

Issue 46

The Grapevine

November 2022

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

Hannah's Life in Whistler, Canada



A day trip with the girls, Aisling, Rosie, Millie and Hannah

Sitting in Toronto Airport, bound for Edinburgh, has me reminiscing on the last 11 months I have spent in Canada (albeit a trip home for Jack and Jeni's wedding) and I can't help but smile. Getting to Canada last November was stressful to say the least, with Visas and COVID-19 trying their utmost to hold me in Scotland and when my work start date was a mere two weeks away there were many tearful moments. Thankfully my Visa came through and flights, packing and socially distanced farewells were hastily arranged, and I was still catching my breath as I landed in Vancouver. The day had been straightforward with Mum dropping me off, and to avoid airport parking fees (daylight robbery apparently) the car engine was left running and was jetting back to Stirling before my backpack was on my back. The reality of heading abroad only began to set in at the Visa Office in Vancouver Airport, but I was determined to see it through and turned to the friendly looking person next to me. I had been told numerous times I'd meet people from around the globe, so I thought 'Okay, here goes' and introduced myself, only to find Caroline had studied

Veterinary Medicine at Edinburgh and we had likely been on several nights out together during my Agric days. She was the best person to meet and together we obtained our Visas, SIN numbers, did some sightseeing and headed to Whistler.

Arriving in Whistler was a relief and I looked forward to settling into my new room. I knew we were randomly placed into apartments of four people, with roughly 240 people per building and there were eight buildings at Glacier Staff Accommodation alone, making it luck of the draw who you ended up with. I hauled my bags up two flights of stairs to discover the apartment was about the size of our kitchen at home and included two bedrooms with bunk beds, a small kitchen living and a bathroom. Cosy had a whole new definition but my roommate, Kat from Winnipeg, was very friendly and relaxed, meaning we got on well despite the lack of personal space. Work began a week later and leading up to that was chaos. Whistler was now filled with approximately 4000 young adults all wanting to socialise, party and ski and it made my university Freshers seem tame. I've never been introduced to as many people in my life or come as close to needing a lifetime of sleep. Caroline remained a great friend and introduced me to her housing circle, where I met Rosie, an Irish dairy farmer's daughter, Millie a Sussex dairy farmer's daughter and Aisling, an Irish racehorse trainer's daughter and many others. Us girls all became exceptionally close and unsurprisingly had lots in common, they do say the apple doesn't fall far from the tree.

I worked in a bar called 'Merlin's', known for its endless après ski and decorated with log panelling, vintage ski posters, a DJ booth gondola hanging from the roof and a moose head above the bar graced with someone's bra... I have never seen a place like it or worked with such fun people. I could talk all day about Merlin's but a few fond memories include trying to get as many ski laps as possible in, before the late shifts at 11.30am. This started by heading up the mountain at 8:30am before the public, by befriending the lift operators, normally with free stuff from Merlin's. We would ski for as long as possible, texting or phoning our boss, Larry, to see if work was quiet and if we could stay out later. It would then be a race down the mountain to get changed and clock in before he noticed that we were inevitably late. On other occasions, when the popular local band 'The Hairfarmers' would play, customers would end up limbo-ing on stage and dancing on the tables, sometimes having to be carried out to a waiting taxi. The more seasoned staff knew the rules, or how to bend them, therefore we had a staff shots in the upstairs bar where there was no CCTV and the Aussie bartender Max, would give

us shots, normally whisky based, to 'quality check'. Larry either turned a blind eye or never caught us and it made the shift rather entertaining. Every Sunday became renamed 'Sunday Funday', and we would stay after closing, have a few drinks and head out to town. These were hands down the wildest nights and I unluckily would need to open Merlin's coffee bar 'Wizard's' at 7am on Monday with two friends, Jordyn and Becky, joining me at 7:30am. This often meant needing to sprint down the ski slopes from housing to make it in and I somehow did manage to make every Monday, with Larry texting me after a particular wild Sunday stating that "lesser mortals would not have made it in" – high praise indeed! I should mention here we would regularly bump into Larry on nights out and he would always treat us to tequila shots! I'd open the building, begin set up and around 7:15am, message the girls to ensure they were conscious and see them sprinting down the same ski-run at around 7:27am. These Mondays could be the longest days, but the chefs would donate nachos and fries to us, and we'd take turns hiding behind the bar eating them, hoping the salt would subdue the hangover. Other days we would entertain ourselves by seeing who could win the most Solitaire games on the work laptop or could catch whipped cream in their mouths from the highest range or take the longest lunch break without being noticed. A particularly entertaining moment was when Phil, our Irish supervisor, accidentally locked me in the DJ booth. To the staff's relief the back-up keys were retrieved before any ABBA could be played. We had many laughs in Merlin's and I have been fortunate to make amazing friends whom I hope to see on future travels.



