



SPRING 23

# Seasonal INSPIRATIONS

BY ALL NEW BEGINNINGS

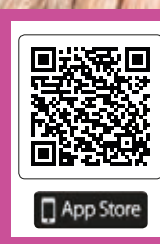


Clyde House, 105 Bothwell  
Road, Hamilton, ML3 0DW  
www.allnewbeginnings.co.uk  
info@allnewbeginnings.co.uk  
T: 01555 668580

With 25 years plus experience  
in the care industry, our aim  
is to deliver life changing and  
affirming home care that  
respects independence and  
provides peace of mind.



Download our free app for  
help, advice and recruitment  
opportunities



## **CARING FOR THE CARER**

Exploring caregivers on their journey  
of compassion and self-care

## **WARDROBE HACKS**

A simple guide to easy dressing

## **BOTHWELL HORTICULTURAL SOCIETY**

A look inside one of Bothwell's thriving gardening  
communities and their flourishing green spaces

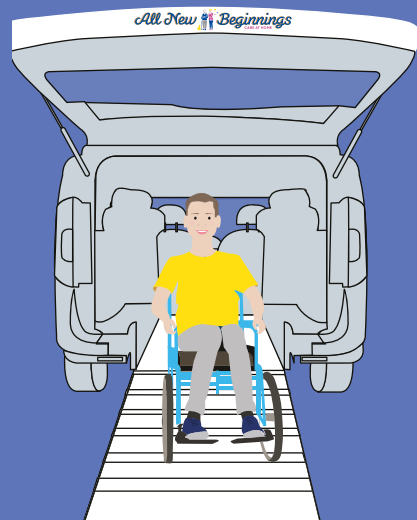
**FREE**



## Services we offer

- Meal preparation
- Nutrition
- Medication prompting & administration
- Washing & dressing (morning & evening)
- Light housework
- Accompanied transportation for social outings and appointments
- Mobility transportation
- Wheelchair accessible vehicle on site
- Befriending service
- Respite for primary carers
- Holiday relief for primary carers
- Continence care
- Palliative needs
- Hospital discharge (home preparation)
- Assistance with shopping service
- Any other services not listed can be considered

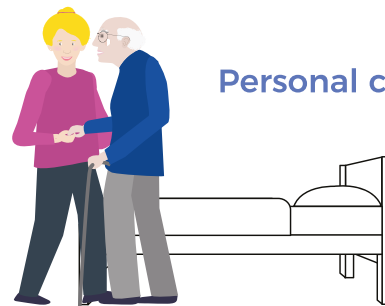
## Transportation



## Respite care



## Personal care

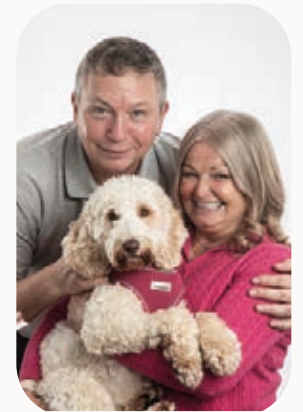


## Meal preparation



# Welcome Note from us to you

Welcome to the second edition of Seasonal Inspirations, the quarterly magazine that we prepare for you, our New Beginnings community. Summer is just around the corner and the long dark winter months are forgotten. We finally have the opportunity to get outside, feel the sun on our skin and breathe in the fresh air capturing the season, full of light and colour, such a relief don't you think after the colder months. The fragrant season when our landscapes put on the best show of the year. The scent of blossom taps into the senses, its intoxicating and along with the sound of birds returning to the region it always fills me with wellbeing and happiness. We've been busy in our new offices where we held several events for our family of service users, and you can see your photos on page seven. Animals can bring such joy and, as well as photos in the pet corner, we also have photos of some very special pet therapy animals who enjoyed visiting our service users. Stuart continues Talks from the Terrace, Garry McCallum has written about Almada Hill, in Historic Hamilton. Our Maker's Showcase features Bigger Glass and the talented Stephanie Whatley and this edition is packed with useful information, including support for Carers and wardrobe tips for easy dressing. Our ever-expanding team at All New Beginnings are continually educating themselves on health and social care issues to ensure that they are as equipped to give the best standard of care and grow their knowledge base in order to provide you with the very best quality service. On page eight you can see an example of a training session when some of our carers received the most up to date training on Dementia Care. If you are new to All New Beginnings, we welcome you, and invite you to request a consultation with one of our team for information on how we may be able to support yourself or a family member. We are always looking for service users to contribute to future editions of Seasonal Inspirations, therefore if you would like to review places you visit or would like to share your hobbies or tell us about your interests, then please let us know. Remember, that this is your magazine so if you would like to share photos of any special event in your life, your pets or something from memory lane, then speak with your carer or our Service Manager.



We hope you will enjoy this edition of Seasonal Inspirations and we welcome your feedback.

Best wishes from the company directors: Stuart and Nancy Auld

## Contents

- |                                 |                                  |
|---------------------------------|----------------------------------|
| <b>3</b> Caring for the Carer   | <b>18</b> Makers Showcase        |
| <b>5</b> Guide to Social Care   | <b>19</b> For the Foodies        |
| <b>7</b> ANB News               | <b>23</b> Whats On               |
| <b>10</b> Wardrobe Hacks        | <b>25</b> Talks from the Terrace |
| <b>11</b> Bothwell Horticulture | <b>29</b> Anna's 100 Birthday    |
| <b>12</b> Inspiring Reads       | <b>30</b> Games & Puzzles        |
| <b>13</b> Aromatherapy          | <b>31</b> Pet Corner             |
| <b>15</b> Historic Hamilton     | <b>32</b> Your Local Library     |



Caring for the Carer  
**page 3**



Inspiring Reads  
**page 12**



# Caring for the Carer

**C**aring and supporting a family member or friend can be challenging, frustrating and resentful and can leave you feeling overwhelmed or invisible. You may feel guilty for having these feelings, especially for someone who has previously been independent and an important part of your life.

## Who cares for the carer?

Ensuring that the person you care for is able to continue living in their home or your home is a huge responsibility, especially in an age where society encourages outsourcing of elderly and disabled care. Although this responsibility is at times a sacrifice it can also be immensely rewarding and many people feel it is an honour to be in a position to give back to their loved one in their time of need. We at [All New Beginnings](#) feel privileged that you have chosen us to assist you and allow us into the most intimate of spaces, your family home, taking some of the burden from your shoulders. We are predominately there in our capacity to assist a particular person, but we also recognise

the important role that you play and your anxieties and needs. We would like you to know that our door is always open should you feel overwhelmed or need to chat.

## You are not alone

The government recognises the important role of carers in the community and you and 780,000 carers are in fact covered by the Scottish Carers Act of 2016. If someone you care for is already receiving support from us then you maybe aware of some aspects of this act and the support offered by the Lanarkshire councils, but are you aware that you can apply for a special fund for a respite break, "Short breaks service" either alone or with the person you care for? The council also has the responsibility to offer you personally an "Adult Carer Support Plan", should you feel this may benefit you, and is something that is also covered in the Scottish Carers Act.

## Finding strength together

Some carers are able to qualify for state support with the Carer's allowance and carers allowance supplement, and you can find more information about how to apply [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance) and [www.mygov.scot/carers-allowance-supplement](http://www.mygov.scot/carers-allowance-supplement).

## Venture outside, rejuvenate inside

Supporting independence in getting out and about is imperative for the well being of everyone and, although it can be challenging, careful planning of events can make a trip out a real mental boost. There are many discounts and free passes for you as a carer, to enable you to support your family member or friend in the community and out of the home.

