

Issue 24

# **The Grapevine**

May 2017

*Blair Drummond Grapevine gratefully acknowledges United Auctions generosity in printing this and previous editions of this newsletter.*

## **Births**

Karen and Graeme Baillie, Blackdub, Blair Drummond are delighted to introduce their son Fraser Robert Baillie, born 10<sup>th</sup> March 2017, weighing 9lb 3oz at birth. He is doing really well and is completely adored by his three sisters.



Proud parents Laura McVean and Mark Killen, Mid Rossburn Farm, Blair Drummond are delighted to announce the birth of their baby boy Finley John Killen, on 1<sup>st</sup> April 2017, weighing 6lb7.5oz. Mother and baby both doing well. A little brother for Aaron & James.

## Thornhill and Blair Drummond Community Council

Two Community Council meetings have been held since the last edition of the Grapevine. The main issues arising were -

**'The Nib' at Thornhill.** As the traffic problem in the vicinity of the Robert Dykes Jnr works has not yet been fully resolved (passing vehicles in the restricted width area, forcing traffic to mount pavements), a trial is being proposed, at the suggestion of the Community Council, to prohibit waiting on one area of the Main Street, between the hours of 08.00hrs and 18.00hrs daily, to create a larger vehicle passing area.

The restricted section is likely to be 30m approximately. Local residents will be notified of the proposals and have the opportunity to comment.

**Police Matters.** Minor vehicle collisions have been reported in the period, on the A84. An attempted housebreaking incident at the Lillias Graham Trust was also reported to the police.

Speeding traffic continues to be an issue on the A873, with particular risk being posed to children alighting the school bus at Woodside Cottages, Blair Drummond.

**Planning.** The Community Council have received notification of road closures associated with the forthcoming Stirling Marathon road race, which is taking place on 21<sup>st</sup> May. Some 6,500 runners are expected to be involved, and temporary road closures will be in place during the day for the stretch between the Safari Park and Doune.

A number of routes will be closed to traffic until after 6pm to allow runners to finish the course and for staff to dismantle the route. The following roads will be closed in the Blair Drummond/Doune area (times are approximate and subject to change):

- A84 Blair Drummond Safari Park to Doune – closed 5am to 11am
- Doune to Dunblane – closed 5am to 12.30pm
- Dunblane A820 westbound from Wallace Road – closed 5am to noon
- Dunblane wester A9 interchange to Keir roundabout- 5am to noon

**Other Community Issues.** The Blair Drummond Community Hall BBQ will be held at the Safari Park on 3<sup>rd</sup> June at 18.30. The Thornhill Community Trust AGM is to be held on 30<sup>th</sup> May at 19.45.

The next Blair Drummond & Thornhill Community Council meeting is on Tuesday 4<sup>th</sup> July at 7.30pm in Blair Drummond Community Hall.

**Ken Ingle, Community Councillor**

**Blair Drummond Community Hall  
Association  
Annual Family BBQ**

**On Saturday 3<sup>rd</sup> June from 6.30pm  
In Blair Drummond Safari Park  
Tickets £5 (under 5s free)  
BYOB & Snacks  
Admission by ticket only  
Contact Louise on 01786 841352  
or Helen 01786 860578 or any  
committee member**



### **3F (Friends, Faith & Fun) Ladies Group**

Thank you to all the girls who have come along to our monthly meetings since September last year; we've had good company, lots of laughs, and learned quite a lot along the way, from our various speakers. If you haven't filled in and returned your Feedback Form to help the organising group make some plans for next year (Season Four), it's not too late. You can drop them into Kincardine in Menteith Church any Sunday morning, or post it to me - Fiona Campbell at The Manse, Gargunnoch FK8 3 BQ.

### **Summer Bible Studies**

Our series of four Spring Bible Studies were such a success (we had to find a bigger venue than the Manse sitting room!) that I'm happy to offer four summer ones, just in case you need some time-off from the gardening! It's a lively informal discussion, in which we learn from each other and explore what the spiritual life might be about.

We meet on a Thursday at 10.30am, over coffee but if you work during the day and would prefer an evening meeting, I'm happy to offer an alternative evening time. Please let me know if you would be interested, and I'll try to get four dates over the summer which don't clash with your holidays! In the first instance contact me - Fiona Campbell on [artistatwork@btinternet.com](mailto:artistatwork@btinternet.com) or Tel 01786 860 678 - and I can give you further details.

