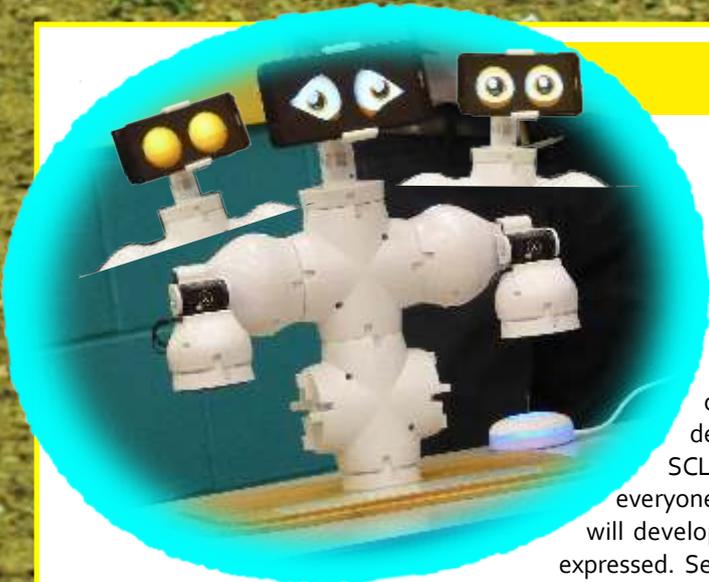


# STOW & FOUNTAINHALL

ISSUE 36 - COMMUNITY NEWSLETTER - SUMMER 2019



## NEW FRIENDS & ASSETS

Meet, on the left, the friendly robot who took centre stage in Stow Primary School on 28 March at the launch of Stow Community Learning Hub. Brought by its handlers, Borders College, on command it quietly looked around, boggled a bit, bowed, waved but otherwise maintained a peaceful demeanour as the inspirational SCLH was explained. The Hub is for everyone who wants to keep learning and will develop according to what interests are expressed. See

pp3 for how much has already happened and your invitation to get connected.

And on the right?... Almost exactly a year after the rough patch of ground on the corner of Mill Road and Mill Court was levelled by digger... meet the new Stow Community Garden. No longer is the corner a scrubby eyesore simply trimmed from time to time to keep it in check. Thanks to the willing commitment of many volunteers, it has plants, rockery, path, stepping stones, trees, benches... see pp4-5 for the story of this very different, but equally inspiring, new community asset.




**AGM**  
**Stow Town Hall,**  
**6 June 2019**  
**7pm**  
**All are welcome**

It's nearly been a year since our new park was officially opened, with many children and adults enjoying and using the park as part of their play, fitness and wellbeing.

Thank you to everyone that has helped look after the park, including those who help to do the safety checks and inspections; although it only takes 5 minutes, it's very much appreciated.

Unfortunately, two pieces of the adult gym equipment have recently been vandalised but they have been quickly repaired by the council, but it's sad to see our community park getting treated like this.

If you can't make it but would like to share something at the meeting please contact us through Facebook or drop us an email: [stowcommunitypark@gmail.com](mailto:stowcommunitypark@gmail.com)

Thanks, Stow Community Park team

## NEED A LIFT? LIKE TO OFFER ONE?

**Stow Patient Transport** can provide volunteer drivers to drive elderly or infirm patients needing transport from their home to and from Stow Health Centre.

As a patient, you can ask for transport when you make your appointment or plan a lunch club trip (see this page) and a visit to Stow Post Office and Shop can also be



incorporated in your journey. We ask for 45p per mile towards expenses for our drivers, this means that Stow residents only have to pay about 50p for their journey and those that live in Fountainhall and Heriot are offered a subsidised rate. The receptionists at the Health Centre will be happy to take your money which is paid to the drivers at the end of each month.

