

Issue 45

## The Grapevine

August 2022

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

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



*The winning quiz team*

Our first Quiz Night post Covid took place in May with a good turnout and a lot of laughs. The winning team all came from the Kirk Lane. Thanks to Tom & Janette Gilliland for hosting the quiz and special thanks to their son Graham for making up the questions.

We will be holding a Beetle Drive on Friday 30<sup>th</sup> September at 7pm. It's lots of fun and very noisy. If you have any kids in your household come along and join in.

All going well our Christmas Fayre will be making a comeback on Friday 25<sup>th</sup> November from 7pm with lots of great ideas for Christmas presents, as well as a lovely way to spend an evening with a charity raffle and refreshments.

As life is getting back to normal we are hoping to bring back more community events to the hall and hope that you will be able to come along.

The Community Hall was rebuilt in 2005 with the help of National Lottery funding, and following five years of hard work on the part of some very dedicated local residents. The hall is a very valuable asset to our community and remains viable only because of the commitment of the committee members.

It is there for exercise and dance classes, school P.E. sessions and performances, tea and chat groups, ceilidhs, quiz nights, beetle drives, gin and whisky tastings, Christmas fayres and of course private parties and other functions. Some of these events are organised and delivered by the committee members themselves and some are not, but whatever the occasion the committee is always actively working behind the scenes to ensure that the hall is kept in tip-top condition in order to offer the best venue possible for those wishing to hold an event there.

Being a committee member of course means giving up some of our spare time, which for most of us these days is in rather short supply, but the more members we have the less time we each need to give up. Our committee meetings are held roughly 5 times a year and usually last just over an hour and there is no expectation that members should attend every one. Apart from committee meetings a call might go out for help to set up the hall for an event – putting out tables and chairs, or to help clear away again afterwards. There's not a lot to it - just the willingness to turn out now and again to lend a hand.

If you would like to find out more about joining us then contact Catherine at [bdgrapevine@gmail.com](mailto:bdgrapevine@gmail.com) or come along to our next committee meeting on **Tuesday 6<sup>th</sup> September at 7.30pm** in the hall.

**Kate Ingle, Acting Chair**

## **Youth Club**

Blair Drummond has had a Youth Club in the hall since the 1960s but was unable to open for the last 2 years due to Covid restrictions.

Hopefully we will be reopening our doors to any High school or Primary 7 pupils who live in Blair Drummond and the surrounding villages from Tuesday 18<sup>th</sup> October. Youth Club is held every Tuesday evening from 7 – 9 pm, October to Easter. Annual membership is £10 with subs of £1 per night. There is a tuck shop with any profits going back into youth club funds.

The club is run by the parents and local community volunteers.

If you know of anyone who would like to come along either as a member or a helper please email Catherine at [bdgrapevine@gmail.com](mailto:bdgrapevine@gmail.com).

### 3Fs(Faith, Fun, Friendship)



Over 30 ladies met at Briarlands at the end of May for the final meeting of the session of the 3F group of Kincardine in Menteith, Kilmadock and Gargunnock Churches. We had a great evening, with a picnic and entertainment and was thoroughly enjoyed by all. Mary at Briarlands provided a lovely picnic and the entertainment came from very talented individuals. Eva Dallas, accompanied by her brother Andrew, played the guitar and sang for us as did Bryony MacGregor, who sang some of the songs written by her mother. Kate Brovil played the violin and Robert Dykes was on the accordion. We would like to extend our thanks to all involved in making the evening a great success. Our meetings are held on the last Tuesday of the month in Kilmadock Church, Doune and our next session will start at the end of September. All are welcome to attend, look out for our programme in the next issue.

**Janette Gilliland**

#### **BLAIR DRUMMOND ESTATE**

Hardwood Logs	£200/ load
Hardwood Logs	£100/ half load
Hardwood Limbs	£100/load
Softwood Logs	£150/ load
Softwood Logs	£75 half load
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**



## Graduations



Congratulations to Rachel Darby, Hillview, Kirk Lane who recently graduated from Duncan of Jordanstone College of Art & Design, University of Dundee with an Honours Degree in Fine Art.

