

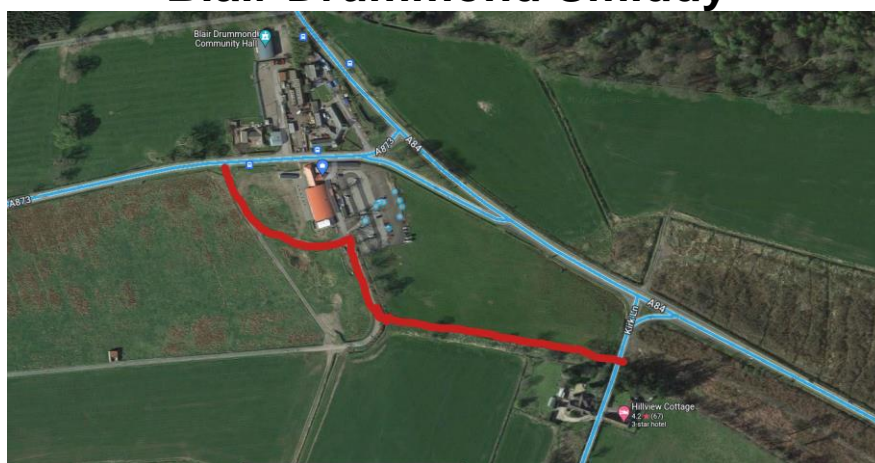
Issue 44

## **The Grapevine**

May 2022

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

### **Blair Drummond Smiddy**



### **New Cycle Path for Blair Drummond**

The Smiddy is pleased to be able to confirm that Stirling Council, working with the Smiddy and our neighbours, has now received planning permission for a new cycle path from Kirk Lane to the Smiddy Farm Shop, through the Smiddy car park and out onto the A873. This will make cycling a good deal safer for everyone and open up cycling from Stirling to Thornhill and beyond for many more people, including families. Previously the main route for cyclists who did not dare to brave the A84, was to take Chalmerston Road from the market and travel west to Kirk Lane then rejoin the A84 by the Smiddy. To continue their journey cyclists then navigated the A84, joining traffic travelling at 60mph (often more) and turning left after a few hundred metres to Thornhill on the A873. Most day trip cyclists do not risk this leg. They either turn back home, or push their bicycles along the verge, a danger and a challenge in itself.

The new cycle path will run west off Kirk Lane, alongside an existing drainage ditch, before joining an old farm track and then heading north into the south end of the Smiddy car park. *(Attached a diagram for reference)*

A good deal of thanks and recognition must be offered to Stirling Council, whose Project Officers have been brilliant and very diligent, looking at flooding and impact on neighbours and adjusting the programme to mitigate the impacts. The route will be designed to be serviceable for decades to come and we hope that readers will use it as frequently, as we will too. We don't have a date for construction yet but we expect it to start soon during the summer months.

### **Stirling Food Hub**

The Smiddy has been working with the Stirling Food Hub, a community food project at 5 Wellgreen Lane, Stirling, to provide food to households who are feeling the pinch and to reduce food waste. The Stirling Food Hub is unusual, because there are no pre-qualifications or referrals needed to access the food; it really is open to all. And they don't call themselves a Food Bank. That means there is less stigma - visiting a community Food Hub sounds cool! The project is feeding mouths, saving waste from landfill and reducing greenhouse gas emissions, all in one go. The Smiddy is sponsoring Fresh Fruit Fridays, to provide fresh fruit to up to 50 households every week, including apples, tangerines, bananas and pears. The team at the Food Hub, portion out the fruit and distribute it to their guests every Friday, between 10 and 12, from their shop in the middle of Stirling.

Thanks to the team at the Food Hub for being a great partner and helping local people and the local environment!

**Will Muir**

## **Blethers**

Hello, and hopefully you are enjoying the Spring and all its colourful glory?

Believe or not it is 2 years and 3 months since our last meeting of the Blethers, however...

On Monday 30<sup>th</sup> May, between 1.30pm – 3.30pm we are holding a Blethers get together, in the Blair Drummond Community Hall.

Over tea/coffee (and wrapped biscuits!) we can try to catch up with everyone who enjoyed past monthly meetings. There's a lot to discuss and from that, later on, we can work out the future direction of the group.