You are entitled to free bus travel when you accompany someone who holds a National Entitlement Card, meaning that you can both enjoy a trip out, or even just to travel to an appointment. Information about eligibility can be found at [www.transport.gov.scot](http://www.transport.gov.scot) You are also entitled to reduced price train tickets when accompanying someone

who holds a Disabled persons railcard. More information at [www.disablepersons-railcard.co.uk](http://www.disablepersons-railcard.co.uk) The National Trust offers free access for carer's accompanying anyone who needs assistance. If you and the person you care for enjoy trips out to National Trust properties and gardens then why not purchase an annual pass for the person you care for. There are special concessions for people over 60 and at the same time apply for the essential companion card which will facilitate a smooth free entry for yourself.

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk).

By typing in Lanarkshire to the website [www.accessible.co.uk](http://www.accessible.co.uk) you can see a comprehensive list of features for many places to visit, including ramps and even toilet access, to help you make informed choices of venue.

The Blue Badge Scheme could be very useful if you drive out with the person you care for as it enables you to park closer to where you are going and ease any stressful situations. You can easily apply with your local council on behalf of the person you care for and the fee is £20. More information is available on the Lanarkshire councils websites.

## Lanarkshire Carers

Lanarkshire Carers is a registered charity whose mission is stated on their website as "To ensure that carers in Lanarkshire are identified, engaged, well informed, involved, supported, and empowered" They offer events and support for carers and even have a discount card for carers for some local businesses.

[www.lanarkshirecarers.org.uk](http://www.lanarkshirecarers.org.uk).

## Free cinema access

The UK Cinema Association offers free cinema access for carers when accompanying someone who is receipt of any disability payments including the Armed Forces Independence payment. It can be used at the Odeon and Vue, with a full list of participating cinemas on it's website. Apply for your free entrance card at

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



Being a carer is a noble endeavour and as you can see there are many ways that you can be supported. It is important not to feel alone so please do reach out if you need support and take advantage of the offers that are being extended in appreciation to support you in supporting someone else.

If you know of any further support or offers that are available to carer's please do get in touch so we can share this information to others. If you have any experiences as a carer that you would like to share then likewise please get in touch and we can feature your experiences in a further issue of All New Beginnings. We will respect your anonymity if you prefer. Email us at [magazine@allnewbeginnings.co.uk](mailto:magazine@allnewbeginnings.co.uk) or ask your support worker to contact us on your behalf.

—  
"Remember that  
in order to care  
for someone  
else you have to  
first take care of  
yourself."  
—



# Guide to Social Care

## What kind of support can I access?

There are various levels of home care, depending on the intensity and frequency of support required. Care packages are tailored to aid people with mobility problems, dementia-related illnesses and those needing shorter-term respite care. Services provided include daily tasks such as washing and bathing, preparing meals, and getting in and out of bed.

Domiciliary carers can also perform other tasks, such as house cleaning and taking you or your loved one to a day centre to ensure that they are not constantly isolated at home. You can also access other support, such as having adaptations made to your home which will make life easier for the service user. Stairlifts and seats in the bathtub or shower can be exceptionally useful for someone with limited mobility, increasing their safety and putting your mind at rest with aided confidence when bathing or showering.

All New Beginnings will not only provide active help but will also offer advice on matters such as accessing further help from voluntary organisations and charities, identifying home hazards and organising home repairs necessary for safety and security.

## How do I organise it?

Generally, the process begins with a free assessment. This can be undertaken by your local council or All New Beginnings if you choose to fund the care privately. The assessment is not means-tested and can be accessed by anyone who needs help or has a loved one who needs help. However, as long as you or your loved one has the necessary capacity, they must agree to the assessment too. The adult social care department of your council will organise the time and date of the assessment.

## What does the assessment entail?

This assessment often includes a home visit but can sometimes occur over the telephone or over the internet. It will be conducted by a social care professional to talk to you or your loved one and evaluate the level of need. They will appraise several factors, including physical and mental health difficulties and emotional and social needs. They will take into account the wishes of you or your loved one and talk to you too if you are their carer. The assessor will also liaise with other health professionals who are familiar with your relative, such as doctors or nurses.

Following the assessment, the council will develop a care plan in writing to arrange the necessary support that you or your loved one requires. If it is decided the necessary requirements are not met to receive home help, your council can also advise you about other options for home care.

## Is there a cost involved?

A financial assessment is an integral part of the care assessment process to assess a supported person's ability to pay/contribute towards their services or personal budget and will take account of evidenced income, savings, capital and specific household expenditure.

You will not be required to make a contribution toward personal care such as help with bathing, dressing, feeding, continence management and meal preparation.



## Self-directed Support

Self-Directed Support (SDS), sometimes known as personalisation, gives you and your family more choice and control over your care. It also means that we will work with you to create a flexible and individual care package to meet your needs.



# Care at Home

## A Simple Guide of Where to Go & Who to Ask

Do you or a loved one feel that care is needed from a professional care provider?

✓ YES

What To Do!!!

Contact your local authority Social Care Department and ask for a Social worker to come out to the house to carry out an assessment of your care needs. The assessment may also be a financial assessment.

Do I qualify?

✓ YES

Social Care Department will get in touch once they have sourced a care provider and a package of care has been put into place.

Self-directed support is an option when receiving care at home, this allows the service user options with budgets and which care provider to use. Speak with your Social care assessor about your choices.

✗ NO

Some costs may have to be met through your own funding. Contact a private care at home provider (All New Beginnings) to discuss costs and levels of care required. The provider will also carry out their own assessment and check with Social work that you are receiving your full entitlement of care.



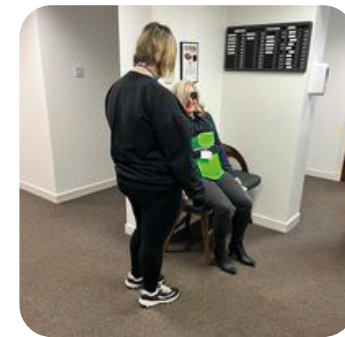
# All New Beginnings News

## Easter Fun at All New Beginnings

In April we held an Easter celebration in our office for our staff and service users. We had a great turnout and were able to celebrate with nine of our service users by doing Easter crafts, baking activities and enjoying a nice cup of tea together. Our service users had a great time meeting one another, chatting together and having a cake (or three). We strive to bring our service users and staff together for events like this to help us provide them with the highest level of care possible and to create a strong sense of community.



# Dementia Training



All New Beginnings strive to have our staff as qualified and knowledgeable as possible. We are constantly putting our staff forward for courses and qualifications that will improve and strengthen their understanding. In April we had a lecturer from New College Lanarkshire come into the office to lead a course on Dementia Awareness for eight of our staff members. This course helped our staff understand the stages of dementia and the effects it can have on our service users' daily lives. We believe that this will help our staff realise how best to support each individual service user depending on their needs. The course also touched on other illnesses & disabilities that are also very common, such as cataracts, molecular degeneration, arthritis etc. The NCL lecturer brought some props for our staff to wear that mimicked these conditions so that

they could step into a service users' shoes to see things from their perspective and understand the obstacles they may face or need assistance with every day. Our staff felt that they benefited from this training immensely. Afterwards they realised that greater Dementia Awareness meant they could see and feel the challenges that these people and their carers faced. Staff remarks included comments such as, they felt better having had this chance to able to develop their communication skills, essential in order to build trust and install confidence when providing care. These training opportunities for our staff continue to build and maintain a positive reputation for All New Beginnings Ltd. As we know, and as engrained in our mission statement: Awareness and understanding is the key to making a difference.



