

Issue 40

The Grapevine

May 2021

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

Ellie Bryce



Ellie on Charlie

I think it's fair to say lockdown hasn't been easy. However back in July last year I was fortunate enough to start working for Australian three-day event rider Sam Griffiths, who is a two time Olympian and Badminton winner based down in Dorset. Luckily the season picked up a little earlier in England than in Scotland and after a novice run at Bicton, Charlie (competition name Lacoste) and I stepped back up to Intermediate level at Aston-Le-Walls. We then ran at Wellington and our last run was at the South of England event, in Sussex. It was great to see so much improvement after only six weeks under Sam's guidance. A nice dressage test and double clear rounds to finish 10th at South of England made putting Charlie on his end of season holiday hard: however, it makes a winter of hard work all the more exciting to see what's to come next season!

Being based with Sam has allowed me to gain more experience with a wide range of top-quality sport horses, from five-year-olds to 5* horses. Under a professional eye and being based in Dorset means I'm competing alongside many Olympians I have grown up watching.



Happy Times with Sam Griffiths

Back in September I was lucky enough to be given the ride of Happy Times once a week. Happy has clocked up a remarkable string of achievements in his long career, including eleven starts at what is now CCI5*, coveted spots on the Australian team at the London 2012 Olympics and the 2010 World Equestrian Games in Kentucky.

Charlie loved his holiday in the field but he was pleased to come back in for some extra attention! After a few weeks of hacking, he was slowly brought back into full work. He is feeling ready to go, with just a couple of final touches needed, when Covid allows, before we can get our 2021 season kicked off at Tweseldown in Hampshire.

Being safe in the sport I love is essential so I would like to thank A2B Equestrian and FOMO by Teqnox for their continued support.

Ellie Bryce

Life at Briarlands



We are open!!



We finally opened our doors for the first time in 2021 on 26th April, and it is great to be back. At the time of writing it has only been 5 days but so far trade has been pretty good and I think everyone is happy to be out again. Staff are a wee bit rusty, so if you are visiting please bear with us while we get the brains working again! The café is back to almost normal and we are happy to have family groups sitting inside but we have also added an outside Take Away Coffee and Snack Bar and coming soon is “Lucy’s Lollies” ice-cream kiosk. We still have loads of picnic benches spread over the park if you prefer to bring your own!

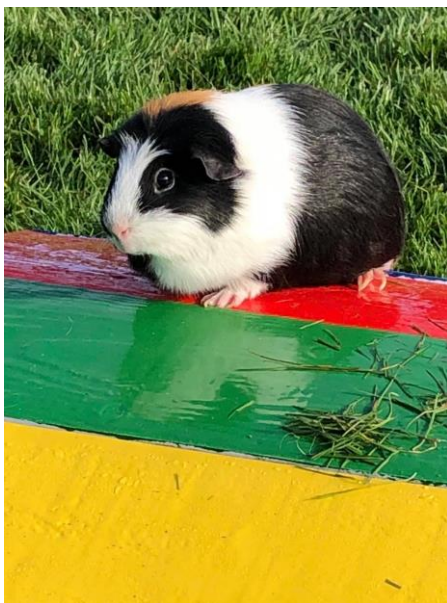
During lockdown we were not idle and have created a few new additions to the park. The fairies have moved into the roundel area and have built themselves several houses and look set to stay forever! It is a lovely calm area to walk round and spot all the things there are to see, and if you believe strongly enough you might spot a fairie or two! We have a charity wishing well there and any money thrown in will be donated to a Children’s charity.



The goats now have a fabulous tower to climb up with a special food delivery system for the kids to use. The food goes into a toy trailer, then a handle is turned and the tractor and trailer move up the slope and deposits the food into the trough at the top of the tower. The 12 goats, which John Owen kindly loaned us, are learning that there is food up there!!



The guinea-pigs are enjoying playing on their very own mini version of Briarlands and love to have visitors watching them have fun.