Winter season ended in April and the goodbyes started with several friends heading to Central America, Vancouver or home to see family and recover! It was a very sad day when Merlin's closed for summer and those of us left moved to Garbo's in the centre of the village for the summer season. Garbo's specialised in coffees,

snacks and an outdoor grill, so shift shots became purely espresso based but staff nights out continued and remained as wild. It also didn't go unnoticed to us that most of us had university degrees and were choosing to literally flip burgers for a living! I also moved houses to Brio Staff Housing with Millie and Rosie, there we had 3x the space, a table with chairs and the rooms were twin beds rather than bunk beds – luxury

beyond words. Summer in Whistler is much more relaxed, with mountain bikers enjoying a slower pace of life than skiers, and many evenings were spent at the lakes around the town rather than in clubs. Camping trips also started and after a successful trip to the nearby town of Lillooet, Rosie, Aisling, Millie and I decided to venture out again. However, hot weather and still water meant mosquitoes were rife. Midges now seem considerably less horrific after the assault we received when camping, and it took several weeks and plenty of antihistamines to recover from the, literally, hundreds of mosquito bites. The busiest time during summer was early August when Crankworx, a world-renowned bike competition takes place, where bikers compete in various events over ten days. The village became chaos again with hundreds of people venturing to the hills to watch bikers' race, flip and twist over various structures, courses and jumps. As we worked at the base of the hill, we got to see lots of the action and enough to decide it was time we tried it. Three of us hired bikes during our lunch breaks and headed out straight after work. Turns out it's rather scary and we felt it might be best to leave some things to the professionals. By this point I was down to my last few weeks in Whistler and it seemed as though every night was another leaving party for someone. Millie and Aisling left on August 1st and the realisation began to set in that this was not going to last forever. On my last day of work I was surprised with a cake, which disappeared very quickly and sufficiently distracted everyone from serving customers.

On September 1st I took the bus to Vancouver to pick up Eilidh Graham, giving her the grand tour of Vancouver, including Stanley Park and Granville Island but most importantly a night out in Whistler. There was no rest for the wicked as the next day I took her, jetlagged and exhausted, up both mountains on the Gondola and it was certainly a novelty being with someone who understood the complex words explaining how a gondola worked! After an extensive walk around Whistler, we headed home via Garbo's where I said goodbye to my beloved co-workers and waved Rosie off, as she headed home to Ireland. At this point there were only a handful of friends left in Whistler, whom I'd met in the Winter and after Eilidh and I got an essential early night, I also said goodbye to Whistler on September 3rd.

It is a very special place to me and I'm very lucky to have spent two seasons there. However, as I keep saying to Caroline, who is staying there for the foreseeable future, I'm already planning a trip back and to prep the sofa bed!

Hannah Brisbane

Rev Alastair Munro



Kincardine in Menteith Church is delighted to welcome Ordained Local Minister (OLM) Alastair. It is a pleasure to welcome a new minister to care for our spiritual needs.

As an OLM Alastair will work round all existing parishes in our grouping of Dunblane, Kilmadock and Kincardine. He is qualified to carry out all the duties of a parish minister. The difference is he does this for no remuneration.

Alastair has a day job as Nurse Practitioner, working in a Health Centre in Cambuslang, Glasgow. We will see him on Wednesdays and most Sundays when there is a service in Kincardine.

Born and raised in Paisley, he is the youngest son of a family of four boys, his father worked for Rolls Royce and his late mother worked as a midwife.

Now in his mid-forties, Alastair first felt the calling to ministry as a teenager, at that point he taught Sunday School and was involved in Church Youth Groups. He tells me that for years he ignored the calling, concentrating on his nursing career. However 2017 found the calling so strong he applied to train as an OLM. He began a period of discernment (to observe and partake) in church ministry, under the direction of a supervising minister. His study periods were spent at Lenzie Old, Pollockshields, and finally a year's probation at Dunblane Cathedral.

Alastair was recently ordained at the Cathedral. He has been offered and accepted the position of OLM.

Alastair lives in Cumbernauld with his partner. His spare time is spent in the countryside. He has two Highland ponies and one Fell pony to keep him busy. Finally he reports the family is complete with a Jack Russell.

I am sure he will become a 'Weel Kent Face' and we welcome him to the community.

Kincardine In Menteith Church

With changes being made by the Church of Scotland to reduce the number of buildings and having fewer people joining the ministry, there is a new Presbytery Mission Plan agreed and will come into place at the end of December. In the plan Kincardine in Menteith has been placed in the Dunblane grouping, along with Kilmadock Doune, Lecropt, The Cathedral

and St Blanes(both Dunblane). There will be 2 ministers and an Ordained Local Minister. At present Rev Gary Caldwell will continue with St Blanes/Lecropt, Rev Colin Renwick and OLM Rev Alastair Munro will be ministers to our parish, along with Kilmadock and Dunblane Cathedral. Unfortunately our church building is one of the ones to be closed, when this will happen has still to be decided. At present we are still open.

