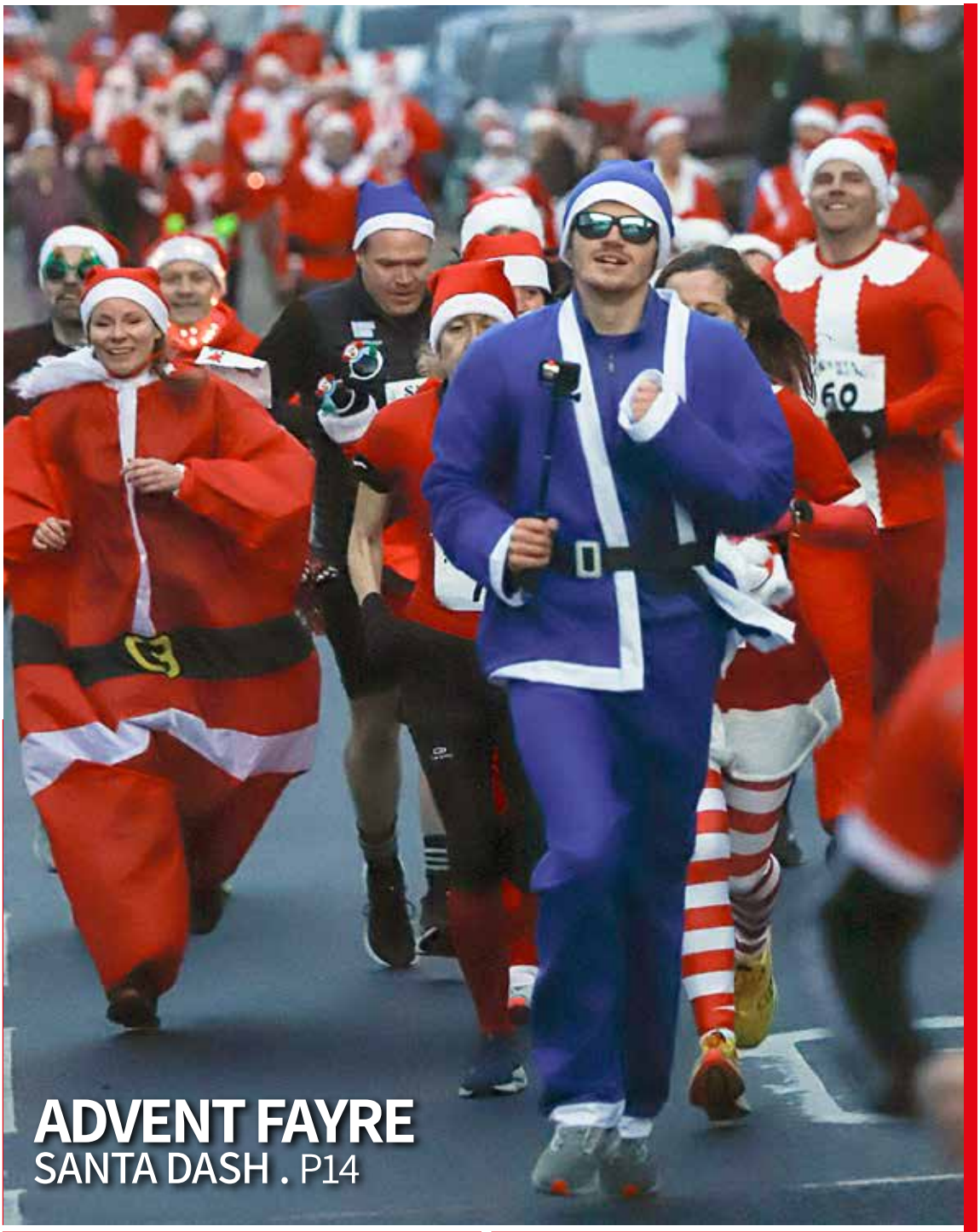
LINLITHGOW COMMUNITY MAGAZINE

BLACK BITCH

ESTD. 2011

LINLITHGOW'S NEWS BY LINLITHGOW'S PEOPLE



ADVENT FAYRE
SANTA DASH . P14



LINLITHGOW MUSEUM
94TH REGIMENT OF FOOT P21



JUNIOR PARKRUN
PRIMARY SCHOOLS P28

SCOTTISH GOVERNMENT
LOCAL GOVERNMENT
REORGANISATION P4

DOWNLOAD A PDF OF THIS MAGAZINE FROM OUR WEBSITE:
www.linlithgowcommunitymagazine.co.uk

ISSUE NO.**126**
NOV 2026

CONTENTS

4 **Linlithgow Planning Forum** Consultation on major change of Local Government

5 **Linlithgow Planning Forum** Linlithgow's Local Place Plan - lessons learned for the future

6 **One Linlithgow Business Improvement District** Suggestions for Christmas shopping on the High Street, Shop Local

8 **Linlithgow Academy** Learning Conversations, Learning how to learn

10 **Aaron Wilson, S6 Linlithgow Academy** The story behind the stories

11 **Focus on Farming, Jamie Smart** All things considered a good season, avoided the worst of the weather

12 **Bruce Jamieson** The unsung hero's brother, Deacon of Dyers, George Waldie

14 **Linlithgow Advent Fayre** All the favourite features plus a lot of tractors on the High Street

15 **Aspire Linlithgow** One of Linlithgow's most prized structures needs your help

16 **Burgh Beautiful Linlithgow** Bringing on young gardeners for the future

17 **Linlithgow RFC Male Voice Choir** The baton in new hands, fresh challenges to face, new heights

18 **Linlithgow Reed Band** The ever present, ever popular, ever in demand

19 **Linlithgow Rose FC** Hard work and creative play keep the club's eyes on the prize

20 **Linlithgow Rugby Club** Men and women, girls and boys training and playing for success across the club

21 **Linlithgow Museum** New partnerships and collaboration, new projects, curling and crannogs

22 **Super Scribblers** Christmas - it's never too early to start thinking!

24 **Pages from the Bridge** Reading widely from P1 to P7, from The Bug Collector to Beyond the Sky

25 **Probus Club** Celebrating 50 years, at Linlithgow Rose Social Club

26 **Bellsburn Bowling Club** Charity fundraiser on the green for Marie Curie

27 **Festival of Christmas Trees** Hugely successful array of theme decorated Christmas Trees at St Michael's Parish Church

28 **WLCC Parkrun** Bringing more young runners together for fun and fitness

29 **Tree of Light at The Cross** Rotary Annual fundraiser for local charities

30 **Rainbow Railways** Switch off the screens, let's get hands on

31 **Linlithgow Primary School** 2027 brings up 60 years at Preston Road, celebrations in preparation

33 **Linlithgow Ladies Choir** Practice begins, Christmas Concert

34 **LADAS** Winter's here, get out while you can, there's lots to do!

35 **Lisa Nettleton Book Review** The Shadow Thieves, Peter Burns, an award winning children's novel, 9-12 years

37 **New Hopetoun Garden Centre** Planning a new Summer House, how to chose contents

38 **Skin Happy** Choice of natural options to rejuvenate your skin

42 **Paul Rolfe** Planning an upgrade or extension, think and plan carefully

43 **Vets & Pets** 14 year old tabby cat, big ears and a Hearts supporter

Linlithgow Physiotherapy

Local Physiotherapy Clinic.





We can help with:

- Back/Neck Pain
- Sports Injuries
- Joint/Muscle Pain
- Ante/post Natal Care
- Modified Pilates
- Bladder Problems
- Headaches
- Dizziness
- Acupuncture

26c High Street
Linlithgow
EH49 7AE

Karen Graham
Pamela Armstrong

Tel. 01506 238189

www.linlithgowphysiotherapy.co.uk
contacts@linlithgowphysiotherapy.co.uk

Healthcare Insurers Recognised
HCPC registered



Black Bitch magazine design & production: www.cghcreative.co.uk

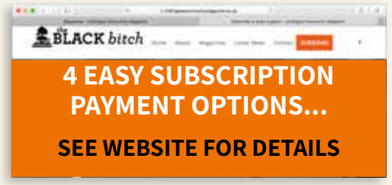
NEXT ISSUE COPY DEADLINE
6 JANUARY 2027

CONTACT DAVID TAIT, EDITOR
on.a.lead@gmail.com

COMMUNITY ///



DAVID TAIT
EDITOR



What's inside this Issue

Christmas usually takes centre stage in our final issue of the year, but this time we also turn our attention to a subject with lasting importance for our community: the future of local government.

On 21 September 2026, the Scottish Government announced a three-month consultation on local government reorganisation. For the Planning Forum of Linlithgow and Linlithgow Bridge Community Council, this brings fresh relevance to work undertaken over more than eight years.

Linlithgow lost its Town Council in 1975 following the reforms prompted by the Wheatley Commission. Established in 1968 to examine local government in Scotland, the Commission recommended major changes. Its chairman, Lord Wheatley, told those attending the Marches in 1974 that the Town Council would be replaced and there was "no way out". The new system, he said, was intended to meet the "needs of the next fifty years".

More than fifty years on, the Scottish Government is asking the question again: what system of local government would best serve our communities?

On page 4, the Planning Forum explores how a proposed new structure could work across Scotland and what it could mean for Linlithgow. The article draws on an impressive piece of work completed in a remarkably short time by retired town planner and mapmaker Ron Smith, bringing together his extensive skills, knowledge and experience.

On page 5, we turn to the related subject of Local Place Plans. John Kelly reports on research by University of Edinburgh MSc student Robin Long, whom he supported throughout the project. Depending on the outcome of the consultation and any subsequent reforms, Linlithgow's Local Place Plan could provide a valuable foundation for the work of a re-established Town Council.

Together, these articles invite us to consider how decisions about Linlithgow's future might be brought closer to the people who live here.

Advent Fayre and much more

While local government matters greatly to Linlithgow's future, Christmas offers a welcome chance to pause, celebrate and spend time with family and friends.

The High Street and The Cross will be at the heart of the festivities, with the **Charity Santa Dash, tractor convoys, the Torchlight Procession, a Craft Fair, the Advent Fayre** and much more. The **Gala Queen** will switch on the Christmas tree lights, and the **Linlithgow Reed Band** will once again lead the carol singing. Behind the scenes, **Linlithgow Ladies Choir** is rehearsing for its Christmas Concert in St Michael's Parish Church on 12 December.

There is plenty for sports enthusiasts in this issue too. **Rose FC** and the **Rugby Club** report on the season so far, with news from the pitch and training ground. We also hear about the growing appeal of parkrun for all ages and successful efforts to welcome more youngsters to activities at the **Cycle Circuit at Xcite Lilithgow**. **Bellsburn Bowling Club**, meanwhile, celebrates the success of its fundraiser on the green in aid of Marie Curie.

For keen gardeners, there are updates from the allotments and suggestions from **New Hopetoun Gardens** for enhancing a new garden feature. Looking beyond the garden gate, **Jamie Smart** reflects on the past farming season and considers what lies ahead.

Education also features strongly, with news of how our primary schools are encouraging reading, writing and participation, alongside approaches to learning at the **Academy.** Meanwhile, **Rainbow Railways**, based at PlayBugs on Mill Road, is encouraging children to spend more time away from screens and enjoy constructive play, an interesting initiative.

Our town's heritage gets its share of attention, too. **Linlithgow Museum** is working with specialists to explore subjects including curling and crannogs, both closely connected with Linlithgow Loch. **Bruce Jamieson** introduces us to local figure George Waldie, brother of the better-known David Waldie, whose work contributed to the introduction of chloroform as an anaesthetic.

As always, there is much more to discover about Linlithgow's people, places and activities.

From all of us at The Black Bitch Magazine, Merry Christmas to our readers and supporters, and our very best wishes for 2027.

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



LOCAL DEMOCRACY IS COMING? WHAT IT MEANS FOR LINLITHGOW

Scottish Government Proposals for Local Government Reorganisation

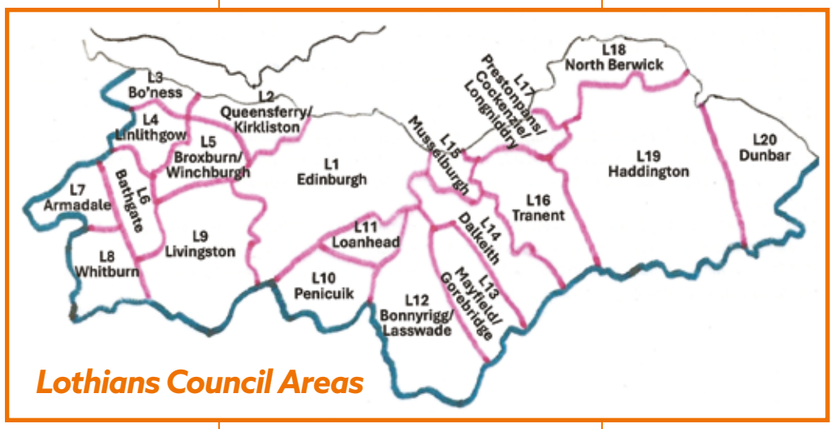
On 21 September, the Scottish Government followed earlier commitments to public-sector reform with the publication of a paper on the future of local democracy and announced a three-month dialogue period. The Community Council had earlier expressed views on the subject in 2018 and 2021, the first favouring more empowered Town/ Burgh or Community Councils, to give Linlithgow greater jurisdiction over decisions directly affecting the town, particularly planning, development and local services such as locally managed and funded community facilities, social housing, street cleaning, parks and gardens. Most importantly, it was thought that Town/ Burgh Councils should operate independently of party politics and focus on consensus to provide community benefits.

The subsequent 2021 response of the Community Council reinforced the argument that Scotland's local governance and democracy remains one of the most centralised in the world and that communities such as Linlithgow have too little influence over decisions affecting them. Drawing on experience of limited engagement by West Lothian Council, it called for stronger local decision-making to facilitate projects such as refurbishment of the Vennel, action on gap sites, provision of more social and affordable housing and resolution of High Street congestion. The sheer size of West Lothian Council, with its 33 elected members and 8,000 staff, sometimes means that, despite best intentions, the unique problems or needs of individual communities like Linlithgow are not given priority.

The current consultation by the Scottish Government follows up general principles with more detailed suggestions to replace the existing 30 unitary local authorities on the Scottish mainland with 6-10 upper-tier regional councils dealing with strategic matters and 120-160 lower-tier 'community' authorities. The number of elected councillors (1,226) would remain the same, serving on both regional and local authorities.

www.llbcc.org.uk/community/local-democracy.

The Government proposes that the regional authorities would deal with strategic planning, housing, economic development/ employability, relevant areas of transport, waste and cleansing services, civil defence, regulatory services and education, elements of which could be delegated from central government. The lower-tier 'community' authorities would 'improve local decision making' and efficiency, covering community planning and community-based support, householder planning applications, licensing decisions, regeneration of local town centres, management of open space and the historic environment, and provision of local leisure, sport and culture facilities.



Lothians Council Areas

What could the Reorganisation Proposals mean for Linlithgow?

The main question arising from this proposal is one of practicability: is it feasible to divide Scotland into 10 regional authorities and 160 community authorities? Ron Smith, Burgh Trust member of the Planning Forum and associate member of the Community Council, used his local government, town planning and cartographic experience to answer that question.

His paper is on the Community Council website: **https://www.llbcc.org.uk/community/local-democracy**

Ron has gone along with the idea of the 10 regional councils, suggesting 172 community or lower-tier authorities based on a guide minimum population of about 10,000, up to the full-size of the country's four main city authorities. (The existing Islands Councils for the Western Isles, Orkney and Shetland would be unaffected.)

The model is found to work well for all different types of existing, recognised communities or groups of communities, ranging between single towns or cities (large or small), towns serving numerous smaller places, groups of small towns and more sparsely populated rural areas. The suggestion ensures that the council areas selected are readily identifiable and would give people a sense of belonging.

Would it work for Linlithgow – absolutely! Taking the Lothians upper-tier authority as an example, it is suggested that its lower-tier community administration would be sub-divided into 20 city, town or area councils, one of which would cover Linlithgow and its immediate hinterland. A greater range of devolved services is suggested, compared to current outline Government proposals, to maximise devolution to local areas of decision-making. This would include housing, and possibly education. The overall number of Scottish upper-tier councillors would be around the same as the current figure, but most of lower-tier authorities, such as Linlithgow Town Council, would be recommended to have a minimum of nine (non-political) councillors to ensure that local democracy is properly served, and from which, in Linlithgow's case, three upper-tier councillors would be selected (for details, see Ron's report).

The final question is whether or not Community Councils would continue in their current form and the answer to that is probably not in their current form, at least for places like Linlithgow where replacement town councils would be more directly accountable to their electorates (although they could still have a similar role as at present in the larger cities and more dispersed rural areas). The present Linlithgow and Linlithgow Bridge Community Council, a voluntary organisation elected by local residents on a four-year cycle and funded by an annual grant of approximately £1000, is one of around 1,200 Community Councils in Scotland charged with ascertaining, co-ordinating, reflecting and expressing the views of their community to existing local authorities and to other public organisations. The extent to which West Lothian Council, NHSLothian and other organisations take any notice of those views is debatable.