We are always looking for more kind people who have a car and could volunteer their services. The more drivers on the list the less often you would be asked to help, you would never be pressed into driving. If you are free and have the time to spare you would be helping to provide a service which is much appreciated by both the patients and the staff at the Health Centre. If you are interested in volunteering please contact Jessica Troughton on 01578 730305 or speak to a receptionist at the Health Centre.

## STOW / GALA WATER VALLEY LUNCH CLUB

Every Thursday a lively group of over 60's get together to enjoy each other's company and eat a delicious two course lunch. We meet in the Community Room at Stow Health Centre and anyone who lives in the Gala Water Valley is welcome to join us.



Some come every week and others once a fortnight, the food is prepared and served by a small group of volunteers and we are able to offer a vegetarian alternative. The whole experience costs just £3.30 plus a little extra if you need transport (see this page). If you would like to come along please contact Jessica Troughton on 01578 730305 or visit us at the Lunch Club on a Thursday between 12 noon and 2 pm.



ESTABLISHED 1885 - STOW SPORTS WEEK 2019 : SUNDAY 16 - SATURDAY 22 JUNE

**SUNDAY 16**

12 noon FAMILY FOOTBALL DAY in Stow Park  
 ~ with BBQ, Ice-cream and Refreshments  
 ~ featuring a BOYS' 5 A-SIDE FOOTBALL tournament

**MONDAY 17**

6 pm BASKETBALL (P5 - P7) (S1 - S6) (at the Multi Court)  
 7.30 pm MEN'S FOOTBALL Stow v Killochyett  
 (turn up and take part!!)

**TUESDAY 18**

6.15 pm SUPERSTARS  
 Followed by TREASURE HUNT (bring your own pencil)

**WEDNESDAY 19**

7 pm HILLHEID RACE P4 to Adult  
 Adult Sheaf Tossing / Children's Tug-o-War  
 ~ with BBQ and Refreshments

**FRIDAY 21**

FANCY DRESS PARADE in Stow Park  
 6.30 for 7 pm Judging  
 FAMILY FANCY DRESS DISCO Upper Hall Town Hall  
 8-11pm  
 CHEESE & WINE EVENING Lower Rooms Town Hall  
 8-11pm

**SATURDAY 22**

SPORTS in the park  
 12.30 pm Meet at the Town Hall to follow the Pipe Band to the park  
 ~ Races start at 1.00 pm prompt  
 Full programme of events including refreshments and attractions

**CEILIDH DANCE in the Town Hall**

8.30 pm till late ~ with licensed bar  
 Pre Dance Cocktails 7:30 - 8:30  
 Tickets £7 available from Stow Shop

Sports Week Raffle Tickets are on sale ~ with £150 FIRST PRIZE  
 Tickets available from Stow Shop or the committee



JIMMY'S CHIP VAN  
 WILL NOT BE IN STOW IN 2019  
 ON THE FOLLOWING DATES  
 [MONDAYS 4.30 - 7.30PM TOWNFOOT]

2 July	23 Sept
8 July	30 Sept
5 Aug	21 Oct

**STOW COMMUNITY SHED?**

This is a notice to gauge interest in the creation of a Stow Community Shed. The shed will be part of the Scottish 'Men's Shed' community but, like many others, would welcome men and women. It would offer access to tools, a space and group with whom to do projects, the opportunity to learn new crafts and a resource for tackling your own projects at home.

The content of the shed will depend on who gets involved - areas that have been offered by other sheds range from wood/metal work, through to art, computer skills, music and robot building. If you have a skill to share, or want to be involved, please get in touch via email: [stowcs@gmail.com](mailto:stowcs@gmail.com).



FOUNTAINHALL VILLAGE HALL



**SOUND JOURNEYS & QIGONG**

Come and immerse yourself in the sacred sound and healing vibration created by Himalayan singing bowls, crystal singing bowls, gong, shamanic drum, chimes, cleansing rain or ocean instruments and voice as you lie or sit, held by cushions, mats and blankets to allow deep relaxation and comfort. Qigong is an ancient Chinese gentle movement and energy practice that is known as the grandparent of Tai Chi. Suitable for people with all levels of physical ability and no experience is necessary.

