

CHRISTMAS FAIR

Our Christmas Fair will be held on Saturday 11 December 2021 at the STATION HOUSE, from 10am - 12noon. We will be having the usual stalls including Cake and Candy, Gifts, Pet Stockings, Bric-a-brac and Books and Tombola. Everyone is welcome!

ADVENT ART

Would you like a chance to slow down in this busy season and reflect on the gift of Christmas? Every day in Advent there will be a painting and short reflection on our church website www.stowandheriotchurch.org.uk and Facebook page www.facebook.com/pages/category/Church/Stow-St-Mary-of-Wedale-and-Heriot-Parish-Church-100987068212498/

STOW AND HERIOT CHURCH NEWS



CHRISTMAS SERVICES

We're happy to announce that we'll be back in Stow Church in December! Here are details of our special Christmas services:

Friday 24 December (Christmas Eve) - family service in Fountainhall Village Hall at 5pm

Friday 24 December (Christmas Eve) - watchnight service in Heriot Church - carol singing from 11pm; service of lessons and carols starting at 11.15pm

Saturday 25 December (Christmas Day) - family service in Stow Church at 10am

Sunday 26 December (Boxing Day) - service in Heriot Church at 9.45am and Stow Church at 11.15am.



Stow and Heriot Parish Partnership with LUWATALA, MALAWI

Our partners in Malawi have a subsistence way of life with its own challenges. It is interesting to learn how they farm and work within their environment; education is dependent on remembering information rather than having access to books or the internet; health care is limited and a long walk from home. What our partners have in abundance though is a faith that expresses a joy in God and His grace.

If you or your group would like to learn more about Luwatala, the way of life and the opportunities to connect with our parish partners, please contact Eve ehartswood@gmail.com or 01578 730738 or visit the partnership pages <https://www.stowandheriotchurch.org.uk/parishpartnership.htm>



The Hogmanay bonfire is back and the Sports committee are delighted to announce the return of the fireworks display too this year at the Quoting Green. The bonfire will be lit at 11.30pm with the fireworks set to start at the stroke of midnight to usher in 2022. We would ask that all attending gather on Station Road to join us to welcome in the bells.

Sports Week 2022

We are looking forward to the return of Sports Week in 2022. Events kick off on Sunday, 19th June, with the kids football tournament and reach the grand finale with the sports day and Ceilidh on Saturday the 25th. So dust off those trainers, get practising your sheaf toss and start designing your fancy dress costume! Why not celebrate the return of sports week by decorating your house in the traditional yellow and black to show off the fantastic Stow community spirit!

Fancy getting involved? Please get in touch on Facebook. New committee members are always welcome. On Facebook search for: [StowSportsCommittee](https://www.facebook.com/StowSportsCommittee).



STOW BREWERY RELAUNCH

Stow Brewery is back, launching its new Dhu Brew brand with its Dhu Brew Red Ale and Dhu Brew IPA (both available in Stow Post Office). They are also on tap in local pubs including the Lauderdale Hotel and the Golden Bannock in Lauder and the Clovenfords Hotel.

Find out about new beers and events at <https://dhubrew.com/>



STOW POST OFFICE & VILLAGE SHOP FESTIVE SEASON 2021

By the time the newsletter has reached you a lot of the overseas posting will have been done. Due to Brexit, customs labels are now required for all overseas post. Leaflets are available with last recommended posting dates.

If you have any doubts about what you can or can't post, just pop in and ask. When we enquire about what is in your parcel it's for safety. We are not being nosey, we are just doing our job as required by Royal Mail and the CAA. We ask about the value of contents to ensure the correct service is offered in terms of the security and compensation.

The shop area is stocked with the usual Christmas cards and wrap. We have gift ideas for all ages – take a moment to browse. Hampers can be made up with a selection of shop goods to suit the lucky recipients! One4all gift cards are available at the Post office counter.



Thank you to all our customers for their support throughout 2021 – it has been a tricky year for everyone and we really appreciate your support. It has been frustrating for people who are in a hurry but the safety of customers and staff has always been paramount and shall continue to be so.

Best wishes to you all for the festive season and 2022, Stewart, Alison and all the team.