The Blethers is a local voluntary social group, open to folks over the age of 50 and who live in the Blair Drummond community or surrounding area. We are looking forward to seeing you. Meantime, take care.

**Christine Bauer**

## Kincardine In Menteith Primary School



We are all watching with great sadness the on-going war in Ukraine. With so many families affected by the war, the children were keen to undertake some fund raising and contribute to the relief effort. After much discussion the children decided to hold 2 events to raise money.

The first event involved a whole school challenge to "Run 100 miles for Ukraine". This challenge involved the children, collectively, running 600 laps of our daily mile track, 6 laps add up to 1 mile. For our little school 600 laps did seem like a lot, however, the children worked hard to achieve their target and in the end managed to exceed it.

Our second event involved wearing the colours of the Ukraine flag. On the last day before the Easter term, the children and staff made a donation to come to school wearing blue and yellow.

In total the children raised £1357.10 to be donated in support of the appeal in Ukraine.

**Lyle Davidson, Acting Principal Teacher**

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

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

# **Thornhill and Blair Drummond Community Council**

Here is a summary of the salient points from the meeting held on 20 April 2022 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**

Slow down signage etc on A873 after B8031 (near Coldoch Road) towards Stirling – residents have started a petition to SC regarding traffic control in the area.

## **Police Scotland email report**

### **Road Safety and other incidents**

On 07/03/22 a road traffic collision occurred on the A84 at its junction with Sommers Lane, whereby a vehicle pulled out of the Sommers Lane onto the A84 into the path of a southbound vehicle, which swerved to avoid a head on collision and left the roadway, colliding with roadside signage. To date enquiries, including a media appeal, have failed to identify the vehicle or driver involved.

## **Community Engagement and Reassurance**

It is important to you to have Community Officers who you know, who are accessible and who address local problems. Should anyone have any policing issues they wish to discuss or raise, please contact us at Callander Police Station on 101 or via email at [TrossachsTeithCPT@scotland.police.uk](mailto:TrossachsTeithCPT@scotland.police.uk)

## **Stirling Councillor: Jeremy McDonald**

Post 5<sup>th</sup> May elections, JM hopeful SC will spend money in the future to make upgrades to the local roads. There is a grant process for hardware to support hybrid meetings and money for hall hire and Zoom software, so this is very positive. This is JM's last meeting as a Councillor and he thanked everyone and the CC wished him good luck as he moves on.

## **Residents forum**

New signs blocking access to Briarlands Farm via Ochertyre Rd (off A84) had zero communication from SC about the change of use. It is causing distress to some residents. Jeremy will ask about this as he wasn't aware there was even an issue with traffic down this road, as the focus has been on Sommers Lane.

The next meeting will be the AGM Wednesday 8 June at 7pm, followed by a normal meeting at 7:30pm

**Elaine Young**



## Bake Sale



On Saturday 26<sup>th</sup> of March children from Blair Drummond organised a Bake Sale to raise funds to support Ukrainian refugees. The sale took place outside the Smiddy, thanks to the kind help of Will and Daisy Muir, and attracted many visitors.

All together the children raised the magnificent sum of £590 which was donated to the Disaster Emergency Committee. We would like to thank all who supported the cause by baking delicious treats and to everyone who kindly purchased our creations. A big thank you to the Smiddy Crew who supported us throughout the event.



**Leo and Lana Ingle**

# Yoga

*With MaryAnn*

Thursdays 7pm at Blairdrummond Hall

Relaxing Vinyasa style yoga

Classes suitable for all abilities- everyone welcome

Bookings via:

[www.maryannptyoga.com/classes](http://www.maryannptyoga.com/classes)

Email: [maryannptyoga@gmail.com](mailto:maryannptyoga@gmail.com)

Facebook @maryannptyoga Instagram @yogawithmaryann

[www.maryannptyoga.com](http://www.maryannptyoga.com)

## Blair Drummond Community Hall Association

Hall bookings are continuing to rise gradually to pre-pandemic levels with school P.E., yoga and dance classes now in full swing once again. The hall will also serve as our polling station for the local elections on 5<sup>th</sup> May.