#### **BLAIR DRUMMOND ESTATE**

Hardwood Logs	£180/ load
Hardwood Logs	£90/ half load
Softwood Logs	£130/ load
Softwood Logs	£65/ half load
Small bags	£5 for hardwood
Small bags	£4 for softwood

Contact: **Bob**

**Tel: 01786 841580**

**Mob: 07732 563106**

## Blair Drummond Community Hall



In February the Community Hall hosted a successful Antiques Evening with Gordon Foster of Antiques Roadshow fame providing a fascinating evening, by giving his expert knowledge on all the interesting and varied items people brought along. Everyone enjoyed his talk and the cheese and wine provided!

Over the past few months the Committee have been busy making improvements to your community hall:

- Thanks to Briskona the hall now has WiFi.
- Electric hand dryers were installed in the ladies and gents toilets.
- A new catering cooker was installed in the kitchen last month.
- The main hall has been painted
- At present we are investigating the possibility of installing a Hearing Loop System.

The web site has also been updated, and you can now find out what's happening in the hall when you search the site at [www.blairdrummondhall.co.uk](http://www.blairdrummondhall.co.uk). If you have a business and would like to promote it, for a small fee, this can be done through a link on the website. For more details contact Catherine on – [grasslands@hotmail.co.uk](mailto:grasslands@hotmail.co.uk)

The hall is also available for hire for meetings, parties (children and adults), weddings and other special occasions. There is a special rate for local residents. For more information contact the Booking Secretary Louise Maxwell – 01786 841352.

Our Annual General Meeting will be held in the hall on Tuesday 5<sup>th</sup> September, at 7.30pm. During the past year we have welcomed 2 more people as new Committee members but there is always space for others to join us. The meeting is open to all and will be followed by Cheese & Wine. A warm welcome awaits you on the 5<sup>th</sup> September!

Saturday 3<sup>rd</sup> June is the date for our Annual BBQ, to be held at the Blair Drummond Safari Park (by kind permission of the Muir family), starting at 6.30pm. This is a great fun evening for both children and adults. Tickets cost £5.00 (under 5years go free) are available from Catherine: 01786 860246; Helen: 01786 860578; or Louise: 01786 841352. Bring your own refreshments.

**Janette Gilliland, Chairperson**

## **Spring Anagrams**

Try your hand at solving our anagrams, all relating to springtime.

- |               |                 |
|---------------|-----------------|
| 1. LOSSMOB    | 16. ZEBREY      |
| 2. MRWA       | 17. ROWSSHE     |
| 3. DSRBI      | 18. LPARI       |
| 4. FOLDSFADI  | 19. BENTNO      |
| 5. WGOR       | 20. SHUNSENI    |
| 6. SERFOWL    | 21. LIMBGOON    |
| 7. ITME       | 22. FLUTRYBE    |
| 8. NTPAL      | 23. DOTELPA     |
| 9. HCAHT      | 24. IRAWNOB     |
| 10. ICPCNI    | 25. RELICALPART |
| 11. BALMS     | 26. GRISTMEPIN  |
| 12. RESETA    | 27. ASENSO      |
| 13. BYNUN     | 28. RUMIALP     |
| 14. LATHECOCO | 29. LAYOHID     |
| 15. LUSTPI    | 30. BURLMAEL    |

*Answers on Page 17.*

## Blair Drummond Blethers

What fun we had at the February gathering of the Blethers, trying to guess, from childhood photos, who was who. Some people have changed very little through the years and so were easy to distinguish, but for the majority, it involved pure guess work!

March saw everyone in competitive mode, taking part in the Easter Beetle Drive. There were prizes for everyone, but for all that, the competition was hot as everyone wanted to be *the* person shouting out 'Beetle' with each game.

And April saw the beginning of our summer timetable, meeting between 2 – 4pm, for afternoon tea.

We had Gerald Mortimer from the Argylls Museum, Stirling, give a very interesting talk on WW1 and what was expected of the raw young recruits in terms of recruitment, training, uniform and their role in the trenches.



Gerald brought with him some of the uniform and equipment used by the soldiers, thereby making the talk much more personal. The Blethers gave a donation to the museum, to assist with the work they undertake in preserving memories and information.

May will be a Chat afternoon, with the usual lovely selection of eats alongside tea and coffee.

June will also be afternoon tea, and the company of a group of ladies called the Mondalays, who with their mandolins can certainly rattle out some great music!