November/December services

6 November Communion 9.30am Rev Alastair Munro

13 November Remembrance 6.00pm Rev Alastair Munro

20 November Baptism Service 9.30am Rev Alastair Munro

27 November No Service

4 December Service 9.30am Rev Alastair Munro

11 December Carols by Candlelight 6.00pm Rev Colin Renwick/Rev Alastair Munro

18 December Christmas Family Service/Baptism at 9.30am Rev Alastair Munro

18 December Lessons and Carols at Dunblane Cathedral Evening time TBC

25 December No Service

A warm welcome awaits you at the above services.

Janette Gilliland



Blair Drummond Youth Club



Youth Club has started again for this season and runs every Tuesday night in Blair Drummond Hall from 7-9pm. There are currently 8 members attending every week, but room for more! Anyone who is P6 upwards can join. There's always a lot to do and friends to catch up with.

There is an annual fee of £20, which covers insurance etc., and a weekly charge of £1, which is for hall hire. There is a reasonably priced tuck shop, selling juice, crisps and sweets, which is always a hit with the members.

On Tuesday 1st November we held our Halloween Party with lots of games, food, pumpkin carving and mess!

Active Stirling will be coming along to give us a sport session a month which will be dodgeball, soft archery or boccia.



This year at the Christmas Fayre (Friday 25th November), the Youth Club are holding a bottle stall, again to raise funds for equipment and outings.....so we are looking for donations of bottles of any type, from food and drink to alcohol and even toiletries. They just need to be unopened and within date, so clear out your kitchen cupboards and lets raise some funds! Donations can be handed in to Youth Club....Thank you.

If you would like more information about the Youth Club, or would like to donate a bottle or two, contact Lorna on 07851364227 or email bdgrapevine@gmail.com

Catherine Killen, Chairperson

Blethers

These past couple of months it's been great catching up with one another and meeting new members at our monthly Blethers.

The soup and sandwiches have, as always, been tasty and particularly appreciated as the autumn weather takes hold. In between times, bulbs were planted in pots and taken home (hopefully the resulting flowers will show in time for Christmas) and Halloween celebrated at a slightly spooky lunch!

Our next meeting will be Monday 28 November. The following month we have our Christmas lunch get together on Monday 19 December, when the local school children will join us for their seasonal excellent entertainment.

When the New Year comes along we will continue to meet on the last Monday of the month, between 12 – 2pm, at Blair Drummond Community Hall and will welcome new members over the age of 50 years, from local communities.

Christine Bauer

Blair Drummond Hall Diary Dates

Monday:	Co Step Dance class 7pm alldance@costep.co
Tuesday:	Youth Club 7pm to 9pm (See Page 2)
Wednesday:	Co Step Dance class 7pm
Friday 25th Nov:	Christmas Fayre. 7pm to 9pm. Entry £1 adults 50p for children . Raffle. (See Page 5 for details)
Monday 28th Nov:	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. (See above)
Monday 19th Dec:	Blair Drummond Blethers. 12-2pm. Christmas lunch. Visit from the local primary school.
Thursday 12th Jan:	Blair Drummond Hall Committee meeting. At 7.30pm. All welcome.
Monday 30th Jan:	Blair Drummond Blethers. 12-2pm. Burns Lunch

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 or contact Louise (Booking Secretary) on 01786 841352, or bdhallinfo@gmail.com

Callander YFC



As always, it's been a busy few weeks for Callander YFC! At the start of October 4 of our members (Angus McMillan, John Telfer, Rebecca Duncan and Lucy More) competed in the Clyde & Central Mr & Miss competition which was held at Thornhill Hall. It was a brilliant night where Angus McMillan was crowned C&C's Mr Young Farmer! Massive congratulations to him and also Rebecca Duncan who placed 2nd on the night – this qualified them both for West Mr & Miss (*see photo*).

A bus load of members went down to Ayr a couple of weeks later to support Angus and Rebecca in the West Mr & Miss competition. Sadly, neither of them placed but it was a great experience, and all the members had a brilliant time at the dance!



Bale art returned and this year our task was to promote the charity 'Farmstrong'. Some of you may have seen our bale art just outside of Thornhill – many thanks to the Blacks' for letting us use their field.

Three of our members then travelled to Laurieston Primary School, Falkirk to teach Primary 1s and 2s about different aspects of farming. The sheepdog and lambs that accompanied our members on the trip were a great hit with the kids!

