



The Bugle

Magazine for Gargunnoch and the surrounding area

**Email - bugle@gargunnoch.com
Phone no - 01786 860761**

**Issue 45
November 2016**



GARGUNNOCK PLAYGROUP & TODDLERS



We are excited to announce that in October, after much planning and preparation, we started trialling our new Woodland Play Sessions. For the first week of every month our playgroup sessions will be re-locating to a wonderful woodland area in the estate of Gargunnoch House (Mondays and Thursday 0915-1130). Our Woodland Play Sessions aim to provide our children with an environment that they can shape and develop and which will offer them opportunities to explore, create and imagine their own games and activities, supported, but not directed, by motivated and enthusiastic adults. Young children need to take risks to learn about and understand their own capabilities. We will be providing them with a

safe and supportive environment in which to discover nature and take part in activities including den building, toasting marshmallows over an open fire, tree climbing and using tools safely. The children have thoroughly enjoyed the first two sessions, just about as much as the staff and parent helpers have! There has been such a buzz in the air during and after the sessions and we are all excited to see how this project develops over the next few months.

Feedback from Parent helper Ashley Fleming:

'I was delighted to be the duty parent for our first ever Woodland Play Session; probably even more excited than the children! It was a great experience to see them all gain confidence during the time we were in the "Jungle"- and to watch how they all looked out for, and after each other. I am so pleased that we are able to offer this service to the Gargunnoch Playgroup children, and look forward to seeing how it supports their learning and development of some key life skills. Thanks to Jane, Louisa, Morna and all of the committee, who have worked so hard to make this happen.'

- The children we asked what they had enjoyed about the sessions:
- 'We went in the burn and then we went back and the mummies were there' (Andrew)
- 'We climbed the hill, me and Andrew and Iona, all the way up to the top'' (Hamish)
- 'We played in the water with our wellies' (Myrtle)
- 'We made stick mans and had hot chocolate' (Innes)

We are hoping to further develop these sessions through applying for funding and fundraising in order that we can purchase equipment and resources. If you would like to hear more about our woodland play sessions please don't hesitate to get in touch.

In other news we are delighted to announce that our recent pub quiz raised £225. Thanks again to the pub for their support and everyone who came along. We would also like to thank Zetotech Forensic for their recent donation to Playgroup and Toddlers. We plan to have our next pub quiz in March. Upcoming fundraising events include our first ever Casino night! This promises to be a fun packed and popular night so get your tickets quick! Our annual ceilidh will be on Saturday 28th January 2017 so save the date!

The Playgroup children will be carrying out some Random Acts of Christmas Kindness around the village again this year. We hope to inspire everyone to remember the little things we can all do in the spirit of Christmas to put a smile on someone's face!

If you want to get in touch at any time contact details are: Claire Hart (Ethan and Zoe's Mum) 21 Drummond Place, Gargunnoch, clairehart01@gmail.com or call 07769967367.



The Rev's rejoicing !



"We aw maun live an we aw maun learn"

The more observant of you will have noticed that the Christmas decorations at the church this year have gone up early, in the form of an all-encasing scaffolding frame, a fence and a large shipping container. It doesn't look that festive I'll admit, but we'll learn to live with it for a while. All this is to facilitate the renovations which ensure Gargunnoch has a church building in fifty years time! Meantime the congregation have moved out and transferred their worship to the very pleasant surroundings of the Community Centre garden room, where we are enjoying a new found freedom, the ability to move chairs around, use Powerpoint with images to enhance our worship and the chance to have coffee and conversation not only before and after church – but sometimes during church too ! Things are less formal and more fun for folk of all ages. Relationships are easier to build. More folk get involved. What some saw as a "negative" has rapidly become a "positive", and I can see it written on people's faces. Is this one of the reasons that Jesus got out of the temple and took his faith to lakeside and field where people feel more at ease, and spiritual thinking is more accessible.

In case I forget, please remind me of these things in two months, when we are planning to move back to the church building proper, so that we can all learn the lessons of being "out" when we go back "in".

- Be less rigid – more adaptable
- Give people space to move and communicate
- Enjoy being different

We do have one problem however – the garden room appears to be getting too small!

It seems that word has leaked out that these Christians are enjoying themselves; the singing is good, numbers are growing, and folk get a warm welcome. I might have to speak nicely to Steve and see if we can migrate into the main hall pretty soon, but please don't let that stop you coming to any of the Christmas specials.... We'll definitely find room for you.

