the ideal platform to reach families in the heart of our community.

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

And what's more, they're also happy to help with competitive advertising rates in our sister Connect titles – offering you the chance to reach people across the country.

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

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Shelter Scotland- 0808 800 4444

Women's Aid South Lanarkshire and East

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Schools

Trinity High School- 0141 646 3650

Stonelaw High School- 0141 643 0212

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Burnside Primary School (Decant)- 0141 634 1916

Calderwood Primary School- 0141 647 1277

Bankhead Primary School- 0141 647 6967

St Anthony's R C Primary School- 0141 634 7353

Fernhill School- 0141 634 2674

St Marks Primary School- 0141 634 4238

Cathkin Primary School- 0141 634 4569

Community

Rutherglen Community Carers - 0141 613 2003

Rutherglen Baptist Community Church- 0141 569 1060

Rutherglen Baptist Community Church- 0141 569 1060

South Lanarkshire Community Resources - 0141 647 4416

Spittal Community Hall- 0141 634 7010

Key Housing Association Ltd- 0141 613 1769

Springhall Community Centre- 0141 634 9249

Community Learning & Ics Service- 0141 630 2520

Health

NHS 24- 111

Udston Hospital- 01698 723200

Beckford Lodge - 01698 456212

Hairmyres Hospital- 01355 585 000

Wishaw General Hospital - 01698 361 100

If you'd like the details of your club or organisation to appear on our handy numbers page please don't hesitate to get in touch.

Send the details to Maxine.McCreadie@newsquest.co.uk or Nicola.Brown@newsquest.co.uk and we'll be sure to include them in a future edition.





Healthy n Happy is the community development trust for Cambuslang and Rutherglen. Our vision is for Cambuslang and Rutherglen to be the healthiest and happiest places to live in Scotland. We work towards this by providing opportunities for people to actively improve their lives and the places where they live, work and play. Each year we reach around 6000 local people of all ages who get involved in a variety of different ways like participating in healthy living activities, courses, volunteering and/or social activities.

If you are a local resident of Cambuslang and Rutherglen and want to get involved, give us a call on 0141-646-0123!



We run a volunteer led community radio station which gives a voice to local people and communities.

Want to Boost your Business?

We offer cost effective and creative advertising right in the heart of our community. Contact us on **0141 647 0311** or advertise@camglenradio.org

If you are a **community group** and want to take us up on our free advertising of your event, contact us at whatson@camglenradio.org

If you would like to **volunteer** email us at volunteering@healthynhappy.org.uk



Visit us at our new one stop shop for all things cycling at **Unit 5 Thomson Court in Rutherglen, G73 2RR**

We offer refurbished bikes for adults and children that you can buy or even borrow! We also offer a full repair services for all models of bicycle.

Do you have any neglected bicycles you can donate? We accept bicycle donations in any condition!

We will be hosting our cycle festival here on Saturday 29th October 2016 from 11am – 4pm – come down and join in on the fun!!

Are you paying more for basic goods?



PEOPLE on lower incomes pay more than average costs for basic goods and services, according to new research by Citizens Advice Scotland (CAS).

The new CAS report, 'Paying More to be Poor' reveals some poorer Scots are paying a poverty premium for their energy, telecoms, credit, loans and insurance. This premium exacerbates the problems experienced by those living at or near the poverty line and can force those on a low income to cut back on essentials like food.

This in turn adversely affected their health and relationships.

Research found:

- **Energy:** Low income families are more likely to use more expensive pre-payment meters (PPMs) and 24 per cent of those using PPMs spent over £100 per month on their energy. Only 24 per cent switched their energy supplier in the past three years, with those living in the most deprived areas of the country less likely to do so.
- **Telecoms:** Those with mobile phones tend to use more expensive Pay As You Go payment methods. They are also more likely to be without mobile phones, and so are hit hardest by the rise in landline costs. Low income consumers are also less likely to switch phone suppliers.
- **Financial services:** 53 per cent said they were not using credit or loans, indicating a possible difficulty in accessing these products. Of those who had used credit or loans, 11 per cent were repaying over £100 per month. There is also evidence that low income consumers take out credit or loans without understanding the full costs involved. Others told us they had no home contents insurance, as they find it unaffordable, leaving their home vulnerable in

case of accident or theft.

