



# Happy Anniversary to our Newsletter

The Stow and Fountainhall Community Newsletter is celebrating its 50th issue



The first issue in 2009



The demolition of the Royal Hotel, Stow in 2011



Stow takes part in the Great Tapestry of Scotland in 2013



Welcoming the railway back to the Galawater Valley in 2015

Originally the brainchild of Wendy Ball, it all started from humble beginnings with two black and white pages back in 2009. Wendy remained editor until 2015, when Heather Johnston from Watherston took over. By then, the newsletter had grown to four full colour pages and within a couple of years it had expanded to eight! It offers a (hopefully) lively and informative mix of local news, announcements and reviews of events and anything else that may be of interest to the community.

Heather hung up her editorial boots in 2021, and in recognition that she had done the impossible and that it really was too much work for a single person, the present newsletter team was born. The team presently consists of Fiona Nisbet, Andrea Carlino, Jenny Mushlin and Claudia Bolling. Together we produce the newsletter on behalf of the community council who apply for our funding from the wind farm fund. Since its inception, the newsletter has been funded by SSE.

The team compile, write and edit all the contributions sent in by the community and ensure that the newsletter is distributed to everyone. Helping with this is a big team of distributors who deliver the newsletter to every household in Stow and Fountainhall (except for some outlying areas).

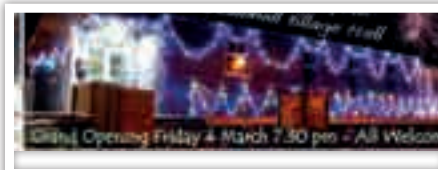
A massive thank you goes to Fiona Walters, Heather Johnston (from Fountainhall), Morelle Smith, Jonathan Mushlin, Evelyn Spanner, Claire Hendry, Jackie Selcraig, Debbie Crawford, Stuart Jeffrey, Joyce Hall, Wendy Ball, Janice Currie, Karen Nelson, Leonie Cairns, Lorna Lyons, Eibhlin McHugh, Andrew and Caroline MacKenzie and Grace Murray.

We are looking for more distributors for Fountainhall and outlying areas - please get in touch if you can help: [galawaternewsletter@gmail.com](mailto:galawaternewsletter@gmail.com).

We thought we'd take a trip down memory lane with some of the memorable events the newsletter has chronicled over the past 14 years.

The Newsletter is produced by the community, for the community. If you have any comments or suggestions on its content, then we would love to hear from you. If you would like to be added to our distribution list, please let us know. If you want to help, please get in touch. [galawaternewsletter@gmail.com](mailto:galawaternewsletter@gmail.com)

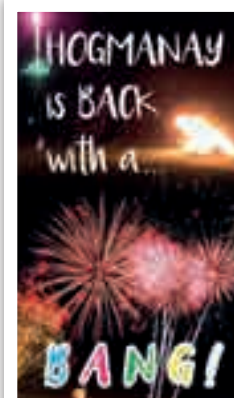
During June and July, we will also have a comments box in Stow Post Office. Please make use of it. The newsletter serves you, the community - if we don't know what you want to read about - we can't put it in.



Opening of the refurbished Fountainhall Village Hall in 2016



Chronicling the pandemic in 2020



And celebrating its demise in 2021



Celebrating community initiatives in 2021 and 2022



Stow kids helping to shape the future in 2021



## STOW HEALTH CENTRE PRESCRIPTION ORDERS



You will notice that on the right hand side of your prescription, there is a note asking to give us four working days' notice between ordering your medication and collecting it.

Here is a brief outline of the process explaining why we ask for that amount of time.

1. Patients order their medication either via patient access or by handing in the repeat slip.
2. The prescription is printed out by the reception team.
3. The GP on duty signs each prescription.
4. The signed prescriptions are collected by the dispensary team. They check each prescription and order medication required to fill it.
5. The order is sent to the wholesaler twice a day – mid morning and at the end of the day.
6. Medication is delivered from the wholesaler first thing in the morning and again in the afternoon.
7. The stock is unpacked, checked and allocated to the prescriptions or put into stock.
8. The dispensary staff dispense the medication. The prescriptions are filled in, each drug is scanned, labelled and safety checked. Controlled drugs and insulin have to be double checked by a GP before they can be given out to the patient.
9. The medication is packed and put on the shelf ready for the patient to collect.

10. If a patient requests medication that is not on their repeat list, the duty doctor has to look through that patient's record and check that they have had it before and whether it is appropriate and safe to prescribe. A prescription is then issued and it is dispensed.

11. We also dispense medication to patients seen in surgery each day and make up compliance aids (Dosette Boxes).

We dispense to around 630 patients each month – it may be one or up to 20 items per patient. We cannot always obtain stock straight away and sometimes have to try other suppliers to obtain it.

