

LANGLEE NEWS

Distributed free to all Langlee households

Spring 2015

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WHAT MATTERS TO YOU MATTERS TO US

Hi Folks

Here we are again at the beginning of a New Year – and what a year it is going to be!! So much going on I hardly know where to start; so let's start with the Community House – we now have it furnished, insurance in place and the IT due to be installed within the next two weeks. Starting with the youth group on 20th February, there will be loads of things going on there – some are noted throughout this newsletter, others will be advertised on the noticeboard outside the Spar shop – keep your eye on it for more information.

The new pharmacy is up and running – Umar is very interested in the community and will help where he can; SBHA have agreed to renovate the two bits of garden outside the two shops in Marmion Road, so that area will soon look much tidier. It's good that Umar will deliver prescriptions too; I have to admit I was against the pharmacy coming to Marmion Road, but I take it all back – I was wrong, it is doing a great job.

We have a new minister coming to St Johns too – more about that in Church News. The railway too, wasn't it great to see the track being laid through Langlee? There will be lots of celebrations when the trains actually start running, so be prepared for a fun time in September.

The Scottish Borders Walking Festival comes to Galashiels on 6th September – I will be doing coffee and cakes every afternoon at

the Focus Centre – if anyone would like to lend a hand, it would be much appreciated – I will provide transport. The Walking Festival was in Gala seven years ago and I did the afternoon teas then too, they're a friendly lot and certainly enjoyed their visit to the Borders. There will be evening events too – more news of those nearer the time. Of course, at the end of that week in September, it's the Langlee Carnival, another great day, don't miss it – again more info on that as the year progresses.

Within the next few weeks, I will be organising first aid training for the Resilient Community volunteers; letters will be sent out and we hope to have a practice disaster in the near future – another thing yet to be finalised. Finally, we could use some help with our community gardens, the one near the bus stop between Larch and the main road could use some re-designing – any volunteers?

Well, that's enough from me; enjoy the better weather when it comes and isn't it good to see the nights getting lighter – how I hate the dark nights!! Have fun folks and please let me know if you have an hour or two to spare at any time – you could be such a great help!!

Kind regards

Judith Cleghorn, Chair, Langlee Residents Association

Rose Court – SBHA seek your views

The future of Rose Court in Langlee is being reviewed by SBHA with a view to demolish the blocks initially and then consult with the community regarding the best use of the land regarding provision of new housing.

Alan Vass, Director of Technical Services stated "One of our objectives is to create great places to live and these flats have been empty for some time and no longer meet the needs of future Tenants. Having reviewed a range of options, we plan to demolish the properties, with a view to listening to and working with the Langlee community to identify the best solution for the site."

SBHA is working with Langlee Residents Association regarding the proposals and would welcome comments and feedback from residents to enquiries@sbha.org.uk

Langlee Community House

Community Learning at the LRA Community Flat - Beech Avenue

Community Learning and Development are working with the LRA and Waverley Housing to plan some Family Learning and Adult Learning at the Community Flat starting from 20 April 2015: so far, you've told us that you'd like to have some informal IT classes, activities for families, a place for parents to have lunch and chat and a Job Club so that people can be more aware of how to job search, apply online and how to develop the skills and qualities that employers are looking for.

To find out details of what will be on offer or to let us know what community learning you would like to see going on in the Community Flat: Contact Claire Stewart 01896 664160 or Text 07920190572.

NEW: ME & MY BABY GROUP

from Wed 4th March 2015 10.00-11.00am

Early Years Centre @ Langlee Primary School
for parents and babies (0-1year)

Mums, Dads, carers and grandparents all welcome to come with your babies - join in the fun of singing and playing with your baby and meeting other babies!

For more information call Claire 01896 664160 or txt 07920190572 to book a place.



