

Issue 47

## **The Grapevine**

February 2023

*Blair Drummond Grapevine gratefully acknowledges [UnitedAuctions](#) generosity in printing this and previous editions of this newsletter.*

### **Hannah's Life in Whistler, Canada Part 2 - The Canadian Road Trip**



*Hannah and Eilidh on their way to Plains of Six Glaciers Tearoom at Lake Louise*

Now the next adventure was beginning, with Eilidh Graham putting considerable faith in my planning for the journey from Vancouver through the Rocky Mountains to Calgary. In hindsight we can both say it was one of the most entertaining and best trips we have been on.

After departing Whistler, we had a 370km drive north to Clearwater for night three and our first night of camping. I had benefitted from living with bears for months by now and wasn't too concerned about a very light summer tent being all that might come between us and them. But this was still a whole new experience for Eilidh, and it wasn't like seeing them from the nice observation deck of the Safari Park either. I hoped to boost her confidence by bringing bear spray with us, however it wasn't until Banff when we overheard an extensive introduction to using bear spray, I realised I had no clue how to use it and that it had spent the entire trip in

the car boot. The first few days covered over 500km with numerous stops at lakes, waterfalls and the highest peak in the Canadian Rockies - Mount Robson.

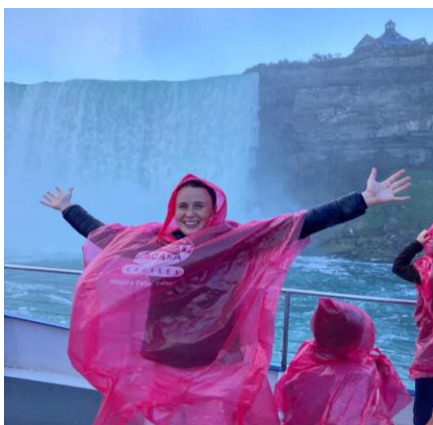
On day five we arrived in Jasper admiring some low flying helicopters and intense cloud patterns which we were informed was actually a wildfire and the power was likely to go out. This did happen, but ever the Girl Guides, we were well prepared with wine and Scrabble to keep us entertained. Here we spent two days visiting Maligne Lake, climbing the Sulphur skyline to admire said wildfires and visited a natural hot spring, which most importantly had a shower!

We left Jasper and headed south through the famous Icefield Parkway to Lake Louise. Along here we camped for four consecutive nights – a walk in the park we thought after completing our DofE awards. It was an unpleasant moment waking up to chattering teeth and being able to see our breath as temperatures plummeted into the minuses, but after two nights of trial and error, we were sorted. The last two nights we ended up wearing hiking socks, two pairs of trousers, a top, jumper, jacket and hat to bed. By the time we reached our hostel in Banff I would have been ecstatic to see my Glacier Staff Housing room from Whistler again! In Lake Louise our average daily step count peaked around 30,000 and covered over 19km in hiking, to reach a remote tea house where to our delight they served cake, chilli and soup. It was also where we heard of the passing of Queen Elizabeth, making the spot very memorable. By this point we'd realised our walking pace was only high speed, thus we were beating every hiking route's estimated completion time by hours and our average daily step count was in the high 20,000s. Later that week Eilidh reminded both of us that this was in fact a holiday, not the Olympics, and we should maybe have an afternoon off.

Heading onwards to Banff I was delighted to be reunited with several Whistler friends for lunch at a local café and drinks the following night at the local bowling alley turned nightclub. We were rags to riches after another shower, blow drying our hair, some mascara and clean clothes! Leaving the excitement of Banff, we headed to a much more relaxed Canmore for two more nights, in possibly the most luxurious hostel we've ever seen. Locating the pool table, I astounded Eilidh by managing to pot a few, she especially excelled at potting the white, whilst I preferred number eight. Going via Kananaskis, we headed for the Wild West obsessed Calgary and decided to head out again for one or two drinks around 7pm. Arriving back to the hostel at 2am was not planned, and we got chatting to a newly arrived Kiwi boy, ended up eating his take-away