And in July, we hope to have the company of a speaker from Guide Dogs for the Blind, and perhaps one or two of the guide dogs too, to illustrate the superb work they achieve in ensuring visually impaired people have quality of life, assisted by their four legged friends.

If you are over 50 years and live in the Blair Drummond community or surrounding area, come along, you're sure to be very welcome.

For further details contact Christine 01786 841191.

## Blair Drummond Hall Diary Dates

### Weekly Classes

**Wednesday:** Ballroom Dancing – 7.30 – 9.30pm

### Other Events

**Monday 29th May:** Blair Drummond Blethers. Afternoon tea. Chat afternoon. 2 – 4pm

**Saturday 3<sup>rd</sup> June:** Blair Drummond BBQ. 6.30pm (*see poster within*)

**Thursday 8<sup>th</sup> June:** General Election voting 7am till 10pm.

**Monday 26<sup>th</sup> June:** Blair Drummond Blethers. Afternoon Tea. 'The Mondalays' mandolin group. 2 – 4 pm

**Tuesday 4<sup>th</sup> July:** Thornhill & Blair Drummond Community Council meeting 7.30pm

**Monday 31<sup>st</sup> July :** Blair Drummond Blethers. Afternoon Tea. Speaker from Guide Dogs for the Blind. 2- 4pm.

**Monday 28<sup>th</sup> August:** Blair Drummond Blethers. Afternoon Tea. Chat afternoon. 2 - 4 pm

**Tuesday 5<sup>th</sup> September:** Blair Drummond Community Hall Association AGM at 7.30pm followed by committee meeting. All welcome.

Anyone wishing to hire the Hall please contact the Booking Secretary. As always, the Hall is regularly used for meetings, kids parties, ceilidhs, and wedding receptions, to name but a few. For more information visit our website: [www.blairdrummondhall.co.uk](http://www.blairdrummondhall.co.uk) or contact Louise (Booking Secretary) on 01786 841352.

### **Councillors for our area**

**Martin Earl**

Tel: 01786 233114 / 07881 310922

[earlm@stirling.gov.uk](mailto:earlm@stirling.gov.uk)

**Jeremy McDonald**

Tel: 01786 233113

[mcdonaldj@stirling.gov.uk](mailto:mcdonaldj@stirling.gov.uk)

**Evelyn Tweed**

Tel: 01786 233121

[tweede@stirling.gov.uk](mailto:tweede@stirling.gov.uk)

## **Thornhill Playgroup / Baby and Toddler Group**

Thornhill is very lucky to have its own Baby and Toddlers Group, as well as Playgroup within the village. Over the years many families in the area have used and relied on this service to form friendships, entertain little ones and provide much needed childcare.

Playgroup is suitable for any child from aged two and a half and is held in the Community Hall, on Tuesdays 9.30am - 11.45am and Fridays 9.30-12noon. The Baby and Toddler group also meet on a Tuesday from 10 - 11.30am.

Our fully experienced Playgroup Play Leaders provide a welcoming and stimulating environment for the children to enjoy and explore. We are fortunate to be able to provide a wealth of additional activities during our session too. Messy Mitts provided a morning of sensory play which was timed well with Halloween. Hartbeeps have also visited, providing music and rhythm with a Dinosaur theme which everyone enjoyed.



Although our group is located in Thornhill Community Hall, it is open to all children in the surrounding areas. We have had children come along from Ruskie, Callander, Blair Drummond and close to Kippen, so, please spread the word!!

If you would like more information or would like to book in for a free session at playgroup, please get in touch. Our Facebook page is Thornhill Stirlingshire Playgroup and Toddlers.

**Gillian Reilly**



**DOUNE & DUNBLANE AGRICULTURAL SHOW**  
**SATURDAY 1<sup>st</sup> JULY, KEIR MAINS, DUNBLANE**  
**JUNCTION 11 off the M9 NORTH.**

**Doune & Dunblane Show** is one of the most popular annual events in the area. The show is organised and hosted by Doune & Dunblane Agricultural Society in order to showcase the best of local livestock, agricultural products and rural crafts to the public. This is our 70<sup>th</sup> Annual Show and we hope it will be bigger and better than last year.

Our Show is the perfect mix of the traditional agricultural show, where it's all about the livestock, the competition and showmanship, as well as having a huge variety of trade, craft & food stands and live entertainment to ensure a great day out for all the family. But don't take our word for it, come and see for yourself!