Alex Robb and his family had a great day on 8 July celebrating his graduation with a BSc Honours in Computer Animation Arts. Alex studied at the University of West of Scotland in Paisley and the ceremony took place in Paisley Abbey. Many congratulations again Alex from all your family and friends.



After five years studying at the University of Glasgow Eilidh Graham, Moss Cottage, Kirk Lane has achieved the degree of Master of Engineering (M.Eng) in Aeronautical Engineering. She now looks forward to moving to Bristol to start her career as a Graduate Aeronautical Engineer. Congratulations Eilidh.

## Safari Park

### Summer Baby Boom

This year, we have been blessed by the births of several baby animals. Our beautiful baby Macaque Fia was born on the 25<sup>th</sup> of May. Named after the baby daughter of one of our own keepers, Fia is doing really well and can currently be seen snuggling up to her mother Liberty in the Macaque drive-thru. Although she is still very small, she is absolutely full of mischief!

Barbary Macaques are endangered in the wild and our cheeky troop came to us from Gibraltar in 2015. As they had been causing problems with the locals, the Macaques were shipped to Blair Drummond as part of the first large-scale export of the species since 1990.

Two days after Fia's birth, our adorable black-and-white ruffed Lemur pups, Meeko and Ghost, were born. Parents Cali and Bemba are pleased as punch and the gorgeous new arrivals have successfully settled in.

Black-and-white ruffed Lemurs are a critically endangered species in Madagascar where they've seen their habitat shrink by 45% since the 1950s. Here at the park, we participate in the Endangered Species Breeding Programme for these Lemurs with the aim of building a healthy population.



Finally, on the 1<sup>st</sup> of July, our Patagonian Mara Francesca gave birth to three beautiful babies. All three babies, and mum, are doing well. Patagonian Maras are rodents from South America. Their closest relatives are Guinea Pigs and Capybaras – although they look more like a rabbit with deer's legs!

We are so in love with all the recent arrivals! Why not pop into the park to see if you can catch a glimpse of our newest residents?

### Tripadvisor Top 10%

In July, we were delighted to be awarded a "Travellers' Choice" award by Tripadvisor.

Every year Tripadvisor celebrates attractions that consistently earn positive reviews, with a Travellers' Choice Award — and this year, we were overjoyed to win this prestigious accolade.

Blair Drummond Safari Park is now considered to be in the top 10% of attractions worldwide!

Thank you to all of you for taking the time to share your wonderful reviews, we couldn't have done it without you! We rely on your helpful feedback to help us become the best we can be.

### **Revolutionary Research**

Recently, we have had the opportunity to take part in some very exciting research projects.

It may sound like the stuff of science fiction, but in a recent study by Species360 Conservation Science Alliance, scientists may have uncovered the secret to eternal youth... with the help of our Sulcata Tortoises Monty and Mali.



In the new study, researchers used data contributed by Blair Drummond Safari Park, in collaboration with other zoos and aquariums, to examine 52 species of turtle and tortoise. The data recorded enabled researchers to discover that, unlike humans, turtles and tortoises can reduce their rate of

ageing in response to improvements in their living conditions.

Our tortoises' roommates, the lemurs, have also been busy. We're always looking for new ways to keep our animals happy and healthy, and some recent technology in Lemurland is going to take things to the next level! Our playful lemurs will soon get to enjoy new interactive enrichment technology that gives them the choice between audio or visual stimulation. The lemurs will be able to trigger visuals of things like underwater scenes, abstract shapes, and wriggling worms, or audio stimulation like rain sounds and music.

Different enrichment throughout our enclosures is important as it encourages natural behaviours and helps to keep our animals active, both mentally and physically. Research has shown that giving animals choices within their enclosures is very beneficial for their mental well-being and this new project, led by Dr Ilyena Hirskyj-Douglas from the University of Glasgow, gives us a unique opportunity to learn more about our lemurs and the way they interact with their environment.