and saw him leaving the hostel at high speed the following afternoon. Our other two nights in Calgary were significantly calmer and, on the 16th, Eilidh's final night in Canada, we treated ourselves to a very civilised dinner where the price of cocktails curtailed us to 2 per person and meant Eilidh was able to leave the hostel at 5am to begin her journey home. From here I returned the rental car, a gruelling 11-hour journey back to Vancouver, stopping at Revelstoke National Park for two nights to break it up. I enjoyed a final dinner with some friends in Vancouver, and after several Margaritas, they packed a slightly emotional me off to the airport and I headed to the East coast.

Arriving at Quebec's quaint stone streets in the pouring rain looked alarmingly like Edinburgh's old town. It was oddly enjoyable seeing rain, in Whistler it hadn't rained the entire two months of July and August and I was appalled to find I'd missed it. I spent five days touring round Old Quebec and Montréal. Both cities had a familiar European feel to them and were very characterful with plenty of bagels, pastries and Maple taffy (partially frozen maple syrup) sampled whilst also highlighting how little French I had retained from school. Ottawa was next, and the hostel was colourful, from the bright yellow exterior to the eccentric owner, who upon giving me pineapple patterned bed sheets declared me blessed... lucky me! I loved the city, touring along the rivers and canal, parliament, Supreme Court and numerous museums.



The final stop was Toronto for five days, one of which was spent simply getting there. Here I caught up with an old roommate for a day to Niagara where we boated below the falls then visited several local vineyards, flattering ourselves that we could be so civilised. I also attended my first baseball game and remain none the wiser as to how the Blue Jays won, or the scoring worked but it was a great atmosphere. My final day was spent trying to

pack a year's worth of life into one huge suitcase whilst remaining below 23kgs, hence why I'm wearing two jumpers and a jacket in 16 degrees.

Flying home, I'm hopeful for no delays and that Dad remembers I'm landing in Edinburgh, not Glasgow... I'll be back for two months in the waterproofs and wellies, before heading off on the next adventure, and a second summer, in Australia!

**Hannah Brisbane**

## Briarlands Farm

It's a new year and we've been very busy here at Briarlands Farm getting ready for our reopening on the 10<sup>th</sup> February!

Since we closed on the 8<sup>th</sup> Jan we've had a good few weeks of cleaning, painting and planning for our 2023 season.

We're starting off the year with a Pay As You Please scheme for the park. Unfortunately, as with most businesses this year, we have had to slightly increase our prices for the year to accommodate the cost of living crisis that we are currently in.

This isn't a decision we have taken lightly, as we want to keep Briarlands accessible to as many people as possible.

So, we decided that before we go to our new prices, for the month of February we will offer a Pay As You Please ticket to allow families to visit us for a price that they can afford.

### **So, what is Pay As You Please?**

Pay as you please is inspired by The Scottish Deer Centre's continued actions from last year.

We will have a Pay As You Please ticket available via our website that we ask you to use to book. This ticket is free of charge and then on entry you will be given the option to donate what you would like towards your visit. You can donate £0, you can donate £50. The choice is yours! If you have never visited us before this is a great chance to come and see what we're all about!

We've been overwhelmed by the positive feedback we have already received from this announcement and we're excited to see how it goes!

Soon we'll have Easter upon us and we've already got some ideas up our sleeves for new things to bring to the park for then but they'll be announced closer to the time!

To keep up to date with our events feel free to follow our Facebook page @briarlandsfarm, or check out our website [www.briarlandsfarm.co.uk](http://www.briarlandsfarm.co.uk)

Our new prices are:

Adults £7 (Season ticket £45, £35 for second adult)

Children £9 (Season ticket £60)

Family Ticket £30 (Season ticket £180)

Concession £4.50 (Season ticket £20)

But if you book via our website, tickets are 10% cheaper!

To book – simply hit the “Book Now” button!





## Blair Drummond Smiddy

The Smiddy Farm Shop and Farrah's Milk are excited to announce the arrival of our new Fresh Milk and Shake vending machine!