20 June, 18 July, 15 August, 26 September, 17 October  
 Thursday 7- 9 pm : each session £12

You can attend one or all of the sessions, each is a self contained practice. Booking in advance is essential.

**DAY RETREAT - SIMPLY BEING**

A mindful and relaxing day of restoration, health and well-being. This retreat day offers rest and rejuvenation through a combination of very gentle yoga and flowing movement, mindfulness meditation, qigong, sound therapy, shamanic nature connection and periods of silent practice. No experience is necessary, this is a gentle day of simply just being and is suitable for all.

25 August 9.30 - 4.30 : £35.00

Teas, coffees, water, fruit juice and a simple vegan lunch are included and you are welcome to bring your own food if you wish.

Booking essential.

**BOOKING AND CONTACT**

Contact Susan at [sueandkev1@aol.com](mailto:sueandkev1@aol.com) or telephone 07983 167075

**BABY AND TODDLERS GROUP**

Thursdays  
 9:30-11am  
 Stow Town Hall



**MUSIC GROUP**  
 Tuesdays  
 9:30-10.30 am  
 Stow Town Hall

**NEWS**

Stow Music and Toddler Group have had another fun-filled busy term - so great to see everyone coming along. Thank you to Leigharna for taking over Tuesday's music group and introducing some new activities for our budding musicians to enjoy! We've had fun at Toddlers with messy play, creative activities, and all the regular activities - tea/coffee and biscuits always included!

Join us for more activities throughout the summer term - newcomers very welcome; both groups are for all pre-school ages from babies and upwards.

For more information contact Kat 07708 395619 or check out our Facebook page <https://www.facebook.com/Stow-toddlers-and-music-group-740671849469405/> for regular updates.



**STOW**  
**kids club**

After a mild winter spent playing indoors we are enjoying a lovely Spring and spending many happy

hours out of doors. Baking sessions continue with Mrs Currie and the volunteers to the delight of everybody.

Easter Club was a success and we are now planning a Summer Holiday Club for the whole of five weeks starting the 15th of June but obviously subject to demand. Please contact Andrea via email if you are interested.

On the 20th of May a special event took place : circus kills training for all the children at SKC by experienced circus performer Scott Polykett from Devon.

SKC is open to all children from 4 to 11 years of age, Monday to Thursday from 3.15 till 6.15. If you would like to know more please contact Andrea at [stowkidsclub@hotmail.com](mailto:stowkidsclub@hotmail.com) or just come and see us at Stow Primary School, which is where we are based.

We offer top quality after school child care with the flexibility to suit your needs.

## WIND FARM FUNDS

**APPLICATION DATES 2019**  
**EDF LONGPARK** (Foundation Scotland)  
**& SSE TODDLBURN**  
(combined deadlines & panels)

<b>DEADLINE</b>	<b>PANEL MEETING</b>
19 July	3 September
18 October	3 December

Notification of the outcome within two weeks.

**AWARDS : 5 March 2019**

### EDF LONGPARK

Parish of Stow Community Council  
£1,561.80

To replace the community noticeboard  
**Stow Baby and Toddler Group**  
£1,417

To fund hall hire and insurance for the year and purchase equipment including books/bookcase and toys

**Fountainhall Primary School Parent Council**

£2,914.98

To purchase and install a table tennis table in the playground

**Parish of Stow Community Council**  
£7,500

To carry out repairs to the dilapidated Bishops Palace

### SSE TODDLBURN

**Stow Bowling Club**

£10,000

To construct a new changing block

Notes  
on  
the  
Wind



With much delight we are able to share with you the events and ongoing progress for Stow Community Learning Hub.

**Stow Community Learning Hub** It's been an exciting few months with official openings, new classes and planning for

future events. We are greatly enthused by our new relationship with Borders College who will be sharing their abilities in partnering us to deliver several exciting sessions. These connections will see the Hub make solid contributions in enhancing our community's digital potential.