The first Beetle Drive of 2022, which had to be postponed due to a rise in local Covid cases, was finally held on Friday 22<sup>nd</sup> April with a good turn out and lots of fun as usual.

The next Blair Drummond Community Hall event will be our Quiz Night on Friday 20<sup>th</sup> May at 7.30pm. Tickets cost £5 each and must be booked in advance. Please bring your own drinks and snacks. There will of course be a raffle!

There will be no Family BBQ this year but the school's Parent Council will be arranging a Fun Day at the Safari Park. It is hoped that, in future years, this will include a BBQ which our committee will be happy to support.

We would like to express our gratitude to Will Muir and the Smiddy for their kind donation of a CCTV camera covering the hall car park and in particular the recycling bins. It is hoped that this will discourage fly tipping, which has been a recurring problem in the past.

Our AGM will take place in the hall on Tuesday 7<sup>th</sup> June at 7.30pm and will be followed by a committee meeting.

All are welcome to attend and of course if anyone would like to join the committee they will be most welcome.

**Kate Ingle, Chair**



## Briarlands Farm



We reopened for the new season on 11<sup>th</sup> February 2022. The weather wasn't kind to us in the beginning and the funyard was rather soggy, however, in true Scottish style, as soon as the kids went back to school after their midterm break, the sun came out and the field had dried up nicely in time for the Easter break.

In March we welcomed some new friends to our animal family in the form of 4 alpaca boys. These boys came from Lanarkshire from a trekking centre which was closing and have been a great addition to our ever-increasing animal collection.

Those of you with younger children/grandchildren will probably be familiar with their names which are Rocky, Chase, Rubble and Marshall, from Paw Patrol. They have settled in well and are getting used to being well admired.



After a break of 2 years, we are again bottle feeding some pet lambs. The lambs are on loan from Carrat Farm and have come to stay with us for the summer. If anyone has seen the film Encanto you will also be familiar with their names, which are Antonio, Mirabel, Isabella and of course Bruno (but we don't talk about him). Recently staff member Anne donated little Freddie to us too, from her own farm. We bottle feed them



at 11am and 3pm and any children here at the time get the opportunity to join in and help with this. A very popular activity which both children and adults seem to really enjoy.



*Little Freddie when he arrived*



Spring really is the season of new life on the farm and we have baby goats, lambs, calves, chicks and ducks to see.

At the end of March we welcomed a new permanent member of staff. Greig Sloss has joined us as Assistant Outside Manager and is already proving to be a great asset to the team.

We are currently in the process of building a second animal handling shed, which we hope to have ready for the summer to house more animals inside and give us a bit more space and shelter just in case it rains☹️

Booking to visit is still preferred and you can do this by visiting our website [www.briarlandsfarm.co.uk](http://www.briarlandsfarm.co.uk) and following the 'Book Now' link. We look forward to seeing you all soon.

With regard to the signage at the end of Ochertyre road saying 'No access to Briarlands Farm' - these signs were erected by Stirling Council without any consultation with us and we are currently in discussion with them to reach a resolution, which is beneficial to all. Please note that access to the working farm element of the business and in particular, access for HGVs, is still via Ochertyre road. The signage, according to Stirling Council, is in place to encourage visitors to the Farm Park to use the entrance route, via the Safari Park, as signposted from the A84. Anyone wishing to visit the Inglis family are still able to access via Ochertyre.

**Mary Inglis**



## Blair Drummond Safari Park



*Flamingo & swan pedal boats*



*Oscar*

### **Three cheers for our grand reopening**

We're back and we couldn't be more excited to welcome all our guests back to the Park! As well as some upgrades to our playpark, you're sure to notice our amazing new sea lion habitat California Cove. With a much bigger pool, it's a 5-star residence and our sea lions are really enjoying getting to know their new home. There's all the usual fun as well. Explore our prehistoric Dinosaur Forest, check out Meerkat Mansions, catch our Bird-of-Prey show or capture the castle in our giant Play Fort. Whatever you get up to, we know you're going to have a great day out.

### **Calling all party animals...**

This year, instead of the same old birthday party at home or meal out, why not try something a bit different? Our new range of party packages caters for guests of all ages and can be tailored to your exact needs.