# Relaxation Classes



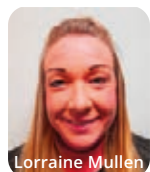
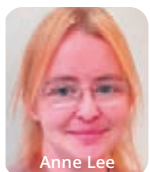
All New Beginnings provide Relaxation Classes for their staff where they are able to take time out of their busy schedules to unwind for a time. A time of Rest, Relaxation and Rejuvenation.



## AWARDS

Over the last few months, we have had multiple members of our team attend courses and complete qualifications that will help them in their job role.

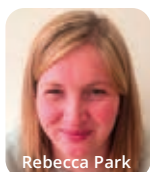
In May we had two of our befrienders, Anne Lee and Lorraine Mullen, attend a course on 'Disability and Additional Support Needs' where they were able to learn techniques and ways of practice that will benefit their service users.



Anne Lee

Lorraine Mullen

We also had Rebecca Park and Kerri Elliott from our office complete a course on excel where they learned how to store data and present it in the form of spreadsheets and graphs.



Rebecca Park

Kerri Elliott

Our Senior Team Leader, James Linton, complete his IOSH qualification in May. James' IOSH was in the Managing of Health and Safety where he was able to display his knowledge on Health and Safety policies and guidelines as well as demonstrate how he keeps our service users safe in their homes by conducting risk assessments and fire safety visits.



James Linton

# Wardrobe Hacks for Easy Dressing

It's something we all do every day without even thinking, but it's a complicated process, with many coordinated muscle movements involved and a lot of balancing and fine positioning. And, it relies heavily on memory.

If you injure yourself, you soon start to think differently. Even something as simple as a cut finger, pulled muscle or sprained wrist can make buttons and zips difficult.

What if you have more serious injuries? or a condition like dementia, which may impair your dexterity or coordination, or even make you forget how to dress? If you can't dress the way you are used to, it can adversely affect your mood and attitude. It's a proven fact that if you look good, you feel better!

In the event that someone's help is required for dressing – the process can be made more dignified and less stressful by using well-modified clothing.

The Helpful Clothing Company based in Coatbridge, designs and manufactures adaptive clothing or easy-on clothing. They have an online shop where you can browse the latest designs. Search on-line to see what is available. [www.helpfulclothing.co.uk/shop/](http://www.helpfulclothing.co.uk/shop/) or call 07487615038 to find out about the wonderful styles available in the shop.

Make skirts into wrap styles, so that you don't need to step in and out of them – either by adding an overlap panel in a similar or contrasting material.

Open up the zip seam and replacing it with a full length open-ended zip.

Skirt with full length zip

Wrap skirt with elastic waist and press studs

Trousers with full length side zip

Replace buttons with Velcro, no more fiddly buttons.

Choose easy-on styles, like pull on skirts & trousers, stretchy tops.

Stretchy blouse with elasticated neck and cuffs

### Content provided by



Helpful Clothing Company  
Get by with a little help from your clothes  
North Caldeen Road,  
Coatbridge, ML5 4EF,  
Lanarkshire,  
07487 615 038



# Bothwell Horticultural Society



Tree planting at Miner's Corner



In the heart of Bothwell, a vibrant town known for its picturesque landscapes and thriving community spirit, lies the Bothwell Horticultural Society. For years, this esteemed society has been at the forefront of promoting horticulture, beautifying the town, and fostering a deep connection between its residents and the natural world.

Membership of the Horticultural Society offers numerous benefits, including access to exclusive events and the opportunity to connect with fellow gardening enthusiasts. Members can actively contribute to the society's initiatives by volunteering for various committees, sharing their expertise, or participating in community projects.

The group aims to plant 2,000 trees in the area and earlier this year, one of 350 saplings that made up the "Tree of Trees", a giant sculpture constructed at Buckingham Palace to mark the Queen's Platinum Jubilee was planted by Lady Susan Haughey CBE, at Bothwell's Jubilee Garden.

One of the most anticipated events organized by the Society is the Annual Flower Show. This beloved tradition showcases the remarkable talents and creativity of local gardeners, who compete in various categories such as floral arrangements, horticultural displays, and home-grown produce. There are opportunities for children to enter their work in many categories, including, crafts, baking, photography and fun exhibits such as making a person or animal from fruit and vegetables. The Flower Show not only provides a platform for friendly competition but also serves as an opportunity for community members to come together and celebrate the beauty of nature.

The Annual Show of Vegetables and Flowers in Bothwell Parish Church Centre on the 19th August 2023.

We welcome your entries to the show. The show schedule of classes can be made available by contacting the Secretary by text or phone to mobile: 07949268191.



**BOTHWELL HORTICULTURAL SOCIETY**  
INSTITUTED 1842

---

**THE ANNUAL SHOW**

of  
**FLOWERS, VEGETABLES, BAKING & CRAFTS**  
for all ages

will be held in  
**BOTHWELL PARISH CHURCH CENTRE,**  
MAIN STREET, BOTHWELL  
on **SATURDAY 19<sup>th</sup> AUGUST 2023**

Doors open 1.30pm until 4.45pm  
Opening Ceremony at 2.00pm by  
**Revd. Iain Majcher**

Followed by Presentation of Trophies

Prize Draw - 3.45pm  
Auction of Produce - 4.00pm

Admission: Adults £7.00      Members & Children: Free

## Inspiring Reads

With Atkinson-Pryce Bookshop

### Nightwalking:

by John Lewis Stempel  
At night, the normal rules of nature do not apply. "In the night-wood I have met a badger coming the other way, tipped my cap, said hello. The animals do not expect us humans to be abroad in the dark, which is their time, when the world still belongs to them. Taking readers on four walks through the four seasons, acclaimed nature writer and farmer John Lewis-Stempel reveals a world bursting with life and normally hidden from view.



### Stitch in Bloom:

Botanical-Inspired Embroidery by Lora Avedian  
This beautiful book celebrates the art of couching, an embellishment technique used to adorn fabrics. Lora demonstrates the versatility of this stitch and features 15 projects to try yourself with each design giving a nod to nature.



### Otherlands:

by Thomas Halliday  
This is an epic, exhilarating journey into deep time, showing us the Earth as it used to exist, and the worlds that were here before ours. Immerse yourself in a series of ancient landscapes, from the mammoth steppe in Ice Age Alaska to the lush rainforests of Eocene Antarctica and underscores the tenacity of life and the fragility of ecosystems. A fabulous and fascinating read.



### The Nature Explorers Scrapbook:

by Caz Buckingham  
With this book, no trip outside will ever be the same again. Journey through the world of nature, searching for and finding out about things such as tracks and tadpoles, skulls and shells. Part album, part manual, part nature guide, this book will surprise and delight.



### Bookshop.org

We love to hear from you and there is no better way to support an independent business than by contacting them directly but if you prefer to shop online you can do so while thinking of us via Bookshop.org. Just choose us as your local shop when you checkout and we will continue to be supported.

### Content provided by



27 High Street,  
Biggar, ML1 26DA  
01899 221225



# Discover the Soothing Power of Aromatherapy Skincare for Dry & Troubled Skin



**Article** by Julie Anderson, ANDERSON AROMATICS

**D**ry skin can often feel like a constant battle, with its tightness, flakiness, constant itch and pain/discomfort. While there are countless skincare products available in the market, it's essential to find a solution that not only nourishes and hydrates your skin but also aligns with your values. Look no further than the world of All Natural Aromatherapy Skincare— it's a natural, vegan, hypoallergenic, handmade, self-preserving, cruelty-free approach to skincare. In this article, we delve into the wonders of Natural Products using Aromatherapy Essential Oils harnessing their therapeutic abilities to treat and heal dry skin conditions.



