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ESTD. 2011

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ISSUE NO. 93
OCT 2022

'ELF' THE MUSICAL

A PERFORMANCE BY LAMP
(LINLITHGOW AMATEUR
MUSICAL PRODUCTIONS). P10



A GLIMPSE BEHIND THE SCENES AT REHEARSALS...



ASPIRE LINLITHGOW
NEWS UPDATE P17

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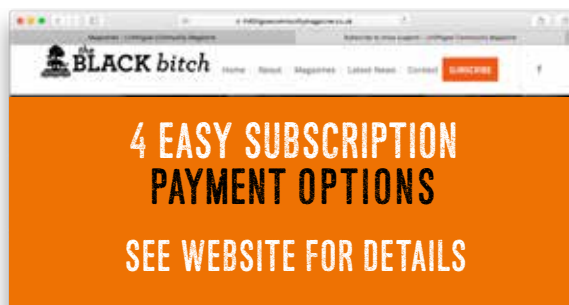
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**DAVID TAIT,
EDITOR**

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MAGAZINE**



In this issue, with all evidence pointing towards one of the hardest winters in living memory especially for those at the lower end of the income scale or those wholly dependent on fixed income we carry news of several initiatives set up in the town to help alleviate the almost inevitable hardship.

With energy costs at seemingly impossible levels and basic food prices putting "normal" purchases out of the reach of many, several sources of local support and advice explain on pages 12 to 14 what they can do to assist those in need:

Linlithgow Community Development Trust - in this article the LCDT is focussing on Energy -Becoming Energy Savvy - discussing ways to keep warm without waste, which of your devices are energy hungry and where to get advice on energy matters.

Community Connections is a new public service based in The Partnership Centre offering support on a wide range of Health & Care issues with an easy access drop-in service running every Thursday afternoon between 1.00 and 4.00pm. No appointment required.

Impressed Home Care is a private enterprise business set up to reach those people who need some day-to-day assistance with ordinary tasks to make it possible for them to continue to live in their own homes.

The New Well is a charitable organisation providing help for those going through a difficult phase - available assistance includes a

Counselling service, a Job Club and "Chatty Tables" for anyone, perhaps new to the town, looking to make "connections".

Altogether a comprehensive group of services offering support in the heart of the community in very testing times.

On a lighter note, after varying periods of Covid enforced absence we see the return of a number of popular local events. The past weeks have seen **Linlithgow Folk Festival** enjoying successful performances at various venues in the town, **Party at the Palace** returned with record attendances and on Sunday 25th September upwards of a 1,000 runners took part in the **Linlithgow 10k** in and around the centre of the Royal Burgh.

Looking to upcoming performance events **LAMP** (Linlithgow Amateur Musical Productions) gives us a glimpse behind the scenes at rehearsals for their performance of Elf the Musical from 11-15 October in the Academy Theatre.

Linlithgow Players are also delighted to be back on stage with "Shakespeare In Hollywood" revisiting the "glitz and pizzazz" of 1930's Hollywood. The Burgh Halls will be the venue with performances on 11 and 12 November.

One Linlithgow Business Improvement District is preparing for the Christmas period with Fiver Fest encouraging shoppers to visit High Street businesses in October and the Artisan Market running at the Vennel on the first Saturday of each month. In this issue also promoted are two businesses which have recently opened in premises

on the High Street - Ako Barbers and Kumon - and notice of a new manager in post at Tesco.

The next steps for **Aspire Linlithgow**, St Michael's Parish Church's major funding campaign to transform Cross House into a community hub and carry out necessary repairs to the Crown of Thorns are set out on Page 17. The ambitious target for the project is set at £4m and plans to raise major funding support, as well as a significant proportion from local fund raising efforts, are well in hand.

Finally, magazine subscriptions continue to provide invaluable support to the magazine and are greatly appreciated. When combined with advertising revenue and the voluntary input of our many volunteers they enable us to include a greater number of articles on events and activities across the community.

We are of course going through a period of unusually severe uncertainty, but if you are not already a subscriber and are in a position to consider making a subscription please log on to our website at www.linlithgowcommunitymagazine.co.uk to see the various options for supporting the magazine in its efforts to keep the community informed.



>>> For details and events visit **what's on** www.mylinlithgow.com <<<



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SUPPORT THROUGH SPONSORSHIP BURGH BEAUTIFUL

While Burgh Beautiful Linlithgow volunteers work all year round to keep the town blooming, it is the financial support of sponsors which makes all of that work possible.

Convenor Ron Smith said: *“Sponsorship of our floral displays is absolutely vital so that we can buy all the plants, compost and fertiliser needed to nurture our hanging baskets, planters and flower beds, not to mention meeting the costs of installation or removal of baskets, watering and grass cutting around the beds.*

“We are incredibly grateful to those who have supported our work over the years, and we’d love to hear from anyone who might like to join us as a sponsor.”

Here, a few existing sponsors share their stories of what it means to them to do their part for this vital community group.

Sally McMath Sally’s family sponsor the flowerbed in Learmonth Gardens in memory of her parents Mel and Judy Gray.

Her mum took out sponsorship when her dad passed away in 2006. Sally and her sisters Kirsty and Judith have continued the sponsorship since losing their mum in 2017.

Sally said: *“Our family has a long association with Linlithgow, going back about 100 years. My mother was a Black Bitch.*

“My grandmothers were social friends and dad’s mum looked after evacuees at Clarendon House – which is what brought him to the town when he was 19.

“My parents were married in St Michael’s Church and lived out the rest of their lives in Royal Terrace.

“My father was a town councillor, JP and a member of the Round Table. But he’s probably best known for being a founder of the Linlithgow Union Canal Society. He was also the kind of character you couldn’t miss – being 6ft 6in tall and walking around in his kilt.

George and Anne Wilson George and Anne have lived on Springfield Road since 1976. They have two children and four grandchildren, and are now retired.

George is perhaps best known as one of the town’s two Halberdiers - guarding the Provost’s party at civil gatherings. He retired after the last Marches, having given 16 years’ service.

He said: *“My earliest memories are as a two-year-old in my Mum and Dad’s shop - The Wee Shop at the West Port. I missed out on being a Black Bitch as my parents temporarily moved to Bathgate where I was born - sore one that! But I am proud to trace my family tree back to 1722 in Linlithgow.*

“We find it uplifting to see the work done by Burgh Beautiful and we sponsor the hanging baskets outside the Aran Café at The Cross.

“We were only too pleased to show our support and early in 2019 decided to start the sponsorship.

“Both Anne and I love Linlithgow, its history and culture. We love the vibrant community and the many active groups and clubs within the town.”

Nuala and Jim Lonie Nuala and Jim have lived in Linlithgow for 32 years, having moved from Edinburgh in search of somewhere quieter.

Nuala worked as a planner, Jim as a civil servant, but they are both now retired. They live in Canal House, at the Canal Basin off Manse Road.

Nuala said *“We sponsor a pair of hanging baskets on Blackness Road a little past St Michael’s RC church. We joined the sponsorship scheme in 2010 so this year is our 12th.*

“We wanted to contribute something to the appearance of the town, and we love flowers. It shows our appreciation of the efforts of the gardeners who do the real work.

“Looking along the High Street you see the colours of the flowers repeated into the distance. It gives a pleasing unity to the street scene.”

Anyone interested in sponsorship should email: sponsorship@lbt.scot



“My mum was into photography and was very involved in Guiding. My parents were busy people and they were very interested in history and genealogy. “Linlithgow will always be my spiritual home.

It took my parents to its heart and they held the town close to theirs. The flowerbed is a lasting reminder of that.”





WAITING FOR THE RESULTS FOR BRITAIN IN BLOOM

The countdown is on to the announcement of the winners of Britain in Bloom 2022. Linlithgow is a finalist in the Town category, and on October 10, representatives of Burgh Beautiful will attend a prestigious awards ceremony at the Royal Horticultural Society's headquarters in Westminster, London.

Convenor Ron Smith said: *"These awards are testimony to the hard work devoted to the town by all our public-spirited volunteers and the wider community."*

"We are extremely grateful to everyone who played their part in getting the town looking its very best for the judging."

This included volunteers Tam Smith and Allan Johnston who made outstanding contributions, together with members of Linlithgow Flyers Netball Club who tidied at West Port and by the loch, the Rotary Club of Linlithgow Grange who conducted a clean-up at the Carmelite Friary, and the Ex-Tinguishers - a group of retired firefighters - who completed a transformation of the disused telephone kiosk at The Vennel into a floral planter, not to mention the myriad of others who gave their time and financial support, both in the run-up to the judging and throughout the year.

Whatever the results, there is no denying that Linlithgow's community pulled together to give its very best.

Donna White





ONE LINLITHGOW

Locals and visitors alike are in for a treat, as the totally locally Fiver Fest comes to town from the 8th to the 22nd October.

Over 100 towns and thousands of businesses across the UK are joining together to bring you very special £5 offers, to highlight the contribution to the economy that local shops and businesses bring. It is also an opportunity for those businesses to say “Thank you” to their loyal customers who have supported them through the pandemic.



