

Issue 38

The Grapevine

November 2020

Blair Drummond Grapevine gratefully acknowledges UnitedAuctions generosity in printing this and previous editions of this newsletter.

Birth



Congratulations to Elaine & Ross Drummond (formerly of Nether Spittalton Byre) on the birth of their first child Freya Christina Gillian Drummond, born on Tuesday 13th October, weighing 9lbs 5oz.

Kincardine In Menteith Primary School

2020 Covid Alphabet By P4-7

A is for Amazon, anti-bacterial and anxiety.
B is for Boris, bored and baking.
C is for Covid 19, Corona, cases and clapping for carers.
D is for doctors, death and devastation.
E is for elderly, extra holiday and emotions.
F is for facemasks, furlough, family and fear.
G is for germs and grants
H is for home-schooling, hubs, hospitality and hospitals.
I is for isolation, indoors
J is for jobs
K is for kindness and keyworkers
L is for lockdown, lonely and laws.
M is for medical, masks and medication
N is for news reports, NHS, new normal and Nicola Sturgeon
O is for online learning and overwhelmed
P is for prime minister, protests, panic buying, post viral fatigue and pandemic
Q is for quarantine
R is for restrictions, rainbows, responsibilities and risk
S is for sanitizer, social distancing and stay at home.
T is for travel, temperature, tiers, tears and toilet paper
U is for unemployment, university, unprecedented
V is for virus, vaccine, virtual hugs
W is for working from home, worries and wipes
X is for Xs for people that we miss
Y is for youth, young and you can stop the spread.
Z is for zoom calls

**Kate MacNish
Principal Teacher
Kincardine in Menteith Primary School**

A fond farewell to Dr Jardine



Dr Jardine with his wife Jackie

Dr Charles Jardine

BSc (Hons) MBChB (Dundee, 1986) FRCGP DRCOG DCH AFHEA

This summer, Doune Health Centre bid farewell to Dr Charles Jardine after 29 years of dedicated service as a rural family doctor. It is hard to believe that when he started at Doune Health Centre in 1991, mobile phones had only just arrived and there was barely any computerisation in the workplace. In these days, life as a family GP was much more akin to the Dr Finlay image with the partners "on call" round the clock and home visits were the norm. It would be many years before these key elements of life as a doctor were radically changed.

Unlike many who studied medicine, his family background was not medical. Indeed, his father's vocation as a vicar made for an itinerant upbringing during which he encountered the contrasting lifestyles of urban Liverpool and London with rural Surrey and Hampshire. Such experiences left him adapted to cope with the populations that he would care for during his career and planted the foundations for his choice of a rural GP.

His journey into medicine started in 1978 when he set forth for Scotland to study Medical Microbiology BSc (Hons) at the University of Dundee.

After a year of working on a 'faeces bench' in an NHS lab, he made the life changing decision to study medicine upon realising that he was more of a people person. After a further four years studying medicine in Dundee, he graduated as a doctor in 1986. He then worked in training posts at Stirling Royal Infirmary, where he met his wife Jackie, a pharmacist, a romance that started over the drug trolley in Ward 9! After further training in Stracathro (Angus), he commenced the Forth Valley GP scheme (1987-1990). On completion he ventured to Northern India to work in a mission hospital for two months. His final GP trainee year was in Stirling by which time he was very well prepared to join the Doune Practice in 1991 with Drs Henderson and Rose.

From the onset the three partners set aspirational goals, a major one of which was for the practice to become a formal recognised training base for future GPs. This was achieved five years later and since then, around 30 trainees have benefitted from their spell in Doune, some of whom have returned to work here. This was only one of many improvement goals that Dr Jardine set and achieved over the years. He also spent a great deal of his time investing in the future generation of doctors nationally. He became an undergraduate tutor, hosting numerous medical students from Universities as diverse as Dundee, Cambridge, London (Bart's) and Glasgow. This teaching activity which he clearly enjoyed, was formally recognised in his appointment of Honorary Senior Clinical Lecturer at Glasgow University and his achieving Associate Fellow of Higher Education Academy status in 2013. This educational work stimulated an interest in medical student selection, and he sat on the interview panel for Glasgow Medical School admissions. He also periodically reviewed national medical guidelines and reflecting his interest in ongoing education and working to the highest standards, he became an appraiser of other GPs in Forth Valley.

