In this Edition

Note from our Councillor ................................................................. 3
Note from the BMCC Chairman ...................................................... 5
Dolphinton WI ................................................................................. 6
Elsrickle WI ..................................................................................... 8
Biggar Medical Practice ‘Doctor First Triage’ .............................. 9
Walston School ............................................................................... 12
Dolphinton & Blackmount Bulk Oil Buying Group ................... 14
Dates for your Diary ....................................................................... 19
Puzzle Corner .................................................................................. 20
Note from the Editor
Thank you to all the people who have contributed to this edition. We would love to hear from you and welcome new contributors as well as regulars. If you have any articles, events, photographs, puzzles, recipes etc. please send them to the Bugle email address provided below. The deadline for contributions to the May 2017 edition of the Bugle is 14th April 2017.

Contact the Bugle
Please send any articles, events, photographs, puzzles to:

Bugle@blackmount.org
07739715014

Black Mount Community Online
Visit the Black Mount Community website:
www.blackmount.org

Find us on facebook
https://www.facebook.com/groups/bmccouncil

Are you a new business start-up?
We are offering new business start-ups in the Black Mount community and surrounding area one FREE half page advert in the Bugle. Numbers are limited so if you’re interested please contact the Bugle
Council Budgets

In this article in previous years I have always been able to give you a good idea of the Council’s saving and spending plans for the upcoming financial year. At the time of writing this year I am still unable to do that.

There is a bit of a stand-off between Local Authorities and the Scottish Government. Figures described as being “provisional” were presented to Councils in December but have never been confirmed because the budget (as I write) is not through the Scottish Parliament so Councils say that they cannot present their budgets until such time as the settlement is finalised.

South Lanarkshire had two budget meetings set up but they have both been cancelled. This means that when agreement is eventually reached, the scrutiny time available to Councillors will be very limited. This is hardly ideal given that the current members will be setting budgets to be implemented by a new group of Councillors after the May election.

The preliminary proposals put forward by the Council included an assumption that approximately £23million of spending cuts would be required but with a presumption that there would be no closures of facilities. This figure had been reduced from £34million by transferring money from reserves and increases in Council Tax revenue from new house building along with a few other smaller income streams.
Re-location of Walston School

The consultations and application processes to re-site Walston School to Elsrickle are still going through the procedures. The Executive Committee at the Council will consider the matter on 8th February and if approved there a Planning Application will be submitted.

A traffic speed survey has been undertaken at the proposed new site and, unsurprisingly found that traffic speeds are in excess of the legal limit. A report has been passed to Police Scotland about that and if the school is re-sited the proposal is to introduce a mandatory part time 20mph limit in the area. The 85% speed was 37.7mph for Eastbound traffic and 41mph for Westbound. The average speeds were 33.8mph and 36.9mph.

Contacting your Councillor

I hope that winter is not treating you too harshly and as always I can be contacted on the details below.

Contact Details
Phone: 07748 114 582
Email: Hamish.stewart@southlanarkshire.gov.uk
Post: South Lanarkshire Council, Almada St, Hamilton ML3 0AA
Note from our Black Mount Community Council Chairman

Sometimes it’s difficult to see what changes one person can make in an increasingly troubled world. And when talking to my son recently, who lives in New York, I had no ready words of wisdom to offer. Except perhaps that we can all make a difference to the communities we live in, in the hope that taken together these will make a difference to the bigger picture.

So, when I look at the recent efforts of my colleagues on your Community Council to talk with, challenge, cajole, and encourage a wide range of organisations in pursuit of changes which make our area better, I think these are worth celebrating.

Over the last few months, for example, we have continued to press for a range of measures which will make our roads safer and better maintained, ensuring up to date information is available about the progress of major planning applications, the retention of phone boxes in key locations, everyday improvements to waste collection, and targeting funding opportunities which can directly benefit Black Mount.

Small changes in small communities can make a big difference. As always, we welcome anyone who wants to be heard. Our job, on your behalf, is to make your voice as effective as possible. Get in touch. We look forward to hearing from you.

Sam Cassels
Black Mount Community Council Chairman
Dolphinton WI had its village Children’s Christmas Party on 17th December. All the children had great fun with games to music, lots to eat and drink, and of course a visit from Santa with a gift for every child.

Our October meeting was "Growing Local Food". A very interesting talk by Heather Anderson of Whitmuir Farm in Lamancha. The November meeting was "Water Colour for Beginners". Irene Waterman told us how she became a Botanical Artist and showed us some of her beautiful paintings of flowers. We all had a go at painting a Christmas Card.

