

Issue 42

## The Grapevine

November 2021

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

### Jenny Holl – Tokyo Paralympics



*Jenny and Sophie with Bronze medals at the velodrome.*

After the successful pairing on a tandem of Jenny and Sophie earlier this year, in August they travelled with the Paralympic GB team to Tokyo, to take part in the Tokyo 2020 Paralympics.

This involved much training and preparation, obviously in cycling but also training in a heated greenhouse, in order to acclimatise to the climate of Japan.

Then in Japan, they were in part isolation, as team GB cycling was staying outside the athletes village.



In total they raced 4 races, 2 on the velodrome followed by 2 on the road, a motor racing circuit, under Mount Fuji.

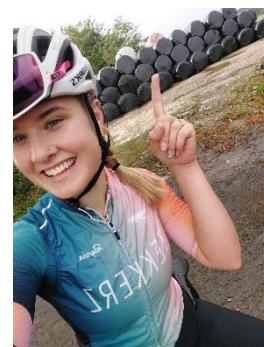
Their first ever track race together was there in Japan at the 1 Km track race when they came 5<sup>th</sup>, although they did briefly set a new Paralympic record for this event. After that they had the 3000m Pursuit in which they took Bronze. Then the following week they raced in the Time Trial in

which they came 5<sup>th</sup>. Their last race was the 96km road race in pouring rain, when they took Silver, just holding off the Swedes in a sprint finish. What an experience and what an achievement! For us stuck back home it was very exciting watching the coverage on TV and YouTube as we kept time with Japan, watching from 2am our time.

### *Jenny's silver & bronze medals*



*Jenny back home welcomed by bunting on the hedge and bronze and silver bales painted by Robbie, Robin and Helen Kenny.*



There has not been much rest since being home and in October Jenny took part as a solo rider in the British crit and road Championships in Lincoln, where she came 10<sup>th</sup> in the Crit race.



*Racing over dusk but with spectators in the British National Crit Championships*

Jenny would like to say thank you to all who supported her in Tokyo and for all the messages of congratulations, flowers, cards and kind gestures. Here's looking forward to Paris 2024.

**Emily Holl**

## Land's End to John o'Groats



Friends in Stirling Bike Club have cycled the Deloitte Ride Across Britain, which is a fully supported mass cycle from Land's End to John o' Groats, via one of the hilliest routes possible.

In October 2020 I made the mistake of asking my friend Gill about the ride and she enthused limitlessly! That was me hooked on the idea. A cycle ride across the mainland UK in 9 days at 107 miles per day sounded impossible, but if others could do it, maybe I could too?

So I signed up spending a fortune on the entry and travel arrangements, but I hadn't had a holiday in 2 years so the funds were there.

Then came the training through the winter. I started on the Deloitte "intermediate" training plan, but found that was the amount of cycling I normally did, so I soon swapped to the "advanced" and that felt right. There were some big weekends of 100miles on the Saturday, and the same on the Sunday, then the same again the next month, but with 6,000 feet climb both days. These were in early spring with wind, rain and hail making them really hard. Then came the summer training with the plan basically to ride my bike 6 days a week and include a weekend with 120 mile flat ride. The following month (July) saw a 120 mile ride with over 8,000 feet of climb, which I did near Malvern, where my son lives. My son, his girlfriend and my husband accompanied me for the first 50 miles then a great cafe stop with friends at Lady Foleys on Malvern station, then I was alone for the final 70 extremely hilly miles.

Another friend convinced me that although I love cycling, this adventure was too extreme to be "unsponsored" so I chose Parkinson's research at Sheffield University where my sister, husband and daughter all studied. They were very supportive and thought I was doing a virtual ride on a turbo/around here on the lanes, so it took a while for me to explain that this was for real.



August was easier with a kind of 'taper', then I was all set to travel to Lands End over 2 days - 2nd and 3rd September.

On 4th September nearly 900 cyclists left Land's End in a 1 hour staggered start, having camped the night before in a field in tiny wee tents. The ride was quick as I was used to plodding along on my own almost all the time, so to have company, and shelter from the wind, was superb. The scenery in the early hours was spectacular, but worryingly, so was my speed. But I couldn't help it! The price for this was that the tedious end to the day, endlessly climbing to Okehampton, was arduous, painful and soul destroying. But the reward was getting to the campsite at 3.40pm after 105 miles and 9,600 feet of climb.