Primary Health Care is a unique experience for school pupils considering a career in medicine and Dr Jardine was highly enthusiastic in creating these pupil placements ensuring they observed a multitude of key skills and sensed the pride with which family medicine could be delivered. Nursing students also benefitted from his wisdom during similar rural community placements. As North West Stirling Locality Co-ordinator, he sat on numerous health board committees, keen to influence key decisions for planning the future of healthcare services in Forth Valley.

A long-standing receptionist often described Dr Jardine as having a blue light fixed to his head, such was his instant excitement when called to a local emergency that would allow him to apply his 'BASIC' skills. This

qualification enabled him to use his specialist medical expertise when attending major incidents such as road accidents and ensured he was qualified to cover many sporting events including rugby and horse shows. He was the ideal person during a crisis because he was calm, quick to respond and able to take charge based on his knowledge, practical skills, and experience.

The clinic looks after the wellbeing of Camphill Centre and it was very apparent to anyone present throughout these visits that Dr Jardine was clearly a firm favourite with the residents and staff.

Away from the Health Centre, his experience extended to helping as Director for Dunblane Kids Club (out of school care) and lecturer and committee member 1995-2004 for Victim Support (Stirling). He also worked in Forth Valley as an out of hours service doctor for twelve years.

Over the years he has witnessed a revolution in the treatment of illness and has taken on these changes and challenges with enthusiasm. He maintained an open doors approach for all his staff and any of the multi-disciplinary groups who also sought his opinion were welcomed. Family and work were by far his main priorities and he was proud to embody an ethos of hard work with both pride and modesty, driven by his principle of caring for all.

We are all going to greatly miss Dr Jardine and would like to thank him for looking after us over the years. I truly believe he knew every one of his patients and their families.

We trust he will now have time to pursue his many interests which include travel, gardening, DIY, sailing and hillwalking. He told me that his retiral aspirations are photography, classical music, and theatre. His other passion is watching Nordic Noir TV dramas and general murder mysteries. With his enquiring mind, astuteness and skills of deduction I often thought he would have been an excellent detective and I suppose medicine is about investigating, finding out facts and piecing the evidence together to crack the case, exactly as enacted in his favourite dramas. Retiring will enable him to spend more time with his wife Jackie. Family dynamics have always played a key role in his life and along with Jackie and their three children; Catriona, Ruari and Alasdair, they are a close unit and are all now established in their own careers both within and outwith medicine. On behalf of the health centre team and our patients, we wish Dr Jardine all the absolute best for the future.

Linda Keay
Practice nurse

Stirling District Citizens Advice Bureau

If you need advice, information or guidance, Stirling District Citizens Advice Bureau is here for you.

Visit the Citizens Advice website for detailed information on a wide range of topics, including guidance on benefits, debt, money, work, housing and much more. (www.citizensadvice.org.uk/scotland)

Continued temporary suspension of face-to-face advice

Whilst our face-to-face service remains temporarily suspended, Stirling Citizens Advice Bureau continues to offer comprehensive advice via telephone and email.

If you require advice please contact:

Tel: 01786 470239 or 01786 451225, available 10–3pm Monday to Thursday

Or email: sessionsupervisor@stirlingcab.casonline.org.uk

Maggie Magor

Outreach Worker, Stirling Citizens Advice Bureau

Blair Drummond Community Hall

Unfortunately, due to government guidelines the hall has remained closed since the start of lockdown. Some halls in the area have managed to open up as they are being used for child care but we do not fall into this category.