Your minister

Rev Andy

ACampbell@churchofscotland.org.uk

tel 07523420079

GARGUNNOCK SENIOR CITIZENS CHRISTMAS GIFT FUND

Grateful thanks to the Gala Committee for their generous cheque. We really appreciate your very kind gesture. Thank you.

Planning a clear out and tidy up before Christmas?

If you are and find you have surplus of any items listed below or other items you think the school may use, then please consider passing them on to us.

**Glue Sticks
Felt Pens
Marker Pens
A4 printer paper
Coloured pencils
Laminating Pouches
Sellotape
Blue Tac
Post it Notes
Plastic Poly Wallets
Paint
UPV Glue**

Many thanks,
Teachers and pupils of
Gargunnoch Primary

ADVENT SALE
at
**CAMPBILL BLAIR
DRUMMOND**

**SATURDAY
3 DECEMBER 2016**

1PM - 4PM

Dear Buglers

Why do so many drivers in the village continue to ignore the 20mph signs? Day after day there are folk coming out of Drummond Place (never stopping to look up and down Main Street, because they never have) and running past Stevenson Street in excess of THIRTY. There are drivers heading past the church and onwards in excess of THIRTY. The TWENTY MPH LIMIT APPLIES THROUGHOUT THE VILLAGE. People have said to me "Oh, I thought that just applied at the primary school" and "Oh, I thought it stopped at the end of Stevenson Street": how stupid can they be?

While we're on about stupidity, can I mention the guy driving up Main Street, doing at least thirty, closing his cabriolet roof as he went? That was Monday afternoon this week. And the woman driving down Main Street, at 8.45am, doing thirty, seatbelt unfastened, turned round in her seat to attend to three unfettered children in the back seat? That was Wednesday morning this week.

I'm not a fan of the 20mph limit, and I'm not a saint when it comes to driving, but at least I try to respect common sense and the rules of the road. Please, everyone, follow the signs.

Yours, Hamish Whiteford

THE DATA BELOW IS FROM TRAFFIC & DATA SERVICES and shows the Number of Vehicles passing the school entrance each day, North and South Bound

No of Vehicles	Speed	No of Vehicles	Speed
4	0-10 mph	34	10-15 mph
263	15-20 mph	348	20-25 mph
223	25-30 mph	74	30-35 mph
15	35-40 mph	3	40-45 mph

MARJORY TARBOTTON

The family would like to thank our friends, from Gargunnoch and elsewhere, for the tremendous attendance in the church on 12th September. It was an extremely difficult time for everyone, made bearable through the kind concern and support shown by you all.

Our thanks in no small measure go to Rev. Andy for his sympathetic handling of the service and to David Henderson-Lloyd for their organisation and counsel.

Marjory would have been very proud.

WINTER SAFETY AT THE COMMUNITY CENTRE

With the days turning colder and Christmas ever nearer it's time for a reminder about staying safe around the Community Centre.

As you know we don't have people always on hand to deal with snow and frosty weather so we must ask users and visitors to take care and watch their footing when conditions turn wintry.

To help you help yourselves you'll find a supply of salt beside the front door which can be spread on the paths. There's a container of salt/grit mixture by the drop-in centre suitable for the car park surfaces.

Enjoy your activities in winter at the Centre and stay safe out there !

Save The Date

25 Nov	Blair Drummond Christmas Fayre
26 Nov	Casino Night
29 Nov	Gala AGM
3 Dec	Advent Sale at Camphill Blair Drummond
10 Dec	Christmas with Gargunnoch Songsters
16 Dec	Gargunnoch Primary School Christmas Fayre
28 Jan	Gargunnoch Playgroup Ceilidh

**Bite & Blether 1st & 3rd Wednesday of the month 11am-3pm
Pilates every Wednesday in Drop-in (more info on page 7)**

ALTERNATIVE VILLAGE CHRISTMAS CARD 2016



Our 'Alternative Christmas Card' has raised over £11,000 for various charities over the past eleven years (including CHAS, The Scottish Cot Death Trust, The British Heart Foundation and The ME Association). This year we are fundraising for a charity that does fantastic work in their support for

people who have been diagnosed with various forms of dementia - **Alzheimer Scotland.**

The 'card' is simply a wee poster wishing everyone in Gargunnoch a very Merry Christmas from everyone who has donated. It's pinned to the notice board on Christmas Eve and will be included in the first edition of The Bugle in 2017. The easiest way to donate is online, where you can also post a more personal message to your fellow villagers on the Virgin Money Giving page.