CAS also asked these lower-income Scots what impact their financial situation has on them:

- 43 per cent said it had made them cut back on food
- 24 per cent revealed they cut back on gas and/or electricity used
- 22 per cent said they cut back on social activities
- 19 per cent reported that it increased stress and anxiety

Publishing the report, CAS spokesman Patrick Hogan said: "We and other charities have published evidence in recent years showing that there are too many people in Scotland who are struggling on low incomes.

"What this new research shows is that many of those peoples' financial situations are actually being made even worse because the poverty they are in.

"So if you are poorer in Scotland today you end up paying more for basic services, and so become even poorer. This cannot be right, and needs to be addressed.

He added: "We pledge that we will work together with those who supply essential services, to persuade them to bring down costs and offer better deals to those on low incomes, and also to raise awareness of cost traps and consumer choices.

"The market must offer better value for consumers of all income levels, but it is clear that we need to target information more at those on the lowest incomes.

"Poverty should not breed even more poverty."

Anyone looking for financial advice can speak with Citizens Advice Bureau - Rutherglen and Cambuslang on 0141 646 3191

Voluntary Action South Lanarkshire is the area's dedicated support body for charities, community groups, social enterprises and volunteers

VOLUNTEERING

Could **you** help?

Arts & Crafts ♦ Food Banks ♦ Environmental Work ♦ Work with Children
Work with Disabled People ♦ Driving ♦ Older People's Groups ♦ Mentoring
Handyperson ♦ Befriending ♦ Sport ♦ Retail ♦ Catering

Local charities and community organisations are changing lives in
Rutherglen on a daily basis. They need your help.

If you want to learn more about volunteering, call Voluntary Action South
Lanarkshire on 01698 300 390 or email volunteer@vaslan.org.uk.

DO YOU RUN A COMMUNITY ORGANISATION?

Voluntary Action South Lanarkshire offers bespoke support to charities,
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For more information, call 01698 300 390 or email office@vaslan.org.uk.



155 Montrose Crescent
Hamilton
www.vaslan.org.uk

New Cruden home is a dream come true for Alison and Stuart

ALISON Bowler and her son Stuart had been renting a flat in Shawlands for the past six years but felt that they had nothing to show for it. When they got information through their door from Cruden Homes, they wondered if home ownership could really be within their reach.

Alison and Stuart had heard great reports about the quality of the houses at the Athletes' Village in Glasgow's East End, which Cruden helped to build as part of the City Legacy consortium so when they heard about Cruden's latest developments, Alison and Stuart decided to take a look.

Alison and Stuart didn't dream that homeownership could be an option for them. However, with the help of the Cruden sales team and their independent financial adviser, they quickly realised that all Cruden Affordable homes qualify for the Government-backed Help to Buy (Scotland) scheme, which allows buyers to own a home with only a five per cent deposit. Soon, their dream became a reality and they are now proud owners of a two bedroom apartment at King's View.

At 26-years-old, Stuart's journey to homeownership hasn't been an easy one. Six years ago Stuart was in a car crash which left him in a coma



There's no place like home for Alison and Stuart

for four months and in hospital for nearly a year. Stuart suffered many injuries which left him disabled, but he has overcome all the odds and after years of dedication and training with para-sport coach John Blair at the Scottish Rowing Centre in Strathclyde Park, he now holds the title of Scottish Indoor Disabled Rowing Champion in his class of disability rowing.

Mum Alison said: "When we arrived at the Cruden Homes development, we immediately fell in love with these modern, stunning homes. I really didn't think we would qualify for a mortgage but the Help to Buy scheme made all the difference.

"I'm absolutely delighted that this scheme has helped to secure Stuart's first foot

on to the housing ladder. I'm so proud of everything he's achieved and this is the perfect start for a bright future for him.

Stuart said: "I can't believe I'm a homeowner at such a young age. As soon as I walked through the door, I instantly felt right at home. Buying at King's View has given me such a boost and we love our new home!"