	SHOP	POST OFFICE
CHRISTMAS EVE	Closing at 1pm	Closing at 12.30pm
CHRISTMAS DAY	CLOSED	CLOSED
BOXING DAY	CLOSED	CLOSED
MON 27th	6.30am - 12 noon	CLOSED
TUES	6.30am - 12 noon	CLOSED
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HOGMANAY	Closing at 4pm	Closing at 4pm
1st JANUARY	CLOSED	CLOSED
2nd JANUARY	CLOSED	CLOSED
3rd JANUARY	6.30am - 12 noon	CLOSED
4th JANUARY	6.30am - 12 noon	CLOSED

EDF Longpark Wind Farm Community Fund Awards

Application Deadlines for 2022

Here are the provisional application deadlines for the wind farm funds for 2022. Please refer to the respective websites to download an application form and to confirm submission dates. www.sserenewables.com/communities/community-fund-locations/great-britain/toddleburn



31/01/2022

18/04/2022

04/07/2022

03/10/2022



STOW COMMUNITY COUNCIL

The Parish of Stow Community Council covers both Stow and Fountainhall.

MICROGRANTS

Every year Stow Community Council receives money from EDF for Longpark Windfarm and from SSE for Toddleburn Windfarm.

The combined total is just over four thousand pounds for both Stow and Fountainhall. The Community council gives microgrants of up to £300 to local groups. Individuals can also apply but it must be for the benefit of the community. We do have a separate scheme that can help individuals who are suffering hardship, unable to pay bills etc. Applications should be sent to the Secretary and are decided by the entire community council at each meeting. There are no retrospective microgrants.

We ask for a clear breakdown of costs and details of why the money is required. We can cover the running costs of groups and would especially like to use our funds to help any groups to reignite after covid. There is a fixed amount to cover all needs. Organisations are limited to a maximum of 2 applications a year. We suggest that any group that comes to us more frequently should apply to the Windfarm Panel for a larger grant and work out what their costs will be for the next one or two years.

For further details (and applications) please contact:

Jenny Mushlin, Secretary

e: jjmushlin@gmail.com

t: 01578 76029

FOUNTAINHALL SWI

We are delighted to tell you that Fountainhall SWI has managed to meet in the Village Hall four times since the beginning of September. We had a 'back together blether,' a demonstration on Mosaics and an interesting and entertaining talk by Tom Parnell. In December, we celebrated 95 years of SWI in Fountainhall. Next year talks and demonstrations abound including one on Stained Glass and a Floral Art workshop. Watch out for posters in the New Year. We meet every third Wednesday of the month at 7pm in Fountainhall Village Hall. New members and visitors are always welcome. Additionally, we plan to start Tuesday afternoon Craft and Chat sessions in the Station House, Stow from 2 until 4 pm. These will be informal get-togethers for a couple of hours when you can just come along for a blether and if you wish, bring something you're working on. For further information, please contact

Dianne Wilson,
President,
on 01896 668381.



STOW BOWLING CLUB: Not quite business as usual - but nearly



Despite the uncertainty going into the Bowling Season we managed to play most of our in-house competitions. Unfortunately the ladies league matches did not happen and some of the Men's league matches were played, but not as they would normally.

Vic Crawford presents the Crawford Cup to Jim West

So...better than last year but not quite business as usual. We hope next year will see a complete return to normal on the bowling front.

However, we must congratulate all our winners this year, some of them are:

Men's Champion - Kenny Johnstone

Ladies Champion - Jane Ellis

Men's Selected Pairs - Stuart Cunningham (Stut) and Kenny Johnstone

Ladies Pairs - Carol Davidson and Jane Ellis

Hunter Trophy - Kenny Johnstone

Fox Trophy - Johnathan and Carol Davidson

Crawford Cup - Jim West

Our Presentation night was on Sat 20 Nov, where all the trophies, cups and shields were handed out for the past year's achievements. In September, we were honoured to have Vic Crawford at the Crawford Cup competition so felt it fitting for Vic to present the trophy to the deserved winner, Jim West.

We missed out on our Christmas party last year so we hope to go ahead this year with food music, a Christmas quiz and mingling and jingling!



The Bowling Club would like to wish everyone in Stow a wonderful Christmas!



Stow Community Trust has had a busy time! Our week of activities around the Tour of Britain were enjoyed by folk in the valley and beyond. Lots of local groups helped to make it a success, so thanks to all involved - a great community effort!