*All Entry Forms etc. available to download and in easy to use formats.*

Things we want to shout about...

This year we have condensed the show into **one field**.

Horse section, we now have a class for **Ridden Clydesdales**

We hope to have an art competition in conjunction with the **local schools and RHET**

We are creating an **Education Centre** with some animals etc for children

And last but not least, we are introducing **NOVELTY DOG CLASSES**

*All Entry Forms are available to download on our website, along with the relevant scheduled classes.*

Our **VIP guests** this year will be Sybil and George McPherson, from Argyll. Most people will know them from the Farming Programmes on BBC television.

**Classes** this year will be Cattle, Sheep, Goats, Clydesdale Horses, Light Horse & Ponies, Vintage Tractors & Working Machinery, as well as Sheep Shearing, Wood carvings, Crook making, and the ever so popular Pets Parade.

Main ring entertainment will come in many guises...we are not quite ready to publish that yet, as we are still in the planning stage.

**Pony Club** will run a friendly Games Competition against other local branches. Mounted games consist of 5 riders working as a team, racing their ponies up lanes of obstacles, the children are all 15 and under and will carry and pass equipment, as well as vault on and off their ponies. Information about what the competition involves can be found on the Pony Club website [www.pcuk.org](http://www.pcuk.org).

**Callander and District Young Farmers** will be present, as well as the **Doune Pipe Band** who will be performing for us.

We are also running a **Super Shear Event** in conjunction with the Shearing Society on the Friday prior to Show day (30th June). This should be a good fun night as it was very popular last year.

If you are interested in Advertising, Sponsoring or Exhibiting at our Show then get in touch, using any of the methods below. Also check out our Facebook and Website for updates as they happen.

Check out our website [www.douneanddunblaneshow.co.uk](http://www.douneanddunblaneshow.co.uk) or Facebook page.

Email: [info@douneanddunblaneshow.co.uk](mailto:info@douneanddunblaneshow.co.uk) , Tel No: 07769336861

*A few pictures from last year's Show...so come along and enjoy it with us.*



## **Blair Drummond Curling Club**

Just after the season began members attended a dinner to celebrate the 300<sup>th</sup> anniversary of the founding of the Kilsyth Curling Club. The night before a Blair Drummond team took part in a Bonspiel to mark the occasion.

During the 2016/2017 season Marjorie McCulloch took part, on 12th February 2017, in the RCC Scottish Senior Championship Ladies, gaining a silver medal, becoming runner up against the World Champions team Lochart, in the final. Marjorie was also in the winning team of the Stirling Ladies British Ladies Tray on 7th March 2017.

Blair Drummond member Derrick Sloan curled for the GB Men's Team, beating Sweden in the Winter Universiade final in Almaty, Kazakhstan, to win GBR's first ever Men's Curling gold medal at a Winter Universiade.

The curling season ended with the AGM held at the Peak. This season was a successful one, with the Club winning the Scottish Central Province Knockout competition and runners up in the Province league.

At the AGM the office bearers for the forthcoming season were elected, as follows:

President	– John Sands
Chair Person	– Anne Christie
Vice Chair	– Alistair Campbell
Secretary	– Steve Walker
Treasurer	– Jackie O'Neil
Trophy Secretary	– Susan Seaman
Development Officer	– Nigel Holl

If you are interested taking up this most enjoyable sport there are plenty of opportunities laid on at the Peak through Come and Try Sessions. If you would like further information, please contact Anne Christie on 07977 441 108.

### **Can you take your next edition of The Grapevine by Email?**

The paper copies of The Grapevine are delivered by a small group of volunteers. We understand that not everyone has access to a computer so we are very happy to hand deliver a paper copy to them. However if you could receive your copy by email please help us by sending us your contact details and a note of your address( so we know where to stop delivering a paper copy to). Thank you.

[grasslands@hotmail.co.uk](mailto:grasslands@hotmail.co.uk) or [christinemcbauer@gmail.com](mailto:christinemcbauer@gmail.com)



The Royal Highland Education Trust

Patron HRH The Princess Royal

## Family Fun Run through Blair Drummond Safari Park

The Royal Highland Education Trust (RHET) have organised a family fun run through Blair Drummond Safari Park on the 17<sup>th</sup> of June.

The run will start and finish at Briarlands Farm. The 5km course is a unique, traffic-free loop around the roads and tracks of Blair Drummond Safari Park.