The milk is produced and gently pasteurised every morning at Wester Borland Farm, just outside Thornhill. It then makes the short trip along to The Smiddy, ready to be sold within a couple of hours.



This project is the brainchild of Alan and Sophie, they are the third generation in the family to farm at Wester Borland. Located six miles from The Smiddy, and alongside grandparents Willie and Norma; husband and wife Alan and Sophie have their three young children helping out on the farm!

The herd at Wester Borland Farm is made up of 220 Holstein cows. These cows produce great quality milk all year round. For them to do this, the cows must have the best possible environment to live in, farmed with care and provided with great nutrition. All of these factors ensure the milk they produce is of a high standard and full of natural fats, proteins and nutrients. Nothing is skimmed from the milk (unlike that found on supermarket shelves), meaning it is smooth, creamy and delicious!

There are many reasons we think this milk is superior, but some of the benefits are:

- Farm Fresh, fully traceable
- Re-useable glass bottles
- Produced and available within hours
- Minimal food miles
- Supporting local, family run businesses
- Available as milk, or flavoured milk!

**Nick Moriarty, Retail Manager**



# **BLAIR DRUMMOND CURLING CLUB**

This year's season has been full on for Blair Drummond, with members taking part in the Knockout, Points competition and BDCC club competition and the Province competitions.

Blair Drummond won the Moss Cup against Port of Menteith with the winning team being Skip Hugh Sloan, Nigel Holl, Marjorie Christie and Anne Christie. Another competition resurrected after the Pandemic.

Blair Drummond member Marjorie Christie took part in the Scottish Ladies trip to America in October and November which had been cancelled 3 times due to the pandemic. The Ladies took part in a number of competitions across America staying with Host families.

Hugh Sloan and Stephen Walker took part at the Peak playing against the visiting Men's USA Tour Event on Saturday 21<sup>st</sup> January 2023. A civic reception followed the curling competition, hosted by Stirling Council and a dinner was held at Stirling Court Hotel. It was nice to have Blair Drummond Club members take part.

We wish Gordon Burnie a speedy recovery after his recent hip operation and look forward to welcoming him back on the ice next season. BDCC member Nigel Holl has had a cycle accident and is recovering well, we hope he has a speedy recovery. Thanks to our members who have rallied round to replace Gordon and Nigel.

If anyone would like to have a go at curling please contact The Peak in Stirling who have a number of Try Curling sessions. If you wish further information about Blair Drummond Curling Club please contact our Secretary Stephen Walker 07724 042730, [bdccsec@aol.com](mailto:bdccsec@aol.com) or myself on 07977 441108.

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

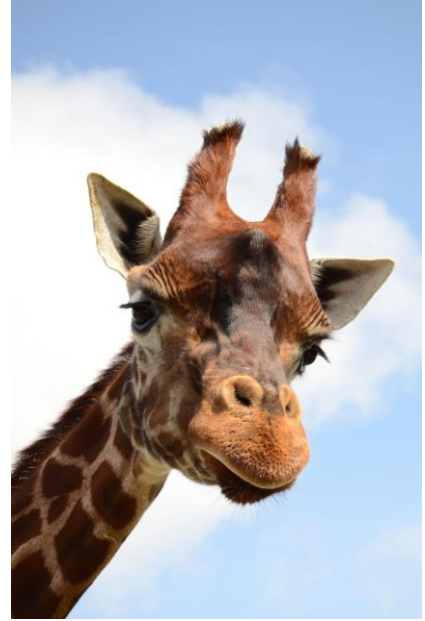


## **New Defibrillator location**

A & R Burnett has recently installed a defibrillator (red dot at top shed in photo) on the front of their workshop building at Upper Spittalton, Blair Drummond FK9 4XE. This is available to all if ever required.

**Greg Burnett**

## News from the Safari Park



### **Sad loss of UK's oldest giraffe**

We are saddened to share the news that Keisha, our beloved giraffe, and the oldest giraffe in the UK, was peacefully put to sleep on the 1<sup>st</sup> of February.