Linlithgow is joining in! **Fiver Fest** happens three times per year, and it is now a big part of our promotions for Linlithgow. The independent shops and businesses are what makes our town special and unique. The community support for local businesses has been amazing during lockdown, but it is easy to slip back into old shopping habits now that things are returning to normal. So this is a little nudge to say *“Our local businesses are still here, we are still serving our community and we appreciate your support and of course we are great value!”* And with Christmas just over the horizon it’s a great time to grab some stocking fillers and small gifts while getting a bargain at the same time!

Fiver Fest is a free to join campaign, devised and run by Totally Locally, a grassroots high street organisation that has been helping businesses and high streets to help themselves since 2010 with incredible results. Fiver Fest is based around the now famous Totally Locally £5 message: *“If every adult in Linlithgow spent just £5 per week in their local independent shops and businesses, it would mean £3.7 million per year going directly into our local economy. Which can lead to more jobs, a better high street, a stronger economy and a nicer place to live. Makes you think doesn’t it?”*

Fiver Fest is about everyone working together to promote their town and high street as a whole, instead of individually. If lots of shops have great offers on, the trip

to the high street is really worthwhile and fun! **Simon Waldren** of Totally Locally said *“We’ve seen huge increases in footfall during Fiver Fest times, with many businesses reporting their best shopping days outside of Christmas.”* Fiver Fest shows that a small change in your spending habits can really make a difference to our high streets. Just by diverting £5 of our weekly spend to local independents we give them a fighting chance to thrive and to keep our high streets alive. **Fiver Fest** makes that easy, and it’s fun!

MARKETS FOR FESTIVE CHEER



Building on the success of the Artisan Markets on the first Saturday of each month we are continuing into November and December. We have been exceptionally lucky with weather up until now but Winter is coming so we have moved some of the stalls into the lovely big space in the Hub (the Old Library.)

This means our lovely local suppliers can move into the dry and warmth indoors and still bring you lovely things to browse and buy! The food and drink offerings will still be found outside, maybe take the chance to order something special for your Christmas celebrations, pick up a tippie or two and tick some of those gifts off your list!

Artisan markets **5th November and 3rd December** at the Vennel and EH49 Hub.



TOURISM STRATEGY

As mentioned in last month’s magazine, **One Linlithgow** is working to partner with community, civic, and environmental groups/organisations, cultural and heritage partners, visitor attraction and event management teams, the local authority, economic partners, and local businesses to develop a **Tourism Strategy (or Destination Marketing Plan) for Linlithgow.**

The aim of the **Destination Marketing Plan (DMP)** is to protect, improve, and develop tourism in Linlithgow for the benefit of the local economy, the community, the business sector, and to create a memorable experience for visitors to the town.

We have invited several organisations and businesses to attend a **Forum on Wednesday 12 October** to initiate discussions and hold brainstorming sessions to identify ideas, solutions, resources, and how we can turn discussion into concerted action. Our ambitious aim is to have an agreed Destination Marketing Plan in place ready to implement for the 2023 season.

We will keep you updated on developments so watch this space!

KUMON LINLITHGOW



A study centre in Linlithgow which has been helping children of all ages and abilities to realise their full potential for almost 20 years is now upping its own potential with a move on to the High Street.

Kumon's relocation to number 82 from nearby Cross House, tucked up behind The Cross, has provided both a high profile location, and a better and more appropriate classroom provision for students, with access down a pend to a custom-built staffed reception area.

For manager and instructor Alison Noon,

who has been involved in different roles with Kumon since she was a sixth year pupil at Linlithgow Academy, it's the fulfilment of a long-held dream to increase awareness of the benefits extra study at a Kumon centre can bring.

"Over 80% of students who study with Kumon Linlithgow for at least a year find themselves six months or more ahead of their school level in maths and English. Some teachers have been recommending us to parents, and we are hoping to build on the good relationship we have with local schools."

Alison, a Media Studies graduate at Glasgow Caledonian University, lives in Bathgate with her husband Scott and two young children Millie and Calvin. She took over Linlithgow Kumon in 2017 from Ella Ritchie, who is now concentrating on the Kumon centre in Livingston. Alison explained that Kumon operated in over 60 countries, and was the largest supplementary education provider in the world, with over 600 centres in the UK. She had undergone a "very rigorous" training in London.

"Kumon study helps children of any age and ability to shine. We aim to

give our students the tools they need to enjoy learning and thrive academically. We support and encourage students to work out answers by themselves, helping them to become self-sufficient, successful learners for the future.

"By studying little and often, through daily worksheets, and a weekly class session, our students steadily increase ability and fluency, building their skills in small, manageable steps."

She added that the move had allowed additional classes, which now ran on a Monday, Tuesday, Thursday, and Saturday. A one-week free trial was now running throughout October.



TESCO'S NEW MANAGER - GLAD TO BE HERE!

It's all change at the top at Tesco's Linlithgow store, with a new manager who has had strong connections with the town over many years.

Joanne Meehan, who has come here from her position as store manager at Tesco's in Dalgety Bay in Fife, twice worked as a graduate trainee in Linlithgow several years ago. She has family in Linlithgow and spent many childhood weekends in the town.

She replaces Drew Waldie, who became a "weel kent face" in over three years as store manager at Linlithgow and was charged with the challenging task of implementing a major structural change at the supermarket.

Drew, who has taken over the much larger Tesco store in South Queensferry, spoke warmly of his spell in Linlithgow.

"I loved my time in the town. I've worked in stores in towns all over the country, but none with the character and sense of community that exists in Linlithgow. The operational

changes I oversaw, while difficult at the time, helped drive the store forward, and secured its future for years to come."

Drew added, *"I'm most proud of the various community initiatives we introduced and developed over the last couple of years. I know Joanne is committed to continuing this legacy."*

Joanne joined Tesco in 2006 as a customer assistant whilst at Heriot Watt University and joined the two-year Tesco graduate scheme in 2010.

"This took me to stores all over Scotland," said Joanne, "as well as down South to head office for a period of time. I also worked in Linlithgow twice as part of my training. I love the town and have many happy memories of time spent here. It's really nice to now find myself working in Linlithgow."

Joanne lives in Dunfermline (as does Drew), with her husband Chris and two young children. The couple clearly believe in keeping it in the family - Chris is also a store manager with Tesco!





AKO BARBER SHOP

Ako Ahmed has brought a proven track record in the profession, along with a strong work ethic, to the new barber shop he has opened in the former DIY shop at 167 High Street - vacant since the business relocated further up the road.

Ako (above left), and his brother Dino are open seven days a week and the shop is already attracting a steady stream of customers, with indications from a number they will be returning.

Said Ako, *"I try to respect everybody, and my main thing in life is to make people happy, and help in any way I can. I am confident that when customers see the standard of our work, and the good service we give, they will come back. We are also giving out loyalty cards with different benefits."*

Ako has been proving for several years that he does have a strong social conscience. From Kurdistan, and after spending a considerable time in The Netherlands learning his trade, he opened a shop in Shrewsbury in Shropshire before setting up in Carlisle three years later.

"In Shrewsbury, and then at Carlisle, I got in touch with several charities for the disabled, and offered to give free haircuts. Quite a few people took up the offer."

Ako said that now he was in Linlithgow he wanted to continue to offer help where needed. He had taken 40 of his cards to Linlithgow Refugee Action, who are helping Ukrainians who were forced to flee their homeland, and are being hosted by local families.

"I'm hoping I might get some Ukrainian children in as well as adults. I love doing children - it's all about gaining their trust, and making them feel at ease."

Proving a big hit already - and a talking point for passers by - is a splendid toy car on a pedestal in the window, and youngsters can have their hair cut in it if they wish. Ako said his daughter Jude, who had her first birthday on the day they opened, absolutely loved sitting in it.

Ako added that he now lived in Dunfermline with his wife Eglia, who is Lithuanian. His brother Dino lived in Bo'ness, and was awaiting the arrival of his wife from Kurdistan.







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"ELF" THE MUSICAL

11 - 15 OCTOBER

LAMP (LINLITHGOW AMATEUR MUSICAL PRODUCTIONS) ADULT COMPANY ARE DELIGHTED TO ANNOUNCE THEIR RETURN TO THE STAGE THIS OCTOBER WITH AN EXCITING NEW SHOW; THEIR FIRST IN PERSON SINCE 2019.

After the LAMP Children's Theatre performed their successful "Reignite" concert in April, the adults have been raring to go and they honestly couldn't have chosen a more perfect show for their 2022 production.



To celebrate being back on stage, they are delighted to present: "Elf the Musical."

The show is based on the much loved Christmas movie and its story of Buddy the Elf who finds out that maybe he doesn't come from the North Pole after all.