Tickets must be pre-booked online before visiting and this can be done by visiting our website at www.briarlandsfarm.co.uk. Daily numbers are limited so book early to avoid disappointment.

We are so happy to be open again and can't wait to see you all.

Mary Inglis

Obituary



Jim Brisbane
31.5.1933 – 8.3.2021

James Brisbane (Jim) was born into the farming life. He came into the world to his parents, Elizabeth and John Brisbane who ran Gartclush Dairy farm. Gartclush had been passed down through generations of the Brisbane family since the nineteenth century. Jim grew up on the farm, with his younger brother Stewart. They got on well and helped out with the chores. This was during a time when horses were still used for ploughing, harrowing and cart work. Jim was never a fan of horses as they were too messy and inefficient, so he was relieved when his dad got a tractor in the early 50s. The boys learned from an early age to clear up after themselves as mum and dad were sticklers for keeping a tidy farm. 'Brush it up! And put the brush back where you got it' was a lesson that

Jim never forgot and passed on. When they were not working, Jim and Stewart were always building stuff, from hen houses to bogies and they made their own fun, throwing stones down an old pit shaft below the farm, counting how long it took before the stones hit the water.

Jim went to Bannockburn Primary then Stirling High School, where he met his lifelong farming friend Robert Armstrong, who he kept in touch with even after Robert moved to farm in Lincoln. School wasn't Jim's natural habitat and there was never any doubt about the path he would follow. Jim headed to Glasgow College to study agriculture where his desire to learn about new ideas on the farm was fuelled. New methods would always be something that Jim was interested in and he was the first to grow peas along Chalmerston Road. Jim joined the Young Farmers and at shows, was involved in stock judging, ploughing matches and turnip thinning competitions.

Jim met the girl he would marry – Helen Westwood at a dance in Bridge of Allan. Helen was also from a farming family and grew up at Inch of Ferryton Farm near Clackmannan. They were quite similar in many ways and got on well. The only thing that annoyed Jim was the fact that whenever he went to pick Helen up when they were going out anywhere, she was never ready. Jim unknowingly got his revenge when they went to the pictures and insisted on buying chewy fruit sweets to eat during the film. What he didn't know for years was that Helen hated them! Jim also got on very well with Helen's parents, William and Helen and her mum would always ask, 'What's the price of eggs Jim?'

In 1958, Jim and Helen agreed that they would marry later that year, after the harvest, however Jim's dad purchased another farm, Westwood Lane in the May of that year and Jim and Helen brought their wedding forward. They were married on 10.06.1958 in the church in Clackmannan and honeymooned in the Lake District. Jim and Helen then moved to the newly bought Westwood Lane farm and for the first few months of married life, they were without electricity. When Jim's mum died suddenly, they faced a very difficult financial time.

Jim and Helen became parents to two boys – Ian and Alan. Ian and Alan were young when they were first introduced to the ways of farming and both received tractor driving lessons from an early age. These comprised of being put in the seat, told to steer straight, the cab door was shut and 'Off you go' – if there was a cab at all that is!

Ian and Alan have happy memories of the family caravan holidays to a variety of UK destinations which they enjoyed when they were growing up. Jim liked the Black Isle and no matter where the family went, he

never wasted an opportunity to see what the crops were like in different areas!

Ian and Alan followed in their father's footsteps and went to agricultural college, on day release for 4 years, while they worked on the farm. They were encouraged by their dad to hone their tractor skills and they both knew if they had made a mistake, as Jim wasn't long in telling them. Jim had high standards and expected them from others too. He was a fair man though and was good at giving them days off when they wanted to do things. Jim didn't always communicate with words on the farm mind you! If he could see you across the field, he would use his own made-up hand signals, which somehow everyone in the family came to understand! Jim had a real passion for crops, combine harvesting and ploughing. He was still driving and using the combine until last year and was in his element when the plough was going well. Jim was always trying to improve the land and was a passionate land drainage man. Alan and Ian will always hear his words of wisdom when they are checking to see if the drains are running clear. Jim was driven to make things as efficient as possible. If he did make mistakes, (which was rare, because he was ALWAYS right) then he would simply learn from them and carry on.

