



the **BLACK** *bitch*

Linlithgow's news by Linlithgow people

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PLUS

Folk Fae Lithgae, New Hopetoun Gardens, Linlithgow BID's Cafe Society, Book Review, Pets' Corner, Linlithgow Academy, Butterflies & Bees - Burgh Beautiful, Competitions



FOR MORE INFORMATION SEE OUR WEBSITE

www.linlithgowcommunitymagazine.co.uk

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Contact the Black Bitch

For editorial and to advertise: on.a.lead@gmail.com
Editor: David Tait, 07767 713024



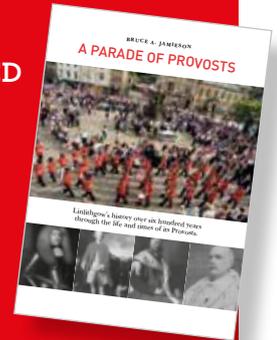
Copy deadline for next issue is 9 August 2017

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OF PROVOSTS

Q. NAME ONE OF THE
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IN THIS ISSUE?

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COMPETITION.

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Use the code 'MAGAZINE' to
buy your Party at the Palace tickets
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FOLLOW THE SIMPLE STEPS ON PAGE 17.



Linlithgow & Linlithgow Bridge Community Council is an elected body with the responsibility for ascertaining, communicating and coordinating the views of the community and taking action to promote the interests of the community. It is a statutory consultee for town planning matters. It aims to work with and support other groups in Linlithgow to address a wide range of issues, including:

- Health services and health centre provision
- Transport, including high street traffic, bus services and rail services.
- Employment and business, including retail and the industrial estates.
- Tourism, including attractions, events and accommodation.
- Housing and social housing.
- Social and care provision.
- Recreation, sport and community centres.
- Youth facilities and groups.
- Events, such as the Marches, Advent Fair and Remembrance Day parade.
- Policing and crime reduction.
- Development and planning, with a statutory right to comment on planning applications.

We welcome new members to join the Community Council, as elected or associate members, and take an active part in ensuring our community is well represented and that voluntary activity is supported.

www.llbcc.org.uk

The Linlithgow Community Magazine (aka The Black Bitch) is
a Scottish Charitable Incorporated Organisation (SCIO): SCO42542

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Images: A big thank you to all our photographers who support the magazine throughout the year.



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WHAT'S ON....

July

Fri 14 Jamie D Watts: Linlithgow Arts Collective, The Vennel

Fri 14 Jennie Tuffs: Energy, Light, Colour - 40 Years of Painting. Burgh Halls *Till 16 July**

Sun 16 Folk Session 2pm, at the Black Bitch Tavern*

Mon 17 50+ Football (Walking), 6:30pm - 7:30pm, Linlithgow Rugby Club*

Tue 18 Linlithgow Speakers, 7:30pm, The Lounge, The Lowport Centre

Thu 20 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy*

Fri 21 June Carey: Dusk Delivers Dreams Forever*, Burgh Halls (*till Oct 1*) See p10.

Sun 23 International Peat Bog Day Vennel Flower Bed, High Street

Transition Linlithgow Gathering, 7:30pm - 9:30pm, The Old Pavilion, Linlithgow Cricket Club

***Note:** These event will run consecutively over several weeks or have weekly sessions confirmed. Check website for further details.

Aug

Tue 1 Linlithgow Speakers, 7:30pm, The Lounge, The Lowport Centre

Thu 3 Folk Session 8pm, at the Black Bitch Tavern*

Mon 7 50+ Football (Walking), 6:30pm - 7:30pm, Linlithgow Rugby Club*

Thu 10 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy*

Tue 15 Linlithgow Speakers, 7:30pm, The Lounge, The Lowport Centre

Sun 20 Folk Session 2pm, at the Black Bitch Tavern*

Tue 22 Community Council, 7:30pm - 9:00pm, Burgh Halls

Sun 27 Linlithgow Classic Car Day, 9:00am - 4:30pm, The Cross. The Linlithgow Classic Car Day in August 2016 was the best attended yet with over 130 cars. Let's hope that 2017 is even better!

Tue 29 Vennel Exhibition, 10:30am - 6:30pm, Low Port Centre Lounge. Your say on West Lothian Council's proposals for the redevelopment of the Vennel area.

Looking to support your community. Join the BB team?

Email: on.a.lead@gmail.com
Tel: Editor on 07767 713024.

LINLITHGOW KEEP FIT



Meets every Thursday from 7pm - 9pm in the gym at the rear of the Academy. **Contact Brian Gallacher:** 07984 930235

LINLITHGOW RAMBLERS WALKING CALENDAR



With so many exciting walks pencilled in across the monthly calendar why not check out www.linlithgow.info for details on the type of walk, duration and your meeting point.

Party at the Palace 2017

Saturday 12 & Sunday 13 August



Linlithgow Classic Car Day...

Sunday 27 August The Cross



Oxfam volunteers required. Contact mirandajlorraine@yahoo.co.uk

For more details and more events visit the **what's on** page at www.linlithgow.info

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Folk Fae Lithgae

JENNY McGAW



Jenny McGaw works in the book publishing industry and from a very young age, writing has been one of her great passions.

"I have always written, right from when I was a tiny wee girl", she told me. "In particular when I was really young, creative writing was something that I did all the time. I think my Mum and Dad were probably sick of getting wee stories and things".

Jenny is now a children's writer, with one book published last year and a second one about to follow. As she explained, *"It's a sort of meeting of two worlds, which is really good and it's all very exciting".*

Born in Bangour Hospital, Jenny grew up in Linlithgow and attended Springfield Primary and the Academy. She was the Children's Gala Day Queen in 2000 and is married to Neil, who is a teacher. Jenny studied English Literature and History at Edinburgh University and worked in Waterstone's in her spare time. After graduating in 2010, she started working as a buyer for a publisher and book wholesaler.

Writing under the name of Rachel McGaw, Jenny's first book - Ruan the Little Red Squirrel - was published in July 2016. It was inspired by her love of Scotland and by a particularly mischievous squirrel she once

encountered as a child. A picture book aimed at ages 5 to 10, it can either be read aloud for younger children, or alone by more confident readers. The very talented illustrator, Rowena Aitken, brought the character of Ruan to life and it was published by independent Scottish outfit, Forth Books.

"I've done a few school visits with Ruan", Jenny told me, "including Low Port and Linlithgow and the school in Livingston where my Mum teaches, and I really liked that. You get to see a side of it that you don't, as an adult, really appreciate. For all that I like looking at the illustrations and we think about a lot of the commercial things to do with the book, seeing children listening to the story and being engaged in it is totally different. It's really nice."

Eight year old Millie Crawford recently reviewed the book for us and she described it as "A good wee book". She particularly liked how Ruan popped up somewhere new every time.

Jenny is thrilled to announce that the button has now been pushed on the printing of her second book - **The Kilted Coo**. It will be published on August 7th and is a rhyming story about a Highland cow, who loves to chew on lots of tartan things on the farm, including people's hats and scarves.

"In my job, I sell a lot of stuff about Highland cows and they are one of the most recognisable things for people who come to Scotland", said Jenny. "I just had this idea about Drew the coo. Rhyming stories were always my favourites when I was a child".

The opening lines set the scene for the story, which is intended to be read aloud to children between the ages of 3 and 6:

*This is Drew. He's a great big coo
All he does each day is moo and chew
It might seem funny to me and you
But moo and chew is what coos do.*

Full details about Jenny's books can be found on her blog <https://rachelmcgawwriter.wordpress.com/blog/> 

Copies of **The Kilted Coo** will be available at Far From the Madding Crowd, 20 High Street, Linlithgow EH49 7AE.

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Our last edition being our 50th, recent weeks have seen a flurry of black bitch related activity, with local shops displaying posters and celebration balloons in their windows in our honour and a grand photo shoot and party taking place at the Cross and Cross House respectively on 4 June.

The purpose of our shoot was to photograph 50 black bitches; on this occasion defined as 50 people born in Linlithgow, to represent each of the 50 issues published, beside the town's coat of arms – the carving of the Black Bitch on the Cross Well.

To do this we recruited Linlithgow Folk Festival's Snapperinas – Cat Egerton and Martine Stead, who regularly supply photos for the magazine, and the scene was set for what turned out to be a memorable event.

While illness and unanticipated family commitments meant we were three people short on the day, the coat of arms, Liz Johnston's BB tattoo and Bonnie the greyhound, a black bitch of the canine variety who graced our 50th edition cover (see below), ultimately

brought the number to a perfect 50. The age range of those photographed spanned many decades, from four-year-olds Abigail Holmes and Cian Smith to octogenarians Peggy Dowie, Jean Edgar, Isobel Kennedy and Reed Band legend Eddie McKenna.

Later that day, our formal 50th edition celebration, open to everyone involved in writing, producing, delivering and supporting the magazine, took place in the Adam Room in the Cross House. With the sun streaming through the windows we drank prosecco, ate fantastic cake kindly donated by Truly Scrumptious, listened to Stolen Chords, and generally had a great time. The festivities concluded after some very entertaining and informative speeches from our writer Murdoch Kennedy, magazine designer Chris Hamilton, local historian and contributor Bruce Jamieson and our editor David Tait. I think it is safe to say that a good time was had by all.

50TH
ISSUE

BLACK BITCH 50TH EDITION CELEBRATIONS AND THE WAY FORWARD FROM HERE...





FUTURE OF THE MAGAZINE

In his speech at our 50th edition celebration, our editor **David Tait** briefly outlined his vision for the future of the magazine, a vision that he expands on here for the benefit of our readers. This firstly involves some changes at the micro level. We hope to increase our appeal to younger generations and are looking for a volunteer to help with our social media presence as well as always being on the lookout for more volunteer writers and contributors. We are also looking to start working with professional journalists on a number of key issues. But the bigger picture entails overcoming the challenges currently facing local news sources the world over in order to effectively tackle the big issues affecting the town as a local community.