We held our AGM (which was postponed from June) on 22nd September on ZOOM. Along with all the usual business we were pleased to welcome 2 new members on to our committee, with interest from another to join. New members are always welcome. At the same time we have 2 current members leaving, as they have moved out of the district.

We have improved the drainage in the carpark and arranged for the floor in the main hall to be sanded down and re lacquered at the end of this month. This has been long overdue and along with painting at the end of last year will hopefully make the hall look like new again, ready for us opening back up.

The committee have also been looking into improving the heating in the hall and this will be further discussed at our next meeting which will be held on ZOOM on **Monday 16th November at 7.30pm**. If you would like to join the committee or would just like to attend a meeting contact bdgrapevine@gmail.com and we will send you the meeting link.

GP Dr Roderick Gunn



I am delighted to be joining the practice team at Doune Health Centre on a full-time basis. I have spent the past 10 years working as a GP Partner in Dunkeld, moving post to reduce the long daily commute from Dunblane. I hope to maintain the high standard of care provided by my predecessors, focussing on continuity of care and maintaining the excellent patient access to GP services which I know are core values of the Practice.

Having studied Medicine at Edinburgh University, I worked in Lothian and Glasgow during my early postgraduate years. I then moved to Forth Valley to

complete my GP vocational training. Following this I completed a year as a Paediatric Fellow, furthering my interest in Paediatric Medicine. Since then I have been working as a full-time GP in Dunkeld. As well as Paediatrics I have special interests in Cardiovascular disease, Musculoskeletal Medicine and Diabetes. I carry out a range of practical procedures, including joint injections and minor surgery, which can help avoid the need for secondary care input and its associated waiting lists.

I originate from Caithness, but have lived in Dunblane for the past 15 years. I am married to Karen, a hospital pharmacist, and have two daughters. In my spare time I try to keep active with a particular passion for rock climbing and hillwalking. I also take the occasional paddle in a canoe down the Teith.

It is clear that the practice and its patients have been through a very difficult time following the devastating loss of Dr Rose - a highly respected, caring and skilled GP. The recent retirement of Dr Jardine, and the loss of his wealth of experience, has also been a challenge, but I can see that there remains an excellent Primary Care Team who aspire to maintain the high standards of care that have been set.

Dr R Gunn

Blair Drummond Blethers

Hopefully this finds you in good health and managing to cope with the restrictions still placed on us all?

Who would have thought that the majority of 2020 would have been spent in such a way? Probably, like many another, you've cleaned out cupboards, got too many tinned foods in the larder and even done some of the things on the 'To Do' list that's been ignored for ages?!

But I think the thing we all miss most, is being able to get out and about easily and catch up with friends and activities? Unfortunately the Blethers lunch group is still not in a position to restart this year. The government restrictions are such as make it impossible and the overall age of the majority of the membership of the group, would also make it unwise.

We very recently had sent to us by Age Scotland, information about a friendship and support telephone line (see below) and whilst that may be of use for some people, we appreciate it won't serve everyone's needs.

So, are there any additional ways we can help to overcome the isolation? All (reasonable) suggestions are welcome!

Meantime, please take care and stay safe.

Christine Bauer

Age Scotland

Our free [#friendshipline](#) is a place for older people who are feeling isolated and lonely during these difficult times. If you need support and reassurance, or just to hear a friendly voice, give us a call today. We're here for you.

 0800 12 44 222

 age.scot/friendship



The advertisement features a dark blue background. On the left, an older man with grey hair and a beard, wearing a blue shirt, is shown in a circular frame holding a phone to his ear. On the right, a younger man with brown hair, wearing a purple shirt, is also shown in a circular frame holding a phone to his ear. A white line representing a telephone cord connects the two men. In the center, the text "Thank you for listening to me" is written in white, flanked by large blue quotation marks. Below this, a purple circle contains the text "When you need friendship and support, call us" in white. To the right of the circle, the number "0800 12 44 222" is displayed in large, bold, purple digits. At the bottom left, the Age Scotland logo is visible, consisting of a stylized 'A' and the text "Age Scotland" with "Love later life" underneath. At the bottom right, the website address "agescotland.org.uk/friendship" is written in white.