The club then hosted a Clay Pigeon Shooting competition, by kind permission of Peter Gray and family. This was to get practise in for the national competition in December.

A few years ago the club hosted some young farmer exchangees from Finland. One of them, Niilo Salo got in touch with us as he was on a UK

tour with his university. He and 50 other Finnish agronomy students were going to be in Stirling and were super keen to catch up with us. We met up with them one evening and took them on a pub crawl round Stirling and discussed all things farming!

Our Assistant Secretary, Rebecca Duncan, also has a role as C&C's Agri Affairs Representative and she organised a farm tour at Claylands Farm, by kind permission of the Nicolson family. Here, they milk 680 Holstein and Holstein x Montbelliarde cows with an 11,200 litres average. The farm runs totally on renewable energy from AD plant. This collaboration benefits both businesses with the feed stocks and digestate usage. A very informative trip for all who attended!

Getting into Spooky Season, we held a Pumpkin, Prosecco and Pints evening, once again by kind permission from the Black family. Results from the Pumpkin Carving Competition are as follows: 1st Angus McMillan, 2nd Angus Bryce, 3rd Emily Black and Bruce Steel winning the coveted wooden spoon!

Next in the calendar was our Exchange Trip with Stranraer and Rhins YFC. Carloads of Callander members made the arduous journey south on Friday evening for a weekend of socialising and farm tours. Thank you to all from Stranraer for hosting us - we can't wait to have them up here for the return leg of the exchange in February.

The club are flat out between now and Christmas rehearsing for our concert which is happening BEFORE CHRISTMAS this year: Thursday 15th, Friday 16th and Saturday 17th December 2022 at Thornhill Hall. Keep your eyes peeled on social media for when our ticket sales go live. We are also compiling our concert programme and have opportunities for local businesses to place an advertisement - £10 for half page or £20 for full page. If this is something your business would be interested in, please contact me for further information on eilidhgraham3@gmail.com.

We are also hoping to have a new members night in November at the bowling (date TBC).

As always, please make sure to follow us on Instagram and Facebook, and if you are looking for more information please contact myself (07957867779) or Angus Bryce (07402903317).

Eilidh Graham

Briarlands Farm



We're rounding out the year with a variety of events here at Briarlands Farm!

At the start of October, we raised over £3000 for Macmillan Cancer Support with just one Coffee Morning, which was then immediately followed by our beloved Tractor Weekend! Picture on the left is from our Coffee Morning – the prize of a HUGE Toblerone went to Seonaidh Logan!

Tractor Weekend consists of a variety of tractors spread out in the field which little ones can get up close to. We had face painting available and competitions to enter – it's always been a huge hit and we're excited to see how we can expand it next year.



On the 4th October we released tickets for our annual Bonfire Night which sold out in just over an hour!! We cannot thank our amazing customers enough for the support they've given us for these events.



And of course, to finish the year we will be having our annual Christmas on the Farm experience! Santa and his elves will be back on the farm and can't wait to see you all again this year! Tickets are still available on our website for this event and we'd love to see you all there to go on a magical journey to Santa's Toy Factory!

At this event 'Mildred' the tractor will 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 all the children and then when your trailer ride ends, you can come back to our main building and spend your tokens in our Elf Toy Shop!

In other news – Tuesday September 27th we welcomed this little guy into the Briarlands family! His mum Rosie has been doing a fabulous job with him and he is doing well.

Find out more information about us at www.briarlandsfarm.co.uk and hit "Book Now" to purchase tickets!



Wedding



Kirsten Duff, Carseview, Sommer's Lane married Connor McCready on Saturday 15th October at Kirknewton Stables, near Edinburgh.

Births



Thomas and Niamh Heald, Chalmerston Cottage welcomed their second daughter Amelia Jane on 24th April 2022 weighing 8 lb 5 oz.

Michelle Kibaris and Kris Fotheringham of Westwood Cottage are delighted to announce the birth of second son Clay Fotheringham on 29th July, weighing 6lb 7oz.





Blair Drummond Christmas Fayre

This year's Christmas Fayre takes place on **Friday 25th November, from 7pm till 9pm**, in Blair Drummond Community Hall.

We have lots of new stalls this year, as well as many regular stallholders who have been coming along every year, including the local Primary School. The Youth Club will be having a bottle stall and Kincardine in Menteith Parent Council will be organising a chocolate tombola.

As we have done at all our Christmas Fayres we will be holding a Charity Raffle which will be drawn on the night – the prizes being mainly donated by the stallholders. The money raised from the raffle this year will be donated to Trossachs Search and Rescue.