I won't bore you with each and every day, but the climb was never quite that much ever again, the Cheddar Gorge was spectacular the weather amazing (until we reached Edinburgh on Day 6), and I totally enjoyed all but 1 day (Day 7 Edinburgh to Strathdon when I was awesomely tired). Days 8 and 9 were superb with an early morning, in semi dark, climb of the Lecht and a great cycle on the last day along from Bettyhill to John o' Groats accompanied by Steve. That was 964 miles in 9 days so the day after, having stayed in a motorhome at Dunnet Bay, I did another 36 miles to reach 1000 miles in 10 days.

I'd do it again if it wasn't for the training (8 months of relentless pedalling) and I was thrilled to raise £2,200 for Parkinson's.

Now for my next challenge.....The Tour of the Highlands in June 2022 which covers 4 ski areas, and 300 miles in just 3 days starting and finishing at Glencoe.

## Beth Clayton

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 43 should be submitted by **31<sup>st</sup> January 2022**, 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**



## Briarlands Farm



We're excited to be back hosting our Big Bonfire on Saturday 6<sup>th</sup> November – tickets for this are now SOLD OUT.

In other news, Santa's elves have been in touch with us at Briarlands Farm and together we've made a plan..



You can come and join us on a magical journey to Santa's Toy Factory on the farm.

You will be checked in and wait in the Santa Express departure lounge before boarding your tractor ride.

'Mildred' the tractor will then take you on a trip, in your own family pod on the trailer, up through the farmyard admiring the lights on the way before entering the world of Santa's Toy Factory on the farm.

Once there Santa will come around the trailer and speak to all the children. The cheeky elves will hand out Santa tokens to spend in the Elf Toy Shop. After the tractor ride you will have the chance to visit the toy shop in the main building where the children can choose a teddy or toy in exchange for their Santa token.

In the building there will be the opportunity to write and post a letter to Santa and make a wish on our Wishing Tree, along with some photo opportunities. The tearoom will be open selling hot food and drinks and Lucy elf will have the cake counter stocked with lots of Christmas goodies.

Tickets are easy to book by following the BOOK NOW button on our website [www.briarlandsfarm.co.uk](http://www.briarlandsfarm.co.uk)

**Jill Nixon, Centre Manager**

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Softwood Limbs	£80/load
Small bags	£7.50 for hardwood
Small bags	£6.50 for softwood

Contact: **Michael McKinstry**

**Tel: 01786 841728    Mob: 07955 124057**



# silent

IN AID OF  
KINCARDINE-IN-MENTEITH  
CHURCH

# A U C T I O N

## **BLAIR DRUMMOND COMMUNITY HALL** **SATURDAY 13 NOVEMBER 2021**

Please bring or give any item to a member of the Kirk Session or Board. We shall need about 200 items.....so far we have 20.

### **WHAT DO WE SELL** **BASICALLY ANYTHING OF VALUE;**

From china to cutlasses  
From glasses to gloves  
From silver to stopwatches  
From trinkets to toys  
From furniture to footballs  
From pictures to prints  
From pearls to pewter  
From books to bags

### **HOW DOES IT WORK?**

Everyone is given a number with their entry fee. You then write your number beside the item you wish to buy and the price you are prepared to pay. Everyone can see the bids and are free to add their number and bid an increased price. When the bell rings all bidding stops and the highest bidder wins and pays the price they bid.

### **TIMINGS**

Doors open at 3.30pm. Bell is rung at 4.45pm and bidding stops.  
Payment made for your goods and items removed by about 5.00pm.  
Cost of entry ....£2 adults (children free) which gives you your number.  
Cash preferred.

Please hand any items to the organisers before hand or bring to the Hall between 1.30pm and 2.30pm on Saturday 13th November.

**THIS WILL BE A FUN EVENT FOR ALL THE FAMILY.**  
**PLEASE BE GENEROUS AND GOOD LUCK WITH YOUR BIDDING.**

50000802

## Festive fun at Blair Drummond Safari Park



It's official. We're staying open until the 23 December this year! It's been quite a year for everyone, so this festive season we've got some real treats in store. Our Christmas activities will start on the 19 November. Come and marvel at Scotland's biggest Christmas tree (we think!), enjoy our twinkly Christmas lights and even get a glimpse of Santa himself in our daily Santa Parade. Don't miss your chance to see our Dino-illuminations either. All lit up, the dinosaur forest is ferociously good fun! We will also have a whole host of lovely stalls from local businesses at our Christmas market. We do still have a few places left for stall holders, so please get in touch if you think you might be interested:

[sasha.muir@blairdrummond.com](mailto:sasha.muir@blairdrummond.com)

This year, it's time to think outside the (Christmas) box for your presents. How about?