"Elf" will feature both the adult and children's company on stage together, as well as an appearance from Santa himself! It's a fun, foot-tapping, hilarious and all-round brilliant show



for adults and kids alike. Director Hannah Easton says: "Elf is a show full of fun, laughter and being surrounded by family. As a LAMP family we have sung, danced and laughed our way through rehearsals and we cannot wait to bring sparkly-jolly-twinkly-jingly fun to you and your family."

Make sure you get this show into your diary. It will run from the 11th to the 15th of October in Linlithgow Academy Theatre. The show starts at 7.30pm each evening and there is also a matinee on Saturday 15th at 2.30pm.

Tickets start from £13 and you can book online via the link below or by calling the box office on 07862 211525.



<https://www.ticketsource.co.uk/linlithgowamateur.../e-kxkjlr>



LAMP President, **Claire Withnell**, hopes to see you all there and promises; "It's a funny and colourful show that will brighten up an October evening." And remember, to be ready to sing loud for all to hear!

Alison Train

Images: Rebecca Holmes



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What simple measures can we take to save money, stay warm and lower those energy costs? Every home is different and thermal comfort can be a very personal thing. How many people live in your home? Do you have gas or electric heating? Smart meters or prepay meters? Good or bad insulation? Do you own or rent?

These are some of the key factors that could significantly affect your bills. But don't worry, there is plenty of help at hand... Below we have a few low-cost actions. Free advice is also available from local, regional and national support agencies.

1. HEAT YOUR HOME EFFICIENTLY AND DON'T WASTE ANY HEAT

Remember to heat yourself before you heat your home (layers of thin clothing, keep toes, fingers and head warm and keep moving/stay active as best you can).

Know how your heating system/boiler works.

Ask others if unsure. Don't assume it's running efficiently. Get it checked once a year.

Stop heat escaping. Close windows and doors and cap unused chimneys ensuring ample ventilation and your safety.

Look for cold, mould spots or drafts. Make or buy draft excluders for the main door, put rugs on floorboards, fit insulation/draught proofing to gaps under skirting boards or between floorboards or around doors and windows.

Make sure existing draught proofing around windows and doors hasn't deteriorated or there are gaps.

Use curtains when it gets dark and double line them.

Check attic insulation is at least 270mm or 10.5 inches deep. The biggest saving is from virgin loft to about 200mm.

2. FIND THOSE ENERGY HUNGRY APPLIANCES.

Switch off rather than use stand-by, especially for TVs, cable boxes and games consoles.

Wash clothes at a cold temperature, preferably under 30°C, and use a full load but don't overload.

Dry clothes outside if you can. Avoid using a tumble drier.

Only fill the kettle with as much water as you need.

If you do boil too much, pour it into a thermos flask and keep it warm for the next time.

Check to see if your freezer needs defrosting.

Don't put hot or warm food in the fridge or freezer.

Consider cooking several meals at once, or turn off the oven heat a few minutes before and keep the door closed to use residual heat.

Use a slow cooker or microwave instead of the oven.

Turn off lights in empty rooms.

3. ASK FOR HELP

West Lothian Energy Advice Shop can be reached on 01506 283000 (option 4) or email energy.advice@westlothian.gov.uk. They can assist with Benefits, Money/Debt, Housing and Energy advice www.westlothian.gov.uk/advice-shop

Home Energy Scotland for free, impartial energy advice on 0808 808 2282 - you may be eligible for grants and interest free loans for a range of energy-saving measures, and in some cases a home visit. There are more energy-saving tips and advice here: www.homeenergyscotland.org

Citizens Advice Bureau West Lothian on 01506 432977

Your Energy Supplier will also provide support and ask about the Priority Services Register, which is a free support service to help people in vulnerable situations.

Check to see if you are eligible for financial or other support from these agencies.

Talk about your energy with neighbours, family or friends and share tips you have.

Linlithgow Community Development Trust can also advise and help you with your specific energy enquiries. Subject to our volunteers' availability, can provide short free home and building energy and thermal imaging surveys to pinpoint heat loss areas, or you can hire a thermal camera at low or no cost from the Tool Library. Look out for energy events and clinics from time-to-time. LCDT are also developing local community renewable energy schemes through our Linlith-Go-Solar enterprise to help people, businesses and community organisations save on energy costs and carbon.

Email: energy@trust-linlithgow.org.uk for more details.



4. OTHER SUPPORT & GENERAL ADVICE

Community Connections (See page 13) are in Linlithgow Library every Thursday from 1pm-4pm. Not sure what support is out there? Come along to the Health & Wellbeing drop-in sessions run by West Lothian Health and Social Care Partnership to have a conversation, enjoy a cuppa and be pointed in the right direction.

West Lothian Food Bank number is 01501 229 307

1st Step Café - 12-2.30pm on a Thursday in Longcroft Halls, for a hot meal and a chat. There is also an Eco-Hub at Bridgend open Wed/Fri 11am-1.30pm and Thurs 6-8pm.

Email: firststepdevelopment@gmail.com or on facebook at www.facebook.com/1stStepcafeandbikes

Chatty Table - Monday mornings 10.30am - 12 noon at Costa Coffee run by the New Well, Thurs 2-3.30pm at the Coffee Neuk

Email: heather@thenewwell.org

Several community groups/charities and the Community Council are working together to support our local community through this winter. In the coming weeks we will put together this and further information on mylinlithgow.com.

If you or your organisation would like to get involved or add information please email Carol Clarkson:

manager@LinlithgowCDT.onmicrosoft.com





COMMUNITY CONNECTIONS HEALTH & CARE

The Linlithgow Library in the Partnership Centre on the High Street will be home to a new service - Community Connections - to deliver direct in-person support, information or guidance on topics such as employability, finances, housing, benefits, living well at home, social care, social isolation, support for carers, or anything else that matters to members of the Linlithgow community.

West Lothian Council's vision "to increase wellbeing and reduce health inequalities across all communities in West Lothian" has been given a boost by funding awarded to develop a project to support communities as they recover from the impact of the pandemic. Community Connections has been introduced by **West Lothian Health and Social Care Partnership**. Residents are invited to come along to the Community Connections drop-ins to have a cuppa and chat. The sessions are open to anyone 16+ to provide quick and easy access to the right information at the right time. The aim of these sessions is to deliver direct in-person support, information or guidance on topics such as benefits, employability, finances, housing, living well at home, social care, social isolation, support for carers, or anything else that matters to you. **The Community Connections drop-in service takes place in Linlithgow Library every Thursday afternoon**

between 1pm and 4pm, to address the recognised need from the Linlithgow community to access advice on health and social care within the heart of Linlithgow and Linlithgow Bridge communities at an accessible space.

The need for improved access to information has been identified and can be addressed by accessing the drop-ins for advice and signposting within the Linlithgow community to support early intervention and self-management; and to highlight available alternative community sources of support to assist those managing long term health conditions including asthma, arthritis, coronary heart disease, chronic pain disorders, COPD, Parkinson's disease and strokes.

West Lothian Health and Social Care partnership has committed to working with partners, service users, their families, and the wider community to find effective and sustainable solutions and to achieve the best outcomes for the local community. Community Connections ensures that the local community has a greater opportunity to voice their opinions and help shape the planning and delivery of health and social care services, addressing the challenges faced when trying to reach the right sources of support when seeking advice on changes of personal circumstances. The sessions are supported on a rotational basis by a range of professionals and third sector partners.

Community Connections recognises the need to speak to someone directly and to be able to access support within the heart of the local community. The Thursday afternoon drop-in provides access to

face-to-face advice and support without the need to travel to a social work centre for appointments, access the internet or discuss their concerns on the telephone.

The drop-in sessions are flexible and will evolve to respond to changes in society. Personal Independence Payment (PIP) is being replaced by Adult Disability Payment, so to reflect this change, advisors from Social Security Scotland will be available on a fortnightly basis to assist with benefit applications or answer any concerns about the changes in payments.

West Lothian Council staff from services including the Advice shop, Access-2-Employment, Housing, Social Work, and third sector partner Carers of West Lothian are also available at specific sessions to assist.

If you, or anyone you know, is in need of support, information or guidance on topics such as benefits, employability, finances, housing, living well at home, social care, social isolation, support for carers, or anything else that matters to you, why don't you come along for a cuppa and a chat?

Drop-in to Community Connections in Linlithgow Library every Thursday afternoon between 1pm and 4pm.

West Lothian Health & Care Partnership

Impressed Home Care



Services we provide include, but are not limited to

- Light cleaning
- Changing beds
- Putting on a wash
- Hanging up a wash
- Playing games
- Sorting cupboards
- Reading to your loved ones
- Watering plants
- Walking dogs & feeding pets/washing bowls etc
- Wrapping parcels and posting
- Writing cards
- Labelling cupboards

Impressed Home Care has been set up to bridge the gap between what you can do to help your loved ones and what the system can offer. Call us for more information and we'll talk you through our services.

Telephone 01506 840583

IMPRESSED HOME CARE IS A UNIQUE BUSINESS SET UP BY DONNA DAVIES AND CAROL BUTTER.