**Jamie-Leigh Green, Communications and Conservation Manager**



## **Muriel Struthers Inglis**

13<sup>th</sup> March 1934 – 13<sup>th</sup> May 2022



For those of you who never met Muriel you certainly missed a trick, for those who did, you will know what I am talking about. She would be best described as interested and interesting. No matter where she went, she could always strike up a conversation, whether you were 7 or 70 years old, age was never a barrier.

Born at Auchinliach, Callander, then moving on to Kinloch Rannoch and then Norrieston in Thornhill, she was very much a country girl. She studied Home Economics at Atholl Crescent, Edinburgh (Dough School), then going on to work at Perth Royal Infirmary canteen and the Cruachan Hotel, Stirling (restaurant for the old market). Home cooking and baking were always high on her agenda, which probably attracted John Inglis to her. They married in 1961, and bringing up 3 children and helping run the farm was her passion. When her husband took unwell everyone helped out with the daily chores. The next few years were pretty tough but it never got her down, and in June 1987 her husband John died.

Over the years she was involved in the local Womens Rural and Church Guild and also was a helper with the Bannockburn and Fintry RDA. She also assisted in the kitchen at the 'big house' and Bankhead for the Muir family, where they had a mutual admiration for each other. Mum also did Bed & Breakfast in the farmhouse and had customers and friends from all over the world. She enjoyed bus trips over to Europe and the bulb fields with her sister Una, or as they were known affectionately 'Fran & Anna'! In later years she rekindled a childhood friendship with Mailer, who would do absolutely anything for her. Caravanning holidays were now their thing, anywhere from Blair Atholl to Oban.

She was blessed with 6 grandchildren and was affectionately known by them as Granny Pancake for obvious reasons, and her Christmas party games were always the highlight of the year for the grandchildren.

She was very fortunate to be contented in her own company and lockdown was never an issue for her, as long as she had the correct paper on the correct day....she loved to look through the property sections. She was a devoted Royalist and even had a Corgi dog many years ago.

Living and working at Briarlands Farm for over 60 years she loved her surroundings and all the people who surrounded her, we will all miss her greatly. She always kept us on our toes and one of her favourite sayings was "It's not a criticism it's an observation".

**Robin Inglis**

## **RHET News**



RHET are focusing on Scottish Seeds and Grains for the 2022/23 academic year, launching their Journey of Food, Seeds and Grains at a teacher and supporters event at Ingliston on 10<sup>th</sup> September. If you fancy a wee day out to find out more about how you can support RHET, please pop along.

Now that things are returning to normal, RHET is excited to be back organising Farm Visits, events and classroom talks. Forth Valley have 4

multi school outdoor learning events planned for the Autumn and will need loads of volunteers to help, 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. There are still 2 Kiltwalks this year, August in Dundee and September in Edinburgh. RHET Forth Valley along with 100s of other Scottish Charities benefit 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.

The RHET Factor Choir is planning to resume fortnightly singalong sessions soon, if you are interested in joining our friendly singing sessions please get in touch.

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



## 2022 Commonwealth Games



Jenny Holl had a fast and furious few days racing at the Commonwealth Games in London with a new Scottish partner, Libby Cleg the ex-running sprinter.

No medals unfortunately but they represented Scotland well and both Jenny and her dad looked good in their kilts.

Next week Jenny will be back to endurance when she competes in the road race and time trials at the world championships in Canada, back racing with her usual partner Sophie Unwin.

### Emily Holl

### Blethers

The Blethers are back! We've had three get togethers, on the last Monday of the month, for the past 3 months and an average of 17 people have enjoyed catching up with one another, over a cup of tea/coffee and biscuits.

Through discussions it has been agreed that there be a holiday in August, with no get together and then meet again the following month.

So, on Monday 26<sup>th</sup> September between 12 – 2pm the Blethers will resume, with the usual soup and sandwich lunches. Likewise on 31<sup>st</sup> October, 28<sup>th</sup> November and 19<sup>th</sup> December.

We've a number of new ideas for speakers and activities, with some of those tried and tested being requested again.