## Understanding Aromatherapy Skincare:

Aromatherapy skincare harnesses the power of essential oils extracted from plants to enhance the overall health and appearance of the skin. These potent plant extracts are carefully selected for their therapeutic properties and blended with other natural ingredients to create nourishing skincare products. Unlike conventional products filled with synthetic chemicals, aromatherapy skincare focuses on using nature's bounty to promote radiant and hydrated skin.

## The Magic of Essential Oils for Dry & Troubled Skin Conditions:

The healing benefits of Lavender, Chamomile and Tea Tree Essential Oils are exhaustive. They are antiviral, anti-fungal, antiseptic, anti-inflammatory, speed healing, prevents & reduces scarring, a natural anti-depressant, relaxant, sedative as well as having soothing / calming properties. As a result of combining these oils with an all natural, non-toxic cream, they nourish deep into the sebum layers of the skin, healing wounds, reducing itchiness, soothing and rehydrating, encouraging growth of new skin cells - without the use of steroids.



Rose Absolute & Geranium Essential oils and a base of Organic Rosehip Oil, reigns supreme for maturing skin. Not only do they smell amazing, their combined abilities are packed full of nutrients and a high content of vitamins, C, A, B3, D, E and K. As well as minerals - zinc, calcium, magnesium, healing iodine, they are naturally anti-oxidating. They are powerful as a moisturiser as the molecular structure is very compatible to the skins tissue, soaking in, and hydrating very dry conditions. These antioxidants can help to tighten and tone the skin, reducing redness, calming the skin making it perfect for treating Rosacea and Acne, by suppressing the symptoms and the underlying problem. They can also uplift your mood, lessen fatigue, promote emotional wellness and re-balance hormones. These are just a few examples of the many essential oils that can work wonders for dry or troubled skin.



## The Benefits of All Natural, Vegan, Non Toxic, Hypoallergenic Skincare:

One of the key advantages of aromatherapy skincare is that it is 100% natural, vegan, and hypoallergenic. It means that you can enjoy the benefits of quality skincare without worrying about harmful toxic chemicals or animal-derived ingredients. These products are gentle on the skin, reducing the risk of irritation and allergic reactions. By embracing a vegan and hypoallergenic approach, aromatherapy skincare provides a safe haven for sensitive and dry skin. Suitable from Babies to the Elderly. Safe for All. Skincare that your body can trust and will thank you for.



When choosing skincare products, it's essential to consider your individual skin sensitivities

## The Handmade and Fresh Advantage:

Mass-produced skincare products often contain chemical preservatives to extend their shelf life (amongst many other toxic ingredients). These preservatives are harsh on dry skin and may exacerbate existing issues. Anything placed on your skin is absorbed into your bloodstream in 23 seconds. Natural Aromatherapy skincare, on the other hand, is handmade in very small batches, ensuring complete freshness. By omitting synthetic preservatives and harsh chemicals, these products maintain their integrity, delivering optimal results to achieve, healthy, glowing skin.

## Conclusion:

All Natural Aromatherapy Skincare offers a natural, vegan, hypoallergenic, handmade, fresh, self-preserving, and cruelty-free approach to addressing dry & troubled conditions. By harnessing the power of essential oils, these products provide deep nourishment, hydration, and relief for dry and sensitive skin. Embrace the therapeutic benefits of aromatherapy skincare and unlock the secret to healthy, radiant, and naturally beautiful skin and experience the rejuvenating power of nature.



# Historic Hamilton

**Article** by Garry McCallum  
Almada Hill in recent years has been known to us as the tenements that used to sit on the land now occupied as a car park for the Douglas Park showroom. Before the tenements were demolished the address for Almada Hill was 139-153 Almada Hill, Almada Street.

The name Almada Hill was not a new name given to the tenements on Almada Street, in fact, this name comes from a much older building that was situated just off the main road. The original Almada Hill was first known as Almada Hall and was constructed in 1812 and like all the buildings of this time, it was built with sandstone and lime.

The person responsible for building Almada Hill was a Doctor that went by the name of John James Hume. Dr Hume purchased the land on the 14th of May 1811. Almada Hill, or Almada Hall as it was known in 1812, when constructed was built on the outskirts of Hamilton and out in the countryside, its closest

little village was Burnbank and when built the road that we know as Almada Street was known as the “road from Ayrshire & Glasgow” and wasn’t even named Almada Street, so it is possible that this is where the street takes its name from.

Later in the nineteenth century, it was owned by one of the Dykes brothers. The Dyke’s brothers were a family of solicitors & doctors who in their day owned many of the grandest houses in Hamilton.

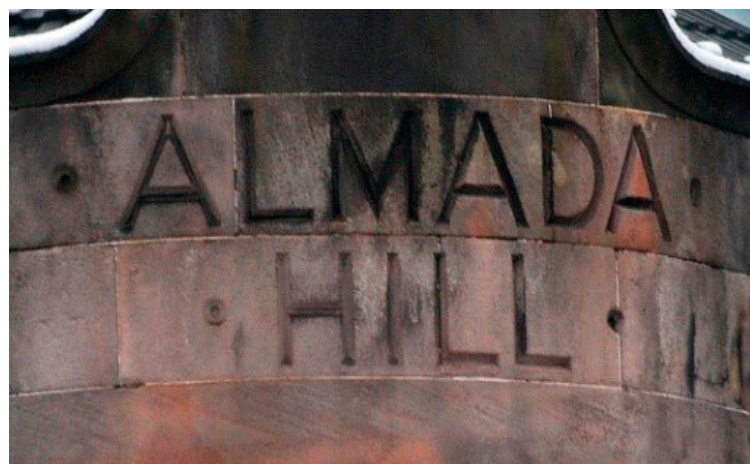
Almada Hill in the nineteenth century was built on a hill that would have had a great view looking over Almada Street and further afield, it was a handsome house with a garden and ornamental grounds to the front, so, going back to the owner, the house was let out by the Dykes family and in 1861 the house was rented to a woman called Anne McEwen who was the widow of Robert McEwen and this man was a wealthy East India shipping merchant. Anne was a lady from Edinburgh but had lived in London and Singapore.

Anne leaves Almada Hill & Hamilton and moves to London before 1864. This is the last time in which we see this family having any connection to Hamilton. The house is then rented to a man named James



Beith Struthers, who seems to be a friend of the Dykes family. James Struthers was a wine and spirit merchant and he married a Glasgow girl called Rebecca Simpson and later marries for a second time to Mary Ann Harrison, again his time at Almada Hill is a short one. He moves on and dies on the 20th of November 1913 at 145 Main Street, Kirkton, Blantyre.

The building itself sat on one acre and a quarter of land and if not on ground level would have at least have one floor above. It had a porch at the front of the house which looked on to the pathway large enough for a horse and carriage to fit. It did not appear to have stables but did have outhouses and it also appears to have its own water pump in the back garden. The rear of the property was open fields used for grazing cattle which remained



untouched for the duration of the building’s life.

Almada Hill was sold off between 1864 & 1871 to a Solicitor that went by the name of Alexander Watt. Alexander Watt was born in 1836 at Midlothian, Edinburgh and he studies in Edinburgh and marries Margaret Fleming in Blythswood in 1863. Alexander sets up his business in Hamilton around 1871 and continues to live at Almada Hill. He is involved very much in the Hamilton Community and is a member of the Hamilton Burns Club.