### **Animal Experiences:**

Instead of the same old socks or a lumpy jumper, why not treat them to something they'll remember forever? Our animal experiences make the perfect gift, giving animal lovers the chance to get up close with our animals and create a memory they'll cherish. Our options include family experiences with our giraffes and meerkats.

### **Adoption Packs:**

You can support our work at Blair Drummond Safari Park by adopting your favourite animal. Simply select an animal from our adoption list and we'll mail you a beautifully presented Adoption Pack which contains two tickets to the Safari Park, adoption certificate, and lots of other goodies.



## **Seasonal Memberships:**

Members can visit the Park time and time again throughout the year and enjoy some great perks – like exclusive member-only events and 10% off all refreshments, rides and gift-shop purchases. Great gift for your loved ones!

## **News at the Blair Drummond Safari Park**



## **Meerkat Mansions**

We were delighted to open our new meerkat enclosure recently. Visitors can now view our meerkats in a brand new indoor habitat, with floor-to-ceiling glass viewing areas. This new indoor space is also fully wheelchair accessible, so everyone can enjoy all the cheeky antics of our meerkat friends. And with much more room to play, dig and show off, there's plenty to see. They officially moved in a few weeks ago to give them time to settle in, and now they're ready for their first visitors. Come on down to Meerkat Mansions and enjoy the fun!

**Sasha Muir, Communications Manager**

## Blair Drummond Curling Club

It has been difficult year with the onset of Covid in 2020 with the last game being played in February 2020. Thanks to the vaccine rollout we are all able to get out and about a bit more all be it with masks, being dressed ready to curl and having your own stick and brush and of course the use of sanitiser and using the same stones.

I'm pleased to say that the majority of BDCC members opted to coming back for this season although understandably some chose to be a bit more cautious.

A Blair Drummond team of Nigel Holl, Rory Duff and James Walker, skipped by Hugh Sloan took part in the opening game of the Doune Rose Bowl on the 25<sup>th</sup> September winning against Borestone & Stirling, well done guys.

We had a welcome back buffet at the Peak, all be it served in individual boxes, where we had our 2019/2020 AGM and presentation of prizes on the 1<sup>st</sup> September. It was nice to catch up and have a bit of a social gathering with 16 members. Our thanks go to Stephen Walker our secretary for doing a sterling job in organising the games and keeping us right and Susan Seaman our Trophy Secretary who will be holding onto the trophies unlike other years where trophies are shared round the team members. After our AGM we took to the ice for our opening Bonspiel with the winning team of skip Mike Onslow, Rory Duff and Robin Nisbet.

Looking forward to meeting up with everyone on the ice over the coming season. May I wish you all a happy healthy festive period and a Happy New Year.

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



*This year's prize winners*



KINCARDINE-IN-MENTEITH CHURCH

## EVENING MUSIC CONCERT

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- Bryony MacGregor

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COST: "PAY WHAT YOU CAN."

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### Blair Drummond Community Hall

The next committee meeting will be held in the hall on **Monday 8<sup>th</sup> November**, at 7.30pm. If you would like further information contact [bdgrapevine@gmail.com](mailto:bdgrapevine@gmail.com) or feel free to come along on the night.



## Graduation COVID-19 Style by Hannah Brisbane

This summer marked the end of my higher education at SRUC Edinburgh, and I'm pleased to say I now have a BSc Honors degree in Agriculture; however, I should note that this by no means makes me an expert in the field, as Dad has discovered this harvest... In hindsight the last four years have consisted of some studying diluted with plenty of socialising, a significant dent to the personal savings and some of the best years of my life (so far!).



It was a great relief to graduate after a tricky final year, with all lectures, exams and coursework being carried out online from the kitchen table. Dad however, proved a great source of information regarding the fluctuating price of fertiliser and he particularly excelled in Advanced Agronomy, though sadly the SRUC Marking Board

do not accept Alan Brisbane as a sufficient reference source.