Keisha was 24 years old and had recently been experiencing age-related health problems.

As a result of her failing health, Keisha had been placed under full anaesthetic in order to carry out a comprehensive health screen. During this screening, it was sadly determined that putting her to sleep was the best course of action.

Susan Marshall, Large Mammal Team Leader at Blair Drummond said:

“We are devastated to announce the loss of Keisha the giraffe. She had been under the care of our vet team for several months, and unfortunately yesterday it became clear that her health was rapidly declining.

Keisha was born at Twycross Zoo in 1998 and arrived at Blair Drummond in 2012. She was instantly recognisable by her impressive height, standing at 17 feet tall - about a foot taller than most other female giraffes. She was well-known for her confident nature and her love of food. Keisha has been a popular member of our family for over 10 years and will be sorely missed by our keepers, members and visitors, who were all immensely fond of her.”

Operations Manager, Dave Warren said:

“We are indebted to the diligence, sensitivity and professionalism of our vet team. Keisha's keepers were present and involved throughout the



operation and had the toughest of calls to make alongside our veterinarians, which they did unanimously. Sometimes the rational decisions are the bravest to make in the midst of high emotion - I couldn't be prouder of the squad for this and the care they provided to Keisha throughout her long life."

Since the announcement of her passing went live, we have received a huge outpouring of love for Keisha. These lovely comments are a true testament to her beautiful nature and demonstrate just how many lives she touched.



### **Welcome to our first babies of 2023**

On the 25<sup>th</sup> of January, our first babies of 2023 were born! Betsy the pygmy goat gave birth to two tiny little boys who are both doing very well. As the boys had been born on Burns Night, our Pets Farm keepers decided that the adorable new arrivals should have Scottish names. They compiled a shortlist of their favourites, which we then asked our visitors to choose from. The contenders were: Neeps and Tatties, Rab and Tam, or Jura and Talisker.

The shortlist was posted to Facebook, and we asked people to vote for their favourite using the reaction buttons. Neeps and Tatties quickly became the frontrunner and won by a landslide with a total of 1,500 votes.

We feel sure that Neeps and Tatties will become firm favourites in Pets Farm when we reopen for the season in mid-March!

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



## **Blethers**

Goodness, it's the end of January 2023 already! And the Blethers members have recently enjoyed two great get togethers.

In December there was Christmas lunch, followed by excellent seasonal entertainment provided by all the children from Kincardine in Menteith Primary School. They really did a great job!



Then, at the end of January, a Burns lunch, with the Selkirk Grace provided by one of the members. Haggis, neeps and tatties, trifle and roulade, cheese and biscuits, shortbread, tea, coffee and soft drinks made up the menu and was thoroughly enjoyed by everyone. The afternoon was perfectly rounded off by the local school children visiting us again, to give us excellent renditions of the Scottish poems they had learned. Each age group stood up, with confidence, and demonstrated by recitation their range of skills.

On the last Monday in February 27 we will meet again at 12 noon, for a Chat Afternoon, with our more usual soup and sandwiches lunch. And on March 27, as well as lunch, we will have a bit of fun with a Beetle Drive!

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

**Christine Bauer**

## 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 7pm to 9pm (See Page 13)
<b>Wednesday:</b>	Co Step Dance class 7pm
<b>Friday 24<sup>th</sup> Feb:</b>	Gin Tasting. 7.30pm. Tickets £20 Non-drinkers £5 Duck Bingo & Raffle. (See Page 11 for details)
<b>Monday 27<sup>th</sup> Feb:</b>	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. (See page 9)
<b>Thursday 16<sup>th</sup> March:</b>	Blair Drummond Hall Committee meeting. At 7.30pm. All welcome.
<b>Monday 27<sup>th</sup> March:</b>	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. Beetle Drive(See page 9)
<b>Monday 24<sup>th</sup> April:</b>	Blair Drummond Blethers. 12-2pm. Soup & sandwiches. (See page 9)

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)



### Piano Teacher Blair Drummond

Judith Cameron BMus Hons, PGCE, DIPABRSM  
Tel: 07834729065



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.