### **Party on down in a private yurt**

As well as a VIP guided tour of the reserves, you could be enjoying a barbecue or picnic in one of our beautiful party yurts. You can have your own dedicated party host and you'll get a choice of fun animal themed activities too.

### **Up-close encounter?**

If it's all about the animals for you, then why not build your party around one of our animal experiences? You can choose to hand-feed our giraffes, meet our cheeky meerkat mob, tickle a rhino or spend the morning helping to care for our farm animals and small exotics.

### **Go big with our Safari Marquee**

If you're planning a bigger bash, then our Safari Marquee could be just the venue. We can even take care of all the catering, music and decorations. And with giraffes grazing in the background, your party pics will be the best ever.

## **New Arrivals**

Last week, we were delighted to welcome our newest sea lion Ineke! Ineke came to us from Banham Zoo after being visited by Head Sea Lion Keeper Shane earlier this year.

Ineke is a very confident and charismatic California sea lion, and has very quickly bonded with her new family, Oscar and Poppy. Oscar and Poppy were very excited to meet her and have accepted her into the gang with open flippers!

Other new arrivals include two new meerkats, Biggie and Cardi B. So far, they seem to be settling well into the group. We also have a new flock of flamingo and swan pedal boats - they really are impressive!



And sliding nicely into our final announcement – our Astro-glide Slide has finally re-opened. Now newly refurbished, this popular attraction has been here since the 1970s and it's never lost any of its appeal.

We've had a great start to the new season, and it's been so nice to open the Park again and welcome all our guests. We look forward to seeing you.

**Sasha Muir, Communications Manager**

## **Farming and Weather**

Fabulous weather for getting crops in the ground and the animals back out to the fields, together with the cereal prices soaring, means there are a lot of happy farmers in the area. This excitement within the industry is tainted by the huge price rise in fuel and fertiliser and the lack of price increases within the livestock trade, means for us all the uncertainty still causes a lot of worry and caution.

The 50% below average rainfall figures for January, March and April against the 300% above for February, means we are now looking at an average amount of rain for the year to date. An interesting wee point to note on our rainfall is that April is now becoming the driest month of the year, so spring garden parties and BBQs next year.

Last wee plea from us farmers is, if you are walking, riding or cycling out and about, please ensure you only leave footprints, stay off any growing crops and make sure your dog does not poo in the grass fields. Dog poo can contain Neoplasma and if left on a field a cow may come into contact with it, either whilst grazing or when the grass is harvested. This disease

can potentially cause cows to miscarry their calves or cause them to be born with neurological problems. Sheep can also be affected by Sarcocystosis, a bacteria which can cause neurological disease and death.

## **Katie Brisbane**

### **Stirling Breeders Success At May Bull Sales**

Local breeders were a force to be reckoned with at United Auctions Stirling Bull Sales this month, both in the pre-sale shows and under the hammer. There were 294 pedigree bulls and females forward for the show and sale.



Blair Drummond breeder J Burnett & Sons, Upper Spittalton Farm, achieved the top price of 9,500gns for Spittalton Rambler (*left*) and at the Limousin pre-sale show on Monday, Spittalton Robroy stood as overall champion and went for 6,000gns. They sold all seven of their Limousin pedigree females forward, averaging £2,445. The top price was

2,700gns and a cow and calf sold for 3,800gns.

The sale average was £5,096, up on the year by £455.

Meanwhile Dunblane breeder DM Lyle, Mid Cambushinnie Farm achieved the overall Salers champion bull in the pre-sale show with Strathallan Petrous, which sold for the leading price of 8,000gns. Six bulls were sold to an average of £5,163. This is up £613 on the year with a clearance of 86%.

Top of the pedigree sales – and a sale record for the May instalment of the Stirling Bull Sales - was the Charolais sale leader at 14,000gns. In all, 24 Charolais bulls were sold, averaging £6,191. This is up on the year by £576 and a clearance of 71%.

25 Simmental bulls sold to an average of £5,632. This is up on the year by £287, with a clearance of 81%.

In the Beef Shorthorn sale ring, 10 pedigree bulls averaged £4,568, with a clearance of 71%. The top price was 6,000gns.