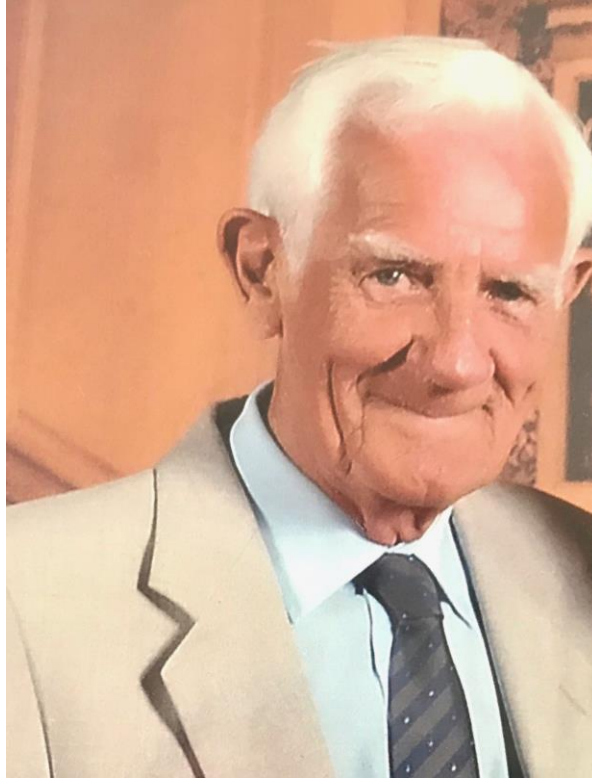
Thank you for listening to me

When you need friendship and support, call us

0800 12 44 222

agescotland.org.uk/friendship

Obituary



William (Bill) Bryce died sadly in early July. Bill passed away at the age of 86. He was the much loved husband to Liz for 55 years, loving father to David and Gavin and much loved Grandfather to Angus, Ellie, Frazer and Euan. He was educated at Kincardine and Menteith Primary School and then at Dollar Academy. Farming was his passion and he was well known in the farming community. Living his whole life on Chalmerston Road, he was never happier than when in the fields. He loved the hay time, baling 15000 small bales of hay in his last year, aged 85. Also, he enjoyed the friendships he made selling the hay to around the west coast and buying lambs back in return. He loved his trips up to Dalmally mart in September to buy the wedder lambs to finish on the aftermath hay. Never missing a Highland show he was a director in the late sixties and enjoyed catching up with friends every June at Ingliston. His hobbies included skiing, golf and curling, amongst many other pastimes. He was actively involved with Stirling Golf Club being greens convener in the late seventies and later went on to captain the club. In his later years he spent many happy autumns with Liz, holidaying in Lanzarote amongst other holiday destinations around the world. Like any grandparent he could never be prouder of his grandchildren and loved having them around, seeing them grow up happy and making their own way in life.

Kincardine in Menteith Church

We are actively pursuing actions to enable our church to re-open in some form, taking into account the last Scottish Government advice and that of the Church of Scotland. Until the country has seen out the worst of the Coronavirus pandemic, any opening for worship will have to take a rather different form from that which we enjoyed prior to 23 March this year.

Since 23 March, the elders have continued to look after the church, its fabric and contents to ensure that re-opening can be straightforward. There will, of course, have to be changes in the short to medium term on the maximum number who may be permitted to worship at any time, and we must ensure that the necessary COVID protocols are in place.

Once we are able to re-open, we will place notice in the Stirling Observer and details on the web site www.blairdrummondchurches.org.uk

We will be starting the process of looking for a new minister shortly again, this had been put on hold due to Covid, hopefully in 2021 we will have a minister.