Norma Campbell

Dolphinton W.I. held a very successful Bowling Tournament on Saturday 28th January in Dolphinton Hall, on an otherwise dreary, sleety afternoon.

12 rinks, each of 4 ladies, took part, playing 3 games of 7 ends to produce the 2 finalists who had won all of their games. Molly Smith’s rink from Douglas emerged worthy winners over the Dolphinton rink, Jean McCracken, Anne Hutchison, Ann Ross and skipped by Jean Campbell.

We’d like to thank David Wallace and Jock Ross for umpiring and keeping 48 women in order….no easy task! Also thanks go to the two Nans (McQueenie and Reid) and Nancy Porteous for helping out our members, Pam and Nicola, with the serving of the food…. a very important part of the afternoon!

Profits from the event will be split between MacMillan Nurses and the Haven, Forth, in memory of Effie Dickson.

Anne Hutchison
Dolphinton Rural members, past and present, are very sad to record the death of Effie Dickson who passed away on 17th January. She was a member for over 50 years, and seldom missed a meeting. Effie had been a most efficient secretary on numerous occasions, as well as taking on the responsibilities of Tea Convenor and Raffle attendant. She was definitely the person to be described as “If you want something done then ask a busy woman!” Need an entry for the Community Effort…… “I’ll make an apple tart”, need help in the kitchen….. “I’ll serve the teas”.

Entries for the Flower Show… “I’ve done a few” turns out enough prizes to win the Cup for the Baking Section!

Effie was always there doing what needed to be done and always with a cheery smile.

She had been secretary at Dolphinton Estate, secretary at Dolphinton School and Walston School, Elder of Dolphinton then Blackmount Church, active participant in all sorts of local activities. As well as WRI, she enjoyed badminton, yoga, Scottish Country Dancing, walking (at speed) “round the world”, even running in the Ladies Race at the Sports (a few years ago now).

Effie will be sorely missed by all of us in Dolphinton WI, and our sympathies go to Rob, Brian, Heather, and her grandsons.
The Elsrickle Rural continued into the new year with an interesting variety of speakers. At the January meeting Mrs Susie Dykes gave a fascinating insight into life at Slipperfield during the filming of the farming year. In February Mrs M Jess will talk about Mel’s Craft Room and there will be a cookery demonstration and gardening tips in March. New members or visitors are always welcome at our evening meetings held in Elsrickle Village hall at 19.30, usually on the second Wednesday of each month.

The next big event will be the Open Flower Show which will be held on Saturday 26th August. Everyone is invited to submit flowers, vegetables, industrial and craft items on the day. There are also events especially for children and teas and home baking after the judging and presentation of prizes. Norma Love
To enable the practice to provide a more appropriate way of handling an increasing demand and requests for same day appointments we have implemented a system known as “Doctor First Triage.”

The way the Triage system works is as follows:

When you call 01899 220383 to request a same day GP appointment the receptionist will take your details and advise you that a doctor will call you back as soon as possible. It is important to provide the receptionist with a number on which you can be contacted. If it is a mobile you should ensure you are in range of a signal. If it’s a landline you should be aware the practice phone system is unable to provide a caller id and when the doctor calls it will show as ‘caller unknown’.

The call back from a GP will normally be within an hour however it can take longer dependent on the number of calls on the day. But we do strive to call you back as soon as possible. If you do not receive a call back within two hours you should ring reception to inform them. Please note if the doctor finds your number is repeatedly engaged or unanswered he/she will not continue calling.

When the doctor calls you they will discuss your problem and agree one of the following pathways:

• A doctor’s appointment (not necessarily that day)
• Provision of telephone advice which could include self-care
• Arrange investigations such as blood tests or x-rays
• An appointment with a practice nurse or health care support worker
• A home visit
• Provide a prescription for collection from the reception or pharmacy
• Provide a letter or Fitness to Work Certificate for collection
from reception

- Sign-posting to other appropriate services some examples include:
  - District Nursing Services
  - Pharmacy
  - Optometrist
  - Physio
  - Midwife
  - Health Visitor
  - Dentist
  - Smoking Cessation Service
  - Minor Ailment Service
  - A&E

Please note that the surgery does not offer an emergency service. If it is a genuine emergency you should call 999.