Routine was important on the farm and Jim stuck faithfully to his schedule. Whenever Jim finished one job, it was onto the next. This is perhaps typified when Alan got a new tractor 3 years ago. A tractor is a big investment and when the salesman came out to the farm with the new vehicle, he was excited to show off all that it could do. Jim appeared in the old tractor, jumped straight into the new one without even taking the plastic off the seat and headed off at full throttle up the field, declaring 'There's ploughing to be done!'

When he did have spare time, Jim enjoyed assisting Helen with the gardening and visiting Garden Centres. Something he did from a young age was curling. He was a member of the Bannockburn Curling Club initially and then later on joined Blair Drummond. This was a popular pastime for most of the local farmers in the winter months. Jim was a good player, and he was selected to take part in the last Bonspiel on the Lake of Menteith in 1979. He was received a 50-year membership of the Royal Caledonian Curling Club award, one of only 63 members to receive that accolade. Jim had a long running association with the Doune and Dunblane Agricultural Show and in the late 70s he was the Chairman for 3 years. He was also pleased to be asked to become the Chairman of the Kincardine of Menteith school board. More recently, when Helen

went to the Blethers over 50's Group on a Monday in the local hall, Jim claimed he did not have time to go, he had work to do!

Jim was well respected in the rural community that he was part of for so many decades and he was the go-to guy for his farming neighbours in the vicinity. If Jim said that it should be done now, then it should be done now and if he saw someone doing something that he didn't do himself, he would be the first to say, 'I don't know why he's doing that!' Drivers and salesmen passing through always enjoyed a chat with Jim and were interested in what he had to say. Every day on a farm is weather dependent and for 40 years, Jim recorded rain levels for SEPA, and he was recognised for his commitment to this in 2015.

With various additional land acquisitions over the years, Jim was always keen to expand and progress. Ian and Alan learned an incredible amount from their dad, benefitted from his knowledge and experience their whole lives and witnessed first-hand his dedication to making things better for them.

Jim was a proud Papa to 5 grandchildren, Dylan, Jack, Jane, Hannah and Tara. A memory many Kincardine pupils may have was when Chalmerston Road was blocked with floods, the Westwood Lane grandchildren thought they might get a day off school, but not when Papa was around. He stuck 3 round bales of hay on the trailer, they climbed on top and were tractor driven through the flood to school, picking up the neighbours on the way! As a Papa, Jim was supportive, a link to days gone by, a steady and sure presence, and will be missed so much.

It gives us great comfort to know that Jim was content with all that he had achieved and experienced in his life and it is quite wonderful that after so many years of hard work, when he got up in the morning, he was still looking forward to his day and he didn't want to be anywhere else. The farm and his family were everything to him.

Blair Drummond Community Hall

The AGM will be held on ZOOM on **Monday 7th June**, at 7.30pm followed by a committee meeting. If you would like to join the committee or would just like to attend the meeting, contact bdgrapevine@gmail.com and we will send you the meeting link.

Our annual family BBQ has been unable to go ahead again this year in June, however we are hoping that we may be able to reschedule it for around September. Look out for more information in the August Grapevine.

Bright Stars

The stars are like a flickering lamp in the night sky,
They gleam and glow in the dark,
The stars guide you far,
When I lie on my back and look up at the stars I feel
A sense of peace,
The stars gleam bright, the stars gleam bright
The stars gleam bright,
Great glistening stars,
The stars flash their brightness around the night sky,
The stars are like the beating heart of the night.

Ethan Bauer
Age 11

Weather and more...

So 2021 lockdown is easing and unlike last spring with a brilliant spell of warm dry weather, we are emerging from 3 straight wet cold months all on the back of a wet year. The main change in the climate recently is well below average humidity levels, giving us these beautiful clear days and nights.

The lovely weather has encouraged us all to get out more on bikes, horses and walking. Please can I remind you all of a few countryside manners when out and about:

Please keep to the edges of fields and don't walk through fields with animals in them.