This year was especially significant to our family as somehow I and my three siblings all managed to graduate at the same time and be the first ever Brisbanes to gain degrees. This did cause the potential dilemma of getting Mum into a dress not once, but four times in one year for each ceremony. However COVID-19 restrictions resulted in a Garden-ation being held at Westwood Lane with grandparents, makeshift scrolls and most importantly, only one dress-up occasion, which Mum was very enthusiastic about.

Whilst it was a lovely evening, it felt strange not to graduate with my classmates, with whom I had endured many 9am journeys to Kings Building, normally a touch hungover, field trips around the East Coast, girls tours to Ireland, London and Aberdeen and not forgetting many hours despairing over completing our dissertations. The feeling was mutual, and my year decided to take matters into our own hands when SRUC cancelled our formal graduation, substituting an online graduation and paper caps. Instead, we hired gowns, stocked a shed with drink and commissioned fellow student Isla Campbell to take some photographs, a slight change from sheep and cattle for her. It was a great night in Selkirk to conclude our time together at SRUC and I'm sure it won't be our last party.

Congratulations to all other Blair Drummond graduates – we did it!

## Double Graduation for the Craig Family

Within the last year, the Craig Family – Elmwood Farm, Sommers Lane – have had numerous achievements which have now been celebrated with the extended family. The latest occasion to be remembered for years to come is the graduation of not just one family member but two. Grant and Claire both graduated virtually in 2020 – however, as we all know the global pandemic (Covid-19) if anyone needs reminding... put a stop to any celebrations that would normally take place to symbolise the completion of a university degree which both Grant and Claire have missed out on. So a year on, the joint celebration took place with the whole family in attendance at The Lion and Unicorn, Thornhill.

Grant successfully completed a BSc (Hons) Sport and Fitness at the University of Highlands and Islands.

As a result of this achievement Grant is actively striving in the pursuit of a long and successful career in youth football coaching. Grant is currently Head Coach of Stirling Albion (U16s) as well as being employed as a Soccer Academy Coach at Rangers. Additionally, Grant will be working as a Support for Learning assistant at Primary Schools. His successes do not stop there! Grant has accepted the opportunity to take on the role as a Head Soccer Coach and by doing so he will be travelling to America next year.



Claire successfully completed a BSc (Hons) Sports Studies, Physical Education and Professional Education at the University of Stirling.

On completion of her degree, Claire successfully continued onto the next stage of becoming a fully qualified teacher by moving onto her Newly Qualified Teacher (NQT/Probation) year. Claire worked within Falkirk Council as both a primary and secondary PE teacher during this stage of her career. After a year of online teaching and learning which flew by with many successes throughout, Claire is now a fully qualified PE teacher. To

add, Claire is now continuing her employment by working full time within Falkirk council as a primary and secondary PE teacher.

Well done to you both and we wish you every success in your future careers!

**The Craig Family**

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— SERVE UP —  
**SCOTCH LAMB  
FOR  
ST ANDREW'S  
DAY**

— ON 30TH NOVEMBER —



**#LambForStAndrewsDay**

## **Doune Health Centre**

### **An Update on Staff and New Services**

The past two years have not been plain sailing at Doune Health Centre (practice population 4,210) but, as we emerge from the pandemic, we now have our full complement of medical staff, plus new services in place and are back on course. We are delighted with our smart new premises, which allow us to provide enhanced services. The future 'new normal' has yet to reveal itself. Some changes are highlighted in this article.

### **GP Consultations**

Although restrictions are slowly easing, our GPs are still having to follow national health and safety guidelines. Social distancing and enhanced cleaning limit the number of patients they can see daily. Telephone consultations remain the norm: please be assured that the majority of problems can be dealt with safely over the phone. Although we are not working in the usual way, anyone who has health concerns should not hesitate to contact the clinic. Our reception staff may need more information so they can direct your enquiry to the most appropriate health professional; in some cases this may not be a GP. The information required is dealt with confidentially. Usually, the GP will conduct an initial telephone consultation and arrange any necessary tests. They may feel a face-to-face review is required and a mutually appropriate time will be arranged. In some cases, we may ask you to email us photos, which can be a quick and helpful way of diagnosing skin complaints. Our 'extended hours' clinic remains on hold.

We are debating how we can safely and efficiently re-start Thornhill clinic sessions. It is likely to be within the next few months, but we appreciate your understanding during this time.

### **The Medical Staff**

Dr Julie Reid consults Tuesdays, Wednesdays and Thursdays. An accredited GP trainer, she is responsible for our GP trainees.