Advantages of Doctor First Triage

- You will normally get appointments (or advice) quickly and conveniently.
- It’s easier to see your normal doctor so you get better continuity of care.
- If you have complex issues you will have more time with the GP, and so a more holistic package.
- If you are working or have children’s school commitments, we can agree to see you before school finishes, or after work in the early evenings. We try to be pretty flexible, within reason.
- You don’t always need to come to the surgery for your problem to be resolved.
- For the doctor it’s also much easier seeing/speaking to patients who have requested them by name as the patient or their problems are already well known.
- The patient already trusts and has confidence in the doctor they request. Consequently, they are more prepared to accept telephone advice, and in turn, if the doctor knows the patient well enough to be aware of their limitations, he/she is more comfortable giving that advice.
- It is a fairer system which facilitates the less assertive patients an equal chance to access a doctor.
Disadvantages of Doctor First Triage

- Not many. At the time of writing we are 17 weeks into the system and we have no formal complaints yet.
- The feedback so far is very encouraging. Most of the patient comments to the receptionists are very positive and encouraging and on a daily basis we get positive comments.
- Contrary to the beliefs of some, Doctor First Triage doesn’t discriminate against people who are not good on the phone, for whatever reason. These patients will be identified by themselves, or by the staff and will simply get offered or choose, a face-to-face appointment.

Trial and audit

Prior to full implementation the system was trialled, reviewed with the Patient Group and adjustments were made. An ongoing audit is being carried out which has enabled us to offer more pre-bookable appointments as we can accurately forecast on the day demand. For the first 16 weeks the average number of patients who called the surgery each morning and did not require a face to face appointment with a doctor was 43.94%. This was a total of 1,637 appointments.

Patient Survey

However, it is true that the success of any system depends on having a majority of patients who are happy. Therefore, patient feedback will be sought by the Patient Group who will include questions about the system in their next patient survey in March 2017. The results will be reviewed with the practice and published in their spring newsletter.

If anyone wishes to discuss the above article or needs any further information please contact the Practice Business Manager, Donald Stewart on 01899 220383 or email donald.stewart@lanarkshire.scot.nhs.uk
As usual, we had a very busy time leading up to Christmas. We all wore festive jumpers for our delicious Christmas lunch. We went to Lanark Memorial Hall for a Panto called The Pure Amazing Wizard of Oz - and it was amazing. Lots of corny jokes and ‘he’s behind you’ and singing and dancing. Auchengray joined us for our party – food, games and ceilidh dancing. We finished off with our show. This year it was the wee ones in the limelight with a production called Snowman at Sunset. This was followed by a choir of heavenly angels - and they did sound heavenly!
Walston School

We have been very busy in Jan and Feb. P6’s went to the High School to join other P6’s for an Enterprise Day and shortly after P7’s also went to High School for a STEM day (Science, Technology, Engineering and Maths). These days were a great success – both in learning about the subjects and working with pupils from other schools, whom they will meet when they go onto High School.

In January, we celebrated all things Scottish - songs, poems and haggis! We have been learning about some Famous Scots including explorers, artists, scientists and sportsmen and women.

We took part in a Netball/Benchball tournament and soon we will begin training for the Cross Country competition on March 16th.

Dorothy Ramsay
Our two local Bulk Oil ordering groups (Dolphinton and Blackmount) got together again in December to place oil orders. Both groups placed their order with Bryce Oils on 2nd December at the price of 36.5p.

The Dolphinton group - 23,950 litres over 31 drops

The Blackmount group - 23,800 litres over 30 drops

Tricia (Dolphinton) and Catriona (Blackmount) will continue to work together going forward to negotiate the best possible oil price for all members. Each quarter five oil companies have been contacted for prices – Bryce Oils, RIX, Highland Fuels, Oil Fast and Johnston Oils. A new company called Certas Energy have recently contacted the groups and they will be included from now on.

Our sincere thanks to everyone who has placed an order with the groups to date and we welcome all new members. If you’d like to join us or to discuss how the scheme works, then please contact:-

<table>
<thead>
<tr>
<th><strong>Catriona</strong></th>
<th><a href="mailto:BlackmountFuelGroup@gmail.com">BlackmountFuelGroup@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tel: 01555 841107</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Tricia</strong></th>
<th><a href="mailto:DolphintonBulkOil@btinternet.com">DolphintonBulkOil@btinternet.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tel: 01968 682319</td>
<td></td>
</tr>
</tbody>
</table>

Our next order is planned for the end of February and we will contact all members mid-February requesting their orders by 23rd February.