St. John's Church

Charity No: SC000281

News from St. John's

On the 8th February at morning services in St. John's and Old Parish & St Paul's the nominee for the vacant charge, the Rev. Doctor Leon Keller preached to the two congregations. It was evident in the lead up the Sunday that was an air of both anxiousness and excitement amongst the nominating committee, the members and adherents. After preaching from Galatians in both churches a vote was taken with a positive result, firstly announced to the nominee and then the congregations by Rev. Bruce Lawrie the Interim Moderator. Members of both congregations had gathered in Old Parish & St. Paul's to hear the result and enjoy a light buffet lunch.

The Rev. Leon Keller and his wife Janette, pronounced Yanette in Africans, had flown in from South Africa a few days before and to be acquainted with the facilities in the two churches. As Rev. Keller had been to Galashiels last August but without his wife the nominating committee had arranged a programme for the visit so that his wife could see the churches, tour Langlee and the Galashiels area.

Leon and Janette returned to South Africa on 11th February from Newcastle Airport to Cape Town and will begin to make arrangements for their return ahead of an induction which has been pencilled in for early May. They are an extremely friendly couple and committed to being able to share the Good News of Jesus Christ with the Community of Langlee and to meet its people. It will be a complete change of culture for them and we trust that the community here in Langlee will make them welcome.

Both churches will now be working closely to prepare for this new ministry for Galashiels seeking God's guidance at every turn. In the meantime work will continue at St. John's helped by the two locums, Jim and Tom' will provide support to the congregation through leading services and pastoral care. Rev. Bruce Lawrie will continue to be Interim Moderator. The Messy Church Team has commenced planning for another event around Easter

SERVICES

Sun. 9.45am: Morning service with Crèche & Sunday School (KAOS).

6.30pm: Evening service: November at St. John's
December at Old Parish and St. Paul's
January at St. John's

KAOS (Kids Alive on Sunday)

Sun. 9.45am: KAOS is for our younger (primary school) people on a Sunday morning. We start in the main Church at 9.45am then go through to the small hall for various activities. If your youngster is at a loose end on a Sunday morning, why not come along to see what it's all about?

GIRLS' BRIGADE

The Girls' Brigade 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 (P1-P3):	Friday 6.00 – 7.00 pm
Junior Section (P4-P7):	Friday 6.30 – 8.00 pm

MESSY CHURCH

Following on from our last Messy Church event in September we will be holding another mid March. Once again we will have a range of different activities for families, followed by dinner together. We look forward to welcoming old and new faces, families welcome (children must be with an adult). Keep an eye out for flyers from the school and banners with further details.



Do you want to make a change to your smoking habits?

If you are thinking about quitting smoking, cutting down or making the switch to electronic cigarettes, contact the Quit4Good Team

Our trained Advisors can give you help and information on all the options available to you, and can provide support to help make your change a success.

Please contact your local Quit4Good Advisor Sarah McGowan on 07500994274 or phone the office on 01835 825971

 Find us on **Facebook NHS Borders Stop Smoking**

Local Councillor Details

Councillor John Mitchell

Tel: 01750 722422

email: jtmitchell@scotborders.gov.uk

Councillor Sandy Aitchison

Tel: 01578 730643

email: saitchison@scotborders.gov.uk

Councillor Bill Herd

Tel: 01896 756417

Councillor Bill White

Tel: 01896 756323

Small Changes across communities in the Borders will see a Big Difference

The Small Changes, Big Difference campaign that aims to see individuals, community groups and local businesses pledging small changes that will make a big difference to their health and wellbeing, continues to build momentum into the New Year.

The longer term aim of this campaign is to encourage people to change their behaviour and lifestyles which will contribute to improved health and wellbeing across the Borders.

The Small Changes, Big Difference campaign has already seen a number of staff at NHS Borders publicly pledging their support and now community groups are being invited to do the same.

One of the first groups to make their pledge is the Walkerburn community.

Volunteers and agencies who have worked in partnership for ten years, to reduce health inequalities by co-producing a community health programme, are pledging to 'continue building our healthy living network community'.