Many thanks for your continued support and I hope you have a lovely festive season when it comes.

Jane (email: jane-milne@hotmail.co.uk phone: 01786 860661)

HOW TO DONATE:

- **Online:** <http://uk.virginmoneygiving.com/VillageChristmasCard> (Please tick the Gift Aid box if applicable)
- **Cash or cheque:** Stick an envelope through my letterbox at JUNIPER RIDGE, LECKIE ROAD (directly opposite the Community Centre path)
- Please make cheques payable to **Alzheimer's Scotland**
- **Remember to include a note of everyone's name you'd like included on the card**

Dean Lockhart MSP

Member of the
Scottish Parliament
For Mid-Scotland and Fife

MSP SURGERY

9th December 2016 - Kippen Village Hall
1pm-2.30pm

27th January 2017 - Killearn Village Hall
11am-12pm

10th February 2017 - Albert Halls, Stirling
10am-11am

10th February 2017 - Kippen Village Hall
1pm-2pm

10th March 2017 - Callander Kirk Hall
11am-12pm

24th March 2017 - Killearn Village Hall

Dean Lockhart MSP
The Scottish Parliament
Edinburgh
EH99 1SP



Tel 0131 348 5993
Email:
Dean.Lockhart.MSP@
parliament.scot

LOTS OF CHRISTMAS GOODIES AND STOCKING FILLERS IN STORE

Gargunnoch Village Store

"Your Christmas Larder.....On Your Doorstep"

Orders now being taken for
Skinners Steak Pies
for Christmas and New Year

WINE TASTING EVERY FRIDAY AND SATURDAY
EVENING, SAMPLING THE
SUMPTUOUS RANGE WE HAVE AVAILABLE
FOR YOU IN OUR WINE STORE

*We are closed: Christmas Day, Boxing Day,
New Year's Day, 2nd January*

01786 860703 OPEN 7 DAYS
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POLICE REPORT

The current ward priorities for the Forth and Endrick area are *Antisocial Behaviour, Road Safety, Theft and Community Engagement and Reassurance*. The following is a summary of local policing activity since the last edition of The Bugle.

Antisocial Behaviour

On Friday, 28th October 2016, police executed a search warrant at a residential property in Gargunnoch. A quantity of controlled drugs were found within. Two males were apprehended and subsequently charged with allegedly being in possession of the drugs and being concerned in the supply of them. A report will be submitted to the Procurator Fiscal and the two males are expected to appear at court at a later date.

Road Safety

Between Saturday 1st October 2016 and Sunday 2nd October 2016, a parked vehicle was struck by another vehicle on Manse Brae, Gargunnoch, causing damage to it. The driver of the offending vehicle failed to stop and has not reported this matter to police. Enquiry to date has failed to identify the vehicle or driver responsible, but if anyone has any information in relation to the collision, they are asked to contact Police Scotland or CrimeStoppers.

On Wednesday, 12th October 2016, a two vehicle road traffic collision occurred on the A811 near to Gargunnoch. No injuries were sustained.

In the early hours of Saturday, 22nd October 2016, police stopped a vehicle on the A811 near to Gargunnoch. The driver was found to be almost four times over the legal drink drive limit. She was arrested and detained in custody to appear at court the next lawful day.

Several people have contacted police raising concerns about the speed of vehicles in and around Gargunnoch in recent weeks.

The Central Scotland Safety Camera Partnership and Police Scotland have continued to perform speed enforcement and hi-visibility patrols in and around Gargunnoch, resulting in a number of motorists being given advice regarding their vehicle or manner of driving, or prosecuted where appropriate. We will continue to carry out such patrols and checks over the coming months.

One notable detection was a mini bus that was recorded travelling at 85mph on the A811 near to Gargunnoch by the Central Scotland Safety Camera Partnership.

Theft

Between Thursday 20th October 2016 and Friday 21st October 2016, a hand tool was stolen from an insecure outbuilding at a farm in Gargunnoch. A tap was also left running by the perpetrator, causing temporary flooding. Enquiry to date has failed to identify the person responsible, but if anyone has any relevant information, they are urged to contact Police Scotland or CrimeStoppers.

