

Issue 35

## **The Grapevine**

February 2020

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

### **Callander & District YFC**



It's been a busy couple of months for Callander YFC! Things started with a bang with a bonfire and fireworks display at Norrieston Farm, big thanks to the Black family (especially Pam for her homemade stovies!).

Then at the end of November we had our highly anticipated 75<sup>th</sup> Anniversary Dinner Dance at Dunblane Hydro. A great night was had by all past and present members! (See *above photo*) Big thanks to all involved in the organisation of the night and those who kindly donated AMAZING raffle prizes!

Then it was Christmas time! Stuffed ourselves at our annual club meal at the Lion & Unicorn, travelled the Clyde & Central district far and wide for Christmas dances – all whilst practising for our concert!

Into 2020 and CONCERT TIME! We had three nights performing at Thornhill Community Hall, SELLING OUT the Friday and Saturday nights! Lots of people stayed to cut some shapes at the dance following the Saturday performance. The cast had a great time performing their unique talents for everyone and hope those who came to see it enjoyed it half as much as we did!



*The 2020 cast of Callander YFs concert*

Coming up: weekly rehearsals for Talent Spot competition and various club outings. We still have a limited number of our naked calendars for sale - £10 with proceeds going to Strathcarron Hospice, contact Kirsty Wright 07547751405 to bag yourself one! Keep up to date with everything we get up to on our Facebook page and if you are looking for more information don't hesitate to contact our Secretary Jan on 07557509475.

**Eilidh Graham**

<b><u>BLAIR DRUMMOND ESTATE</u></b>	
Hardwood Logs	£190/ load
Hardwood Logs	£95/ half load
Hardwood Limbs	£100/load
Softwood Logs	£140/ load
Softwood Logs	£70 half load
Softwood Limbs	£80/load
Small bags	£6 for hardwood
Small bags	£5 for softwood
Contact: <b>Michael McKinstry</b>	
<b>Tel: 01786 841728</b>	<b>Mob: 07955 124057</b>

## Weddings



Congratulations to Elspeth Coates, Westwood Smithy and William Campbell Gibson from Loch Melfort, who were married on Saturday 28th December at St. Modoc's Church, Doune followed by a lively ceilidh at Comrie Croft!



Congratulations to Robbie Kenny, Robertson's Lane Farm, Blair Drummond and Jennifer Kuchmeister, who were also married on Saturday 28<sup>th</sup> December, at Stirling Registry Office followed by their reception at The Birds & The Bees.

## Blair Drummond Hall Diary Dates

### Weekly Classes

<b>Tuesday:</b>	Yoga class 10 am - see <i>Page 15 for details</i> .
<b>Tuesday:</b>	Blair Drummond Youth Club 7pm -9pm.
<b>Wednesday:</b>	Fitness Classes 10 am – 12.30pm
<b>Wednesday:</b>	Co Step Dance class 7pm <a href="mailto:alldance@costep.co">alldance@costep.co</a>
<b>Thursday:</b>	Yoga class 7pm

### Events

<b>Friday 7<sup>th</sup> Feb.</b>	Beetle Drive 7pm. Entry £1. Children must be accompanied.
<b>Monday 24<sup>th</sup> Feb.</b>	Blair Drummond Blethers. 12 – 2pm. Soup & sandwiches. Gentle exercise with Judith Graham
<b>Friday 28<sup>th</sup> Feb.</b>	Whisky tasting by The Grail, Doune. Tickets £25 <i>See Page 13.</i>
<b>Monday 16<sup>th</sup> March</b>	Blair Drummond Hall Committee meeting. 7.30pm. All welcome.
<b>Monday 30<sup>th</sup> March</b>	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. Beetle Drive.
<b>Monday 27<sup>th</sup> April</b>	Blair Drummond Blethers. 12 – 2pm. Soup & sandwiches. Spring Surprise.
<b>Monday 25<sup>th</sup> May</b>	Blair Drummond Blethers. 12 – 2pm. Soup & sandwiches. Talk by Anne Muirhead.
<b>Saturday 6<sup>th</sup> June</b>	Annual Family BBQ. 6.30pm. <i>Further details in next edition.</i>
<b>Tuesday 9<sup>th</sup> June</b>	Blair Drummond Community Hall Association AGM at 7.30pm. All welcome.
<b>Monday 29<sup>th</sup> June</b>	Blair Drummond Blethers.12 – 2pm. Soup & sandwiches. Chat afternoon.