Donna has owned businesses for more than 16 years including **Impressed Cleaning** and Ironing on the High Street and Impressed Cleaning. Carol has a social care background and for almost 16 years was a volunteer with Linlithgow Link. They met through Linlithgow Link, when Donna was raising money for 2 charities as part of a milestone birthday challenge. Carol was the fundraiser.

The first time they met to discuss the fundraising event they chatted and chatted and have not stopped talking to this day. That was in 2017.

It was while visiting and talking with the older members of the community they realised there was a great need for a little extra help to enable them to lead a fulfilling, independent life whilst staying in their own home.

It also became clear that to successfully receive a care package applicants would have to meet certain criteria, something which was increasingly difficult to do and so **Impressed Home Care** was set up to bridge the gap.

The aim of this service is to work with families by offering extra support to their loved ones who were unable to access help from the system and so enabling them to live independently in their own homes. The business offers regulated care, and while everyone's needs are different this enables the staff to offer individual assistance.

Services which are provided include: light cleaning, changing beds, putting on a wash, playing games, reading, walking dogs, changing batteries, watering plants, writing cards, shopping, sorting cupboards, labelling cupboards, chatting to the service user, collecting library books, prescriptions, emptying Hoover bags, light gardening. This is only a selection to illustrate the type of services Impressed Home Care can provide. Enquiries for other similar services are welcome.

All our staff have a wealth of experience in the caring profession, all are PVG, or police checked, are fully insured and are familiar with the area.

We offer one hour or two hour slots depending on the individual's needs and are happy to offer our services for the occasional weekend. The process for accessing our service is quite easy. Just leave a message or send us an email and we will arrange to visit to discuss what assistance we are able to offer.

Our telephone number is 01506 840583 or email: Donnadavies67@googlemail.com



Donna Davies & Carol Butter



local support



seek advice



The New Well is a charity based in Linlithgow that provides help for those going through a challenging phase of life. With the aim of bringing hope and connection, we are here to get alongside people as a friendly support through our Counselling Agency, Job Club and Chatty Tables.

Counselling Agency

Our team of highly qualified counsellors works with adults, both individuals and couples, who have been affected by issues such as trauma, abuse, anxiety, depression, relationship difficulties, loss and bereavement.

Our counsellors value each person as an individual, help clients to explore and make sense of their situation and discover a way forward.

Job Club

Job seeking isn't easy, especially when you've been out of work for a long time or have additional barriers to finding suitable work. Your local CAP Job Club is here to help you on the journey, together with a friendly community of fellow job seekers and trained coaches.

Our new course is open to all and starts on Thursday 5 October from 10.45am - 12.15pm at 183 High Street.

Drop in to 183 High Street any Thursday between 12.15 and 1pm for free access to computers and internet for job searching and 1:1 help with applications, CVs and interviews.

Chatty Table

Chatty Table is for anyone who wants to enjoy a chat and a cuppa but is especially for those wanting to connect with others or those who are new to Linlithgow. A volunteer will be there to welcome whoever comes along.

Join us in Costa on Monday mornings 10.30am - 12noon and in the Coffee Neuk on Thursday afternoons 2 - 3.30pm.

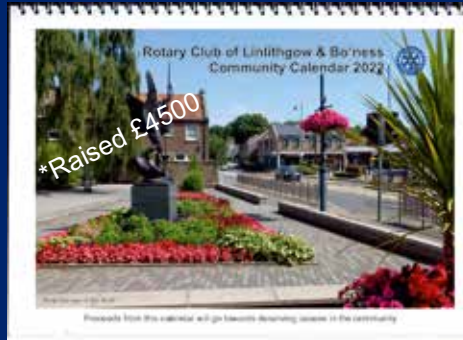
Please get in touch if we can help you or if you'd like to get involved as a volunteer or financial supporter. Find out more at www.thenewwell.org or email info@thenewwell.org



stay warm



Some of the fund raising events and contributions made during the Rotary Year 2021-2022



IMPACT India Foundation's Lifeline Express hospital train has been travelling India's vast rail network for nearly 30 years, taking medical care and surgery to remote rural communities where every day, impoverished people become disabled for lack of treatment.



Rotary Club of Linlithgow & Bo'ness
in support of Linlithgow Marches & Burgh Beautiful

15th Annual Duck Race

ONLY £5 per Duck

Lochmill Burn (off St Ninians Rd)
7.00pm
Mon 6th June 2022

*Raised £5330

Prizes for the first 5 ducks home
Include:
Car Service by Hunters of Linlithgow
Voucher for Breakfast at Park Bistro
Booze Hamper from Platform 3
Bouquet of Flowers by Carolyn
£50 Voucher from Linlithgow DIY

Ducks on loan from PLATFORM 3

Get Quacking - Buy your tickets here NOW!



Other donations included £495 to End Polio Now - £250 to West Lothian Golf Club Junior Competition - £1000 to Linlithgow Tennis Club - £800 to Eilidh Banks, £1062 to RYLA - £1250 to Deacons Court - £1250 to the Reed Band and £2000 to Burgh Beautiful.

The President and all the members of the Rotary Club of Linlithgow & Bo'ness would like to take this opportunity and thank everyone who supported our events and donated to our fund raising efforts.





Former Linlithgow Academy pupil Rory Paterson introduces business venture vybey - 'building a business in Australia'



Former Linlithgow Academy pupil **Rory Paterson** followed a fairly conventional career path after gaining a degree in entrepreneurship, international business and marketing from Strathclyde University before joining accountancy giant KPMG, where he is a strategy consultant.

But while still pursuing his full-time role, the 28-year-old has, from his Glasgow flat, set up a successful business Down Under, vybey, selling what is being marketed as Australia's premium meal shake. He has done so in partnership with **Gordon Belch** (30), a former colleague in KPMG, who was "hands on" in establishing the business in Sydney in 2018 and is now based in The Netherlands.

Said Rory, "The whole thing started when Gordon, who was trying to balance a busy lifestyle - working full-time, studying and competing at athletics - used to begin his day, and recharge throughout, using the same nutritious smoothie formula.

"He knew the ingredients provided him with a complete meal that ticked all of the healthy boxes, and would allow him to continue at a high level. Gordon then started making his complex smoothie

meal for friends and family who really enjoyed it too."

Rory said it was then the "light-bulb moment" came, and he realised the drink could be produced commercially for many more people to enjoy.

"From this moment the hard work to develop vybey commenced, and alongside our extensive team of food scientists we produced a great tasting complete meal shake fit for the global market."

Rory said that their main customer base was still online for powdered meal shakes, for which they had a specially-designed lightweight shaker, but they were now getting back into the market for bottled health drinks.

"We were in advanced talks with a major supermarket chain in Australia and on the cusp of a million dollar deal to supply them, when the pandemic struck. They made a decision then that they would not take on any new lines."

Rory said that they were beginning to get back into supplying bottled shakes in Australia, but also held out high hopes for the UK, and particularly Scottish markets. They were in talks with supermarkets and health food chains, as well as sports and

fitness clubs, and potential outlets, such as airports - for vending machines.

Rory added that, from the onset, he and Gordon had determined to do something to help those less fortunate in the world. To this end they were giving support, on an ongoing basis, to **Mary's Meals**, which provides nutritious school meals for children in some of the poorest countries in the world.



"At vybey we believe that this is an extremely important cause, and we should be doing as much as we can to help. As such, we commit to donating a meal via Mary's Meals charity for every online order."

John Smith

STEPPING UP “SET YOUR GOALS HIGH, BUT TAKE ONE STEP AT A TIME.”

Question: what links the 70's hit single 'Puppy Love' with this article about the Aspire Linlithgow fundraising campaign? Read on...!



Transforming **Cross House** into a welcoming community hub, and making the church building a more flexible and open resource for all, are

key elements of St Michael's Parish Church's 2030 Vision. Add in the refurbishment of our iconic Crown of Thorns spire to make a total fundraising target of around £4 million. We have definitely set our goals high.

Less than a year into the campaign, though, progressing 'one step at a time' is paying dividends. Our charity auction in June

brought in close to £16,000 - almost a giant leap! At the time of writing, the community campaign total for the spire stands at £115k net of about £25k spent so far on short-term spire works and fees, plus fundraising costs.

In another major step, we've appointed Bruce Tait Associates as professional fundraisers. They'll lead on the major grant funding applications which we hope will fully fund the major works on both Cross House and the church building. Grant funding will also supplement the community campaign to pay for the spire refurbishment.

There are plenty more opportunities for you to step in and give a hand! Come and test your general knowledge at our Quiz Night on Friday 18th November at 7:30pm in the Rose Social Club. Tickets are £5 on the door – come with your own team or join up on the night, and don't forget to bring some cash for the raffle. We'll also be raffling Christmas hampers, with the draw to take place on Sunday 11th December.



Looking further ahead, watch out for details of a special event planned for early 2023: An Evening with Graham Spiers and Friends. Plans are also afoot for a Linlithgow music festival in March 2023. Meanwhile, our regular book etc sales will continue in the Kirk Hall.