Our inaugural session, held a few weeks ago was hosted by Jess McBeath of Lemon Tree Consulting. This internet safety session brought together the community whilst embedding some serious issues and delivering manageable solutions that can be implemented through the family home.

At present we are in the process of prioritising basic iPad, languages and digital photography sessions... along with plans to share with you some dates for our new coding clubs to be hosted by our partners Borders College over the coming weeks. Plans for these so far involve 4 dates: two already gone - Mondays 13 and 27 May; to come - the 10 and 17 June from 4.30pm - 6pm. These sessions are open to all from P3 upwards.

Our future event plan will also include an introduction to digital music with Garageband on iPads. With thanks to Peter Cairns this event will open the world of digital music to the community whilst using the hub's capabilities. This will hopefully be linked with some ukulele classes (a ukulele class started on 12 May; still some places available) bringing the contemporary cords to life through digital wizardry! Details to follow shortly.

As you can see, we are and will continue to deliver a host of events, integrating the interests of the community as a whole. Our aim: to deliver an environment where you can come, meet, learn and develop through digitally enhanced sessions.

So, if you would like to learn more about all these great sessions then pop over to our Facebook page [@stowcommunityhub](https://www.facebook.com/stowcommunityhub) or email us at [stowcommunityhub@gmail.com](mailto:stowcommunityhub@gmail.com). Please feel free to provide feedback, indicate an interest in our upcoming events or just share with others the hub's activity.

In the meantime, we would like to thank all members of the community who have supported us in our progress either by attending events, spreading the word or helping out. We're on an exciting journey together, delivering digitally enhanced events to our village, community and surrounding areas which will expand our knowledge and capabilities.



**JOB ALL DONE!**

Stow Community Garden is finished. Thank you to Davy and his company R.G.C. Contracts for donating and building a beautiful path which has been admired by many.

Thank you to Stow and Fountainhall Community Council for a grant of £500 which paid for the solid benches. Thank you to Eildon Housing Association for letting us create a community garden on its land and for donating £1000 towards the project.

Thank you to all those who have donated many





hours of work and/or plants and other useful things.

We are letting the garden grow for the summer and then do a tidy up in September so I will be in touch then. Now we only need bees and butterflies.

Donations of plants and bulbs would be greatly appreciated as there is no money left in the pot and people are very welcome to do some weeding on the community garden whenever they feel like.

Please contact Andrea at [andrea.carlino@yahoo.co.uk](mailto:andrea.carlino@yahoo.co.uk) if you want to get involved. Ciao!!



## THE STATION HOUSE

It's been an exciting few months for the Community Trust and the Station House project.

### Public Meeting

In February the Trust hosted a public meeting, offering an opportunity to learn about progress and share thoughts and ideas on how to shape elements of the project. The

evening was well attended, and featured engaging presentations by the Community Trust Board and selected guest speakers.



With press interest high surrounding the announcement, Community Trust Chairperson Helen Corcoran was interviewed by local reporter Matty Sutton for ITV Borders News, who were keen to cover the announcement.

### Planning approval received

In May an application was made to the local planning authority, and the Trust are pleased to announce that the Station House project was given planning approval by Scottish Borders Council. This represents a significant milestone for the project, which is due to commence construction in summer 2019.

