

LANGLEE NEWS

Distributed free to all Langlee households

October 2010

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Tel: 01896 753296

WHAT MATTERS TO YOU - MATTERS TO US

Hi folks

Like everyone else perhaps, I am only too quick to criticise others, and have complained bitterly about the state of the streets and grassed areas, particularly near where I live in Larch Grove. However, I must congratulate Waverley Housing who have put contract cleaners in place in Beech Avenue. These guys are also going round this part of Langlee, litter picking - and the place looks a lot better - many thanks Waverley and well done to the contract cleaners.

For those of you who like bingo, please see the advert about the Halloween bingo we are having on 29th October at the Community Centre. As usual, supper will be provided (bangers and mash this time) and there will be a prize for the best Halloween Fancy Dress - though you don't have to dress up if you don't want to! Kids are welcome too (prize for their best fancy dress, too), so don't worry about babysitters. Do come along, it will be a great night.

Look in the next newsletter for the Christmas event, can't tell you any more yet, but keep December 3rd free!

Once again, the nights are drawing in, we'll soon have darkness before teatime. If you have any issues about going out in the dark, but don't want to miss any of our events, give me a call and I'm sure we can fix up transport for you. Finally, I have had a couple of calls from very kind people offering to help deliver the newsletters, how good is that?

Best wishes

Kind regards

Judith Cleghorn

Chair, Langlee Residents Association

Councillor Fiona Lackenby

Well Done Our Kid(s)

As most of you know, I am also a Road Safety Officer with Lothian & Borders Police and over the last few weeks, I have been working at the annual Crucial Crew event. Many of you will know of it as it used to be held here in Langlee, but as it now runs for 3 weeks, a new home had to be found.

On the day that Langlee were attending, someone

ESOL

The Parents Mixer ESOL Group has successfully applied for an Awards For All grant of £5527. The group, which takes place at Langlee Primary School every Wednesday afternoon from 1pm - 2.45pm during term time, helps parents and carers who do not have English as a first language improve their spoken English.

Please come along and join us, whatever your nationality, we welcome English speakers too to help with the group! A free crèche is available for people attending the group. For more information contact Nicola Corbett on 01896 756893.



HALLOWEEN BINGO NIGHT



7pm Friday 29th October at
Langlee Community Centre

Best prize for fancy dress -
both adults and children

Bring your own bottle
£2.50, including
Bangers N Mash supper.

**Buy your bingo books
on the night.**

Councillor John Mitchell

My next Langlee surgery is on Friday 12th November 5.30 - 6.30 p m in the Langlee Community Centre.

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

Thanks.

John Mitchell

asked who was coming and was told "Langlee", "oh" was the reply. I have to say, well done P7, your behaviour, enthusiasm and effort at the event convinced even those doubters that Langlee has 'good kids' just like everywhere else.

Fiona Lackenby

Councillor for Galashiels and District

Tel: 01835 830428

email: flackenby@scotborders.gov.uk

Police News

There have been a number of thefts from motor vehicles both in Langlee and in the town. Do not leave items on show in your vehicles. Either take them out of the vehicle or put them in the boot out of site.

ST. JOHN'S CHURCH

Charity No: SC000281

Sunday

10.15am: Morning Service with Crèche & Sunday School.

6.30pm: Evening Service

SoundByte

SoundByte is an informal group which runs at St. John's Church on a Monday afternoon. As well as light refreshments and a chance to chat, each meeting has an invited speaker who will talk about a particular topic.

You are invited to come along at 2pm (see dates below) and enjoy a relaxing hour or two of good company and informal fellowship.