In 1894 the Clyde Coal Company were extracting coal from beneath Almada Hill’s foundations. The underground workings could have had an impact on Almada Hill and like

many of Hamilton’s buildings, it would have affected it in some way. Alexander around this time is looking to sell up and the extraction of coal may have been the reason as to why he wanted to move from Almada Hill.

The house is on the market for over a year and in various advertisements, they state that the house has not been affected by underground workings. Alexander Watt left Almada Hill in June 1900 and since then, the house lay empty until purchased by the town council.

In 1901 there is fear of a smallpox epidemic and Hamilton was not fully equipped to deal with such an outbreak. In February 1901 the town council was looking to purchase a new site for a temporary smallpox

hospital. Almada Hill was shortlisted and a special meeting was set up by Provost Keith to discuss the purchase. The object of the meeting was to consider the proposal to purchase the property of Almada Hill for the sum of £1,700, which for a house of this type was a bargain.

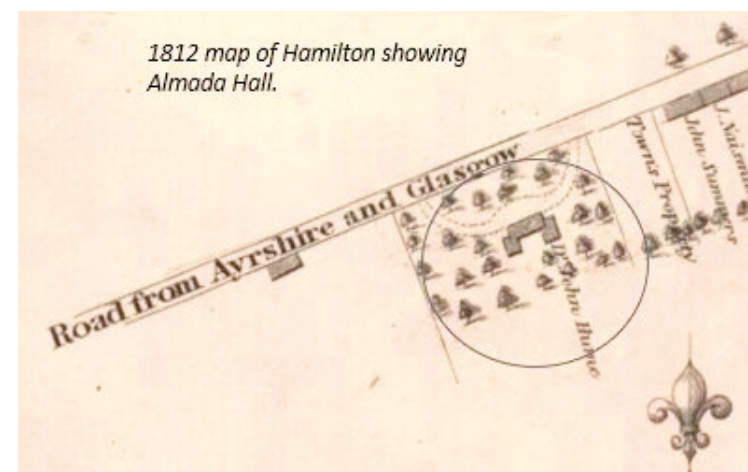
In purchasing Almada Hill, they would put themselves in possession of a site which could be utilised for many public purposes. It was a building which could be temporarily used as a hospital, or, if unsuitable for that, it would be advantageous for isolating parties who had come in to contact with smallpox cases.

Treasurer Keith understood that the Local Government Board had indicated that such a place was essential in a working-class community like Hamilton.

Apart altogether from the immediate requirements of the burgh, this site was considered moderately cheap. It could be used by the municipality, or it might be sold for the purposes of a technical school or similar institution. Everything considered, the property was cheap, and Bailie Hay and the Sanitary Committee were to be congratulated in bringing the matter before the Council.

Four councilmen however voted against purchasing the property. Two of these included Mr Cassels and Mr Tainish.

Mr Cassels, on the ground that the proposal was premature, moved to the previous question. He considered that £1700







Douglas Park Grounds - Almada Street

was an extraordinary price to pay for the premises. He maintained, further, that the building was absolutely useless. As a representative of the Second Ward, which Ward was not represented on the Sanitary Committee. He objected to this Proposal being sprung upon the Council without more time being given to the members to inquire into the various details.

Mr Tainsh, in seconding, said that he had been simply astonished at some of the actions of the Sanitary Committee within the past two or three months. This was one of the most extravagant proposals he had ever heard of.

With a result of nine votes for and four votes against purchasing the property, the committee's recommendation to purchase Almada Hill at £1700 was thereupon declared carried. The house gets put to use straight away and by March 1901 there were three outbreaks of Smallpox in Hamilton, the third was a plasterer's labourer from Church Street. He was moved to the county hospital in Dalserf and his wife and four children were

moved to Almada Hill which was now being called the Reception House. A fourth woman also from the same stair in Church Street contracted Smallpox in April of that year and her husband and children were admitted to Almada Hill.

The epidemic started to spread throughout different parts of Hamilton and at a fast pace. Three children, the oldest being fourteen all from the same tenement in Low Quarry Street became ill and they were transported to Stonehouse Hospital, while their families were sent to Almada Hill.

The smallpox epidemic seemed to have passed and soon Almada Hill was not so much in the headlines, well that was until September 1901 when two boys both aged fourteen who were called William Connor and William Walker were fined 7s 6d or five days imprisonment for stealing grapes from the Vinery at Almada Hill.

At the turn of the twentieth century, Hamilton was in need of a new town hall and library and the focus was now turned

once again to Almada Hill. Meetings were held and at the early stages of the talks, it was thought that Almada Hill could be an excellent site as it was close by the railway station at Peacock Cross and not to mention situated between Burnbank and the rest of the burgh.

After more meetings, a site at Cadzow Street was also suggested and plans went ahead for a new Municipal, town hall and library to be built on Cadzow Street. This was to be the beginning of the end for the house once called Almada Hill. Tenements on Almada Street were erected in 1905 and they took the name Almada Hill and this is what kept the name of the old country house alive. The property eventually was acquired by the Magistrates & C. of Hamilton, a part of which was sold by them to the South West Electricity Board in 1950. If I were to give a rough date as to when Almada Hill was eventually demolished then it would be between 1950 and 1954, and at the moment, there are no known surviving pictures of the old house.

# Maker's Showcase

**Stephanie Whatley is a Glass Artist in Biggar. Her business Biggar Glass Works was established in 2012**

**Article by**  
Stephanie Watley

Stephanie predominantly works with leaded glass, creating panels for domestic surroundings but also undertakes restoration work for local churches. For her panels Stephanie uses traditional techniques like glass painting and staining but also modern approaches like glass fusing.

A problem-solving interest is the golden thread weaving through all of her life and work. Her work, aims to create a solution to a question or request. This allows her to enjoy commission work rather than feeling she is deviating from her own work. In this context she is able to glimpse another person's inner world, their ideas, ruminations and outlooks and can transfer her expressional concepts to this to create a unique piece for her customers. Her inspiration comes



predominantly from nature, incorporating flowers, landscapes and animals into a lot of her items. To add an additional layer Stephanie thoroughly enjoys collaborations with other artists working on sculptural pieces with Blacksmith Andrew Winton and some more delicate pieces which include sandblasting with Christine Brown.

For her own work, exploring associations of related or potentially unrelated forms and ideas shapes her artistic drive. Currently she is experimenting with ideas of nature, nurture, motherhood and modern lifestyle which also touches on our ambivalent connections to the natural world, technologies, and social-economic perspectives.

You can find Stephanie on Facebook, Instagram and Twitter under [Biggarglassworks](#) or on [www.Stephaniewhatley.com](http://www.Stephaniewhatley.com)



**Content provided by:**



97 High St, Biggar ML12 6DL  
Mob: 07588772433  
Tel: 01899 220405



# For the Foodies

From light and refreshing salads, tasty twists on staple classics to seasonal desserts, make the most of the Spring offerings.

## Beetroot salad

Serves: 2-4

### Method:

**1** In a serving bowl, combine the mixed lettuce and rocket leaves.

**2** Add the sliced beetroot on top of the greens.

**3** Sprinkle the crumbled feta cheese evenly over the salad.

**4** Scatter the chopped walnuts across the salad for added crunch.

**5** Drizzle the desired amount of balsamic vinaigrette over the salad. Start with a small amount and add more to taste.