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, or [bdhallinfo@gmail.com](mailto:bdhallinfo@gmail.com)

## Kincardine in Menteith Primary School



*2019 Christmas concert*

We closed Term 2 with our Christmas Café which included a number of musical performances including the P4-7 Choir and entertainment from a variety of talented instrumentalists. The highlight of the show was the P1-3 Nativity performance, as they told us the story of Whoops-A-Daisy angel, the disorganised and clumsy but loveable angel who was chosen to show the way to Bethlehem.

On the last day of term we celebrated with Book Secret Santa. All the children received a book from their Secret Santa. We enjoyed our books with a hot chocolate and biscuits. The perfect end to the term.

Term 3 started with our Scotland Topic. We learnt all about Scottish Rain, Magic Pizzas and Deep Fried Mars Bars in a variety of Scottish poems and we now know which Granny we can push off the bus and which crawl flew away. We then performed these to the Blethers and to our parents as part of our Celebration of Scotland. P3-7 have also been learning all about the local area and were lucky enough to have visitors from The Smiddy and the Safari Park. They took notes during these visits and coupled with their own research they have created tourist leaflets about these local attractions.

As we move into February P1-2 are going on an adventure through the magical world of Fairy Tales and P3-7 are going back in time to find out all about the maiden voyage of the Titanic. If you have anything to share with us related to these topics we would love to hear from you.

**Kate MacNish**

# BLAIR DRUMMOND CURLING CLUB



First of all a Happy New Year to one and all. Hope you have all recovered from the festivities.

Blair Drummond fought a close match with Port of Menteith in the Moss Cup with BD emerging the winners. The winning team consisted of Rory Duff (Skip) Robin Nisbett, Carol Wells and Anne Christie.

The Club's knockout competition final was between Team Mike Onslow (skip) Gordon Birnie, Stephen Walker and Fred Bauer and Team Nigel Holl (skip), Allan Brisbane, Susan Seaman and Anne Christie. Nigel's team pipped at the post Mike on the last end, the final decider 2 shots up. Nail biting stuff with 5-7 the final score.

Unfortunately our planned Race Night on the 18th January had to be postponed due to people being double booked and event organisers' illness. Details of when the new date is planned will follow.

If you wish any details about Blair Drummond Curling Club or wish to have a go at Try Curling, please contact myself on 07977441108 or Stephen Walker 07971616135.

**Anne Christie,**  
**Club Chair Blair Drummond Curling Club**

## **Glass & clothing recycling**

If using the recycling bins at the hall and you find they are full, please take your glass/clothes away with you to recycle elsewhere. ***Thank you***

## Blair Drummond Blethers

And already we are into the second month of 2020, our new decade! We had a lovely Christmas lunch at the Blethers, when 50 folks greatly enjoyed both the festive food and all of the Kincardine in Menteith Primary children providing us with seasonal songs and a musical nativity play. Lesley Gentles, our Canadian friend, wrote a humorous poem for our group, and through the miracle of internet, pinged it over in time for our gathering.



*January's entertainment courtesy of the school children*

January Blethers celebrated our national Bard, through the traditional haggis, neeps and tatties lunch. Alongside delicious trifle, cheese and biscuits, and Smiddy scones, no one went hungry! The school children joined us once more, this time giving us their music and poetry, with Scottish emphasis. They really pulled out all the stops and were excellent!

