

KIRKY NEWS

ISSUE NO 6
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Website; www.kirkliston.org/centre/kirkynews.html

KIRKLISTON LIBRARY

The Library is starting what is known as a book chain. If readers are curious to know what other people read, they register to join the book chain. Each person selects a book and writes a few words about why they liked it. Once everyone in the chain has done this, the library passes the book round in turn to the other members of the chain to read and write their opinions.

The books will be distributed by the library and there is no time limit so people can read them at their own pace. Comments will remain anonymous. After a while, all the members of the chain will have read all the books and we should have a range of written opinions about each one. It is all very flexible and people can join and leave whenever they want. People are asked to recommend only works of fiction.

Anyone interested in joining should contact the library on 0131 529 5510, give their name and phone number, and leave the rest to the staff.

NEW CLINIC

With the opening of a new Clinic, "Beauty & Health Therapy at the Pharmacy", local residents now have a range of services available on Main Street, Kirkliston

On offer are – Chiropractic, Acupuncture, Medical herbalism, Reflexology, Aromatherapy Massage, Beauty therapy and Shiatsu. The aim of the Clinic, opened by Janine Milne, local pharmacist, is to integrate complementary therapies with modern medicine, and to allow the public more freedom and availability in their choice of medicinal and therapeutic care. For the first month of opening, all therapists are offering 10% discount on each session.

For more information and price lists, pop into the Pharmacy, where staff are taking appointments, or phone 0131 333 1628.

Looking for a great Christmas present? Gift vouchers are available for all therapies at the Pharmacy.

Watch this Space for the date of the open evening, where you can join the team for a glass of bubbly and a look around.

READER'S LETTER

Kath Thorington

I have just received issue No 5 of Kirky News. This is a great publication to have for the village and well done to all who publish it. The more villagers who see this (whether it be online or through letter boxes) the better.

On reading about the planned expansion of Kirkliston, which I was rather disappointed to read about, why have there never been any public meetings held to get villagers thoughts on this subject? Also, why have the residents adjoining the land which these houses will be built on, never been approached for any objections etc?

Surely if 800 houses have been approved to be built in Kirkliston it will then no longer be a village but a small town.

Also, this article suggests that there are plans to build a new primary school to the east of the B800. Is this not ridiculous, as surely the amount of traffic that uses this road would not be safe for children? What would happen to the old school?

IT COULD BE WORDS

Are you worried that you don't look good on paper, or that you are being fooled because your reading is not all that it could be? Perhaps you are embarrassed about your lack of skill with numbers, or the fact that computers have passed you by and you feel that you need to catch up. We are there to help – contact Community Education on 333 4214, and if they can't help you, then they will know someone who can.

REGISTERED CHILDMINDER
Kirkliston Area

Flexible Hours
Any age up to 12 years
School/Nursery/Playgroup
Drop off/pick up arranged

CONTACT JULIE 333 4213

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH DISTRIBUTION

UPDATE FROM CARE IN THE COMMUNITY

Incorporating Queensferry, Ratho & Kirkliston Care
**We have now moved to our new premises which is
15B Burgess Road, South Queensferry, EH30 9JA.
(tel no remains 0131 331 5570).**

The centre will be open Mon to Fri 9am – 5 pm and everyone is welcome to pop in to see our work.

A date for your diaries. A group of Kirkliston singers are having a concert on 10 January in Kirkliston Parish Church at 7pm. Tickets at £5 can be obtained from The Haven and other outlets.

Volunteer Opportunities (based in Kirkliston Community Centre)

Volunteers urgently needed to prepare light lunches (sandwiches etc) for older people attending day care
Days: Wed or Thurs
Hrs: 10.30am-1 pm

Volunteers to assist with games and activities within day care.
Day Care is open between 10am – 3.30pm Wednesday and Thursday.

No previous experience required. However, you should enjoy the company of older people and working as part of a team. In return, you can expect relevant training, ongoing support, meals on duty and travel expenses.

Interested: Call Lorna on 0131 331 5570

REPLY RE HEADSTONES

We thank Cllr Cairns (Executive Member for Edinburgh Council Environmental Services) for the following comments on the queries raised in our last issue:

- a) The Council are responding to a Health & Safety Executive directive sent to every UK local authority on safety in burial grounds; they have a duty to ensure public safety in these places and feel that bye-laws etc would not deal with the problem.
- b) All the city's cemeteries are being checked out and impending inspections are now advertised to all involved.
- c) Dangerous stones are laid flat immediately, while suspect ones are checked with a Topple-Tester machine; if they can withstand a pressure of 35 kilos (a figure agreed with the National Association of Monumental Masons) they are 'safe'.
- d) Where appropriate, every effort is made to contact next of kin.

HEALTH CENTRE

The new health centre is on schedule for opening to the public in January 2004.

The large waiting room should eliminate crowding, and the reception area will make for more confidential speaking between public and office staff. One worry is that NHS Lothian Primary Care may not have the money to provide staff for the additional services which are wanted and which may be needed. For example physiotherapy more chiropody, more health visiting staff etc.

It is one thing to find capital to build and equip a new centre, it is a completely different problem finding the cash to pay people to work in it. It will be a pity if the village has a lovely new Health Centre which is underused because of shortage of staff – **time will tell!**

WINTER WELLNESS NATURALLY

By Wendy Kelly MNIMH Qualified Medical Herbalist

At this time of year, myself and my colleagues are often asked by our patients for ideas on how to protect themselves most effectively from all the nasty colds and bugs that abound in this season.

A well-known immune-stimulating, anti-viral herb is **echinacea** – this can be taken in small amounts (around 15 drops of tincture daily should suffice) as a preventative dose and can be increased to 30 drops 3 x daily. **Vitamin C** helps to boost the immunity. **Onions, garlic and leeks** should be incorporated as much as possible, if you are prone to chesty colds. A good old fashioned glass of mulled wine can hit the spot on a chilly night! Or how about a cup of boiling water with a thick slice of lemon.

(if you have an existing chronic condition, are on medication or are pregnant/breastfeeding, then self-treatment is not advised. Seek advice from a qualified medical herbalist, or other qualified health practitioner. For more information on herbal supplements or on herbal consultation phone the Herbal Advice Line on 01592 566 446)

Next Issue in three months time, online version updated more frequently.

Get your news and views in for publication

Phone Frances 0131 335 3705 or

Email: franchapman@bgrkirkliston.fsnet.co.uk

*To all readers of KN have a lovely Christmas
and a very happy New Year*