### Ingredients:

- 2 large beetroot, cooked and sliced
- 4 cups mixed lettuce and rocket
- 1/2 cup crumbled feta cheese
- 1/4 cup walnuts, roughly chopped
- Balsamic vinaigrette, to taste

**6** Toss the salad gently to mix all the ingredients and ensure they are well coated with the dressing.

**7** Serve immediately and enjoy.



## Simple Chicken Liver Pâté

Serves: 4-6

### Ingredients:

- 1 pound (450g) of chicken liver
- 1 medium-sized onion, finely chopped
- 2 cloves of garlic, minced
- 4 tablespoons unsalted butter
- 2 tablespoons brandy
- 1 tablespoon fresh thyme leaves
- 1 teaspoon salt
- 1/2 teaspoon black pepper

### Method:

**1** Rinse the chicken livers under cold water and pat them dry with a paper towel. Remove any unwanted parts.

**2** In a large skillet, melt 2 tablespoons of butter over medium heat. Add the chopped onion and minced garlic, cooking until soft and fragrant.

**3** Increase the heat to medium-high and add the chicken livers. Cook for about 5 minutes, stirring occasionally, until browned on the outside but slightly pink on the inside.

**4** Pour in the brandy and let it simmer for a minute to enhance the flavours of the pâté.

**5** Sprinkle the fresh thyme leaves, salt, and black pepper over the chicken livers. Stir well to evenly coat the livers.

**6** Transfer the mixture to a food processor or blender. Pulse until the ingredients are finely chopped and well combined, creating a smooth pâté.

**7** Add the remaining 2 tablespoons of butter to the food processor and blend until fully incorporated, achieving a luscious texture.



## Peach, Prosciutto and Mozzarella Salad

Serves: 2

### Ingredients:

- Ripe Peaches, stoned and quartered
- 4 slices of Prosciutto, torn
- 1 ball Mozzarella, torn
- 2 handfuls of Rocket
- 2 tbsp. toasted Pine Nuts
- 1/2 tbsp. Maple Syrup

### Dressing:

- 2 tbsp. Olive Oil
- 1 tbsp. Lemon Juice

### Method:

**1** Arrange rocket, peaches, prosciutto and mozzarella on 2 plates.

**2** Pour over syrup.

**3** Drizzle over dressing.

**4** Scatter over pine nuts

**8** Taste the pâté and adjust the seasoning if desired. Add more salt, pepper, or thyme to your preference.

**9** Spoon the pâté into ramekins or small serving dishes, smoothing the top with a spoon.

**10** Chill the pâté in the refrigerator for at least 2 hours to allow the flavors to meld and the texture to set.

**11** Serve the Chicken Liver Pâté with bread slices, toast, or crackers. Enjoy the creamy and savory goodness!





## Roasted Salmon with Dijon Maple Glaze

Serves: 4

### Ingredients:

- 4 salmon fillets, skin-on
- 2 tablespoons Dijon mustard
- 2 tablespoons pure maple syrup
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh dill or parsley, for garnish

### Method:

- 1** Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper or aluminum foil for easy cleanup.
- 2** In a small bowl, whisk together the Dijon mustard, maple syrup, olive oil, lemon juice, minced garlic, salt, and black pepper. Set aside.
- 3** Place the salmon fillets, skin-side down, on the prepared baking sheet. Brush the tops and sides of the salmon fillets generously with the Dijon maple glaze.

**4** Roast the salmon in the preheated oven for about 12-15 minutes, or until it reaches your desired level of doneness. The salmon should be flaky and opaque in the center.

**5** Once cooked, remove the salmon from the oven and let it rest for a few minutes. This allows the flavors to meld and the fish to become more tender.

**6** Garnish the Roasted Salmon with Dijon Maple Glaze with fresh dill or parsley for a pop of freshness and visual appeal.

**7** Serve the salmon fillets on individual plates, accompanied by your favourite sides such as roasted vegetables, steamed asparagus, or a fluffy bed of couscous.



## Eton Mess Serves: 4

### Ingredients:

- 2 cups fresh strawberries, quartered
- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 1 tablespoon granulated sugar
- 1 teaspoon lemon juice
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- Meringue, break to small pieces
- Fresh mint leaves

### Method:

**1** In a mixing bowl, combine the strawberries, raspberries, blueberries, granulated sugar, and lemon juice. Gently toss the berries until they are coated in the sugar and lemon juice mixture. Set aside to macerate for about 10 minutes, allowing the flavours to meld together.

**2** In a separate mixing bowl, whip the heavy cream, powdered sugar, and vanilla extract until soft peaks form. Be careful not to overwhip the cream.

**3** Crumble the meringue nests into small, bite-sized pieces. You can adjust the size of the pieces according to your preference for a mix of textures.

**4** To assemble, take four serving glasses or bowls. Begin by layering a spoonful of whipped cream at the bottom of each glass.

**5** Add a layer of the berries, followed by a sprinkling of the crumbled meringue pieces. Repeat the layers until all the ingredients are used, finishing with a dollop of whipped cream on top.

**6** Garnish each Eton Mess with fresh mint leaves for a pop of color and added freshness.

**7** Serve immediately and enjoy.





# Whats on?

**Some of the biggest and best shows and events to be found in North and South Lanarkshire!**



## Exhibition - Bring me to life

08/07/23 - 01/10/23 | East Kilbride Arts Centre

Bring Me to Life exhibition is back for a second year running! Keeping the theme of bringing art to life using recycled materials and found goods to create life size sculptures, Alice in Wonderland and friends will be on display alongside a new underwater theme section to the exhibition. Michelle provides interactive, thought-provoking art that captures the viewers' attention as well as making an impact on recycling within the arts.

*Free Admission*

## events



## Revive Festival

08/07/23 - 09/07/23 | East Kilbride Arts Centre

Revive your weekend at our arts, culture and green festival. Visit our studios and rooms, where you can paint ceramics, make wonderful works of art, displaying drawings and paintings from our classes, and most of all, join in the fun of creating items to take home. Let yourself be magically transported by exciting stories and characters from our storytellers in the garden.

The theme is recycle, reuse, and renew.

*Free Admission | Timetable info available online*



## Dragged Tae The Steamie

15/07/23 | Rutherglen Town Hall

Following a sold out run in 2022, Dragged Tae The Steamie is dragging itself across Scotland for a Summer Tour in 2023. The official authorised Drag adaptation of The Steamie by Tony Roper, with songs by Dave Anderson and the characters portrayed by actors in drag. Join Mrs Culfeathers, Magrit, Doreen, Dolly, and Andy on Hogmanay 1953 as they laugh, talk and cry doing the final wash of the year in a Glasgow public washhouse.

*£25 | Available to book online or call 0141 613 5700*

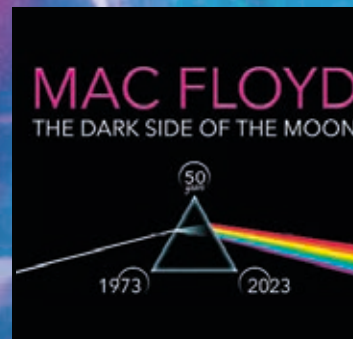


## Flowers and Forests: Green Woodworking

22/07/23 | Low Parks Museum

Fascinating green woodworking demonstration with additional displays of turned wood crafts and botanical illustrations from friend of the museum, dendrologist, wood carver, whittler, and botanical artist Robert Louth.

*Free Admission*



## Mac Floyd - Dark Side Of The Moon

22/07/23 | Lanark Memorial Hall

MacFloyd, Scotland's Pink Floyd, return to Lanark Memorial Hall with a special show celebrating the 50th anniversary of Pink Floyd's classic The Dark Side Of The Moon album. The band will perform it in its entirety as well as other classics from the Floyd back catalogue in over two hours of timeless music and impressive visuals.