In February we will have Judith Graham join us, to tutor everyone in gentle exercise whilst sitting. Beetle Drive time in March and April's meeting will be a Spring Surprise! But as always, we make time for chat. So please come and join us at Blair Drummond Hall, if you are over 50 years and live in Blair Drummond or surrounding areas. We meet on the last Monday of the month, between 12 o'clock and 2pm. You will be very welcome.

We also welcome local people to volunteer at the Blethers. If you can spare 2 hours, once a month, to help set up, serve and tidy up afterwards (thank goodness for the dishwasher!), we would be delighted to hear from you.

**Christine Bauer**



On 23 June 2016 the people of the UK voted to leave the EU in a referendum called by the Government at that time.

Brexit is the popular name for the UK leaving the EU. The date for this was 31 January 2020. Then the Transition Period starts, in which the future relationship with between the EU and the UK is negotiated. This will end on 11pm on 31 December 2020, when the UK will formally leave the EU.

Brexit means that the arrangements and agreements of the UK's membership of the EU will end. New arrangements have to be put in place, including those that cover the right of EU citizens to live and work freely in the UK for those already here.

EU citizens affected are the nationals of the 27 EU countries (Slovakia, Romania, Hungary, Poland, Bulgaria, Czech Republic, Latvia, Lithuania, Slovenia, Estonia, Austria, Germany, France, Spain, Portugal, Croatia, Cyprus, Denmark, Sweden, Finland, Estonia, Greece, Italy, Luxembourg, the Netherlands, Malta, Ireland) plus EEA countries (Norway, Iceland, Liechtenstein) and Switzerland.

EU/EEA and Swiss citizens in the UK must apply for a new immigration status to continue to live and work in the UK and to access healthcare and social security benefits for which they are eligible. This new status is called **Settled Status** and the scheme to implement this is called the **EU Settlement Scheme**.

Nothing will change in your status until these dates, but it is important to apply if you want to continue to live and work in the UK and keep the rights you have now. Not applying by the relevant cut-off dates above may mean you could lose your right to work, to rent a house or to receive benefits or healthcare. Ultimately, this could lead to your removal from the UK.

The application is free, although there may be costs involved with some parts of the process. Settled Status is granted based on residence only. You do not need to be in work, and can receive benefits.

There are several organisations funded by the Home Office and the Scottish Government who provide information, guidance and assistance

with the EU Settlement Scheme applications, for example **Citizens Advice Scotland** and **EU Citizens Rights Projects** ([www.citizensrightsproject.org](http://www.citizensrightsproject.org)), or charities, such as **Settled** ([www.settled.org.uk](http://www.settled.org.uk)).

If you require assistance with your application, you can also contact a local OISC Level 1 (limited to EUSS) adviser: **Gabriela Ingle 07805267258**

## Youth Club



The Youth Club meets every Tuesday between October and Easter, from 7 - 9pm in the hall and is open to anyone aged 10 and over.

The Club is a great way for youngsters to catch up with friends, in a relaxed environment, while taking part in group activities. Sometimes visiting guests come along to teach new skills or trips and outings are organised. Youth club membership is £10 per year, with a £1 charge per night. The tuck shop is reasonably priced.



Recently we had a night out at the Panto at The MacRobert to see Rapunzel – a great night out with loads of laughter! Next week we will be visiting Amazon at Dunfermline for a tour of their depot.

Thank you to everyone who donated bottles for our bottle stall at the Christmas Fayre and a big thank you to everyone who bought tickets on the night. We raised £151 which will go towards our outings.

If you would like more information on Youth Club please contact **Lorna Fotheringham on 07851364227**

## Blair Drummond Safari Park



Blair Drummond Safari Park opens for the new season on 21<sup>st</sup> March and this year is going to be wilder than ever!

The local attraction is celebrating a very special anniversary – it's the fiftieth year since opening back in 1970. There are lots of exciting plans in store to mark the occasion, including a few new

arrivals! Make sure and keep an eye on social media for all the news.

Ticket prices are the same as they were in 2019: Adults £16.50, children £13.50 and infants FREE. And memberships are still fantastic value at £45 for children and £55 for adults.