David explains,

“It is undeniable that the internet has had a negative impact on local news sources, replacing some entirely and leaving people seeking a replacement for the local paper that once connected them with power. There’s a feeling that

the internet isn’t really doing that; offering opinions more so than facts and consequently people and government have been drifting apart. This is a very serious problem for small communities especially when people outside those communities are making the decisions. People everywhere are now struggling even to find out what’s going on inside their own local institutions. In our own community there is currently no-one going in to the council chamber to report on what’s going on inside it, what decisions are being taken and why they’re being taken. I want to try to tackle this problem. We must get people in the town thinking about these issues and getting involved rather than leave the decisions entirely to those outwith the community.

Some of these issues are relatively minor, for example making events such as Pedal for Scotland work better for locals (while virtually

everyone is in favour of the event in principle, full road closure and poor communication caused mayhem last year). But there are also bigger challenges, among them achieving a satisfactory outcome for the Victoria Halls and tackling High Street air quality issues, a long standing problem aggravated by rocketing car ownership. And then, what David considers to be the biggest issue of all; the involvement of ‘outsiders’ in the local development plan – a situation that is far from ideal. It is imperative that the magazine finds a way to tackle this issue in particular, without putting people to sleep, for reasons that we hope to make clear in coming issues.”

continued on page 8.

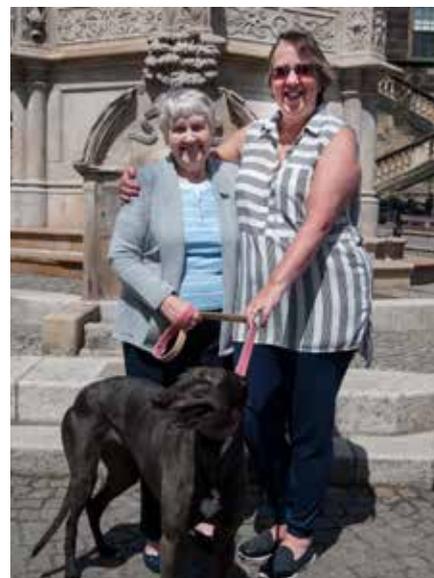


BONNIE THE GREYHOUND.

When our writer **Murdie** was tasked with finding a black bitch of the canine variety for our 50th edition cover he found what we were looking for in nine-year-old **Bonnie**, a former racing greyhound (once 'Bandicoot Bonnie') now enjoying her retirement in Linlithgow Bridge with owners **Trish and Kevin**.

Born and bred in Ireland, Bonnie had some good wins in her racing days with a top speed of around 43 miles per hour. But it was at the **Retired Greyhound Trust kennels** in the Borders that Trish and Kevin first met her. Aware of the sad fate awaiting many dogs like her, they decided to help, and upon hearing that 'nobody wanted the black ones' (or a dog as big as Bonnie - she is bigger even than most male greyhounds, at 32.5 kilos, 31 inches to the shoulder and 32 inches long), they took her home for a trial and immediately fell in love.

It wasn't initially plain sailing when she moved in permanently. Having only ever been in a cage or a kennel, Bonnie couldn't cope with a 2nd floor flat. She didn't even know what stairs were when she first arrived and had to be coaxed up them with cheese. Once in the flat, she would walk into the windows - she didn't know what glass was. And she didn't recognise other dog breeds having only ever been around greyhounds. What's more, she suffered terrible separation anxiety, crying in the first few weeks having never been alone. But progress was eventually made and, according to Trish, Bonnie has become an absolute pleasure. Like most greyhounds she is calm and complacent as the aggression has been bred out of them - they are disqualified if they are aggressive on the track.



But she hasn't lost her love of running. There is a field behind the house where Kenny the farmer lets Bonnie run, something she still does in ever-decreasing circles. She also likes to be driven around and she loves people and playing to an audience. In terms of other leisure activities she enjoys going into the town, round the loch, and to the pet shop on the High Street, where she gets her chocolate mouse. She's also a big fan of the **Bridge Inn** but her favourite place in the world is currently **Pets at Home** where she is looked after and made a fuss of.

While life isn't completely worry free (Bonnie has had a lot of problems with her teeth and according to Trish it's thanks to Stuart McMorrow at the West Port Vets and his team that she is still alive), all in all things seem good for this Black Bitch. And as you can see, Linlithgow has in this case been the perfect place to retire to. Bonnie, at least, would thoroughly recommend it.



THE RETIRED GREYHOUND TRUST has kennels all over the UK.

Vivien Green



THE THIN BLUE LINE IN LINLITHGOW



Constable Andrew Murray and Constable Neill Drummond are Linlithgow's community police officers. They are keen to get involved in local community issues and want to hear your views and opinions - get in touch at: LinlithgowCPT@Scotland.pnn.police.uk

LINLITHGOW COMMUNITY POLICE SURGERY

We have been running surgeries in the town in the town centre management office. They have been really successful and we are planning more - **find out more** on [West Lothian Police's Facebook page](#) or the [Linlithgow Facebook page](#).

OFF ROAD BIKE AND QUAD BIKES

Over the past couple of months we have been dealing with off road bikes and quad bikes being driven on the canal towpaths and nearby bings. **We are pleased to say there has been a marked reduction in the number of calls received regarding off road bikes.**

ANTI-SOCIAL USE OF VEHICLES IN LINLITHGOW AREA

Over recent months, Linlithgow town centre and the Mill Road Industrial Estate, Linlithgow Bridge have been suffering increasing instances of anti-social behaviour involving motor vehicles driven by local 'boy racers'. This has led to increased disruption to the local community through noise and danger from irresponsible driver behaviour. Despite previous articles highlighting this problem our advice has been ignored and as a result enforcement has taken place

Since the start of June a joint initiative has taken place between local community police officers and Road Policing officers and enforcement action was taken:

We are disappointed to report the following figures:

> 8 x ASBO veh warnings
(a 2nd ticket to these offenders will result

in the car being seized)
> 2 x Endorseable FPT Sect 3 RTA 1988 (careless driving)
> 2 x Warnings Sect 3 RTA 1988 (careless driving)
> 1 x VREC for defects x 6
> 1 x Warning Sect 38 C.J.L(S) Act 2010
> 1 x FPT Registration offences
> 1 x FPT Defective tyre (due to modifications)
> 1 x PG9 Prohibition re modifications
> 1 x summons reports re above modifications
> 6 x W Construction and Use offences.
> 1 x arrest on warrant following stop for anti social driving.
> 2 x Further enquiry for insurance cover following vehicle modifications.

It was noted that although the majority of drivers were young males and relatively new drivers, one male was found to have only obtained his substantive licence on May 17 2017.

We would like to thank the public for their support in relation to this issue. Anyone who has concerns regarding anti social driving or use of any motor vehicle contact Police on 101.

Be warned, enforcement will be ongoing!!!!!!

PARKING IN LINLITHGOW

Despite appeals to motorists about inconsiderate parking on the High Street and surrounding street, it still continues to be a blight. Selfish drivers continue to flout the parking restrictions to save themselves walking short distances. **If this continues action will be taken against them.**

FINALLY, A GENTLE REMINDER FOR THOSE ATTENDING THE VARIOUS EVENTS ACROSS SCOTLAND THIS SUMMER.

> Always plan your journey in advance and ensure that you have arranged a way to get home safely.
> Drink sensibly, drinking to excess can put you in a vulnerable position, know your limits and stick to them.

> Watch your drinks; don't leave your drink unattended in a public place, even for a short period of time.

Enjoy yourselves – have a good summer and stay safe

101 NON-EMERGENCY NUMBER

Don't forget, 101 is the new number to contact the police when it's less urgent than 999. For example, call 101 to speak to your local police officer to report a crime that's already happened, such as theft or damage to property, to get crime prevention advice or to make us aware of any policing issues in your area

In an emergency always dial 999 - when a life is in danger, a crime is in progress or a suspect is nearby.

If you want to report something anonymously call Crimestoppers 0800 555 111.



YOUR VIEW COUNTS:

Could I encourage all readers to go to the website shown below and complete a quick survey regarding policing in your community.

You can get more advice on a range of topics on the Police Scotland website.

Alternatively you can email LinlithgowCPT@Scotland.pnn.police.uk or pop into the station and ask to speak to our Community officers, **PC's Murray and Drummond.**

Regards,
Your Local Community Police – Linlithgow
Website: www.scotland.police.uk
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Facebook: www.facebook.com/policescotland

THE ARTS

“TAKE PART IN THE ART”

June Carey, is known for her bold figurative etchings and works in a wide range of media including painting, pastel drawing, printmaking and three dimensions.

from
21
July

Many people, including me, believe in the health benefits of creativity. Being creative can reduce stress and anxiety, increase positive thinking, reduce depressive moods, offer a release from daily life and improve your happiness. Get involved!

So this time I thought I would mention some of the possibilities locally for taking some time out of hectic lives to make your own art. I do like to participate in a variety of classes and over the years have dabbled in textile design, mosaic, stained glass, paper making, miniature painting, lino cutting, willow weaving, silver jewellery making, bookmaking and embroidery! Don't feel that you need to be serious about the subject or plan to do more of it in the future. Just enjoy the “me” time and being with like-minded people.

I'm hoping this article might result in some artists getting in touch to say they offer local classes, or would like to maybe do so in future. Meantime I'll let you know about the ones I'm aware of.

A new venue has recently opened in town - **The Creative Workshop** offers pottery classes, and **Hephzibah** who runs it plans to offer workshops in many other disciplines in future. I was very interested to see that she is offering Wine workshops on Friday evenings too! What a great way of spending a relaxing evening meeting new people and being creative. The first two involved decorating tiles and Hephzibah plans to run them every Friday with different projects each time - I hope to be there soon. Find them at thecreativeworkshop30.com or on Facebook.