- Our weekend to mark the end of COP26 was great fun and hugely informative. This has set us up to develop a plan to take forward activities to promote actions around climate change.
- We haven't yet been able to get a tenant/operator for the Station. We are still working on it to ensure we get the right fit for our community.
- The Station House (pictured below) is a fabulous venue and we are keen to make it available for community and commercial events. If you would like to hire all, or part of the Station House, please let us know via our Facebook page, talking to a Board member or sending a text to **07791128221** and we can discuss requirements and costs.



STOW COMMUNITY COUNCIL – AUTUMN 2021

The Parish of Stow Community Council covers both Stow and Fountainhall.

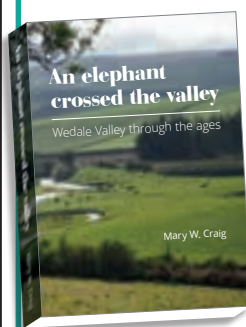
- Face to face meetings have resumed on the first Monday of the month (2nd Monday in January). The next three meetings will be at Stow Town Hall at 7pm. SBC Councillors come along and raise matters for us with SBC.
- The same things appear on the agenda time after time – speeding in Stow, dog poo, the X95 bus, Stow lavatories, to mention some of them.
- 'An Elephant Crossed the Valley - Wedale Valley Through the Ages' commissioned by the CC from Mary Craig, our resident historian and archivist, is available from Stow Post Office for £7.99. It is full of exciting local stories and detail.
- The Stow Website is now greatly improved (thank you Gordon!) and includes Minutes of our meetings. We also post them on the notice boards in Stow and Fountainhall. The Secretary can also post out paper copies. Our website is: **www.stow-borders.co.uk**
- We are also on Facebook: Search for 'Parish of Stow Community Council'
- Our meetings are not always serious – we do raise matters of concern but we also have a sense of humour. We would like to thank everyone who helps us with our projects. Our mission is to represent the views of the community. If anyone wants to come to a meeting, please just turn up, everyone is welcome. If you cannot come but want to raise an issue, contact a community councillor or myself.



We are also on Facebook: Search for 'Parish of Stow Community Council'

Jenny Mushlin, Secretary

e: jjmushlin@gmail.com t: 01578 76029



NEW VENUE!

GALA WATER SINGERS are

moving to The Station House, Stow for practices. Anyone interested in coming back or joining for the first time message via our Facebook page (search 'galawatersingers') or contact **John** on **01578 730289**.



CAROL SINGING IN STOW - Thurs, 16 December Approx. timings: 6.00pm at Craigend Road; 6.25pm at The Community Garden; 6.50pm at Station House; 7.15pm at Christmas Tree. See Posters around the village

GALA WATER HISTORY AND HERITAGE ASSOCIATION



At the end of a long and bloody war, after a great battle in the shadow of the fort on the hill, the weary King knelt down. He silently prayed and vowed to build a chapel on the spot in gratitude for his victory. The King was Arthur and he built his chapel next to an ancient holy well. According to legend, this is how Stow first emerged onto the pages of history.

This story, and many more, featured recently in a new Stow History Tour presented by the Galawater History and Heritage Association (GWHHA) in September. It was repeated for our annual Friends day in October. From holy wells to royal feasts; from the terror of the witch hunts to feuding Bishops, the story of the valley covers thousands of years; it is rich, gripping and often surprising!

Membership of the GWHHA is open to all, either by joining as a volunteer or by becoming a Friend with a small charge of £5 a year. This helps support our work and projects, which include our impressive parish archive and annual exhibitions. Our latest project is looking at the many hill forts and castles of the valley – you are welcome to join in and explore!



Please consider supporting our work as we hope to develop more regular and varied tours and improved interpretation panels which tell our wonderful stories to villagers and visitors alike!

For further details, please contact: Mary Craig, Community Archivist: galawaterhistoryandheritage@gmail.com
Website: stowparisharchive.org.uk
Jessica Troughton, Treasurer: 07940 201562

Stow Cop26

YOUR PLANET NEEDS YOU



From Local to Global

The November event was an enormous success and saw the coming together of the Community Trust, Primary School, local farmers and Green Stow.

It was aimed at combining diverse perspectives and exploring as a community how we might meet the climate and biodiversity challenge.

The enthusiasm of the children from Stow Primary School was the highlight of the whole event. They shared the fantastic work that they have done to explore different aspects of climate change and reduce the damage done to the environment. Thank you Stow Primary, you are leading the way.