Molly McIntosh MBE from the Walkerburn Healthy Living Network said: "The Small Changes, Big Difference campaign is a refreshing approach to encouraging people to enjoy health improving activities. I am a keen advocate for all ages to get involved; everyone has the capacity to make some kind of positive change and to support others. Walkerburn is a small village and we hope to continue our positive experience of partnership work and grow our Healthy Living Network community.

She added: "I will be committing to continue to be as active in my community as I possibly can. I am now in my 90's and I strongly believe that doing what you enjoy is the secret to good health in later life".

A further public pledge from the Langlee Residents Association and their partners was also welcomed as they commit to 'improving the health of Langlee Residents'.

In addition to these community pledges, the NHS Borders and Scottish Borders Council's very own Healthy Living Network Team

has committed to sharing the Small Changes, Big Difference message across all border communities.

Nichola Sewell, Health Improvement Lead, Healthy Living Network said: "The Healthy Living Network team is committed to the Small Changes, Big Difference campaign because it starts from the perspective of the person and recognises that 'health' is also about wellness. The campaign encourages and supports local people to make changes that are important to them. This is very much in keeping with the approach taken by Healthy Living Network across communities which has been successful in enabling people to take control of their own health. In the coming weeks, we expect there to be more pledges from other communities across the Borders. On a personal level, I will be making a small change this year by committing to include some relaxation in my day".

Make your pledge

The Small Changes, Big Difference campaign continues to invite individuals, communities and local businesses from across the Borders to share their own stories and photos of how small changes in their lives have made a big difference to their health and wellbeing. It's never too late to make a small change.

Please share your stories and 'small change selfies' with us on the 'Small Changes, Big Difference' Facebook and Twitter pages or send them to SCBD@borders.scot.nhs.uk<mailto:SCBD@borders.scot.nhs.uk>. You can even write your pledge on our website www.SmallChangesBigDifference.org<http://www.SmallChangesBigDifference.org>

Further information can be found at:

www.SmallChangesBigDifference.org<http://www.SmallChangesBigDifference.org>

or find us on social media.

<https://twitter.com/SmallChangesNow>

<https://www.facebook.com/SmallChangesNow>

Dear Residents of Langlee,

My name is Umar Razzaq and together with my business partner Kenny Brown we opened up Borders Pharmacy located on Marmion Road (next to the post office) on the 24th November 2014.

We have had a slow start but things are gradually picking up as more and more people find out about the great services on offer, which are now available on your doorstep.

These services include:

- **A FREE prescription collection and delivery service**-We will pick up your prescription from Galashiels Health Centre, Roxburgh St Surgery, Melrose, Newstead, Newton St Boswells or Selkirk and deliver to your door...no questions asked! This service is available to all.
- **Minor Ailments Service**-This service is available to the elderly, children and

people on benefits. We are able to provide medicines to treat a wide range of ailments including coughs/colds, headlice, thrush and pain FREE of charge.

- **Free stop smoking service**-This is a 12 week programme which includes a variety of nicotine replacement products.
- **Morning after pill**-This is available FREE of charge after a private consultation with the Pharmacist
- **Emergency supplies**-If you are registered with us and need your tablets in an emergency please speak to the Pharmacist.
- **Disposal of unwanted medicines**-You can bring your unwanted or out of date medicines to the Pharmacy where we will dispose of them safely for you.
- **Weekly medication trays**-If you are taking a variety of medicines regularly or are struggling with your medication we are able to supply a weekly pack to help

manage your tablets FREE of charge.

We need the support of the local community in order for us to continue to provide these fantastic services. Our ultimate aim is to improve the health in Langlee-a subject we feel has not been addressed in recent years. In addition, we want to integrate ourselves within the local community as much as possible and will be working with all community groups to achieve this.

We are easily able to transfer your prescription from Tesco, Boots, Lloyds or any other Pharmacy without any disruption. To register with us, come in or call 01896 75 65 55. Alternatively, you can visit our website and order your prescription online at www.borderspharmacy.co.uk

We thank you in advance for your continued support.