The Blethers is a local voluntary social group, open to folks over the age of 50, who live in the Blair Drummond community or surrounding area. We look forward to seeing you in September. Meantime, enjoy the summer weather.

**Christine Bauer**

## Callander Young Farmers

With summer in full swing and the return of show season, it's been a non-stop few weeks for Callander and District Young Farmers! Back in May we held a Valuation and Mock Auction at West Cambusdrennie Farm – thanks must go to our chairman Angus Bryce and his family for hosting and putting on a BBQ for us all. On to Gargunnock show at the start of June where we had our stand and thereafter to Gargunnock Community Hall for the show dance. Our car Treasure Hunt was well attended, finishing up at the Lion and Unicorn to announce the results. Thanks to Trish and Archie Steel for compiling this year's route and brainteasing questions. The return of the Royal Highland Show was highly anticipated – our members were extremely busy over the four days doing a huge variety of things. Here are some the results we came away with:



### Ladies Sheep Shearing

- 1<sup>st</sup> – Kate Donald (*left*)
- 2<sup>nd</sup> – Kirsty Findlay
- 4<sup>th</sup> – Eilidh Little

### Tug of War

- 3<sup>rd</sup> – Callander Gents

Still recovering from the Highland Show antics, Doune and Dunblane Show was next on the agenda. We had our stand along at the Show with a fun competition of 'Guess how many balloons are in the tractor'. We managed to squeeze a remarkable

121 balloons in the tractor - many thanks to Helen Graham, Louisa Jenkins and Jon Darby for inflating said balloons!

Sporting competitions have kept us busy mid-week with our girls placed 2<sup>nd</sup> at netball and our volleyball team coming 1<sup>st</sup>.

In the coming weeks we are hoping to host a Hockey Tournament and organise a trip to Ayr Gold Cup. As always, keep an eye on Facebook to see what we're getting up to!



**Eilidh Graham**



## Life at Briarlands



With the summer holidays came the good weather and we have enjoyed a few busy weeks. It is lovely to see all the kids out in the sunshine running around the field! Of course Farmer Robin is happy too as the hay was done in almost record time this year!

We had a new addition to our animal family a few weeks ago, with the arrival of Stan our highland cross calf. He and Bramble (mum) can be seen from the park and love to come and say hi!



Greig, our new outside Assistant Manager, is settling in well and is coming up with ideas of new attractions for the park. One of which will be launched soon, an Augmented Reality Trail through the Meadow Maze. This involves scanning a QR code with your phone and then the kids can have fun taking pictures with the animals that pop up on the screen.

There will be changes to the inside staff also with Jill our Centre Manager moving onto pastures new and Catherine the Assistant Kitchen Manager starting her nursing degree. We will miss them both but wish them well in their new adventures. There will be a new face on the front desk to welcome you all soon.

As the summer draws to an end, many of our young crew will be heading off or back to University, leaving some gaps in the tearoom staffing. If anyone local over the age of 15 is looking for part time work, please get in touch with Mary on 01786 841309.

Booking is still preferred but not completely necessary and we will accept walk-in customers.