### **Safari School**

Blair Drummond Safari Park's popular Safari School for teens returns this year, with the first session running 6-10<sup>th</sup> April.

This week-long course is specially designed for High School pupils who are considering a career working with animals. Pupils will spend time with the specialist team at the Safari Park learning about veterinary studies, zoo keeping, conservation and animal husbandry.

For more information, email [education@blairdrummond.com](mailto:education@blairdrummond.com)

**Elizabeth Gunn**  
**Marketing Manager**

## **Births**



Congratulations to Iain Logan and Sheena Morrison on the birth of Seamus Iain Logan on 25<sup>th</sup> October weighing 8lb 1oz. Photo shows Seamus with his big brother Seonaidh and big sister Kate.

# **Beetle Drive**

**On Friday 7<sup>th</sup> February 2020**

**At 7pm**

**In Blair Drummond Community Hall**

**Admission £ 1**

**Raffle 50p/strip**

All ages welcome. Children must be accompanied.  
For further information contact Catherine 01786 860246

## **Blair Drummond Community Hall Association News**

At the end of the 2019 The BCHA committee bade farewell to our Company Secretary Ronald Graham after many years' service on the committee. We are grateful to him for all his hard work particularly concerning the hall's financial matters.

Following the success of our first Gin Tasting Event in November 2018 we held another one at the start of November 2019. It was not only a good social occasion but also added to the balance of hall funds. One of our next projects will be to improve the drainage in the hall car park...once it stops raining!

Our next major social /fundraising evening will be the much anticipated Whisky Tasting to be held at the hall on Friday 28<sup>th</sup> February at 7.30. Guests will enjoy five different drams of malt whisky chosen by the experts at the Grail in Doune and a buffet provided by the hall committee. This promises to be another very enjoyable evening even for those who are not drinking alcohol. For those driving, soft drinks and a buffet will be provided at a lesser ticket price of £5. There will also be a raffle. Tickets are limited so don't delay if you want to come along and taste some of the best whisky Scotland has to offer.

For those who can't wait that long there will be our ever-popular family Beetle Drive on Friday 7<sup>th</sup> February at 7.00 pm. Our resident hostess Catherine Killen will be at the helm to keep everyone on track. Entrance is just £1. This is a popular event for all ages; if you have never been to one then come along and enjoy the fun. There will be prizes in various categories and a raffle.

We are always looking for new members on the committee and when one retires it makes the need even more pressing. If you think you might be interested in joining us please feel free to come along and see what happens at a committee meeting (without obligation) – our next meeting will be held on Monday 16<sup>th</sup> March at 7.30pm in the hall. Meetings last about an hour and a quarter so you can still be home by nine!

**Kate Ingle**  
**Chair**



**Blair Drummond Community  
Hall Association Presents:**

# WHISKY TASTING

WITH



**Blair Drummond Community Hall  
Friday 28th February 2020**

**7.30PM**

**Tickets £25 - Includes a Light Supper**

**For Tickets Contact:**

**Fred Bauer 07500 354 004**

**Or pop into The Grail**

## **RHET News**

Kincardine in Menteith Primary 3 -7 really enjoyed a RHET organised farm visit to Meldrum Farm for their developing the Young Workforce week in November. They learned about life as farmer from the two Davids, while the P1 and 2's learned how to make butter from RHET volunteer Marion Sutherland. All RHET talks and visits are free for schools and hosted by volunteers. If you know anyone who would like to volunteer and help educate children on food and farming, then please get in touch with local project co-ordinator Katie [forthvalley@rhet.org.uk](mailto:forthvalley@rhet.org.uk).

The RHET Factor fundraising choir has restarted for 2020, we have weekly practice at Briarlands Farm 7-9pm on alternate Tuesday/Wednesdays. Sessions are £5 per week and include a cup of tea/coffee and blether. The RHET Factor are learning new songs for a concert planned for the end of April, if you would like to join in please Email Katie [forthvalley@rhet.org.uk](mailto:forthvalley@rhet.org.uk).