The fun run has been planned by RHET's new Project Coordinator for the Forth Valley area, Katie Brisbane, with the aim of helping to raise funds for the charity to carry out its work in the region.

Having grown up on a farm, Katie has extensive farming and agricultural knowledge, and this is something that she is keen to pass on to future generations.

When asked about her new role, Katie said: *"I am very excited to join RHET and to be a part of an organisation that has a strong passion and determination, to provide an education on one of the most important industries of our world. The work that RHET does is critical in making sure that our future generations are aware of the importance of agriculture in society, and I am delighted to be part of that."*

RHET is a charity that educates young people about food, farming and the countryside. They operate throughout Scotland, with the main focus of taking school children on fully risk-assessed farm visits, delivering classroom talks and organising food and farming events.

They also provide teaching resources and teacher training. All of their services are provided free of charge.

For more information and to buy tickets for the fun run visit [www.rhet.org.uk](http://www.rhet.org.uk)

### **Contact Information:**

#### **RHET Communications Officer**

Fraser Dunn Tel: 0131 335 6226

Email: [FraserD@rhass.org.uk](mailto:FraserD@rhass.org.uk)

#### **RHET Forth Valley Project Coordinator**

Katie Brisbane Tel: 07738470208

Email: [forthvalley@rhet.org.uk](mailto:forthvalley@rhet.org.uk)

# Kincardine in Menteith Primary School

## Scottish Education Award

We are delighted to share the news that Education Scotland has shortlisted Kincardine in Menteith Primary in the 'Learning for Sustainability' category of the Scottish Education Awards 2016. Judges will be visiting school on Tuesday 2<sup>nd</sup> May. On this day we will have an opportunity to showcase the many 'Learning for Sustainability' learning experiences offered to our pupils.

## Health Week

We will have a Health Focus week commencing Monday 5<sup>th</sup> June. In advance of that date we would like to get some parents, pupils and health professionals together to plan the focus and events for the week. If this is something you would be interested in being a part of, or if you have ideas you wish to share, please drop us an email or phone the school.



## Sports round-up

It was a busy few weeks before the holidays for sport at Kincardine in Menteith PS. Charlotte and Kirsty represented the school at the Regional Badminton Finals at Lornshill Academy in Alloa, after qualifying at the Stirling schools event. Well done girls!



P3-7 attended a Big Hit festival at the Peak to launch the World Badminton Championships, which take place in Glasgow later this year. Pupils were lucky enough to meet Judy Murray, who is the ambassador for the Championships and also Kirsty Gilmour who represented Team GB at Rio 2016.

Pupils have also been taking part in football coaching sessions in school as part of the Tesco Bank community football programme.

In the next few weeks we have some more exciting sports opportunities planned. Some pupils will be visiting Loch Ard Sailing Club to have a go at sailing with members of the Club. We will be getting a couple of

sessions with Callander Taekwondo Club who are coming into school to teach us about the sport and show us some moves! We will also be starting to prepare for the Stirling Schools Track and Field Championships which take place at the end of May.

### **Soundstart**

Primary 5 to 7 would like to invite you to a Soundstart Concert to share the progress they have made with their instruments this session. The Concert will be held in Blair Drummond Hall, on the afternoon of Friday 9<sup>th</sup> June and is open to everyone in the community.

### **School Grounds**

We have been preparing our grounds for planting this year's vegetables. If anybody has any donations of compost, seeds or plants that could start us off we would be very grateful.

### **Gael Campbell, Principal Teacher**

#### **Can you help?**

Following the recent Blair Drummond Blethers meeting The Argyll & Sutherland Highlanders have asked if anyone knows of any further information that would help them do some research on 9 Blair Drummond men whose names are on the window in Kincardine In Menteith Church and were killed in WW1.

The names are:

DAVID BOWIE  
JAMES CONNELLY  
NICOL GRAHAM  
ARCHIBALD HONEYMAN  
JOHN JOHNSTONE  
WILLIAM MILLAR  
JOHN MOFFAT  
JAMES MORRISON  
ROBERT YULE.

If you have any information that may help The Argyll & Sutherland Highlanders with their research please email Gerald at [clare@argylls.co.uk](mailto:clare@argylls.co.uk).



## The Rev's Rant !

*"Oh No ... not again !"*

That was, I confess, my first response on hearing we were to enter yet another phase of elections just a few short weeks ago, and I don't think I was alone in that, for there hasn't been the same placarding of the countryside with party political banners as usual.