Don't miss it!

*£20 | Available to book online or call 01555 673199*

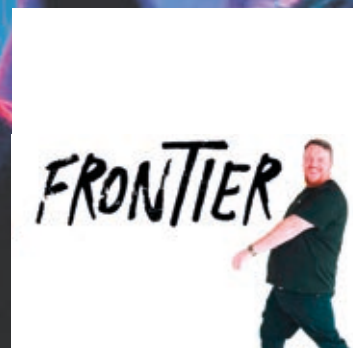


## Summer Activities

27/06/23 - 11/08/23 | Low Parks Museum

Supporting our newly opened exhibition, on weekdays throughout the holidays, we're pleased to offer a selection of Sir Harry Lauder themed activities, suitable for visitors young and old. We'll be playing some of his songs throughout the drop-in sessions so expect a sing-along while you work! Stay for as long as it takes to complete the activity or for the whole session, as long the small folk's summer social calendar will allow!

*Paid and Free admission available*



## Gary Faulds Live - Frontier

29/07/23 | The Town House Hamilton | Over 18 Only

An action-packed hour of relatable comedy from Gary who just wants to be a better version of himself, but what steps need to be taken for that to happen? How do normal people live the life of these six pack Spartan gods on Instagram who have never have bad days or bits of donner meat stuck to their teeth? Come to the gig, turn off your phone and get lost in his madness.

*£22.50 | Available to book online or call 01698 452299*



## Acoustic McCartney and Sting

12/08/23 | East Kilbride Arts Centre

Two shows in one night! One voice, one guitar. In Acoustic McCartney, Edinburgh Fringe Award winner since 2016, Gus Boyd, performs interpretations of Paul McCartneys songs from The Beatles, Wings, and his solo career. Expect to hear Yesterday, Let it Be, Hey Jude and many more. In Acoustic Sting, Gus sings The Police and Sting numbers, including Roxanne, Fields of Gold, Message in a Bottle, Every Breathe you Take, and Englishman in New York.

*£13 | Available to book online or call 01355 261000*



# Talk From the Terrace

## History of Motherwell FC *part 2*

Article by Stuart Graham

Motherwell's first Premier season was a good one, finishing fourth, but they were relegated in 1979 and spent the early eighties moving up and down between the Premier and First Divisions. Several managers came and went during this period before Tommy McLean was appointed in 1984, with Motherwell back in the First Division. McLean's first season saw immediate promotion as Champions and Celtic being taken to a replay in the Scottish Cup Semi-Final. Stability was achieved under McLean and the club gradually progressed, culminating in winning the Scottish Cup in 1991, beating Dundee Utd 4-3 in a memorable final.

Well's first major trophy in 39 years. This triumph also resulted in Motherwell entering the European Cup Winner's Cup, their first involvement in European Competition, although they went out in the first round to Katowice of Poland on the away goals rule. After guiding Motherwell to a UEFA cup place in season 1993/94, McLean surprisingly resigned and was replaced by Alex McLeish. In his first season in charge, McLeish led Motherwell to their highest league placing for sixty years when they finished runners-up to Rangers, and hence claim a place in the UEFA cup for the second year running.



1991 Scottish cup celebrations



Scottish cup winners

As a result of the Taylor Report, Fir Park has undergone many changes in recent years. The covered enclosure opposite the Main Stand was seated in 1991, and the 4,800 capacity visitors stand was completed in 1993 at the south end of the ground. Finally, the north terracing was demolished in 1994 and replaced with a single tier stand, named the Davie Cooper Stand following the death of the club's former player in March 1995. With an all seated capacity of 14,400, Fir Park can now claim to be one of the finest provincial stadia in the country.

Fast forward through the years to 2008 and Mark McGhee's first season with the Steelmen was a memorable one for the club, in more ways than one. 'Well picked up three wins in their first four games,



Motherwell stadium after updates in 1995

which strangely included an away victory at home, due to the club ground sharing Fir Park with newly promoted Gretna. Heading into the turn of the year on the back of a thrilling 5-3 victory over Dundee United saw McGhee's men start the new year in fine fashion, registering three wins from four as they continued to push for a strong finish in the topflight.

One of the standout results of the 2007/08 campaign was the stunning 1-0 victory at Celtic Park, when 10-man 'Well left Glasgow with all three points thanks to Simon Lappin's 33rd minute winner. An impressive seven points from nine in the final three games of the season against Aberdeen, Rangers and Hibernian saw the Fir Parkers return to Europe for the first time in 13 years after securing third in the table.

Much of 'Well's success in the league was down to the fine partnership formed by Chris Porter and David Clarkson up front, who combined to

bag 31 goals between them in all competitions. A run to the quarter final of the League Cup was cut short by eventual winners Rangers, as Mark McGhee enjoyed a fine first campaign at the helm. The 2008/09 campaign didn't bring with it the same domestic success, but it did bring European football to Fir Park thanks to the teams exploits the season before. More than 11,000 packed into Fir Park to watch AS Nancy take on the Steelmen in UEFA Cup qualification but witnessed a 2-0 defeat at the hands of the French outfit.

A comfortable spot in seventh saw yet another year of securing topflight status, but McGhee departed for Aberdeen in the summer to be replaced by Jim Gannon. Despite suffering just five defeats in 17 league games, Gannon was relieved of his duties before the turn of the year and replaced by Craig Brown, who went on a staggering 12-game unbeaten run as 'Well secured yet another top-half finish in the topflight.

The Fir Parkers ended the league campaign with two draws but scored an incredible nine goals in those games. The final fixture at Fir Park was a 6-6 draw with Hibernian, which broke the league record for most goals scored in a game. Trailing 6-2 to the Edinburgh outfit, the Steelmen surged to a near-impossible comeback. The last-minute equaliser will be discussed for years to come, with Lukas Jutkiewicz thundering an unstoppable strike into the far corner, on the bounce, from a tight angle. European football was again secured for 2010/11, and Motherwell went on to enjoy yet another memorable campaign domestically.

For the second season in a row however, the new campaign saw another change in management just before the turn of the calendar year. Craig Brown stepped down from his position and was replaced by Stuart McCall, and in the months that followed Motherwell went from strength to strength under the former Bradford City boss.



McCall guided 'Well to the Scottish Cup final, where the club fell short against Celtic – losing 3-0 at Hampden Park. In the league though, the Steelmen picked up a 2-0 victory over the Parkhead side and went on to finish in the top half of the table. McCall's first full season in charge saw the club enjoy a stunning season in the topflight in Scotland. Michael Higdon, Nicky Law and Henrik Ojamaa were among the arrivals throughout the 2011/12 season, with the former finishing as the club's top scorer on 16 goals. Two manager of the month awards were collected by McCall, whilst Keith Lasley collected a player of the month award for October after his impressive performances in claret and amber. Second-placed Rangers endured problems off the pitch which meant third-placed 'Well qualified for the UEFA Champions League for the first time in the club's history for season 2012/13. Being placed in the non-champions section of the draw saw McCall's side paired with Greek giants Panathinaikos. A 2-0 first leg defeat at Fir Park was followed up by a 3-0 loss at the Olympic Stadium in Athens, but it didn't mean European football was finished for the season. Elimination from the Champions League saw the club parachuted into the Europa League play-off round, where Spanish side Levante lay in wait. A 2-0 home loss was followed up by a 1-0 defeat away in Valencia. And despite the results, Motherwell managed to equal the longest participation in European competition in a rich 127-year history.