There will be no RHET Run this year as the Highland show is early, but if you fancy a fitness challenge how about joining our team for a Kiltwalk. There are 3 distances 5, 15 or 25 miles with 4 venues and dates. All funds raised will be topped up by 150% by the Hunter Foundation. The walks are great fun, very achievable and good for you too. Please let me know if you want to join the Forth Valley RHET team. For more info on the Kiltwalks visit [www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk).

RHET Forth Valley was overwhelmed with entries for the annual Big Breakfast Competition which this year took the form of a poem about "Where breakfast comes from?" The unenviable task of judging the 110 from 12 schools across the Forth Valley fell onto Will Muir of Blair Drummond Smiddy who generously sponsored the competition.

The winner, Lily Rae from Ladeside Primary School, Larbert, was announced on Wednesday 22 January. Lily's Primary 4 class win a visit to Blair Drummond Smiddy where they will learn about how local produce is sourced and prepared in the butchery and enjoy a Smiddy breakfast roll. Lily will also receive a voucher to bring her family to enjoy a Smiddy lunch.

Congratulations must also go to Park Primary 5 and Castlevue Primary 1, who will receive runner-up certificates. All the teachers whose class entered the competition will enjoy a £5 Smiddy voucher.

**Katie Brisbane**

Relaxing- Restorative- Energizing

# YOGA

WITH MARY ANN

ALL ABILITIES WELCOME- VINYASA FLOW STYLE YOGA

£36 FOR 6 WEEK BLOCK /OR £7 DROP-IN SESSION

PLEASE BRING A YOGA MAT & WATER BOTTLE

MON 10AM AND WED 7PM AT DUNBLANE SPORTS CLUB  
TUES 10AM AND THURS 7PM AT BLAIR DRUMMOND HALL



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Email: [MARYANNPTYOGA@GMAIL.COM](mailto:MARYANNPTYOGA@GMAIL.COM)

[www.yogawithmaryann.com](http://www.yogawithmaryann.com)  
[www.facebook.com/maryannptyoga](https://www.facebook.com/maryannptyoga)

## **Weather News**

You may struggle to believe this but 2019 was another dry year, the third in a row. Blair Drummond enjoyed a mirco climate as all the areas around us had more above average rainfall months. Normal rainfall is 1080mm, 2019 was 150mm below, with only 3 of the 12 months above average. The difference many of us farmers noticed was that we now experience far fewer dry days in a year, this explains why we think it's wetter.

I think all the farmers in the area enjoyed good crop yields although this also means demand is low and produce is hard to sell, this is why you see bales in fields and sheds still full in January.

Spring is now just around the corner, so please keep dogs on leads when walking past livestock, as many are heavily pregnant.

## **CAB OUTREACH IN CALLANDER**

Callander Outreach Citizens Advice Bureau

A drop-in outreach service from Stirling Citizens Advice now operates every Wednesday between 9am and 4pm at Callander Library. No appointment is necessary and all residents in rural Stirlingshire can access this. We can help with a wide range of problems from benefits, fuel and debt, to health, home and legal issues. Home visits can also be organised, please contact MaggieMagor on 07931334828

Or email [Maggie.Magor@StiringCAB.casonline.org.uk](mailto:Maggie.Magor@StiringCAB.casonline.org.uk)

## **SAVE THE PLANET!**

This, the local Grapevine newsletter, needs your help to reduce our paper footprint!

Please would you consider taking the Grapevine by email? It's so easy, just email us at [bdgrapevine@gmail.com](mailto:bdgrapevine@gmail.com). We will not pass on your details to anyone else.

We appreciate some of our community cannot access email but lots can, so please, do your bit and email us now, along with a note of your address so that we stop delivering your paper copy!

Also, we rely on volunteers to deliver the paper copies, just four times per year. We need more volunteers to help us and would be very happy to hear from you if you can help. THANK YOU.