Janette Gilliland
Session Clerk

Weather

Weather update....as of Sunday 25th October we have reached our annual average rainfall! So I can now say that unless we have no more rain, snow, hail or sleet, 2020 is a wet year. The farmers are grateful for the two weeks in July and September that allowed us to get hay and winter crops in, even more so the fact that 2020 had an incredibly sunny spring. This, we think gave us the big yields at harvest?

You may also have noticed that a lot of cattle are now in the sheds for the winter, the lambs are on the hay fields to be fattened and the tups are out giving their wives coloured tails.

The clocks have now changed so can we remind all the walkers, cyclists and horse riders of the Blair Drummond area to ensure they are wearing Hi-Viz clothing and lights when out and about.

Katie Brisbane

RHET News



I am delighted to report RHET Forth Valley has a Coordinator back in post. To celebrate we are excited to announce a national schools art competition to design a Christmas tree. The event is generously sponsored by The Blair Drummond Smiddy, who are offering a free Christmas tree to the winning school, as well as cafe vouchers and tickets to their exciting Christmas tree maze for the winning artist. To download an entry form visit www.rhet.org.uk. Have a look at the fantastic teaching resources and festive ideas especially the magic sustainable and environmentally friendly reindeer dust recipe, which was discovered by Briarlands wannabe reindeer “Hamish”. To keep up to date on RHET news follow RHET Forth Valley on Facebook and Twitter.

Katie Brisbane, Project Coordinator, RHET Forth Valley

Alzheimer's Scotland Memory Walk



Katie Brisbane and Suzie Galloway would like to say a huge thank you to all who supported their memory walk. 22 people parked at Dobbies walked to Westwood Lane for soup and a roll before completing the 6 miles back to Dobbies. Other supporters walked their own routes, all to raise funds for Alzheimer's Scotland. The final total raised was £760, fantastic. Thank You.

Safari Park



This year, for the first time, we're extending our season until December.

Blair Drummond Safari Park is a seasonal attraction that's usually open from mid-March until the end of October. However, this year, dates have been extended and, rather than closing in the autumn, the park will remain open to visitors until the Christmas holidays.

This means lots more days to join us at the park, represents fantastic value for members and is a unique opportunity to see the animals in their winter habitats. Visitors will be able to view some of the animals in their cosy indoor areas and animals native to colder climes, such as the Amur tigers and Bactrian camels, will grow thick coats in preparation for winter. Plus, don't forget our World of Dinosaurs exhibit and play parks – which are just as much fun in winter as they are in the summer months, and will be decorated with lights as the evenings get darker.

Tickets for November and December will go on sale in mid-October. Memberships can be bought year-round and are valid for 12 months from date of purchase. Benefits include free entry to the Safari Park and discounts in the gift shops and catering outlets. Annual membership is £45 for children and £55 for adults.

Remember, remember, fairy fun in November!

With the Safari Park staying open all the way through until December this year, it's time to put all that stress and worry on hold and join us for some simple seasonal pleasures...

Autumn leaves, cosy jumpers and rosy cheeks – we all love autumn. And now, from 2nd-25th November, as well as all the usual fun of the animals, play-park and dinosaurs, you can enjoy our new twinkly fairy trail!



With all the beautiful autumn colours and our Food Court and kiosks serving up some delicious winter warmers (with discounts on weekdays), the park is set to be truly magical.

Tickets are available now, so book early for some great weekday discounts. We'll be open until 4.30pm each day – and don't forget to wrap up warm!

Experience the magic of our Christmas Market



From 26th Nov-20th Dec, things are going to get really festive here at the park.

As well as our magical fairy trail, we've got some frighteningly good flood-lit dinosaurs, a German market with hot food, drinks and festive games. Plus, Santa's sleigh will do a fly-by every day! We're also selling locally-grown Christmas trees, so you and all the family can have fun picking out the perfect one.