What would comprise a lower-tier or community local authority has yet to be decided but, irrespective of its constitution, a new version of a Town Council for the Royal Burgh of Linlithgow has a lot to recommend it – and now looks possible!

Planning Forum of Linlithgow and Linlithgow Bridge Community Council

LOCAL PLACE PLANS HOW WELL DID WE DO?

Reviewing Linlithgow's Local Place Plan

Over the past four years, The Black Bitch has followed the development of the Linlithgow Local Place Plan. Now, new research comparing plans across Scotland gives us an opportunity to ask: how well did Linlithgow do?

Local Place Plans were introduced by the Planning (Scotland) Act 2019, with detailed regulations coming into force on 22 January 2022. Their purpose was to give local people a meaningful opportunity to influence the future development of their area. Although these plans do not form part of the statutory Local Development Plan, councils must take registered Local Place Plans into account when preparing new Local Development Plans.

Linlithgow's process began with public consultation and an exhibition at the Burgh Halls on 16 and 21 June 2022. Residents could contribute at the exhibition and through a detailed questionnaire. Nearly 200 questionnaires were completed, generating more than 12,000 individual pieces of information. These responses informed the final plan, which West Lothian Council registered in January 2023. The scale of the response showed a strong appetite among residents to help shape the town's future.

"By contrast WLC charged for use of premises"...

West Lothian Council's position was set out in a report to its Executive on 12 March 2024. Local Place Plans, it said, should be community-led and based on inclusive, robust engagement. They are deliberately not council-authored documents, and the council does not administer their preparation. The Head of Planning, Economic Development and Regeneration also explained that, because the Scottish Government had provided no additional funding, the council could not meet communities' preparation costs.

Comparing Linlithgow with Scotland

To see how Linlithgow's approach compared with others, the Planning Forum worked with the University of Edinburgh. In May 2026, MSc student Robin Long began a 12 week study during which he reviewed the literature and created a database of 211 accessible, full-text, registered Local Place Plans from across Scotland. He used computer-based thematic analysis, consulted the Planning Forum as an expert panel and conducted five detailed case-study interviews. This provided a broad national picture alongside closer examination of selected communities.

Three findings stand out.

Support varied considerably.
Renfrewshire Council established a £100,000 Local Place Plan fund in February 2025. By November, nine community organisations had received funding and started work, with another offer pending. Highland Council supported the Black Isle Partnership, which employed facilitators Becky Richmond and Nick Wright, and its guidance identified the Ward Discretionary Fund as a possible source of help with costs such as printing. Other communities received grants and facilitation through the Coalfields Regeneration Fund.

By contrast, West Lothian Council charged Community Councils for using its premises for public meetings. Unsurprisingly, communities able to employ consultants benefited from structured facilitation and a polished final document. While plans are rightly community-led, practical support can ease participation and improve the finished document.

Timescales also differed. The longest period allowed for preparing a plan was 15 months. Longer timescales appeared to make it easier to involve schools and a wider range of community groups. Meaningful engagement takes time, especially when volunteers must organise events, analyse responses and draft the plan.

The plans may influence decisions.
Anecdotal evidence suggests that some authorities may already treat Local Place Plans as a material consideration when deciding planning applications. Linlithgow Community Council relied heavily on the plan in its response to the Wilcoxholm development application, although it remains unclear what weight West Lothian Council will give it.

What happens next?

So, how well did we do? Linlithgow achieved substantial public engagement and produced a registered plan from an impressive body of evidence, despite limited financial and practical support. The comparison also shows what stronger council assistance, dedicated funding and more preparation time can achieve.

Registration is not the end of the process. The real measure of success will be whether the plan is used: by the council when preparing its next Local Development Plan, by decision-makers considering proposals and by community organisations arguing for improvements. The next test is whether our collective work genuinely influences the decisions that shape Linlithgow's future.

Planning Forum of Linlithgow and Linlithgow Bridge Community Council

LOCAL BUSINESS

Use them or lose them is the simple message this festive shopping period.

Help save your High Street

As we head into the festive season, keyboards at the ready to click on the latest offers from the global platforms, it's also time to reflect on Linlithgow High Street and how businesses continue to adapt to serve the needs of modern consumers. In this edition we've featured over £500 worth of gifts you can buy for loved ones from 12 businesses in the High Street.

For more gift ideas go to Linlithgow.co.uk/christmasgifts/

What has One Linlithgow business improvement district (BID) done for the town this year?

For starters, did you know that all the businesses who pay an annual levy into the BID cover the annual cost to store, maintain and install all the festive lights and 87 motifs each year along the length of the High Street. This year 8 new lamp post motifs have been purchased by One Linlithgow to replace ones at the end of their service life.

Watch out for the tree at the Low Port roundabout that has been decorated with lights for the first time this year. The lights will remain in place like the BID owned ones along the High Street to West Port.

This year's theme is a "Christmas Pudding" trail for the younger residents, who get into the magic of Christmas looking for the letters to spell out the secret phrase from Santa to his elves.

There is a range of activities also organised by various community groups and businesses actively taking part where they can.

One Linlithgow also organises the Festive Loyalty Draw to win up to £100 each Advent Fayre time.

SHOP LOCAL FOR CHRISTMAS

POTTERY TASTER CLASS FOR TWO £100



LINLITHGOW POTTERY, 226A HIGH STREET
LINLITHGOWPOTTERY.COM

FIR TREE HONEYCOMB FROM EAST END PRESS £21.95



CALLUNA FAIR, 131-133 HIGH STREET
CALLUNAFAIR.CO.UK

LINLITHGOW WHISKY FESTIVAL TICKET £44.00



WEE WHISKY SHOP, 34 HIGH STREET
WEEWHISKYSHOP.COM

EUGY CARD MODEL KIT - CAPYBARA £8.99



BRIGHT STAR TOYS, 183 HIGH STREET
FACEBOOK.COM/BRIGHTSTARTOYS

CHRISTMAS SPICE REED DIFFUSER (50ML) £8.00



LILYPOND CRAFTS AND GIFTS, 25 HIGH STREET
LILYPONDCRAFTS.CO.UK

MUSHROOM LAMP £90.00



ART OF MORROW, LOW PORT CENTRE
ARTOFMORROW.CO.UK

KATE LEATHER COIN PURSE £11.00



STYLED BY MACS, 2 THE VENNEL
STYLEDBYMACS.CO.UK

THE BOOK SUBSCRIPTION SERVICE £80.00



FAR FROM THE MADDING CROWD, 20 HIGH STREET
MADDINGCROWDLINLITHGOW.COM

ELDERBERRY OR ELDERFLOWER FIZZ PER BOTTLE £6.25 - £7.10



COMPLETE HEALTH, 159 HIGH STREET
FACEBOOK.COM/COMPLETEHEALTHLINLITHGOW/

NOW THAT'S WHAT I CALL CHRISTMAS! 3LP SET £38.00



LOW PORT MUSIC, 56 HIGH STREET
LOWPORTMUSIC.CO.UK

WILD SWIM KNIT HAT £16.00



THE GIFT HORSE, 18A HIGH STREET
THEGIFTHORSE.SHOP

DIGITAL GIFT VOUCHERS £30 to £100



MASON BELLES KITCHEN, 52 HIGH STREET
MASONBELLESKITCHEN.CO.UK

Linlithgow Gift Vouchers.
Buy from Lilypond Crafts & Gifts to use in many participating Linlithgow businesses.

Monthly Loyalty Draw.
Collect 10 stamps each month from local businesses to win £20, £30 or £50.
OneLinlithgow.com/loyalty-draw/





SCHEDULE OF EVENTS & ACTIVITIES

Fri 20th & Sat 21st Nov & Fri 11th Dec	Low Port Centre Linlithgow Christmas Night Market Hosted by Art of Morrow.
Wed 25th Nov to Mon 21 Dec	Christmas Pudding Trail Find the Christmas Puddings in the shop windows. Each pudding has a name, so write down the name of the shop where you saw each pudding to win a £30 voucher to spend in many of the shops in Linlithgow. Choose the best dressed window.
Thurs 26th Nov	Late Night Shopping. Start your Christmas shopping locally, picking out some unique gifts for your family and friends as many of the shops open until late.
Thurs 26th to Sat 28th Nov	Festive Loyalty Draw. Collect your stamps locally with a chance to win up to £100 to spend in local businesses. Hand completed cards into Lilypond Crafts and Gifts or Complete Health.
Sat 28th Nov	Community Council Torchlight Procession and Christmas Lights Switch on. Advent Fayre Market in Burgh Halls. Santa Dash.
Sat 28th Nov	Christmas Tractor procession through Linlithgow in front of the torchlight procession.
Fri 4th to Sun 6th Dec	St. Michael's Festival of Christmas Trees.
Sat 5th Dec	Monthly Linlithgow Artisan Market. Over 80 stalls located at the Vennel and inside the Community Hub. Local businesses and producers offering festive themed goodies.
Wed 25th Nov to Thurs 24th Dec	Linlithgow Shop Local at Christmas Social Media campaign.
Sat 12th Dec	Linlithgow Christmas Record Fair by Low Port Music. The Hub, the Vennel. 10am-4pm.
12, 13, 19, 20 Dec	LUCS Santa Cruises. Tables for £8 p/person. Tearoom Open.

Helping Young People

Take Ownership of Success



LINLITHGOW ACADEMY

How Linlithgow Academy is using Learning Conversations to develop confident, reflective learners

Serving approximately 1,180 young people from Linlithgow and the surrounding communities, our school has a strong tradition of high expectations, positive relationships and a commitment to helping every learner achieve their potential. This year, we are building on those strengths through an enhanced Learning Conversations model, designed to place students at the centre of understanding and shaping their own learning.

A School Where Every Voice Matters

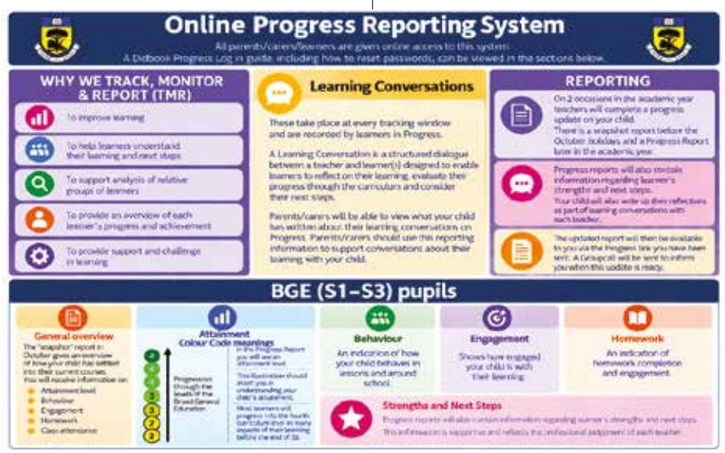
Learning Conversations are a practical expression of our school values; Kindness, Curiosity, Perseverance and Fairness. Learning Conversations provide dedicated opportunities for students to reflect on their progress, celebrate successes and identify meaningful next steps. Rather than learning being something that happens to them, we want young people to become active participants in understanding and directing their own progress.



Building on Strong Foundations

Learning Conversations are not entirely new to Linlithgow Academy. For many years, senior phase students have met with teachers following assessments and during key stages of coursework to discuss progress and next steps.

The difference now is that we are extending this approach to all year groups and asking pupils to formally articulate and record these conversations. From S1 to S6, every student will participate in Learning Conversations at key points throughout the year. This supports one of our key improvement priorities: developing student agency and helping young people better understand themselves as learners.



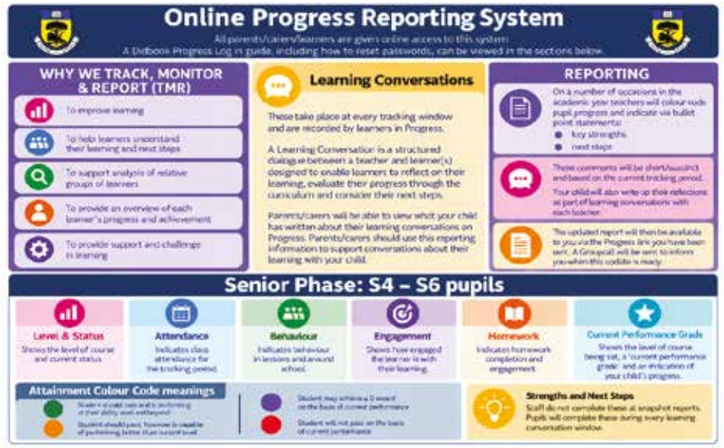
Understanding Progress Throughout the Year

Learning Conversations sit alongside a broader approach to tracking and reporting progress. **As shown in the accompanying diagrams, students and families receive information about learning throughout the year,** with reporting arrangements tailored to both the Broad General Education (S1-S3) and Senior Phase (S4-S6).

However, reports alone cannot tell the whole story. Learning Conversations bring that information to life. They help students interpret feedback, explore strengths and challenges and agree practical actions for improvement.

Rather than reporting being a one-off event, our approach creates an ongoing cycle of learning, reflection, feedback and action. Learning Conversations help young people move from simply receiving information to actively engaging with it and taking ownership of what comes next.

Follow all the news and events at Linlithgow Academy: https://linlithgowacademy.westlothian.org.uk/





Learning How to Learn

Research shows that learners make stronger progress when they regularly reflect on their learning and understand what helps them succeed. This process, often known as metacognition, or "learning how to learn", encourages students to think more deeply about their development.

Through Learning Conversations, students consider questions such as:

- What am I doing well?
- What have I learned since our last conversation?
- What challenges have I faced?
- What should I focus on next?
- What support will help me achieve my goals?

These discussions help develop increasingly confident and independent learners.

Early Signs of Success

Over the past term, staff and students have worked together to embed Learning Conversations more consistently across classrooms.

The response has been encouraging. Many students report that they value the opportunity to discuss their learning directly with teachers and appreciate having greater clarity about their progress and next steps. Staff have also observed stronger engagement with target-setting and increased confidence amongst students when talking about their learning.

Within the Broad General Education years, we are seeing young people take greater responsibility for their progress and become more reflective about how they learn.

Learning and Improving Along the Way

Like any significant change, introducing Learning Conversations across a large secondary school brings challenges as well as opportunities.

Feedback from pupil evaluations has been particularly valuable. Students overwhelmingly support the principle behind Learning Conversations and highlighted the importance of discussing their progress with teachers, identifying strengths and areas for improvement and agreeing meaningful next steps.



At the same time, pupils identified areas for development. Some felt that Learning Conversations across multiple subjects could be better spaced throughout the year. Others highlighted that recording conversations online could sometimes become repetitive and take focus away from the discussion itself.

Students have also reminded us that quality matters. Their most positive experiences came when conversations were personalised, interactive and focused on meaningful feedback. Senior phase learners, in particular, expressed the value of receiving detailed subject-specific advice from teachers alongside opportunities for self-reflection.

This feedback will help shape our next steps. As we continue to refine the model, pupil voice will remain central to ensuring that Learning Conversations are both meaningful and impactful.

Looking Ahead

Learning Conversations are already helping more young people engage with their learning, reflect on their progress and take greater ownership of their next steps.

While there is still work to do, the early signs are positive. By helping students better understand themselves as learners, we are supporting success not only in school but in life beyond the classroom.

Grant Abbot,
Head Teacher



VISIT OUR WEBSITE TO SUBSCRIBE AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE

THE STORY BEHIND THE STORIES

By Aaron Wilson, a Linlithgow Academy student studying Advanced Higher English and L6 Journalism. This was written as part of my work experience at the Black Bitch community magazine.

When editor David Tait began the magazine back in 2011, it was a rarity amongst local town magazines, and still is to this day.

The magazine was born out of David's frustration with local newspapers, that he described had become "regional" and "defeated the purpose". It was inspired by the Leither (from Leith), and the John O' Groat Journal (from David's hometown of Wick) which he felt effectively captured the locality that he was looking for from town magazines.

With the help of a "superb" intern, Jo Power, who had experience at the Leither, they managed to get the magazine off the ground.

"We set up to do three magazines in 2011 and see what happened. So, it was well received at that point, so we decided to keep on going."

The businesses of the town, though, were a vital component in the magazine's success. They couldn't do it without the loyal advertising support of the high street shops.

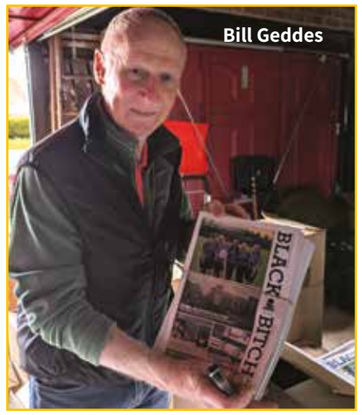
"I knew quite a few of the businesses on the high street, so I just asked them what they would think about a good magazine dedicated to Linlithgow. Would they support that with advertising? And that got a positive response, so I thought right okay, well let's give it a go, we'll see what happens, and from that point on, support has been really really good from people helping".

David insisted that the magazine was delivered free as a "prime principle", so advertising was vital to sticking to that. In order to make that work though, they required volunteers to help deliver the magazines. They only had a few when they started, but have now reached between fifty and sixty volunteers regularly helping deliver.