Community Engagement and Reassurance

PC Raymond Murphy and PC Steven Graham are the ward officers for the Forth and Endrick area, which incorporates Gargunnoch and surrounding areas. Both are based at Balfron Police Office, and can be contacted at the office, on 101 or at ForthEndrickCPT@scotland.pnn.police.uk.

We regularly publish information and appeals online. Our local Twitter feed can be found at @StirlingPol, and our local Facebook page can be found at 'Forth Valley Police Division'.

Police Message to Local Residents

At 2am on Sunday 30th October the clocks went back an hour to mark the end of British Summer time. This also marks the start of the darker nights which can make it easier for thieves to target your property if they can see that nobody is home. We need your help to make it make it harder for the thieves so please consider the following:

- Use timer switches on lights and radios to make it look as if your home is occupied.
- Ensure all doors and windows are secure when you leave and when you go to bed.
- If possible use secure lighting at the front and back of your property.
- Make sure all garden tools and ladders are locked away when not being used. Don't give the thieves the tools to break into your house.
- Use a good quality lock on any garden sheds and outhouses.
- Make a note of all makes, models and serial numbers of expensive items in your home.
- create a FREE and secure inventory of all your personal property at www.immobilise.com
- If you note anything suspicious in your neighbourhood report it on 101.

If anyone would like further crime prevention advice, please contact PC Raymond Murphy or PC Steven Graham who will be happy to assist.

Air Weapons Surrender Scheme

The Air Weapons and Licensing (Scotland) Act 2015 comes fully into effect on 31 December 2016. The new law will require any person who possesses, purchases, uses or acquires an air weapon to have a certificate to hold them legally.

It will be an offence not to have a certificate for these purposes from 31 December 2016, unless you are exempt, but you are now able to apply to Police Scotland for a certificate.

Local Police divisions have designated Police Offices where specially trained officers will be on hand to accept and make safe surrendered air weapons. Your local Police Offices are Stirling and Balfron.

Further details can be found on the Police Scotland website at www.scotland.police.uk.

Police Scotland Public Consultation Survey - Your View Counts

The Police Scotland Public Consultation Survey was launched on Thursday, 7th April 2016. In previous years, the survey was paper-based and involved community officers delivering and collating the surveys from members of the local community. This year, the survey has been placed online.

The survey allows local communities to provide feedback to Police Scotland in relation to a variety of topics, including the views of local people and what they feel local policing priorities should be in their communities.

The survey takes about 15 minutes to complete, and everyone is encouraged to participate in it. The survey and further information can be found at www.scotland.police.uk/yourviewcounts.

Merry Christmas and Happy New Year - PC Raymond Murphy and PC Steven Graham would like to take this opportunity to wish everyone a very safe and enjoyable festive period and extend their best wishes for the New Year.

GARGUNNOCK PRIMARY

CHRISTMAS FAJRE

Friday 16th December from 1pm till 3pm

In Gargunnoch Primary School

Stalls, Games and Fun!



In aid of school funds

Please come along and bring your friends

EVERYONE WELCOME

Christmas with Gargunnoch Songsters

GARGUNNOCK COMMUNITY CENTRE
7:30pm Saturday 10th December
£6 adults £3 under 12s (Refreshment)

TICKETS AVAILABLE FROM
GARGUNNOCK SHOP OR 07799731050

BLAIR DRUMMOND

CHRISTMAS FAJRE

Friday 25th November from 7pm till 9pm

In Blair Drummond Community Hall

Over 20 stalls including:

Aloe Vera

Blair Drummond Youth Club

Briarlands Farm

KIMPS Parent Council

Neals Yard Remedies

Phoenix Cards

Stella & Dot

The Wee Cake Stop

Admission: Adults £1

Children 50p

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GARGOYLES CHRISTMAS FUNDRAISING TOUR 2016

Every December,
the Gargoyles of
Gargunnoch,
aka Helen
Rowell, Liz
Wilkinson and
Zoe Fouracre, sing for

a chosen charity and this year we've decided to join
forces with Gargunnoch Kirk and raise funds for the Vine
Trust.

We'll start our Christmas tour at the Late Night Christmas
Event at The Woodhouse Café and Farm Shop, Kippen
from 6pm to 8pm on Friday 9th December.

The next day, Saturday 10th December, we sing at the
Stirling Christmas Farmer's Market in Port Street and we
will be there from 11am to 1pm.