Could you take a step for Aspire Linlithgow? Or perhaps you could encourage a community organisation or business to step forward. It doesn't matter whether you raise £10 or £10,000: every event adds to the campaign 'buzz', and the more fun people have in the process, the better! We are also humbled by the fantastic on-going support from the community. Donations of any size are always very welcome, via www.stewardship.org.uk/pages/aspirelinlithgow or by cheque payable to St Michael's Parish Church (mark the envelope Aspire Linlithgow and pop it into the letterbox at Cross House).

“Someone help me, help me please; Is the answer up above?” begged Donny Osmond in 'Puppy Love' in 1972. As a church, while we believe the answer is up above, we also know we have to help make that answer a reality. And Donny seems to know that himself: his quote at the head of this article continues **“Sometimes you don't think you're progressing until you step back and see how high you've really gone”**. We've gone high already; now let's see how much higher we can aspire together!

Alan D Miller
Fundraising Team Leader,
St Michael's Parish Church

Aspire Linlithgow is the capital fundraising programme of St Michael's



Image: Martine Stead

FOLLOWING THE AVON

Bruce Jamieson



Along its 19 miles, the River Avon passes through some remarkable places. Where the river begins is a subject of some debate. Some favour its origins in the interestingly named Fannyside Loch in North Lanarkshire. Others think it begins at a natural spring near Greengairs at the aptly named Avonhead.

There are eight River Avons in the UK: five in England and three in Scotland, all deriving their name from the Gaelic/ Celtic word for "river". So, strictly speaking, it's a tautology to call it the River Avon! And the name should be pronounced to rhyme with Gavin.

Wherever our Avon begins, it does not become a recognisable river until it reaches Longriggend – a hamlet of just 200 souls which once stood on the Slamannan Mineral Railway, constructed in 1840 to transport coal into Glasgow. It was also once the site of a Young Offenders Prison which closed its doors in 2000.



Since closing, Longriggend Prison is available as a movie location.

Several small tributaries swell the river as it travels eastwards. The Culloch Burn joins near the village of Slamannan, originally a 12th century habitation, granted in the 15th century to the 1st Lord Livingston by

King James II. Over the river was an important bridge-crossing, protected by a fortification built atop a still visible mound. The area's biggest industry, coal mining, is now no more and the village is mainly occupied by commuters who work in Falkirk and Glasgow.



The motte at Slamannan.

The next village downriver is Avonbridge, whose river crossing was traditionally used by drovers driving their cattle from the Falkirk Tryst. Several water mills existed along this stretch - either on the Avon itself or on tributaries. Most were grain mills but there was also a linen mill where the machinery was used for scutching- ie beating the fibres in preparation for spinning. The mills have all long gone but are remembered in local street names such as Villamill, Strathmill and Lin Mill.

Later, the village was noted for mining coal - the product used, for example, by the thriving Carron Iron Works in Falkirk. Another employer was the Avonbridge Brickworks which operated from 1952 - 1977.

Avonbridge marks the start of the recently opened River Avon Heritage Trail where walkers can follow the meanders of the river as it winds on its middle reaches over weirs and waterfalls, and through narrow gorges until it reaches the Westfield Viaduct, a disused railway crossing built in 1855 for the Bathgate and Armadale branch of the Monklands Railway. Although overgrown, and somewhat forlorn, it is still impressive, with its twelve, wide arches along its 220-yard length. The line it carried closed in 1964 and ten years later the structure was declared a B listed monument.



The Avon flows past the Westfield Viaduct.

The river flows under one of the arches and past Wallace's Cave - a hideout where, by repute, William Wallace sheltered after his defeat at the 1298 Battle of Falkirk. The cave is still regarded as a nationalist shrine and often adorned with saltires and lions rampant. The river continues on, through an area of woodland, oddly called The Desert, wherein stands the ruins of the birthplace cottage of Henry Bell, the inventor of the Comet - the first commercially successful steamboat in Europe when it plied from Glasgow's Broomielaw to Greenock in 1812.



The Comet.

Further on, the river flows swiftly through the Avon Gorge where, sadly, the path alongside the water is closed due to falling rocks. It then goes under the Carriber Bridge - the name coming from the lands which were once owned by Rab Gibb, Master of the Stables and a confidant of King James V. The scant remains of his "castle" are on the cliff edge, above the river.

Another vanished building stands on a bend in the river within Muiravonside Country Park. Only the outlines remain of Muiravonside House - once the home of such celebrities as: Lieutenant-Colonel John Dalziel who was killed at the Battle of Blenheim while rescuing a fellow officer of the Royal Scots Fusiliers; Alexander Macleod, an aide to Bonnie Prince Charlie and Charles Stirling of Drumpellier, a cotton magnate.

One of the most impressive sights along the river's course is when it flows under the Avon Aqueduct - a mighty, 810 feet long stone-built edifice, the highest in Scotland, designed by engineer Hugh Baird to carry the Union Canal, 86 feet over the river. This area, incorporating the village of Whitecross, was once part of a vast Barony Estate owned by the Hainings who had control of a large mill on the Avon. The family residence, Haining Castle, now stands ruined amidst the desolate landscape that once was Steins Brickworks.



All that remains of Haining Castle.

For 11 miles, the Avon marks the boundary between **Falkirk and West Lothian** and nowhere is this most noticeable than at **Linlithgow Bridge** where the river crossing marks the westmost boundary of Linlithgow – a fact celebrated each June when the Riding of the Marches checks the burgh's limits.

Near the village, are two additional claims to fame. The first is a huge railway viaduct which crosses the Avon, carrying the Edinburgh to Glasgow Railway, opened in 1842. The 23 arch bridge was built in 1839-41 by the engineer John Miller.



A 19thC view of the railway viaduct at Linlithgow Bridge.

The second is the remains of the Manuel Nunnery which stood at the crossing point on the river which was used by the 10,000 strong army led by the Earl of Lennox in 1526 in an attempt to defeat the force led by the Earl of Arran and take control of the 12-year-old King James V. Over 3000 men died in the ensuing conflict – many bodies swept away in the Avon which, in 1783 also swept away all but one gable of the nunnery.

The Burgh Mills, further down the river, is now converted into a private house but once two large water wheels provided the power to grind various cereals into flour or meal. The lane leading down to the mills still bears their name and enters the **River Avon Walk** which leads to The Lagoon – a former sand and gravel quarry, now flooded and used by local

wild swimmers.

The river continues, past the 17th century Bridge Inn – now thankfully in full operation. While stripping the external walls, an earlier name for the pub was uncovered – “Battisons”. The actual bridge from which the pub/restaurant gets its name is a mid 1960s replacement of an earlier structure.



Battison's Bar uncovered and the Avon at Linlithgow Bridge.

The river flows underneath the bridge, carrying memories of a tragedy in 1959 when three local boys drowned after falling from a home-made raft. It then goes under the M9 motorway, opened in 1970, past a sewage plant and the remains of Little Mill which actually used the water of the **Mains Burn** which flows into the Avon at this point. The old mill lade can still be seen along with the roofless structure of the meal mill, last operated in the 1960s by the Fairbairn family.



Little Mill Cottage and James Fairbairn, the last miller.

Other mills were once situated along the by now wider river including Kinneil Mill, Tod's Mill and Jinkabout, so called after the river's tight loop at that point.



From the bridge at Kinneil Mill, this is Beat 4 of Linlithgow Angling Club.

Next, the river reaches the **Birkhill Mine** where a labyrinth of tunnels were dug to excavate the fireclay which was used to make bricks to line the industrial furnaces of Central Scotland. The river then cuts through some of the still visible turf ramparts of the 2nd century, Roman-built Antonine Wall, created on the orders of Emperor Antoninus Pius as a bulwark against the Caledonians.



The Avon flows through the Grangemouth Refinery.

The Avon's final reach takes it in a wide loop through the **Grangemouth Refinery** (now **Sir James Ratcliffe's "Ineos"**) before reaching **Kinneil Kerse**, a **Site of Special Scientific Interest**, an important mudflat zone for birdlife including greater scaup, short eared owls, greenshanks, shellducks and curlews.

And finally, the Avon flows into the **Firth of Forth** depositing 55,730 gallons of water every minute – a fascinating river.

SHARED MEMORIES & PRIVILEGED MOMENTS...

Would you allow Lesley and I to share a few of our memories of the privileged moments we had talking to Queen Elizabeth II at the receptions after the Royal's Private View of the Chelsea Flower Show over ten years? We would have our assigned Royals and their party to take around the show and make sure we got them to the Queen's reception before she arrived at 6.30pm. We quickly learnt that we should be prepared with an interesting topic of conversation to share with the Queen when it was our turn to be presented, stammering about what a lovely show and the weather never seemed very sensible nor interesting for our monarch!

One year I said to the Queen that it was lovely to see that all her children had a keen interest in gardening and did she think that the 'Gardening Gene' had come from her mother, the Queen Mother. She quickly replied that she was sure that it had in fact come from her father, King George VI, who had loved gardening and could often be found by his visitors working in the garden. Watching her funeral it was so wonderful to see the beautiful garden flowers resting on her coffin, all picked from royal gardens and including sprigs of myrtle from a plant rooted as a cutting from her wedding bouquet.