All Cruden Homes currently available on Baron's Vale and Kings View, from 2 bed well designed mid terraced houses to 3 bed spacious family homes are eligible for the Help To Buy Scheme. Please visit or call the Cruden Homes Sales Team who will be happy to discuss your individual requirements and needs to help you secure the home of your dreams.



The Honeysuckle, 910 sq.ft - 2 bedroom mid-terrace

Purchase price £125,000

5% deposit £6,250

15% HTB loan £18,750

80% mortgage £100,000

***Approximate monthly mortgage repayment £450**



Available on **ALL remaining homes**

MAKE YOUR DREAM MOVE WITH HELP FROM CRUDEN HOMES

Be comforted when buying your new home, that our **Award-Winning Sales Team** will be with you throughout your journey.

And, as the current Homes for Scotland **Home Builder of the Year**, you can trust in the high quality and standard promised.



Baron's Vale

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crudenbaronsvale.co.uk | 07818 596 693

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*Help to Buy (Scotland) has specific terms and conditions, is subject to criteria defined by the Scottish Government & is not available in correspondence with any other offer. Your home may be at risk if you do not keep up mortgage repayments. **Cruden Homes West was awarded Affordable Housing Development of the year for North Torglen & a commendation for Best Housing Regeneration Project for King's View, both in partnership with the Wheatley Group/ GHA, at the Herald Property Awards 2016.

Locals warned of dangers of wheelie bin fires

RUTHERGLEN residents are being warned of the risks associated with wheelie bin fires.

The Lanarkshire division of Police Scotland is working in conjunction with Scottish Fire and Rescue Service and the council to highlight the dangers associated with the fires which have the potential to cause extensive damage to property and serious injury to residents.

The deliberate ignition of wheelie bins threatens life and property but, by following some basic safety advice, people can help minimise that risk.

A series of relatively simple steps can help safeguard properties from the potential ravages of a wheelie bin fire.

Residents are advised to only put their bins out when they're due for collection, and to remove them from the streets as quickly as possible once

they've been emptied.

Where possible members of the public are asked to secure bins behind locked gates and away from nearby buildings and escape routes or emergency exits.

In addition to the risks associated to any fires there is also the cost to the local authority with the cost of dealing with a wheelie bin fire estimated at £2,500.

Anyone who witnesses someone setting a fire, or suspects them to be preparing a fire, should contact police. If a fire has already been lit, please call the Scottish Fire and Rescue Service.

Police can be contacted on 101. Alternatively, the anonymous Crimestoppers hotline can be reached on 0800 555111.

Further fire safety advice can be found at www.firescotland.gov.uk.

You dancin'?

TWINKLED toed dancers will have the chance to channel their inner Fred Alistair and Ginger at Tea Dances in Rutherglen Town Hall this winter.

Ballroom dancing has grown increasingly popular over the years thanks to shows such as Strictly Come Dancing and the craze has taken Rutherglen by storm over the years with the quaint events proving to be more popular than ever.

Locals are invited to dust off their dancing shoes on Thursday, October 20 Thursday, November 17 and Thursday, December 1 to take part in the fun-filled event.

John Findlay will be on hand to provide live music whilst dancers can enjoy a mix of both sequence and ballroom styles.

Tea and biscuits will also be available.

As well as being a great social event, the dance is also a fun way for people to stay in shape.

Whether you are looking to achieve the perfect, flat stomach or just improve your general fitness then ballroom dancing is for you.

For all round toning, make sure you try your



hand at salsa.

This dance, hailing from Cuba, is a great way to help keep your whole body feeling firm.

And the fast leg movements though out the dance almost mimics a similar work-out as a legs, bums and tums class

Interested?

The Tea Dances will take place from 1.30pm until 3.30pm, with tickets costing £2.50.

Early booking is advised to avoid disappointment – call 0141 613 5700 to reserve your space.



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*Terms and conditions apply — **see staff for details**



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Great value and great causes at Christmas Craft Fair this December

THE skill and creativity of South Lanarkshire's charities, community organisations and social enterprises will go on show at a festive craft fair this December.