There are significant shortages of medications at present which are impacting on our ability to fulfil prescriptions.

As with many items, the cost of medication has increased significantly – some of the most commonly dispensed medications have increased considerably in price. Although prescriptions are free to patients, there is a cost involved to the NHS.

Please only order what you are taking – if you are not taking a particular medication, either let the practice know and we can remove it from your repeats, or do not order if you have plenty at home.

All medication that is returned to us has to be disposed of – we cannot reuse it, please help to reduce drug wastage.

Thanks you for your patience and understanding.

*Stow Health Centre*

## STOW COMMUNITY GARDEN

The community garden sessions are back. After a well earned winter rest, we are meeting again every Sunday from 11am at the community garden in Mill Road/Mill Court. We sourced three whisky barrels and cut them in half (thank you Warwick Ball). They are now in position ready for people to adopt them to grow



flowers, herbs and vegetables. Louis Herd has already taken ownership of one half barrel. Well done

Louis, you lead the way! There are also three raised beds for people to grow and harvest their own crops. There is compost available thanks to Gillian Ramm, our compost queen, and help is always at hand if you are new to gardening. Just ask, don't be shy, give it a try.

The community garden might look messy at times but our ethos is to cultivate a nature friendly

place, free from pesticides and herbicides.

It does require work to maintain, therefore we would appreciate your help: if

you can spare a little bit of your time, please join us most Sundays or any time you fancy, removing some weeds and clearing around shrubs and trees.

For more information, please contact Andrea at [andrea.carlino@yahoo.co.uk](mailto:andrea.carlino@yahoo.co.uk) or on **01578 730763**. You can also join our Whatsapp group, Stow Community Garden

Donations of plants, saplings, tools and seeds are always appreciated.



*WE NEED YOU...*

### Volunteers required!

After eight years of planting the beds at the station, Stuart and Fiona have decided to call it a day. A very big thank you from the community for all their efforts which bring everyone using the station so much joy. They are happy to continue the planting and watering of the four planters in the immediate future until other volunteers come forward.



Money is made available from Scotrail to buy plants.

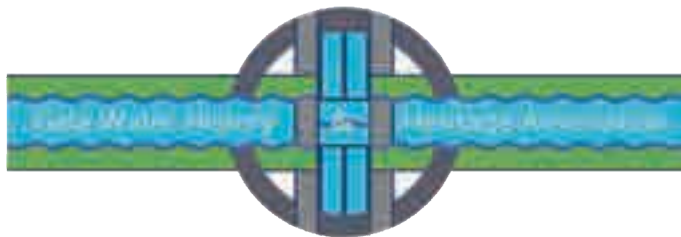
If anyone is willing to take on the mantle, please email them for more information on [stuartjeffrey321@btinternet.com](mailto:stuartjeffrey321@btinternet.com).

As part of the national Great Big Green Week, the Stow Community Garden Gnomes would like to invite everyone to a

### Community Garden Tea Party

on **Sunday June 11th 2-4pm**

Come and find out when a weed is not a weed, where the creepy crawlies go, and what is edible in the garden. Teas, coffees and cold drinks provided. By all means, bring a trowel!!

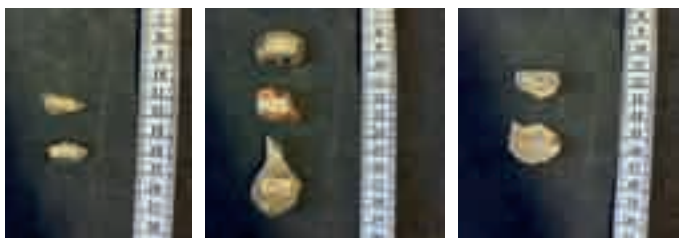


The GWHHA castles and forts project continues with lots of new and interesting information being uncovered. The project has identified over thirty sites of interest.

When the project started, we were wanting to find out about the castles and forts in the valley but now there is so much more. Poring over maps we have discovered notes of even more castles and forts.

We have spotted 'settlements' that we are keen to explore: do they relate to the castles and forts? We have discovered flint 'finds' from Cortleferry, Burnhouse and Wooplaw that may possibly be over 2,000 years old. Who made them and why?

The more we look, the more there is to find. Sounds exciting? Get involved and email [galawaterhistoryandheritage@gmail.com](mailto:galawaterhistoryandheritage@gmail.com)



Stow Baby and Toddlers Group meets every Tuesday and Wednesday mornings, 9.00 till 11.00 at Stow Town Hall. No booking is required, we just ask for a £2 donation per family per session.