I mentioned **Linlithgow Art Collective** last time, and **Peter Scott** who is an art teacher at the Academy, and helps to run this venture is interested in offering more workshops in painting and print. If anyone might be interested in pursuing this they should get in touch with him at info@peterjscottfineart.com.

The Papercraft shop offers classes in card making and scrapbooking and they are venturing out into classes for kids - see their website www.crafting.scot.

Linlithgow Burgh Halls sometimes offers a workshop or two with each new exhibition in the Gallery. The next exhibition starts on 21 July. Scottish artist, **June Carey**, is known for her bold figurative etchings and



works in a wide range of media including painting, pastel drawing, printmaking and three dimensions. **There is a gallery talk on 24 August, which is free but please book on 01506 777666. A reminder also that after school art classes run at the Burgh Halls.**

If acting is more up your street **The Linlithgow Players** are always open to welcoming some new members. They have been commissioned by Historic Environment Scotland to perform their historic re-enactments at Linlithgow Palace at 2:30 and 3:30 each Sunday in August. Potential new members would be very welcome as part of the Queen's retinue, and can either email **Les Fulton** on the.fultons@talktalk.net or contact the Players via their website. Costumes are provided!

So there are some opportunities locally for making your own art or simply relaxing in a creative environment. If you've been on a good course let me know, and if you are an artist who would like to share your skill, let's see if we can get some interest in improving the creative opportunities in town.

What's on in the near future - read on...

Our friends at **New Hopetoun Gardens** run an annual event called “**Art in the Garden**” where local artists are invited to display their works. There is a public vote to choose the favourite pieces, and it's worth a visit to see the varied work produced locally. Even the children would enjoy hunting out all the artworks while you browse the plants. It runs till the end of August.

The Line Gallery has a new exhibition which runs till August 1st. It features the work of printmaker **Rosalind Lawless**, one of the key printmakers at Glasgow Print Studio, and **Lesley Anne Derks** a fine painter and tutor at Forth Valley College.

Far From the Madding Crowd has a

children's event in August but at time of writing the date has to be confirmed. I am intrigued however by the book title - **I Am Not A Pandacow!** Details of this event at www.maddingcrowdlinlithgow.com or sally@maddingcrowdlinlithgow.co.uk, and keep posted to Facebook for updates.

I've been a member of **Linlithgow Film Society** for years and would recommend it if you don't get around to going to the cinema as often as you'd like. The films tend to be ones from a few months ago, but they are a mix of “must see” movies, and quirky foreign films which you might never see anywhere else. It's on a Monday night at the Academy and the beauty is that once you pay your subscription (only £25 per person or £40 per couple last year) you can see all the films during the year, and if you attend regularly you'll see brilliant films that you didn't think you'd like! At the time of writing the website has not been updated with the new session which will start in September, but make a note to have a look over the next few weeks.

Linlithgow Jazz have concerts on **5th August and 2nd September**, the twice monthly music sessions at the **Black Bitch** continue on the first Thursday from 8pm and the third Sunday from 2pm, and **Scotch Hop** runs every Wednesday evening at the Palace until August 9th.

Please do keep in touch so that I know what's going on - patswan@virginmedia.com. I hope you have time to experience some ART this month.

Pat Swan



QUOTE OF THE MONTH

“art is the only way to run away without leaving home”

HARVEST AND HOLIDAYS – THE TRIALS OF A GARDEN

After such a lovely Spring, when all gardeners were delighted to be in their gardens preparing and planting, July is the month we get our results. It's a bit like waiting for exam results but the difference for gardeners is that we discovered our poor results weeks ago, now we are being rewarded with our successes but also the prospects of holidays and gluts from successful crops.



Hopefully neighbours and family may be roped in to water pots, baskets and greenhouse crops whilst you are away on holiday. Their reward can be to harvest produce that

will go over before your return from holiday, but you can be sure that there'll still be gluts of certain crops for you to deal with on your return. **We thought we'd share a few of our standby recipes for the most obvious culprits in your garden.** Ironically we'd also like to remind you that as soon as you return home you should be planning and planting crops to harvest in the Autumn and Winter!

Cream of Courgette Soup

You can never keep up with the production of courgettes and this soup is a lovely different way to eat them – Dougal likes it chilled. Gently fry chopped garlic clove in rapeseed oil till soft, add 1jg chopped courgettes, more oil and a crumbled stock cube and cook for 5 minutes. Add water to cover courgettes, bring to the boil and simmer for 30 minutes. Remove from heat, add 250g Philadelphia light cheese, 1 tsp chopped chives, 1 tsp chopped parsley, black pepper and lemon juice. Blend in processor until smooth. Serve hot or chilled with garnish of chopped parsley and chives.



Tomato Bruschetta

Any type of tomato will do but the plum ones are a bit more fleshy and work very well.

Finely chop tomatoes, losing excessive amounts of juice in sieve. Finely chop 2 or 3 cloves of garlic to every 4 or 5 medium sized tomatoes. Mix in a bowl with 6 chopped basil leaves, 2 tsp chopped Marjoram or Oregano, black pepper, juice of half a lemon and 3 tbs Rapeseed Oil. Spoon onto freshly toasted slice of baguette or ciabatta and enjoy!

Dougal Philip and Lesley Watson

New Hopetoun Gardens



Lettuce Soup

Gently fry a large chopped onion and a large chopped garlic clove in a little rapeseed oil. After 5 minutes add 250g of roughly chopped lettuce, mix around for a few minutes before sprinkling on 1 tsp flour to thicken. Cook for 5 minutes, add 1 litre hot chicken stock and then puree in food processor. Add lemon juice and ground black pepper to season and stir in a teaspoon of low fat Greek Yoghurt per bowl and a sprinkling of croutons.



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BID NEWS IN BRIEF

>> Weeds growing around the Cross, which had been left to proliferate, have now been removed following BID involvement. Work continues to engage landlords of vacant business to resolve similar issues with greenery growing on buildings. Keep Scotland Beautiful has been approached to perform a Street Audit, benchmarking the condition of the town centre in general and identifying areas for improvement.

>> Assistance to businesses adversely affected by the rates revaluation is ongoing: "Collier's International" has emerged as the preferred agent. Following receipt of a full response from the company to a BID member's query, activity will resume.

>> The interactive version of the popular Linlithgow Visitor Guide 2017 is now available on "linlithgow.com".

>> The BID continues to develop proposals for a renewed and upgraded CCTV system, in partnership with West Lothian Council and Police Scotland.

CAFÉBAR SCENE

Recent additions to Linlithgow's thriving café and bar scene have further cemented the Royal Burgh's pre-eminent position in Scotland as **THE town offering a culture that so many visitors and locals alike look for.**

It's all happening over a few hundred yards on the High Street... and to the mix can now be added a new creative arts centre in The Vennel. If it wasn't for the vagaries of the Scottish climate it could all have a Continental feel to it!

No one is more enthusiastic about what Linlithgow has to offer than experienced Bathgate businessman David Stein, who recently opened Cafébar 1807 next to Linlithgow Cross. For several years, he's run the very popular Cafébar 1912 in Bathgate after successfully diversifying the family butcher's business in the town.

"I've really wanted to move into Linlithgow, and grabbed the opportunity when it came up. I'm thrilled to be on the High Street in

the middle of such a thriving scene. There's no doubt it's good for everyone."

He said that in offering "table service only", good food, and a wide range of cocktails, his intention was to give the 1807 a city feel. This was evidenced by the customers who were now inviting friends through from Edinburgh and Glasgow.

David added his support for Linlithgow Town Centre BID's drive to improve the High Street in any way possible - and he should know all about how important that is. He was appointed Chairman of Scotland's first Business Improvement District in Bathgate, and held the post for seven years.

In the next issue the BID update will feature The Creative Workshop in The Vennel, where Zeba Kilbride is holding pottery throwing classes, and several "wine workshops" offering a diverse range of creative arts, including tile decorating and glass painting.

NEW BUSINESS: COFFEE NEUK

Mary McMillan may have put a lot of work and long hours into establishing her first café business, but she is very hesitant about taking much of the credit.

For her, in the words of the famous Sly and the Family Stone hit, "It's a Family Affair". "I simply could not have achieved this without the huge help I've had from my family and extended family."

Mary said her son Ruari was working full-time in The Coffee Neuk, located on Linlithgow Cross next to the Palace entrance, and her husband Rob and his sister Mhairi helped at the weekends.

It's in talking about her extended family, however, that a sadness felt by Mary is evident.

"My father-in-law Bill (McMillan) and his wife Anne, Rob and Mhairi's parents, established The Coffee Neuk in 1972 after converting the old town fire station. It was a great success.

Mary said that Bill had passed away in 2017, leaving the express wish that the business be passed on to the next generation.

"I wish he'd been here to see this today. We have carried out an extensive refurbishment, but retained all of the original fire station features, including the hooks for the fire hoses."

Mary said that all the fare at The Coffee Neuk was home-produced, including the impressive array of cakes at the entrance.

She added, "I owe a huge debt of gratitude to David Durning, the chef at Falkirk Stadium. He has been my mentor. He suggested the dishes for the menu, and has provided us with great backing in the kitchen."



Mary McMillan

NEW BUSINESS: CAFÉ DELIGHTS

A chance purchase 20 years ago in a quirky memorabilia shop in Glasgow provided Sheena Mitchell with a flash of inspiration as she and partner Dick pondered the name of their new café.

The large decorated menu which the couple had used in the ensuing years they ran another café in Linlithgow was always on the wall with a list of dishes chalked on it.

Dick (Gibb) recalled Sheena saying "that's it - we'll call it Café Delights", the name scrolled across the top.

"I'd thought of one or two names, but that just seemed right."

The couple's new venture in the town's High Street in the former Soft Spot café has proved a hit in the few weeks since it opened.

Said Dick, "We've had quite a few visitors in, and we're establishing a reputation with locals. This custom is increasing as word gets round."

"It's all home baking by Sheena, and the scones she makes in here every morning are proving really popular. Customers are specially coming in early to have them when they are still warm."