Myrtle in flower

Another year I had ended up falling into the pond on the Stoke on Trent show garden while chairing the garden judges. Lesley decided that this was the perfect topic of conversation to share with the Queen. She explained that I had climbed out of the pond, emptied my shoes of water and carried on chairing the judging panel, quite correct, and I do remember standing in the pond up to my knees in very cold water thinking that nobody was going to help me get out of it! Anyway, by the time of the Royal visit I had changed into my kilt, a gentle annual protest that the Royal Horticultural Society should not forget Scotland. The Queen, with her famous sense of humour, giggled and pointed at my kilt, was he wearing his kilt she asked? At that moment the Duke of Marlborough approached and, as etiquette demands, we started to withdraw only to be pulled



Dougal & Lesley at Chelsea

back by the Queen as she announced to the Duke that this chap fell into the pond this morning! (My trousers in the hotel's Corby trouser press never recovered).

It was so supportive as patron of the RHS that the Queen visited the show this year in her buggy. The charity of Perennial, so close to our hearts, won the People's Vote for their favourite Show Garden, even though my team of judges had assessed it as a very good Silver judged by the RHS Judging Criteria. Lesley and I were spotted on Perennial's trade stand buying some goodies later that day.



Lion Bench

'Many years ago we sent our stone Lion Bench down to Chelsea to feature in The Scottish Garden. Our tale goes that the Queen sat on the bench but that it has never told us what she said to it, quite correctly!'

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Dougal Philip
and Lesley Watson
New Hopetoun
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DON'T WORRY!

WE WILL HAVE LOTS OF LOVELY PLANTS TO FILL
YOUR POTS THROUGHOUT THE AUTUMN
AND INTO EARLY WINTER.



LASER HAIR REMOVAL

At **Skin Happy** we offer a safe, long-term solution to unwanted and excess hair for both men and women of all skin types.

You can achieve permanent hair reduction in a short time and improve your skin quality. It also helps eliminate cystic hair and improves problems such as ingrown hairs/folliculitis and other rashes caused by shaving, plucking and waxing etc.

These are the most frequently asked questions I get about laser hair removal:

When is the best time to start having laser hair removal done?

Autumn and Winter. You're exposed to less sun minimising risks such as hyper/hypopigmentation (brown or white patches in the treated area), it is easier to keep your skin cooler for the 3-7 days post treatment and it gives you several months to get your skin smooth and hair free ready for the following summer. However, you can start at any time of the year, but you must keep the skin cool for a few days and seeking sunshade along with religious use of sunscreen for 4 weeks post treatment.



How many sessions do I need?

The average person needs 8 sessions at intervals ranging from 4-8 weeks, so it pays to be organised. You could be hair free before your next summer holiday.

Is it painful?

Fear that is built up in the mind holds more pain than the actual sensation. The average response I get from new clients just starting their hair removal journey is:

“That was much better than I thought it would be” or “Was that it? That wasn't bad at all!”

It feels like a quick ping of an elastic band on your skin. As quickly as the discomfort arrives it goes.

As heat builds up in the skin this can increase the discomfort but because I am using the **IceTip™ laser handpiece** it cools the skin throughout treatment. The **IceTip™** reaches **-8°C**, which dramatically reduces discomfort and allows me to achieve superior clinical end results.

How long does it take?

Depending on the size of the area treated, the average appointment time can be anything from 20 to 60 minutes but the actual treatment time ranges from as little as 2 minutes (top lip) to 40 minutes (full legs).

Is laser hair removal permanent?

Yes, but legally no one should call it permanent laser hair removal anymore

because everyone will have some dormant hair follicles. Only stem cells from active growing follicles can be destroyed, once this happens hair from that follicle cannot grow back. Dormant follicles can remain empty for years until triggered by the body to start growing a hair. It is because of these dormant follicles that we should call it permanent laser hair reduction.

Not all dormant follicles suddenly start to grow a hair, but if they do, these few random hairs are treated and are quick to go.

If you have any underlying hormonal conditions such as PCOS (Polycystic Ovary Syndrome) then laser hair removal is not permanent but can greatly help to reduce and maintain excess hair growth.



Comments from my clients...

“It's so great to be hair free, no more shaving rash and no more ingrown hairs.”

“What a difference, this has been life changing for me.”

“I used to be so hairy, can't begin to tell you what a difference this has made to my self-confidence.”

“I'm now, always ready to take the kids swimming without having the panic of “I need to shave!”

“Truly life changing, I don't have to try and cover my hairy face anymore, I'm so happy.”

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E: info@skinhappy.co.uk



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MORRISON
Personalised Wealth Management



RESPONSIBLE INVESTMENT MADE EASIER






Responsible investment is an area of growing importance for many investors. It's only natural that we should each want to consider the impact of the companies and funds that we invest in on the world around us, which is why we take it very seriously at Quilter Financial Planning.

WHAT IS RESPONSIBLE INVESTMENT?

'Responsible investment' is an investment strategy or practice which incorporates environmental, social and governance (ESG) factors.

The term ESG makes us initially think of environmental factors such as resource, water and land use, biodiversity, pollution, atmospheric emissions, climate change and waste. However, environmental factors constitute only the 'E' of ESG. There are also social and governance factors to consider. Social factors are issues relating to the relationship between companies and people, such as their employees, suppliers, customers, and communities. Examples of social issues of interest to investors include health and safety, labour standards, supply chain management and consumer protection. Governance factors are issues relating to the governance of an organisation, also referred to as corporate governance. Examples include board composition, executive remuneration, internal controls and balancing the interests of all stakeholders.

There are a variety of ways responsible investing can be applied. Below are the five core industry recognised approaches:

 STEWARDSHIP	 ESG INTEGRATION	 EXCLUSIONS	 SUSTAINABILITY FOCUS	 IMPACT INVESTING
<p>Stewardship is the responsible allocation, management and oversight of capital to create long-term value for clients and beneficiaries leading to sustainable benefits for the economy, the environment and society.</p>	<p>The inclusion of ESG factors alongside financial analysis of assets by investment managers.</p>	<p>Excluding entire sectors, companies or countries from a fund or portfolio based on ESG criteria, moral or ethical views, or religious beliefs.</p>	<p>Investment approaches that select and include investments on the basis of their fulfilling certain sustainability criteria and/or delivering on specific and measurable sustainability outcomes.</p>	<p>Investing in companies, organisations and funds which have the commercial purpose of solving social or environmental problems.</p>
<p>Examples include: setting expectations, oversight of assets, engaging with issuers, voting.</p>	<p>Examples include: statement of commitment, firm-wide policies, investment process with ESG embedded.</p>	<p>Examples include: ethical, values-based or religious exclusions.</p>	<p>Examples include: sustainability themed, positive tilt, best in class.</p>	<p>Examples include: social bond funds, private impact investing.</p>

HOW DO WE MAKE RESPONSIBLE INVESTMENT EASIER FOR YOU?

Your adviser will take the time to understand your feelings about responsible investment and its importance to you.

We find most people fall into one of three categories:

1. ESG Aware	2. ESG Focused	3. ESG Dedicated
Interested in mainstream investments and aware of what responsible investment means.	Interested in mainstream investments, aware of what responsible investment means and would like to know more about how it applies to your portfolio.	A dedicated requirement for, or a specific focus on, responsible investment.

Your adviser will discuss the options with you before recording your views and tailoring their advice to meet your preferences.


ESG RATINGS

In order to make it easy for you to understand how your investments are managed, each of the solutions on our investment panel has ESG ratings provided by Square Mile.

Square Mile is an independent investment research and consulting business which uses in-depth, qualitative fund research to analyse and rate how an investment manager incorporates ESG considerations into their activity at two levels:

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ESG DEDICATED

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There are of course, lots of factors to consider and your adviser will help you to decide which options are right for you. Once they have understood your preferences, they will then look at the dedicated ESG solutions available to you on our investment panel. In the unlikely case that they can't meet your specific needs and preferences, they have the option of searching the wider market for you.

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CAN WE TALK ABOUT MUSIC?

PARTY AT THE PALACE !!!

It's a bit of a corny cliché that music is the soundtrack to our lives, however it is. Even those who don't consider themselves a music fan (apparently there are a few!) are affected by it. Christmas music comes to mind and everyone sings the happy birthday song a few times a year, probably. Certainly for me it's literally music 24/7. That's all I do all day. I either write it, teach it, listen to it or talk about it and I think discussing it is one of the most fascinating subjects. Due to music being such a personal thing, we all have opinions and we all get very different things from it. A musician might listen very deeply to background instruments, harmonies and try to work out what chords or scales are being used; a producer might focus mostly on the sonic side – the drum sound for example; and perhaps a non-musician would focus on the melody and lyrics of the main vocal however whatever our focus is, we get an enormous amount of enjoyment from it in a subjective way.