A total of 29 Aberdeen Angus bulls were sold to an average of £4,055. The best price was 7,000gns. The sole Hereford bull forward for sale was bought for 4,200gns.

## **United Auctions**



## RHET

The RHET factor choir is now on a break until September, when we hope to start regular singing sessions again. The choir ended the block on a high with a fantastic performance at the recent RHET Forth Valley Afternoon Tea at Airth Castle. Singing at virtually half strength, due incidents and holidays, they had the guests in stitches with their “RHETified” versions of popular songs.



To those who supported the Afternoon Tea at Airth Castle, the RHET Forth Valley committee would like to say a **MOOsive** thank **EWE** to all who supported this fun event, by coming along, generously donating raffle prizes and providing the entertainment. We raised an incredible £3000, which will all be used to get the pupils of Forth Valley out of the classroom and onto Farms to learn where their food comes from and see how it is produced.

Now that things are returning to normal, RHET is excited to be back organising Farm Visits, events, classroom talks and attending the local Agricultural Shows. We are always on the hunt for new volunteers, so please email Katie at [forthvalley@rhet.org.uk](mailto:forthvalley@rhet.org.uk) or visit our website [www.rhet.org.uk](http://www.rhet.org.uk) to find out how you can get involved.

How about combining getting fit with raising money for Scottish charities and having a great day out with friends? It is Kiltwalk season, RHET Forth Valley along with 100s of other Scottish Charities benefits from these brilliant walks, to find out more [www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk). The main attraction is that unlike other organised events the funds you raise are topped up by 50% by the Hunter Foundation.

**Katie Brisbane, Project Co-ordinator, RHET Forth Valley**

# **QUIZ NIGHT**

On

**Friday 20<sup>th</sup> May at 7.30pm**

In

**Blair Drummond Community Hall**

**Tickets £5**

**(must be purchased in advance)**

**BYOB**

**Raffle**

For tickets contact:

Catherine – 01786 860246

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

Or any committee member



# DOUNE HEALTH CENTRE

## Public Holidays

We have two more public holidays coming up.

Monday 30th May and Friday 3rd June. The latter is an extra one, to mark the Queen's Platinum Jubilee. We reopen on Monday 6th June.

Please remember to order your regular prescriptions before the holiday weekend. If you require medical assistance during our closures, please call NHS 111 for Out of Hours Service. If your matter is urgent, please call 999.

## New Reception Staff

We are delighted to welcome two new reception staff, Tracy Marshall and Moira Petersen.

We trust you will bear with them during their period of training and settling in and that it won't be too long before they're established members of our team. Previously Tracy worked in banking and was a receptionist in a vet's surgery, Moira has worked mostly in admin. Both ladies come with relevant and useful skill sets. Moira is covering Rachael Palmer's maternity leave.



## New Mum

Many of you have been asking about Rachael, who is a receptionist with us. She had a baby boy called Riley on the 25th February. Rachael is adjusting to motherhood well and enjoying being a mum.

## Covid precautions

Although restrictions have eased following the Easter break we would urge patients to continue wearing masks and social distance when visiting the clinic in order to protect staff and vulnerable patients. Thank you for your ongoing help.



## High Blood Pressure (Hypertension)

### Patients often ask questions about blood pressure issues

As your heart beats, it pumps blood around your body. The moving blood pushes against the sides of the blood vessels; the force of this pushing is your blood pressure (BP). Too high BP, or hypertension, puts extra strain on your heart and blood vessels. Both can be damaged if it is left untreated.

### Why is it important to have your blood pressure regularly checked?

High BP is very common, affecting about a third of adults in the UK. It doesn't usually have any symptoms, so the only way to discover whether you have it, is through a BP check.

The higher the BP the greater the risk of heart attack, stroke and other health problems. Doctors /nurses can help keep a patient's BP at a safe level through a combination of lifestyle changes and medicines. What works best is different for everyone.

### What causes high BP?

There may not be one particular cause. There are number of things you can change which could make a difference to your BP. Possible causes include smoking, being overweight, not taking enough exercise, or consuming too much salt, alcohol or caffeine - especially if you drink more than four cups per day. Genes can also play a part; you're more likely to develop hypertension if other family members have had it.

