



WELCOME BACK

Welcome to our third issue. Needless to say, when we decided to relaunch the community newsletter we weren't anticipating the year we've all just had.

However, in spite of all the challenges presented by the pandemic, we have still been able to report on planning and community projects. We also hosted three competitions (Best Front Garden, Best Christmas Illuminations and a children's Christmas art contest).

For details of this year's garden competition, check out the item below. We'll also put posters up on the local notice boards.

We are producing this issue in paper form to ensure that all homes in our area receive a copy and are kept abreast of at least some of our local news. If there's something you'd like considered for a future issue please email beacon@chrystoncommunitycouncil.org.uk

Back issues of the Beacon are available at www.chrystoncommunitycouncil.org.uk

Brian Elder

Chair, Chryston Community Council

BEST FRONT GARDEN 2021

Sponsored by Bellway Homes

We're running another competition for the best front garden in the areas covered by our council (Chryston, Muirhead, Mollinsburn, Crowwood and Mount Ellen) with **Bellway Homes** kindly sponsoring the contest yet again. Just like last year, only front gardens visible to the public will be included. If you'd like to enter your garden, or nominate a neighbour, please go to competitions@chrystoncommunitycouncil.org.uk giving the name, address and phone number of the person being nominated. Please obtain the permission of those you are nominating before doing so.

PRIZES: 1ST PRIZE - £100!

2ND PRIZE - £50! 3RD PRIZE - £25!

For more info, email the address above or phone 07548 243272.

Good luck!



Defibrillator being presented to John Evans (left) by Chryston Community Council's Brian Elder (right)

COMMUNITY DEFIBRILLATOR

A defibrillator is a machine that can shock the heart back into action following a heart attack. The Community Council felt it would be worthwhile to make one available to everyone in the community in the event of an emergency.

Funding was sought and obtained through a grant from the **Cornerstone** community fund. While funding was being sought the issue of making the defibrillator available 24/7 and all year round was being addressed. A solution was found when **Stepps and Moodiesburn Cars** agreed to house the machine in their premises and make it available to the public.

The defibrillator has been given to them and is now in place. The machine is fully automatic and very simple to use, even talking you through its use.

Our thanks go to Cornerstone for the funding provided and to Stepps and Moodiesburn Cars for making it available to the whole community.

(Note: In an emergency you must collect the defibrillator from the taxi office. They will not deliver it.)

FIRST CLASS

Did you see the clever and skilful decorations on the postboxes this Easter? Postboxes in Stepps and Muirhead were adorned with some very attractive crochet/knitting work by an anonymous person, or persons, over Easter. Many thanks for your work and effort to brighten up our area. They were really appreciated and admired by all, especially children and parents on their way to and from school.





WHO ARE THE NORTHERN CORRIDOR COMMUNITY VOLUNTEERS?

Claire Williams, NCCV's Volunteer and Funding Officer, answers our questions.

How did you get involved in voluntary work?

I've been involved in community nature conservation volunteer work since 1989, when I was a full-time volunteer for BTCV in North Wales. Between then and now I've dipped in and out of it, but started off locally helping out Cumbernauld Living Landscape.

After being involved in local anti-fracking groups in early 2018, myself and a few other concerned locals held a community meeting about the loss of greenbelt land to housing development and from that I met around twelve other folk from the villages who wanted to start a local group to clean up some of the local green areas with a view to raising awareness and appreciation of them and that's how NCCV was born.

Who else is involved?

Our volunteering is quite flexible to suit peoples' availability so anyone can be involved, the group is led by a steering committee of twelve local lead volunteers distributed geographically through the whole Northern Corridor and a team of six volunteer officers.

We run two or three weekly events with volunteers in Moodiesburn and Chryston/Muirhead at local community growing sites and woodland areas, and I'd say the core group was around 50 people who come out to help regularly but we have over 130 adult volunteers registered in the group and about five times that who are part of the Facebook group, and help us to develop project ideas.

What kind of things do you do?

Most people are aware of us from our litter picking, tree planting and path improvement work, these are generally large-scale weekend events with up to 40 volunteers, but we also work mid-week at the community growing sites, making improvements, building and maintaining the community spaces and getting involved in local food growing.

We are also doing a lot of habitat improvement work for wildlife, creating a new woodland at Crowwood Golf Course and wildflower areas and planting around the villages and down the Glen, in partnership with the team at the Seven Lochs.



We've developed a heritage trail around the villages which we are installing just now, and we run active travel events and also the bike library. We also run weekly health walks in four villages with plans to extend that over the summer and also to run more events for families and young people, and to extend our weekly forest school work with pre-schoolers in Moodiesburn.