### Community engagement

The Trust are committed to ensuring the community has input on the project, are kept informed as to its progress, and are able to shape the purpose and function of the spaces it provides. A short questionnaire has been prepared to gather community opinion and to ensure Stow and surrounding areas secure maximum benefit from the project. This can be accessed via the link below, is available via our website and in hard-copy from Stow Post Office. The Trust invites anyone with an interest in the Station House project to complete the questionnaire and let us know your thoughts. Responses will be sought through May and June:

<https://www.surveymonkey.com/r/GK3ZDTY>

For further information, please visit our website and join the Facebook group to keep up to date with the latest developments:

[www.stowhub.co.uk](http://www.stowhub.co.uk)

[www.facebook.com/StowCommunityTrust/](https://www.facebook.com/StowCommunityTrust/)



Project architect Ben Glennon from Aitken & Turnbull Architects presented the proposed plan for the development of the site, including 3D visuals of the exterior, and suggested floor plans for the interior. The evening also featured an interesting address by Graham Aitkin, Chairperson of the Borders Railway Partnership and an update on the *Walks in Stow* project by Stuart Jeffrey.

### Funding boost

March saw the project receive a significant lift, with confirmation of a successful application to the Regeneration Capital Grant Fund, which awarded the project £156,000.

Having already received support from the Borders Railway Blueprint programme, EDF Longpark Community Fund and SSE Toddleburn Community Fund, the project is well underway to being funded in full.



## NEWS OF OUR FRIENDS IN MALAWI



Stow and Heriot Parish Church has long had a close relationship with Luwatala Church in Zomba, Malawi. Last year a young student, Ernest Kadzuwa, came to Stow as part of a presbytery-wide visit (see newsletter no.33) and our local church has given some support to his studies back home in Zomba.

We have recently received photographs from Luwatala showing some of the effects of the recent cyclone which hit Mozambique and Malawi; and to the limit of our available funds, we are liaising with our partner church to see how we may help in any practical way such as buying maize and fertilizer.

## ALL TRAINS WILL STOP AT STOW - BUT NOT QUITE YET

Fraser Simm and Bill Jamieson have had a reasonably encouraging response from their lobbying of Transport Scotland and Abellio ScotRail. Here is the final paragraph of the most recent email received from Scott Prentice, Abellio's Head of Business Development:

**We will increase the service at Stow to half hourly but at present cannot commit to timescales - we have to address the existing poor performance on the route first. We do recognise the importance of this to the local community and will make the changes as soon as we can - in managing your expectations, May 2020 is much more realistic than Dec 2019.**

*I know you will not welcome the news on timescales but trust you will recognise that it is firmly part of our future plans for the route.*

[sections in bold my emphasis - Ed.]

## BIKE PUMP TRACK FOR STOW ?

A group of community members are exploring the possibility of developing a bike pump track within Stow.

Pump tracks are suitable for BMX/mountain bikes (and scooters) and can be enjoyed by children and adults alike. They typically include a series of rollers and berms (banked corners) in an enclosed area and the aim is to ride round without pedalling by 'pumping' (weighting and un-weighting) the bike. This develops bike skills but is ultimately a fun activity.

We feel that this would really add to the amenities in Stow for children and young people, would increase options for physical activity within the community and potentially attract visitors. It would also complement the plans to develop a cycling hub within Stow as part of the Station house development. We are currently looking at potential locations within the village. Ideally it would be central and safely accessible for young people.

Pump tracks can vary in size with the minimum space required likely to be approx 250 sq metres. We are really interested to gather feedback and gauge level of support within the community at an early stage. Please email [stowpumptrack@gmail.com](mailto:stowpumptrack@gmail.com) with any comments or suggestions you may have.



### STOW PRIMARY SCHOOL RECYCLING STATION IS OPEN TO ALL IN THE COMMUNITY

You can safely get rid of: plastic toothbrushes; toothpaste; ink & toner cartridges; any kind of household battery; clean milk bottle tops; pens - all types including highlighters etc. and tipp-ex to be recycled.

There is also a book swap and rag bag collection.