Taking place on Friday December 9 between 11am and 4pm at Number 18 Community Hub at 18 Farmeloan Road, the festive event will raise cash for local charities. It is a joint venture between voluntary sector support body Voluntary Action South Lanarkshire (VASLan) and Healthy n Happy Community Development Trust.

Shoppers will find a range of

goods on sale including wooden crafts, jewellery, festive treats and toys to name just a few. There will also be demonstration workshops on the day to inspire others to get creative. Charities and community organisations participating include the Girl Guides, Lanarkshire Association for Mental Health, Clydesdale Community Initiatives, Hamilton Information Project for Youth and Neigh Whips Riding School. VASLan's Social Enterprise Development Officer Jen Fleming said: "We hope to capture people's imagination by showcasing unique items, giving people an opportunity



to pick up bargains, and also spreading awareness of the fantastic charitable work these groups are involved in."

There limited spaces remaining for organisations wanting to sell their own work. If you are interested, please contact VASLan's Jen Fleming on 01698 300 390 or email jennifer.fleming@vaslan.org.uk.

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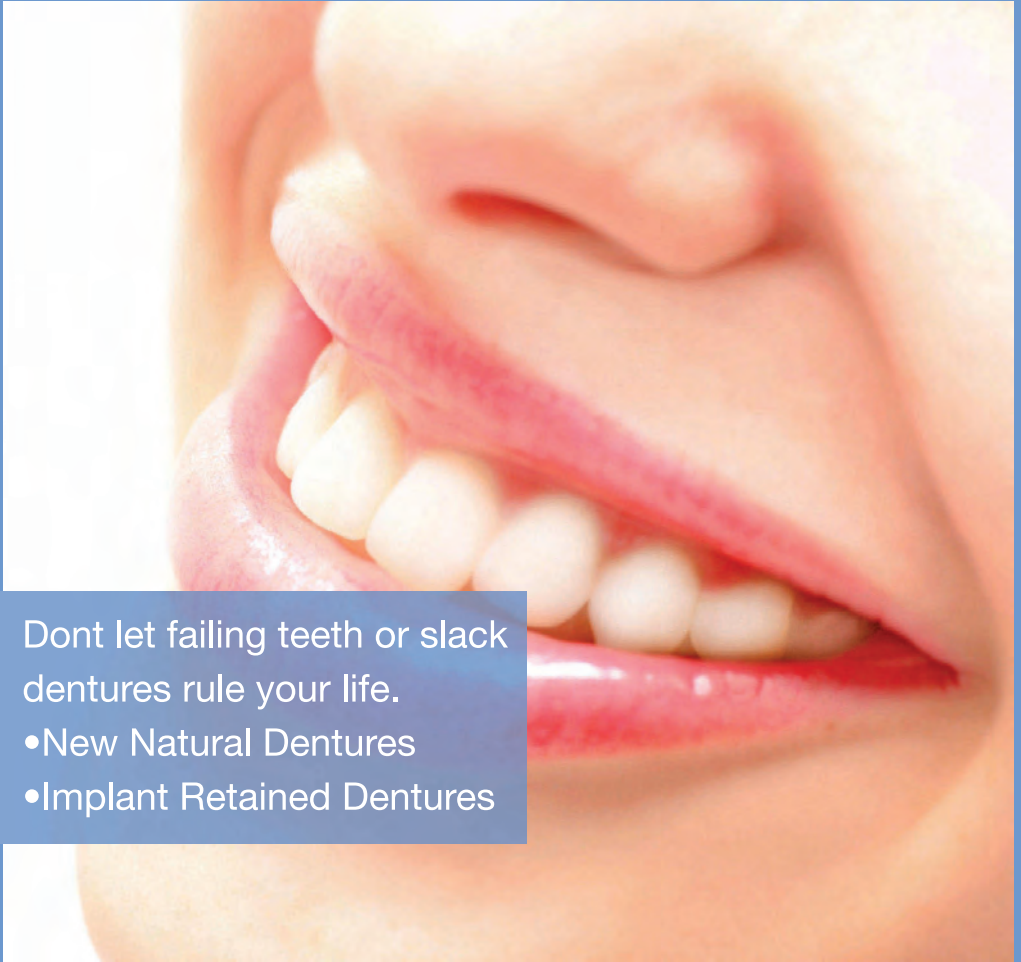


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An invitation to dress to impress in aid of hospice

RUTHERGLEN ladies are being urged to look out their glad rags all on the name of charity.