Blair Drummond Community Hall Association

# **GIN TASTING EVENING**

**With Alison McAlpine**

In Blair Drummond Community Hall

**On Friday 24<sup>th</sup> February**

At 7.30pm



**Tickets £20 for Gin tasters**

**£5 for non tasters**

**Bring Your Own Snacks**

**RAFFLE**

**& DUCK BINGO**

For tickets please contact:

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

**Louisa – 07783404285**

**Catherine – 07890023112**

**Or any committee member**



## Hall news update



Following on from a successful Christmas Fayre, where the committee were delighted to welcome back stall holders and visitors after Covid restrictions were ended, the sum of £415 was raised for Trossachs Search and Rescue.

The Beetle Drives continue to be popular with our younger community members and have become a regular lively event, with the most recent one being held on 4<sup>th</sup> February (see *photo*). Look out for the next one later in the year.



The popular Gin Tasting evening is to be held again in February (see *advert for details*). We're pleased to welcome back Alison MacAlpine to share her expertise in a fun evening. Tickets are limited and sell out fast so book early to avoid disappointment!

The recycling bins have presented challenges with items deposited incorrectly or dumped. (See *article on Page 21*)

We have now managed to get the clothes recycling bin registered as a RagBag, so in future we will receive some income from this. Please remember that all clothes placed in the bin should be in a tied bag and the certain items are prohibited including non clothing, duvets and pillows.

The committee of volunteers continue to hold meetings to discuss how we maximise the role of the Hall to serve the community, which everyone is welcome to attend. Next meeting is on **Thursday 16<sup>th</sup> March at 7.30pm**. A subcommittee has been formed to explore funding opportunities for improving the heating and lighting in the hall. We wish to ensure that we operate in a more economic and efficient manner given rising energy costs. We're looking to incorporate renewable energy and reduce our carbon footprint.

The Hall exists to strengthen community networks and offer a welcoming space that will be sustainable in the future.

Business Energy Scotland has completed its energy survey and report on the Hall and this has formed part of our application to CARES ('Let's do net zero Community Buildings'), which makes grants on behalf of the Scottish Government.

We are currently requesting quotations to submit with our application, exploring the costs of upgrading the Hall's lighting, heating options and solar generation.

**Alison Coates, Chairperson**

## **Blair Drummond Youth Club**



Thank you to everyone who donated bottles and bought tickets for our Bottle Stall at the Christmas Fayre. We raised £220 for club funds.

We have bought some new equipment for the club and the members are enjoying archery now among their many activities.

Trossachs Search and Rescue will be coming along in March to teach some skills to our members.

Our membership currently stands at 14 but there's always room for a few more (age P6 to S6).

If you would like more information about the Youth Club contact Lorna on 07851 364227 or email [bdgrapevine@gmail.com](mailto:bdgrapevine@gmail.com)

**Catherine Killen, Chairperson**

## **RHET News**

**Big Breakfast Challenge** – This year we are running an Art Competition to celebrate breakfast and learn about waste and what we eat. Please encourage all Forth Valley schools to get involved, we need pupils to take the packaging of their breakfast to school, create a farm themed class collage, take a photo of the design, and email it to [forthvalley@rhet.org.uk](mailto:forthvalley@rhet.org.uk). The school with the winning picture will not only get the RHET big breakfast trophy but also an all-expenses paid class trip to a local farm to learn how their breakfast is grown.

**RHET Factor Choir** – meets alternate Tue/Weds weekly at Briarlands 7-9pm. This relaxed, friendly choir are about to start rehearsals for a tea and tunes evening in April, date and venue TBC. Please get in touch with Katie 07738 570208 if you would like to get involved.

**Talk to a Farmer and more.** RHET are running the massively successful live digital Talk to a Farmer week, again from the 6<sup>th</sup>-10<sup>th</sup> Feb, this allows all schools to visit farms from all over Scotland and talk to the farmer live, during the 30 min time slots, get your school signed up here.