Dick said that every dish in Café Delights was freshly cooked, including macaroni and cheese and lasagne. Their whole aim was to provide customers with what they wanted, so baked potatoes, paninis and toasties were always on the menu.

Most of their dishes had locally sourced ingredients. Great store was also being placed on serving good coffee, and it came from a long-established specialist supplier in Bo'ness.

Dick added that they hoped to expand their carry-out business, and it was planned to stock an extensive range of Italian ice-cream in the near future.



Sheena & Dick

NEW BUSINESS: LILYPOND

It's the equivalent of shipping coals to Newcastle. Peat from a small Linlithgow gift shop to a variety of Scottish islands with peat bogs, including Skye and Benbecula?

Bizarre-sounding perhaps, but Lilypond Crafts and Gifts, recently opened on the High Street, is struggling to keep up with demand for their peat incense burners, housed in a wee Scottish "but 'n' ben".

Owners, sisters Evelyn Noble and Katrina Young, said that the specially-treated solid peat incense was by far their best seller.

Said Evelyn, "We assume that on-line customers live in modern homes without open fires, and they want the smell of peat, which is so much part of island life. But we are also selling several

each day in the shop."

Lilypond is the only accredited stockist in Linlithgow for Yankee Candles (with special shades and plates available).

The shop also stocks Arran (formerly Arran Aromatics) beauty products, and features an extensive range of ornate reed scent diffusers and high quality oils.

In keeping with Lilypond's "quirky" image, Katrina said a range of "guitar clocks", including the iconic Gibson, was attracting great interest, and they were struggling to keep pace with a demand from various Continental countries.

"But we are also doing all we can to support local artisan craftspeople. Their work includes a range of Harris Tweed bags, and some stunning framed photographs, some of Linlithgow Palace



Evelyn & Katrina

and the Forth Bridge, by a 15 year-old Linlithgow schoolboy Liam Green."

For the dog-loving sisters, however, their life in retail really began in 2007 selling custom-made dog collars, including at shows. Unsurprisingly, Lilypond is selling collars, and a range of other canine (and feline) accessories, with a "made-to-order" service.

MILL ROAD BID CHAIR'S UPDATE



There's been a lot of talk in the news lately about Ransomware, with names like WannaCry, Petya and most recently; GoldenEye, that

have sent shivers down even the spines of business owners, bankers and governments with 'nerves of steel,' fearing for the systems and processes that they've worked hard to build to make their organisations successful.

The good news is that there are steps you can take to protect your business and make your technology more resilient to cyber attack. We have put links to IT Security guides written by government agencies on the Mill Road BID website for you to download, which will help provide protection for your business and its systems.

The BID in partnership with the Scottish Business Resilience Centre (an organisation made up of business security experts, cyber security specialists, ethical hackers and seconded Police officers) are also working to help provide added protection or Business Resilience and Continuity in the event you do face an unexpected situation like cyber attack, a security concern or are the victim of a crime, so you and your team are equipped to deal with the threats that our society is living with on a day to day basis. We'll update you by email when this training is finalised.

We also recently conducted a joint operation with our Community Policing team to deal with the antisocial use of vehicles in the industrial estate using the CCTV system, which was a big success. We will keep monitoring the situation to make sure the BID area is a safe and secure one for the people who work and do business here.

Have a good month,
Nicholas

CCTV The work to install CCTV on the estate has now been completed, and following a successful period of testing, the system is now LIVE! The entrance sign is to be updated and signs will be installed throughout the estate during May.

Trade Waste!

Following a positive response from business on the industrial estate a project is now underway to look at alternative options for the disposal of trade waste, with a view to identifying any cost saving opportunities. Further updates will be provided in due course.

Social Media Support

We are currently in discussion with companies that offer Social Media Support for businesses, with a view to providing a 'Support Package' for businesses. This could be simple training to enable fuller understanding and use of social media or a bespoke package that provides 1-1 training tailored specifically to the needs of an individual business and utilising all social media channels available.

Broadband

We have identified that the broadband connectivity throughout the estate is inadequate for a number of businesses. To help resolve this issue, the BID have agreed to engage an external Broadband

consultant to advise the Board on how best to improve the broadband connectivity and provide a service to suit the needs of all businesses throughout the estate.

Bins

The BID is working with West Lothian Council to embrace their new technology and the opportunities now available to improve the general public waste bins within the estate. The new bins not only permit dog waste bags but also include an improved waste collection service.

New Business Rates

We have now received the requested proposals from two companies that specialise in helping businesses reduce their business rates. These are currently with the Board for review before a decision is made on the best way forward.



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KAISER CHIEFS



PARTY AT THE PALACE BANDS

Party at the Palace is fast-becoming one of Linlithgow's summer highlights. Overlooking the unique and stunning Linlithgow Palace, the festival is becoming more popular over the years. It's definitely a promising weekend out with friends or family. It feels like a homely festival, has a fun atmosphere and is refreshingly child-friendly. With a wide variety of acts performing, there really is something for everyone. Here are some bands and acts that I recommend you must see and hear over the weekend.

SATURDAY

Kaiser Chiefs

If you were alive in the mid-2000s, you will know this indie rock five piece from Leeds. Their live shows are incredibly energetic and very memorable. Ricky Wilson is extraordinarily effervescent, and is always keen to remind his audience that he has a wealth of singing experience. Their tried and most definitely tested formula to alter between single and album tracks

12 AUG

always keeps the crowd from getting bored. The band have endless energy and are a perfect choice for the Saturday night headliner.

Ash

Ash are a 90s pop punk extravaganza formed in Northern Ireland. With well-known tunes like 'Burn Baby Burn' and 'Girl from Mars' they are a joyous visit to the past. They definitely know how to get a crowd going with Tim Wheeler being a very enthusiastic lead man. A go-to if you enjoy jumping round like a madman!

Lightning Seeds

The Lightning Seeds are an alternative rock band from Liverpool. Most famous for their football song 'Three Lions' they're a very laddish band designed to make the crowd bounce along with their beats. The lead singer Ian Broudie is a bright, catchy, energised performer. They promise to deliver a definite fun filled show.

The Noisettes

The Noisettes are a little trio from England lead ably by fiery frontwoman Shingai Shoniwa. Shoniwa has a distinctive performance style, thrashing around like a punk version of a Power Ranger who impressively scissor-kicks

her way through their catchy string of singles. Each song is a little musical gem, special and unique. The Noisette's live shows are guaranteed to be bubbly, bouncy and all-round joyful.

Stevie McCrorie

Stevie McCrorie is a Scottish firefighter turned singer, who previously won the fourth season of The Voice UK. He is known for being chatty and charming and, most importantly, has great stage presence. Since winning The Voice McCrorie has released two albums and also performed at T in the Park.

Lucy Spraggan

Lucy Spraggan is a singer and songwriter who previously went on the television show The X Factor. She performed her own single 'Last Night' which immediately became a worldwide hit. She has since recorded lots of catchy tunes which will be good to dance along to - perhaps with a cold drink in the summer sunshine.

SUNDAY

Amy MacDonald

Amy MacDonald is the well-known Scottish singer and songwriter with a magnificently distinctive commanding voice. She delivers her songs from

13 AUG

THE SUMMER FESTIVAL

AMY MACDONALD

behind a huge acoustic guitar which almost swallows her petite body. She sings each song with sincerity - heart-felt meaning that connects with her audiences. Uplifting and cheery she definitely puts a smile on the audience's faces with her upbeat conversations between songs. With a collection of sing-along tunes she's a must-see for a family-friendly, pleasant show. As Sunday night's headline act she is guaranteed to send the crowd home in high spirits.

Razorlight

Most sane people would have already heard of the English indie rock band, but if you are one of the few who do not know of their music, you have been deprived of hours of happy listening. Razorlight have many bouncy tunes like 'In the Morning' and 'Golden Touch' that you can have good boogie to. Their most popular song 'America' is definitely one to get your phone torch out for! Razorlight's shows are charming and fun - a must-see to dance along to and have some fun with your mates.

Hipsway

There are three words to describe Hipsway: funky, jazzy and cool. This 80s Glaswegian band first made it big back in the days when they released their self-titled debut album and haven't looked back since. All the oldies will be singing along to classic songs like 'The Honey Thief'. Their

great funky vibes and dance all-night songs should attract fans of every generation. They are known for putting lots of energy into their live performances and lead man Grahame Skinner just doesn't stop dancing until the final chord has played.

Dodgy

Dodgy are an English power pop punk trio that rose to notice in the Britpop era of the 1990s. Their music is somewhat simple but very exuberant. Their simplicity is part of their widespread appeal and their catchy riffs will have you singing along in no time. They are easy to enjoy and their live performances, which are laidback and pleasing to the ears, make them very easy to watch too.

BMX Bandits

The BMX Bandits are a Scottish 1960s inspired guitar pop band who have been making music since 1986. They have a mixture of lightweight and upbeat tunes in their catalogue to keep you interested throughout their performance. They share band members with all-girl Scottish powerhouse "Teen Canteen", who are (not so) coincidentally playing at Party at the Palace on Saturday. They definitely make for an entertaining show and are ones to watch for the future - catch them here first!

All in all, Party at the Palace 2017 is promising to deliver a line-up of great shows, great music and great vibes.

Growing larger and larger each year, the festival is a thriving addition to Linlithgow and is appreciated by music lovers from near and far. Tickets for this year are selling out fast. So, if you take a fancy to any of these musical acts, grab your wellies, camping chair and your sun cream (possibly...hopefully!) and get yourself down to Linlithgow's Party at the Palace during the weekend of 12-13 August and be prepared to tap your toes, sway your hips and click your fingers along to an enjoyable line-up of musical entertainment!

Written by local teenager Rosie Crowe who lives in Linlithgow with her mum, dad, sisters and brother.

Sat/Sun
12 & 13
AUG

Rosie Crowe





PARTY AT THE PALACE TOP TIPS 2017

If you are attending Party at The Palace this year PLEASE read the following in order to avoid hassle and disappointment on the day - and to speed folks into the event as quickly as possible.