If farmers are working in a field or builders are working on the buildings close to the road, make sure children are beside you and dogs are on leads (If possible, choose an alternative route).

If you are on a bike please ding your bell or say hello when approaching walkers, cyclists and horses from behind. It saves giving them a fright.

Please remember to take rubbish home and if you come across rubbish while out in our neighbourhood, pick it up and help keep our countryside beautiful.

Katie Brisbane



PHOTOGRAPHY COMPETITION

Kincardine in Menteith Primary School are delighted to launch a photography competition open to pupils, parents and the local community.



A winning photograph will be chosen from each of the following categories

Preschool

P1-P3

P4-7

Parents

Community



Category 1: Nature/Outdoors

Take a photograph of the great outdoors.

Category 2: Family and Friends

Take a photograph that shows what family/friendship means to you.



Entering the competition is easy

Step 1: plan or choose your photograph. You could use a camera phone or a digital camera.

Step 2: Decide on a title for your photograph

Step 3: Submit your entry.

Entries should be sent to kininmps@glow.sch.uk

Please attach entry to an email that clearly states your name and if you are a pupil (preschool, P1-3 or P4-7), parent or community member.
You should also include the title of your photograph.

The closing date for entries is Monday 31st of May.

Safari Park



We can't wait to see you again!

Safari Park socially distanced reopening

After a difficult few months for everyone, we were delighted to open again for (monkey) business from 20th March.

As we're an open-air attraction set in 160-acres of parkland, there's plenty of space for social distancing. We've put a number of measures in place to help keep everyone safe:

Limited visitor numbers and advance online booking only

One-way signage to make it easier for everyone to keep their distance

Over 60 hand-sanitiser and self-hygiene stations

It's been wonderful to welcome everyone back, but it's important that we keep to the rules and all visitors must follow government guidance on travel restrictions and meeting others outdoors.

£13,750 has been donated to conservation projects

Supporting vital work to protect rare animals in the wild.

We support conservation projects all over the world. From big cats and primates to marine mammals, we raise money and awareness of our nominated projects through our fundraising body, Link to the Wild.

2020 has been a very challenging year for many of our charities, who saw their funding drop as the need for their vital work grew. That's why we're

delighted to announce that, despite being closed for a large portion of the year, our keepers and staff have managed to raise significant funds, bringing our total to £13,750.

This money have been allocated to 9 different projects, including protecting chimpanzee habitats in Uganda, protecting wild rhinos from poaching in Southern Africa and monitoring Bengal tigers in the Bandhavgarh Reserve in India.

Director of the park, Hector Muir said:

“It’s been a difficult year for everyone, and we’re pleased that we’ve been able to fundraise for these important projects, albeit on a smaller scale than previous years. A big thank you to all our staff and visitors for helping us support this vital work.”

Designer pool for stylish sea lions



Our sea lions take a break as work starts on their new habitat.

Our three sea lions, Lola (17), Poppy (17) and baby of the family Oscar (5), love showing off to visitors, but this year they’re taking a holiday from the Safari Park so that work can start on a brand-new sea lion pool, which will be ready for them in the autumn.

This beautiful new home will have rocks, ledges and a large outdoor pool, giving plenty of space for our playful trio to climb, slide, swim and sunbathe. The new layout also means better viewing opportunities, so visitors can enjoy all the antics.

Whilst the work is being done, the sea lions have been moved off-site where they are being looked after by their keepers. We expect work to be complete by mid-October and we can’t wait to welcome our flippers friends back to their new home. We’ll keep everyone updated as the project continues.

Meerkat mansion underway!



Work has started on our brand-new meerkat habitat.

Our Meerkats are currently on holiday whilst they await a brand-new habitat. This has been necessary to make space for the sea lion enclosure next door, which is also getting an upgrade. Not to be outdone by their flippered friends, the Meerkats have insisted on a bigger, better enclosure with multiple indoor and outdoor areas, as well as a special space to welcome visitors enjoying our up-close 'animal experiences'.