<https://e-sgoil.com/farmers-week-2023-01/>

RHET Forth Valley were successful in a grant bid, Stirling Council Good Food for All fund, means we can offer schools in Stirling and the surrounding areas additional support to pay for transport to farms. If you are involved with a school that is covering food production, healthy eating, or something similar, please encourage them to get in touch and organise a farm visit.

We are also hoping to organise a Scottish Seeds and Grains tour of Forth Valley, to teach pupils of all ages how to use our harvest which is the staple of our diets, this will require an army of volunteers, so please get in touch if you would like to get involved, we need keen bakers/gardeners/teachers/ farmers/ story tellers and crafters (especially anyone who makes corn dollies, spinners and crafts involving wool) RHET will provide training and can promise work satisfaction.

## **Weather and Farming**

We have had time to evaluate 2022 and here is the outcome - it was a WET year! The interesting points come when we look at the 40yr average, which highlights that in recent years our winters are generally wetter and summers a little drier. January 2023 is a perfect example 30%



wetter than average. Fingers crossed we do get a dry spring and summer.

The weather impacts our farming neighbours as just now we need dry ground to get the sheds mucked out and the ground prepared for sowing the spring crops of oats and barley. Lambing and calving are already in full swing for some, which will explain the noise when you are out and about, please make sure dogs are on leads as new mums can get very upset if a dog is whizzing about. Finally, take care on the roads, if we get more frosty weather Chalmerston, Ochertyre and other single-track roads in the area are not salted. Also, if we continue to get very wet weather these roads will get muddy when the tractors start field work, muddy roads are slippery.

**Katie Brisbane**

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 **BAXI**

## Camphill Blair Drummond



On the 3<sup>rd</sup> December, Camphill Blair Drummond came together as a community to hold our annual Advent Sale. There was an excellent turnout with family, friends and lots of new faces all joining in the festive fun. We had many stalls including handmade crafts, waffles, raffle, tombola and the popular café serving homemade cakes. We raised over £10,000 which is an amazing amount and we would like to say Thank You to everyone who helped make the day a huge success.



Friday the 16<sup>th</sup> of December brought heavy snowfall to Camphill Blair Drummond. Some of our International Volunteers put seeing snow at the top of their Christmas wish list. For our Brazilian volunteers this was even more exciting, as it was their first time experiencing snow. Much fun was had by our residents and International Volunteers who enjoyed building snowmen and having a snowball fight. For Camphill Blair Drummond employees it was a morning of clearing snow on the Brae and around the community, making sure everyone was kept safe. They were rewarded with bacon rolls and a hot cup of tea.

**Sara Stewart, Operations Administrator**

## Callander YFC Update

After months of hard work rehearsing, we finally returned to the stage in Thornhill Community Centre for our annual variety concert! Commencing on Thursday 15<sup>th</sup> December, we ran our performance for 3 nights with a dance following the Saturday night show. Critics loved our show, going home with sore sides from all the laughing! We hugely rely on Briarlands Farm in the run up to concert, for allowing us to use their space for our weekly rehearsals – we are so grateful to them for providing this. We are up against SSS, Loch Lomond, West Renfrewshire and Bute YFCs in the 2023 concert competition and find out the results at the Clyde and Central Talent Spot on 3<sup>rd</sup> March – so stay tuned to hear how we have done.

Christmas time is always busy for young farmers – travelling the length and breadth of the country for various Christmas dances, hugely enjoyed by our members. Our bus convenor Angus McMillan deserves a shoutout for always managing to organise buses (quite often last minute) and keeping on the drivers good sides! We had our club Christmas meal at our local haunt – the Lion and Unicorn and as always the food was great!



Our concert was a huge success in all aspects for the club – we decided to donate some of the profit from the ticket sales to a local charity. Our charity of choice was one that we have been working closely with over the past couple of years - 'It's Good 2 Give'. They are behind the Ripple Retreat – a purpose built, restful place on the shores of Loch Venachar. The retreat allows young cancer patients and their families to take a short break. It enables them to spend some much needed time away from doctor, procedures and hospitals in a safe and calm environment. We were invited along one Sunday for a tour of the retreat and we were



delighted to present them with a cheque for £1,000! It was a lovely opportunity to visit the retreat and meet some of the staff – it is great to know that our donation is going to help so many families.