Monday 8th November: 2.00pm

Monday 22nd November: 2.00pm

Monday 6th December: 2.00pm

Everyone Welcome

Girl's Brigade

The Girls' Brigade also meets at St. John's Church during term time on a Monday evening as follows:

Explorers (P1-P3): Monday 6.00 - 7.15pm

Juniors (P4-P7): Monday 7.00 - 8.30pm

Brigaders (S1-S6): Monday 6.00 - 8.30pm

Boys' Brigade

The Boys' Brigade meets at St. John's Church during term time on a Friday evening as follows:

Anchor Boys (P2-P3): Friday 6.00 - 7.00 pm

Junior Section (P4-P6): Friday 6.30 - 8.00 pm

Company Section (P7-S6): Friday 7.00 - 10.00 pm

NEXT LRA MEETING - TUESDAY 26TH OCT - 7PM - LANGLEE COMMUNITY CENTRE

Healthy Living Network Update

Hi everyone. I'm writing this piece for the newsletter on my last day before I go on maternity leave and become a mum. Thankfully there are still plenty of HLN things for you or your family to get involved whilst I'm away and I'll be back next year with new activities for you all. Thank you to everyone who has attended and enjoyed the groups provided by HLN so far. I hope we've helped you in some way.

My colleague, Leanne Haining, will continue to have a small input into the newsletter whilst I'm away. Goodbye, good luck and have a great Christmas when it arrives.

Zumba Classes come to Langlee!

Zumba was a great success in Langlee for HLN and I am pleased to announce it will continue!! Norrie, your Zumba tutor, is continuing the class in the community centre for a very small charge, every Tuesday from 10am-11am. Zumba is a Latin American dance/fitness class. Find out more at www.zumbaborders.co.uk

Langlee Youth Dance Group

I am pleased to confirm that we have a brand new dance class for kids running in the Community Centre Green Room every Thursday evening from 6:30-7:30pm (term time only). The dance tutor, Michelle Douglas, is very excited to turn local kids

into the next Diversity or Flawless. Any children in P4 or above are welcome. The class begins on Thursday 21st October. Parents should have already received a letter in schoolbags but can also either sign up with Michelle on 07724748131 or come along on the day. And another thing...it's free!!

Child Cooking Skills & Baby Weaning Classes

Leanne Haining will continue to run these groups. The cooking skills will run in the Primary School, so parents keep an eye out for these. There is a new weaning class every month. New mums should get an invite from their health visitor nearer the time your baby is ready to be weaned on to solid foods. For more information on these classes, please call Leanne on 07748180115.

For information on any other health improvement work in Langlee, please call the Health Improvement Team, NHS Borders on 01896 824500.

Carly

Healthy Living Network – Langlee
07833 049510
01896 755110

enjoy some snacks while you drink. This helps to slow down the effect of alcohol on your body.

- Try a smaller glass
- Try a lower alcohol beer

For further information go to:
www.alcoholawarenessweek.com

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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

LAST CALL FOR THE PANTOMIME

We are still looking at running 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 753296, or email mail@judithclegghorn.co.uk to register your interest.

Alcohol Awareness Week

Alcohol Awareness Week ran from 4th October - 10th October, this years theme was 'How do you measure up?' to encourage us all to think about how many units of alcohol we're drinking.

Gaining a better understanding of alcohol units can help us all stick to the sensible drinking guidelines of not regularly drinking more than 3-4 units per day for men and 2-3 units per day for women - which in turn can help us make every day count.

Here are some tips to help you measure up and make every day count

- Stick to the sensible drinking guidelines of not regularly drinking more than 3-4 units per day for men and 2-3 units per day for women
- Scottish Government also advises that we all have at least 2 alcohol free days per week.
- Get a handle on how much you're drinking by learning what makes up a unit of alcohol - measure your usual drinks or use the unit calculator on www.alcoholawarenessweek.com
- Pace yourself and alternate alcoholic drinks with soft drinks or water
- Eat a good meal before you start drinking, or

Langlee Carnival

The local papers described the Langlee Carnival as a "street party" and so it was with hundreds of local residents turning out to support this family day. Thanks to Liam and Luciana the Langlee lad and lass, I'm sure it was a day to remember.

The next Carnival committee meeting will be on Monday 25th October 2010 6:30pm in the community café.

The camera club will be showing a selection of photographs from this year's carnival, anyone wishing to become involved in next year's carnival will be very welcome.

Gerry Moss

Chairman Langlee Carnival
gerrymoss@langleecarnival.org.uk