We also like to do small art projects and place making work, especially with young people, and hope to get more involved with the local schools in that. It's been a strange year so, as part of the local Covid-19 response, we also undertook food parcel deliveries in 2020, delivering over 200 parcels a week to vulnerable households during the four month shielding period and running youth work events, but hopefully that will be a one-off.

Lastly a really important part of our work has been in providing capacity building and partnership working with youth groups, PTA's, and local residents' groups, as well as larger bodies like the Seven Lochs and the local authority.

What is the Northern Corridor?

It's wards 5 and 6 of NLC – so about 25,000 residents in eight or nine villages, but many of our volunteers come from outside the area too.

How is the work funded?

Most of our funding comes from external grants from national funders. This covers the costs of the projects themselves: materials, tools, plants, sessional staff, volunteer support costs and the like. Last year we ran projects from over 30 different funders, so there's a huge variety there, and a lot of admin going on behind the scenes. We also have a few kind volunteers who donate monthly to help us cover core costs like insurance and communications.

Can you give us some examples of your projects?

Creating the growing spaces at Chryston and at the Pivot Centre in Moodiesburn have probably been our largest projects so far, that and improving signage and path surfacing on rights of way and core paths such as the Strathkelvin Railway Path, Lees Walk or the path through the golf course at Crowwood. We're also station adopters at Gartcosh station and are desperate to get back working there once restrictions allow. The community space in Chryston also hosts the bike and tool libraries which has been a large piece of work that we hope will really benefit the local area.

If anyone is interested in taking part how do they get in touch? Are there age restrictions?

The main email is nccvols@outlook.com, or people can



Claire Williams (right) with one of the NCCV volunteers in the Community Outdoor Space

register as a volunteer to be kept in the loop on our website: ourgreenspace.org

The Facebook group is the easiest way to keep up to date and join events as lockdown eases. We don't have any age restrictions in general. However, our youth holiday programmes ask children under 16 to bring a parent or guardian, unless they're part of a group like the Brownies or Scouts, who we love working with.

What type of commitment do you ask for?

We don't ask for any commitments apart from our officers and lead volunteers, anyone else can dip in and out as they wish. If people enjoy coming along they can register as a volunteer to get our emails but anyone over 14 can join the Facebook group, which is the best place to find out about events, projects and how to get involved.

Do they have to provide anything?

No, just themselves, sensible outdoor clothing and contact details for track and trace.

Where can folks get more information?

Projects evolve quite rapidly so social media is the best place to keep up to date with what's happening, particularly in the current environment when restrictions (and the weather) can impact on what we're able to do. If Twitter is your thing you can follow us there @NorthernCorrid1 or search NCCCommunityVolunteers on Facebook.

What's your greatest need right now?

Our biggest need at the moment is for bike mechanics to help out at the bike library, and people with fencing/outdoor woodworking skills they can share with us. But we'd love to hear from anyone who has time to help out at the community garden too, as it would be fantastic to have that completed by the summer, and to have a team of folk to help look after it.

We're also always on the lookout for people who would like to train as Health Walk leaders. The Health Walks are a fantastic way to meet new people, get fitter and to connect with nature.

Are there other projects you'd like to mention?

It's worth mentioning the community projects, like the bike library which provides free bike hire to residents in the Northern Corridor to help support active travel.

The tool library can provide any group with its own insurance a loan of garden tools, litter picking equipment, etc., to save them having to buy their own and promote sharing resources.

The Community Outdoor Space is free to use for community groups who want to start to get back together face to face in a Covid-secure way. These are all ongoing and people can drop us an email to find out how to access them.

We are also hosting a graduate placement at the moment, looking to further develop our Northern Corridor Heritage Project, with the intention to create a permanent web resource and, fingers crossed, an exhibition later in the year.

Anyone interested in taking part can contact Caitlin directly at heritage@ourgreenspace.org

POLICE NEWS

A new community police officer has been appointed to our area: PC Simon Findlay. To contact him, call 101 and leave a message. He will call you back.

To report issues, such as speeding, please gather any relevant information and call 101. The police will take on board all information and act accordingly.

IN AN EMERGENCY DIAL 999.

PLANNING NEWS

CHRYSTON PRIMARY SCHOOL

An application for a replacement Chryston Primary School on Lanrig Park was submitted in the spring. We took the opportunity to comment, mainly re traffic, community space plus position and access of the proposed multi-use games area. Our expectation is a decision later this summer and, if successful, a two-year build.