On Saturday, we did our bit to reduce the "buy and chuck" philosophy by hosting a Clothes and Toy Swap Shop. Exchanging, upcycling and repairing brings people, their skills and ideas together and hopefully helps build an even stronger, sharing community. It was a tremendous success.

Stow primary school provided information on what can be recycled in their recycling shed which kerbside collections will not take as well as a display on their sack the sachet campaign.

Weigh Greener from Lauder had a display of their plastic free products from their refill shop.



Other issues discussed were the food we eat and ideas and how we might reduce waste and our carbon footprint by changing our diet.

Home Energy Scotland attended and provided information and advice on how to reduce our dependence on fossil fuels to heat our homes and move to a more sustainable form of heating. This was a popular stall with many attendees.

The topic on Sunday was the changing face of farming. Nigel Miller hosted a fascinating visit to Stagehall Farm where he gave an overview of land use and farming in Scotland, the challenges of 21st Century farming and the likely impact of refocusing on carbon reduction. This was a most informative and insightful session.

Later at the Station House there was a lively debate. Nigel was joined on the panel by Julia and James Campbell, Middletoun Farm, Martyn Bergius, Over Langshaw Farm, and Graham Lofthouse, Bankhouse Farm.

The presentations and discussion had a strong focus on soil regeneration, attention to the quality of water flowing through farms and the reduction and elimination of artificial fertilisers. Their first hand knowledge of the biodiversity on their land was impressive. Perhaps most striking was their commitment and optimism about farming as a way of life and their readiness to meet the challenges ahead. What a great opportunity to learn about the realities of farming and the challenges of producing food with a focus on the ecosystem and biodiversity.



Stow Primary School goes to COP26 ...and more!

Wow! What another incredible term at Stow Primary School! There has not been a week without an award, achievement or success by individuals, classes or the whole school!

■ We have partnered up with a school in Mumbai, India as a part of the Connecting Classrooms which enables children to make positive global contributions though gained knowledge and experiences.

Local historian Mary Craig did several virtual lessons connecting Stow and Scotland's history with India. Children have swapped 'golden words' and met their partner school children virtually.

■ Pupils and staff were interviewed by Education Scotland and ITV Borders to share their story of the Disrupters and the impact it has had on them, the school, and the community. The third anniversary of the Disrupters was celebrated with cake and the new #SackTheSachet campaign. Children have been using their persuasive writing skills to ask companies to stop using single use plastic sachets for products such as sauces and sweets.

■ The Tour de Britain passed through the village and school children were involved in the excitement and challenge of both watching and taking part. Another great community event!

■ The annual fundraising for Macmillan raised a fantastic £152. This is the second year now that we have not been able to have a coffee morning within the school. Instead families walked, ran or scootered 26 miles in 26 days. Thanks to all who took part.

■ Early morning boxing restarted and is once again a popular and great way to begin a Wednesday.

AND....How we got to go to COP26....

P6/7 pupils had the incredible opportunity to meet, represent and share their story and ideas through the global platform Pecha Kucha. This presentation style uses 20 slides in 20 seconds to get an idea across.

The audience was so impressed that they invited them to present their Disrupter and Learning for Sustainability story at COP26 in Glasgow. All children from P2-7 were given the incredible opportunity to go to Glasgow.

The Disrupters had an early start on Tuesday 2nd November and spent the day presenting, performing and learning. The school children recited a poem, a rap and song about climate change which was also a live stream



event. P6/7 children then shared their individual Pecha Kucha presentations about what it meant to them to be Disrupters. Build the Change was a Lego challenge in collaboration with the Ellen McArthur Foundation. It encourages children to think about and design a sustainable future based



on a circular economy. Children also added their personal pledges to the #GetOnWithIt wall of pledges. It was a fantastic day for everyone and once again Stow Primary children behaved impeccably while having their voices heard and making positive changes for a better world. The feedback from hosts, audiences and educationalists has been incredible, with enormous praise for the children and their work. Please have a look and follow the school on Twitter and Facebook.



www.facebook.com/StowPrimary

www.twitter.com/StowPrimary

Yet more news about our awards overleaf! ▶

Stow Primary School wins two prestigious awards!