We hope you will be able to come along and support us, as well as buying some unique Christmas gifts. **Admission is - £1 for adults and 50p for Children which includes tea/juice and mince pie/shortbread**

3F (Friendship, Faith, Fun)

The 3F group started their meetings at the end of September when we welcomed Peter Rowell from Gargunnock, who gave us an insight on the Mountain Bothies Association, which was founded in 1965 and is a charity that maintains around 100 simple shelters in remote parts of Britain. The bothies are used as shelters for those visiting the hills. For the October meeting we had Lesley Marshall give a demonstration on Wool Spinning, which we were able to participate in. Meetings are held on the last Tuesday of the month in Kilmadock Parish Church, Balkerach Street, Doune at 7.30p.m. Cost £3. Tea served after each talk.

29 November Neil Dickson, Local History Archivist

No Meeting December

31 January	Nurse Lynne Bryce, Well Woman Talk
28 February	Janine McFadyen, Willow Plants, Callander
28 March	Ian Roy, Clydesdale Horse Society
25 April	Rev Tim Tunley, Mission to Seafarers
30 May	Picnic at Briarlands with entertainment

A warm welcome awaits you at all of the meetings. If you would like more information please get in touch with Janette Gilliland, Morag Ferrier or Jessie Wyllie.

Janette Gilliland

Para Track World Championships, Paris



Jenny and Sophie high on the track building up their speed

October 20th-23rd saw the Track Cycling World Championships for Para athletes take place in Saint Quentin en Yvelines, Paris.

After competing in the summer at the Commonwealth Games with her Scottish Stoker, Jenny Holl is now back riding with her usual partner Sophie Unwin and it was off to Paris, for them to compete in the World Championships.

It was great to be there in person for the first time, and to actually see Jenny and Sophie compete together on the track for 'real' rather than watching on TV or YouTube.

Their first event was the Pursuit, a 3Km distance. Jenny and Sophie have gone from strength to strength and after heats, in the final, they won the gold medal and the rainbow jersey of World Champions.

Right: Jenny with her mum and brother wearing her World Champs Jersey



The following day their race was a 1Km distance, more suited to sprinters. The pair, as endurance riders, did a personal best and again took a place on the podium with the bronze medal.

The final day of competition was the Sprint race, most definitely suited to sprinters. They were clearly on form and came away with another bronze medal.

Emily Holl

Ailsa Ishbel

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News from the Safari Park



Say hello to our (not-so-little) bundle of joy.
On Monday the 17th October, around 11.30am, we were delighted to welcome our latest southern white rhino calf to the world - a lovely little girl. The birth was thankfully very straightforward, and relatively quick!

We would like to thank the whole large mammal team for all of their efforts, both during the pregnancy and the birth. They did an incredible job!

This calf is the sixth to be born to parents Dot and Graham and marks a further feather in the cap of our involvement in the EAZA Endangered Species Breeding Program. This program is designed to expand and maintain healthy rhino populations.

We asked members of the public to help choose her name from a shortlist compiled by her keepers. After some vigorous competition, the name Morag emerged as the winner. Make sure to pop along and meet the utterly adorable Morag next time you visit the park.

A sprinkle of Christmas magic...

Tickets for our Christmas Spectacular (25 November – 23rd December) have now been released and we couldn't be more excited!



We will be back with all your usual favourites including Santa's drive-by, our Festive Fairground, epic Dinosaur Illuminations, Marshmallow Firepits, and traditional Market Stalls. As well as some super tasty food and drink options to keep you going during your

visit. If you fancy making an evening of it, we'll stay open until 7pm on Saturdays and Sundays, from the 21st to the 23rd of December.

We will also be holding magical Storytelling Sessions every day for the duration of the event as an optional extra. Set in our beautiful safari marquee, Mrs Claus will be spreading some Christmas cheer with a classic festive tale.

These enchanting sessions are sure to capture the imagination of your little ones (and your bigger ones). Mrs Claus and her elves will take you on a wonderful, imaginary adventure through the story of "The Night Before Christmas".

But this is no ordinary storytelling session... Be on the lookout for some delightful surprises as the tale unfolds.

So grab your tickets, dig out those festive jumpers, don your reindeer ears, and let's get into the Christmas Spirit!

Exciting Schemes - Breastfeeding Friendly Scotland Scheme

We are delighted to announce that we have recently joined the new Breastfeeding Friendly Scotland Scheme (BFS). BFS has been launched across Scotland in order to provide mothers with positive experiences of breastfeeding when out and about. This scheme aims to help mothers feel more confident and supported when breastfeeding in public areas.

Here at the Safari Park, we want to actively support mothers to feed on our premises. By displaying the BFS sticker, we will give a visual reassurance that breastfeeding families will be welcomed in a warm and supportive environment. This scheme is supported by the Scottish Government and NHS Scotland.