## Doune Nursery



**Is your child due to start nursery in  
August 2020?**

**Why not come along to our open  
sessions on**

**Friday 21<sup>st</sup> February 2.00-3.00pm  
and Monday 24<sup>th</sup> February 10.30 -  
11.30am**

**to see the Nursery and find out more  
Application forms are available from  
**Doune Nursery** or Stirling Council  
Website.**

**Contact us on [dounenu@glow.sch.uk](mailto:dounenu@glow.sch.uk)**

## Thornhill and Blair Drummond Community Council

Here is a summary of the salient points from the meeting held on 13th November 2019. The full minutes are on the village notice board (Thornhill) and hall notice board (Blair Drummond)

**Safari Park entry/road safety:** A meeting was held with Neil MacFarlane who now manages Transport Scotland. The proposed alleviation scheme will be passed to a review board (STPR2) who will look into all schemes in Scotland to decide priorities for implementation in relation to the monies which are and will be available. Drumming up support for the scheme will help prioritise it. Support for the scheme has moved ahead. This has come and continues to come from people in the area, adjoining CCs, Stirling Councillors, MSPs and MPs. However, more support is needed. All, including Transport Scotland, agree that action is needed on the grounds of road capacity and safety. All accidents should be reported to Police Scotland as well as Transport Scotland as accidents, particularly fatal ones, increase the likelihood of action being implemented.

**Police Scotland:** Public toilets vandalised in Thornhill on 16<sup>th</sup> October: Stirling Council are going to monitor the area, and should there be more damage found, they will make the decision to lock the facility overnight. On 13<sup>th</sup> October, there was a vehicle collision on the B8031 near to A873 due to weather conditions. There have been no reported theft incidents since the last meeting. On 17<sup>th</sup> October, a resident from Thornhill contacted Police to advise that they had been the victim of a fraud. On 21<sup>st</sup> October, a resident from Thornhill contacted police to advice that a fake Twitter account had been set up portraying to be that of the resident. The account was found to be publishing offensive comments. Enquiries are still ongoing in relation to this incident.

**Residents Forum:** A member of public asked if the Community Council can put the meeting dates in the Stirling Observer a week before the meeting under Community News as had been done in the past. Going forward, Secretary Gabi will inform the paper of the meetings.

**Stirling County Councillor:** Martin Earl was the Councillor in attendance. He announced that the next Environment and Housing Committee meeting will discuss a petition to do update work on the A811; a speed limit policy review for different areas (e.g. examining our query whether the existing road and infrastructure is sufficient for the number of developments now occurring in the Somers Lane/Rosburn Lane/Chalmerston Road area); improving the infrastructure to limit speeding by such as speed bumps and 20mph limits; reviewing the

housing allocation policy which appears to be controversial (e.g. there may be a social reason for certain persons being in an area – Stirling Council is planning to remove this criterion but the councillors are objecting as the Letting Agents initiative has not been implemented correctly and it has placed several people in unsuitable places). Councillors will also be looking at the report on ‘Safer Communities’.

With Ronald Graham having moved out of the Ward, there is a vacancy, so if you are interested in joining the Community Council, please email the secretary on [gabriela.ingle@yahoo.com](mailto:gabriela.ingle@yahoo.com) or council generic email [thornhillblairdrummondcc@gmail.com](mailto:thornhillblairdrummondcc@gmail.com)

The next meeting takes place on Wednesday, 26<sup>th</sup> February in Thornhill Primary School. The May meeting is also the AGM, which takes place on 6<sup>th</sup> May at Blair Drummond Community Hall. Local residents are welcome to attend all meetings, which begin at 7.30pm.

**Elaine Young**

## **Doune Health Centre News**

### **Highly Commended**

Our new Health Centre, which opened at the beginning of September, was *highly commended* in the Design Excellence category at the recent NHS Health Facilities Scotland design awards. The nomination summary read: This is a new building in the village of Doune, designed to meet the challenges of demographic change as well as provide flexibility for changing service models. The design seamlessly integrates indoor and outdoor space while balancing demands for privacy and a positive experience for all those using the facility. Delivered by NHS Forth Valley with Hub East Central, the building achieved a high level of quality and cost efficiency.