### The numbers

When you have your BP measured you are given two numbers, representing the force required to raise the column of mercury (mmHg or millimetres of mercury) used in early BP monitors.

Systolic blood pressure: The first, or top number shows the highest level your BP reaches when your heart beats, forcing blood around your body.

Diastolic blood pressure: The second, or bottom number, is the lowest level your BP reaches as your heart relaxes between beats.

<b>Less than 140/90mmHg</b>	<b>– normal BP</b>
<b>140/90mmHg up to 160/100mmHg</b>	<b>– Stage 1 Hypertension</b>
<b>160/100mmHg up to 180/120</b>	<b>– Stage 2 Hypertension</b>
<b>Greater than 180/120</b>	<b>– Stage 3, or severe, Hypertension</b>

If the top number is 140 or more, or if your bottom number is 90 or more, you may have high BP.

## **Where can you get a blood pressure check?**

You can have your BP checked at the clinic and in some pharmacies, it's quick and easy.

## **Home monitors**

You can also measure your BP using a home monitor. We advise our patients to purchase this very useful tool. The wide range of home BP monitors available can be confusing; the most important thing is to make sure it gives you accurate results and is easy to use.

BP monitors vary in price, and there are a number of inexpensive, reliable machines available, starting around £20. They can be purchased online, from local pharmacies or major chains. Whichever monitor you choose, ensure it is clinically validated: i.e. that it has been tested and gives results you can trust. Automatic (digital) BP monitors with an upper arm cuff are the easiest to use and most reliable.

We use Omron brands in the clinic.

Remember, a single high reading doesn't necessarily mean you have hypertension: many factors can affect your BP throughout the day and it could be just a one-off. If your reading stays high over time, your doctor or nurse will want to see you before diagnosing high BP.

## **Getting an accurate reading**

When you come to have your BP checked in the clinic, arrive a few minutes early, sit quietly and relax. Try to avoid caffeine or smoking for 30 minutes before your readings; avoid a heavy meal and, ideally, empty your bladder.

Do not rush into the clinic or exercise prior to your visit; these activities can alter your BP values. Feelings of stress could also affect the results; in this case we may ask you to attend on another day. When you are ready, sit upright with both feet on the floor. Keep still and silent while the machine is working. Sometimes we may require several readings, a few minutes apart.

Don't check your BP too often. People who take readings too often can find that they become worried about small changes; this can raise your BP in the short term, resulting in a misleadingly high reading.

## **What is White Coat Syndrome?**

Some people find that their BP, though normal at home, rises when they're at the clinic. Known as White Coat Hypertension, this represents an anxiety-induced BP spike while in a medical environment. It's not uncommon for people to feel apprehensive when they visit a clinic, thus increasing their readings.

## **24 Hour BP Ambulatory Monitor**

These devices are designed to record the patient's BP at different intervals over a normal 24-hour period. It can feel intrusive as the machine, fitted by a nurse, remains on your arm for 24 hours, taking recordings half-hourly during the day and hourly overnight. However, if you persevere, it will give an accurate picture of your BP and help with a diagnosis.

## **The Practice Self-monitoring BP machine**

Another way of having your BP checked is with the self service BP machine located in the interview room of the main waiting area, it is available for patients to take their own BP recordings in private. It also offers an opportunity for patient groups who rarely attend Primary Care to have their BP taken. Quick and easy to use, it provides a printout of your results.

## **Waiting Room Blood Pressure Machine**

### **A new appliance for the Health Centre**



Prior to the Covid pandemic we purchased an automatic blood pressure (BP) machine which will give our patients the opportunity to take their own BP readings. It is located in the interview room, within the waiting area, in front of reception. It has been placed in a quiet area so that readings can be taken in private. This piece of equipment will not only save clinician time but will alleviate the avoidance of the perceived White Coat Syndrome effect, especially among patients with a history of elevated results. It is very easy to use with a centrally located one button operation which can be used on children (13 years or above) and adults, using either the left or right arm. The integrated arm rest helps ensure the patients arm is

comfortable and in the correct position during a measurement. Bare arms are preferable, so please wear short sleeves, or a thin shirt sleeve is adequate. If shirt sleeves or jumpers are rolled too tightly above the cuff then this might give a falsely high reading.