**Mary Inglis**



## Weddings

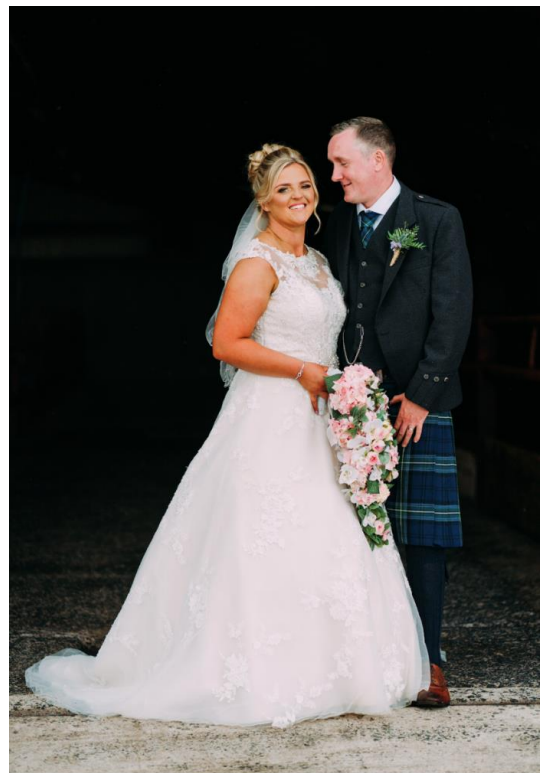


Graham Gilliland, Nyadd Farm, married Ali Moran, Morningside, Edinburgh on the 10<sup>th</sup> June 2022. The wedding ceremony and reception was held at the Norton House Hotel, Edinburgh.

*(Photo by Euan Cherry Photography)*

Brother Neil Gilliland married Heather Steel, Pannell Farm, Bridge of Weir on 22<sup>nd</sup> July 2022. The ceremony and marquee reception was held at Pannell, Heather's family farm.

*(Photo by Eilidh Robertson Photography)*





On Friday 1<sup>st</sup> July at Lochside House Hotel, New Cumnock, Jack Brisbane married Jeni McNicol. The families all said it was a wonderful day and wished them all the best for the future.

Lee-Anne Lindsay and Fiona Paterson, The Tollhouse, Blair Drummond were married on 21<sup>st</sup> July in Gibraltar. Congratulations to the happy couple.



## United Auctions Pledges 10K a Day for #Challenge125

United Auctions started its #Challenge125 campaign on 27<sup>th</sup> June with a pledge from four members of staff to complete 10km a day over the next 60 days for the RSABI's (Royal Scottish Agricultural Benevolent Institution) special initiative this summer, to celebrate their 125<sup>th</sup> anniversary.



*Donald Young, Christopher Sharp & Ailsa Taylor*

The team from Scotland's leading livestock auctioneers includes Auctioneer Ross Fotheringham, Group Director Christopher Sharp, Sales Administrator Ailsa Taylor and Group Director Donald Young.

From 27<sup>th</sup> June until the Great Glen Challenge is held on Friday 26<sup>th</sup> August, they will each clock up 600km – a collective total of 2,400km - using exercise equipment at the Stirling Agricultural Centre.

The distance is the equivalent of each person running 14 marathons.

The cross trainer, rowing machine, spin bike and treadmill are now publicly available in the concourse at the Stirling Agricultural Centre.

Customers can join in and be sponsored to use one of the machines and reach their own distance goal when they are in the market - and challenge friends - to make their contribution towards the RSABI's ambitious overall target of 125,000km.

Auctioneer Ross Fotheringham, who volunteered to be part of UA's campaign, said: "I'm really happy to do my bit for our #Challenge125 campaign. We'll all be working as usual so will be fitting in the kilometres where we can. We'd encourage our customers, family and friends to



follow our lead and go the distance when they're at the Agricultural Centre to help raise funds for the RSABI."

Both the Challenge events are sponsored by United Auctions this year. At the Royal Highland Show, United Auctions and the RSABI shared a stand to promote the event. They welcomed more than 100 participants from farmers and politicians to comedians and chief executives who dropped by to use the exercise equipment and do their bit.

Customers and visitors can donate to the #Challenge125 via collection buckets at the Stirling Agricultural Centre and all kilometres and sponsorship will be logged on United Auctions' Enthuse fundraising page - <https://rsabi.enthuse.com/pf/united-auctions-65d7e>

### **Signature Wedding Bars**

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**SIGNATURE WEDDING BARS**

❖ PART OF THE SOCIAL AND COCKTAIL GROUP ❖

## Simple Exercises

### Keeping strong and balanced at home

Have you felt your balance or strength has got a bit worse in the last few years? We have all been a bit less active throughout the pandemic and many of us are feeling more stiff, less energetic and perhaps a bit more wobbly on our pins. That old adage 'Use it or Lose it' is true, and by being less active, we will find things are slightly harder to do and we have less energy to do them. Here are three exercises that you can do in the comfort of your own home, that can help improve your strength and balance. Build on these with adding a short walk once or twice a week and you will feel things become easier to do over time. We will have three new exercises to try in the next edition of the newsletter.