The delivery process is relatively time consuming. Volunteers such as **Ronald Hunter and Bill Geddes** among others meet up in Beechwood on the Tuesday morning of the week the magazine is due to go out, to await the van coming from the printer with the magazines. Once they arrive, the team sorts the magazines into boxes with enough for each delivery person, along with any leaflets that the delivery people must insert into each magazine before they post them. Throughout Tuesday afternoons and Wednesdays, the delivery people come and pick their share of the magazines up from Beechwood. The number of magazines they deliver can range from under 10 to over 500.



Ronald Hunter and David Tait



Bill Geddes

Brian Cole, who has been volunteering for five years has the longest run of over 500 magazines, covering a large portion of the High Street. He says it takes him "about three and a half hours", but likes that he feels that he is **"doing something for the community".**

The community aspect of the magazine is a huge deal for both volunteers who aren't that connected to the Linlithgow community, and volunteers who are already well connected to Linlithgow. **Jim Carlin**, a former provost of the Deacons Court is a **"great believer in community involvement"** and regards it as **"a service for what's a very good cause".**

Members of the public are enthusiastic about it too, with many flicking through to spot familiar faces, and turning to topics that interest them most, which are different for everyone, such as one member of the public revealing that they prefer to read more about "music or performances in Linlithgow" over other topics.

One core aspect of the magazine is the sharing of information around the town, which many volunteers agree seems to help bring the community of Linlithgow together.

Murdoch Kennedy, a contributor and writer since the beginning of the magazine, known for writing the beloved "Folk Fae Lithgae" articles, believes that if it wasn't for the magazine many stories of Linlithgow would have been left untold.

"I have no doubt that lots of the information the magazine has been able to bring forward would never have seen the light of day if the magazine had never existed. For example, we recently carried an interview with leading Scottish business figure, Calum Paterson, who is now the chairman of the Heart of Midlothian FC. Calum is a Linlithgow lad and his grandfather helped to revive Linlithgow Rose after the Second World War."

Core volunteer and article writer **Ronald Hunte**r agrees, saying that ***"it's a great asset that we've got the magazine, and it's a great credit to David for setting it up all these years ago, and I think it's a great way of sharing information around the town".***

David Tait works closely with **Chris Hamilton**, another key contributor, who uses a software package to design the layouts and graphics of each magazine, and they work together to decide what goes on the front page.

It's not just Chris that works closely with David though, as he is still incredibly involved in the magazine every single issue. When asked to describe David in three words, Ronald Hunter without hesitation replied that he is **"Passionate. Committed. Professional."**

Going forward, David is happy with the schools and community involvement with the magazine but would also like to highlight serious issues that are facing Linlithgow now. One of these is Linlithgow's shrinking population, which he believes is a **"far more serious problem than most people realise".**

"The explanation here though is that the wrong kind of houses are being built, so that the young people, people like you [referring to the writer], who in a few years' time might be looking to buy a property, a start-up property, your first property, there's nothing for young people, so they're leaving the town."

David goes on to emphasise that *"at the moment it's big houses, but the community doesn't need that. The community needs small houses".*

One other aspiration for David is to bring back street reporters, who would **"be in, and out, and on the town, speaking to people, going to evening events and all that kind of stuff, and really understanding and knowing the town",** and for him that was a really valuable asset for newspapers and magazines that he would like to return to.

To end off, as the magazine grows, they continue to need more subscribers to help fund them. As core volunteer **Ronald Hunter** puts it: *"it's bigger now than ever and we need more help"*. If you can, do subscribe to the magazine in order to support their endeavours into the future.

DID YOU KNOW?

The Black Bitch magazine is produced 8 times per year with 6,500 copies being printed each time. The annual cost is in the region of £30,000.

Aaron Wilson


Leaflets ready for dispatch with magazine



FOCUS ON FARMING WITH JAMIE SMART



Well, that's another harvest finished and it's been an interesting one. Some crops did well, despite the dry hot summer, others not so much. But I am grateful we didn't have the summer that some areas had. Some parts of the borders, as well as most of England and Wales, had drought conditions with a distinct lack of greenery to be seen. Yet I have spoken with friends in other parts of Scotland who are saying they have had the wettest summer (and especially harvest) in years. Many farmers with livestock in the drought-stricken areas were having to feed them full winter rations by July as there was no grass for them to eat. A very expensive thing to do and many will now be wondering if they will have enough left to see them through the winter.

Harvest for me starts with grass, grown for hay, which is sold to farmers on the west coast for feeding to their livestock. It is cut, turned over several times to dry, and then put into rows and baled.

I then leave it in the field for a few days to "mature". Even when you think the grass has totally dried, there can be some pockets of moisture which can cause the bales to heat - not good if it is all stacked in the shed. Fires are not unheard of due to spontaneous combustion.

A few weeks later, we cut the winter barley (poor yield) followed by oil seed rape, wheat, then spring barley (all reasonable yields). Moisture levels were low so we didn't have to dry the crops much before they went into store, although they did have to be run through the dryer to cool them down. Looking back at old records, I found that in 1997 at this time of year, I had sold my barley for £147 per tonne, purchased tractor fuel for 9.4p per litre and nitrogen fertiliser was £95 per tonne. Barley is currently trading around £175 per tonne while tractor fuel is £1.16 per litre and fertiliser is over £500 per tonne.

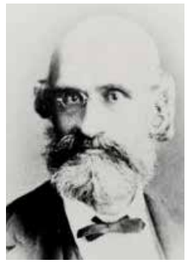
'Never mind, let's try again, it will be better next year' is the usual way of things with farmers, so next year's crops are already being planted. Indeed, in this area, most of the winter sowing is complete. I have winter oil seed rape, barley and wheat all growing well. There is something very satisfying about watching a crop grow, harvesting it then getting the field ploughed and cultivated and sown and watching the cycle start again. Although it can be a bit nerve wracking. We use GPS guidance and steering in the tractors accurate to less than 2cm, so missing a bit of the field with the seeder is not so likely. A blocked spout or seed being a bit too shallow for the seed to grow because of a broken spring on the machinery being more likely. You recognise it has happened eventually, but not where it started, until the crop comes through the ground. The only certainty is it will be in a field which can be seen from the road, and all your neighbours will notice.

Jamie Smart
Balderston Farm, Linlithgow

GEORGE - THE OTHER WALDIE

Bruce Jamieson

Linlithgow-born David Waldie is well known as a pioneer of anaesthetic research, one who recommended the use of chloroform to James Young Simpson but received no credit for his information. He emigrated to India and was buried there.



David Waldie, 1813- 1889 and his recently rediscovered grave in Calcutta.



However, less is written about David's younger brother, George. Their father, Alexander Waldie, was born in Edinburgh and christened in Saint Cuthbert's Church in Lothian Road. In 1811 he is recorded as living in Mid Calder where, at the age of 25, he married Agnes Ford, two years his junior. They moved to Linlithgow to set up an apothecary and printing agency at 67 High Street and, two years later, their first child, David, was born "above the shop."

He was followed by seven other children, although four of them died young. Thomas lived for only 17 months and in his memory, some years later, another son was also christened Thomas. Tragically, he lived for only 3 years. A daughter, Jane, died aged 5 and a son, Alexander, died aged 14, a victim of the 1832 cholera epidemic.



Although Alexander Waldie died in 1846, the company kept the name until 1872 when Agnes Waldie died.

George was 30 when his brother, David, decided to leave his post at the Liverpool Apothecaries Company and emigrate to India to take up a post in a chemical works in Calcutta.

George kept in touch and letters were regularly exchanged between the brothers. David never said much about his disappointment in not receiving credit for his advice to Dr Simpson who became the first man ever to be knighted for his services to medicine.



Statue of James Young Simpson in Princes' Street Gardens, Edinburgh.

After Simpson's death in 1870, David Waldie wrote to his brother and, perhaps annoyed at all the accolades that were being heaped on Simpson, asked George to do what he could to make his contribution to anaesthetic research more widely known.

George readily obliged and used the family printing business to produce a pamphlet which was distributed free amongst the general public. In it, he declared that his brother had presented a paper entitled "Chloroform , the new agent for producing insensibility to pain" to the Liverpool Literary and Philosophical Society in July 1847 whereas Simpson did not successfully experiment with the substance until November in that year.

In Linlithgow, George Waldie gave lectures on the subject of his brother's discovery and also on local history about which he was passionate and had been so ever since his days at the same Linlithgow Grammar School which his brother had also attended.



The Waldie Stationers, Bookshop, Pharmacy and Printing Room was where the Four Marys Pub is today.

In 1858, George printed and published *"A History of the Town and Palace of Linlithgow."* It met with enthusiasm and was reprinted several times.



The first edition of George Waldie's local history.

The year after its initial appearance, George was invited to join the Fraternity of Dyers. In 1869, his eloquence and good-humoured approach to life saw him being elected to the position of Deacon, a position he held for three years during which time he led the Fraternity on memorable Marches Days.

At the head of the Marches processions was fellow member of the Dyers, Provost Adam Dawson, local landowner and whisky baron. He and George spent many a convivial evening together in Dawson's residence, Bonnytoun House, until 1881 and Dawson's early death aged just 51.

Waldie was an enthusiastic participant in the town's annual Riding, addressing the Fraternity at lunch with, as the Falkirk Herald reported, *"much aplomb and including several songs which he delivered with gusto."*



The Dyers arriving at Blackness during a Victorian Marches Day.

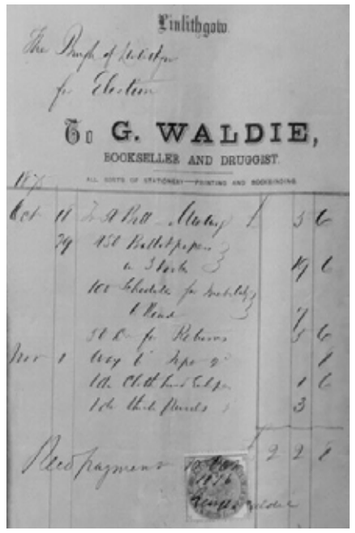
Provost Dawson was a great admirer of George Waldie and, in 1878 invited him to give the keynote 'Breakfast Address' to the Provost's assembled company.



19th century Marches Breakfasts were held in the Star and Garter Hotel.

An entry in the Dyers' Minute Book referring to Mr Waldie, praises how he had managed an unspecified "great matter" which had cropped up in the Fraternity and states that *"the Dyers have been fortunate in having such an excellent Deacon."*

A further Minute Book entry reports that in 1871, *"Deacon George Waldie reformatted the rules and regulations of the Fraternity."* George had the rulebook published and copies still exist today. His printing establishment was also well patronised by many other local organisations including the Town Council, the Linlithgow and Stirlingshire Hunt, several Fraternities and by many private individuals. In this invoice he is being paid by the Burgh Council for printing material relating to the 1874 General Election which was won (for Linlithgowshire) by Peter McLagan, a Liberal politician.



The invoice signed across the stamp by George Waldie as "paid".

George was often consulted over local historical matters. On one occasion he was invited down to Bo'ness where, in the Bridgeness area, a Roman stone plaque (9 feet long by 3 feet wide) had been uncovered on land belonging to Henry Cadell of Grange. Waldie was able to help with the interpretation of the piece which turned out to be a Commemorative Tablet recording the completion of the Antonine Wall in 142 CE. It is now on display in the National Museum of Scotland.



Waldie's photograph of the Bridgeness tablet with the man who unearthed it: Head Gardener of Grange, Adam Stanners.

Inspired by the Roman relic, George went on to write and publish his book *"Walks Along the Northern Roman Wall."* He also continued to fight his brother's corner while, at the same time, dismissing any fanciful tale such as the story which began to circulate that David Waldie had come across the effectiveness of chloroform when he poured a substance he had been experimenting with into a saucer, intending it to kill a mouse. The yarn went on to relate how a customer had entered the pharmacy and his dog, on sniffing the saucer, had immediately become unconscious. This, so the story went, alerted David Waldie to the powerful anaesthetic properties of the potion. Brother George dismissed the narrative as complete fiction.

George remained a well-liked and respected member of the burgh community and willingly fulfilled many roles – as Secretary of the Mechanics Institute at 143 High Street (Annet House), as a member of the Board of Guardians of the Poorhouse, and, in 1882, President of the West Lothian Bowling Association. He died in 1885, aged just 62, and was buried in St Michael's Graveyard.



The Waldie family headstone.

George died knowing that he had failed to achieve one of his most fervent wishes. His attempt to have a plaque erected to mark his brother's achievements did not reach fruition until 1913, (the centenary of David Waldie's birth) when, thanks to donations from friends and admirers, a bronze, commemorative tablet was duly fixed to the wall of the family business.





Waldie's business premises - by this time operated by the Spence family – and the Waldie plaque fixed to the exterior wall.

The Spence family further commemorated David Waldie's achievements in 1922 when Deacon of the Dyers, Alexander Spence, presented to the town council a silver loving cup and ladle, designed to look like an apothecary's mortar and pestle. It is still used by the Court of the Deacons to fraternize on Deacons' Nights and on Marches Day itself – a fitting tribute to both David and George Waldie.



The Waldie Loving Cup.

VISIT OUR WEBSITE TO SUBSCRIBE AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE

LINLITHGOW ADVENT FAYRE

The Linlithgow Advent Fayre is back! Christmas in Linlithgow will be starting in spectacular style on the last Saturday of November 2026.

Following last year's fantastic event, this year will be even bigger, and there are more ways to get that festive feeling than ever before!

Do you fancy making your own lantern for the Advent Fayre this year? Then this is your chance! Join our **lantern making workshop led by experienced local artist Susan Smith** and you can create your own paper lantern to carry at the head of the procession. The lanterns will be lit with electric candles, and all materials are included in the ticket price. **The workshop is happening in the Linlithgow Union Canal Centre on Sunday 22nd November. Tickets are £10 and can be purchased from Far From The Madding Crowd Bookshop: www.maddingcrowdlinlithgow.com You can also pay on the day, and this is a drop in experience running from 11.00am-3.00pm.**



On the day of the fair itself, there'll be an expanded **Craft Fayre in the Linlithgow Burgh Halls opening at 10am,** plus the usual local organisations will have stalls around the Cross. There will be entertainment on the outdoor stage at The Cross from 12-3.30pm from **Radio Grapevine. Cross House** will be open and serving tea, coffee and home baking from 10 - 3pm, all money raised is in aid of **Aspire Linlithgow,** a house for the town. **Mrs Claus will be making a special appearance in the Masonic Lodge, and keep an eye out for Santa himself, he's promised to visit Linlithgow on the day!**

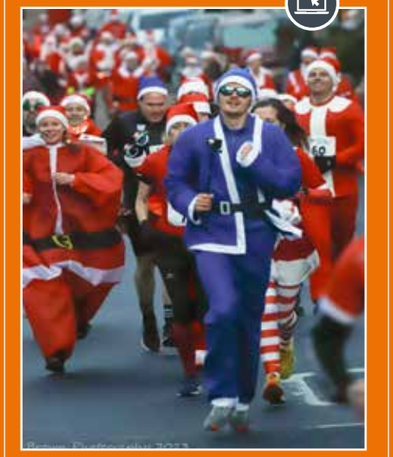
The Line Gallery's annual angel themed exhibition returns – they open at 1pm, and their popular mince pies and mulled wine will be a very welcome way to warm yourself while surrounded by beautiful art.





One of the new additions to this year's event is also going to be the cutest: join us at The Cross at 3.30pm for a **Santa Paws Dress Up!** As dogs aren't permitted in the torchlight procession, bring them along beforehand to spread some festive cheer. Dress them in their favourite festive outfit and join us at The Cross for a group photo. Donations warmly welcomed for Guide Dogs for the Blind.

The Charity Santa Dash organised by **Linlithgow Athletics Club** is back, and this year it's bigger! Joining this fun, charity, 3k event means you'll get to run up and down iconic Linlithgow High Street, which will be closed to traffic for the event. All the organisers ask is you dress festively, ideally as Santa, to make this a pre-Christmas spectacular! Entry fee is just £10 with all proceeds going to the Donaldson Trust and prizes kindly provided by the Linlithgow Grange Rotary Club. All details on how to enter can be found on EntryCentral: **https://www.entrycentral.com/Linlithgow-Santa-Dash**



The other new addition for 2026 is the **Linlithgowshire Charity Tractor Run!** Leaving from Low Port at 4.45pm, we hope everyone enjoys watching the festively decorated tractors as they move along the High Street, **raising money for RSABI, the agricultural mental health charity.**

The torchlight procession* will leave the Low Port at 5.30pm, proceeding along the High Street as far as St John's Avenue and then move back along to The Cross. This year, we are asking that lit torches are only given to those over the age of twelve, and that dogs don't form part of the procession. Remember that free glowsticks are available to younger children and that dogs are welcome to watch!

Following the procession, our Gala Queen and her Chief Lady in Waiting will switch on the Christmas lights at The Cross, and then our very own **Linlithgow Reed Band** will lead everyone in traditional carol singing.