Tickets are available online, so book early for some great weekday discounts. The park will be open until 5pm each day with late opening until 7pm on Fridays and Saturdays.

Autumn upgrade for Safari Park menu



Say hello to our brand-new autumn menu...

From 14th September, our Food Court will be serving a range of new healthy salads, grills and family favourites, such as stews, wholesome soups and baked potatoes.

Regulars needn't worry though – the popular burgers from Simon Howie butcher in Perth remain on the menu, and the kids still have four delicious meals to choose from, each with sides and veg.

The new menu is just part of our ongoing drive to champion sustainable food production. In 2019, we were proud to be awarded the 'Taste our Best' Award in recognition of the quality food and drink experience we provide and our promotion of local Scottish produce.

Head Chef Alfie Lewis who joined us from Crieff Hydro earlier this year, said:

"Autumn is a beautiful time to visit the Safari Park and we want to impress our visitors with a seasonal menu. There are lots of new tasty and healthy options available for our visitors to try."

Liz Gunn
Marketing Manager

BLAIR DRUMMOND ESTATE

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	£6.50 for hardwood
Small bags	£5.50 for softwood

Contact: **Michael McKinstry**

Tel: 01786 841728 Mob: 07955 124057

Briarlands Farm



Mud, Mud, glorious mud..... not only the lyrics to a song but also the general theme of Briarlands Farm at the moment. The recent weather has not been kind to our clay soil and has quickly turned our lovely, normally green grass a rather sludgy brown colour! This doesn't seem to be spoiling our visitors' fun though and numbers for the October holidays have been much higher than in previous years, as families seek out outdoor activities to keep the kids entertained. Wellies, waterproofs and thermals recommended!

Sadly we were not able to offer our usual annual bonfire night this year, which is a shame but under the circumstances we thought it was not possible to do this safely.

With the clocks changing on the 24th October we are now onto our winter hours of 10am till 4.30pm every day until the 5th January 2021 (closed 25th/26th Dec & 1st/2nd Jan), coronavirus restrictions permitting. We will then close completely until the 5th February 2021, when hopefully things will be back to some form of normality.

We have had a wee addition to our animal family in the last month with the arrival of Jenson and Button the Marginated tortoises. These can be seen in the building when you arrive at the farm and have been very popular with our guests.



All the team at Briarlands would like to wish all the readers a very Merry (digital) Christmas and Happy New Year and look forward to seeing you all again soon.

Mary Inglis

Thornhill and Blair Drummond Community Council needs you!

After several months of lockdown and a ban on gathering in person, Thornhill and Blair Drummond Community Council has decided to switch to online meetings. We commenced our activities in August and have held three meetings since. Stirling Council gave us a green light to hold an online AGM, which is scheduled for 18th of November at 7pm.

Within the past two months our CC has organised an online meeting with the developer of Shelloch Wind Farm, which is planned near Kippen, and we are pushing to secure community benefits if the project goes ahead. We are also actively supporting residents of Thornhill and Blair Drummond, and are in regular contact with Stirling Council, with the pre-planning consultations run by JCC Dunsire and Partners who are proposing a huge development in Thornhill.

The general aim of the Community Council is to convey the opinions of local communities to Stirling Council, but Community Councils also bring local people together to help make things happen, and many Community Councils protect and promote the identity of their community.

Our Community Council strives to do all those things, but one other very important role is in planning permissions and this function is crucial with the proposed planning development in Thornhill: one of the biggest planning decisions we may ever encounter.

Community councils have a statutory right to be consulted on applications for planning permission and the Community Council has a special role, representing a broader yet still local view which can be set alongside the comments of individuals and groups within the community.

The Community Council's key task is helping to provide an informed local context within which appropriate decisions can be made in the public interest.

So this is your chance to effect change within the combined communities so that we are a full and dynamic Community Council to face all the challenges we will meet in 2021.