Stow Primary School has won two awards in the recent Education Scotland Learning for Sustainability awards. A Learning Community award was given and Principal Teacher Debbie Mathewson won a leadership award. Learning for Sustainability is about learners, educators, schools, and their wider communities demonstrating passion and commitment building a socially-just, sustainable and equitable society. Education Scotland is the executive agency overseeing quality and improvement in Scottish Education. Winning these national awards is a



huge achievement and recognition of the teamwork shown by the children and the school. Debbie Mathewson's leadership skills allow the children to lead their learning, making it engaging and relevant. Learning for Sustainability has become an ethos within Stow Primary and the wider community.

"I think it's really great. The whole school and community is so proud of Miss Mathewson and the changes she has been able to help us make. We are all so much more aware."

"We're lucky to have the school at the heart of our community - an example to us all and a catalyst for positive change in the valley."

"It's fun (being a Disrupter) recycling and food waste is important because we need to save the planet! We should have won because we're a great school."

"So delighted and proud that my children have been able to experience this, they have learnt so much both educationally and personally which they will take with them for the rest of their lives."

"The dedication of the staff led by Debbie on educating the children on real world issues has filtered home to the families of the school community and has actually changed the way we live for the better. I am regularly questioned on my purchases and bin management!"

"I love going to the school because they're helping me learn about the environment and the planet. It's so important because if we don't make changes the animals and all the humans aren't going to be here. There is no planet B."

"I LOVE being a DISRUPTER and like saving the world, the plants and trees. Our teachers are good and kind. I love recycling and we recycle tooth-brushes hurrray!!"

"Well done! What an outstanding achievement for the children, staff and school. To be recognised for their leadership and contribution and to have their voices heard on the world's stage. Testament to their hard work and focus. A lesson for all! My son is so knowledgeable on the subject at age 5. Impressed and proud! Thank you!"

We are planning to hold an AGM to discuss the future of the horticulture society and to attract new members to the committee.

I have unfortunately lost my email contacts for society members, so would be very grateful if people interested in joining or continuing their involvement with the

Gala water Horticultural Society



group could email me on jackicooper@btinternet.com

The AGM will be held on 19th January, 7.30pm at Stow Station House.



The society has a Facebook page, so we will also publish upcoming events there. www.facebook.com/Galawater-Horticulture-Society-1748325075420790/



...is back in business!

The Stow Baby and Toddlers Group is up and running again after a long shutdown during the Covid pandemic. The group re-started in mid-October and operates on a Wednesday and Friday morning, 9.30 - 11.30am, in the upstairs room in Stow Town Hall. The cost per session is £2 and there is no booking required to attend. Teas/coffees and snacks for the children are provided.

If you would like any further information, then please see the Facebook page:

www.facebook.com/Stow-Baby-Toddlers-Group

or email: stowparentgroup2@gmail.com.

Adopt a Planter

The team who have been tending the village planters for the last eight years have decided to take a well earned rest. If you would like the floral displays to continue looking great, why not adopt a village planter? We are inviting families or individuals to come forward.

There are 11 containers to choose from around the village.

Most of the displays have reservoirs which only need topping up with water once a week or so.

It will be necessary to plant them up in the Spring and again in the Autumn.

There is even a small budget to pay for the blooms!

If you are interested, please email stowcommunitycouncil@gmail.com

Your help will be very much appreciated!



Lots of exciting developments at Stow Cycle Hub

Our ebikes have travelled 3,499 miles since we started the project in April. That's a lot of miles of fun, cycling over the hills around Stow. We're starting to plan the next stage. We want to work with users to develop a members club giving regular access to an ebike to members as and when they want one.

The training programme for volunteers has started. We have nine enthusiastic volunteers participating. Stephen Riddell, our bike mechanic, is delivering the programme. The volunteers will help out at the hub once it is opened in the new year.

We have had one "fix your own bike" session. We plan to run more in the coming weeks. These sessions allow cyclists to use our tools and equipment to mend their bikes as well as provide them with guidance and support. Watch out for details on our facebook page.

Cycling Scotland has granted us funding to install two bike lockers in Fountainhall for community ebikes.

The Cycle Hub is now established as a Community Interest Company with its own board of directors, David Murray, David Montgomery, Stephen Riddell and Jo McBeath have been appointed.



www.facebook.com/pages/category/Community-Organization/Stow-Cycle-Hub-105493924997438/



Stow Pump Track update: Coop support and planning 'OK' – 2022 looks promising!