The Prince and Princess of Wales Hospice will host a stylish Handbags and Gladrags event on Sunday, November 20 at Glasgow's Urban Bar and Brasserie.

Guests can enjoy an evening of good food, great company and of course entertainment at the ladies only event which will include a mouth-watering two course meal and entertainment from Jamie McArthur.

This year's theme is Gatsby offering the ideal opportunity to indulge in a truly glamorous look.

As well as dressing to impress, ladies are also asked to bring along 'pre-loved' handbags that can be donated to hospice shops and there will be a silent auction, hospice shop and a raffle.

Tickets cost £40 and the event kicks off at 12.30pm.

The Prince and Princess of Wales Hospice offers palliative care needs to people living in and around Greater Glasgow.

According to figures, the cost of looking after patients, their carers, and their families, is £5 million a year, with £1.9 million coming from the National Health Service.

In order to keep its doors open, and care for those in need of support, the hospice needs to raise the remaining £3.1 million shortfall.

Events, such as the Handbags and Gladrags afternoon, put the fun in fundraising to help the team continue their work.

For more details about Handbags and Gladrags or for more details about hospice services, visit www.princeandprincessofwaleshospice.org.uk

90 years and still full of puff!



The Gorbals very own, Saint Francis Pipe Band, this year celebrates 90 years of piping and drumming.

To mark this important year and thanks to the great support of the local community, the oldest musical group in the area has a new uniform, including a newly designed St Francis tartan. This helps secure the bands future for many years and allows the band to focus on developing further the **free bagpipe and drumming tuition** which has been on offer for nine decades.

Check out the bass drum for where to read more!

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Residents asked for views

COUNCIL housing tenants in Rutherglen are being invited to give their views on rent levels for 2017/18 at a number of meetings or by taking part in a survey.

South Lanarkshire Council believes that giving tenants a chance to share their opinions is important given the current economic situation, and the pressures on tenants and the Council through the UK Government's Welfare Reform changes.

Residents are being encouraged to fill in an online survey, however, those unable to do so are invited to attend a number of local meetings throughout October and November.

The focus of these meetings will be to discuss and consider the options for setting the level of rent increase for 2017/18.

Any South Lanarkshire Council tenants who would like to find out about the council's housing budget and give their views on the options for the rent increase will be welcome at any of the events.

To give as many people as possible a chance to take part, the meetings will be held across South Lanarkshire in the following locations:

- Devlin Grove Sheltered Housing Complex, John Street, Blantyre at 2pm on October 26
- Town Hall, Rutherglen at 2pm on November 1
- Cadoc Suite, Cambuslang Gate, at 2pm on November 2
- Council Chambers, South Vennel, Lanark at 3pm on November 15
- Murray Owen Centre, Murray Road, East Kilbride at 7pm on November 16
- Brandon Business Centre, 23 Brandon Street, Hamilton at 6.30pm on November 29
- Community Centre, Montgomery Street, Larkhall at 4pm on November 29

The survey can be found online at www.snapsurveys.com/wh/s.asp?k=147437332193

On yer bikes!

PEDAL power is well and truly here in Rutherglen thanks to Bike Town.

The initiative, which is holding their cycling festival open day on October 29, prides itself on encouraging local people to discover the benefits of cycling.

It aims to work with a number of local people and organisations to improve the infrastructure for cycling, to provide a range of training and support for people to cycle, and also provide a place for people to buy a bike or have their bike fixed and maintained at a reasonable cost.

The scheme is part of the Healthy n Happy Community

Development Trust which is proud to play a part in helping to improve the health and wellbeing of people in Rutherglen and Cambuslang.