Following advice from Police Scotland and in line with other music events this summer, Party at The Palace is obliged to pass on the following information.

In light of recent events, there will be an increased security and police presence at this year's Glen's Party at The Palace. All customers and belongings may be subjected to searches. We would ask therefore that you only bring essentials to the event arena with a reminder that no food or drink can be brought into the event. Those caught in possession of any restricted item will have the item confiscated and may be refused entry. In addition we would ask you to consider fellow revellers; more bags mean more searches meaning larger queues. We will operate a fast track queue system for those without bags to enter quicker.

Small camping chairs will still be allowed in, however they will not be allowed to be positioned in the zone directly between the stage and mixing position. There will be an additional large screen and designated area for those who wish to have more space around them while still enjoying the event.

Please do not leave items unattended at any time and if you see anything suspicious, please alert a member of security or police.

Your safety is paramount to the success of Glen's Party at The Palace. We want you to have a great time and we appreciate your cooperation.

With Party at The Palace almost upon us, we've made a few changes to this year's event. Many of the changes were a reflection of the feedback we received from last year as well as some of the obvious changes which had to be made.

>> Queues - we had issues last year with wifi coverage so this year MOST of the tickets are paper tickets rather than print at home. In addition we have 3 entry points rather than one.

>> Loos - we have repositioned the loos this year and added 30% more units so nobody should get caught short.

>> Food - the number of food outlets has almost doubled this year with greater choice than ever before. See the PATP website for full details.

>> Family zone - as well as having many more activities for kids, we also have an area with an additional large screen where families can relax with plenty of space and still enjoy the action.

>> There are 3 performance spaces this year; the main stage, second stage and acoustic tent so try to see round them all as there is some hot local talent playing.

>> There will be increased security at this year's event. Please follow the instructions given by Police Scotland for your safety and security.

Away from the event itself, we were made aware of parking problems on Springfield Road last year. The council will be placing No Waiting cones on part of Springfield Road this year to deal with this issue.





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JAMES PATON, LINLITHGOW MASTER PHOTOGRAPHER



On the lower level of St Michael's Kirkyard, beneath a banking riddled with rabbit burrows, is this headstone.

It records a Linlithgow photographer, James Paton, and his family. In the 1871 Linlithgow census Paton is recorded as a widower, aged 35, living above his studio at 158 High Street. - in a building demolished in the 1960s to make way for The Vennel flats. His wife, Jeanie (Hay) had died just the year before leaving her husband to bring up three young children: Charles (7), Jeanie (5) and Margaret, (2). Both James and his wife had been born in Dunfermline where he set up a photographic business in Nethertown Street in 1866. What took him to Linlithgow is not known but by 1871 he is listed as a Master Photographer selling cartes-de-visite at 5 shillings a dozen. These were small, card-mounted photographs to be handed round relatives, friends and visitors. He also produced cabinet cards which were larger and more expensive.

The photographs were taken in James Paton's studio and covered all family members - young and old:



He photographed babies and children:



business success:



women:



weddings:



and athletic prowess.



Occasionally he ventured out of his studio to photograph groups in a more natural setting. This is a print produced by Paton recording the Linlithgow Station Ambulance Corps:



and here, he ventured down to Blackness to capture Baron Bailie Steedman and his family outside their residence, "Turnhouse"



He appears to have stopped working around the year 1895, dying in 1909, aged 73. The photograph, taken by a friend, shows him in older age.



Each evening starts at 7.30pm, and this year's dates are:

- > Wednesday 12 July
- > Wednesday 19 July
- > Wednesday 26 July
- > Wednesday 2 August
- > Wednesday 9 August



READY TO DANCE... SCOTCH HOP 2017

There is no other event, in Scotland or elsewhere, which combines first class Scottish music with such sociable dancing, in a setting as atmospheric as Linlithgow Palace, around a fountain designed and built in the 16th century.

Rory Davies said *"I was hooked from the first time I came with my young daughters in the early years, and they still enjoy coming along - now with their friends from school and university"*. Rory is now Chairman of Linlithgow Scotch Hop SCIO, the charity committee which organises the annual event, now in its 28th year.

Rory continues; *"Special thanks go to Sheila McCutcheon, who stepped in to be our caller after John Carswell as the face of Scotch Hop"*. The choice of bands, and dances, makes the Scotch Hop experience what visitors keep coming back for. *"We are all most grateful to the small army of volunteers, including the army and air force cadets and their leaders, who turn up and 'do what they're told' on each night - helping serve teas or demonstrating dances and everything else required. Particular thanks go to Nigel Wood and Bryan McAlister who organise all the on-site setup*

each dance night and are also Charity Trustees on the organising committee."

Wed
JULY &
AUG

Everyone works together towards our common goal - of letting people of all ages and nationalities experience how enjoyable dancing can be, as a sociable activity first and foremost. It is really great to see so many locals, regulars and newcomers each year. We can all look forward to the 2017 season with anticipation and pride.

The five-week Scotch Hop season starts on Wednesday 12 July, 7.30pm in the Palace, and every Wednesday until 9 August 2017. Tickets, including tea and shortbread, can be purchased at the door at £8.50 for adults and £6.50 for concessions. Under 12s go free. Season tickets are £26 for adults and £20 for concessions. The Low Port Centre will be used in adverse weather.

Further details from: www.scotchhop.org.uk or www.facebook.com/LinlithgowScotchHop or ScotchHopCommittee@Gmail.com



Sue Anderson



Brief

The project brief sought to create a new 3 bedroom house with ample utility and storage space, of modest size but high quality design. Additionally, the client stated that good thermal performance and low running costs was essential across the full spectrum of seasonal changes. Finally, there was also a request to explore methods by which the internal living spaces and the external social spaces could be fully connected. Naturally, an open plan layout with good visual and physical links was the most commensurate solution to these requirements. A series of new build connecting elements were designed to provide for this, and more contemporary materials were used to provide a strong contrast while retaining harmony with the existing Stables and Coach House. Use of natural light was paramount throughout, with provision outwith the open plan area for smaller, more intimate spaces to be used for sleep and study.

Concept

A series of turning architectural gables take their inspiration from the relationship of the existing buildings and the architectural style of the main villa, situated nearby. The grouping is arranged around a series of courtyards, conceptually defined as 'entrance, heart and back green'. The entrance courtyard allows the existing buildings to command their own setting, whilst the 'heart' courtyard provides a more discreet social space as the new link element transfers to a single storey volume, finally receding into the 'back green'; a quieter, more contemplative and intimate space

Materials

The palette concentrates on the use of high quality materials; ashlar stonework plinth, zinc cladding, aluminium framed glazing,

slated roof and courtyard paving.

Layout

Conceived as an inside-outside dwelling, this project is arranged around a central courtyard with secondary courtyard spaces toward the front and back of the procession. Large glazed sliding doors flank two sides of the main 'heart' courtyard, allowing the living areas to be fully opened to the outside. A cantilevered canopy projection offers shelter when the weather is adverse, and in combination with the other glazed elements effectively manages sun penetration throughout the year, providing ample light with minimal glare. The living room takes on a contemporary gable form echoing the existing stables and coach house, while both the existing buildings and the new living room volume are connected by a single-storey link, allowing all three pavilions to function as a single dwelling. The existing buildings are small and cellular in nature, and therefore lend themselves naturally to becoming the bedroom and study spaces, providing a cosier and more intimate environment.

Solution

Set within the Arnothill and Dollar Park Conservation Area, the design proposal adopts an approach referred to as 'a best practice for building conservation' by the local planning authority. Each of the existing buildings are retained and conserved with a strategy of like-for-like repair implemented, including but not limited to reuse of existing slate, render repairs in traditional wet-dash, replacement matching timber windows and renewal of rainwater goods all in cast iron. The new elements are distinctly modern and of their time, providing a visual contrast which accentuates the conserved elements while not compromising their charm or disguising

their original function. Each pavilion is set away from the next to allow each to retain its own setting and complements the courtyard landscape strategy created by the existing buildings. The new elements are constructed as free facade framed structures, a mixture of steel, timber, glass and stone. This allows large volumes and open plan spaces consistent with contemporary living aspirations, whilst the smaller cellular existing buildings lend themselves easily to more intimate spaces such as bedrooms and a study area with little intervention. Taken as a whole, we hope this creates an interesting chronology of evolution across the site, enhancing the richness of its character and retaining the heart of a small but important piece of history.

Collaborators

Main Contractor: Self Build

Structural Engineers:

David Narro Associates

Structural Associates and Sliding Doors:

Gray and Dick LTD

Zinc Cladding and Roofing:

Matheson Plumbing

Plumbing: John Main

Ground Source Heat Pump and Underfloor

Heating: EcoCoil/Rehau

Timber Cladding: Russwood

Flooring: Burlington Stone / Robert Ferguson

Driveway: Robert Hall Landscaping

Electrics: NB Connect

Painting & Decorating: Michael Fleming

Kitchen: MGM Timber / Colin Doyle

Roof Slate: Greenaway Roofing

Stove Installation: Stewart Wilson

Professional Photographs: Andrew Lee

FAIRWAY TO SUCCESS...

AND A BRAND-NEW TOYOTA AYGO

When Linlithgow Grange Rotary Club teed off the first charity golf tournament in 2004, little did members realise that the club would still be hosting it 13 years, 17 charities and almost £82,000 raised for good causes later.

Charities that benefited from the generosity of participating golfers include well-known names such as **Cancer Research, CHAS, and British Heart Foundation.** Linlithgow Grange Rotary was proud to be associated with the launch of **Prostate Scotland** by dedicating the £6,000 raised to the newly formed charity in 2008. And **Teenage Cancer Trust** used money raised towards a new teenage cancer unit for Edinburgh's Western General. These are just two examples where the club's fundraising has proved worthwhile.