Professor Dawn Skelton, works closely with the Chartered Society of Physiotherapy and the British Geriatrics Society and has put together a few key exercises to help maintain independence and improve physical function. Have a go at these and let us know how you get on – give us some feedback at dawnaskelton@gmail.com or on the SCDT Facebook page - <https://www.facebook.com/groups/2495715407394997>.

### Sit to Stand

Breaking up long periods of sitting is hugely beneficial for anyone regardless of age. The movement of standing up and sitting down (slowly!) helps to keep the legs strong. Try to do 3-5 sit to stands for every hour you are sitting, whether its watching TV, on the computer or sitting doing a hobby.



- » Walk your hips forwards to just past centre of the chair (easier to stand)
- » March the feet a bit to boost circulation
- » Bring your heels back a little, but keep your heels flat on the floor
- » Sit tall, hinge your trunk forwards
- » Power up to stand

- » Stand tall and move your feet a bit to pump the blood
- » Step back a bit and feel for chair on back of legs
- » Bend the knees, lead with your buttocks, sit down with control (as slowly as you can!)
- » Feel your legs getting stronger over time

### **Heel Raises**

These exercises strengthen the muscles around the ankle and also help improve balance if you try them without holding on. Expect the muscles around your ankle to work hard and a bit of a wobble. Hold on if you want to concentrate on strength, try to let go if you want to work more on your balance.

- » Stand tall holding a sturdy chair, table or the sink
- » Raise your heels taking your weight over your big toe and second toe
- » Hold for a second
- » Lower your heels as slowly as possible to the ground
- » Repeat up 5-10 times
- » Try to do these without holding on to improve your balance



### **Wrist strengthener**

Have you noticed those jars and bottle tops getting a bit tougher to open? The muscles in our hands and wrists need regular exercise too! You can use a tea towel or an elastic exercise band or even a cycle inner tube for this one. Anything that provides a bit of resistance will make those muscles work a bit harder, and over time they will respond by getting stronger.



- » Fold or roll your band/tea towel into a tube shape
- » Sit tall then squeeze the band tightly with both hands, hold for a slow count of 5 then release
- » Make this exercise more challenging by squeezing then twisting your band before holding for 5 seconds
- » Breathe evenly throughout and if you find it hard to breathe normally then hum or sing as this will make you breathe
- » Repeat 5-10 times

### **Professor Dawn Skelton**





KINCARDINE IN MENTEITH CHURCH  
BLAIRDRUMMOND

Invites you to  
**'EVENSONG'**

A Summers Evening Reflection

On

**Sunday 14th August 2022**

At

**6.30pm in Blair Drummond Community Hall**

Our interim Moderator Val Rose  
will conduct the service

Coffee and cake will be served after the service

*ALL WELCOME*



## Thornhill and Blair Drummond Community Council

Here is a summary of the salient points from the meeting held on 13 July 2022 via Zoom. The full minutes are at <https://thornhillstirling.org/thornhill-and-blairdrummond-community-council>.

### **Stirling County Councillor: Martin Earl in attendance**

(ME) raised the motion about the bins. There is an agreement that there is going to be a whole review of the services, which obviously do not work well. The Council will seek residents' views.

**Sommers Lane:** Order for 40mph (ME) that should bring about some signage and 'walking/cycling' signage as well. There already is weight restriction signage on Sommers Lane. The signage is blocking the view but the officers are going to check that. There's a bridge restriction on Kirk Lane and the signage is in a wrong place, so the location needs to be reviewed.