Hidden Disabilities

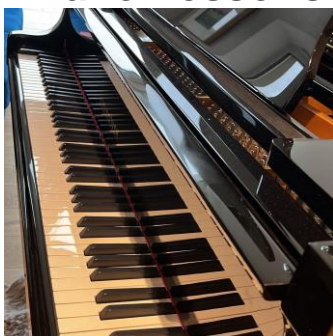
We are proud to have recently become part of the Hidden Disabilities scheme. This scheme is designed as a way for people to discreetly signal that they may need support, help, or just a little more time in public spaces. The Sunflower is now a globally recognised symbol for non-visible disabilities thanks to this scheme.

Hidden disabilities include autism, chronic pain, learning difficulties, mental health conditions, mobility issues, speech impairments, sight/hearing loss, respiratory conditions, diabetes, and sleep disorders. People living with these conditions often face barriers in their daily lives including a lack of understanding and negative attitudes.

By displaying Hidden Disabilities posters we can reassure our visitors that they will be welcomed in a supportive way. We are also listed on their website as a Sunflower-friendly location to help people better plan their trips. All customer-facing staff at Blair Drummond undertake Disability Awareness training.

Jamie-Leigh Green, Communications and Conservation Manager

Piano Lessons



Experienced and successful Music teacher working with students of all ages and abilities, beginners to advanced. Theory classes and N5 coaching available. Lessons are taught on a baby Grand Piano.

Judith Cameron BMus Hons, PGCE, DIPABRSM

Tel: 07834729065

Doune Health Centre

Change of delivery for Winter Flu and Covid 19 Booster vaccine 2022/23.

In previous articles I expressed how sorry we are that the Practice team can no longer vaccinate against pneumonia, shingles, childhood immunisations, travel advice and vaccines. Sadly this now includes annual winter flu and future Covid boosters. The clinic staff would all prefer to administer these to you ourselves, but there is now a robust Forth Valley Immunisation Team who are fully responsible and trained to deal with this important task nowadays and we have no choice but to hand over to them.

As a practice, we have written to the Health Board as well as the local Councillor and MSP to ask if we can continue to provide this service but we have not been successful in achieving this. It is a shame, as we had an efficient and effective set up for delivering vaccines that we were keen to continue.

We will therefore have no vaccines in the clinic this year.

All flu and Covid boosters are being delivered by NHS Forth Valley Central Immunisation team and all eligible patients will be sent an appointment letter to attend a local Vaccination Hub. If you are unable to attend, please do not contact us as we have no access to their booking system, but you will be able to change your appointment on-line or by calling the number on the letter.

The only exception is patients who are currently receiving treatment by district nurses. This group will be visited at home. If you are housebound and not receiving treatment from the district nurses or require transport to be arranged for your appointment, please call the Forth Valley Vaccination Helpline on 0800 130 3120.

The vaccine programme will be starting in October 2022.

Coronavirus hasn't gone away. To help yourself and others, get the vaccine booster when offered. This applies to the annual flu vaccine which is especially common in winter.

Every flu season is different. The vaccine is designed to protect against the influenza viruses that research indicates will be most common during the upcoming season.

Eligible patients will be offered a flu and Covid booster at the same time. Local pharmacies will as usual be offering free NHS Flu vaccines to those entitled but it makes sense to have the two together at the Hub.

The Forth Valley Vaccination Helpline is 0800 130 3120. This is the number for any vaccine related enquiries or get in touch online.

Plain X-rays (Business as usual)

During Covid, patients requiring plain X-rays had to wait until a slot was available and then an appointment was sent in the post. We are pleased to announce that you can now turn up at the department if you have been given a request card by a GP for an X-ray. This can be only be done at The Stirling Healthcare Village at the Radiology department in the MIU (Minor Injuries Unit).

Plain X-rays are typically the first imaging test done to evaluate disease. It is a quick and painless procedure commonly used to produce images of the inside of the body.

X-rays can be useful in certain situations but are limited in what they can show as it only looks at bones, not soft tissues around it. We can discuss the reason for doing an X-ray or why it might not be useful before we request one.

Tablets for fear of flying

Patients sometimes ask us to prescribe drugs like diazepam (valium), lorazepam, zopiclone for anxiety associated with fear of flying or to help sleep during long haul flights.

New guidelines issued from the Health Board do not support us prescribing this anymore. As a result, it is now practice policy that we will not be prescribing medications for flying.

Prescribing these types of drugs is not a licensed indication and not recommended by aviation medical experts any more. The main reason is that it may delay responses in the event of a flight emergency with potential implications for the prescriber.

Sedative drugs means they can make you feel sleepy and more relaxed, but it can also impair your ability to follow instructions and react in certain situations that could have serious consequences. Whilst most people find these drugs have a sedating effect in a small number of people it can lead to aggression and sometime disinhibited behaviour.

We appreciate that fear of flying is very real and frightening and for many medication worked well in the past.