Now, I always want to be asked my opinion; (we all do!); but with Indy-ref, Euro-ref, Stirling Council and now Westminster, I'm just feeling a wee bit over-democratised; and uncertain about our future. Asking the great British public what we think has become a gey chancy occupation!

....and then I catch the T.V. news with another tale of what is happening in North Korea, or Turkey or another of dozens of areas across the world where the peoples voices are not heard or are actively silenced; and where 'free speech' and 'choice' are concepts that folk can only dream about in secret. It is then, that I begin, once again, to thank God for party political broadcasts and for the people who are willing to put themselves up for governing. They risk election or rejection; very public humiliation and constant criticism, and that should be recognised by us and given credit for.

*"Decisions are made by those who turn up."* could be seen just a trite phrase – but it also happen to be true, both of those who put their name into the ring, and those who turn up to vote on election day. We should never become apathetic over voting and the governing of our nation or indeed our community, for it is a precious gift to be valued. We live with the choices we make now, for a long time and so will the next generation. So sometime soon, please spare a prayer for those who we vote for...the winners and the losers, whose lives will each be changed by what we do with our cross, and continue to commend rather than condemn them, even when you don't necessarily agree with them! Condemnation is a journey downwards in a society which these days really needs some positive reinforcement and valuing of each other. That won't start somewhere else; it needs to begin in us.

Your minister

**Rev Andy**

## Briarlands



Briarlands has enjoyed fabulous Easter Holidays, due mainly to the lovely weather and the many positive comments on how good the Park is looking.

Mary's new menu has proved a real hit with our customers, with delicious home baking and the improved choice for children has been a real hit.

With the ground nice and dry, why not try our new activity "Football Golf"- golf played with a football! We have a challenging 9 hole course, with footballs and score cards provided. A round costs £5.50 for adults, £7.50 for children and includes full access to all Briarlands has to offer.

### Spring Anagrams – Answers

- |               |                 |
|---------------|-----------------|
| 1. BLOSSOM    | 16. BREEZY      |
| 2. WARM       | 17. SHOWERS     |
| 3. BIRDS      | 18. APRIL       |
| 4. DAFFODILS  | 19. BONNET      |
| 5. GROW       | 20. SUNSHINE    |
| 6. FLOWERS    | 21. BLOOMING    |
| 7. MELT       | 22. BUTTERFLY   |
| 8. PLANT      | 23. TADPOLE     |
| 9. HATCH      | 24. RAINBOW     |
| 10. PICNIC    | 25. CATERPILLAR |
| 11. LAMBS     | 26. SPRINGTIME  |
| 12. EASTER    | 27. SEASON      |
| 13. BUNNY     | 28. PRIMULA     |
| 14. CHOCOLATE | 29. HOLIDAY     |
| 15. TULIPS    | 30. UMBRELLA    |

## **Doune Health Centre**

The Health Service is trying to look at ways of reducing medicine waste. In case you have not seen the posters in the Health Centre, here is the recent message from Forth Valley NHS:

Wasted medicines cost NHS Forth Valley approx £1.2 million every year. When medicines leave the pharmacy they cannot be recycled, reused by anyone else or sent abroad - those which are wasted are all destroyed.

Wasted medicines can arise when your GP changes or stops a medicine, but you can help us to reduce wasted medicines in other ways. If you have stopped taking a medicine let your GP or Pharmacist know.

Unused and unwanted medicines should ALWAYS be returned to the pharmacy for safe disposal. NEVER put medicines in the bin or flush them down the toilet.

To help the NHS reduce wasted medicines, ALWAYS -

THINK before you order repeat medicines; CHECK what medicines you already have- and only ORDER what you need.

We have included some tips for safe handling of medicines

- > Please check your medicine cabinet regularly
- > Remember to keep medications out of the reach of children and pets
- > Do not use medication prescribed for someone else- they could harm you.
- > Try and use the same pharmacy
- > Do not store medicines in locations that are too hot/cold. Learn if they should be refrigerated.
- > Be aware of potential side effects or adverse reactions.
- > Do not crush or break pills unless your doctor instructs you to do so
- > Keep medicines in their original packages/ containers
- > Always follow the recommended dose.
- > Use proper dosing devices that come with medicines. Proper dosing is important, especially for children.
- > Don't keep old or expired medication.
- > Don't run out of medication. Plan ahead for holidays, short trips, long weekends, clinic closures, anticipating bad weather.
- > Do remember to follow any special restrictions with certain drugs.
- > Don't drink in excess as alcohol can cause medicines to not work effectively.
- > Be informed about what type of medicine you are taking and what it treats.