Dr Mark Hadden consults Wednesdays and Fridays. Outwith the Practice he works for a leading UK medical education company as a GP educator.

Dr Roderick Gunn consults full time, Monday to Friday.

Dr Peter Hanlon consults all day Monday and on Friday afternoons. He also works as a Clinical Research Fellow at Glasgow University, looking at how to improve care for people living with multiple long-term conditions and frailty.

Dr Claire Dobson (GP trainee) started back in August and will be with us for her final year as a GP trainee.

She was with us for six months at the start of the pandemic.

We are proud to be a Training Practice, responsible for helping to train the next generation of GPs, nurses and health visitors.

### Practice Staff

Practice Manager Mairi McGrandles has worked in the clinic since 2017, taking over as Practice Manager in 2020. Mairi and her team have had a challenging time learning how to work differently during the pandemic: matching our patients' needs with the different consultation formats, arranging GP or nurse telephone consultations and deciding which patients need to visit the surgery or require a home visit. Alternatively, they may direct calls to other health professionals or direct patients to relevant online resources. The staff were involved in organising Covid19 vaccines and will be doing so again in the autumn.

### Practice Nurses

Linda Keay holds Monday, Tuesday and Wednesday morning clinics.

Gillian Walker started work with us in August and will be working on Monday, Tuesday, Thursday and Friday mornings and afternoons. Gillian has lots of practice nurse experience.

We asked Gillian to introduce herself to readers: "I nursed for 24 years at Stirling Royal Infirmary. After qualifying I started work in a surgical ward, then moved to A and E where I worked for 14 years. I decided to change my career to become a Practice Nurse, having enjoyed my community student nurse placements. I have thoroughly appreciated working as a Practice Nurse and have learnt so much in these past five years, particularly how to offer support to patients from all walks of life. The diabetes aspect of my job can be very rewarding, yet challenging, but I especially like getting to know my patients and their families. I am married with two teenage children. My spare time is spent pottering in my garden and doing DIY. Having grown up in a village community, I am excited and enthusiastic about starting my new job as one of Doune's Practice Nurses and look forward to meeting you all".

Lynne Bryce has decided to withdraw from her Wednesday Practice Nurse role. We shall miss her presence and personality. As well as being a good all round, enthusiastic practice nurse, her asthma and COPD skills were her individual specialty. Lynne has decided to concentrate on her community nursing duties, mainly within Doune.

### The Community Nursing Staff

The Treatment room is open daily (except Wednesdays), 9-10 am, for dressings, by appointment only: Tel: 01786 841213.

Also every second Wednesday afternoon for B12 injections.



Tel: 851259 or 822115 if you need to contact a member of the Community Nursing staff.

#### Health Visiting

Debbie Wishart, a 'Queen's Nurse' is our Health Visitor. Debbie's working hours are Tuesday- Friday 8.30am- 4.30 pm. Tel: 01786 842451.

#### Childhood vaccination clinics for 0-5 year-olds

These weekly clinics are run by our NHS Forth Valley specialist immunisation team, set up to support the new national GP contract. If you have any queries about your child's vaccination schedule or appointments please contact Child Health direct, on 01786 454599.

#### Midwifery Clinics - Rowan team

Wednesday from 10am onwards with midwife Linda Tams.

#### Physiotherapy

Tuesdays from 1-5 pm with physiotherapist Adele Hutchison: GP referrals only.

#### Podiatry.

This clinic is not running due to Covid, but GP referrals can be made and dealt with elsewhere.

#### Practice Pharmacists

The pharmacists work alongside GPs and can carry out a review of your medicines and answer any questions. If you feel your medication isn't working or you are concerned about side effects, they may be able to suggest alternatives. We have a pharmacist on duty daily except Wednesdays. Our usual pharmacist is Joanne Cole, who is also our diabetes specialist.

#### Woodside Pharmacy

The local pharmacy can also provide free assessments and treatments for minor ailments.

#### Phlebotomy Clinic: Thursdays

Phlebotomists are trained to take blood samples requested by another member of the Practice team; this can be quicker than waiting for a nurse or GP appointment.

#### Mental Health: new service.

My name is Nicola McPake. I am the new Primary Care Mental Health Nurse within Doune Health Centre. I qualified with a degree in Mental Health Nursing in 2012; before that I was a nursing assistant within the Acute Mental Health unit. Once qualified, I provided support to those in the older population to manage their mental health within the community. I have worked within the Community Mental Health Team (OA) in various

roles including within the Dementia Outreach Team as well as being a Community Mental Health Nurse working with those with severe and enduring mental health issues.