The group has a large selection of toys and activities for young children along with a complimentary healthy snack. There is also tea and coffee for the parents and carers.



Last session before the summer break will be Wednesday 28th June.

We will be back once the schools return, from the week commencing 16th August.

[www.facebook.com/Stow-Baby-Toddlers-Group-740671849469405/](https://www.facebook.com/Stow-Baby-Toddlers-Group-740671849469405/)

■ The group is funded by Foundation Scotland from the EDF Longpark community fund.



Stow Kids Club is open to all children aged 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. We are 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): Mon-Thurs 3:15pm – 6:15pm. The club accepts both Tax-Free Childcare and most Childcare Vouchers for payment.

**Staff Members:** Andrea Carlino (Manager), Janice Currie

Stow Kids Club welcomes volunteers, in particular young people wanting to do work experience for the Duke of Edinburgh award or to help to gain paid part-time employment. If you are interested, please get in touch (*contact details below*).

The committee is again organising a summer club. Details will be sent out shortly. If you are interested, visit our facebook page or get in touch via email.

#### Member rate – term time

Registration Fee (due annually) – £15.00

Mon-Thurs sessions, £9.50 per child; £19.00 two children; £26.00 for three children in the same family

*To qualify for member rates, you must commit to using Stow Kids Club for at least 2 sessions per term.*

#### Non-member rates – term time

Mon-Thurs sessions: £13.00 per child; £26.00 two children; £39.00 three children in same family.



## FOUNTAINHALL VILLAGE HALL



Fountainhall Village Hall hosted a buffet Coronation Tea on behalf of Stow Community Council on May 6th. This was for the whole community of Stow and Fountainhall and was a free event made possible through a grant from Scottish Borders Council. We are always happy for people to put on events for the community, whether they are committee members or not.

There were regular 'warm space' coffee mornings on a Monday from 10 -12, funded through a microgrant from Stow Community Council.



The Village Hall Committee runs a pub night on the first Friday of most months, which is much enjoyed by everyone who comes along and a chance to get to know people in the wider community and make new friends. However in July, this will be a Quiz night on the first Friday.

New Age Kurling continues every Tuesday from 9.15am – 11.15 am and yoga runs on a Tuesday evening until June.

There will be a Hall Committee meeting soon where we will plan future activities, including fundraising. The Hall is used for private parties. Fountainhall Village Hall is owned by the Fountainhall Community and completely run by people from the Community. We welcome any suggestions for new activities and are always on the lookout for volunteers.

For more information please contact: Jenny Mushlin email: [jjmushlin@gmail.com](mailto:jjmushlin@gmail.com) Tel: 01578 760297 for more details.



Andy Anderson is a well kent face in the village, he's just done a five-year stint on Scottish Borders Council and is the chair of Stowed Out Festival. But as we've been finding out he's had a very colourful past, involving chickens, fashion design and even a spot of modelling!

Thirty-three years ago Andy Anderson and his wife Lorraine stuck a pin in a map of Scotland to find a place an hour's commute from Edinburgh. As luck would have it Stow AND the Andersons were the happy recipients of the exercise. "We lived in a nice little flat in Goldenacre, but we had just had a baby and there was no garden, and no extra bedroom. I had studied at the Scottish College of Textiles in Galashiels, I knew the Borders and was keen to return". They moved just in time for baby Fraser's first birthday to a house with a garden and wide-open views.

"I always thought Stow was just a road and there was nothing else to it, but it's been a brilliant place for kids to grow up. There was a very strong community feeling particularly amongst the children, it really worked for my boys. They were also keen on rugby so I found myself involved in children's and youth rugby in Galashiels, in various roles, for around 10 years"

Fraser, now 33, works in Polymers near Nottingham and Niall, who is 31, is a health psychologist living in Henley.

At the time of the move Andy worked for Blackwells Scientific Publishing, but his has been a rich and varied career. After science studies at Napier College, he worked in agricultural research. "For 7 years I was a researcher at the Kings Buildings, mainly in poultry, for the agricultural research council." Then, in a bizarre switch...It was goodbye chickens and hello fashion. "I left to study textile design in Galashiels. On graduating, I set up a design and print business, creating and designing fabrics for fashion and furnishing houses. I was on good terms with several big name designers of the time and in regular contact with Betty Jackson and her studio...but I never actually managed to clinch a deal with Betty!" he laughs heartily "it was exciting, I was often in London. I would go to fashion week and all the satellite events. I even had a great commission from the BBC to make scarves for an historical drama. All this was from my single room in St Mary's Street in Edinburgh. It was tough financially, but

## spotlight on



**Andy Anderson**

a fabulous business to work in. I even did a spot of television modelling (after an hour in the green room) for a friend, designer Rosy Eribe, on Border TV. I still haven't watched the programme!"