Ask Rotarians about the organisation's greatest achievement and they will probably tell you with pride about Rotary's global campaign, in conjunction with its partners, to eradicate polio by raising funds and vaccinating children in developing countries. The membership has worked tirelessly for more than 30 years to achieve the exciting prospect of ridding the world of this dreadful disease. **Now, from a pandemic of about 1,000 deaths per day in the 1980s, this year so far**

there have been only six. In 2009 the £7,600 raised in the golf tournament was tripled by the Bill and Melinda Gates Foundation, an involvement that continues with Rotary International to this day.

In 2017, money raised will be divided between **Epilepsy Scotland** and **SANDS Lothian**, the stillbirth and neonatal death charity. In Scotland alone, 54,000 people live with epilepsy, children and older people being most at risk of developing this serious neurological condition. Epilepsy Scotland strives to raise awareness of epilepsy, campaign for policy changes, and provide information and support to people with epilepsy, their friends and family. SANDS' primary focus is the loss of babies' lives and the impact of that loss on everyone affected – parents, families and health professionals. SANDS supports anyone affected by the death of a baby, by improving bereavement care received by parents and families, and promoting research into infant mortality.

This year's golf tournament promises to be the best yet for those participating in the charity golf tournament on Monday 28 August at Linlithgow Golf Club, with the chance of winning a brand-new Toyota Aygo by scoring a hole-in-one at the 17th hole (a par three). Of course, there is only one car to be won but it is parked and ready, waiting to be claimed. To add to the fun, there will be our popular prize-winning yellow ball competition, plus other prizes such as for the longest

drive at a par five or nearest the pin prizes at two other par threes.

Overall winners are presented with the Magdalene Cup for the year, winners' medals, and a voucher for the golf professional's shop. Teams coming second and third also win vouchers.

The cost of entering is £125 per team of four (including a meal) plus an additional £5 per person if you want to enter the hole-in-one car competition. There are still some tee-off slots available in the morning and afternoon. Even if you don't play golf, you can still help Linlithgow Grange Rotary raise funds for the two worthy charities. You can sponsor a tee or a green at £55 each or both for £100, and we also welcome prizes for the charity raffle.

Contact the organiser:

Douglas Robertson, at [drobertson1948@outlook.com](mailto:d Robertson1948@outlook.com) for more details or call his mobile, 07855 779480.

Gordon Young

For more information email: gordon.young538@gmail.com
mobile: 07706 632300

www.linlithgowcommunitymagazine.co.uk



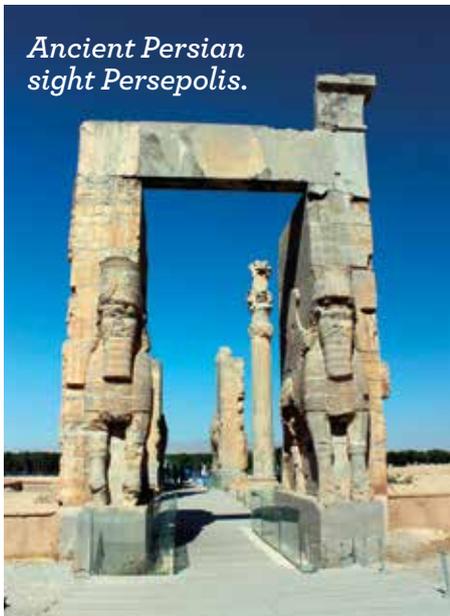
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WIN
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WIN



Rotary
Club of Linlithgow Grange





Ancient Persian sight Persepolis.



The finest Islamic architecture in the world – Naqsh-e Jahan Square in Isfahan

‘Thank you for choosing to visit my country’

Iran must be one of the most unfairly misjudged and misunderstood countries in the world. For a start, it is needlessly and overly politicised. The United Kingdom is happy to persist with diplomatic relations with the, to say the very least, questionable Saudi Arabian regime. Simultaneously, the country across the (Persian) Gulf is decried as a hotbed of extremism, dominated by scary clerics wanting to take over the world with an aggressive nuclear expansion programme. One could say that double standards are at work, but, alas, in some cases at least, many still fail to separate politics from people.

I went to Iran in June this year, following a great deal of curiosity and some questions regarding my sanity. I must admit to also being motivated by a desire to go somewhere that few others I knew had visited! Following my arrival, any remaining doubts I had were swept away. While the country’s religious theocracy might not be to the taste of every outside observer, religion is hardly top of most Iranians’ agendas. They must be some of the most reluctant Muslims in the world. Indeed, the first Iranians I met were a couple at Istanbul Ataturk Airport who were liberally swigging from a bottle of Jagermeister! Although alcohol is officially banned by the Islamic Republic, I quickly

learned that many locals find ways around the ban...

Iranians must also be some of the friendliest people in the world. They are genuinely pleased to meet westerners and I was often stopped to be asked what life was like in Britain and, most importantly, what I thought of Iran. Is it dangerous? Well, the driving is certainly not the safest, but the only people you are likely to be ‘kidnapped’ by are families so friendly that they invite you home for tea and leave you unwilling to go!

So what did I think of Iran? I found it a genuinely intriguing country and one of great contrasts. Within its area can be found desert, but also lush forests and vast mountain ranges. The commercialisation of Kish Island rivals that of the United Arab Emirates, but there is nothing in the latter to match the grandeur of ancient Persian sights such as Persepolis.

Iran’s past has perhaps been mired in controversy and bloodshed but it also has a plethora of poetry, a once-great empire and some of the finest Islamic architecture in the world – my first sight of Naqsh-e Jahan Square

in Isfahan is one that I will never forget – it really has to be seen to be believed. **And the endearing words of one Iranian man to me – ‘thank you for choosing to visit my country’ – will surely also linger long in my memory.** It is a great shame that those who control the levers of power in Iran don’t do more to open this vast country to tourists. They can be sure of warm hospitality, good weather and many impressive sights to visit.

Calum Smith

Calum Smith is a recent Heriot-Watt University graduate in Planning and Property Development and was brought up in Linlithgow, attending Low Port Primary School and Linlithgow Academy. He’s a keen traveller, having visited destinations as far afield as Morocco and Russia. As well as travel, he enjoys photography.



Help Protect our Peatlands

Sun
23
JUL

Have you seen the Transition Linlithgow bed at the Vennel with its frogs, dragonfly and Golden Plover?

www.linlithgowcommunitymagazine.co.uk



The bed this year is all about protecting our precious peatlands. Peatlands are so important for so many reasons. They form 20% of Scotland's landmass. There are the great bogs of the North and West but many people don't realise that West Lothian has several such as at Tailend Moss near Bathgate (see photo) and Longridge Moss. They are formed from the growth of plants such as Sphagnum mosses which favour waterlogged and acid places. When they die they don't rot away but sink into the water to form peat. Peat accumulates very slowly, taking 1000 years to lay down one metre. Bogs can be many metres deep and if excavated will not regrow in our lifetime.

Peatlands are important for carbon capture, especially with global warming. Peatlands absorb rainfall, help to reduce flooding and keep water pure. They also provide special habitats for wildlife - plants, birds and insects. **But 80% of Scotland's peatland has been damaged by drainage for agriculture, by forestry plantations, and the extraction of peat for horticulture and also burning.** This damage causes the peat to dry out, to erode and break down to release carbon dioxide back into the environment. This contributes to climate change. The invasion of trees and people using peat for garden compost also destroys the rich diversity of wildlife.

So what can be done? Restoration is being carried out with support from the Scottish Government, involving landowners, industry and conservation organisations. On many nature reserves, rigid sheets are driven into the peat to hold back the water and so prevent drying out. Gardeners can help by using alternatives to peat-based composts. **Linlithgow's DIY and local garden centres** all stock good quality peat-free composts which produce excellent results. Or why not get involved and support wildlife conservation

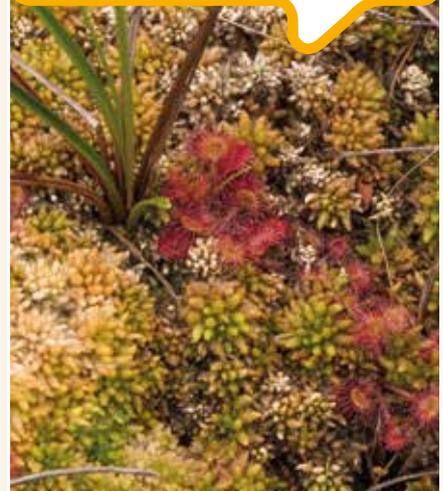


organisations such as the Scottish Wildlife Trust. www.scottishwildlifetrust.org.uk

This bed has been supported by the Lothians' Group of the Scottish Wildlife Trust; while planning, planting and maintaining is being done by volunteers from Transition Linlithgow and Burgh Beautiful to whom many thanks are given. Our design with plants, grasses, knitting and sculptures has had to represent a peat-bog, since we could hardly dig up and damage the very habitat we seek to protect. We hope the heathery clumps, sedges and grasses help to encourage folk to respect the importance of peatlands and enjoy visiting the real thing.

There is lots you can do: buy peat-free compost or make your own and save on buying; support Scottish Wildlife Trust, visit local reserves, come to the Vennel bed on Sunday 23 July and learn more about the importance of bogs or join Transition Linlithgow or Burgh Beautiful. We are always looking for more volunteers. See us on Facebook or www.lbt.scot/burgh-beautiful and transitionlinlithgow.org.uk

International Bog Day will be held on Sunday 23 July when there will be **Question and Answer sessions by the Vennel bed at 11 and 12 am and again at 2 and 3pm.** **Come and see what else is going on that day.**



Averil Stewart
Photographs by Gavin Stewart

It's not often that one person's problem turns out to be another's solution – and vice versa. But there is a case of this kind of happy co-incidence in the world of financial planning. All the UK's political parties are concerned for the younger generation and their capacity to save for their future. Younger people often struggle to save for a house deposit, never mind a pension or long-term savings.