I have noticed over the years that listening to and discussing music is always guaranteed to completely engage a guitar student. Most people who take up instruments are initially driven by the love of music, or perhaps influenced by parents who love music, and discovering new artists can be exhilarating. I experienced this very

thing recently when one of my young students Euan Campbell (13, Linlithgow Academy) brought David Bowie's final album 'Blackstar' to my attention. His music teacher at school had used it as an example of a concept called 'parallel fifths' and it clearly had an effect on Euan. More from him later however firstly, the album.

Blackstar David Bowie (2016)



I pulled the song up on Spotify and within about 15 seconds I knew I loved it. It was not what I expected a Bowie album to sound like. This was something different. There was no sign of a catchy pop song – it was a sinister yet rich tapestry of synthesizers and, at times, almost stuttering electronic drum grooves with dark vocal melodies and hugely profound deep lyrics that reminded me of post 2000 Radiohead albums, especially Kid A. There are a few albums and songs that are like an iceberg to me. The actual soundwaves in the air



is the part above water however if we listen closer we discover much, much more. For me, Radiohead are at times like this, and so is Blackstar.

The eponymous opening track of Blackstar immediately resonated with the lyric 'stands a solitary candle / in the centre of it all'. Like the iceberg analogy, the candle somehow represented

something of much greater significance, like the existence of life and the universe was dependant on it being lit and should it be extinguished, everything would end. I am sure Bowie meant no such thing but that was my interpretation and I felt like I had known this song for a long time, as if it was a very special and personal piece of music to me.

I recall thinking, I bet the rest of the album isn't like this track but the whole record has a very cohesive and distinctive voice. The spacey saxophones on 'Tis A Pity She Was A Whore' & 'Lazarus' don't make it into jazz exactly but there is a sense of wildness and discord that is consistent with the largely improvised & expressive genre. 'Sue (Or In A Season Of Crime)' has a dark guitar riff and a frenetic and syncopated, Talking Heads like, drum groove that rapidly pulls the song along as Bowie's voice and ethereal synths dramatically meander over the top. 'Girl Loves Me' goes even darker again with a menacing and stalking synth bass, pounding drums and Bowie's expressive vocal performance is exceptional.

In the chorus, a hint of a would-be catchy hook line, had the production been different, however the balance between subtle, sweet melody and complex, dark rhythmic malice on display here feels like the work of a man who is truly considering his mortality. Poignantly this did turn out to be the case and that is what makes this album extremely special and emotional.



Euan Campbell

Talking of music and soundwaves, the aforementioned student, Euan Campbell, who has been learning guitar with me since 2017, has been making his own. Currently only in S2 at the academy he is at a ridiculously exciting stage where he literally has a universe of music to discover and enjoying 'Blackstar' certainly indicates Euan may not be, 'just another writer'.

He is really getting the bug for music itself which often starts to happen in the



formative years plus he likes interesting and weird chords - which I am also a huge fan of - so I thought I'd have a little chat with him about music:

Who is your favourite band / artist?
Arctic Monkeys.

Do you have a favourite track on Blackstar? And do you like any other David Bowie songs?

My favourite is the title track – I like the interesting harmonies. Yes – I like the earlier stuff from Hunky Dory and Heroes eg Life on Mars and Heroes.

What other music are you listening to at the moment?

I've been listening to Lovejoy, an indie band from Brighton and Weezer.

In terms of songwriting who are your main influences?

Alex Turner (Arctic Monkeys), Wilbur Soot and Morrissey.

What motivates you the most to pick up and play guitar?

When I hear a cool song it inspires me to play and try to write something.

What are your aspirations with music and guitar?

I'd like to be singer/songwriter or in a band. I'm looking for a bassist!

What is your dream guitar to own
A white Fender Telecaster.

Euan and I have recently worked together on songwriting ideas and he has produced some superb stuff. He draws from his influences like Wilbur Suit & Alex Turner really well, breaking off the interesting colour of their chord choices and puts a lot of energy and excitement into his progressions.

Learning the music technology trade is also an important part of any songwriter's journey so songs can be demo'd and Euan has been learning Apples entry level music production software Garage Band to do just that which is great to see.

Euan is one of those students for whom I think music will become a very important part of his life and I suspect in a few years he may feature here again, perhaps talking about a band... if he can find that bass player!

Gary Clinton



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LADAS AUTUMN ON OUR ALLOTMENT



This has been a good year for our allotment despite the long spell of hot dry weather. Most of our crops have done well.

Onions, shallots and garlic are strung and in nets, and potatoes are sorted and in sacks in a cool place. Squash, pumpkins and courgettes, which love hot weather, have been very productive.



Sweetcorn has done particularly well in the lovely summer weather with large, sweet cobs. All soft fruits (berries and currants) and hard fruits (apples, pears and plums) have produced very good yields. And there is plenty of produce still to pick.

Crops that have been less productive for some of us have been peas and beetroot. Growing fruit and vegetables can be straightforward but as I have said in previous articles preparing the soil well for the different drops is essential. Being aware of different weather conditions is important to ensure adequate watering and protection against frosts and wind. Even then there are good years for some crops and not so good for others and sometimes we don't know why!



Powdery mildew has been a problem over the last month due to the dry hot weather. The sign of powdery mildew is a white coating on leaves which although not attractive does not cause much damage at the end of the season. Peas and courgettes are particularly prone. You may see powdery mildew on plants in your garden such as roses, asters and begonias. Gardening Which? has some useful advice on powdery mildew. <https://gardening.which.co.uk/hc/en-gb/articles/115000184765-Powdery-mildew>

It is at this time of year that we plan and prepare for the next season. Preparation of soil, adding manure and compost, and planning crop rotation of vegetables, which is so important to minimise pests and diseases which can affect some plants in a subsequent season if they are grown in the same ground each year. If you want to know more about crop rotation this is a good website <https://www.rhs.org.uk/vegetables/crop-rotation>

This is also a good time to take stock of soft fruit. Raspberries, blueberries, blackberries, blackcurrants, whitecurrants and redcurrants last for years but strawberries

need to be replaced every three to four years and not in the same bed. Any longer than this and plants are less productive and produce smaller fruits. Strawberries are easy to grow even in a small garden. They also grow well in pots, window boxes, hanging baskets, growing bags and strawberry planters as well as in the ground. This is a good website if you are interested in finding out more

<https://www.growveg.co.uk/plants/uk-and-europe/how-to-grow-strawberries/>

<https://www.rhs.org.uk/fruit/strawberries/grow-your-own>

Growing on allotment can provide vegetables all year round (almost). There is always something fresh to eat and the taste is so intense when fruit and vegetables are picked fresh and eaten straight away or frozen to lock in the flavour. Having an allotment does demand rethinking how we eat. To make the most of all the fresh produce we need to eat seasonally, making the most of what is available throughout the year, and adapting our menus to fit with what we are growing.

Here are some things you can do in October if you are growing or plan to grow.

>> Autumn cauliflowers should be ready to harvest. Some varieties of broccoli, cabbage and spinach are also ready to pick. And there's always kale for picking which is a good winter crop.

>> There is still time to plant peas and bean seeds to overwinter.

>> Winter lettuce can be sown outside and spring onions can be sown under fleece or cloches. Spring greens can be planted out about 15 cm (6 inches) apart. Spring greens are the first cabbages of the year. They have fresh, loose heads without the hard heart of other cabbages. They can be thinned to 30 cm (12 inches) apart in spring using the thinnings as greens and allowing the ones left to grow on as cabbages. It is always wise to cover all brassicas with netting as the birds love them, particularly over the winter.

Harvest squash and pumpkins. A good test of when they are ready is if the stem has gone brown and hard and a fingernail does not penetrate the skin. Cut the stem leaving about 3 cm attached to the plant. This helps them store better. Pumpkins are traditionally used at Halloween but they are a great crop to keep over the winter for soups, stews and just roasted in the oven. Store in a cool, dry place.

When the green fronds of asparagus turn yellow, cut them down to the ground.

When the blackberries are finished fruiting they can be pruned. Between now and the end of February is a good time to plant rhubarb crowns. This is a good time to buy strawberry runners (plants that have grown from the parent plant) to replace old plants or to fill gaps.