From an infection control point of view, we do have disposable single use plastic protective arm sleeves. We would highly recommend using these throughout the Covid-19 pandemic, they can be collected from reception. From an environmental point of view, it is a suggestion that you try and save the disposable sleeves and keep them for your own usage in the future.

There are clear and simple instructions on how to operate the machine but we will be available to help should you require assistance at first. After using the machine, it will print a blood pressure reading with the date, time, and (if present) an irregular heartbeat indicator on a slip of paper. The patient can then show this reading to the Doctor or Nurse at the beginning of their appointment.

All patients are welcome to use the machine. In particular, we recommend that those patients attending for medicals such as blood pressure, heart disease, diabetic, medication reviews and maternity appointments, use the machine prior to their appointment. Patients on the oral contraceptive pill or HRT will also require blood pressure readings so that they can obtain their prescriptions.

Patients who do not want to use the machine can have their BP reading taken by a Doctor or Nurse as usual during an appointment.

If you plan to use the machine, please attend for your appointment ten minutes early, to enable you to take your own BP.

During the pandemic we did not encourage patients to use this facility but now that restrictions are lifting almost daily, we can now offer this new piece of equipment and start using it.

### **Covid 19 boosters**

Our local Woodside Pharmacy is currently offering Covid 19 vaccinations for anyone that has recently received an NHS invite for a booster, including the spring booster programme for patients 75 years and over and individuals who have a weakened immune system.

If you are eligible, the Woodside Pharmacy have daily appointments. Preferably, please book online for this service but if you are unable to do it in this way, then an appointment can be made by telephoning the Pharmacy direct on 841216.

**Linda Keay, Practice Nurse**

## Serial Prescriptions



Hassle - free medication supply for a whole year!

A serial prescription is a prescription for medicine(s) you need to treat a long-term condition. It looks like a normal prescription but lasts for 56 weeks. Serial prescription(s) are kept in the pharmacy and are collected every eight weeks.

At Doune Health Centre we are currently reviewing patients who receive a repeat prescription. As part of the review we are now beginning to issue patients with a Serial Prescription. This means that a current repeat prescription, which lasts for 8 weeks, will be increased to a 56 weeks prescription - patients will be contacted by letter or telephone call to inform of the change.

This type of prescription is only suitable for patients whose medication remains stable, attend for long term condition monitoring and are not on certain types of medication, on multiple 'when required' items or oral contraceptives. The GP IT system will prevent Serial Prescriptions being issued for controlled medication such as tramadol, gabapentin and pregabalin or cytotoxics including methotrexate. Patients who receive daily or weekly instalments are currently excluded from receiving a Serial Prescription.

If some medications are only needed occasionally, these items will continue to be prescribed as before, on a standard prescription.

Patients who receive a Serial Prescription can still make an appointment to see a GP when needed. The pharmacist may also advise you to see your GP if, for example, your condition changes. Your GP can stop medicine(s) on your Serial Prescription if they need to; they will inform the pharmacist if this happens.

At the end of the 56 weeks prescription, the pharmacist will request a new Serial Prescription from your GP.

If you would like more information on this service or feel you may fit the criteria to receive a Serial Prescription – please get in touch with the practice by email: [fv.gp25224douneadm@nhs.scot](mailto:fv.gp25224douneadm@nhs.scot)

**Kelly Isles, Primary Care Pharmacy Technician,  
Doune Health Centre**

## **Blair Drummond Curling Club**

The end of season has come around for another year. It was great that we managed to get back on the ice for session 2021/2022 albeit with a few more restrictions - being dressed appropriately to play, only one sweeper being allowed on the ice, sanitising all stones after curling sessions and the option of wearing face masks on the ice. A few members had concerns about returning to the ice but I'm pleased to say the majority of the members returned for this season.