I have been working in Doune since May 2021 and am enjoying the new challenge. I work within the Practice on Monday mornings and all day on Thursdays, providing support and interventions for patients who are experiencing difficulty with their mental health. I bring considerable experience and knowledge to share with patients and professionals. The aim is to provide short term psychological support for people presenting with mild to moderate mental health problems such as: low mood/depression, anxiety/panic, stress, bereavement/grief, crisis intervention, and medication reviews. Intervention may include sleep hygiene, relaxation, anxiety management, illness education and access to online education and management techniques.

#### CBT Psychology counselling

Vicki Clifford (PhD) is offering 100 hours of CBT (cognitive behavioural therapy) as her training placement. She originally trained in psychodynamic therapy before becoming an academic. She taught at Edinburgh University while doing her PhD then had a Fellowship at Stirling University. At the very beginning of the pandemic, she decided that an already overstretched NHS was bound to need more mental health practitioners and undertook CBT training, to add to her 'talking therapy' skills. Patients can be referred to Vicki by their GP or by MHN Nicola McPake.

#### Annual Reviews

For those on our list who are reviewed each year for conditions including diabetes, asthma, COPD, stroke monitoring and heart disease the system is changing.

This will also apply to patients on thyroid medication who are reviewed annually.

You will be sent for yearly from now on to see a doctor/nurse or both who will address all of the conditions that affect you within these categories. This will not only help patients by reducing the need for multiple attendances but allow a more integrated approach at the appointment. The annual check is only a back up and of course anyone with concerns should request an appointment at any time and not wait until their review. The easiest way to do this is to use your birth month as the trigger for an annual review.

If we have your mobile number we will text you asking that you phone for a suitable appointment that month.

If we don't have your mobile the receptionist will phone you or write to you to arrange an appointment.

Please use this as an update to give us mobile numbers if we do not have one for you.

### Practice Closure

The clinic will be closed for staff training on Thursday 25th Nov from 1-6 pm.

For any medical emergencies, please call 07379976867

### Flu/ Covid Clinics

The clinics are underway and the next one is due on Saturday 20th Nov.

### Art

The art project is called Primary Care: Health and Wellbeing at Doune Health Centre.

We now have an attractive series of artworks created by Primary 7 pupils (2021) at Doune Primary. The pictures hang on both sides of the main clinical corridor. They certainly create a focus of interest and colour which brightens up the previous empty white walls.

The children worked with Aya Iguchi-Sherry, Developing artist at Artlink Central. The pupils spent time in the clinic with Aya to find creativity and after visiting they explored different printmaking methods. They were influenced by Pop art printmaking techniques and went on to design the impressive art works adorning our walls

It was interesting to find out the impact that the clinical environment had on the children's experience of healthcare.

We are delighted with the art work themes and the children's thoughts which are now in print form. We would like to thank Aya and all the Primary 7 pupils involved in the venture for producing the works of art for us all to enjoy.

### Pneumonia/ Shingles vaccines

Unfortunately, we will not be able to offer you Pneumonia or Shingles vaccinations from now on as they are going to be given by the Forth Valley immunisation team. The immunisation service is provided by Public Health. The way we administer vaccines to our patients is changing across Scotland. The specialist team has been gradually developing and transferring all vaccinations for children and adults over the past two years. At this stage in the process I do not know where the vaccinations will take place or how you will be contacted, but I will inform you as soon as I know the answer.



## Christmas Closure Dates

Closed Monday 27<sup>th</sup> December & Tuesday 28<sup>th</sup> December 2021

Re-opens Wednesday 29<sup>th</sup> December 2021

Closed Monday 3<sup>rd</sup> January & Tuesday 4<sup>th</sup> January 2022

Re-opens Wednesday 5<sup>th</sup> January 2022

**Linda Keay, Practice Nurse**

### **Stirling District Citizens Advice Bureau**

Will moving home impact my benefits?

The list of “to dos” when moving can seem endless, and it can be difficult to know who to contact, when to contact them, and even if you should let various organisations and companies know you’ve moved. When it comes to your eligibility for benefits it’s important to remember that changing your address could also lead to a change or even disruption to your current award.