Val Corry,
Chair LADAS



Linsithgow and District Allotment Society



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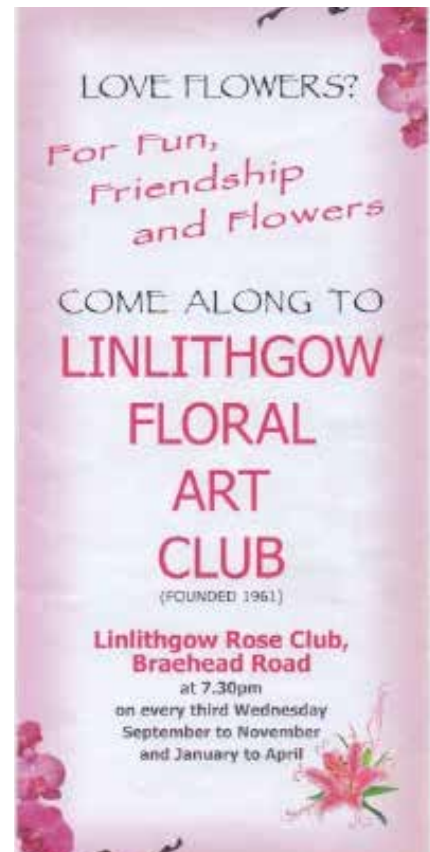
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HOLLYWOOD HAVOC FROM THE LINLITHGOW PLAYERS

Say hello to the glitz and pizzazz of 1930s Hollywood with The Linlithgow Players' November production of Ken Ludwig's "Shakespeare in Hollywood". It promises to be a show bursting with glamour, populated by real-life, yet delightfully exaggerated personalities of the movie scene. Add an eccentric German director with an artistic vision, a couple of misplaced supernatural beings, and one of William Shakespeare's most beloved comedies of all time, and you get Ken Ludwig's Shakespeare in Hollywood.

The play reimagines the Warner Brothers' problematic production of A Midsummer Night's Dream, directed by Max Reinhardt in 1934. Two familiar characters, Oberon and Puck, fresh from A Wood

Outside Athens, find themselves transported from the land of legend and classical myth all the way to the Hollywood film set to join the starry cast.

When the enchantment of the silver screen meets the magic of Fairyland, all merry hell breaks loose, and we are treated to transformations, chase scenes, and the kind of havoc that only a charmed flower can wreak. It is a play bursting with laughs and love.

The show's venue is the suitably splendid Burgh Halls. The producer Thérèse says "we are very excited to stage this play. It needs a large energetic cast so was a perfect choice for a group brimming with the range of talent we have. If the show is even half as entertaining as our rehearsals, we're sure the audience will really enjoy it."

"And", to paraphrase a quote from the play "don't let that word Shakespeare frighten you, the word on this show is sock-o entertainment from start to finish."

Performances are Friday 11th November at 7.30pm and Saturday 12th November 2.30pm matinee and 7.30pm.

Ticket information from www.linlithgowplayers.org.uk

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Rising inflation and interest rates bring into question how this is affecting the housing market, and whilst only very recently have we at Paul Rolfe seen a very small lowering of buyer confidence, it is patchy, and is affecting less desirable areas and tired properties which may be essentially sound but lack kerb appeal and require some upgrading

In summary

// Average Scottish house prices continue at record highs beyond the £200,000 milestone.

// Market remains largely unaffected by the growing cost of living crisis.

// Lack of supply and continuing strong demand continue to cause growing house prices.

House prices across the UK have seen the first decrease since June 2021, albeit by a marginal 0.1% in July, but Scotland's housing market continues to record rising property prices, with a 9.6% annual growth rate since the start of 2022.

According to the **Halifax House Price Index**, the average cost of a property in Scotland

passed £200,000 for the first time in June, hitting £201,549 – a rise of £18,142 compared to the same period in 2021, and the trend continued in July with houses now costing an average of £203,677.

While strong growth in prices is no doubt welcome news for sellers, those looking to move face a challenging market, according to **Russell Galley, Managing Director at Halifax**. Scotland, however, continues to boast some of the most affordable areas in the UK, with Northern Ireland and Wales enjoying similar annual house price milestones of 14.7% and 14.0%, respectively.

Property Market Remains Largely Unaffected by Cost of Living Crisis

Despite the growing cost of living crisis, the UK's property market continues to be largely insulated, with unfettered price growth and persisting large-scale demand.

According to Galley, this can be explained by low-income households shouldering most of the strain from rising costs. Meanwhile, higher-income households continue to be active in the market, with mortgage lending at its highest since September 2021 – suggesting

a rush to secure fixed mortgage rates ahead of interest changes predicted in the coming months.

Galley argues, however, that inflation-induced pressure on households is certain to increase, affecting affordability and likely slowing the market down further before the end of the year.

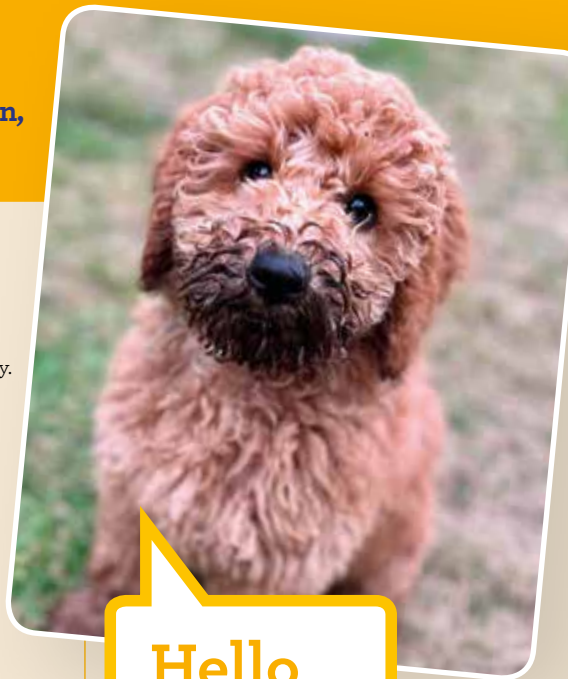
Despite reports that post-COVID market growth would soon putter out, the Scottish housing market has defied all expectations. In June this year, house prices enjoyed a 1.8% month-on-month rise in average selling price – the biggest monthly rise since 2007. While annually prices rose 13%, the largest growth rate since 2004 according to the Halifax House Price Index.

Supply and demand issues continue to be the leading cause of growing house prices as demand far outstrips available properties on the market. According to Zoopla, while the UK-wide demand for homes has slowed steadily throughout 2022, it remains 25% above average.

As sellers continue to finalise buying their next home before closing the sale of existing properties and buyers hurry to beat rising mortgage interest rates, these issues are likely to persist.



This month's Westport Vet's Pets of The Month is Nala Green, a four month old Cockapoo.



Hello
I'M
NALA GREEN.

Nala is a four month old Cockapoo puppy. Her owner describes her as a bundle of energy and a little minx but says she's totally gorgeous with it!

She keeps them smiling as she's always happy to see everybody – although they say they also describe her as a tiny terror, she's the friendliest little dog and she wants to say hello to every person and dog she meets.

Her favourite thing to do is get wet and/or muddy! She loves digging in their garden (usually ending up with black paws and chin!). They had to get rid of their small garden pond as she would rather jump into that than her paddling pool to try and dig out the plants! (Photo evidence attached!).

Her cheeky habit is her love for a sock – clean or dirty! She always manages to steal one too when her owner is hanging the washing out to dry which always needs to be put back in to wash as she drags it through the bushes to hide.

She loves all toys – tennis balls, teddies etc. but mostly she loves any toy that belongs to the family's two house cats! They have had to replace the cats' favourites and now wait for Nala to go into her crate for the night

before playing with them!

Nala loves to be anywhere with a woodland walk – she loves running and chasing the leaves that are starting to fall.

We asked if having a new puppy has been what they expected? Her owner said:

"Everyone told me it would be just like having a baby again – and it is. However, having raised 3 boys, including twins, I was ready for it! It's all down to routine – eat, poop, play/walk, sleep & repeat!"

Puppies are a big commitment and before you even look for one there are many considerations. An important one is where you look. There is excellent advice available on Dogs Trust's website on how to prepare and what to look out for to prevent buying a pup from illegal puppy farms.

You should find a breeder who is licensed by their local authority. Be mindful that a good breeder may have a waiting list for puppies but a happy, healthy dog is worth the wait!

Avoid buying from anywhere that does not let you see the environment pups are in and if you are asked to meet somewhere to receive a puppy - this is a warning sign. Always ask to see pups interacting with their mum and siblings. Ask for paperwork - a reliable and responsible breeder

will be able to provide. Be cautious of situations that seem 'too good to be true'. Puppies should be bright, active, lively, clean and healthy. A breeder should also microchip the pups before they go to the new owners - it is a legal requirement for all dogs over eight weeks of age to be microchipped. Puppies should not be re-homed before they are 8 weeks old.

Consider your lifestyle and how a dog will fit in. If you will need a dog walker, caregiver or kennels - this should be arranged before you get your pup. Insurance should be researched and arranged ideally before your puppy comes home. Puppies, or dogs of any age, should not be left alone all day so ensure you have the time to give them, particularly in the early stage when they settle in. Preparing your home and garden is safe and puppy/dog-proofing risks, dangers and undesirable areas and objects. Consider the cost of ongoing preventative healthcare, food, essential items and having a plan should anything require treatment cost.

Consider breed - never pick a dog on looks alone! Breeds all have specific traits and requirements, specific needs and traits which should be met and tailored for. Consider other animals and people in your home and life - they come first - will this dog be compatible?

You can arrange pre-pet appointments with the veterinary team who can help and guide you to ensure you are prepared and discuss how to stay safe when looking for a pup to bring into your family.

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Paul Rolfe^{*}
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