Stow Pump Track are excited to announce that Lauder Co-op Members will officially support Stow Pump Track as part of the Local Community Fund.

If you have a membership card, please log in and select—Stow Pump Track (sub group of Stow Community Trust). All funds will go towards coaching sessions which will be made available for our children and young people in our community.



If you do not have a membership, please do consider applying. It is an amazing opportunity for our local community. Simply scan this barcode to apply for membership.

The fund will last for a full year, so the more we spend at the Co-op, the more we will receive in donations and the more opportunities we can offer our children! Thank you in advance for your support!



We are also pleased to announce that a planning permission has now been submitted for the Stow Pump track. To view the plans please go to www.eplanning.scotborders.gov.uk/online-applications/ and enter the following reference number in the search bar **21/01716/FUL**.

If you have any questions please email stowpumptrack@gmail.com.



Stow Kids Club is open to all children Saged between 4 and 11 years old. Our philosophy is to offer children a safe and fun environment where they can chill out after a hard day's work at the school. We are based inside Stow Primary school so your children can come to us at the end of their school day. We try to spend as much

time as possible outdoors. There are many resources which we try to renew in an eco-friendly way. We are very flexible, you can book, pending availability, at short notice, in an emergency, just email us or leave a message with the school.

Opening Hours (during term time): Monday–Thursday 3:15pm–6:15pm Cost: £8.50 per session, per child, this includes 2 snacks £15 annual registration fee, per family £12.00 per session, per child for no registered families The club accepts both Tax-Free Childcare and most Childcare Vouchers for payment. Staff Members: Andrea Carlino (Manager) Janice Currie



WE NEED YOU!

The club is run by a committee of volunteer parents who see the huge benefit the club offers to the community. Claire

Hendry is stepping down as treasurer after many years of great service. Without a treasurer we cannot operate. The role takes an average 2-3 hours a month. If you are interested, please get in touch.

FUNDRAISING: Help raise much needed funds for Stow Kids Club by using the following links when you shop online. <https://smile.amazon.co.uk/ch/SC043975> <https://www.easyfundraising.org.uk/> enter "Stow Kids Club" for your online shopping.



EIBHLIN McHUGH is a very busy person. Treasurer of the community trust, the big wheel behind the e-bike initiative, on the board of Borders Women's Aid and Eildon Housing Association. I managed to catch up with her at her home in Townfoot. Eibhlin is only just in the door from a hike with the local walking group and yes... before you ask she helped establish that as well!

"I love Stow; it's a great community! I like it's size, I like it's friendliness, I like the landscape around it. I like that it's close to Edinburgh. When my boys were wee I was more involved. As they grew up, work took over more. In some ways the pandemic... awful as it has been... became a real opportunity to get to know our own place and has helped that sense of belonging. Our two boys, Michael and Ruairi, grew up here and really benefited from being part of a small village." Michael is now a water engineer in Leeds, Ruairi works in conflict resolution in Belfast. Bob, her husband of 31 years, is a retired service development manager.

Eibhlin grew up on the west coast of Ireland in Donegal, her dad farmed the land. From an early age the importance of community was a huge seam of her experience. At 17 she went to University College Dublin and qualified as a social worker. In 1981 she did a masters at Edinburgh University and stayed. She met and married Bob. They wanted a garden, so they left Edinburgh and bought a house in Stow... that was more than thirty years ago!

Initially a social worker, Eibhlin's career has been varied. With Scottish Borders Council she oversaw the setting up of its first integrated learning disability service. At Midlothian Council, she became chief officer of the joint board, integrating health and social care services. A big job but one she loved. On retirement she spent two years as co-director of the public health reform programme and finished just before the pandemic. "A lot of my work was about working together across professional divides and working in more inclusive ways with people who are receiving services."

spotlight on



Eibhlin McHugh

For the last two years Eibhlin has been the treasurer of the Stow Community Trust. The ebike project was one of Eibhlin's concepts. It has, she says, been a huge success

"It allows people to see whether they can take less car journeys and enjoy exploring the local countryside more. Many have gone on to buy an ebike after the month's free trial. The scheme has reintroduced people to the joys of cycling"

So what's next? "The community trust is at the very early stages of looking at a community buy-out of the gap site of the old Royal Hotel. It's a really exciting project. It's not good enough that the site has been left right in the heart of our village. Whoever owns that plot of land has left it derelict, it's been hugely detrimental to us. The harder we work to improve our village, the more we increase the value of their asset. There is a huge appetite in Stow to bring it back to life. It's crucial that it comes into the ownership of the community and that the community makes decisions on what they think will work."