Director Susan Miller and Manager Jim Ewing are delighted at the success of the project so far and hopes their open day will encourage even more people to consider taking up the activity.

"We're really looking forward to it," they told Connect.

"The open day will be a chance for people to come along and find out a little bit more about what we're doing and how they can get involved.

"Whether it is mums and dads who are a bit tentative on their

bikes but want to get some practice in to be able go out with the kids or just anyone who wants to try cycling or to get back into it, the BikeTown team can help."

"We're also really keen on getting donated bikes and cycling gear so we can recycle these and offer them back to the community at a reasonable cost. We have a lot on the agenda for our day including a kids treasure hunt, a prize draw with a first prize of a new bicycle and various other fun events – there's lots going on".

For more, pop along to the event at Unit 5, Thomson Court or check out www.biketown.org.uk for more info.



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Family matters at Fleming Carpets

ESTABLISHED in Rutherglen in 1961 by local man Alex Fleming, Fleming Carpets has been helping locals make sure home is where the heart is for more than 50 years.

Renowned for offering an honest and reliable service, customer satisfaction has long been at the heart of the company's values.

And although the business may have moved and indeed grown over the years, one thing has remained constant and that is a commitment to quality.

The business is now located at 33 Douniebrae Road, ideally next to Tesco, McDonalds and KFC, the showroom has something for everyone.

Not simply content with sticking with the status quo, the Fleming Carpets team are honoured to continually go the extra mile to ensure clients receive the best possible service.

They understand that your home is your castle and so treat every customer with the same care and attention they would expect themselves.

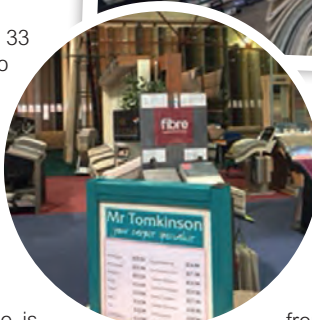
Making the decision to give your home an image overhaul can be a daunting task.

However, with the Fleming Carpets team on hand to help with all of your flooring needs showing your home a little TLC has never been simpler.

And with the festive season fast approaching there has never been a better time to think



Make the most of a huge range of styles in store



about giving your floors a little attention than before your home is transformed into Suachiehall Street.

Owner Stephen, who took over from dad Alex in 1984, is delighted to offer a warm welcome to clients old and new.

Speaking to Connect he said: "Quality is of the utmost importance to us.

"We are proud to offer our clients a first class service and are looking forward to welcoming customers old and new to our new premises."

For more details and to check out a video of what the team offer visit www.flemingcarpets.com

Rutherglen Old Parish Church

Scottish Charities Number SC006856

Church of Scotland



extends a warm welcome to everyone to:

Our Services

11.00 each Sunday (10.45 on Remembrance Sunday, 13 November).
10.30 on the second Saturday of each month (12 Nov, 10 Dec, 14 Jan).

Our Organisations

Sunday	11.00-12.15	Crèche and Sunday School
Monday	13.30-15.30	Carpet Bowling
	19.30-21.30	Woman's Guild
Tuesday	19.00-20.30	Switch On! (Youth Club for P1-7)
Wednesday	13.30-15.30	Carpet Bowling
	14.00-16.00	Scrabble
Saturday	10.00-12.00	Coffee Morning
(12 Nov, 10 Dec, 14 Jan only)		

Our Church

which is open every Thursday from noon until 14.00.

Our Halls

which may be viewed and can be hired by contacting Alison Bennet, tel. 647 4415 or alisonbennet@tiscali.co.uk

Our Christmas Services

11 Dec	11.00-12.15	Gift & Family Service
18 Dec	11.00-12.15	Lessons and Carols
24 Dec	23.30-00.15	Christmas Eve Service (tea from 23.00)
25 Dec	11.00-12.15	Christmas Day Service

Tea/coffee available after most services.

Animal lovers urged to be aware of where to find help

RUTHERGLEN residents concerned about animal welfare in their community are being urged to make sure they call the correct number for help.