We successfully managed to have 3 teams in Blair Drummond Curling Club League, despite a few call offs due to Covid along the way. Our thanks go to Alaina and Graeme Walker who filled in for most of the call offs, gaining some more practice over their Gateway colleagues. The BDCC League was won by Team B, with Robin Nisbet (Skip), Hugh Sloan, Carol Wells, Martin Johnstone and Graeme Walker. Runners up were Team C James Walker (Skip), Stephen Walker, Nigel Holl, Anne Christie and Mike Onslow.

The Knockout Competition was won by Anne Christie (Skip), Alan Brisbane, Jack Brisbane and Alaister Campbell. Runners Up were Carol Wells (Skip), James Walker, Robin Nisbet and Graeme Walker.

The Pairs Competition was won by Hugh Sloan and Martin Johnstone and the Runners Up were Sandy Holl and Alaina Walker.

The Beattie Points Men's Competition winner was Hugh Sloan, 33 points and Runner Up Stephen Walker, 22 points.

The Moss Cup between Blair Drummond and Port of Menteith was won by Port of Menteith.

The Graeme Giles Trophy was won by Blair Drummond, Clare Giles (Skip), Hugh Sloan, James Walker and Arran Bauer. Runners Up were Airthrey Castle. Well done to our Blair Drummond Team with James and Arran coming from the Young Curlers and hopefully we will see Arran in our next season, taking part in the league.

Our closing Bonspiel winners were Marjorie Christie (Skip), Alaister Campbell, Mike Onslow and Alexander Johnston. Runners Up were Rory Duff (Skip), Donnie Allan, Fred Bauer and Alaina Walker.

Alaister Campbell, Stephen Walker and Anne Christie took part in the Forth Valley Ladies 50<sup>th</sup> Celebration Bonspiel. Stephen was Skip in the winning team with Anne McIntosh, Irene Hird and Sheena Erskine.

Our AGM was held on 12<sup>th</sup> April at Blair Drummond Hall with the Election of Office Bearers.



**President:** John Sands

**Chair:** Anne Christie

**Treasurer:** Alaister Campbell

**Secretary:** Stephen Walker

**Development Officer:** Nigel Holl

**Trophy Secretary:** Susan Seamen

Our thanks, yet again, go to Stephen Walker who does a sterling job as Secretary, organising all the games for the season and keeping us up to date with weekly games and results. Not forgetting Alaister Campbell who has done a great job as Treasurer and our Trophy Secretary Susan Seamen who keeps us all right with the Trophies and makes sure we know where they all are.

Lastly thanks to our members for continuing to be part of Blair Drummond Curling Club during these challenging times with Covid and the restrictions. We hope to welcome a few new members along for next season.

If anyone would like to join Blair Drummond Curling Club or any further information on Try Curling, please contact Secretary Stephen Walker, on 07724 042 730, or myself Anne Christie 07977441108.

Winners of Closing Bonspiel Silver Kettle were Marjorie Christie(Skip), Alaistair Campbell & Mike Onslow presented by Chair, Anne Christie



Paterson Salver Knockout Competition won by Anne Christie (Skip), Allan Brisbane and Alaistair Campbell

Winner of the George Stirling Home Drummond of Ardoch Runner Up for Mens Points, won by Stephen Walker presented by Chair, Anne Christie



J M Forthingham Memorial Wooden Curling Stone presented to Carol Wells by Chair, Anne Christie

**Anne Christie, Chair**

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## Blair Drummond Hall Diary Dates

<b>Monday:</b>	Co Step Dance class 7pm <a href="mailto:alldance@costep.co">alldance@costep.co</a>
<b>Wednesday:</b>	Co Step Dance class 7pm
<b>Thursday:</b>	Yoga class 7pm ( <i>See Page 2 for details</i> )
<b>Friday 20<sup>th</sup> May</b>	Quiz night 7.30pm ( <i>See Page 13 for details</i> )
<b>Monday 27<sup>th</sup> May</b>	Blair Drummond Blethers. 1.30pm – 3.30pm. ( <i>See Page 3 for details</i> )
<b>Tuesday 7<sup>th</sup> June</b>	Blair Drummond Hall AGM & committee meeting. At 7.30pm. All welcome.

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

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

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Items for Edition 45 should be submitted by **31<sup>st</sup> July 2022**, sent by email, in **Word or Open Office**, and as a **separate attachment**.

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**Thank you**

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

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