The best approach nowadays is to tackle this problem with a Fear of Flying course run by several well-known airlines.

Easy Jet, British Airways, Virgin Atlantic, all run courses. Please look on their web sites for information.

There is more information about this particular topic on our own clinic website if you wish to find out more.

Please be understanding for the reasons behind this change.

GP Extended Access Service

Extended hours access describes an additional evening clinic to increase flexibility for pre-booked and same day booked appointments, providing extra routine consultations with a GP or Practice Nurse. Although anybody can use the extended access appointments, this service is directed towards those who have problems with attendance during normal hours, for instance, if you work full time, are a commuter or a busy parent with small children.

We can now offer face-to-face appointments for these extended hours clinics on either Wednesdays or Thursdays until 7 pm. These clinics will be run weekly by a GP (doctors will change from week to week on a rota basis), along with Gillian Walker who will have her own practice nurse led clinic every Thursday evening. This service has started and booking slots are now available.

During these late surgeries the health centre is open for booked appointments only. It is not for emergencies, walk ins, collection of prescriptions, test results, booking appointments or general enquiries. The reception area will not be staffed.

Missed appointments

Surprisingly there has been a big increase in missed GP appointments. There were a total of 68 lost appointments in the past three months and 31 in August. As we approach the colder months and we get busier there will be more demand on our services and these appointments could be used for someone else.

If you cannot make your appointment, please call us to cancel or, to save you time, simply reply to your reminder text on your mobile by texting the word CANCEL as instructed in the message, to cancel the appointment.

Please update us with any new details especially if you have changed your landline or mobile number.

If we have your mobile then we always send reminder texts the day before.

Some of our patients previously signed up for Patient Access, this was a format for making routine appointments and cancelling online yourself. Unfortunately this option is no longer available at the present time.

We do realise that it can be difficult and frustrating trying to get through on the phone to us at certain times. Early mornings are particularly busy due to patients phoning for urgent and 'bookable on the day requests'. If your call is about results or general questions, then try in the afternoon once clinic matters are more settled. Monday and Tuesday mornings first thing tend to be hectic, especially after a public holiday or a break.

Staff Update

Our Office manager, Lynn Stevenson left in the middle of August. She had been with us since 2015, but worked in general practice for eighteen years. She decided it was time for a career change and is starting a HNC in childhood practice very shortly. We will miss her, but wish her well for the future.

Andy McAvinney (Advanced Nurse Practitioner) joined the practice almost a year ago and worked two days a week with us. He proved to be a great asset to the clinic and was popular with staff and patients. Andy secured a full time post with a practice in Falkirk and left at the end of August.

Introducing our new GP Trainee

Dr Andrew Trueman joined the practice at the beginning of August as a GP trainee where he will be consulting on Mondays, Tuesdays and Thursday mornings. He remains with us until February 2023 before returning in 2024 for his final year of GP training.

This is what he had to say:

"Originally from North East England, I graduated from the University of Sheffield before moving to Scotland to start working as a doctor. For the last five years I have worked in hospital medicine in Forth Valley and Tayside, completing my exams to become a Member of the Royal College of Physicians of Edinburgh. I occasionally work at Strathcarron Hospice. My clinical interests are in all aspects of adult medicine such as cardiology, respiratory medicine, infectious diseases and palliative care. Outside of work I'm kept busy looking after my one-year-old son Kian and rescue dog Domino and when I get the chance, I love to go scuba diving!"



Linda Keay, Practice Nurse



Closed Monday 26th December 2022

Closed Tuesday 27th December 2022

Reopens Wednesday 28th December 2022

-

Closed Monday 2nd January 2023

Closed Tuesday 3rd January 2023

Reopens Wednesday 4th January 2023

- If you feel you need any medical advice or medical help which is **not an emergency** whilst the surgery is closed, please contact **NHS 111** by dialling **111**. This telephone number is free to call and is available 24hrs/7 days a week.
- If it is a **life-threatening emergency** dial **999**.
- Please ensure that you have sufficient medication, especially during the four day closures on both the Christmas and New Year weekends.
- Always follow the instructions when using medicines and never exceed the stated dose. Be prepared by keeping a few useful items and medicines at home such as paracetamol, ibuprofen, aspirin, plasters, and a thermometer.



Camphill, Blair Drummond



Our Community hosted Doors Open Day Saturday 24 September 2022 1pm – 4pm. It was 4 years since we had last participated in the event. The day was a huge success, made all the better as it was lovely and sunny. The café, with a variety of home baking, was a success thanks to all who baked and donated. We raised £336.55.

On Monday 26 September 2022, the M&G, formerly the Prudential, officially opened their new premises on the banks of the river Forth, behind the new Shell Services Station. This event was being attended by their Senior Management Teams from down south and they wanted to meet the local charities they supported, which has included us for many years. Not only have they supported us financially over the years but they annually donate Easter eggs and selection boxes at Christmas. They are also an active part of our Corporate Volunteering.