We are currently busy rehearsing for the Talent Spot competition at the beginning of March. However, we have lots of other events happening in the next few weeks including bowling, dinner dances and the return leg of our exchange with Stranraer and Rhins YFC. Have a look at our Facebook page to see what we are up to or give Angus Bryce a call or text on 07402 903317 to find out more!

**Eilidh Graham**

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Email: [redllhelpclean@yahoo.com](mailto:redllhelpclean@yahoo.com)  
Mobile: 07483232206

# Doune Health Centre

## Happy New Year (2023)

Best wishes for a Happy and Healthy New Year. Thank you to everyone who kindly sent us Christmas wishes, cards, chocolates, biscuits and festive goodies. It is very much appreciated.

## Log in touch screen

The new touch screen device is located as you enter the reception area, directly to the left of reception on the wall.

It is very simple to use and if you require help, any member of staff will be happy to show you how to activate it.

It is designed to be as easy as possible so everybody can use it. We have had this system in place since November, so many of you

may be familiar with it already. Please use the touch screen to book in for the Doctor and Practice Nurse. This will avoid you waiting around to book in. Although the screen may be blank at times, you just need to touch it to bring it to life.

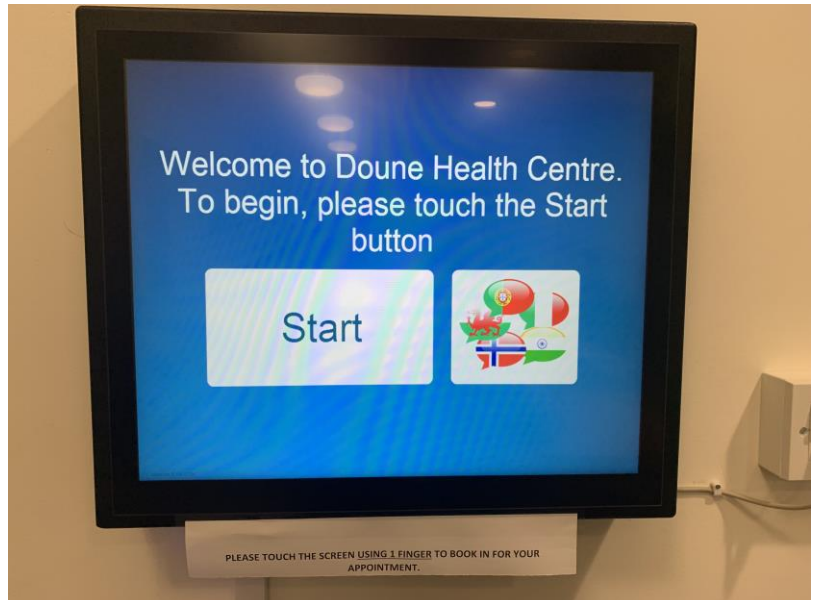
We have noticed recently that people are still opting to wait to book in with the receptionist. Their other work on front desk tasks has however increased so much we needed to help by buying this new piece of software and encourage you to assist us by using it.

Juggling patients, constantly ringing phones and record-keeping is a normal day for receptionist staff. The main benefit is reducing queues forming, cutting waiting and freeing up your time and staff time becoming more efficient.

Please give it a try, so that it becomes the norm.

## Telephone

The clinic phones are now switched off from 12.30-1.30 pm daily, to allow us to catch up on morning work and staff lunches. If your call is urgent, there will be a mobile number to call. Please note that the clinic door is not closed during this time, as it is business as usual.



## **Keep us updated**

It is important that we are able to contact you. Please let reception know if you have changed either your address, telephone number, especially your mobile, so that we can keep our records updated.

## **Text reminders for appointments**

Did you know that if we hold your mobile telephone number we can send you text reminders about your appointments and send you important updates?