It's going to be a wonderful day and we hope you will be able to join us for this celebration of Advent and everything our town of Linlithgow has to offer!

***Like last year, tickets for the torchlight procession are £5 family tickets. Each ticket is valid for one flaming torch, plus as many glowsticks as you need! Tickets are on sale now from the following shops: Bright Star Toys, Calluna Fair, Complete Health at the Millstone, Far From The Madding Crowd Bookshop and The Line Gallery. Please remember tickets can only be purchased with cash.**

So save the date: Saturday 28th November 2026.

Sally Pattle

ASPIRE LINLITHGOW, WHERE ARE WE NOW?

First of all, Aspire Linlithgow is very much alive and kicking with lots of plans for fundraising events to raise money locally. But what is Aspire Linlithgow?

This is the name given to two capital projects being undertaken by St Michael's Parish Church – Project 600 and A House for the Town.

Both St Michael's Parish Church and Cross House are Category A listed buildings and therefore are a recognised part of the national heritage of our country, not just Linlithgow. This means that the congregation of St Michael's is responsible for the maintenance and restoration of these buildings and has to follow guidance set out by Historic Environment Scotland (HES) regarding repairs etc. Sadly, this invariably comes at a significant cost. The first phase of Cross House is estimated at £700,000 and the church at £1,000,000 both of which are for essential works due to the age of the buildings and climate change. We all know how expensive it is to make alterations to our homes but that is nothing compared to looking after these properties.

Whilst people have been very generous in donating to these projects, we are dependent on funding bodies to provide a large amount of the money required.

The General Trustees of the Church of Scotland fully support the work we are trying to do and have given us grants of £125,000 for St Michael's Church and £150,000 for Cross House. Unfortunately, our application to the National Heritage Lottery Fund was unsuccessful. However, HES is considering how they can offer financial support and we hope to receive a positive response from them shortly.

As with any grants received, we are expected to prove that we are contributing to the cost and there are several events planned over the next six months which we hope will appeal to the good people of Linlithgow.

November 24 in St Michael's – Linlithgow Rock Choir

November 27 in The Rose Club – Ceilidh with Gary Copeland

November 28 in the Kirk Hall – teas/ coffees, home-baking with soup at lunchtime

December 4 to 6 in St Michael's – Annual Festival of Christmas Trees 2027

January 15 in the Rose Club – an evening with Tam Cowan

February 20 in the Kirk Hall – Craft Fair

April 16 to 18 in St Michael's – Festival of Wedding Dresses

Over £200,000 has been raised by the fundraising team to date but we need to raise much more. Please come along and support these events which are open to everyone. You will be guaranteed a warm welcome, after all St Michael is not just kind to strangers, he is kind to everyone.

Margaret Henderson
Aspire Linlithgow





Linlithgow and Avon Valley Church of Scotland







LINLITHGOW'S BUDDING YOUNG GARDENERS!

For the second year Burgh Beautiful has been working with groups of children in the Linlithgow schools after receiving a grant from the Rotary Club of Linlithgow and Bo'ness for work with local young people.

Last April, local children who were then in Primary 3 were supported to design their own seed packet and given a selection of annual flower seeds that could be planted in a sunny patch of soil or in a container. Information was given out to encourage the children to look after their plants and to send in photographs to enter a competition. The project's aim was to develop the children's interest in gardening and to increase local biodiversity by growing flowers to attract insect pollinators in many local locations.

This year we had a huge increase in the number of photographs sent in showing beautiful displays of nasturtium, nigella and cosmos flowers. An impressive feat by our young gardeners given the spells of dry weather over the summer. Lots of bumblebees, hoverflies and beetles were spotted and photographed visiting the flowers.

Leo McIntosh, who attends Linlithgow Primary School, won the prize for the best flowers as he managed to produce 3 varieties of healthy plants with abundant flowers.

Sofia Kaszyk, who attends Linlithgow Bridge Primary School, won the prize for a photograph of an insect visiting a flower with her two amazing pictures of a bumble bee on a nigella flower and a hoverfly on a cosmos flower.

The prize winners received hardback books with plenty of ideas for further gardening and outdoor science activities, and all entries to the competition received certificates. With generous Rotary funding for at least another 3 years we are already looking forward to inspiring the current Primary 3 children to become budding gardeners and possible future members of Burgh Beautiful!

A second youth project that benefited from the grant from the **Rotary Club of Linlithgow and Bo'ness** was the creation of a children's town centre trail that runs alongside the Burgh Beautiful Floral Trails booklet that is available to locals and visitors from a number of local locations. A group of Primary 5 children from Linlithgow Primary School helped to devise the trail, which has things to spot, photographic clues, fun facts and questions whose answers are all animals or plants.



Children from Linlithgow Bridge Primary School receiving their certificates and school trophy with Tom Pollock, representing the Rotary Club of Linlithgow and Bo'ness, and Lesley Cook, the Youth Co-ordinator for Burgh Beautiful.







Leo and all the flowers he grew.









Sofia and her insect photographs.

This year the children of First Adventures Nursery have been helping to water the four planters near the nursery and twice a year they clear them out ready for the new planting. In the spring they recycled lots of primula plants from the tiered Platform Three planter and planted them in the nursery garden where they are flourishing. It's fabulous seeing children as young as 3 helping our environment to look so beautiful!

The Primary 4 class at Low Port Primary recently did a fabulous job of helping to weed the paths and flower beds at Learmonth Gardens. They also planted pansies and lots of spring bulbs along a narrow empty bed beside the eastern wall. The children were extremely enthusiastic and hard-working for well over an hour and Burgh Beautiful is very grateful for their help.

We are also grateful to have practical help from older children through the Duke of Edinburgh Award scheme and a group of Linlithgow Academy pupils on the Vega Racing Team.

We love seeing the town's young people becoming involved with Burgh Beautiful and families are welcome to join us in the twice-yearly litter picks or to help with the autumn maintenance of the wildflower slope behind Xcite Leisure Centre.

To find out about when events such as these are happening, follow our Burgh Beautiful Facebook page:

https://www.facebook.com/BurghBeautifulLinlithgow/

Lesley Cook



Children's trail cover and the first inside page.

LINLITHGOW RFC MALE VOICE CHOIR

EVENTS 4&6 DEC

After a break for the summer Linlithgow RFC Male Voice Choir resumed its practices in August and is now looking forward to a busy programme of events.

The choir opened its season on 10 October with a successful and well-attended concert in Larbert Old Parish Church and is now preparing a Christmas programme for Linlithgow Day Care Centre's annual carol concert - this year in **St Michael's RC church – on Friday 4 December,** and our appearance at the **St Michael's Parish Church as part of their Festival of Christmas trees on Sunday 6 December.**



At both of these Christmas events the choir will be performing under the baton of their newly-appointed musical director, **Martin Burns.** Martin has sung with the choir for the last five years and has an extensive choral background. He has instilled in the choir the belief that they should be aiming to become one of the best male voice choirs in Scotland. And why not! Over the last few years the choir has grown not only in size but, more importantly, in quality.

Choir chairman, **Jim Carlin** said: ***"We wanted somebody to continue the great work of our previous conductors, Joe Lavery and Jim McGuigan, and were all impressed with Martin's enthusiasm and ideas. He wants to take the choir to a new level and we're all excited to be going on that journey with him".***



Martin was choirmaster at St Ninian's Craigmailen Church for a number of years and sang previously with the Edinburgh Kevock Choir, a choir which had a strong association with the Armed Forces and allowed him to perform regularly at the Edinburgh and Berlin Military Tattoos.

The new conductor is keen that the choir should give more concerts: "We spend so much time learning and perfecting songs that it is a shame that we don't get the chance to perform them more often in public. We will always be open to accepting invitations to sing at venues throughout the Lothians, Falkirk and Fife areas."

Since embarking on a series of successful recruitment campaigns over the last couple of years, the choir has grown but is always looking for new members. In May of next year they are going on a short tour of Gloucestershire as guests of Dursley Male Voice Choir and then in September they will be hosting one of Ireland's foremost choirs, the Portadown Male Voice Choir, who will be singing with them at St Michael's Parish Church. So there is much to look forward to.

The choir practises every Monday evening at Linlithgow Rugby Club from 7.45pm until 10:00pm. They strive to make the practices as enjoyable as possible. As our new musical director has said: "I want members to wake up on Monday and think to themselves, 'Great, it's choir tonight'.

If you'd like any further information on the choir and how it works please contact Chairman Jim Carlin on 07743 410591 or Secretary Gerry McLean on 07722 107067

VISIT OUR WEBSITE TO SUBSCRIBE AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE

A MEMORABLE YEAR FOR LINLITHGOW REED BAND

The Royal Burgh of Linlithgow Reed Band will bring the curtain down on another very successful year at their annual Christmas concert in St Michael's Parish Church on Sunday December 13th. Before that, the band will be leading the Advent Torchlight Procession along the High Street on Saturday November 28th



At the recent annual general meeting, president **Jonathan Molloy** told the large attendance that the band had undertaken twenty-four public engagements since the previous AGM. The seventieth anniversary had been celebrated in great style and all the regular engagements had been complimented by some new events. Perhaps the most exciting had been playing for the Princess Royal during her visit to Linlithgow on December 18th. Jonathan explained:

"Last November, I was contacted by the Deacons' Court to ask if there was any chance that we could put a band together at short notice for a special event with a Royal visit just before Christmas, the details of which had to be kept secret. I told them that I was optimistic that we would be able to turn out a good-sized band, but only if I was able to tell band members when it was! In the end, we had a band of 53 and I think we added a lot to the memorable visit of the Princess Royal to Linlithgow – entertaining the invited audience in the church prior to the event and then lining up on the Kirkgate to play the Royal party and guests down to the Burgh Halls. It was a great day to be a member of the Reed Band".

The Reed Band has been at the forefront of all local celebrations in its seventy-year history and another notable event in the past twelve months was the recent **commemoration service for the 500th anniversary of the Battle of Linlithgow Bridge.** Although the weather was a bit wet and wild, the band played outside the Palace gates before and after the service, and members were also able to attend the poignant and moving ceremony in the Palace, exactly 500 years to the day since the battle took place.

Looking ahead to next year, the committee is planning another trip to Germany and **a good number of members have already signed up for what will be the band's seventh visit to West Lothian's twin district of Hochsauerlandkreis.** A programme is currently being drawn up and this will include joint playing events with local bands in the region, which is known as **"The Land of the Thousand Hills".**

Speaking to me after the AGM, Jonathan Molloy was delighted to report that all three sections of the band are in great shape, as they look forward to further new experiences next year.

He told me: *"We are looking forward with great confidence to the coming year, starting with the Torchlight Procession on November 28th and our Christmas Concert in St Michael's Parish Church on Sunday December 13th at 7pm. Our bandmaster, Lex McDowell, has put together an exciting and entertaining programme and the evening will be compered by our great friend, Bruce Jamieson. We would be delighted to see as many people as possible come along to support the concert, which is always such an important part of Linlithgow's Advent programme of events."*

Murdoch Kennedy



ROSE HOST SCOTLAND V GERMANY WOMEN **Murdoch Kennedy**



Everyone was delighted when the SFA honoured the town and the football club with their decision to host a Women's under 23 international match between Scotland and Germany at Prestonfield on Thursday October 8th.

Rose president, Jon Mahoney, noted that such a move is an unusual accolade these days, with most matches hosted by "elite" venues. He told me:

"The preparation that goes into a match of this nature was a real eye-opener even for a club like ours which is used to hosting big domestic matches, including a first competitive match at Prestonfield against a Premiership team in the shape of St Johnstone on July 14th this year and a Scottish Cup match against Queen's Park, which was televised live last season.

The ground staff did a fantastic job getting the pitch ready whilst the committee dealt with matters behind the scenes. On the night, the people of Linlithgow came out in big numbers to support the players despite horrendous weather conditions. It was particularly heartening to see so many girls and boys from the Rose Community Club coming along to support Scotland and I want to express my own thanks to the girls who volunteered to be mascots and ball girls. They were all brilliant!"

Whilst Germany proved a little too strong, the Scots gave a really good account of themselves in a 2-0 defeat. The Rose were presented with a set of home and away tops by the German FA and a USA World Cup ball used by the Scotland squad during their time at the tournament in the USA over the summer as mementos to mark the occasion.

Linlithgow Rose: Building Momentum After a Unique Start to the Season



As we approach the next stage of the season, there is a real sense that we are beginning to find our rhythm and gather momentum.

The opening months of the campaign presented challenges that perhaps aren't always obvious from the outside. Our participation in the Premier Sports Cup in July provided a fantastic opportunity for the club, but it also brought a level of physical and mental demand that was significantly different to a traditional pre-season programme.

Testing ourselves against full-time professional opposition was invaluable and gave the squad a real insight into the standards required at the highest level. However, those matches brought an intensity that naturally impacts preparation, recovery and squad management. Whilst many teams were building towards their league campaigns through more conventional pre-season fixtures, we were competing in matches where every action demanded maximum concentration, commitment and energy.

Unfortunately, we also had to contend with injuries to two key players in **Callum Rae and Blair Henderson** during the early stages of the season. Losing players of that quality and experience inevitably affects any squad, particularly when you are trying to build momentum and consistency.

As a result, we perhaps started our league campaign a little slower than we would have liked. There were moments where performances were positive without always being reflected in results, but throughout that period I never lost faith in the character of the group. The players remained committed, worked exceptionally hard and continued to believe in what we were trying to achieve.

Over recent weeks, we've begun to see the rewards of that persistence. The squad is becoming stronger, competition for places is increasing and there is a growing understanding throughout the group of the standards required to challenge at the top end of the Lowland League.

One result that gave everybody connected with the club enormous satisfaction was our victory over local rivals Bo'ness United at Prestonfield on September 26th. Derby matches always carry extra significance for players, supporters and the wider community. To perform at the level we did and secure such a convincing 4-1 victory in front of our own supporters was particularly pleasing. It wasn't simply the result itself, but the manner of the performance, the intensity, discipline and quality shown throughout the team. Those are the occasions that supporters remember and the type of performance that can provide belief moving forward.

That said, one result alone doesn't define a season. What has pleased me more is the consistency that the group has started to show in recent weeks. We're beginning to see the identity we want this team to have: hard-working, aggressive without the ball, creative in possession and together in everything we do.

The challenge now is to maintain that level. The Lowland League remains one of the most competitive divisions in the country and there are no easy fixtures. Every opponent presents a different test and every point has to be earned.

As we look ahead to the next run of games, there is plenty to be encouraged by, but there is also a recognition that our best football is still ahead of us. We have a motivated squad and leaders within the dressing room and a group of players who are hungry to continue improving.

The support from the committee, community, volunteers and fans has been outstanding, and on behalf of everyone in the management team, I'd like to thank them for their continued backing. Whether home or away, the support the players receive never goes unnoticed. Prestonfield is a special place when it gets behind the team, and we hope to continue giving our supporters plenty to cheer about as we head into what promises to be an exciting few months for Linlithgow Rose.

Darren Wilson,
Head Coach,
Linlithgow Rose FC



LINLITHGOW ROSE F.C. FORTHCOMING FIXTURES
NOVEMBER 2026

Fri Nov 13th South Challenge Cup Leith Athletic , Meadowbank Stadium, 8pm

Wed Nov 18th Lowland League Dunipace Away 7.45pm

Sat Nov 21st Lowland League Cup To be confirmed

Sat Nov 28th Reserved for cup ties. To be confirmed

Sat Dec 5th Lowland League Brechin City Home 3pm

Sat Dec 12th Lowland League Bonnyrigg Rose Away 3pm

Sat Dec 19th South Challenge Cup

Sat Dec 26th Lowland League Broxburn Home 3pm

Sat Jan 2nd Lowland League Bo'ness United Away 3pm.

VISIT OUR WEBSITE TO SUBSCRIBE AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE

LINLITHGOW REDS' 2026/27 SEASON WELL UNDERWAY!

With the 2026/27 season in full swing, there is plenty happening at Linlithgow Rugby Club, both on and off the pitch. From exciting youth performances to growing girls' and mini rugby sections, the Reds continue to bring players, families and supporters together through a shared love of rugby.

Senior Rugby: Experience Meets Youth

The senior teams have experienced a mixed bag of results so far, with key injuries affecting performances. However, one of the biggest positives has been seeing younger players, particularly those recently promoted from the U18s, step up and contribute to both the 1st XV and 2nd XV. The combination of experienced senior players and emerging talent is vital to the club's future, creating opportunities for young players to develop while strengthening the senior squads.

Young Reds Making Their Mark

There is plenty to celebrate across our youth teams, with all three older age groups sitting in the top three of their seven-team Caledonia/East conference.

The U15s lead the table with four wins from five matches. Their season began in spectacular fashion with a 73–28 victory over Howe of Fife, setting an encouraging tone for the campaign.

The U16s occupy second place, also with four wins from five. Following an opening-day defeat, they have bounced back impressively with four consecutive victories, including a thrilling 34–30 win over George Watson's College.

Our U18 1st XV sit third, with three wins from four games. Their only defeat came against unbeaten Stewart's Melville, while victories over Morrison's, Watson's and Strathendrick/Balfron underline their potential.