**Ochertyre Road signs (blocking access to Briarlands Farm):** Gabriele Inglis (GI) contacted Stirling Council about this asking for explanation of the signage. The reply was that when Briarlands Farm got permission to open up an attraction for children, the accepted route was via the road that feeds to the Safari Park. However, Ochertyre Rd should still be used by any vehicles that go to/from the working farm itself. Local residents complained that Ochertyre Rd was overused and, due to lack of passing places, the verge was destroyed. The agreement is that Briarlands Farm will pay for constructing passing places on the road and then SC will remove the signage but will install new signs on A84 to encourage visitors to use the Safari Park entrance. GI will monitor the progress.

**Blair Drummond Community Hall:** No news from BEAR Scotland on the slow-down traffic measures near the KIM school. GI had a meeting with Christopher McKenna from Active Stirling who will organise a community consultation meeting after the summer holidays, to discuss potential sport activities in Blair Drummond.

**Police Scotland report:** On 29/04/22 police traced a vehicle travelling on the B822 towards Thornhill. The driver was found to be intoxicated and was arrested for driving whilst under the influence. On 08/05/22 officers whilst on patrol in Thornhill, stopped a vehicle. The driver was found to be intoxicated and was arrested for driving whilst under the influence.

On 28/05/22, on the A84 between Craigs Roundabout and Blair Drummond a driver was found to have no driving licence or insurance. Their vehicle was seized by police and the driver is now subject of a report to the Procurator Fiscal.

On 25/06/22 a vehicle travelling on Kirk Lane, Blair Drummond collided with a vehicle travelling in the opposite direction, causing damage. The driver of the offending vehicle failed to stop or report the incident. Overnight from 6/5/22 to 7/5/22 a number of high value push bikes were stolen from the Blair Drummond and Dunblane areas. Enquiries are still ongoing in relation to this.

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)

If there is any matter you would like to bring up at the next Community Council meeting on Wednesday 24<sup>th</sup> August, please email [ThornhillBlairdrummondCC@gmail.com](mailto:ThornhillBlairdrummondCC@gmail.com).

Meeting zoom links and minutes will be posted on the CC's FB page: <https://www.facebook.com/Thornhill-and-Blairdrummond-Community-Council-100396902080712>

# BLAIR CRAIG

## PLUMBING & HEATING ○○○

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## **Doune Health Centre**

### **Extended Hours clinics**

We had to stop the extended hours clinics during Covid as the majority of appointments were by telephone. Now that life is slowly getting back to normal we are pleased to inform you that we can now re-start these clinics from October 2022.

There has been an increase in demand for face to face appointments with GPs and Nurses outwith our core hours of 8am-6pm. In response, Gillian Walker, one of our Practice Nurses will hold a weekly evening clinic on Thursday evenings from 6pm – 7pm, and the GPs will hold a weekly clinic on a rota from 6pm on Wednesday or Thursday evenings.

We hope that these appointments will benefit those working and those who cannot attend during the normal clinic hours.

**Mairi McGrandles, Practice Manager**

### **Consultation appointment slots**

A gentle reminder that our standard appointments are 10 minutes long, so please be mindful about attending with a list of multiple problems as this will impact on the patients who are booked in afterwards. We will always endeavour to try and resolve as many issues as we can, but we can only do our best and what is considered safe within the timeframe. If you feel that all your issues are urgent and cannot wait, consider asking for a double appointment. Thank you.

**Dr Julie Reid**

### **Podiatry Service**

Good news. Podiatry resumed again in June. Appointments are on Fridays.

### **GP trainees**

Dr Claire Dobson has spent 18 months of her GP trainee time in Doune Health Centre. Her period with us was split into two timeframes. She is now finishing her training and leaves us in August to become a GP. We would like to wish her well in the future and thank her for her work/care during her spell in Doune.

Dr Andrew Trueman starts his GP trainee placement with us in August.

### **Summer Time**

We would like to wish everyone our good wishes for the summer.

## **Public holiday**

The next Public holiday will be on Monday 12<sup>th</sup> Sept, 2022. The clinic will be closed on this date.

Patients needing urgent care when their practice is closed should continue to call NHS 111 in the usual way.