Then back to the Woodhouse on Sunday 11th and again
on Sunday 18th December from 12 to 2pm both days.

And finally it's the Community Carol Singing in and
around Gargunnoch, which will take place on Wednesday
21st December and everyone is invited to just come and
have a good old singsong to help us with the final fund
raiser for this Christmas! We hope to start at 6pm at
Gargunnoch House and end up at the Inn around 10pm.
There'll be further details about the route on the village
notice board and Facebook page the week before.

Give us a wave if you see us out and about in our
costumes!

GARGUNNOCK AFTER-SCHOOL CLUB

Following an Extraordinary General Meeting on 1st November, the GASC
Committee was confirmed as:

Chair - Andrew James	Vice-Chair - Paul Smith
Secretary - Mairi Taggart	Treasurer - Kevin Brodie
Treasurer - Gordon Webber	Trustee - Kate Bovril
Trustee - Mairi Jackson	Trustee - Sharon Taylor

The Committee would like to thank Pauline Evans and Fiona James for their
support and commitment and welcomed Andrew, Sharon, Kate and Mairi
Jackson as new Trustees. The Committee will keep you informed of news and
developments through 2017.

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Scotland

40 METEORS!!

If you read Nick's article in the last bugle, you'll be aware that our astronomer son has fixed a web cam on the back of our house, pointing into the sky, which comes on every evening at dusk and goes off again at dawn, to film meteor activity over the north east of Scotland and beyond, up to the area between Shetland and Norway. It's fascinating living with this amazing equipment in his old bedroom and I spend far too much time standing at the monitor waiting for it to suddenly start recording as it detects a moving object. Some nights there's nothing because of the cloud cover. Other nights there are bats, owls and large moths hovering around, all looking ghostly in the black and white images on screen. Sometimes car headlights will reflect off our guttering and set off a recording. Every morning Nick tries to delete these other recordings before the system downloads all the clips from during night onto the website so hopefully what is saved onto the site are just meteors. Just meteors! How amazing to think that these literally out of this world objects are flying through our skies in so many numbers! There were 40 recorded on 4th November! Bonfire Night sent the camera crazy as it recorded every firework that whizzed up from displays and gardens around the area, especially our garden! The stats show that in the last month Gargunnoch Meteor Cam website has been viewed online in many different countries and the top 5 are the UK, Belgium, Japan, France and Russia! This is it if you fancy having a look - <http://gargunnochmeteorcarnet.com/>

If you'd like to come round and see it working then give us a ring. The winter months will make watching it in action more accessible as it is on during the early evening, so any time after around 5pm. Choose a clear night though!

Helen Rowell 860630

The Parent Council from Gargunnoch Primary School would like to sincerely thank all those who gave their time and money to support the recent fundraising Wine Tasting Quiz at the Community Centre. Huge village support was received through raffle tickets and attendance at the event. We raised over £900 towards school funds which was simply brilliant.

Parent Council

THE GALA NEEDS YOU!

After a successful, fun Gala in 2016, we are looking forward to next year. Our dream is to have as many people involved in supporting the Gala next year as possible. The Gala is such an important tradition in our village, and we want to carry this on for the next generation.

We would like representatives from all walks of life in the village, all ages, and from all the village groups to come along to the AGM. You could just be an interested party - you don't necessarily have to join the committee. Your ideas, enthusiasm and interest will be welcome.

The Gala AGM will be held on Tuesday 29th November 2016 at 7.30pm in the Gargunnoch Inn. We look forward to seeing you there.

Stevie Buchanan, Chair



'Young at Heart' (Drop-in class)

is a dance exercise class designed for Active Older Adults

Tuesdays: Gargunnoch CC 11.30am - 12.15pm
Thursdays: Doune Rural Hall 10:00am - 10:45am

Last class of 2016, Thursday December 15th

For further information please call

Janice on 01786 860251 or 07565 182259

Personal Training available within your own home



CITY OF GLASGOW CHORUS BECAME THE FIRST SCOTTISH CHOIR TO PERFORM IN CHINA

And I was lucky enough to be one of the singers who joined the City of Glasgow Chorus tour.

I joined the choir a couple of years ago and became heavily involved with supporting the fundraising for this tour - organising my first ever Come and Sing event, as well as encouraging other choir members in their fundraising - doing headshaves, parachute jumps, supermarket bag packing, concerts, afternoon teas, markets, Our summer was especially busy as we had to squeeze in extra rehearsals on top of all the preparations.