The U14s and U13s are also gaining valuable experience in the same conference. The U14s have recorded a win over Strathendrick/Balfron, with participation, development and enjoyment remaining central to rugby at these ages.

Girls' Rugby Continues to Grow

Girls' rugby is going from strength to strength. Our Girls' School of Rugby at Linlithgow Academy offers Tuesday morning sessions for S1–S3 pupils, while the Thursday after-school club continues to help girls develop their skills and confidence.

Club sessions are also thriving, attracting around 12–14 girls each week. Girls in S1–S6 who would like to try rugby are warmly invited to join us on Wednesdays from 6pm to 7pm. Whether completely new to the sport or keen to build existing skills, everyone is welcome.

For information about any girls' sessions, contact Rugby Development Manager Grant at ghrugby@outlook.com.



Wee Reds Enjoy a Fixturetastic Start!

Our P4–P7 Wee Reds Minis have enjoyed an excellent start to the season. The commitment of players and coaches is evident as confidence grows, skills improve and most importantly, everyone enjoys their rugby.

October's annual Minis Tournament at Mains Park was a particular highlight, welcoming teams from Hamilton, Currie, Livingston and Penicuik for a brilliant day of sport and community spirit.

The teams have also enjoyed away fixtures at North Berwick and Penicuik. A special congratulations goes to our P7 squad, crowned overall winners at Penicuik's Mini Rugby Festival.

With plenty more fixtures before Christmas, we look forward to seeing our young players continue developing, making friends and putting their skills into practice.

Sharing Rugby Beyond Linlithgow

The club's community spirit reaches far beyond the pitch. Club member and former Scotland flanker Iain Morrison has been living in Kenya with his wife and spending time coaching local children.

After Iain contacted former Club Captain Jon Blundell about spare equipment,



Jon and Club Secretary Ken Richardson organised 15 pairs of donated rugby boots. These were sent to Kenya and passed on to young aspiring players with limited access to kit.

This generous initiative demonstrates how our club can make a difference beyond Linlithgow, helping more young people experience the opportunities and enjoyment that rugby offers.

What's Coming Up?

*The Memories Group returns this season, with its next meeting on **Monday 30 November**. Guest speaker is Melanie Reid, a Times Magazine columnist and tetraplegic who was awarded the MBE in 2016 for services to journalism and to people with disabilities. Everyone is welcome to attend and share in the club's history.*

*Throughout November, the club will show the Nations Championship matches, building towards the final weekend from **Friday 27 November to the Grand Final on Sunday 29 November**. Check the club website and social media for match times.*

*Our Minis Christmas Market takes place on **Sunday 29 November**, from 2pm to 4pm. Entry is free, with stalls, traditional baking, teas, coffees, mulled wine and a visit from Santa. Everyone is welcome!*

The event will raise funds for the development and maintenance of Linlithgow Rugby Club (SC050439), particularly supporting mini rugby development.

With so much happening across every section, it promises to be another exciting season. Thank you to our players, coaches, volunteers, families and supporters for making the Reds such a valued part of our community.

Fly Half
www.linlithgowrugbyclub.co.uk

FROM THE ICE TO THE IRON AGE AT LINLITHGOW MUSEUM!

Partnerships and collaboration are so important and this is an area we have been actively developing over recent months. We hope you have started to see the results such as the recent exhibition, Bonspiels and Bitter Frosts, that was created through partnership with the Scottish Curling Trust. The exhibition celebrated Linlithgow's rich curling heritage and attracted interest from visitors near and far and we were delighted to have two Olympic curling medallists at the opening evening – Bruce Mouat and Aileen Neilson.



Aileen Neilson, Curling Paralympic Medallist and Bruce Mouat, double Olympic silver medallist with Eila Macqueen, LHT Chair and Margaret Nicol Chair of the Scottish Curling Trust.

In September, we also welcomed back the 94th Regiment of Foot living history group, who brought military history to life for our visitors. It's always a pleasure to see them.



The 94th Regiment of Foot

As we say goodbye to the curling stones and ice, we're travelling much further back in time with our next exhibition, Iron Age Linlithgow.

Created in partnership with the Scottish Crannog Centre, the exhibition explores life during the Iron Age, featuring artefacts on loan from the Crannog Centre that help tell the fascinating story of crannogs — ancient dwellings built on artificial islands in lochs and other bodies of water.
Iron Age Linlithgow runs from 6 November 2026 to 24 January 2027.

We'll also be bringing the Iron Age to life with a children's activity on the afternoon of Saturday 21 November, followed by an evening talk. Adults can get hands-on with history at a workshop on Sunday 10 January. Follow our social media for further details.

A Little Christmas Shopping?

Looking for stocking fillers? Our museum shop has a lovely new Young Explorers range, alongside gifts, books and treats for all ages. Pop in for something a little different this Christmas – every purchase supports the museum!

Your Support Makes a Difference

Admission to Linlithgow Museum is free, but donations make a real difference. As a registered charity, we rely on your generosity to help keep the museum running and support community activities, including school visits, reminiscence sessions and family events. Every donation, however small, helps us share Linlithgow's stories with future generations.

Plan Your Visit

Find us on the first floor of the Linlithgow Partnership Centre, High Street.

Winter opening hours: Friday and Saturday, 10am–4pm; Sunday, 1pm–4pm.

Christmas closure: After Sunday 13 December 2026, reopening Friday 8 January 2027.

Visit www.linlithgowmuseum.org or follow us on Facebook for news and events.

Every visit, purchase and donation helps keep Linlithgow's stories alive.

Linlithgow Museum



THE SUPER SCRIBBLERS

JOINTLY RESEARCHED AND WRITTEN BY THE SUPER SCRIBBLERS - PUPILS OF SPRINGFIELD AND LOW PORT PRIMARY SCHOOLS.

One thing you should always remember is that it is never too early to start thinking about CHRISTMAS!!!

Christmas is the season of belief, which means you need to believe in the Christmas Spirit. It means you need to believe in snow, the presents and especially the elves and Santa. Christmas is a time for kindness, love and compassion but most of all family. Family is the heart and soul of Christmas; you exchange gifts with them, you eat with them and you spend time with them. Please read on and you will find ideas for home-made Christmas gifts, Christmas jokes and lots more Christmas fun!

The Forgotten Christmas Birds

Christmas animals? I bet you think of robins and reindeer, right? But there are two others. I'm thinking of - Turtle Doves and Partridges.

At a glance

Turtle Doves: being small, gentle birds Turtle Doves mate for life. They are traditional symbols of deep friendship, peace and devoted love.

The Partridge: some Christian symbolism suggests that the partridge represents Jesus Christ because the bird will feign injury to protect its young.



Christmas Poem

Snow is falling everywhere
And everyone really cares
They're all having lots of fun
The Christmas season has just begun

It's a time for family and friends
And all the fun just never ends
Time for chocolate and tasty treats
And Christmas pudding, what a treat!

Presents sitting under the tree
I wonder which ones are for me.
On Christmas morning I wake first
And down the stairs in a burst.



Snowman Drive

What you need:

One die per person or group

A pencil and paper for each player

Rules

You must roll a six before you can start playing

First, you must get a body

Next, you can roll the head, arms or buttons.

You cannot add the nose, the eyes, the mouth and the hat until you have the head.

Numbers

1. buttons 1 per roll (three needed)
2. head
3. arms
4. hat
5. facial features (nose, eyes, mouth) 1 per roll
6. body



CHRISTMAS JOKES

What do elves learn at school?

The 'ELF'abet

What do you get when you cross a vampire with a snowman?

Frostbite!

Who hides in a Christmas bakery?

A mince SPY

Why did Santa go to a doctor?

Because he had TINSILitis

How much did Santa pay for his sleigh?

Nothing – it was on the house

Why did Santa go to the music school?

He wanted to improve his WRAPPING skills

HOMEMADE CHRISTMAS CRAFTS and GIFTS

Here are some ideas for you to save money by making your own Christmas decorations.

Dried orange, lemon and lime slice garlands

Yarn crafts (e.g. pom-poms)

Painted jar with fairy lights in it

Pinecone trees and animals

Salt dough snowflakes

Paper folded trees and snowflakes

Jam jar snow globes

Other ideas to save money at Christmas include:

Baking gifts like gingerbread men

Making mini gingerbread houses to hang on a mug of hot chocolate

Making your own wrapping paper by reusing paper and newspaper

Making your own Christmas wreath using twigs, holly and ivy from your garden

Decorate candles with cinnamon sticks and garden twine.



What's on in Linlithgow

Linlithgow Advent Fayre:

Date: Saturday, November 28, 2026

Time: 10:00 AM-5:30 PM (torch light procession at 5:15 PM)

Venue name and full address: High Street and Low Port Centre

This event includes:

Christmas market in Burgh Halls
3k Santa dash / Dog Santa dress up
Tractor run / Torch procession
Christmas tree lights switch on.



How to make reindeer food



INGREDIENTS:

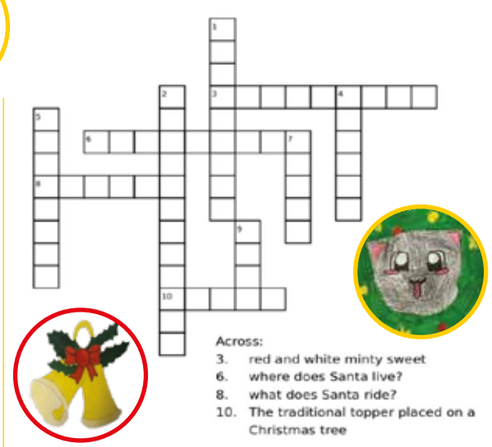
½ to a cup of rolled oats or quick oats
1 to 2 tablespoons of sugar
Optional wild bird seeds

INSTRUCTIONS

Pour the oats into a small plastic bag or small bowl
Add the sprinkles or edible glitter
Seal the bag and shake well to mix the ingredients
On Christmas Eve, head outside with your family and sprinkle the mix in your front garden.

MERRY CHRISTMAS!

Christmas Crossword



Across:
3. red and white minty sweet
6. where does Santa live?
8. what does Santa ride?
10. The traditional topper placed on a Christmas tree

Down:
1. what food do you give to Santa on Christmas Eve?
2. a warm sweet drink that is sometimes served with marshmallows
4. what do you use for a snowman's nose?
5. what do you get on Christmas Day?
7. little people that help Santa
9. how many reindeers are there including Rudolph?

Answers:

Down clues
1.Mince pies
2.Hot Chocolate
4. carrot
5. presents
7. elves

Across clues
3. candy cane
6. North Pole
8. sleigh
10. angel

Winter eye care: How to keep dry eyes comfortable in the colder months



Specsavers

As temperatures drop and central heating goes on, many people may notice their eyes feeling drier, itchier or more irritated than usual.

Cold winds, dry indoor air and heated environments can all contribute to discomfort, particularly for those already experiencing dry eye symptoms.

To help local residents, Specsavers Linlithgow is highlighting its specialist dry eye services, including its in-store ZEST (Zocular Eyelid System Technology) procedure.

Diana Kelly, ophthalmic director at Specsavers Linlithgow, shares her advice on keeping eyes comfortable this winter.

Why can dry eyes feel worse in winter?

Diana says: 'Cold outdoor air and warm, dry indoor environments can cause tears to evaporate more quickly.

'Central heating, car heaters and cold winds can make symptoms worse. Spending more time indoors looking at screens can also reduce how often we blink, leaving our eyes feeling even drier.'

What are the common signs of dry eyes?

'Dry eye occurs when the eyes don't produce enough tears, or when tears aren't working effectively enough to keep them comfortable.

'Common symptoms include itching, redness, soreness, blurred vision and a gritty or burning sensation.

'Watery eyes can also be a sign, as the eyes sometimes produce excess tears in response to irritation.'

What can people do to help prevent dry eyes this winter?

'Avoid sitting directly in front of heaters, take regular screen breaks and remember to blink frequently.

'Staying hydrated and wearing glasses or sunglasses to protect your eyes from cold winds can also help.

'Lubricating eye drops and specialist dry eye products may provide additional relief, but it's important to seek professional advice if symptoms persist.'

How can Specsavers Linlithgow help?

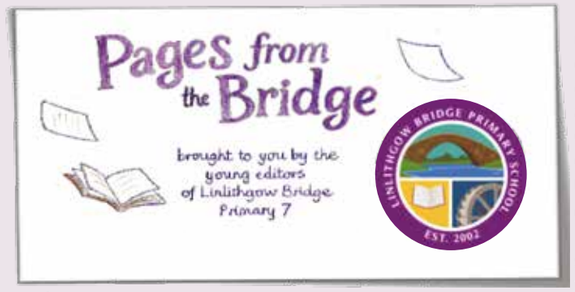
'We offer specialist dry eye products, advice and treatments, including our ZEST procedure.

'This quick, gentle treatment takes around 10 to 20 minutes and uses a natural gel and specialised swab to deep-clean the eyelids and lashes.

'By removing biofilm, debris and mites that can contribute to blocked oil glands, ZEST can help improve dry eye symptoms and comfort.

'Dry eye can have different causes, so understanding the problem is key to finding the right treatment. We'd encourage anyone experiencing persistent discomfort to speak to our team.'

To book an eye test at Specsavers Linlithgow, call 01506 534 484 or visit www.specsavers.co.uk/stores/linlithgow.



A Literacy Showcase from Linlithgow Bridge Primary School
Collated by Primary 7

Our School Values
Respect, Kindness, Responsibility

Welcome from Primary 7
Welcome to the October edition of Pages from the Bridge.

As the autumn term continues, pupils across the school have been enjoying a wide variety of reading and writing experiences. From imaginative storytelling and descriptive writing to research projects and informative texts, every class has been developing their literacy skills through engaging and meaningful learning.

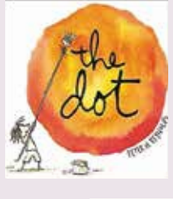
We are delighted to share some highlights from classrooms across Linlithgow Bridge Primary School.

Primary 1F: The Everywhere Bear
P1F have been enjoying reading The Everywhere Bear by Julia Donaldson. The story inspired lots of discussion about the bear's adventures and what might happen if he ever became lost



Mapping Adventures The class worked together to create a map to help the Everywhere Bear find his way safely back to P1F. They have also been exploring different countries, sharing their favourite places to visit and discussing foods they would like to try from around the world.

Creative Journeys
Using their imaginations, pupils drew detailed pictures showing where they would take the Everywhere Bear on an adventure and the delicious foods they would share with him. This helped develop both their creativity and their communication skills while encouraging them to think about different places and cultures.



Primary 1W: The Dot
P1W enjoyed listening to The Dot by Peter H. Reynolds. This inspiring story reminds us that creativity often begins with one small step and encourages children to develop a growth mindset.

Creative Thinking
Inspired by the story, pupils transformed simple dots into imaginative works of art. Each child shared their ideas with an adult and explained how they had used their imagination to create something unique.



Primary 2:
The Bug Collector
P2 have been inspired by The Bug Collector by Alex G. Griffiths. The story sparked lots of curiosity about minibeasts and encouraged pupils to become bug collectors themselves.

Three-Part Stories Using the structure of beginning, middle and end, pupils created their own three-part stories. They particularly enjoyed sharing their finished work with classmates and reading their stories aloud.
"We liked hearing each other's stories and spotting all the exciting parts."

Primary 3: Oliver Moon and the Dragon Disaster
P3 are continuing their journey through the popular Oliver Moon series and have recently started reading Oliver Moon and the Dragon Disaster by Sue Mongredien.

Descriptive Writing The class have been focusing on narrative writing and developing their descriptive language skills. Pupils have written "All About Me" stories and have worked hard to make their writing engaging through detailed descriptions.

Poetry and Local History
As part of our learning about the Battle of Linlithgow Bridge, pupils created acrostic poems to share facts and ideas about this important local event.



"We enjoy thinking of exciting words to make our writing more interesting."

Primary 4: The Spiderwick Chronicles P4 are enjoying their class novel, The Spiderwick Chronicles: The Seeing Stone by Tony DiTerlizzi and Holly Black. Alongside this, they have been reading a variety of non-fiction texts linked to their interdisciplinary topic on Ancient Rome, helping them to develop their research and comprehension skills.



Writing Instructions With apples growing in the playground, the class will be making apple crumble and learning how to write clear and effective recipes. This real-life writing task will help pupils understand the importance of sequencing and precise instructions. *"The Spiderwick Chronicles has inspired our imaginations, and writing recipes has shown us how important clear instructions can be."*



Primary 5:
Turtle Moon
P5 are reading Turtle Moon, an exciting adventure story set in an animal sanctuary. The novel links closely with their learning about endangered animals and conservation.

Research and Information Writing
Pupils have been developing their note-taking skills while researching a range of endangered species. They have used their findings to create excellent informative descriptions of animal habitats and the challenges these creatures face

"We have learned lots of interesting facts about animals from around the world."



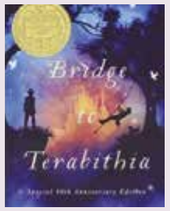
Primary 6:
Beyond the Sky
P6 are continuing to explore the wonders of the universe through their class novel, Beyond the Sky: You and the Universe by Dara Ó Briain.