From the team at Borders Pharmacy.



Borders Asperger & Autism Group Support

On Saturday April 4th in the Volunteer Hall, Galashiels we will be hosting an Autism Acceptance Day.

From 10am until 3pm there will be a Craft Fare and Children's Activities day...FREE for stall holders and the public. Locally made products will be available to buy, bouncy castles, face painting and other activities will be available for children and young people. Some of the crafts will have been made by people with autism, some of the children will be on the autistic spectrum - the aim of the day is to show that there is no difference...autistic and non autistic people can make, market and sell, they can all play and have fun. Accept Autism means to accept the person as part of the community and society they live and hopefully will work in. We are encouraging everyone to come along and be part of the day..either to sell, to play or to purchase...we are encouraging employers to come and see the skills and attitudes which can be a bonus in a workplace, to show that the designing, planning, purchasing and selling skills could benefit their business.

In the evening, from 7pm, we have organised a Gangsters and Molls themed live band night. Tickets cost £10 and will include a light snack. Dressing up as a gangster or moll is optional. Strictly for over 18's - we hope to show that the families and adults who live with autism can also enjoy time off and have fun - we hope that you will help us to make the day a great success by supporting us. Spread the word, encourage folks to come to Galashiels and show they Accept Autism.

Food for Thought – An Inspirational Study Visit

On the 10th of February 2015, Barbara Smith, Judith Clehorn and Nichola Sewell took an inspirational trip out of the Borders to Carluke, Wishaw and Motherwell to visit some food projects. We were picked up by Ian Shankland who is the manager for Lanarkshire Community Food and Health Partnership and taken on a whirlwind tour. We began our journey to the Wishaw General Hospital where we saw food retailing in action. On the way we were given an overview of food co-ops in the Lanarkshire area, we were informed there are currently seven and we think this is fantastic as there is not one in the Scottish Borders area, as yet. Ian gave us useful facts about the way in which these organisations work, he explained his job role and the links he has to food co-ops. He also explained to us more about the different food programmes and how they distribute food parcels which we would like to see for ourselves later on in the trip.

A lot of the food co-ops are table top and have a range of fresh produce available including stock cubes, soup packs, leaflets and receipts. The fruit was very reasonable with an apple as cheap as 20p – providing healthier snacks can be cheaper than chocolate!! A huge positive of this visit was meeting with Jane who ran the food co-op; she is a friendly woman who draws customers in with a welcoming and enthusiastic approach. This co-op runs two days a week from 7.45am to 12.45pm.

Shortly after we arrived in Motherwell to visit the 'Near not Dear' food co-op which is below the Pat Cullian Community Centre. This is a much larger co-op with its own premises. We are greeted by Bill who runs the co-op with the help of volunteers. He is friendly and instantly welcoming, offering to assist in any way. He gave us insight into what it is like to run a food co-op, positives and the negatives. He showed us a large range of items for sale and recipes that customers can take away and put into practice at home. He also showed us vouchers you would get if you were accepted for a food package. These vouchers can be used to buy essentials like shower gel, pet food, milk etc. We think this is brilliant as food packages cannot cater to your every need. We thanked Bill for his time and left feeling substantially motivated to bring ideas back to the Borders. This co-op is open

three days a week between 9.30am to 1.30pm. We realised the importance of the connections Bill has with community and the positive effect this has on the food co-op.

We then made a visit to the Warehouse where all the food packages and wholesale goods are kept and distributed from. There are two different types of packages, one for adults and one for children. I found it really sad to think about so many people needing food packages, at the same time I thought it was great that this service is there for them. Throughout the trip we gained huge insight and understanding of the Lanarkshire Community Food & Health Partnership which has been a fantastic opportunity for me, to be at the forefront of the thinking for a new venture as a Modern Apprentice within the Joint Health Improvement Team. Judith is keen to work with Nichola and myself to develop food work in Langlee in partnership with the community.

**Barbara Smith
February 2015**

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