

LANGLEE NEWS

Distributed free to all Langlee households

July 2010

Published by the Langlee Residents Association, 20 Larch Grove, Galashiels TD1 2LB

Tel: 01896 753296

WHAT MATTERS TO YOU - MATTERS TO US

Hi folks!

Who would have believed we would get to issue 10 of the newsletter! I can hardly believe that we have been putting them out for over a year – doesn't time fly! Just remember though – it's YOUR newsletter – if you've anything to say, drop me an email and it can be included in the next issue.

Over the last year, so much has happened, much of it behind the scenes of Langlee – but all towards improving life for us all.

Soon, some of this work will become more obvious to everyone; further on in this issue, you will find out about the proposed allotments, how the plans for the Beech Avenue play parks are going, about our help with gardening, and much more.

You can find out about everything that's going on by coming to our next meeting on Tuesday 27th July, 7pm at the Langlee Community Centre – come along, join us – it will be worth it!

I'm still looking for old postcards of Langlee and Galashiels for a display at the Carnival on September 11th, so could you look around for me, please – you'll get them all back.

Meanwhile, I hope you continue to enjoy the summer, and I'll be back in touch soon.

Kind regards

Judith Cleghorn

Chair, Langlee Residents Association

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 • **Come to the pantomime!!** •
 • We are looking at 'getting up a bus' •
 • to take residents to the pantomime •
 • 'Jack and the Beanstalk' at the Kings •
 • Theatre, Edinburgh - if we get enough •
 • interest. •
 • - date to be confirmed. •
 • Please call Judith on 01896 753296, •
 • or email mail@judithcleghorn.co.uk •
 • to register your interest •
 • • • • •

Councillor Fiona Lackenby

Next week is National Poop Scoop Week

- wouldn't it be great if everyone in Langlee did?

Parts of Langlee are still plagued by people who don't pick up, and it's not fair on others. Both the people who have to try and avoid stepping in it, and the others, like me, who are responsible dog owners, but who get glared at as potential offenders.

Some people seem to think that bagging it is enough and then carelessly leave the bags sitting around rather than putting them in the bin. If you go into Langlee Woods, you will usually find a poo bag hanging from a branch somewhere along your route where it has been flung.

What people don't seem to realise is they are risking a second fine, £40 for fouling and £50

for littering. If you can't find a bin, carry it until you do. I know I have walked all the way home with a bag before now. It isn't such an issue now as my Lab is a bit elderly, but that can make it more unpleasant to pick up. However, it was my choice to have a dog and picking up is something you have to do as well as all the fun things.

The Council's Community Wardens have ticketed someone in Langlee recently and will keep looking out for those who break the law - make sure it's not you.

If you see someone allowing their dog to foul, you can pass the details to the Council on 0300 100 1800, anonymously if you wish.

Fiona Lackenby

Councillor for Galashiels and District

Tel: 01835 830428

email: flackenby@scotborders.gov.uk

Langlee Carnival

The Langlee Carnival is on Saturday 11th of September 2010

Fancy Dress gathers from 10:00am at Langlee Primary School with the parade walking up to the Community Centre to start the Carnival at 11:00am.

The Carnival Organising committees next meeting is on Monday 26th July 6:30pm Langlee Community Centre, anyone wishing to help would be very welcome to come along.

www.langleecarnival.org.uk

BANG

Borders Additional Needs Group (BANG) are holding a fundraising walk up the Eildons for dads, brothers, uncles, grandads etc. to raise money for the group.

This is an opportunity to help raise money for children with special needs in the Scottish Borders. If you would like to take part or help, please contact Nicola Corbett on 01896 756893. Thanks

What's happenin' Maaan!

Is it the Woodstock generation's (Hippie – self sufficiency) aspirations and values are at long last having an influence and impact on all our lifestyles?

Is it due to the impact of an economic recession where people have less money and more time on their hands?

Is it the realisation that what we buy in the supermarket, whilst it looks good, is all the same size and shape, is clean and conveniently packaged, but has no taste?

Just why is it that everywhere you look, allotments seem to be springing up all over the place? Communities throughout the country are developing allotments if and when spare land becomes available. The reality also seems to be that, there is a shortage of sites so if you want an allotment there are waiting lists that can mean a lifetimes wait in a queue.

The good news for Langlee is that we too can have our very own allotment site. The Langlee Resident's Association has successfully negotiated the lease of a plot of land, adjacent to Rose Court, from Scottish Borders Housing Association, to be used for this purpose.