## **Vaccination Transformation Programme (VTP)**

In Scotland, we are modernising the delivery of vaccination services. Back in 2017, the Scottish Government and the Scottish General Practitioners Committee (SGPC) agreed vaccinations would move away from GP clinics to one based on NHS Board/Health and Social Care Partnership (HSCP) delivery through dedicated immunisation teams.

The VTP began planning for the changes in April 2018 and they are now ready to take over all the vaccination programmes in Forth Valley.

The VTP is divided into different sections:

- School based programme
- Travel vaccinations and travel health advice
- Influenza and covid 19 .
- At risk and age group programmes for shingles, pneumonia, hepatitis B.
- Childhood immunisations.

A few months ago I informed patients that we were no longer vaccinating against Pneumonia and Shingles at the practice.

### **Travel vaccines and advice**

A significant change has happened for patients who require travel advice and vaccines.

Unfortunately, we do not have the option to opt in and continue to provide this service for our patients anymore. Sadly we can no longer deal with your enquiries, as this service has been transferred over to the immunisation team for NHS Forth Valley.

From now on patients should seek advice online, searching Travel Advice and Vaccines, NHS Forth Valley or can access this via the Doune Health Centre website. Click on the *Clinics and Services* tab which will then take you to the travel link where you can find out current advice and then self-refer by filling in the assessment form. Once you have completed the questions and submitted the form someone from the immunisation team will contact you directly. Alternatively if you do not have a computer, then the team can be contacted by telephoning on **0800 130 3120**.

**Linda Keay, Practice Nurse**

## Blair Drummond Hall Diary Dates

<b>Monday:</b>	Co Step Dance class 7pm <a href="mailto:alldance@costep.co">alldance@costep.co</a>
<b>Tuesday:</b>	Youth Club from 18 <sup>th</sup> October (See Page 2)
<b>Wednesday:</b>	Co Step Dance class 7pm
<b>Thursday:</b>	Yoga class 7pm <a href="http://www.maryannptyoga.com">www.maryannptyoga.com</a>
<b>Tuesday 6<sup>th</sup> Sept:</b>	Blair Drummond Hall committee meeting. At 7.30pm. All welcome.
<b>Monday 26<sup>th</sup> Sept:</b>	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. (See Page 5 for details)
<b>Friday 30<sup>th</sup> Sept:</b>	Beetle Drive. 7pm. Entry £1. Raffle. Children must be accompanied.
<b>Monday 31<sup>st</sup> Oct:</b>	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. (See Page 5 for details)

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)

## Farming News

Wonderful hay time, the weather has made drying grass a pleasure, although not a massive crop the price is good so we hope to see lots of lorries in to collect it to feed cattle, sheep, horses and more through the winter.



(Harry watching the combine at work)

Harvest has also started with winter feed barley and oil seed rape coming in well. Please be careful when out and about as the main crops of winter wheat, spring barley and oats are ripening fast and will be cut soon so machinery will be travelling on roadways.

The lovely hot weather may lead you to think we are having a very dry year, the rain gauge tells us that we are a little below average for the year so far.

**Katie Brisbane**

## WE'RE ON YOUR DOORSTEP

Having a local office means we're accessible, whether you need to make changes to your policy or make a claim.

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The Paddock, Stirling Agricultural Centre, Stirling, FK9 4RN  
Tel: 01786 446 585



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

— ON 30TH NOVEMBER —



**#LambForStAndrewsDay**

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 46 should be submitted by **31<sup>st</sup> October 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**

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

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

*The Blair Drummond Grapevine is a community newsletter produced and distributed by volunteers, free of charge, to approximately 400 households within the Blair Drummond area and beyond. Letters and articles published in the newsletter do not necessarily reflect the views, beliefs or opinions of the Grapevine Editorial Team, who also reserve the right to shorten, edit or refuse the insertion of any contribution.*

*Contributions will only be published if accompanied by a valid contact name and address: these will be withheld at the author's request. Articles and adverts are accepted and printed in good faith. All contributions should permit publication in both print and digital format.*

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

Website: [www.blairdrummondhall.co.uk](http://www.blairdrummondhall.co.uk)

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