Equally, many parents and grandparents have significant wealth through booming property prices and Defined Benefit pensions providing income in excess of their expenditure.

With the younger generation struggling to save adequately while their parents and grandparents often have assets above inheritance tax thresholds and a surplus income, what is an effective method of helping both parties?

PAYING FOR A LOVED ONE'S PENSION

Many inheritance tax (IHT) planning strategies involve making 'gifts' or transferring investments and assets to trusts or individuals, the purpose of which is to reduce the value of the estate after seven years from the date of the transfer.

A trust can be useful to control the destination and who can benefit from the assets transferred. Trusts are often lower cost than clients think and do not have to be complicated. However, today I'm discussing another, very simple and effective option.

This option is to use the pension tax relief system to benefit others through third party contributions.

It is a common misunderstanding that the contribution paid for by parents or grandparents to children or grandchildren is limited to the £3,600 gross per annum figure. However, what if the recipient is at work and earning £30,000 per year? Under the pension tax system, 100% of earnings (in this case then £30,000) is eligible for tax relief.

THE BENEFITS:

- > Passing your surplus income to your beneficiaries can be immediately exempt from IHT ('normal expenditure out of income exemption')
- > Increase the gift by 25% as the recipient benefits from basic rate tax relief (20% grossed up)
- > If the recipient is a higher rate tax payer then they may also receive a reduced HMRC tax bill and may even also receive back benefits such as their Child Benefit (those earning over £50,000)
- > The investment grows free of capital gains and income tax
- > The children/grandchildren can benefit from long term savings at a time when they may be struggling to save for themselves.
- > The recipient usually has no access to the gift until he/she attains normal minimum pension age which is currently 55 and increasing to 57 within a few years,
- > Should the recipient die before age 75, tax-free death benefits (including lump sum) may be payable for their own beneficiaries

For the recipient, the tax relief will apply as if the contribution was made personally by the recipient and therefore the tax breaks are received at their own marginal tax rate (20%, 40%, 45% tax relief) – see below.

The savings for the person gifting the money can potentially be immediately exempt from inheritance tax if the funds come from regular surplus income. Alternatively, they could be classed as Potentially Exempt Transfers or Chargeable Lifetime Transfers depending how the transfer of wealth is conducted.

The Parent	Gifts £240 per month (£2,880 p.a.)	IHT Relief at 40% = £1,152 per annum		£2,880 gift and IHT saved of £1,152
The Child	20% taxpayer	40% taxpayer	45% taxpayer	
Tax relief at source (20%)	+£720	+£720	+£720	£3,600 pension value
Increased Income (tax return)	£0	+£720	+£900	
Family Benefit	+65%	+90%	+96.25%	
1 gift = 3 benefits	IHT planning	Income Tax Reduction	Retirement Savings	

WORKED EXAMPLES

One-off contributions Both one-off gifts and regular payments can benefit the entire family. The same principles and potential benefits would apply to larger gift, but death within seven years of the gift may reduce or negate the IHT benefits.

EXCESS INCOME SAVED WITHIN THE ESTATE

Surplus income per annum	£12,000
Value (if invested) after 10 years*	£149,836
* 4% return net of charges, paid monthly in advance (example only)	
IHT payable on death is 40% (where no Nil Rate Band available)	£59,934
Net Figure left for the beneficiaries	£89,901 (note this is less than the amount saved even ignoring investment return)



SAVE THE SAME BUT USE A PENSION CONTRIBUTION FOR YOUR BENEFICIARY

The 'child's' position	Basic rate tax payer	Higher rate taxpayer	Additional rate taxpayer
Accumulated pension fund	£187,295	£187,295	£187,295
Extra "income" each year for beneficiary through additional tax relief	£0	£3,000	£3,750

So:

- > IHT saved for 'the parent' would be £59,934 assuming 40% IHT rate,
- > accumulated value is greater due to the relief at source reclaimed by the pension provider,
- > those recipients with exposure to tax at greater than basic rate tax will see a further 'gift' from HMRC.

This is a simple method of achieving a more effective use of surplus income, reducing inheritance tax by supporting the younger generation and helping the younger generation support themselves in future. Equally, the drawbacks to pension planning

like this are of course the access restrictions until age 55 or older under the current pension plans. In some cases, I've met with clients who like the lack of access and removal of temptation to spend!

This article is for information purposes only and does not constitute any form of advice or recommendation. It should not be relied upon to make or defer any decision. You should seek professional advice before entering into any arrangement.

Tax relief, and the basis therein, is subject to your own personal circumstances are subject to change. Investment and the income from the can fall as well as rise, you are not guaranteed to make a profit.



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ELIZABETH STUART, QUEEN OF BOHEMIA



For years the daughter of King James VI (and the granddaughter of Mary, Queen of Scots) was wrongly recorded on her Kirkgate plaque as Electress Hanover. The recent restoration of the 'Order of Succession' signs meant that there was an opportunity to correct the mistake and give Elizabeth her correct title of Electress Palatinate. Unfortunately, on being re-suspended on the churchyard wall, she has been given the dishonour of being hung squint!

She may not have been a Black Bitch, as was previously thought, (she was born in Falkland Palace) but Elizabeth Stuart, daughter of King James VI, spent her formative years in Linlithgow. She was resident in the Palace under

the guardianship of Alexander, Lord Livingston and his wife, Eleanor. To repay him for this duty of care, the monarch bestowed on Lord Livingston the title of Earl of Linlithgow.

Elizabeth stayed in the burgh for the first six years of her life until she travelled with her father and mother (Anne of Denmark) to London when her father was appointed King James I of England. At the age of sixteen she was married off to Frederick, Prince of the Palatinate, and lived with him in Heidelberg Castle where she supervised the construction of a new wing - modelled on the Renaissance architecture of Linlithgow Palace. In 1619 her husband was offered the throne of Bohemia and she travelled with him as Queen to rule from Prague Castle. Unfortunately her reign did not last long as a Roman Catholic army

deposed her and her husband. This short period of rule (from November 1619 to January 1621) gave Elizabeth the title of 'The Winter Queen.' She lived most of her life thereafter in The Hague, giving birth to nine children. One of them, Sophie, married the Elector of Hanover and their son became King George Ist of Great Britain.

Because of Elizabeth, the throne of the United Kingdom continued in a direct line from the Stewart/Stuart monarchs of Scotland. She deserves better than to be crookedly commemorated.

Bruce Jamieson



BUTTERFLY AND BEE GARDEN FOR ALL TO ENJOY

Here you will find my story of how a group of mums- friends and neighbours - came together to transform a neglected and unloved space in our street into a Butterfly and Bee garden for all to enjoy.

Last summer, on my daily journey of dropping my children at school and nursery, I began to become increasingly aware of the large overgrown flower bed at the top of Dovecot Park where I live. For as long as I've known it's been full of overgrown heather bushes, weeds and litter. I thought that it was such a waste that such a large and prominent bed, passed each day by so many people, wasn't being used to its full potential. I had a vision that if I could get a group of people together to clear the bed, we could turn it into something beautiful. Over the summer holidays, I sent a message out on my personal Facebook page inviting people to come and help. I gave a date and time and asked people to come along with gloves, shovels etc. Several neighbours turned up and together, with the help of all our children, we got stuck into the mammoth task of removing all the heather. The children loved being involved. They found snails, dug weeds out and helped fill about 10 brown wheelie bins. It was great fun but hard work, particularly as I had a four month old baby in tow.

Once we cleared the bed completely, I got in touch with Burgh Beautiful to ask for their help and advice and I joined as a member

and volunteer. Although I love gardening, I was completely new to creating a 'garden' from scratch. I was put in touch with Averil Stewart who invited me round to her amazing garden. We spent time discussing what my vision was for the space. I wanted to use mainly perennials as I needed the bed to be as low maintenance as possible. I wanted it to be filled with plants that would attract butterflies and bees. I like a 'wild' garden with plants such as Lupins, Daisies, Thistles, Lavender and Buddleia. Together, Averil and I dug up a large selection of suitable plants from her garden and I took them back and planted them into the space. This was in August/September and while they provided some ground cover I knew it would be the following year before I was able to see them take hold in the new space. The only plants I bought myself were a Buddleia and a Lupin, the rest were taken from Averil's garden. Given how expensive plants can be in garden centres, it goes to show how little you need to spend if you can split plants or take cuttings.

The bed was left over autumn and winter with minimal attention. This Spring a beautiful carpet of yellow tulips appeared that we never were able to admire before as they had been previously hidden beneath the heather.

Almost a year on and it is clear to see that the plants which were put in last year are thriving. A few weeks ago Burgh Beautiful delivered bedding plants including Cosmos

and Ageratum and Begonia Rose which were planted by myself and my friend and neighbour Steph. Once again we got the children involved and let them help with some weeding and planting. The bed has really begun to take shape and people will often stop and say 'well done', 'thank you' or tell you that you're doing a great job. The positive feedback that I've personally received has been really uplifting and I'm glad that people are noticing the difference.

This small scale project has been so rewarding on a number of levels. It has brought neighbours together; it has given the children in the street something fun to work together on and has created a much more attractive space for people to admire.

I am so proud of how much we have achieved. I couldn't have done it without the help of Burgh Beautiful and the 'Dovecot gang' and a special thank you goes to Steph Meakin, Averil Stewart, Jean Aitken and John Henderson.

I would encourage anyone who has a similar space that they feel they can transform to 'go for it!!!!' You might just surprise yourself and have a lot of fun along the way.

Kirsten Lamb

PENSIONS AND THE YOUNGER GENERATION

Susan Ralston, Virtue Money

If you are in your late 40's to 50's there is a good chance that you have worked for a Company that operated a Defined Benefit Scheme sometimes also known as a Final Salary Scheme.

Defined pension schemes pay their members a secure income for life which increases each year.