Moving to a larger or smaller property could mean your rent and council tax liability would change, which would mean any Housing Benefit or Council Tax Reduction benefit would need to be recalculated, or your Universal Credit details would need to be updated.

You may find that your new property has an extra bedroom that wouldn’t be covered in any rent costs, so an application for Discretionary Housing Payment might need to be made to see if this extra cost can be covered. Conversely what was a spare bedroom may taken up by a family member, carer, or new partner moving in, all of which may have an impact on current benefit entitlement.

Your house move may be taking you out of your current council area, which may result in your current Housing Benefit claim ending, and a new claim for Universal Credit to cover any rent costs starting. This change could also affect any other “legacy” benefits such as ESA or Tax Credits that you are currently receiving.

A move may be unavoidable, but it may be worthwhile arranging an appointment with your local Citizens Advice Bureau T:01786 470239 / 01786 451225 E: [bureau@stirlingcab.casonline.org.uk](mailto:bureau@stirlingcab.casonline.org.uk) to find out what impact the move will have on your current award, and to see what steps can be taken to avoid any disruption or difficulties to your claims.

**Chris Kinnaird, Stirling District CAB**

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**BAXI**

# Thornhill and Blair Drummond Community Council

Here is a summary of the salient points from the meeting held on 13 October 2021 via zoom. The full minutes are on the village notice board (Thornhill), hall notice board (Blair Drummond) and at

<https://thornhillstirling.org/thornhill-and-blairdrummond-community-council>

## **Community Council Business**

**Speed and volume of traffic on A873 between its junction with the A84 and the junction of the B8031 Coldoch Road.** Review from Stirling Council has the following recommendations: Change “Junction on Left/Right” warning signs to “Staggered Junction” warning signs in advance of The Orchard/Woodlane accesses. Add “SLOW” road markings at the location of the advance direction signs on the A873 on both approaches to the B8031 (Coldoch Road) junction to encourage motorists to moderate their speed on the approach to the junction. Improve visibility of Coldoch Road junction by installing junction marker bollards either side of the junction, but care must be taken with location of bollards to ensure that they do not further restrict visibility for vehicles exiting Coldoch Road.

**Sommers Lane.** A review of the lanes was undertaken by Stirling Council and recommendations were to implement a “40 – Walking, cycling friendly” route on the C40 (Rossburn Lane and Chalmerston Road) and Sommer’s Lane. Implement an amenity weight restriction on Sommer’s Lane to discourage use by HGVs. This will require to be a “with access” restriction to maintain access to the two farms located on Sommer’s Lane. Reinstate give-way road markings at the junction of Sommer’s Lane with the A84, Sommer’s Lane with the C40 and at the junction of the C40 with the B8075, Kirk Lane.

## **Police Scotland email report**

### **Road safety and other incidents**

On 12/09/21 three vehicles were involved in a collision on A84 at Blair Drummond. On 27/09/21 two vehicles were involved in a collision on A873 near to Woodlane and 09/10/21 two vehicles were involved in a collision on Kirk Lane, Blair Drummond.

On 6/10/21 police were contacted in relation to a possible wildlife crime on Chalmerston Road involving a fox. The wildlife crime police officer recovered the fox and enquiries are currently ongoing.



## **Lone police officers to offer verification check to members of the public**

Police Scotland is immediately introducing a simple officer verification process to provide reassurance to any member of the public who may be concerned about whether or not they are being spoken to by a genuine police officer working alone.

The move follows the understandable public concern surrounding the horrendous murder of Sarah Everard.

Although police officers normally work in pairs in Scotland and it is very rare for a lone police officer to approach a member of the public, there are occasions when this could happen.

The new process will allow for the officer's personal radio to be put on loudspeaker and for an officer or member of police staff in a Police Scotland Control Room to confirm that the officer is who they say they are, that they are on duty and the reason the officer is speaking to the member of the public. The Control Room will then create an incident number which can be displayed on the officer's mobile phone or radio to confirm the broadcast message details. More details can be found on Police Scotland website.

## **Stirling County Councillor: Jeremy McDonald in attendance**

Broken manhole outside Lion and Unicorn, after many phone calls, has finally been fixed. The councillors are still waiting to hear what can be done about nuisance motorcycles and have asked the police if drones could be used. Only other news is that the bin changes are now fully in force.

**The next meeting will be on 24 November at 7.30pm at Thornhill Community Hall.**

### ***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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