The new exhibit should be ready for our ten lively meerkats to return at the end of May. We can't wait to welcome them all back and see their reaction to their new home. They were a bit jealous of the sea lions, but we think they'll settle down when they see their new meerkat mansion!

Liz Gunn,
Marketing Manager, Blair Drummond Safari Park

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

Blair Drummond Blethers

Well, things are beginning to look a good deal brighter, in terms of everyone getting their anti-Covid injections, Spring has arrived, and we can begin to meet up with family and friends, Hurrah!

But as yet, sadly, we cannot meet up for our Blethers lunch group. We continue to follow the government guidelines and in this area have done very well by so doing.

From all the volunteers – We wish everyone all the very best, please stay safe and we will look forward to seeing you in the future.

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

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

Youth Club

We hope all our members and future members are well and we hope to resume “normal service” in late September as soon as the Scottish Government and Youth Scotland give us the green light. There will be an update with hopefully some good news in the August Grapevine.

Catherine Killen

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BAXI

Doune Health Centre

Telephone Consultations

As the Covid-19 vaccination programme is well underway, our workload has increased recently. We are finding that we are spending a large proportion of the day chasing people for their planned telephone consultations. Generally telephone calls are more, rather than less, time consuming for us as it is more difficult to assess problems over the phone, therefore the call takes longer and sometimes this still results in a face to face appointment for review. We are telephoning the same number of patients as we saw face to face pre pandemic.

Often at the start of the afternoon, we can find ourselves with double the number of phone calls to do as we have been unable to get hold of the patients on the morning list. This is in addition to any face to face reviews that we need to see, reviewing letters and blood results and any necessary home visits. Therefore in order to manage our workload, when you make an appointment now, you will be advised whether it is for the morning or the afternoon. We will try calling twice and if you do not answer then you will be advised to make another appointment. We hope you understand our reasoning for this.

We understand there will be various reasons people do not answer the phone so if you anticipate problems with this then please let the receptionist know in advance and we can try to accommodate this.

We are hopeful that soon (!) we can go back to seeing patients face to face routinely, as we are missing being able to interact with our patients rather than telephone consultations.

Dr Julie Reid, GP

Supporting the management of type 2 diabetes with pharmacist-led reviews

I have been working in the practice for around two years now, handling acute prescription requests and medication queries from patients and the practice team. I also process changes to medication following appointments in secondary care or discharge from hospital - I will have chatted to many of you on the phone from time to time. I have recently completed a qualification which allows me to prescribe independently and have now started running a clinic for diabetes patients within the practice on a Friday. During the clinic, I will discuss the patient's blood glucose

control, blood pressure and medication as well as lifestyle issues such as diet and exercise. I hope to work together with the patients to optimise control of their diabetes and minimise long term effects. The practice team will be in touch with our diabetic patients gradually to arrange a review for those who haven't had one recently.

Joanne Cole,
Primary Care Pharmacist

Diabetic Reviews appointments

Following on from Joanne's article, she will be working with us to help to maintain our patients to have a better understanding of Type 2 diabetes (T2D), which can sometimes be a complex condition to manage. When T2D is not well managed, it is associated with complications, including heart disease, stroke, diabetic retinopathy, kidney disease . Joanne will be working along side Dr Gunn who has a special interest in this disease. Patients are usually contacted every six months for reviews but this will depend on your current health and results. The staff will give you two appointment dates. The first appointment will be a ten minute slot with a practice nurse or phlebotomist, who will take the necessary blood and urine tests, weight and blood pressure. The second appointment will be with Joanne or Dr Gunn. Due to the pandemic this will be via the telephone until further notice, unless you are requested to come in for a face to face appointment. Please take a note of the two dates and times in your diary, because without attending the first appointment, we cannot proceed with the all important twenty minute session which will be approx 1 to 2 weeks afterwards.