After a unique, magnificent, collaborative concert on 26 May celebrating *now!* the history and heritage of music, poetry and song in the valley, Gala Water Singers ended our eighth year in fine fettle. The first year of the junior choir has been a great success and we continue to find singing together - across all our abilities - just a great way to spend Tuesday evenings. We restart at the beginning of September and new members are always welcome. Look out for posters or see [facebook.com/galawatersingers/](https://facebook.com/galawatersingers/)



As always it's been a busy few months for Stow Primary School. The P6/7s were away at Robinwood with Clovenfords, Fountainhall and Heriot schools, meeting new friends, taking on new challenges and generally packing in as much as it is possible in three days. For some keen pupils and staff, the mornings kicked off with boxing, and all children have had a chance to practice some moves with lunchtime Zumba sessions.

The outdoor classroom/nature area is beginning to take shape as all the school children, staff, and many parents and volunteers from the community have been busy donating time and effort to get things going. A hedge and willow arch have been planted, a wildflower area and beds created. Anyone who would like to get involved please feel free to contact the school.

As you can imagine, sustainability is never far from anyone's minds in the school. Jo Hand, co-founder of Giki (Get Informed Know your Impact) visited the school for a day to share information and talk about sustainable palm oil. Giki is a social enterprise that has created an App that allows you to make small informed changes that will ultimately help our planet. Jo was impressed and inspired by the level of knowledge the Stow children have and has written a blog about the school's work <https://gikibadges.com/2211-2/>.

P1 have sold an amazing 105 bamboo toothbrushes. The money raised from this enterprise goes towards buying new toothbrushes that enables every child in the school to have a bamboo one, which is replaced regularly. The baton has now been handed over to P2/3 so please don't forget to contact them on [stowpsdisrupters@gmail.com](mailto:stowpsdisrupters@gmail.com) if you're needing a new toothbrush. Red nose day was plastic free as children donated to the charity to have their faces painted with red noses. £147 was raised without any single use plastic used. The big battery hunt is on as Stow primary has become a battery collection point. Please bring in your old ones to the recycling centre in the school. Community litter picks happen regularly.

Having been the first school to see and use a reverse vending machine, the school was delighted to hear the news that the Scottish Government is implementing the scheme. Did you see it at our Disrupter event? More good news this week - Gordon, our local milkman, now has recyclable glass bottles. Following conversations and letters by pupils with Gordon and his supplier, changes for the better have happened here in the community.

P4/5 have continued learning about textiles with Helen Houston, a regular visitor to the class and Mary Craig, local historian, took them out to see the mills in the village, making local and historical connections to their learning. They are off to Heriot Watt University in Galashiels to visit the textile department. They will see the looms and the students' end of year work. All children have been out and about in Stow learning about the history of the village and finding out where each of the areas are that give their name to the houses in the school. Some interesting facts about witches were also discovered!

The school was involved in the community concert with the Gala Water singers on 26 May and the next Community café will be on Wednesday 12 June. All welcome - come and see what we do!



On some of our lazy, hazy days of summer one of Stow's residents may be prompted - just - to imagine similarities between his present home, and the home of his birth, culture and upbringing namely Calabria; the toe of Italy's boot. Far-fetched you might think, but this question of climate delayed our *Spotlight* subject's permanent move to Scotland for 27 years, so it wasn't until three years ago that Andrea Carlino, with his wife Penny, arrived in Stow. Stow stood out as providing a welcoming place to call home and thus brought to a happy conclusion a journey long in miles and events, but equally long in affection for this part of the world. In turn, this has meant at least half a dozen projects or activities since then benefiting from Andrea's active community spirit.

Andrea was born and brought up in Italy, his wife Penny in Norfolk, so what sparked their love for Scotland and led to their coming to Stow in 2016?