The book has inspired lots of discussion about the Solar System, space exploration and what lies beyond our own planet.

Figurative Language and Creativity
The class have been developing their descriptive writing by exploring similes, metaphors and other forms of figurative language. Pupils have created their own constellations and written imaginative myths and legends to explain them.

"We enjoyed inventing stories about how our constellations appeared in the night sky."

Primary 7: Reading: Discovering Bridge to Terabithia
P7 are currently reading Bridge to Terabithia by Katherine Paterson. This much-loved novel tells the story of Jess and Leslie, whose friendship leads them to create the magical kingdom of Terabithia.



Through our Reflective Reading approach, we have been making predictions, asking thoughtful questions and discussing important themes including friendship, imagination, courage and resilience. We have explored how the author develops characters and uses language to create powerful emotional moments.

Class discussions have encouraged pupils to support their opinions with evidence from the text while developing their inference and comprehension skills. The novel has inspired rich conversations about empathy, relationships and the importance of creativity. *"Bridge to Terabithia has shown us how imagination can transform ordinary experiences into extraordinary adventures."*

Writing: Producing Pages from the Bridge As this year's editorial team, Primary 7 pupils have been working together to collect, organise and edit contributions from every class in the school.Through this process, pupils are developing skills in summarising information, proofreading, editing and considering audience and purpose. Working on a real publication gives pupils the opportunity to take on the roles of reporters, editors, photographers and designers while celebrating literacy across the school.

The team are proud to help share the wonderful reading, writing and learning taking place throughout Linlithgow Bridge Primary School.

Looking Ahead From creative artwork inspired by The Dot in Primary 1 to literary discussions around Bridge to Terabithia in Primary 7, pupils across our school continue to demonstrate enthusiasm, creativity and a love of learning. Primary School have enjoyed a wonderful start to the year. We look forward to sharing more reading, writing and learning successes in our next edition of Pages from the Bridge.

The Primary 7 Editorial Team

Probus Club Celebrates 50 Years

Linlithgow and Bo'ness Probus Club is fifty years old this year.

The club recently celebrated this milestone anniversary with a celebration meal in Linlithgow Rose Social Club. President Jim Hannan welcomed members, partners and guests from various local organisations. He then gave a brief history of the club.



The club was formed in 1976, with twenty-one founding members and an annual fee of £1. The name Probus comes from the combination of PROfessional and BUSiness. Probus clubs were originally intended to provide a regular meeting point for retired professional and business men who appreciate and value increased social contacts in their retirement and opportunities to meet others in similar circumstances. The Linlithgow and Bo'ness club now welcomes women as well as men.

For many years, the club met in Bo'ness Bowling Club, but it now meets in Linlithgow Rose Social Club every second Wednesday from September until June. The members enjoy tea/coffee, followed by a wide range of interesting talks. Most meetings involve a talk from an invited speaker, but there are also outings, meals, musical activities and fun games mornings.

During the Covid restrictions, things were kept going by using Zoom and making the talks available on YouTube. The club also tries to be an important part of the local community. As well as contributing to local schools and charities, it takes part in things like the Festival of Christmas Trees in St Michael's Church and judges the arches for the Children's Gala Day. There are now over sixty members and it is one of the largest Probus clubs in the country.

At the celebration lunch, an enjoyable meal was provided by the Wee White Dog catering company. Members and guests then enjoyed the challenge of guessing the price of various everyday items from 1976. The afternoon was rounded off by entertainment from local folk group Cockleroy Ceilidh Band.

The photos show the President, Jim Hannan, cutting the anniversary cake surrounded by several ex-Presidents and Mr Jonathan Mahoney of Linlithgow Rose Football Club making a presentation to Probus to mark the fiftieth anniversary. Jonathan will be one of the guest speakers at a meeting early in the new year.



Visitors and potential new members are always very welcome.
Further details and a run-down of the current programme of events are available at www.bolinprobus.org.

Sandy Macpherson

BELLSBURN BOWLING CLUB CHARITY DAY RAISES £1,130.26 FOR MARIE CURIE

Bellsburn Bowling Club's annual Charity Day was another outstanding success, with members coming together for a fantastic day of bowling, fundraising and community spirit.

This year's event raised an incredible **£1,130.26 in aid of Marie Curie**, a charity that provides vital care and support to people living with terminal illness and their families.



The winners of this year's Charity Cup were **Frank and Anne-Marie Clement**, who put in an excellent performance to lift the trophy.



Now in its third year, the Charity Day continues to grow and has become a highlight of the club's calendar. The atmosphere throughout the day was superb, and the generosity shown by everyone involved helped make the event such a success.

Looking ahead to next year, the club plans to hold the event earlier in the bowling season to avoid clashes with the many events taking place across Linlithgow, making it easier for local dignitaries and supporters to attend.

A huge well done and thank you to everyone who took part, donated, volunteered and helped make the day such a memorable and worthwhile.

If you'd like to try bowls or become part of our welcoming, family-friendly club, we'd love to hear from you.

Get in touch with Bellsburn Bowling Club at linlithgow.sports.club.bowls@gmail.com.

Brian McKendrick
Bellsburn B C President



ONCE UPON A TIME... THE FESTIVAL OF CHRISTMAS TREES RETURNS TO LINLITHGOW!



Christmas magic is returning to St Michael's Church this year, as the much-loved Festival of Christmas Trees opens its doors from Friday 4th to Sunday 6th December.

This year's festival promises to be another spectacular celebration - bringing together local organisations, music, creativity and festive cheer for a wonderful weekend in the heart of the community.

There was a time when the festival's return was uncertain, following potential issues within the church building. However, thanks to careful planning and a few changes, we are delighted that the event will go ahead, almost as normal. Interest in taking part has already exceeded expectations, and preparations are well underway for what we hope will be another memorable occasion.

The theme for 2026 is ***"Once Upon a Time – Stories and Fairytales"***, and visitors can look forward to seeing St Michael's transformed by a magical collection of Christmas trees inspired by favourite stories, fairytale characters and imaginative designs. The event raised an incredible £14,357.22, shared equally between Youth Space, The Shed and First Responders.

This year, all money raised will support the Aspire 600 project, helping to contribute to the future of St Michael's and its work within the community. It is a wonderful opportunity to enjoy a festive day out, while supporting a cause close to home.

Music will once again play an important part in the celebrations, with fantastic choirs performing throughout the weekend and adding to the special atmosphere that makes the festival such a joy to visit.

For those who prefer a quieter experience, a Quiet Hour will take place on Saturday 5th December, from 10am to 11am. During this time, the church lights will remain on, but there will be no twinkling lights or music, allowing visitors to enjoy the trees in a calmer, more peaceful environment.

And, of course, Christmas wouldn't be complete without Santa and Mrs Claus! They will be making a special appearance on Saturday 5th and Sunday 6th December. Keep an eye out when passing Cross House, as you may even catch a glimpse of them in the windows!

Whether you visit every year or have never experienced the festival before, everyone is warmly invited to come along. Browse the imaginative displays, enjoy the music, soak up the festive atmosphere and discover a little Christmas magic along the way.

So, mark your calendars and bring your family and friends to St Michael's Church this December. With enchanting trees, wonderful music and a community coming together to celebrate, the next chapter of the Festival of Christmas Trees is ready to begin.



Image: Martin Brown Photography

Once upon a time… Friday 4 to Sunday 6 December 2026. We look forward to welcoming you! The opening times are as follows:

Friday 4th December 10.00am to 7.00pm (Last entrance 6.00 pm)

Saturday 5th December 10.00am to 7.00pm (Last entrance 6.00 pm)

Sunday 6th December 12 noon to 7.00pm (Last entrance 6.00pm)

Admission details :

Adults £5.00

Children 5-16 yrs £2.00
Children under 5 free

Family Ticket
(2 Adults & 2 Children) £10.00

Margaret Johnston

VISIT OUR WEBSITE TO SUBSCRIBE AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE

WEST LOTHIAN CYCLE CIRCUIT JUNIOR PARKRUN WELCOMES PARKRUN PRIMARY SCHOOLS!

Things just got a bit busier here at West Lothian Cycle Circuit (WLCC) junior parkrun.

Earlier last school year WLCC junior parkrun teamed up with local Linlithgow Primary Schools and a few beyond, following a parkrun initiative to encourage schools to become parkrun primary schools.

This now includes all the Linlithgow Primary Schools, Kirkliston PS, Simpson's PS in Bathgate, Winchburgh PS, with Torphichen & Whitecross PS coming onboard soon!

Moving on over the hill, Grange Primary School in Bo'ness became the first Bo'ness school to become registered as a parkrun primary school. Their whole school invite to junior parkrun attracted a record attendance of 120 children!

This year junior parkrun was invited back to work with remaining schools in the Bo'ness Primary Cluster, supported by Active Schools' Stephanie Dawson. After every school assembly an invite and challenge is given to the parents and children to come and try out the 2k junior parkrun course in Linlithgow. Despite the weather they had an amazing turn out from Bo'ness Public, Grange PS, Kinneil PS and Deanburn PS.

'After the success of Grange Primary School we were delighted to be asked back to work in the remaining schools in the Bo'ness cluster. It's been an absolute pleasure to work with some very enthusiastic children, and great to have their support in presenting to the whole school at their assembly. It has been so rewarding to have the children returning week after week with great big smiles on their faces. Getting stronger, fitter for their other chosen sports and having fun - most of the time! By connecting with primary schools WLCC junior parkrun is giving families and school staff an opportunity to come together in a positive, inclusive environment outside the classroom, strengthening community links.' said **Lesley Malone,** PE Teacher and one of several junior parkrun run directors.



The new initiative from parkrun encourages primary schools to register as a parkrun Primary School. The link with local junior parkrun is having a huge impact on child & family participation in physical activity in a safe and caring environment.

West Lothian Cycle Circuit junior parkrun is supporting primary pupils to enjoy regular physical activity outside of school hours and foster a life-long love for movement as part of the parkrun primary initiative.

'A recurring theme with parkrun is the importance of taking parkrun to people, rather than simply expecting people to find parkrun themselves. We can safely say that this year we have definitely done just that, engaging with schools, working with the children supported by teachers and active schools,' said **Ian Fyfe,** WLCC junior parkrun event director and chair of Linlithgow Athletic Club.

Thanks as always to the many volunteers giving up their Sundays to make the event possible. Regulars include event director Ian Fyfe, run directors - Gerard Wilkie, Ann Allman, Eleanor Swann, Matt Swann, Angus Gallie, Lesley Malone & Neil Anderson. Not forgetting fun warmup guy DJ David Mumford, Lucy Creanor, photographer Roddy Simpson, Anna Duncan, Scott Cummings & sisters Isobelle & Amelia Swann, to name but a few!!

WLCC junior parkrun is organised by volunteers every week and is a free, fun, 2k community event for 4 to 14 year olds and their families. It takes place every Sunday at 9.20am at West Lothian Cycle Circuit in Linlithgow and everyone is welcome, so give it go!!

Children should be registered first using the following link -

https://www.parkrun.org.uk/westlothiancyclecircuit-juniors/

WLCC junior parkrun









LINLITHGOW'S TREE OF LIGHT

Rotary is all about helping communities wherever they are in the world but most especially locally. The Rotary Club of Linlithgow Grange are, once again supporting local charitable organisations with Linlithgow's Tree of Light festive fund-raising initiative – this year celebrating its 10th anniversary - and are hoping for the support of the townsfolk of Linlithgow and surrounding areas.

The town's Christmas tree at Linlithgow Cross, placed right at the very heart of the community, will provide a focal point for both remembrance and celebration. The event officially kicks off on the day of the Advent Fayre (28 November) when the lights are switched on, and continues up to the end of December, but the fund raising has already started.

First and foremost, the tree is a tree of **remembrance**. An opportunity to *"speak the loved one's name"*, of keeping the memory alive, and providing a beacon of light and hope. However, the tree can also be a tree of **celebration** – perhaps of a friend or family member past or present, or to celebrate a milestone event such as a significant anniversary, or birthday, or even a new arrival. There will be many personal reasons to make dedications. Many of course are happy simply to give a donation in aid of the various good causes that work locally and that the event supports.

The Club hopes that the big-hearted folks of Linlithgow will once again help raise a significant amount for various organisations working locally. This year, the Club are proud to be able to promote and support the following charitable causes -

Sunshine Sing-along for Memory have also just celebrated their 10th anniversary. They seek to improve the quality of life for people living with memory loss and their carers within our community through fellowship and music, in a welcoming environment with others facing similar challenges. They meet in the St Michael's Parish Church Hall on the second Thursday of every month to enjoy a light lunch followed by an hour of singing favourite songs, each month with a different theme. No church connection is needed. Research has proven that the singing of favourite songs from the past can stimulate memory and even improve speech in those who are finding it harder to communicate.

West Lothian Foodbank is a local organisation which works with people across the county, supporting anyone who doesn't have enough money to afford the essentials. They provide emergency food to those who are hungry or at risk of hunger. They make time for a cup of tea, treating people with dignity and connecting them to the wider support they need to address the underlying causes of their crisis.. They are part of the Trussell Trust network. Together they share a vision for a UK where no one needs a food parcel to survive.

YOUTHSPACE is the new operating name of Linlithgow Young People's Project (LYPP). It is a youth project which has been planted in the heart of the community for more than 36 years. Since then, the size and scope of the project has increased significantly however its mission to foster a sense of hope in the lives and circumstances of young people has stayed the same. YOUTHSPACE do this by providing more than 1,700 safe, supportive, and encouraging sessions each year including community drop-ins, schools work, volunteering opportunities, and holiday programmes.

They also run a Health and Wellbeing Hub within the town which is home to their donation based Youth Counselling Service and mentoring project.

The Benevolent Fund of The Rotary Club of Linlithgow Grange will be able to disburse any Gift Aid received from these donations to all these good causes.

Linlithgow's Tree of Light is a community endeavour, and it will shine brightly again thanks to the generosity of Alan Steel Asset Management, Stewart Electrical, Mason Homes, Mackie and Brechin Veterinary Surgeons, and other community-minded businesses and individuals. Their financial support ensures that every penny of every pound of public donations goes to the designated charities. Many other local businesses rally round and support the project in kind.

Dedication packs can be picked up at a variety of shops along the High Street and other locations in and around Linlithgow. Look out for **Linlithgow's Tree of Light** posters displayed around the town. Forms can also be downloaded from the website at **www.linlithgowtreeoflight.org.uk/** where there are instructions on what to do. Donations can also be made online via our Jumblebee fundraising page at **https://www.jumblebee.co.uk/linlithgowsrotarytreeoflight .**

The Rotary Club of Linlithgow Grange is proud to be able to promote and support these worthy causes but could not do so without the big-hearted folks of Linlithgow, a strong and compassionate community which has proven time and again that they are more than willing to put their hands in their collective pockets when the need arises. The Club looks forward to the continued support of all you Lithgae' folks! The event has raised more than £30,000 for various causes since it started in 2016.

More information can be found at www.linlithgowtreeoflight.org.uk/ or on Facebook at www.facebook.com/linlithgowtreeoflight/. More information can also be obtained by emailing Allan M Robertson at administration@linlithgowtreeoflight.org.uk

If you think you would like to become involved with Rotary, to use your time, talents, and energy to improve the lives of people in your local community or further afield then please contact us through our website (simply Google Rotary Club of Linlithgow Grange) or contact our secretary, Kate Keter at rotary@keterthomson.co.uk We would be delighted to hear from you.

Allan M Robertson
The Rotary Club of Linlithgow Grange

SUNSHINE SING-ALONG FOR MEMORY · West Lothian Foodbank Together with Trussell · YOUTH SPACE · Rotary Club of Linlithgow Grange · LINLITHGOW'S TREE OF LIGHT



From Soft Play to Model Railways
Helping Young Interests Flourish in Linlithgow

With phones, tablets and screens now such a big part of everyday life, encouraging youngsters to put down the device for a while and discover something they can play with, build, create or even become passionate about has perhaps never been more important.

Here in Linlithgow, two very different local businesses share the same building – and perhaps surprisingly, have quite a lot in common.

Playbugs Softplay and **Rainbow Railways** cater for very different interests and age groups, but both see first-hand what can happen when children are given opportunities to play, explore and develop their own interests.

It can start from the Crawling Stage

Playbugs has been owned by local businessman **Mark Darragh** for the past eight years and welcomes youngsters from the crawling stage through to around 8 years old.

Around 250 children and their families can come through the doors during a typical week, with weekends particularly busy thanks to Playbugs popular children's parties.

Alongside the soft play area, there is also a café where parents, grandparents and carers can relax while the youngsters burn off some energy.

There isn't a formal educational programme behind it – nor does there need to be.

Climbing, exploring, playing and interacting with other children can all help youngsters develop confidence, imagination and social skills, while giving families somewhere local to spend time together.

But there is another side to Mark's business life – literally next door.

From Playing to Making



Mark is also one of the three directors of Rainbow Railways, alongside **Colin Rae** and **Mike Evans**.

Rainbow Railways has grown into a specialist model railway retailer serving customers throughout the UK, but it's Linlithgow shop isn't only for experienced railway modellers.