PLAY FACILITIES AND MOOR PARK

A clear consequence of the proposed Primary School would be the loss of Lanrig Park as a community space. We have written to Play Services at NLC, the Chief Exec office at NLC, our councillors and MSP to raise huge concerns about the reduction of facilities over the years and to encourage the engagement with our community as promised on enhancing Moor Park and other spaces.

There are significant monies available for this through past and future contributions from housing developments plus mitigations out of the Lanrig Park proposal.

We know the community is concerned about the erosion of available space and facilities and want to contribute to the decision-making process on allocation of these fund.

THE VIEW FROM THE SURGERY

A GP from the *Jamieson Medical Practice* provides a report from the front line

January 2020 feels like a lifetime ago! We watched the news from China with some trepidation wondering if or when COVID-19 would reach Scotland.

By early March, our whole way of working had been turned upside down. As hospital admissions rose rapidly, all hospital clinics and many investigations were cancelled. Our waiting rooms were closed, all paper and non-essential items were removed and all surfaces (and I mean ALL) had to be completely wipeable to reduce the risk of transmission of the virus.

Almost overnight, face-to-face consultations dropped by 90% so we added six additional phone lines and more staff to cope with the significant increase in incoming calls. We contacted over 800 of our most vulnerable and frailest patients to explain what shielding meant for them and how to access support.

Keeping up to date with guidance was really difficult as changes were being made daily. We held daily meetings but social distancing requirements meant we couldn't all meet together so we used Microsoft Teams – even though we were often in the same building!

THE NEW NORMAL

For patients coming to the surgery, we created different zones for treatment. We had to adapt how patients come into the building to minimise the amount of time they spend in the surgery to reduce the risk to them. All consulting rooms and equipment are cleaned after every patient visit. Everything takes longer.

Masks, aprons, gloves and visors are now part of our everyday life. PPE has to be worn and changed for each house visit. Getting into the aprons outside in a gale or snow is quite a challenge! Masks are necessary, but they make treatment and diagnosis difficult. If you can't see a patient's mouth, you lose visual cues, and similarly patients often struggle to hear us and read our faces too. Phone consultations can be difficult as, again, you have no visual cues to rely on. Video consultations are an improvement but we look forward to the time when we can get back to face-to-face appointments as the norm.

As a practice, we want to look after our patients so when guidelines changed it was really difficult to have to direct patients with COVID symptoms to the COVID Hubs but it's been great to have been able to administer two doses of COVID vaccinations to 500+ over 80's.

It's been a really tough and strange year for everyone at the surgery. Our receptionists, office staff, nurses and doctors have been working flat out throughout and I know we all REALLY appreciate the lovely messages of support we've been sent.

But we know it's been a hugely difficult and frustrating time for patients too. Unfortunately, we just don't know when we might get back to 'normal.' Hospital clinics are starting again and that's encouraging. But it's slow for all of us – we all need to work with social distancing guidelines and have to undertake additional cleaning after every patient.

NHS inform (www.nhsinform.scot) is a good resource with lots of helpful information. But we know it's not for everyone. If you have any concerns about your health, please get in touch with your surgery.

CHRYSTON COMMUNITY COUNCIL UPDATE

Over the last year the Community Council have still been active in areas such as housing, roads, lighting, producing the Beacon newsletter, participating in voluntary work and working, in a limited way, in most of the areas normally covered by the Community Council.

We have continued to meet as a council via Microsoft Teams, which has its limitations and challenges, but hope to be able to meet in person again for our August meeting.

LIST OF MEMBERS

We have two new members we welcomed on board some time ago, Gwen Hibbs and Stuart Dallas.

The other members are:

ROY BOYD (Treasurer)
NORMA CORRIGAN
THOMAS ECHLIN
BRIAN ELDER (Chairperson)
HEATHER FINDLAY
STEVEN GLADSTONE (Secretary)
DANIELLE HARRIS
DR COLLIN LITTLE
BRIAN RICE
ALEX TAYLOR
CLAIRE WILLIAMS

PLEASE GET IN TOUCH

If you would like to contact the Community Council on any matter please email

enquiry@chrystoncommunitycouncil.org.uk

Thank you.

Brian Elder

Chair, Chryston Community Council.

DID YOU MISS THE CHRISTMAS ISSUE OF THE BEACON?

SUBSCRIBE TO GET DIGITAL VERSIONS OF FUTURE ISSUES.

It's simple and free, just go to www.chrystoncommunitycouncil.org.uk and subscribe through our website.

Problems? Email us via the website above or call **07548 243272**.

LETTERS TO THE EDITOR

If there's anything you'd like us to consider for the next issue, or if you'd like to write a letter to the editor, please email

beacon@chrystoncommunitycouncil.org.uk