As the recession of the early nineties bit and textiles took a nosedive, Andy increased his work with the Edinburgh office of the publisher Blackwells. Eventually, he became a full-time production editor, working primarily on scientific publications. He did that for about 9 years. The hours were long and there was now a second baby, Niall, but the Andersons felt the work-life balance was wrong. "It was time to go freelance: my wife's jaw hit the floor when I said I was resigning, but by that time I had many good contacts." The gamble paid off, the business 'Memo Publishing Services' was a success, he was able to spend more time with his family, and for the next 20 years he worked for most of the major publishers including his old employers, in scientific, technical and medical publishing. Andy also edited and converted several internet blog sites into books such as 'Blood Sweat and Tea', a darkly humorous account of the paramedical profession. It's a career, he says, he found hugely interesting and stimulating. He wound up the business 7 years ago in 2016.

While he was still working at Blackwells, Andy became an active member of the community

council. He joined the YES campaign before the 2014 referendum and subsequently became a member of the SNP. He was invited to stand for election as a councillor, encouraged by his wife and sons he did, and was duly elected in 2017 as a councillor for Galashiels and District. "The greatest thing about being a councillor is working directly for your constituents, being able to help someone or get a positive result for them. Sometimes it's bigger things like getting water supplies restored and drainage issues rectified; for example, on Lauder hill the drainage for years was terrible but we finally managed to get it sorted."

"It was slow and difficult at times, but always worth the hours and effort. I think the thing I'm most proud of is initiating the campaign which led to the Scottish Borders Council becoming an accredited living wage employer."

"It's often seemingly small things that are really demanding: when a person comes to you they are sometimes really desperate - when you can help it is good but sometimes you just can't find a solution. During covid you couldn't visit people who needed help, although I worked online with the local hubs. It was concerning that so many people were feeling so isolated and it wasn't just older people. A lot of younger people were really feeling it ...it was hard to know what to do for them."

"Being a councillor is demanding, you are always on call. It's supposed to be 24 hours a week for council duties...I would often have done that in two days."

Andy decided not to stand for re-election after his 5-year stint: "It's a full-time job. Lockdown made it even more intense and I felt I couldn't do another five years and that it wasn't fair to continue if I couldn't do my best."

He resigned from the SNP after leaving the council "I don't think I'll be joining another political party. I've always been an independent thinker. There are certain advantages to being in a party but having to follow a particular line when you don't completely agree with it just really goes against the grain for me."

So what is next? "I'm just trying to enjoy retirement. I've chaired the Stowed Out committee for the last five years. I've really enjoyed that, but it's a lot of work. Last year was a success and we are planning a festival for 2024 but we need more people to get involved."

"I really love live music. I missed it over covid so Stowed Out is important to me. My wife Lorraine gets stuck in too when she's not working as a paraprofessional in social care."

"I feel very positive about Stow, it's looking very interesting with more and more active groups and a real sense of dynamism. The train has been brilliant and I'm really pleased about the cycle hub, the pump track and the Stationhouse. Villages need to stay vibrant, the population is smaller now than it was, say, 150 years ago, so we need to keep moving forward."

"Living in Stow is peaceful, I really enjoy it here and I can't see me going anywhere else now."

What about the garden that he came here for? "It's a work in progress, I think it's worse now than when we moved in 33 years ago ... it'll be nice when it's finished"

## DATES FOR YOUR DIARY: June-September 2023

9 June	Stowed Out Open Mic session	7.30-10.30pm	Station House, Stow
10 June	Plant Swap	10.30am	Community Garden, Mill Rd, Stow
10 June	Galawater Singers Summer Concert	7.00pm	Macfie Hall, Heriot
11 June	Community Garden Tea Party	2.00-4.00pm	Community Garden, Mill Rd, Stow
20 June	Last Craft and Chat Session before summer break	2.00pm	Station House, Stow
4 July	GWHHA Archive Cafe Session	10.30am	Cloudhouse Cafe
7 July	Quiz Night	7.30pm	Fountainhall Village Hall
1 Aug	GWHHA Archive Cafe Session	10.30am	Cloudhouse Cafe
4 Aug	Pub Night	From 7.00pm	Fountainhall Village Hall
7 Aug	Parish of Stow Community Council Meeting	7.30pm	Station House, Stow
1 Sept	Pub Night	From 7.00pm	Stow Public Park
4 Sept	Parish of Stow Community Council Meeting	7.30pm	Fountainhall Village Hal
5 Sept	GWHHA Archive Cafe Session	10.30am	Cloudhouse Cafe
5 Sept	Craft and Chat sessions resume	2.00pm	Station House, Stow

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