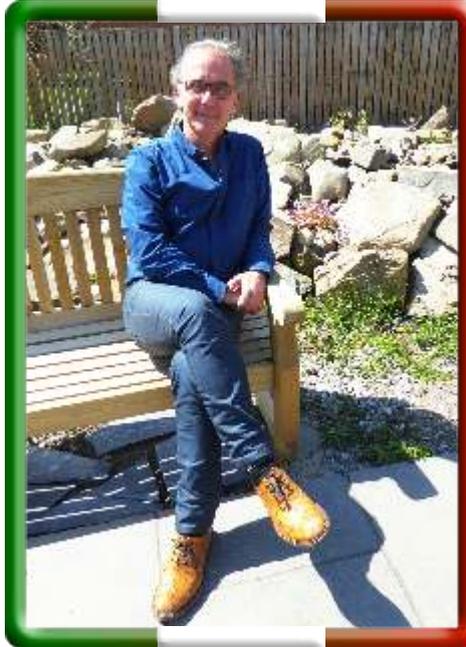
The story begins three decades ago when Andrea and Penny married in Greyfriars Kirk (of Greyfriars Bobby fame) in Edinburgh, having met in Italy when Penny was working there for a few years. A graduate of Edinburgh University, Penny loved the city and once he got to know it, Andrea too was enamoured of Auld Reekie and the couple contemplated moving there together. But!! Andrea couldn't cope with the weather and they settled in East Anglia in Penny's home county of Norfolk where they built careers in education and raised two boys over the next 27 years. So how was it that the call of Scotland came again, and this time more magnetically?

Growing disillusionment with the education system in England coincided with an easing of wider family responsibilities and the completion of A-levels for their sons. Andrea felt he had adapted enough to brave the Scottish climate on an everyday basis so the couple looked north, to Scotland's education system. Penny found employment in

# spotlight on ANDREA CARLINO

East Lothian and the search for a home within a commutable distance led to Stow which Andrea says they "feel blessed" to have found. "People here are easy to talk to and are open to ideas and doing things. Unusually open in my experience." As someone who loves working with others and whose natural inclination if it seems something needs doing is to try to connect with others to see if it can be done, for Andrea, this couldn't be bettered.

Within a few months of arriving, this qualified teacher said 'yes' to being asked if he would help to staff Stow Kids Club 2016 Summer Holiday Club which in turn swiftly led to Andrea becoming the permanent, continuing manager of the popular and successful SKC. Then came an interest in the history of Stow as a place of sanctuary. This led Andrea to engage others in the idea of a new physical place of sanctuary being created in Stow, and when the response to that was great enthusiasm, but unfortunately not enough commitment to doing the work that would make it happen, Andrea took forward the Sanctuary idea into an exhibition he curated in 2017 at the Cloudhouse where 10 local artists displayed artworks responsive to the theme, and donations to the Scottish Refugee Council were accepted.



The latest project Andrea has initiated and coordinated is the new Community Garden in Mill Road (see p4) and it is only fitting that the picture above shows him relaxing on one of the very new benches. Andrea will immediately say how much support has been given by all the volunteers, and what he prizes is working in collaboration as well as getting things done. In addition to these major projects, he has been involved with Stow Community Park; Stow Community Trust Station House; Beekeeping; the Pump track (see p7) and teaches Italian upstairs in the Cloudhouse once a month.

Once he calls a place home, Andrea gives energy and commitment to the wellbeing of its place and people. What a benefit that's been for us, and hopefully will be for many years to come. Ciao!

## NEXT NEWSLETTER AUTUMN 2019 : No. 37

COPY DATE      DELIVERED FROM  
26 AUG 19      14 SEPT 19

to: Heather Johnston, Editor  
heather@southcottage.co.uk  
01578 730507

If you are a new business in Stow Parish CC area and would like a mention in the newsletter, please contact the editor  
For an email reminder of the copy date nearer the time email the editor and ask to be put on the list



### DUCK RACE PLUS STALLS

SATURDAY 7 SEPTEMBER  
A DATE FOR YOUR DIARY



### FLOWER SHOW WITH PRIZES

## Stow & Lauder Health

### BANK HOLIDAYS ~ WE ARE OPEN ~

Stow & Lauder Health do not close on Bank holidays, other than the Christmas and New Year Bank holidays.

Please do not hold off contacting us because you think we are closed. On Bank holidays, except for Christmas and New Year, we are open.