In fact, one of the most popular parts of the shop with its youngest visitors doesn't cost anything at all.

Rainbow keeps a BRIO wooden railway permanently set up on a play table, allowing youngsters to sit down and play with the trains.

Around it you'll find everything from Ravensburger jigsaws and Toyway wooden construction kits and dinosaurs to CaDA brick-building sets, beginner radio-controlled vehicles, model kits and children's first electric train sets.

They're all very different products, but they have something in common.

The entertainment comes from doing something.

Completing the puzzle. Building the model. Working out how something fits together. Controlling the vehicle. Designing a railway. Or simply using your imagination.

When an interest becomes a Hobby

Parents and grandparents regularly visit Rainbow because a youngster has developed an interest in trains but the adults aren't quite sure where to begin.

That's where having specialist knowledge locally can help.

The Rainbow team can explain the different train sets, help families decide what would be suitable and even assist with planning a first model railway layout.

And sometimes that initial childhood interest develops into something much bigger.

One young local modeller first came to Rainbow's attention through a nearby model railway club that was helping to nurture his enthusiasm for the hobby.

Over time his knowledge, skills and ambition continued to grow.

Today, at just 17 years old, he has already built his first exhibition model railway layout and is now working on his second.

It's a fantastic local example of what can happen when a young person's interest is encouraged – not just by a shop, but by parents, grandparents, local clubs and the wider community.

Something Generations can Share

Perhaps that's another reason traditional hobbies still have an important role to play.

Building a model, completing a jigsaw or creating a railway can be something a child does with a parent or grandparent. Skills and knowledge are passed between generations, but just as importantly, they're spending time doing something together.

For Mark, the connection between his two businesses might not immediately seem obvious.

On one side of the building, Playbugs might see a toddler taking their first adventurous climb around the soft play.

Next door, a slightly older youngster might be building a wooden railway on Rainbow's BRIO table.

A few years later it could be their first electric train set or model kit.

And one day, perhaps, they'll be exhibiting a model railway of their own.

In an increasingly digital world, it's a reminder that sometimes the simplest activities can spark the longest-lasting interests.Today's BRIO railway on the play table could be tomorrow's exhibition layout.

Rainbow Railways

CAN YOU HELP LINLITHGOW PRIMARY SCHOOL?

Murdoch Kennedy

January 9th 2027 will mark exactly sixty years since the Linlithgow Primary School building on Preston Road first opened its doors to pupils.



A new non-denominational school for Linlithgow had been under discussion for many years. When work finally got underway, the plan was that the school would be ready for opening at the start of the 1966-1967 school session. The date was then put back to October 1966, but the new building did not become operational until the Monday after the return from the Christmas holidays.

The sixtieth anniversary of the new building will be celebrated in fine style and a number of events will be taking place. In preparation for this, an appeal is being issued for old photographs and memorabilia, which will help to illustrate the story of the past sixty years.

In the summer term, the staff plan to open up the school to the community and allow people to come in and celebrate the memories of the years of Linlithgow Primary on the Preston Road site. That will be a chance for former pupils to reflect on their own school days, to share stories of the teachers, janitors, dinner ladies and cleaners of the past, and to celebrate the school's history. Staff are looking for people in Linlithgow and beyond to send in any photos or snippets of information they may have, or funny anecdotes or stories, and they will keep an electronic file. All that information will be used as part of the celebrations and to tell the story of the school.

In another initiative, a reminiscence group is being established, where 1967 pupils – people born between 1955 and 1961 - can recall their memories in a relaxed and informal atmosphere. These memories can then be shared with children currently attending the school. If you were at Linlithgow Primary School in 1967, the school would love to hear from you and would encourage you to meet up with others in the reminiscence group.

Although the new school opened its doors to pupils on Monday January 9th 1967, the formal official opening, led by the Headmaster, **Mr William Alexander**, did not take place until Friday April 14th. That was the day before the Scotland football team went to Wembley and beat World Champions, England, by three goals to two.

Pupils were very excited about the move to a brand-new school, with the luxury of inside toilets and school meals cooked on the premises. There were probably none more excited than **Alistair Old of P5**, who was so determined to be the first pupil to see inside the school, that he arrived at the entrance at 8am. Alistair lived in the Preston area, just over the road from the school. However, his near neighbour, **Jill Thom**, beat him to it. Jill's grandfather was the night watchman on the site and had given her a guided tour of the school well before anyone else had seen it.

If you think you may be able to contribute to the 60th anniversary, either with photos, memorabilia, or reminiscences, you should contact Linlithgow Primary School by email at wllinlithgow-ps@westlothian.org.uk or by telephone on 01506 842686.



BATTLE 500 PROJECT - TREE PLANTING

"A reminder that if you'd like to be part of the living legacy of the Battle 500 Project, the public tree planting day is happening at Xcite Linlithgow on Sunday 15th November! To help raise awareness of the Battle of Linlithgow Bridge the Battle 500 Committee worked with Darroch Nurseries and West Lothian Council to develop a native tree-planting project. You can sponsor a tree for just £20 through the Linlithgow Burgh Trust's website: https://new.lbt.scot/product/sponsor-a-tree/

And then join us on Sunday 15th November for the public tree-planting day at Xcite Linlithgow, from 11.00am. An example of how we really are bringing history to life with a legacy that will last for many years to come!"



LINLITHGOW LADIES' CHOIR

The autumn leaves are falling, and the clocks have been turned back, and it is now that time of year when the Linlithgow Ladies' Choir start practising carols in preparation for their Christmas concert.



Our 2026 Christmas concert will be held on **Saturday 12th December at 4pm,** with the venue being, as usual, St Michael's Parish Church, Linlithgow. Our Christmas concert will be a mixture of well-known and less well -known carols

Tickets are available on the door, £10 per adult, £5 per school age child and there's also an option of a family ticket - Cash or card accepted

Our last concert was in September, and we had a theme based on the adventures of Rosie, a dog from Linlithgow. Over the summer we had run a competition inviting school aged children to submit stories or drawings on the themes of our songs. Children submitted wonderful stories and pictures which were displayed for the audience to see. Between the Choir singing songs, the winning stories were read out. It was a different type of concert but appeared to be well received

As well as our own Christmas concert we have once again been invited to sing at the annual Linlithgow Day Centre Carol Concert along with The Linlithgow Men's Choir and Children's choir. This will be held on Friday the 4th of December at 7.30pm in St Michael's Roman Catholic Church.

Linlithgow Ladies' Choir is a community choir, and we like to take music into the community. A small group of ladies (who we call the Semi Chorus) visit local nursing homes to entertain the residents. At our latest outing we sang a mixture of old-time musical songs, hits from the 60s and 70s, finishing with the well-known Bonnie Banks of Loch Lomond. It was lovely to see the audience react, appreciate the singing and at times joining in.

The Linlithgow Ladies Choir rehearses on Monday evenings at St Michael's church. We are a community-based choir singing in four parts, a mixture of classical, pop, folk and Scottish music. Our musical director and conductor Kirsty Ball leads the rehearsals starting with a warmup and then helping us all to sing to the best of our ability. To be part of the choir you don't have to be able to read music and there is no audition.

For further information check our Facebook page – Linlithgowladieschoir or our Instagram account - @linlithgow.ladies.choir
If you would like to join us please contact: sec@linlithgow.groupanizer.com

Mary Clark

As this article will be published in the November issue it's too early to wish you a happy Christmas and all the best for 2027 but we will if you come to our concert… so we look forward to seeing and entertaining you –
4pm, Saturday 12th December at St Michael's Church.

CLIMATE CAFÉ LINLITHGOW – A NEW SPACE TO COLLABORATE, LEARN AND SHARE

Earlier this year Linlithgow Community Development Trust established a Climate Café, providing the local community with a chance to discuss their views on the climate crisis and collaborate with like-minded people on how to reduce its impact. Previous topics of discussion have centred around the impacts of food systems, household energy, travel, community engagement and climate education.

Since its inception, **Climate Café Linlithgow** has become a member of the global network of Climate Cafes, a global network started in 2015 as an initiative from the mind of Scottish environmentalist, Jess Pepper. The first café was held in the village of Birnam in Perthshire. They can now be found throughout the world and provide an informal space for discussions to be led by and for the benefit of local communities. No expertise of environmental issues is required to attend a Climate Cafe. They are designed to be inclusive of people of all backgrounds who wish to share either their opinions on environmental topics or offer ideas for collective action.

The Linlithgow Climate Cafe is held on the 3rd Monday of every month (except December).
The next event will be held on January 18th at 6.30pm in the LCDT Hub, The Vennel.

Please email hello@trust-linlithgow.org.uk if you would like to find out more.

Emmy McClay, LCDT Volunteer.

THE ALLOTMENT IN THE WINTER MONTHS

LINLITHGOW AND DISTRICT ALLOTMENT SOCIETY





At this is the time of year, after the clocks change, there appears to be less time to be on our allotments but there is still plenty to do. It is particularly important to grab any time you can before heavy rain and even frosts arrive, which can very much be November weather.

Six top tips

1. Crop protection

Protecting brassicas at this time of year from birds is important. Cover with mesh and make sure that it is well pegged down. Keeping the top clear of the plants prevents birds pecking through to the brassica tops. Stake plants such as brussel sprouts and kale which could be blown over during windy conditions.



Preparation of soil for the Spring

Clear away all spent crops.. Cover all empty vegetable beds with a layer of garden compost or well-rotted manure and leave to allow the worms to break it down over Winter. This will build up nutrients in the soil and reduce weeds. Use woodchip around fruit bushes and trees. Put a 5 cm layer a few centimetres away from the trunk of the bush or tree. The wood chip will compost down to provide nutrients and organic matter. Green manure planted over the last couple of months should now have sprouted and is ideal at fixing the nutrients in the soil, preventing them being washed away. Field beans are a good green manure for this.



2. Pruning

Prune fruit trees (apples and pears – not plums) over the winter (November to March) to shape them and to provide more space between branches. This will also give better size and quality of fruit next season. Soft fruit (blackcurrants, redcurrants, whitecurrants, gooseberries) are best pruned in February. Autumn raspberries should be cut down to the ground in February.

3. Check stored vegetables and fruit

Check over your potatoes/apples once a month to remove any that are rotting to avoid affecting other stored produce. Do the same with stored squash and pumpkins for any that may be softening or have gone mouldy. Squash can be peeled, chopped and frozen and used later.

4. Plan ahead

Check what has grown well this year; what you would like to try out for next season; plan out your crop rotation. Crop rotation is growing groups of vegetables on a different part of the vegetable plot each year. Growing the same vegetables in the same soil each year can cause a build-up of pests and disease and different vegetables need different nutrients. There are good examples on the internet of crop rotations.

5. Order seeds

Once you have decided what to grow next season, decide on the seeds you need to buy. Looking at what you need now allows you to buy the varieties you want. Seeds are widely available from garden centres and online seed stockists.

Other jobs for the winter months

> Plant soft fruits, e.g. blackberries, blackcurrants, gooseberries (November to the end of March)

> Plant raspberries (December until the end of February)

> Plant red and white currants in December

> Plant fruit trees (November until early March)

> Plant garlic (garlic sold for autumn planting)

> Continue to harvest kale, cauliflowers, cabbage, brussel sprouts, leeks, parsnips and carrots.







For those who have an established vegetable garden and want information about what to do each month we have a post on our website that gives growing information, month by month. This is on the left hand side of the home page.
Our website address for LADAS is linlithgowallotments.wordpress.com

****

Val Corry
Chair LADAS

Linlithgow and District Allotment Society

IMPORTANT NOTICE: There is a waiting list for plots. Please contact us using the CONTACT US page on our website.

THE SHADOW THIEVES

PETER BURNS

"Wanted: the clever, the cunning and the fearless..."

***The Shadow Thieves* is an award-winning, New York Times bestselling children's novel aimed at readers aged 9-12. It was written by Edinburgh-based author Peter Burns, previously best known for his acclaimed sports non-fiction writing. Burns was inspired to write the novel during a family holiday in the Scottish Highlands, where he imagined a mysterious school hidden from prying eyes. In the world of The Shadow Thieves, talented young people are recruited into specialist schools that train the next generation of thieves, spies, assassins and politicos.**

The Shadow Thieves takes readers into an alternative 1930s Europe, where France is the world's dominant power and English, while still used as an international language, is slowly fading from prominence.

The novel focuses on the life of thirteen-year-old Tom Morgan, a resourceful orphan surviving a tough existence on the streets of London. Sharp, observant and plucky, Tom relies on his quick thinking and natural talents to navigate the challenges of his daily life, where there is danger on every corner. Alongside a close-knit group of fellow street children, he has learned to depend on friendship, loyalty and ingenuity in order to make ends meet.

After a dramatic and traumatic encounter with the workhouse snatchers, Tom is desperate to save his friends, who have been taken to the Guttknot workhouse. He is offered a lifeline by the mysterious Corsair, who later reveals himself to be both a legendary master thief and a teacher at the prestigious Beaufort's School for Deceptive Arts, better known as the School of Thieves.



Tom joins the school as a first-grade Tenderfoot student and quickly learns about the world occupied by the people within the Shadow League. Although initially unfamiliar with the school's curriculum, he soon relishes the opportunity to develop his skills through a unique blend of academic study and rigorous physical training. Lessons in deception, confidence tricks and strategy are balanced with demanding practical challenges, helping Tom to discover talents he never knew he possessed. As Tom settles into life at Beaufort's, he begins to discover both his strengths and the dangers that lurk beneath the school's glamorous surface.

This novel is well-written and fast-paced, with a clever plot that will keep young readers guessing all the way to the end. The vocabulary is nicely pitched and will stretch young readers. Readers who enjoy a clever underdog story packed with action, intrigue and adventure will be hooked on this evolving mystery series by Burns.



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

Psychological Minds

Specialist Assessment and Therapy for Children, Young People and their Families in West Lothian

We provide individually tailored assessment and therapy for children and young people alongside parental support and guidance. We work collaboratively to make meaningful positive changes to daily life.





We offer parent support, assessment and intervention for children and young people for a range of difficulties including:

- Emotional regulation
- stress
- anxiety/panic
- low mood/depression
- low self-esteem/confidence
- anger
- sleep
- behaviour
- toileting
- trauma
- attachment
- social relationships
- managing screen use
- neurodiversity
- Occupational Therapy assessment

Interested in therapy?
Please get in touch for more information & to book a FREE 20 minute consultation

Psychological Minds
07344 308582
www.psychologicalminds.com
info@psychologicalminds.com

Herkimer House
Mill Road Enterprise Park
Linlithgow Bridge
Linlithgow
EH49 7SF

YOUR LINLITHGOW BASED DESIGN COMPANY
- ESTABLISHED 2010 -

16 YEARS

CREATIVE DESIGN FOR LOCAL BUSINESS...

LOGO / BROCHURE / SIGNAGE / WEB

cgh creative

EXPERIENCED DESIGNER - HELPING NEW & ESTABLISHED COMPANIES COMMUNICATE EFFECTIVELY

T. 07843 856922
www.cghcreative.co.uk

Please enjoy responsibly. 18+ only.
*Offers over £60.00

wildflower wines
Independent Wine Merchant

Wildflower Wines
A World of Wine, Right on Your Doorstep.



From a little corner of Linlithgow, we've been exploring the world in search of wines worth knowing since 2002.

We champion small producers and independent winemakers - often the names you haven't heard of, but might soon wish you had. Our collection spans every corner of the world and every kind of occasion, from beautifully made everyday wines to bottles worth saving for something special.

Independent in spirit. Passionate about wine. Proud to be part of Linlithgow.

Call us on 01506 844220 to arrange a visit at Unit 8, Mill Road Industrial Estate, Linlithgow
or explore our collection at www.wildflowerwines.co.uk.

Use code 'BB2026' for money off your first order! *



WE'RE PUTTING A SUMMER HOUSE IN OUR GARDEN...

We're putting a Summer House in our garden and, once we've removed an old Cotoneaster and Holly to create a site for it, we will then have to plan how we can integrate it into the existing garden. Apart from containing a lovely sculpture it was rather a boring corner of the garden , so we now have a wonderful opportunity to make it a lovely part of the garden.



Pruning some low branches of a Pine tree and a multi-stemmed Silver Birch will open up views, but the rest of the landscaping around it will be with new plants. How on earth will we make our choices?



We have some plants that have been happy in pots for many years but perhaps it's time to set them free in the ground. The fiery fine cut leaves of Acer palmatum dissectum gives us this display every autumn. Behind it in the picture is a left over from Lesley's Mum's winter window boxes of three years ago, this yellow variegated evergreen Abelia Hopley's variety which would add a sparkle of leaves throughout the year.



On a visit to the gardens at Glamis Castle this summer we were knocked over by the large beds of purple Verbena bonariensis in the Italian garden. We have often popped some into other beds but they haven't come through the winter reliably. But at several flower shows this summer we kept spotting a shorter variety of Verbena, V. Bampton, and will try this in the new beds, and take the risk that it won't make it through the winter.



David Pullar's showcase garden at the 2025 Scone Palace Garden Fair reminded us how generous ornamental Grasses can be, often evergreen all year round. In windy Forth Valley they offer delightful movement in the garden.