*Tricia and Catriona*
Sunday Worship

Church of Scotland, Dolphinton
Morning Service – Sundays 9.45 am

St Isidore's Roman Catholic Church, Biggar
Holy Mass – Sundays 12 noon
Weekdays (Mon, Tues-Thurs, Fri) 9.30 am

St Mungo's Scottish Episcopal Church, West Linton
Sung Communion – Sundays 10.00 am
Said Communion – Wednesdays 10.30 am
Quercus Garden Plants
Nursery and gardens

A range of hardy and unusual plants for Scottish gardens

The nursery is situated at Whitmuir Farm on the A701 just south of Leadburn. We are one of an exciting group of business here, including the award-winning organic farm shop and restaurant, Dancing Light Art Gallery and The Wood Shack.

Spend an afternoon wandering around the nursery and gardens, see the animals and wildlife ponds on one of the farm trails, shop in the art gallery and The Wood Shack and enjoy good food in the organic restaurant and farm shop.

Open 10am - 5pm Wednesday - Sunday
Quercus Garden Plants, Whitmuir Farm, Lamancha, EH46 7BB
01968 660708
rona@quercusgardenplants.co.uk
www.quercusgardenplants.co.uk
SHEENA LIVINGSTONE
BSc, DARM, DipST

Diploma in Manipulative Therapy........
Diploma in Advanced Remedial Massage........
Diploma in Sports Therapy.....
  Diploma in Remedial and Sports Massage.....
  Diploma in Swedish Massage....
  Diploma in Indian head Massage....

TEL : 01968 661282
Feeling stressed...?
Aches and pains ...?
Low on energy ...?
Want to feel better ...?

The authentic Japanese healing modality, founded by Mikao Usui, for the improvement of body and mind is now available locally.

Your own natural healing ability can be gently re-awakened, simply and naturally. The receiver relaxes, remaining fully clothed, throughout the hands-on treatment session. Ruth Hinks is a qualified Jikiden Reiki practitioner and Shihan-kaku (assistant teacher), training since 2012 with Tadao Yamaguchi (Founder and Head of the Jikiden Reiki Institute, Kyoto, Japan).

For treatments or to learn Jikiden Reiki,
tel: 01899 810261
    07890 215587
e-mail: jikidenreikiruth@gmail.com
for more information: www.jikidenreiki.co.uk
### Dates for Your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6&lt;sup&gt;th&lt;/sup&gt; Feb</td>
<td>BMCC Meeting</td>
<td>Dolphinton Hall</td>
<td>7.30pm</td>
</tr>
<tr>
<td>6&lt;sup&gt;th&lt;/sup&gt; Mar</td>
<td>BMCC Meeting</td>
<td>Dolphinton Hall</td>
<td>7.30pm</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; April</td>
<td>BMCC Meeting</td>
<td>Dolphinton Hall</td>
<td>7.30pm</td>
</tr>
<tr>
<td>May TBC</td>
<td>Sports</td>
<td>Newbigging</td>
<td>TBC</td>
</tr>
<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>BMCC Meeting</td>
<td>Dolphinton Hall</td>
<td>7.30pm</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; July</td>
<td>BMCC Meeting</td>
<td>Dolphinton Hall</td>
<td>7.30pm</td>
</tr>
</tbody>
</table>

---

**West Linton Healthful Eating and Living**

Do you need or want to
- Lose weight
- Have more energy
- Get more exercise
- Get better eating habits
- Get loads of support while doing it

West Linton Training are starting two groups to get you started with all these and more.

Our first 12 week block will start in March and will consist of a small group of 6 - 8 people.

Your group shall meet once a week for a weigh in, measure, a weekly healthful topic chat, recipes, individual progress discussion, healthy dish. We'll finish with a short exercise program that you can do as homework too. There'll also be ongoing support as group members and coach will form their own social media group for weekly check in and more if needed.

Cost for first groups are only £5 week for first 12 week block.

Call us on 07970 139 045
Email info@healthyhumanclub.com
Puzzle Corner

Answers in the next issue

November 2016 Edition answers:
Word – Fireworks
Brain Teaser 1 – Fire
Brain Teaser 2 - Towel

Can you make a word using all the letters

<table>
<thead>
<tr>
<th>V</th>
<th>S</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>E</td>
<td>I</td>
</tr>
<tr>
<td>R</td>
<td>O</td>
<td>R</td>
</tr>
</tbody>
</table>

Brain Teasers

What can travel around the world while staying in a corner?

If you have it, you want to share it. If you share it, you don’t have it. What is it?

Joke

Where do cows go on Saturday nights?
To the MOOO-vies!

The Bugle is published by the Black Mount Community Council but views expressed therein are not necessarily those of the committee.

The Community Council cannot accept responsibility for any errors printed in the Bugle.