If you are interested in joining, please contact Michelle Flynn Office: 01786 233071 or Mobile 07990 082315 or Email flynnm@stirling.gov.uk

Gabi Ingle

Secretary, Thornhill & Blair Drummond Community Council

Blair Drummond Smiddy



Back in March, as lockdown started, it would have been impossible to predict just how amazing all of our neighbours and customers and suppliers have been over the last 6-months. From customers helping to distribute veg boxes to isolating and vulnerable neighbours; suppliers who dropped everything to install new fridges, and neighbours who helped us by serving tables or building shelters, we have been overwhelmed with support. Thanks to each and every one of you.

The Smiddy team has been working hard to implement the changes our customers are asking for. We have built outdoor shelters for people queuing to enter the shop and cafe, and which can be enjoyed with takeaway from The Smiddy Express. We have added over 100 products to the home delivery service, and we extended our delivery areas to include Glasgow, Edinburgh and the corridors in between. And we have altered our car parking to make more space for customers and easier and safer access for pedestrians to enter the shop.

We are now preparing for Christmas: ordering turkeys, roasts, gifts and Christmas Decorations. The foresters are busy preparing Christmas Trees which go on sale at the end of November.

We are planning a Christmas Tree Maze, with over 500 Christmas Trees arranged to form a maze, with Christmas Tree lights, music and late night takeaway hot food, coffee and cake!

It has been a desperate year for so many, and despite the Smiddy cafe closing, we realise how fortunate we are. Thank you for your support and custom.

Will Muir

Email: will.muir@blairdrummondsmiddy.co.uk

Web: www.blairdrummondsmiddy.co.uk

Phone: 01786 235 024

Doune Health Centre

Important information- minor injuries dept.

Call MIA – Minor Injuries Assessment

The new Call MIA service, provides quicker, more convenient treatment for minor injuries and avoids overcrowding to help keep staff and patients safe.

Anyone with a minor injury is asked to call MIA – the new Minor Injuries Assessment service on 01324 566130 before they attend the Minor Injuries Unit at Stirling Health and Care Village or the Emergency Department at Forth Valley Royal Hospital.

Patients will then be offered a video assessment so they can quickly access clinical advice or an appointment in either Stirling or Larbert so they don't have to wait to be seen when they attend.

Minor injury is open seven days a week, 9-9.30 pm.

Flu Clinics

Flu clinics are ongoing by appointment only. Please try and call the reception staff between 1-3 pm when the lines are quieter for an appointment.

Shingles and Pneumonia vaccine

Once we have dealt with the flu vaccines we will start to invite patients to take up the Shingles and pneumonia vaccine offer. Unlike flu vaccines, these can be given at any time of the year.

We expect to be immunising against flu into Dec due to the high numbers being offered flu protection this season.

Bowel Screening

The bowel screening programme for > 50 years resumed on the 12th Oct.

Clinic closure

The health centre will be closed for training on Thursday 26th Nov from 12.30.

Silvy Deuchar

Practice nurse Silvy Deuchar resigned in September to continue with her nursing studies at Stirling university. Silvy specialised in diabetes along with providing a variety of general practice nurse duties over the years at Doune.

New GP partner appointed

Dr Roderick Gunn, MBChB (Edinburgh 2004) MRCPGP, DCH, DRCOG.

We are pleased to announce that Dr Gunn joined the partnership along with Dr Julie Reid and Dr Mark Hadden. He will be consulting full time from Monday-Friday.

Dr Gunn previously worked for the past ten years in Craigvinean Surgery, Dunkeld. He lives in Dunblane, so the long daily commute will be much easier from now on!

Clinic appointments

We realise that many of you are wondering when normal clinic appointments will resume. The current situation is frustrating for all concerned, obviously there will be a back log, but please bear with us. Following on from the pandemic, we are dealing with urgent referrals, flu clinics, staff changes and the holiday season. Clinics are slowly getting back to normal and screening programmes that were paused are progressing. Telephone consultations remain the norm although we are bringing more patients along to the clinic when required. We are aiming to try and have regular clinic appointments up and running in the next few months.