New member of staff

We are pleased to announce that Deryn Rose has recently joined the nursing team. Many of you may have already met up with her in the clinic when you visited for your Covid-19 vaccine. Deryn, who is the widow of the late Dr Philip Rose, will also be helping us with Pneumonia and Shingles catch up injections which were suspended at the start of the pandemic. If you missed out on either of them, she will be contacting you shortly.

Chronic Disease management

We are currently updating and reviewing our patients with Chronic diseases such as Diabetes, Heart disease and those requiring certain medicine reviews. After blood tests and blood pressure readings have been tested by a health professional, a doctor will contact you for a discussion about your condition by phone unless they feel that you require to be seen in person at the clinic. Lynne Bryce will be contacting Asthma patients who are overdue a review in the near future. If you are concerned that you have been forgotten about and need to speak to a member of the medical team, then please enquire and we will investigate your case.

Consultations

It remains the norm to have consultations via the telephone initially with a doctor. If the doctor feels that your condition requires a face to face consultation, they will organise to see you at the clinic. This is to try and minimise the amount of people visiting us to reduce the risk of passing on Covid-19 infection to the clinic staff and other patients.

Research Prize - Dr Peter Hanlon

We thought we would share some good news and congratulate GP, Dr Peter Hanlon (who usually works all day on a Monday). He presented his pioneering research work on frailty to the North American Primary Care Research Group meeting in November 2020. It was a virtual meeting due to Covid, but would normally have taken place in America. His work and presentation won the approval of this worldwide group of experts and Peter won an award for best presentation. His prize was an all expenses trip to present at the Australasian Association for Academic Primary Care meeting in Australia later in 2021. Sadly because of Covid this doesn't mean a trip to the land-down-under but a presentation on Zoom in the middle of the night! Nonetheless a fantastic achievement and Doune are very lucky to have him as a valued part of the practice team. Well done Peter, from all at the Health Centre.

Public Holiday

The clinic will be closed all day on Monday 7th June. Please remember to order your regular prescriptions before the holiday weekend. If you require medical assistance during our closure please call NHS 111 for out of hours' service. If your matter is life threatening or urgent, please call 999.

Urine samples

It is generally good practise to bring along a urine sample if you are attending for a routine medical review for heart disease, diabetes and blood pressure.

Pandemic weight gain: Cause for concern

Covid 19 is hopefully a once-in-a-lifetime crisis. The measures of isolation and vaccination are finally getting us ahead, in the race against the virus and it is a good time to again focus on our physical and mental wellbeing. During these times healthy eating can fall by the wayside.

Understandably, most of us are eating differently and probably consuming more snacks, take aways and alcohol.

We are aware that many of our patients have gained weight which is no surprise due to the deprivation of so many of life's normal pleasures.

The average weight gain has been between 3-15 pounds and the main concern is that this may lead to an increase in developing diabetes, heart disease and osteoarthritis to name but a few.

What simple actions can we do?

You've heard it a million times before -

Eat less and move more campaign!

Eating well is vital in supporting our immune system.

Try to re-introduce five pieces of fruit/veg daily (or more). They are a good source of vitamins, minerals and fibre. Fresh, frozen, dried and canned are all acceptable. Potatoes do not count.

Snack on fruit instead of crisps and fatty foods.

Drink more water prior to and during a meal

Swap ready-made meals for healthy balanced recipes that are tasty, interesting and try and cook from scratch.

Portion control is pivotal. Think about using smaller plates, use the Healthy Eat Well Guide which helps to divide the foods we eat into five main food groups.

Eat slowly and enjoy your food. Take small bites and savour the flavour, this will also aid digestion. After twenty minutes your brain registers that you are getting full, therefore slowing down your food intake desire.

Avoid foods that are high in fat, sugar and salt. Use these sparingly and in small amounts. Checking food labels while shopping can help.

The ideal intake of calories depends on age, sex, levels of physical exercise, your lifestyle, metabolism and hormones. On average a women should have around 2,000 calories per day and men 2,500.

Get enough sleep: Sleep loss can affect metabolism and can be associated with weight gain. Poor sleep quality has many causes during these current times, but one helpful controllable factor is the avoidance of eating substantially prior to bedtime. Try also to avoid alcohol and caffeine.