So, if you are interested in growing your own vegetables and want an allotment, get in touch with the Resident's Association (details of next meeting??) or give me a call at Langlee Community Centre on 7551100. Priority will be given to Langlee residents and allocation will probably be on a "first come" basis so register your interest now.

Bob Petrie

CLD

Langlee Complex

Healthy Living Network Update

Food and Health Research Results

Borders Healthy Living Network conducted a piece of research on food and health earlier in the year. Members of the community were encouraged to give their opinion regarding what work HLN could do to help them make positive adjustments to their diet. Thank you to the 91 people who took part in Langlee

Results show that families particularly enjoy the Parent and Child cooking classes at Langlee Primary School so we intend to continue with these next year. Other requests were around cooking on a budget and ideas to extend a meal i.e. making a chicken last 3 meals. From these suggestions we have set up a Budget Cooking Group at the school (see below) and created a budget cookery book which will be used in our groups, called Back to Basics.

Budget Cooking

This is a Budget Cooking Group running on a Tuesday afternoon, 1-3pm at Langlee Primary School (term time only). Learn new ways to make your money go further when buying your shopping and how to provide your family with healthy meals and tasty treats on a tight budget. If you'd like to attend, please get in touch.

Feel Good Campaign

Participants have completed the programme and

Wanted!

The three youth clubs in Langlee are always on the lookout for volunteers.

Do you have two and a half hours to offer on a weekly basis during term time? Do you have a good sense of humour? Are you willing to go through Disclosure, provide references and have an informal chat? Do you want our young people to have better opportunities in life?

If so we can reward you with good training and support, perhaps a step towards a new career!

We would love to hear from you. You can contact Norrie Tait on 01896 755110 or nta1@scotborders.gov.uk

Parents Mixer ESOL Group

Parents Mixer ESOL Group is on holiday for the summer.

We very much look forward to seeing you when we resume our sessions on Wednesday 25th August 2010, from 1pm until 2.45pm in the library at Langlee Primary School.

Come along and let us help you improve your spoken English. Free creche available.

all have lost weight, improved their fitness and feel better for coming along – WELL DONE!!

We now have a monthly weigh-in which anyone is welcome to attend. Last Monday of every month, 1:30pm, Langlee Community Centre.

Energy Efficiency Monitors

Available to borrow for free for 2 weeks. They show you how much energy you're using and how much money you're wasting. The information you get with the monitor shows you how to save energy and money.

Zumba Classes come to Langlee!

The latest fitness craze is now in Langlee. These Latin American dance fitness classes begin Tuesday 24th August 10-11am at Langlee Community Centre. It will be free for the first 6 weeks so book a place asap as places are limited. www.zumbaborders.co.uk

Calling all Young People!!

Langlee may soon have its very own Dance Group. If you're under the age of 18 and would like to be the next Diversity or Flawless let me know you're interested. Tell your friends and if we get enough people we can start a dance group.

HLN 2011

As of November 2010 I will be on Maternity Leave. There will still be plenty of HLN activities available in my absence and I hope to create a timetable so you know what's happening and when. I will return to work sometime next year.

For information on all of the above, please call me on the numbers below. Thanks.

Carly
Healthy Living Network – Langlee
07833 049510
01896 755110

Waverley Tenants Organisation (WTO)

As a Waverley Tenant I share many of the issues that you experience, dumping of rubbish around the estate, anti social behaviour and the neglect of minor repairs including door entry systems. Given this the WTO have been in consultation with Waverley Housing who are planning a pilot project within part of Beech Avenue.

- Employ a caretaker
- Use of Contract cleaners (Sweep and mop all stairwells every fortnight)

Locally tenants are unsure about the services as this would result in an additional cost of up to £5.00 per week for tenants included in the pilot project.

Roundabout cafe presents:

Bingo and Buffet Night

Friday 27th August 7pm at Langlee Community Centre.

Tickets £2.50 - available from Judith on 753296 or from the Community Centre.

Bring your own bottle and buy books on the night.

Local Councillor Details

Councillor Fiona Lackenby

Tel: 01835 830428

email: flackenby@scotborders.gov.uk

Councillor John Mitchell

Tel: 01750 722422

email: jmitchell@scotborders.gov.uk

Councillor Sandy Aitchison

Tel: 01578 730643

email: saitchison@scotborders.gov.uk

Councillor Jim Hume

Tel: 01750 82384

email: jhume@scotborders.gov.uk

Councillor John Mitchell

My next surgery is booked for FRIDAY 6TH August at Langlee Community Centre from 5.30 - 6.30 p m.

Please phone me beforehand on 01750 722422 to make an appointment if you can.

Thanks.

John Mitchell