The pension income, if you are lucky to be a member of one of these types of schemes, is normally based on your **pensionable service** (the number of years you've been a member of the scheme), **pensionable earnings** (this may be your salary at retirement or an average over a set number of years) and the **Accrual Rate** (the proportion of your earnings you'll get as a pension for each year in the scheme (commonly 1/60th or 1/80th)).

Unfortunately, as these schemes are incredibly expensive to administer they are being phased out by employers in favour of Defined Contribution Schemes.

Defined Contribution pension work by building up a pension pot using your contributions and your employers (if applicable) plus the investment returns and tax relief.

If you are a member of a scheme through your workplace, then your employer usually deducts your contribution from your salary before it is taxed.

For our children and grandchildren this is the type of scheme that they will likely be enrolled in when they begin their working lives.

According to a recent Daily Express article sponsored by Key Retirement, 7 in 10 younger workers will experience a shortfall in their expected pension income because they are not saving enough.

Those around 30 years of age typically said they thought they'd need an income of around £23,000 for a comfortable retirement - this was based on a survey of 5,300 people.

However, when they looked at what would be the expected retirement income based on the amounts that people in this age bracket were saving it showed that they would be short by about £8,000 as the yearly income would typically be £15,000.

The report advised that if a 25-year-old wanted to achieve retirement income of £23,000 a year then they would have to look to start saving almost £300 each month into their pension.

As the younger generation may be struggling to save for their retirement due to Student Debts they may be paying back, and saving for and buying their first home this is clearly a problem that has to be addressed.

Perhaps for this generation the help that we can offer with regards their pension is minimal with them perhaps looking toward money they'll receive from their grandparents and/or parent's estate to fund their retirement.

We can however help their children and although it seems like a strange idea to arrange a pension for someone who still might be in nappies the argument

is compelling. Parents or other family members can invest in a self-invested personal pension (SIPP) for a child, up to a maximum of £3,600 each year.

Thanks to the tax breaks that come with saving in a pension, this means investing £2,880 annually - or £240 each month - with the balance being automatically reclaimed from the HM Revenues and Customs.

The benefit of compound growth over the long term is key so the sooner you start saving the better.

There is no minimum age for a junior SIPP so it can be started the day that the child is born. The pension fund is outside the estate for inheritance tax purposes so this could become a valuable exercise if you need to reduce your estate.

For the here and now everyday emergencies or situations that our children find themselves in, the Bank of Mum and Dad or increasingly Gran and Grandad never seems to close, charges an incredibly favourable interest rate and rarely call a debt in. Saving for your child's or grandchild's pension whilst their retirement is a lifetime away may turn out to be one of the best investments you ever make for them.



At Virtue Money, we run regular Pre-Retirement Seminars which are aimed towards people with between 5-10 years until retirement. We have speakers that cover a variety of topics, tax, legal matters, health and wellbeing and of course pensions. The seminars run from 9am to 1.15pm and we have tea, coffee and (yummy) pastries before we begin and a buffet lunch afterward.

The people that have already attended have all been incredibly positive and one lady recently commented on how refreshing it was to be in a room with people who were at the same life stage as her.

Our next seminar is being held in our office in the Oracle Building in Linlithgow on Wednesday the 6th of September 2017. If you would like to attend then you can book your place being either giving me a quick call on 0345 034 3424 or emailing me at susan@virtuemoney.com.

The seminar is free of charge so you have nothing to lose and hopefully a whole lot of thought provoking information to gain.

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BOOK REVIEW I AM PILGRIM TERRY HAYES

I am Pilgrim is a novel of epic proportions. It begins with the gruesome murder of a young woman in a dilapidated Manhattan hotel room that has the NYPD perplexed. It is a perfect textbook crime as there are no traces of the perpetrator and no apparent motive – a senseless act in a city with a population of millions. Hayes writes with succinct detail, assurance and clarity: the opening chapters of this novel are definitely not for the faint-hearted.

When Bill Bradley, the homicide lieutenant who is in charge of the investigation, realises what he is facing he calls upon the one person he knows that could shed light on this perplexing attack. That is, he enlists the services of an ex-special agent who is shrouded in mystery and coincidentally the author of a comprehensive book on investigative techniques surrounding the perfect murder. He is the Pilgrim alluded to in the title.

What follows is a skilfully-written, first-person narrative of the highest quality as we learn more about this special agent and all

his former lives and aliases. We quickly come to realise that this is not merely a one-dimensional novel about a killer on the loose in New York City. Hayes transcends time-zones and periods in history to weave the many threads of humanity and motivations which provide the motivations to this novel. He is an expert story-teller as he cleverly draws the reader into "the secret world" of spies and subterfuge and creates a fitting tribute to those who are working anonymously to protect the lives of ordinary citizens. From New York we are transported to Saudi Arabia, Russia, Germany, Belgium and France – to name but a few of the countries that are part of this far-flung international web. For anyone who has ever wondered what it must be like to work in the highest levels of national security – to know the personal and human sacrifices that must be made – this book can provide somewhat of an insight.

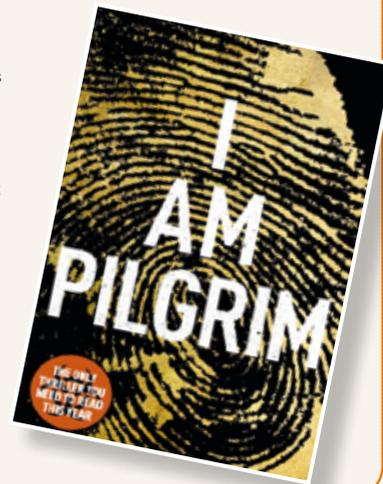
For any James Bond, Jason Borne or Sherlock Holmes-type character there, of course, must be a worthy opponent. Hayes does not disappoint with the shadowy figure of Saracen: always elusive, highly intelligent and perfectly

rational to himself and his allies within the insanity of his actions. He is always calm and composed within the "perfect storm" that he is creating. His pseudonym itself means 'nomad' or 'wanderer' and this alone is a fitting description of this "ghost". The reader grows to understand through Hayes writings how a monster such as Saracen has developed and occasionally we feel pity for this broken and damaged person. No mean feat once you have gained an insight into some of his methods – this is truly a villain who will stop at nothing to achieve his life's mission.

I am Pilgrim is a novel which has captured the current political climate and technological advancements perfectly. The interweaving storylines are all perfectly plausible and the threat to the modern world all too real. I am Pilgrim has authenticity and pace – once it has gathered momentum it is difficult to put down. Hayes delivers a novel which is original and superbly plotted. He is considerate to his readers to the very end of the novel – every thread is gently pulled and followed through until its conclusion. We are not left to wonder about the fate of

any of the characters yet it is the content of the novel which lingers in the minds of readers. It will leave you wondering and debating about the future of mankind long after you have closed the final thrilling page. A definite must read novel for fans of suspense thriller fiction.

Lisa Nettleton
Lisa is a teacher who lives in Linlithgow and enjoys reading on her daily rail commute into Edinburgh.



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LINLITHGOW ACADEMY ART



One of the perks of being the Black Bitch “arts correspondent” is receiving invites to local events from some of the contacts I’ve made when writing my first two articles. I look forward to making further contacts and receiving more invitations to experience our local art. Please get in touch.

In May I was invited to attend the Linlithgow Academy Advanced Higher Art and Design exhibition and prize giving, and was amazed at the quality of the work. There was a definite focus on portraiture and each student had such a different style. Some photos are attached. I encourage you to

make an effort to attend next year.

I met **Ellen Kynoch** who this year won the Linlithgow Dyers’ Cloth Trophy gifted annually by The Fraternity of Dyers in Linlithgow for excellence in Design.

She is set for big things given her success to date. In 4th year she was awarded third place with an expressive piece in the Friends of the RSA schools art competition. In S5 she won a competition with a specialist arts and crafts magazine to have one of her jewellery designs on the front cover.

However the icing on the cake is that she has been accepted by all four Art Schools in Scotland - a pretty impressive achievement, as many school students find they need to get more experience after school before being accepted to

even one Art School! Peter Scott, one of the Art teachers said

“Ellen has been one of the most dedicated, pleasant and friendly students we could ask for. She has been an asset to the department and we wish her every success in the future.”

She is planning to study Jewellery Design at University and having seen her Advanced Higher Art designs I think she will have great success. See her designs above. Good luck Ellen.



Pat Swan

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In his regular column for the Black Bitch, Stuart from the Westport Veterinary Clinic tells us about some of his regular customers. This month it is Harvey, a seven-year-old Parsons Jack Russell Terrier.

Hello
I'm Harvey

Favourite Toy: Harvey loves soft toys (pulling the stuffing out of them!) and his favourite soft toy is Teddy - which resides at Grandma and Grandpa's house. Teddy is the only soft toy he's not destroyed, and he'll often be found sitting cuddling it. However, his favourite toy is a football (actually a basketball so he can't get his teeth into it!) and at the mention of the word football he's a puppy again!

Favourite Walk: You will encounter Harvey most days at Beecraigs, but his favourite walks are on a beach, with sand between his paws. Harvey also enjoys a Sunday stroll round Kingsfield Golf Course while his human enjoys a round of golf.

Naughtiest Habits: Harvey is a mild mannered dog - EXCEPT when something enters his garden. Be it a bird, friend or window cleaner, he will bark.

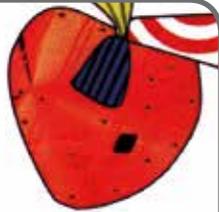
At this time of year we see a rise in the number of pets being brought to us with skin complaints. 'Summer itch' pollen, both tree and grass, are the main reason and can cause serious skin irritations especially around feet, base of the tail and ears. If your dog shows any signs of itching it is important to seek help from your vet as early as possible as this will not only reduce the need for too much medication, but also prevent your pet being locked into a itch scratch cycle. Treatment can be a combination of medicated shampoos, anti-inflammatory steroidal and non-steroidal medication all depending on the individual.

If you have any questions about your pet please contact Westport Vets on 01506 844165.



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