As (paying) partners were encouraged, my husband David also joined the tour. China was never really on our list for visiting, but we're so glad that we had the chance to go, and would now think seriously about going back, if we had the chance.

Our impressions of China - Totally awesome.... and

- intense
- busy
- noisy
- dirty (some singers took to wearing face masks as pollution levels rose in Beijing)
- welcoming and friendly people (blond and bald tour members were in great demand for their photographs to be taken - David included...)
- safe
- wet - we hit Shanghai on the edge of a typhoon
- breathtaking (the pace of change and growth)

Our tour included three concerts - in Beijing, Nanjing, and Shanghai. We performed A Sea Symphony by Vaughan Williams in Beijing Concert Hall with IFC orchestra and singers. And then followed that with two performances of the Brahms Requiem (with accompaniment by two grand pianos) in Nanjing University of the Arts Concert Hall and Shanghai Symphony Orchestra Hall. The concerts were all very well received.

As well as travelling and singing, we also got time for some sightseeing - including the Forbidden City, Temple of Heaven, and Tiananmen Square in Beijing, The Great Wall, Confucius Temple in Nanjing, and then the Bund in Shanghai. The food everywhere was excellent - we ate, as a group (of 100 or so people), each day for breakfast and either lunch or evening meal. Such was the efficiency of service that, the choir was amply fed and 'watered' each time within an hour.

Highlights of the tour?

- The enthusiastic reception we got to our singing (even when we nearly prompted a diplomatic incident by singing at Tiananmen Square....)
- Travelling nearly 1000 miles in just over 3 hours on the bullet train (AND arriving on time)
- The beautiful autumn colours at the Great Wall of China
- The grace, charm and tranquility of the city parks in Beijing
- The friendship and camaraderie that grew throughout the tour.

Would we do it all again? Almost certainly - but for now it's great to breathe in some fresh Scottish air again - and to hear birdsong when we walk.

Regards, Helen

WATER SUPPLY AT GARGUNNOCK CEMETERY

There used to be a running water supply at the cemetery for the use of anyone wishing to put fresh flowers on a relative or friend's grave. The incoming supply was linked to an old stone building which stood on the left hand side of the cemetery for many years. This was subsequently demolished as it was unsafe and, unfortunately, the water supply has gone with it and has never been replaced. The only way to get water now is to clamber down to the burn!!

Following representations from a number of regular visitors to the cemetery, the Community Council has taken up the matter and has been in contact with Stirling Council to enquire as to what can be done. To date, in spite of 3 emails to them, there has been no response. But the Community Council will continue to pursue the matter until a satisfactory outcome has been reached.

Happy New Year
2017

Why not see in the New Year at the Square

Come along about 10 minutes to midnight, celebrate the arrival of the New Year, and enjoy some camaraderie for a half hour or so before going off to do your first-footing, or going to the pub.

The Church bell will toll at midnight.



FIREWORKS

COME ALONG AND BRING YOUR FLASHING LIGHTS

* There is no formal programme, it all depends on the weather and who turns up on the night. But something will happen.

Oh! And Bring Your First-Footing Bottle!!

Newbies to the Village particularly welcome

THE BENEFITS OF PILATES FOR SPORT

Whether it's team sports such as rugby or football, individual sports like tennis/athletics or even endurance sports like marathon running or rowing, Pilates is now playing a huge role in professional and non professional sports.

More and more teams and athletes are making it a fundamental element of their training programme. Incorporating Pilates into a training/exercise programme has these three key advantages:-

- 1. Reducing the frequency and severity of injury** - By addressing postural issues through Pilates, athletes can avoid many common injuries.
- 2. Increased body awareness and control** - Pilates builds awareness of which muscles are working and how to activate the 'correct' muscles to provide movement and stability.
- 3. Increased power output** - Increased core stability is one of the key benefits of all Pilates programmes, enabling athletes to channel and maximise their power more effectively.

You can find Pilates classes on Wednesday evenings in Gargunock at 7pm in the Drop-in Centre. **Advance booking is required.** To book or find out more contact Jacquie Robertson email: jacquie@beaumontbodys.co.uk mobile: 07711 336075

Helen's Therapeutics

Helen's Therapeutics, is a local business which provides Remedial therapies.



Don't let it come to this !!!

These include:

- | | |
|---------------------------|-------------------|
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| Myofascial Release | Swedish |
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