This late summer the Red Hot Pokers have performed really well and we were delighted to spot this yellow Kniphofia Pineapple Popsicle at Breezy Knees Garden in Yorkshire, its upright nature will provide contrast in the new plantings.



At Larch Cottage Nursery in Cumbria we fell in love with this dwarf White Alstroemeria White Magic, neat and well behaved for the front row.



As with Larch Cottage Nursery, if we are nearby in our travels, we always pop into John Massey's Ashwood Nurseries, west of Birmingham. This purple leaved Ice Plant (A Border Sedum now renamed Hylotelephium!) alongside Geranium Dreamland had to come home with us. Both easy and reliable plants.



Have you got an excuse to redevelop part of your garden this coming year?

NEW HOPETOUN GARDENS

Dougal Philip and Lesley Watson
New Hopetoun Gardens

so much more than just a garden centre

NEW HOPETOUN GARDENS



DON'T FORGET TO VISIT THE ORANGERY TEAROOM

Open every day 10am – 4pm
for warming homemade soup,
tempting cakes, tea & coffee.

www.newhopetoungardens.co.uk

skinhappy
solutions for your skin

I'M HERE TO HELP YOU FEEL CONFIDENT CAREFREE AND SKIN HAPPY.



Award winning Clinic-Skin Salon of the Year 2026

Tina Arnot
Laser, Light and Skincare Specialist

"I'M OVER 40. HOW CAN I IMPROVE MY SKIN WITHOUT BOTOX OR FILLERS?"

NATURAL AGEING DOESN'T MEAN DOING NOTHING!

Not everyone wants injectables or dramatic changes to their appearance. Many simply want healthier, brighter, smoother and firmer skin while still looking completely like themselves.

At Skin Happy, my philosophy is simple: **Your age doesn't determine your treatment. Your skin does.**

Skin Happy treatments cannot replace lost facial volume like fillers or relax muscles like Botox, but I can improve skin quality, stimulate natural renewal and soften visible signs of ageing.

DISCOVER YOUR NATURAL SKIN REJUVENATION OPTIONS

EPN Microneedling to Stimulate Collagen & Skin Renewal
Combining microneedling with Electroporation (EPN) stimulates natural collagen and elastin production while enhancing the delivery of beneficial skincare ingredients. This encourages skin repair, remodelling and renewal, gradually improving firmness, fine lines, enlarged pores, acne scars, stretch marks and uneven texture for smoother, healthier-looking skin.

IPL Skin Rejuvenation to Restore a Clearer, Brighter Complexion
Sometimes what makes skin appear older isn't wrinkles, but pigmentation, sun damage and redness. Intense Pulsed Light (IPL) targets unwanted pigmentation, thread vessels, blood spots, rosacea-related redness and certain acne concerns while encouraging collagen production. The result is improved skin tone, texture and a fresher, more even complexion.

AlumierMD Chemical Peels to Renew, Refresh & Rejuvenate
Medical Grade chemical peels use carefully selected exfoliating acids to encourage natural cell renewal, improve dullness, pigmentation, acne, fine lines and uneven texture. At Skin Happy, every peel is customised to your individual skin needs, focusing on progressive improvements rather than aggressive peeling, with minimal to no downtime.

Dermalux LED Phototherapy to Repair, Calm & Restore
Using Medical Grade blue, red and near-infrared light, Dermalux supports cellular activity, collagen production and natural skin repair. This relaxing treatment can help improve acne, redness, inflammation, Psoriasis, Dermatitis, Eczema and overall radiance. Suitable for most skin types, it requires no downtime and can complement other treatments.

Medical-Grade Skincare. What Happens Between Appointments Matters!
Professional treatments are only part of the equation. Daily skincare and sun protection are essential for maintaining results. AlumierMD uses scientifically supported active ingredients to protect against oxidative stress, encourage skin renewal, support collagen production, strengthen the protective skin barrier and address concerns such as pigmentation, acne and ageing. A personalised routine needn't be complicated to be effective.

DON'T CHOOSE THE TREATMENT FIRST. START WITH YOUR SKIN.

At Skin Happy, I encourage clients to begin with a professional skin consultation. This allows me to assess your skin, understand your concerns and recommend a personalised approach.

Sometimes professional treatments are appropriate; sometimes good skincare is enough. Often, combining both provides the greatest benefit. Equally important is knowing and explaining when a treatment isn't suitable or won't achieve your expectations.

My approach is about honest advice, realistic results and improving skin health rather than dramatically changing your appearance. Improvements are gradual, individual results vary, and a course of treatments may be recommended.

I've never particularly liked the term anti-ageing. Ageing is something we're fortunate to experience. My goal isn't to make you look 20 years younger, but to help your skin look and function at its best, whatever your age, so **don't chase younger skin, chase healthier skin.**

MY GOAL IS SIMPLE: To make you and your skin happy!



Skin Happy, 42 High Street,
Linlithgow Tel: 01506 888138
www.skinhappy.co.uk
E: info@skinhappy.co.uk

SkinHappy skinhappyme

New Portrait Studio moves to Linlithgow area

Husband & Wife team with over 20 years of experience, here to capture your memories.

"A Fun, Friendly & Affortable Experience"

Weir
PHOTOGRAPHY



Give the Gift of Memories this Christmas
Capture precious family moments

Family Portraits
Christmas Mini Sessions
Portrait Gift Vouchers

All edited images included in session fee.
Pricing and session details on our website

To book:
Call or WhatsApp 07754 763175 (Elaine)
Via our website contact page www.weirphotography.co.uk
On Instagram weirphotographyltd
Facebook Weirphotography

We can't wait to see you, Martin and Elaine Weir



Linlithgow Town Twinning

Twinned with Guyancourt near Paris



You know what a great place Linlithgow is!

Why not share it with guests from Linlithgow's twin town Guyancourt, near Versailles?

Linlithgow Twinning Association is looking for people like you.

Guests would stay with you from Friday 2nd to Sunday 5th April 2027.

There will be events for hosts and guests over the weekend.

And then there is the prospect of visiting France in 2028.....

Get in touch to find out more.

lintwinsec@gmail.com

star barber
TRADITIONAL TURKISH BARBER

HOT TOWEL SHAVES
GENTS HAIR CUTS&STYLES
BEARD TRIMS & STYLES
OAP RATES
KIDS&BOYS HAIR CUTS
PATTERN DESIGNS
HIGH LIGHTS
GIFT VOUCHERS




FONEX ARKO MEN

OPENING HOURS
MON-TUE-WED- 9AM-6PM&THURS-FRI 9AM-7PM&SAT 8AM-5PM
76 THE VENNEL LINLITHGOW EH49 7ET 01506237387

LINLITHGOW SPORTS PODIATRY & CHIROPODY CLINIC

Martin Godley BSc, MSCh



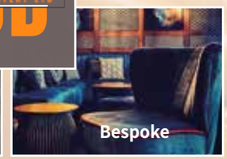
Sports Podiatry & Chiropody Clinic Linlithgow

> General/High Risk Foot & Nail Care
> Biomechanics & Gait Analysis
> Custom made Orthotics
> Foot & Lower Leg Mobilisation
> Low Level Laser Therapy
> Both Elite and Recreational Athletes treated

Following guidelines from College of Podiatry the clinic is open to patients with Emergencies or in pain and discomfort.
Full safety measures in place.
For appointment please call 07596954189.
Thank you for all your support.

Appointments available at:
Unit 8, Braehead Business Units
Braehead Rd, Linlithgow EH49 6EP
www.podiatryscotland.co.uk Tel: 07596 954189
Email: m.g.podiatry@gmail.com





Residential
Commercial
Bespoke

RESIDENTIAL AND COMMERCIAL
UPHOLSTERY SPECIALISTS
Johnston & Deans Upholstery Ltd
provide the highest quality, tailored designs to suit the needs of all our customers.
We pride ourselves on the delivery of Upholstery, Bespoke Furniture and Commercial projects. Our team of craftspersons & skilled professionals will cost, design and create outstanding solutions from our base at
Mill Road Ind. Estate, Linlithgow EH49 7DA.
www.johnstonanddeans.com

T: 01506 822744
E: johnstonanddeans@gmail.com

GroutGleam
REFRESH | RECOLOUR | RESTORE

GROUT LOOKING TIRED?
TIME TO REFRESH OR RECOLOUR
NO GROUTING REQUIRED.

Louis Maguire
T: 07470 655063
SCAN ME →
www.groutgleam.co.uk/centralbeltscotland

Ace Tree SURGEONS

Fully qualified arboricultural specialists
specialising in:
* Sectional felling of dangerous trees
* Limb removal * Hedge trimming
* Pruning and Shaping * Stump Grinding
* Fully Insured * 24 Hour Service
* Seasoned hardwood firewood for sale.

For a FREE estimate call (01506) 847 049 or mobile 07850 624 939

www.acetreesurgeons.com

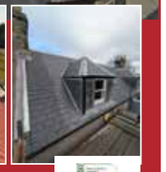


from the 5th of November
www.christiethebaker.co.uk
Visit our website for festive opening hours and pre-order online to collect your treats on a date that suits you.
216 High Street, Linlithgow. Tel: 01506 248585

SHEAR ROOFING

> Tiled Roofing
> Slate Roofing
> Flat Roofs
> Chimney Repairs
> UPVC Roofline
> Gutter Replacement
> All Repairs and Re-roofing works undertaken.





T. 01506 847 885
www.shearroofing.co.uk
email: graham@shearroofing.co.uk
Shear Roofing Ltd
41 Mill Road Industrial Estate
Linlithgow EH49 7SF

CHAS NFRC

Colin Lowie
PAINTER & DECORATOR
169B High Street, Linlithgow
www.colinlowiedecorating.co.uk



t. 01506 206161
m. 07817 105659
High Quality workmanship is our trademark.
Specialists in interior and exterior Painting and Decorating.
Call me for an estimate.

LINLITHGOW BASED, 16+ YEARS



2 WEEKS FOR £29

NEW CUSTOMER OFFER!
START STRONG. FEEL AMAZING.
Try 2 Weeks Unlimited Fitness
No Commitment. No Pressure. Just Results.



CARDIO STRENGTH MOBILITY

Contact: Karen MacLennan, Class Owner & Instructor
Linlithgow Jazzercise
km77jazzercise@gmail.com
07725 085599

JAZZERCISE.

BUSINESS ///

PAUL ROLFE

HOUSING MARKET COMMENTARY | OCTOBER 2026

Paul Rolfe
SALES AND LETTING



CHOOSING THE RIGHT BUILDER FOR YOUR HOME IMPROVEMENT PROJECT

If you're considering extending or improving your home, whether through an extension, loft conversion, garage conversion, or another type of renovation, selecting the right builder is one of the most important decisions you'll make. Taking the time to research and compare contractors can help ensure your project runs smoothly, stays on budget, and delivers the results you're expecting.

Obtain Multiple Quotes

It's advisable to obtain quotations from at least three or four builders. Comparing several quotes will help you understand the market rate for your project and identify any unusually high or low pricing.

However, it's important to remember that the cheapest quote is not always the best option. A significantly lower price may indicate missing costs, inferior materials, or a lack of experience.

Request Fixed Quotations

While estimates can be useful in the early planning stages, you should always obtain a fixed quotation before signing a contract or allowing work to commence.

A comprehensive fixed quotation should include:

A detailed breakdown of costs
Materials to be used
Labour costs
Site clearance and waste removal
Project timescales
Any additional charges or contingencies.

Ensuring everything is clearly documented from the outset can help avoid disputes and unexpected costs later.

Check References & Previous Work

A reputable builder should be happy to provide references from previous clients. Before committing, consider:

Speaking directly with former customers
Viewing recently completed projects
Asking about the builder's communication, reliability, and quality of workmanship.

Seeing completed work first-hand can provide valuable reassurance that the builder is capable of delivering the standard you expect.

Warning Signs to Watch For

Be cautious if a builder:

Provides a quote that is significantly cheaper than competitors
Refuses to provide a written quotation
Is unwilling to supply references
Will not agree to a stage payment plan
Can start work immediately despite claiming to be highly sought after
Requests a large upfront deposit, particularly anything exceeding 25% of the project value.

These warning signs do not always indicate a problem, but they should prompt further investigation before proceeding.

Additional Due Diligence

Before appointing a builder, it is worth taking a few additional precautions:

Prepare a detailed project brief outlining exactly what you want to achieve
Ask how long the business has been trading
Request evidence of current public liability insurance
Check what protection may be available if the builder becomes insolvent
Ensure payments are linked to completed stages of work
Keep copies of all receipts and payment records.

Where planning permission or building control approval is required, make sure you understand when inspections and sign-offs are needed and confirm that these are completed at the appropriate stages.

Keep Communication Open

Regular communication can help prevent misunderstandings and keep your project on track. Consider:

Requesting regular progress updates
Confirming any changes to plans or specifications in writing
Keeping a record of conversations and project milestones
Addressing concerns promptly as they arise.

Clear communication benefits both the homeowner and the builder throughout the project.

Budget for the Unexpected

Even the most carefully planned projects can encounter unforeseen issues once work begins. Structural defects, hidden services, or unexpected ground conditions can all lead to additional costs.

For this reason, homeowners should consider maintaining a contingency fund of around 10% to 15% of the overall project budget.

What should be Included in the Contract?

A written contract should clearly set out:

The full scope of works
The agreed start date
An estimated completion timeframe
The contract price, including VAT where applicable
Details of any warranties or guarantees
Arrangements for water, electricity, toilet facilities, parking and storage
Site access requirements and any restrictions on working hours
Waste removal and disposal responsibilities
The agreed stage payment schedule

If there are any significant changes to materials, specifications, or the scope of works once the project has started, the contract should be revised accordingly and signed by both parties.

Final Thoughts

Choosing a builder should never be a rushed decision. By obtaining multiple detailed quotations, checking references, maintaining clear communication, and ensuring robust contractual arrangements are in place, homeowners can significantly reduce the risk of problems and improve the likelihood of a successful project outcome.

Careful planning at the outset often saves considerable time, money, and stress later on.

PETS' CORNER

This month Westport Vet's Pet of The Month is Willow Maciver...

Westport Veterinary Clinic



Willow is a fourteen year old short-haired tabby cat, she has been with her owner since she was a 7 week old kitten.

Willow's owner, Sue, says there's a lot of love inside my Willow. She's her Mummy's girl and describes her as a little Lady Tabby cat with ears just a tad too big! She's her Mummy's girl. Willow's Dad says she's a Jambo cat that came from Gorgie Road!

She sits on the stairs to greet her owner when she comes home, coming over to say hello as soon as she comes through the door. When her owner is singing, Willow will always appear and join her in a singalong!

Willow's a genuinely loving cat and she's been learning to love their granddaughter too (who has just turned 2). Even though she can be a little nervous at times, she's been getting braver and allowing gentle toddler pats.

Her favourite time of the day is "cat treat" time. She gets desiccated chicken pieces which are thrown into nooks and crannies in their conservatory where she runs around trying to find them - nothing else comes close to the joy this game brings her!

Willow has a lot of cheeky habits - lots! She plays paw ball with her water bowl - patting it to make the water slosh. She pats owner Sue's face if she's not awake enough to give her a cuddle, whenever she wants it! She cries to be let outside, then in, then out and then in etc… especially when her owners are trying to watch a movie. She loves to pull toilet paper off the roll, so they can't ever leave the bathroom door open. She loves the printer when it's printing, and will sit on top of it, watching the paper come out. She will also occasionally sit in front of the tv to watch sport, especially if the rugby's on!

Her favourite place to be, her happy place, is on her Dad's corner of the sofa. She even tells him off if he stays up too late as that's where she wants to sleep.

As Willow is now 14 years young, do you notice any changes in her as she has been getting older?

Sue says: ***"She stays closer to us in the evening, sits at our feet or allows me to cuddle her and she goes to sleep in my arms whilst I stroke her tummy. She's noisier too, has lots to say."***

Cats are generally considered 'mature' age at 7 years old, 'senior' age at 11 years old and 'geriatric' (or 'super senior') when they reach 15 years old. When your cat reaches 11 years old, this is the equivalent of 60 years old in humans. It is not uncommon to see cats reach 21 years old - which is 100 in human years!

Hello
I'm Willow Maciver.

CHANGES SEEN IN AGING CATS:

Sleeping more
Reduced activity, less time spent outdoors
Weight changes and reduced muscle tone
Appetite/thirst/eating habit changes
Hearing and vision changes
Coat and grooming changes
Altered toilet habits
Behaviour/mood changes
Increased dependence
Yowling or singing a little louder than normal.

Older cats are more prone to various health conditions, but many of them are treatable. Getting help from your vet as soon as changes are noticed could extend and improve the quality of your cat's life.

Westport Vets are available 24/7, 365 days. In an emergency, or if you have any concerns about your pets, phone 01506 844165

For enquiries email:
surgery@westportvets.com

Paul Rolfe

SALES AND LETTING

Your Trusted Estate Agent in EH49

More Results. Less Noise.

T 01506 828282
E linlithgow@paulrolfe.co.uk
W paulrolfe.co.uk