### **Clinic Open Day**

During a survey, taken during the tours held during the new Health Centre’s Open Day on Thursday 29 August, 104 questionnaires were completed. The public praised the design of the new facility, its “bright, airy layout”; its space, both inside and out, and the number of flexible rooms; also the enthusiasm of its staff! There were a few question marks: over the acoustics, over whether the consulting room windows allowed patients enough privacy and about controlling unauthorised parking. But in general the verdict was overwhelmingly favourable: “Well worth the wait”, it “exceeded all expectations”!

## Health Centre Opening Ceremony



Thank you to everyone who turned out on 8 November to help us celebrate the opening of our clinic and the naming of the Rose Room. It was a poignant and convivial occasion and we were delighted to see so many patients, former GP trainees and staff members; also Health Board staff, colleagues from neighbouring practices and the family and friends of the late Dr Phil Rose. A special thank you goes to Dr Kenny Deuchar for playing the pipes and to Jane Buchanan whose picture, painted for the Rose family, depicts happy times on *Thistle Dubh*, their yacht on Loch Moirdart.

Donated to the Health Centre, the picture now hangs in the Rose Room along with a remembrance plaque and a photograph of the boat, presented by Cathal Griffin. A handsome bench has been placed by the entrance to the Health Centre in memory of Dr Rose.

### **Queen's Nurse Title for Doune Health Centre**

A group of community nurses working across Scotland have been awarded the prestigious title of Queen's Nurse.

Among the 20 to receive this honour in 2019 was our very own Health Visitor Deborah Wishart.

Debbie, has almost 20 years' experience working as a Community Nurse and has worked within health visiting since 2005. She has also been a practice teacher for the past six years – inspiring and supporting the next generation of health visitors.

Debbie loves her job as a Health Visitor. She is enthusiastic and caring and feels privileged to have such a fulfilling job where she works closely with families in the community.

The Annual Awards ceremony took place in The Caledonian Hotel in Edinburgh on the 29th Nov. The group were selected earlier in 2019 and took part in a nine-month development programme run by the Queen's Nursing Institute Scotland (QNIS).

The Queen's Nurse Programme consisted of a week-long residential workshop followed by two further workshops and additional coaching sessions.

The programme required each nurse to select a personal project for development which made a significant impact on those they care for, so that the learning during the nine months is applied in practice.

Debbie's project was about engaging both parents (including fathers) into the health visiting service, as this creates better outcomes for children. Thus innovating inclusive parenting and shaping practice in a rural community.

It's all about promoting excellence in community nursing to improve the health and well-being of the people of Scotland.

Queen's Nursing in Scotland dates back to 1889, when nurses completed specific training which allowed them to work as District Nurses. They provided care and health education to people in their own homes and became well respected figures within their community.

Following the introduction of a national certificate for district nursing, QNIS ceased training, awarding the Queen's Nurse title for the final time in 1969.

However, the decision was made to reintroduce Queen's Nurses to Scotland in 2017, with community nurses chosen to take part in a development programme which would see them become the first modern Queen's Nurses.

### **Exceptional Mentor**



*Deborah Wishart*



Lynne Bryce (left), our community nurse has been recognised and awarded the befitting title of Exceptional Mentor. Lynne was nominated by nursing students for whom she had mentored. During their community placements Lynne showed outstanding training, advice and support to them.

This is a great honour for Lynne and the practices she works in. All her colleagues agree that this is a well-deserved award.

Congratulations to Debbie and Lynne.

### **Evening Clinic (Extended hours)**

This clinic is now on Mondays.

Dr Peter Hanlon has moved the clinic from Wednesday to Monday (6-8 pm)

This is by appointment only and is aimed at accommodating our patients who are commuters and those that have difficulty attending the practice in the daytime.