The call comes as the Scottish SPCA (SSPCA) has released research which reveals 31 per cent of Scots are calling the wrong animal helpline.

A recent study has shown that although 69 per cent of people would call Scotland's animal welfare charity if they discovered an injured or distressed animal, 25 per cent of people would contact the RSPCA and 6 per cent per cent would contact other organisations.



Chief superintendent Mike Flynn said, "Although awareness of our helpline has increased by an incredible 283 per cent since 2009, and last year we received an incredible 240,000 calls, it is concerning that some people would contact the wrong organisation if they come across an injured or distressed animal."

He continued: "You should

call our helpline if an animal is in danger or distress or if you need animal welfare advice.

"If someone calls the wrong telephone number it will delay rescues and could cause animals more suffering.

"By making our animal helpline your immediate point of contact for any animals in distress it will help us save more lives.

"All calls to our animal helpline are in strict confidence and can be made anonymously if necessary."

Anyone with information about an injured or distressed animal should contact our animal helpline on 03000 999 999.

Fireworks celebrations will kick off with a bang



MAKE your bonfire night truly sparkle at the Strathclyde Country Park fireworks display.

Just a short drive from Rutherglen it's a fun and safe way to remember, remember the fifth of November!

Families from across the area are expected to flock to the free event which is hosted by South Lanarkshire Council and North Lanarkshire Council.

It'll be all systems go as the event kicks off at 5pm with the M&Ds funfair before live entertainment from Clyde 1 from 6pm.

The annual bonfire will be lit at 7.15pm before a special guest appearance at 7.30pm.

Then it's the moment everyone is waiting for at 8pm when the fireworks display starts with a bang.

Guests are asked to be aware that parking will be limited within Strathclyde Country Park, however, there is additional parking at Airbles Road and Hamilton Retail Park.

Traffic management will be in place throughout Strathclyde Country Park from 4pm.

In the interest of safety, no sparklers or fireworks allowed.

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Youngsters to take part in diabetes study

RUTHERGLEN youngsters could take part in a new study aimed at preventing type 1 diabetes.

Children from across Lanarkshire aged between five and 16 are invited to take part in the major study.

NHS Lanarkshire's research & development team is looking for young people who have a brother, sister or parent with type 1 diabetes, to join the research.

Type 1 is the form of diabetes that usually develops before the age of 40, commonly in childhood.

The new study, called adAPT (autoimmune diabetes Accelerator Prevention Trial), is being spearheaded in Scotland by Dundee University and NHS Tayside.

NHS Lanarkshire is supporting adAPT by joining up with Scotland's other health boards to contact families affected by the condition to offer them the chance to participate.

NHS Lanarkshire consultant paediatrician Dr Kerstin Bumke said: "We're delighted to be supporting this exciting study looking at the prevention of type 1 diabetes in children.

"Children who agree to take part will have a blood test at a local GP practice or hospital to find out whether they have a high risk of developing the disease. If they do, they'll be invited to take part in the trial.

"They'll be offered a drug called Metformin to see what impact it has. Metformin is already used to treat diabetes, but it is not clear if it might prevent it from developing in the first place.

"There is currently no way of preventing childhood diabetes and no cure, meaning type 1 diabetes patients face sticking to a strict diet and having multiple daily injections of insulin for life.

"During the trial, each child will receive



Metformin or a placebo, initially for four months, and will be tested three times to assess how their metabolism and immune system respond.

"If successful, this large-scale trial could have great benefits – helping to explain why type 1 diabetes has risen five-fold in the last 40 years and providing a means of preventing it."

The research is launching in Scotland because the country has the third-highest rate of type 1 diabetes in the world, along with a group of diabetes doctors who work well together and very good records to identify affected families.

NHS Lanarkshire lead clinical trials nurse Berni Welsh said: "Any family in Lanarkshire who would like to participate in the research can contact us on 01236 713432."



What do you value most in community life?

George Thomson - Volunteer Scotland

"Me? I value the friendship. It's a laugh."

"We value the difference we make. It's uplifting."

"Us? All of us value each other. It's rewarding."

Value the volunteers in your community and please send them a thank you card.



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