We were invited to attend so Andy, Ryan A and John R accompanied Sue and Lynda, to share a little of life in our Community with their Management Team. We took 34 loaves of bread which sold well as they were still warm, creating a fantastic smell in the marquee. We also had a variety of goods on display which were made in our activity groups.

On Thursday we were made aware that we were being awarded a donation of £5,000 which will go towards funding our Sports and Recreational Centre.

On Thursday 29 September our community celebrated Michaelmas with a Harvest Meal. This is the time of year to celebrate a successful harvest of fruit and vegetables. As the days grow shorter Michaelmas represents

strength, courage and new beginnings. It was lovely for the whole community to come together to sing, sign, tell poems and stories and enjoy each other's company. We also had a fantastic meal of soup with bread, melon and cheese and biscuits.

The Christmas Village

The festive season really is the most wonderful time of the year at Camphill Blair Drummond. Our popular annual Christmas event is returning for 2022 on Saturday 3 December and is not one to be missed. There will be festive fun for all the family, open 1pm – 6pm. For further information regarding this event please visit our website www.camphillblairdrummond.org.uk

Job vacancies at Camphill Blair Drummond

If you would like to be part of our community, we currently have various job vacancies. Please visit [Current Vacancies - Camphill Blair Drummond](#).

Cheque Presentation at United Auctions



Drew and Ann Young, Hannah's parents, held a fundraising event on 11 June 2022 as they were celebrating their Ruby wedding anniversary and joint 60th birthdays in 2022. They decided to hold a charity bash rather than receive any gifts. They chose 2 charities, and we were very grateful to be one of them. On Sunday 16 October 2022 Ryan, David, Hannah, Gerry and Lynda went to United Auctions in Stirling, where the annual Bull sale was being held, to accept a cheque for £35,000 from Hannah's parents and sister Izy, who organised and co-ordinated the fundraising event. We all had fun at the cheque presentation photo shoot. We conveyed our sincere thanks for this fantastic donation which will also go towards funding our Sports and Recreational Centre.

**Sara Stewart, Operations Administrator
Camphill Blair Drummond**

Gargunnock Girlguiding



After a collective 80 years volunteering for Girlguiding

Mrs B, Karen, Jackie & Jolanda will be stepping down in June 2023.

If you want these groups to continue to provide the fun and learning that they do for girls aged 4-10 then new volunteers are needed.

Brownies and Rainbows do not need to continue at their current locations and on the nights and time they currently run, this can be changed to suit new volunteers and it works well to have a good number of volunteers so that duties can be shared out.

If you are interested in becoming a Unit Leader, Assistant Leader or Helper please contact any of the current leaders or email jackie_campbe11@yahoo.co.uk

More information about volunteering can be found at <https://www.girlguidingscotland.org.uk/become-a-volunteer/>



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BLAIR DRUMMOND CHRISTMAS FAYRE

**Friday 25th November
From 7pm to 9pm**

In Blair Drummond Community Hall

**A wide range of stalls including
Kincardine in Menteith Primary School,
a Chocolate Tombola organised by the Parent Council and a
Bottle Stall by Blair Drummond Youth Club. These and many
more offer some unique Christmas gift ideas.**

**Proceeds from the charity raffle will be donated to Trossachs
Search and Rescue.**

**Admission: Adults £1
Children 50p**

Includes tea & mince pie



If you know someone who would be interested in advertising in the Blair Drummond Grapevine, our rates are listed below -

Half page £15

Full page £20

Do you have any photos, ads, articles or letters you would like to contribute, if so please email them to:

bdgrapevine@gmail.com

Items for Edition 47 should be submitted by **31st January 2023**, sent by email, in **Word or Open Office, and as a separate attachment.**

If you wish your copy to be sent via email please get in touch, with your email address and we will add you to our ever-developing mailing list.

Thank you

General Data Protection Regulation (GDPR) 2018

The Blair Drummond Community Hall Committee Grapevine newsletter editorial team wish to highlight the following to its readers –

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

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

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

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

Website: www.blairdrummondhall.co.uk

Facebook: **Blair Drummond Community Hall**

BLAIR DRUMMOND ESTATE

Hardwood Logs £200/ bag (1m³)

Hardwood Logs £110/ half bag

Hardwood Limbs £100/bag (1m³)

Softwood Logs £150/ bag (1m³)

Softwood Logs £85 half bag

Softwood Limbs £80/bag (1m³)

Small bags £7.50 for hardwood

Small bags £6.50 for softwood

Contact: Michael McKinstry

Tel: 01786 841728 Mob: 07955 124057