Exercise, sensible eating, not smoking and watching our alcohol intake is the way forward.

Small changes can help, stay committed and be patient.

**Linda Keay,
Practice Nurse**

Blair Drummond Community Hall

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Our annual family BBQ has been unable to go ahead again this year in June, however we are hoping that we may be able to reschedule it to around September. Look out for more information in the August Grapevine.

Camphill

Over the past few months here at Camphill Blair Drummond we have celebrated a number of different festivals: Burn's, Pancake Day, Candlemas, and Easter. Due to the challenges presented with Covid we have had to adapt our celebrations to ensure that we remain safe and well at all times, remaining in our established bubbles.

We celebrated Burn's day with each of the houses having a Burn's Supper instead us all coming together as a community to celebrate. For our Pancake Day celebrations, we usually have pancake races, in the gallery area of the Mansion House, where everyone comes together: residents, day students international volunteers and staff then race in groups tossing pancakes as they go, being cheered on by others. Again sadly, these celebrations were altered this year, each of our houses

celebrated as a bubble and so to keep up tradition our Administration and Management team had pancake races of their own in the gallery.

We are also excited to be able to welcome back our Day Service students over the coming weeks since they have not been able to come into the community since March 2020. We have continued to offer support to them at home with the use of digital technology and home visits.

On Friday 30th April we also completed the Captain Tom 100 challenge. We decided that as a community we would all, in our respective groups and in turn, walk a total of 100 lengths of our Tourmaline Lawn, on the day at the end of the event we had raised £3,000. It was a great day and the sun shone on us. The money raised from our fundraiser will be going towards purchasing sports equipment for a future project, a Sports and Recreational Centre that will benefit all within our community. It will have a multi-purpose sports area which will be used for various activities: yoga; boccia; football; basketball; badminton; table tennis; dance and a separate area specifically for gym equipment. This multi-purpose centre will allow our residents, day students, international volunteers and staff to take part in daily activities, benefiting their health and at the same time giving us an opportunity to enhance social interaction skills with each other in a fun way.

Our online page for donations is still open and can be found here <https://uk.virginmoneygiving.com/RyanStonely>

Below are some images of what we have been up to over recent months including our celebrations and community fundraiser challenge.



Growing Trees From Seed

TreeLink Stirling is a community-based registered Scottish charity which was launched in early 2021. Its aim is to promote public interest in trees and to encourage the planting of trees and management of woodlands across the whole Stirling Council area. Our motivation for establishing Treelink is the current ecological and climate emergency: trees are a vital part of biodiversity and they capture carbon dioxide from the atmosphere and so play a vital role in reducing climate change. In addition, trees are a beautiful part of our landscape, both urban and rural, and contribute to our health and well-being. Please look at our website for more information. <https://www.treelinkstirling.org/>

We would like to involve as many people as possible in increasing the number of native trees in their own area. One of the ways in which we aim to do this is to establish tree nurseries, dispersed throughout the Stirling Council area. The idea is to collect seeds from trees and use them to grow trees that can be planted out in suitable places. You can establish a wee tree nursery in your own garden or allotment or, if you don't have enough space, we are going to set up some nursery hubs to which you can donate your seedlings for growing to a suitable size for planting out. We already have some volunteers. However, most of these live in Stirling itself and we would like to have volunteers growing trees in rural areas as well. We can provide guidelines on which seeds to collect at different times of the year, how to process them and how to sow them so that they grow into strong, healthy trees. It is also possible to grow some trees, for example willow, easily from cuttings. If you would like to be involved or if you have any questions, please email treenurseriesstirling@gmail.com



9 OUT OF 10 CUSTOMERS RENEW WITH US EACH YEAR

Our car insurance protects your no claims discount if you're hit by an uninsured driver* – just one of the many reassuring features we include as standard.

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¼ page £10

½ page £15

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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 41 should be submitted by **31st July 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

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.

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