**Linda Keay, Practice Nurse**

## SPONSORED SAFARI BIKE



**COME AND JOIN THE FUN ON SATURDAY 10<sup>th</sup> JUNE 2017!**

**Registration from 6pm for a 7pm start**

Camphill Blair Drummond invites you to the 6th annual bike safari around Blair Drummond Safari & Adventure Park to help raise funds for our Appeal.

Choose from 3 bike challenges - Ostrich, Zebra & Cheeky Monkey or our Tortoise walking challenge.

**Please contact Andrea Khan on 01786 841573 or e-mail [appealteam@camphillblairdrummond.org.uk](mailto:appealteam@camphillblairdrummond.org.uk)**

*Camphill Blair Drummond is a unique community that provides a wonderful safe home and meaningful work opportunities for adults with learning disabilities.*

**[www.camphillblairdrummond.org.uk](http://www.camphillblairdrummond.org.uk)**

## **RURAL WATCH SCOTLAND**

'Rural Watch Scotland' is an extension of the Neighbourhood Watch Scotland movement and a product of the Scottish Partnership Against Rural Crime (SPARC), aimed specifically at the rural community of Scotland and aims to bring all the benefits of Neighbourhood Watch to your community, irrespective of its location, size or demographics.

The objectives of Rural Watch Scotland mirror that of Neighbourhood Watch, namely to:

- Reduce crime and the fear of crime by providing the right information, to the right people, at the right time
- Encourage people to think about safety and security for themselves, their neighbours and their community
- Improve community cohesion and well-being by supporting communities to develop 'their watch, their way'
- Work in partnership with national and local service providers to develop more resilient communities that are better prepared against threats, intentional or unintentional, such as crime or extreme weather

By joining the Rural Watch Scotland scheme you can receive alerts and advice by phone, text or email. By keeping you informed about crime and other threats in your area, we help prevent crime, keep your community and its residents safe, and your response to these alerts can help us catch criminals or be better prepared to deal with other threats to your community. To join Rural Watch Scotland - register online at [www.ruralwatchscotland.co.uk](http://www.ruralwatchscotland.co.uk).

If anyone would like further information in relation to this, please contact -

PC Deans or McKerracker at Callander Police Office on 101 or [TrossachsTeithCPT@scotland.pnn.police](mailto:TrossachsTeithCPT@scotland.pnn.police).

\*\*\*\*\*

## **Klezmer Keilidh**

Music provided by the well travelled band –

**The Klatsh**

at

**Doune Rural Hall**

on

**Saturday 27<sup>th</sup> May at 7.30pm**

*Dances to suit all age groups and abilities  
Nearly impossible to sit out the dances!*

*Bring your own drink and  
why not bring some Eastern European food, to add to the interval  
experience?!*

**Tickets £10, or £8 each for groups of 4**

from

**David on 01786 842522**

or

**Information & Heritage Centre, Doune, on 01786 841250**

*And ask about the Sunday morning workshop – Playing for Dancing*

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## Make the most of your Minor Injuries Unit

Many local people with minor injuries automatically head for the Emergency Department at Forth Valley Royal Hospital. But did you know you can often be seen and treated more quickly at the Minor Injuries Unit (MIU) at Stirling Community Hospital? This also frees up staff in the Emergency Department to treat patients with more serious injuries who require immediate care.

NHS Forth Valley's MIU is staffed by emergency nurse practitioners who can provide treatment for a wide range of minor injuries including minor burns and scalds, infected wounds, sprains, cuts and grazes. Staff can also examine and treat minor injuries to the eye, ear, head and neck areas and can arrange X-rays for suspected broken bones.

Although the unit is based in Stirling, it offers treatment to patients over the age of one, from across Forth Valley. No appointment is necessary and the MIU is open **7 days a week** from **9am – 9pm**. Babies **under 12 months old** with minor injuries should be taken to Forth Valley Royal Hospital.