## **Staff Changes**

Rachael Palmer has returned from maternity leave and is back on the reception desk. Moria Peterson who stood in for Rachael, now has a permanent full time receptionist job at Camelon Medical Practice.

## **Trainee Doctor**

Dr Trueman left at the end of January. He will return to finish his GP Training with us in August 2024.

## **First Aid at home ideas**

A well-stocked simple first aid kit can really help throughout the year in the home.

Here are some ideas.

1. Plasters in a variety of sizes and shapes.
2. Gauze and breathable self-adhesive dressings (Mepore)
3. Rolled crepe bandages for muscle strain and sprains.
4. Scissors, safety pins and medical tape
5. Alcohol free cleansing wipes
6. Digital thermometer
7. Laxatives
8. Anti diarrhoea medication
9. Rehydration sachets
10. Antacids
11. Antihistamine tablets and cream
12. Antiseptic cream
13. Pain relievers
14. Cough and cold remedies

## **Thornhill clinics**

The Doctors usually consult in Thornhill on a Wednesday morning. Appointments start at 9am-10.30 am. Doctors rotate weekly.

There is a Tuesday morning clinic every week with Practice nurse Gillan Walker. Appointments from 8.15 - 9.45am.

**Linda Keay, Practice Nurse**



## Recycling Bins



We have had a lot of issues recently and more so over the Christmas period, with our glass and cardboard recycling bins at Blair Drummond Community Hall. These bins are provided by Stirling Council but the hall belongs to our community, thus if any rubbish is left outside the bins or the wrong item is put in the bins, it is left to the members of the hall committee to sort it out and not the Council, as they will not empty contaminated bins.

We are aware that the bins are used by many people outwith our local community especially from Callander, Deanston, Thornhill, Port of Menteith and Doune (as they do not have their own recycling point). These bins at Blair Drummond Hall are not for commercial waste.

We are happy that people are recycling but please do not leave anything outside the bins and please make sure you are putting only glass or cardboard in the bins.

If you bring your recycling to the bins in a plastic bag, please take this away with you to recycle elsewhere.

The cardboard bin is for cardboard only and not for plastic or polystyrene packaging. Please do not put it in these bins.

We have CCTV in operation on the site and anyone found leaving bags and boxes outside the bins or putting the wrong items in the bins will be considered to be fly tipping and reported. Please share this information.



Stirling Council have now added signage to the glass and cardboard bins, indicating what items are permitted in each bin, as well as notices to say they are for domestic waste only, along with signs stating that anyone leaving any items outside of the bins will be considered to be fly tipping.

## Doune Nursery



**Is your child's 3<sup>rd</sup> birthday between  
1<sup>st</sup> March 2023 and 29<sup>th</sup> February 2024?**

**Why not come along to our open sessions on**

**Thursday 26<sup>th</sup> January 4-5pm  
and Tuesday 7<sup>th</sup> February 2-3pm**

**to see our Nursery and find out more.**

**Application forms for starting Nursery in  
2023-2024 are now available.**

**Contact us at [dounenu@stirling.gov.uk](mailto:dounenu@stirling.gov.uk) or  
01786 842734**

**The closing date for applications is  
28<sup>th</sup> February 2023**



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

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

Items for Edition 48 should be submitted by **30<sup>th</sup> April 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](http://www.blairdrummondhall.co.uk)

Facebook: **Blair Drummond Community Hall**

### **BLAIR DRUMMOND ESTATE**

**Hardwood Logs                    £200/ bag (1m<sup>3</sup>)**

**Hardwood Logs                    £110/ half bag**

**Hardwood Limbs                  £110/bag (1m<sup>3</sup>)**

**Softwood Logs                    £150/ bag (1m<sup>3</sup>)**

**Softwood Logs                    £85 half bag**

**Softwood Limbs                  £90/bag (1m<sup>3</sup>)**

**Small bags                        £8.50 for hardwood**

**Small bags                        £7.50 for softwood**

**Small bags available from The Smiddy farm shop**

**Contact: Michael McKinstry**

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