Christmas and New Year closures

The Practice will be closed on Friday 25th Dec and Monday 28th Dec. New Year's day on Friday 1st and Monday 4th Jan .

If you feel you need medical advice or assistance when the surgery is closed, please contact NHS 111.

This telephone number is free to call and is available 24hrs per day-everyday.

- If you need medical help, which is not an emergency dial 111.
- If it is a life-threatening emergency dial 999.

Please ensure that you have sufficient medication, especially during the four day closures on both the Xmas and New Year weekends.

Linda Keay

Practice nurse

Youth Club

Like so many groups that use our local hall for our meetings, we had to close Youth Club earlier than expected back in March. Usually we would be thinking of starting up again for the 2020/2021 session in October but at the moment this is on hold til we get further guidance from the Scottish Government and Youth Scotland.

We hope all our members and future members are well and we hope to resume “normal service” as soon as we are able.



Winter Road Safety

Get ready for winter

Winter is coming, which means changes in road conditions, daylight hours and unpredictable weather. Pedestrians, cyclists and drivers all have a responsibility to keep Scotland's roads safe this winter.

Here you can find advice on how to stay safe this winter whether you are travelling on foot, by cycle or car.



Advice for pedestrians

Dress appropriately for the weather. Consider wearing reflective or bright-coloured clothing so other road users are able to see you when it's dark or visibility is poor.

If walking home, particularly late at night, make sure someone knows when you are expected to arrive at your destination.

Take extra care when crossing the road. Vehicles can take up to ten times longer to stop on slippery road surfaces. If possible, stick to pedestrian crossings. If there are no crossings nearby, find a place with a clear view and wait for long gaps in the traffic.

Be careful when stepping out between parked vehicles and never cross behind a bus. If a clear place can't be found and you cross between parked vehicles, make sure there are no drivers in them in case they suddenly pull out or reverse.

If there is no pavement, walk in single file and keep to the right hand side of the road so you can see oncoming traffic.



Advice for cyclists

Ensure that you and your bike are visible to other road users by using a good set of front and rear lights (white at the front, red at the back). Wear clothes that help you be seen on your bike, such as bright and light reflective items.

Obey road signs and markings, particularly red lights. Do not cycle on the pavements, which may be slippery and can also endanger pedestrians. Be mindful of the effects poor weather can have on other road users and be alert to possible dangers around about you. Cars can take twice as long to stop in wet weather and braking can be unpredictable in ice and snow.

Advice for drivers

Ensure your car is winter ready - are your tyres, brakes, windscreens, wiper blades and windows free from defects and clean?

Drive to the road conditions. Be aware road conditions can change without warning and remember stopping distances will be affected by the weather.

Make sure your windows are clean, properly demisted and clear of snow and ice before you drive.

When the roads are icy, drive at a slow speed in as high a gear as possible, and accelerate and brake very gently.

Driving can be challenging in winter conditions. Driving distracted (by using mobile phones or devices) can cause additional stress and endangers yourself, passengers and other road users.

If anyone has any concerns they wish to raise or information regarding criminal activity in the area, please contact community officers PC Lorna Deans or PC Donald King at Callander Police Office on 101 or TrossachsTeithCPT@scotland.pnn.police.uk



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ST ANDREW'S
DAY**
— ON 30TH NOVEMBER —



#LambForStAndrewsDay

Libraries

Stirling libraries are once again offering hearing aid batteries, food waste caddy liners and dog waste bags for collection, as part of their Select & Collect service. To order contact the library, in advance at
Dounie Library 01786 841732 or dounelibrary@stirling.gov.uk
Stirling Library 01786 237760 or centrallibrary@stirling.gov.uk

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

Items for Edition 39 should be submitted by **31st January 2021**, 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

Facebook: **Blair Drummond Community Hall**

Please take a look at our Facebook page for updates on local issues as well as the Joke of the Day.

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