Funding has already been secured for a community development worker to support the development of a plan for the area.

"I think community trusts are the future, it's a way of people taking control of their environment. The best decisions are made by the people who they impact on. A development trust facilitates bringing the community together. We won't get everything right but we learn and become wiser. The beauty is bringing a diverse community together. We all need to belong and for people who life is hardest for, that sense of belonging is even more crucial. There must be a space for them in the community. It's incredible what trusts have achieved all over Scotland. They run vital local services and are involved in major capital projects and land buy-outs. It's about bringing back control to the communities and not communities being done to."

"We hope to develop cycling and walking a lot more in the village and use it to bring people here supporting local businesses. We must do that in a sustainable way. Tourism has to be sustainable from the outset and impact positively on the community."

One gets the sense that retirement is a concept rather than a reality for Eibhlin; she is a woman with many hats. One of her passions is Borders Women's Aid. "I really enjoy it. At the start of the pandemic we began an outreach service for women. The numbers using the service have been incredible. Because of the pandemic, the service has been really innovative, a lot of the contact has been by phone and online. It's about empowerment and enabling women to take control of their lives."

"I'm also a board member of Eildon Housing Association. Housing is so fundamental, if we don't provide secure housing for people then everything else is wasted. Eildon's building programme is phenomenal, all over the Borders. I'm excited about the move into extra care housing for older people who want homes that meet their needs but who also require support."

And in the quieter moments?

"I love going back to Donegal, I read, I cycle, I walk, I love spending time with friends and family. I won't be taking on any more roles she laughs ...unless they involve leisure."

DATES FOR YOUR DIARY Dec. 2021 / Jan / Feb 2022

Sat 11 Dec	Christmas Fair, Stow and Heriot Church	10-12	Station House, Stow
Sat 18 Dec	Pub Night	From 7.30pm	Fountainhall Village Hall
Fri 31 Dec	Hogmanay Bonfire and Fireworks	11.30pm	Quoiting Green, Stow
Mon 10 Jan 2022	Community Council meeting	7pm	Stow Town Hall
Wed 19 Jan 2022	AGM Gala Water Horticultural Society	7.30pm	Stow Station House
Wed 19 Jan 2022	Fountainhall SWI	7.30pm	Fountainhall Village Hall
Fri 21 Jan 2022	Licensed Bingo Night for all the Family	7pm	Fountainhall Village Hall
Mon 7 Feb 2022	Community Council meeting	7pm	Stow Town Hall
Wed 16 Feb 2022	Fountainhall SWI	7.30pm	Fountainhall Village Hall
Mon 7 March 2022	Community Council meeting	7pm	Stow Town Hall

To be included in next issue's Dates for your Diary' contact galawaternewsletter@gmail.com at least 1 month prior to print.

STOW HEALTH CENTRE NEWS

HEALTH CENTRE AND DISPENSARY CLOSURES:

Mon 27th & Tues 28th Dec ■ Mon 3rd & Tues 4th Jan

Stow & Lauder Health online: www.stowandlauderhealth.scot.nhs.uk

Making Appointments

The Surgery is open for both Face-to-Face appointments and Telephone appointments. You will be triaged by the Receptionist, who will ask the nature of the appointment so that they can prioritise and signpost you to the most appropriate person. You may be asked to call 111 in the first instance in line with Scottish Government Guidelines. No patient should enter the building with signs of COVID.

COVID

Guidelines should be followed as per the Scottish Government website on www.gov.scot/coronavirus-covid-19/.

You do not need to order double medication to cover the festive period, but we do ask that you allow 4 working days between order and collection.

Please order any repeat medications by using either:-

- EMIS Patient Access (online app)
- ticking your repeat medication slip and using the post box outside

Please note – WE DO NOT ACCEPT REPEAT MEDICATION REQUESTS OVER THE PHONE

WISHING YOU THE BEST FOR THE FESTIVE PERIOD – STOW & LAUDER HEALTH.