To find out more about the NHS Forth Valley Minor Injuries Unit visit [www.nhsforthvalley.com/miu](http://www.nhsforthvalley.com/miu)

### **The Minor Injuries Unit can treat:-**

- minor burns and scalds
- infected wounds
- sprains and strains
- cuts and grazes
- minor eye injuries
- minor ear injuries (not infections)
- minor head and neck injuries
- suspected broken bones (staff can arrange X-rays and apply plaster, if required)

### **It can't treat:-**

- babies aged under the age of one
- minor illnesses (including coughs, colds, sore throats)
- back or hip injuries
- injuries which happened several days ago
- old injuries which have recently got worse

**If you are unsure whether you should attend the Minor Injuries Unit then phone first, on 01786 434036 to check with local staff.**



Registered Scottish Charity: SC011337

## **STIRLINGSHIRE GARDENS OPENING BY ARRANGEMENT FOR SCOTLAND'S GARDENS**

**Duntreath Castle, Blanefield** G63 9AJ. T: 01360 770215

Opening Times: By arrangement 1 February - 30 November Disabled Access: Full

**Rowberrow, 18 Castle Road, Dollar** FK14 7BE. T: 01259 742584

Opening Times: By arrangement 1 February - 31 December Disabled Access: Partial

**Gargunnock House Garden, Gargunnock** FK8 3AZ. T: 01786 860392

Opening Times: 13 March - 30 September 11:00am - 3:30pm (Mon - Fri only) Disabled Access: Full

**Kilbryde Castle, Dunblane** FK15 9NF. T: 01786 824897

Opening Times: Sunday 17 September 2:00pm - 5:00pm By arrangement 1 April - 30 September  
Disabled Access: Partial

**Milseybank, Bridge of Allan** FK9 4NB. T: 01786 833866

Opening Times: Sunday 14 May 2:00pm - 5:00pm By arrangement 1 April - 31 May  
Disabled Access: Full

**Thorntree, Arnprior** FK8 3EY. T: 01786 870710

Opening Times: Sunday 25 June 2:00pm - 5:00pm By arrangement 1 April - 15 October  
Disabled Access: Full

**Gardener's Cottage Walled Garden, Ballochruin Road, Killearn**, G63 9QB.

T: 01360 551682

Opening Times: By arrangement 1 May - 31 October. Disabled Access: Partial

If you would be interested in opening your garden next year or being a member of the Stirlingshire Branch of Scotland's Gardens and the benefits it would bring please contact Gillie:  
[drapper@kilewnan.org.uk](mailto:drapper@kilewnan.org.uk)

For more information on the gardens visit our website:

[WWW.SCOTLANDSGARDENS.ORG](http://WWW.SCOTLANDSGARDENS.ORG) or follow us on Facebook

EMAIL: [INFO@SCOTLANDSGARDENS.ORG](mailto:INFO@SCOTLANDSGARDENS.ORG)  
VISIT: [WWW.SCOTLANDSGARDENS.ORG](http://WWW.SCOTLANDSGARDENS.ORG)

Contact: Mrs GA Drapper (Scotland's Gardens Stirlingshire Publicity)  
Kilewnan Cottage; Fintry; By Glasgow G63 0YH  
Home: 01360 860 243 Mobile: 07748183239

If you know someone who would be interested in advertising in the Blair Drummond Grapevine, our rates are listed below -

¼ page £10

½ page £15

Full page £20

Do you have any photos, ads, articles or letters you would like to contribute, if so please email them to:

[christinemcbauer@gmail.com](mailto:christinemcbauer@gmail.com)

or

[grasslands@hotmail.co.uk](mailto:grasslands@hotmail.co.uk)

Items for Issue No 25 should be submitted by **31<sup>st</sup> July 2017**, sent by **email, in Word, and as an attachment.**

**If you wish your copy to be sent via email please get in touch, with your email address and we will add you to our ever developing mailing list.  
Thank you.**

*The Blair Drummond Grapevine is a community newsletter produced and distributed by volunteers, free of charge, to approximately 300 households within the Blair Drummond area and beyond. Letters and articles published in the newsletter do not necessarily reflect the views, beliefs or opinions of the Grapevine Editorial Team, who also reserve the right to shorten, edit or refuse the insertion of any contribution.*

*Contributions will only be published if accompanied by a valid contact name and address; these will be withheld at the author's request. Articles and adverts are accepted and printed in good faith. All contributions should permit publication in both print and digital format.*

*The Blair Drummond Grapevine is published by the Blair Drummond Community Hall Committee.*

Website: **[www.blairdrummondhall.co.uk](http://www.blairdrummondhall.co.uk)**

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