### **Ice Alert**

Please be careful if you are visiting the clinic on cold, frosty days as it maybe icy. The Council inform us that the Health Centre is not a priority so the car park may not be as well gritted as it should be. It seems the Health Board Estates department are responsible.

### **Thornhill Clinic**

The only clinic available in Thornhill is on a Wednesday morning with Dr Julie Reid.

### **Illness cover**

Unfortunately we have staffing pressures at present as Dr Jardine is unavailable due to illness.

### **Locum**

Dr Judith McLaughlin has joined the medical team as a locum while Dr Jardine is on sick leave.

### **New GP Trainee**

Dr Claire Dobson (Speciality Trainee) starts practising in the clinic full time from February until August.

An ST 1 doctor has completed two years of foundation training as a junior doctor after qualifying.

### **Happy New Year**

We wish all our patients our best wishes for 2020.

Thank your all very much for your Christmas cards and kind seasonal gifts. Much appreciated by all members of staff.

**Linda Keay**

**Practice Nurse**

## **What3words**

As many of you will realise, when it comes to postcodes and satnavs this can often be a bit of a hit and miss especially for those that live in quite rural areas. As GPs and nurses doing home visits, it can often be a challenge just finding the patient's house in the first place; it's not

infrequent that SatNav will tell me I've reached my destination when I am in the middle of a field with no houses to be seen!

Some of you may have seen the recent BBC news article about something called *what3words*. This is a coding system that will encode geographic coordinates into 3 dictionary words with a resolution of three metres. For example, the new Doune Health Centre is *cools.scoring.dinner* but it can also be *goofy.cringes.surfed* if you move down the corridor a wee bit.

It was developed back in July 2013 by a pair of concert organisers as they struggled to get to events on time due to inadequate addresses. Today, companies such as Mercedes Benz have started using it for their vehicles and the English and Welsh emergency services have also started using it. It has been vital and life saving in situations such as injured hill walkers.

As a practice, we are hoping to start using this in addition to the traditional address. If you live in quite a rural or difficult to find address, then it would be an immense help if you could advise us of your 3 words. It would avoid the situation of us driving around lost, and often not having mobile phone signal to call for directions either. It is a free app to download and free to use, and also works with no internet connection. All the GPs are starting to collect this information on our visits but obviously we have to find our way to your house in the first place!

### **Doune Health Centre is becoming a Parkrun Practice!**

Parkrun is a free weekly 5k timed event that takes place on Saturday mornings in various locations all around the UK and the world and has just celebrated its 15 year anniversary. Everyone is welcome and they actively encourage all levels of ability, from those who wish to just walk, those starting out on their running journeys to marathon runners. It is an opportunity to socialise and make friends and be part of a community. If running isn't your thing then another option is to volunteer or even just to spectate.

Up til recently, the nearest Parkrun to Doune was the Plean Parkrun. However, a new event is starting up at the University of Stirling.

Being a keen runner myself, I was keen to be involved and have signed up Doune Health Centre to be a Parkrun practice. The aim of this is to help improve the mental and physical health and wellbeing of practice staff, patients and carers. We will all be actively encouraging our patients to become part of the Parkrun community.

**Dr Julie Reid, GP**

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:

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

Items for Edition 36 should be submitted by **30<sup>th</sup> April 2020**, sent by email, in **Word or Open Office**, and as a **separate 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**

### **General Data Protection Regulation (GDPR) 2018**

*Reflecting the change in legislation, the Blair Drummond Community Hall Committee Grapevine newsletter editorial team wish to highlight the following to its readers –*

*The information we hold, regarding email addresses, is held in a secure setting and not shared with other organisations, companies or individuals. The information is used to send out copies of the Grapevine to our readers electronically.*

*The Blair Drummond Grapevine is a community newsletter produced and distributed by volunteers, free of charge, to approximately 400 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)

Facebook: **Blair Drummond Community Hall**

### **Councillors for our area**

**Martin Earl**

Tel: 01786 233114

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

**Jeremy McDonald**

Tel: 01786 233113

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

**Evelyn Tweed**

Tel: 01786 233121

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