Domestically, and without Rangers for competition, the club finished second in the league – 16

points behind champions Celtic but again, making sure the club were set to compete in Europe. Michael Higdon's stunning goal haul of 27, of which 26 arrived in the league, meant the Englishman picked up the PFA Scotland Player of the Year award in the same season that McCall collected the manager's award following an incredible season in charge. 2013/14 was McCall's final full season as 'Well boss and he put in another superb shift as manager, guiding the club to second place for the second consecutive season, before leaving early in 2014/15. Another notable departure was made less damaging by the form of John Sutton, who stood up to the task of replacing Higdon, who left Lanarkshire for NEC Nijmegen. However, the club went on to experience the highs and lows of football in the space of twelve months, finishing second top one year and then second bottom the following. Coming in to replace the departing McCall in December, Ian Baraclough couldn't turn around the club's fortunes as they slid into 11th spot in the table.

A play-off clash with Rangers presented itself as two of the most important matches in the club's

history, and it saw former boss McCall return to Fir Park with his Rangers side looking to turn around a 3-1 first leg defeat. As it happened, Baraclough guided the 'Well to safety in style, putting in an emphatic display in the second leg and registering another fine victory to win 6-1 on aggregate. The performances secured Premiership status for a 31st consecutive season, and thwarted Rangers from reaching the topflight in back-to-back campaigns. Baraclough remained in charge at the club until late September of 2015, before Mark McGhee returned to Fir Park for a second stint at the helm after Stephen Craigan's short spell as interim boss. Louis Moulton was one of Baraclough's summer recruits, and he formed a strong partnership with Scott McDonald as Motherwell returned to the top half of the table. Club legend James McFadden also came back to Lanarkshire for another spell at his boyhood club in the same season. 2016/17 didn't bring the same success domestically, as the club returned to a basement battle for long spells of the season. It led to the relieving of Mark McGhee as manager in February with the club flirting around the play-off spot for a second

season in three. However, Stephen Robinson took control as caretaker manager and turned the club's fortunes around, before being appointed on a permanent basis in March 2017. The former Northern Ireland assistant manager, and 'Well assistant to both Mark McGhee and Ian Baraclough, enjoyed an incredible first full season in charge as he guided the club to two cup finals. However, the presence of Brendan Rodgers treble winning Celtic side meant the Fir Parkers were subjected to collecting two runners-up medals in just six months. Semi-final victories over Derek McInnes' Aberdeen and Pedro Caixinha's Rangers were some of the highlights of the 2017/18 season, as the Lanarkshire side built some momentum under Robinson. And it was no mean feat for the manager, who engineered a mass turnaround in his playing squad and made them gel as a unit immediately. Then came the departure of then-leading goal scorer Moulton in January 2018, but Robinson's shrewd recruitment continued as Curtis Main and Nadir Çiftçi came through the door, before the club went on to produce a fine Scottish Cup run, as well as finishing seventh in the Premiership. Motherwell have continued to remain a topflight team with several top 6 finishes and under fan ownership the club goes from strength to strength.



## Motherwell FC Honours

### DOMESTIC SUCCESS

#### SCOTTISH LEAGUE CHAMPIONS (1)

1931/32 (finished on 66 points, five ahead of runners-up Rangers)

#### SCOTTISH LEAGUE RUNNERS UP (7)

1926/27 (finished on 51 points, five behind winners Rangers)\*

1929/30 (finished on 59 points, five behind winners Rangers)\*

1932/33 (finished on 59 points, three behind winners Rangers)\*

1933/34 (finished on 62 points, four behind winners Rangers)\*

1994/95 (finished on 54 points, 15 behind winners Rangers)

2012/13 (finished on 63 points, 15 behind winners Celtic)

2013/14 (finished on 70 points, 29 behind winners Celtic)

\* denotes two points for a win

#### SCOTTISH CUP WINNERS (2)

1952 (beat Dundee 4-0)

1991 (beat Dundee United 4-3 AET)

#### SCOTTISH CUP RUNNERS UP (6)

1931 (lost replay to Celtic 4-2, after first game ended 2-2)

1933 (lost to Celtic 1-0)

1939 (lost to Clyde 4-0)

1951 (lost to Celtic 1-0)

2011 (lost to Celtic 3-0)

2018 (lost to Celtic 2-0)

#### SCOTTISH LEAGUE CUP WINNERS (1)

1950 (beat Hibernian 3-0)

#### SCOTTISH LEAGUE CUP RUNNERS UP (3)

1954 (lost to Hearts 4-2)

2005 (lost to Rangers 5-1)

2017 (lost to Celtic 2-0)

#### SCOTTISH FIRST DIVISION CHAMPIONS (2)

1981/82 (finished on 61 points, 10 ahead of runners-up Kilmarnock)

1984/85 (finished on 50 points, two ahead of runners-up Clydebank)

#### SCOTTISH SECOND DIVISION CHAMPIONS (2)

1953/54 (finished on 45 points, three ahead of runners-up Kilmarnock)

1984/85 (finished on 64 points, nine ahead of runners-up Ayr United)

### EUROPEAN PARTICIPATION

#### UEFA CHAMPIONS LEAGUE

2012/13 (third qualifying round)

#### UEFA CUP

1994/95 (first round)

1995/96 (preliminary round)

2008/09 (first round)

#### UEFA EUROPA LEAGUE

2009/10 (third qualifying round)

2010/11 (play offs)

2012/13 (play offs)

2013/14 (play offs)

2014/15 (second qualifying round)

2020/21 (third qualifying round)

#### UEFA CUP WINNERS CUP

1991/92 (first round)

Scottish cup winners 1991





# Anna's 100th Birthday!



## Article by ANB Team

Anna Gilmour is a remarkable lady with a never-ending supply of amazing stories from throughout her life. She was born on the 28th of April 1923 so is currently 100 years old and doing amazingly. Anna is an extremely independent and headstrong woman who knows exactly what she wants and how she wants it.

Anna was born in Springburn, Glasgow. She currently resides in Hamilton but has also lived in Irvine and London. Anna lived in London during World War II and loves to tell stories about that time in her life. Anna has also kept a hold of many of her belongings. Her home is a treasure trove full of fables and tales of her life. While in London Anna spent one year training for the Women's Royal Naval Services which she continued to serve in for a further 4 years during the war.

She attended school at Balornock, near Stobhill Hospital in Springburn, and graduated age 15. Anna then went on to work in Nobel's explosive factory where she manufactured explosives for ten years during the peace time. Anna left the Nobel's factory and moved onto Imperial Chemicals Industries where she also aided in the manufacturing of explosives. Anna finally ended up working as a chief clerk in the district court in Irvine.

Anna now spends her days listening to music on her CD player, especially old Scottish musicians such as Tommy Scott and Andy Stewart. Anna is the definition of a "tea jenny" and can be found with her teapot by the side of her armchair at all times. Anna is an extremely proud lady, she always makes sure she has her matching dress suits on and her hair freshly curled, ready for any visitors she

may have. Anna loves to have a chat with the staff that go in to assist her, telling them her life stories and how she is "an old maid" and happy that way. Anna is always happy to spend time with the staff, unless she thinks they are passed their designated time and then promptly ushers them out of the house to their next service user in need.

All in all, Anna is cherished by all staff who have had the joy of meeting her. She is an absolute delight to provide care to, she always shows her appreciation and gratitude to the staff and we all look forward to being a part of Anna's life for many years to come!

## We want you!

All new beginning wants to hear your stories and showcase your achievements in our magazine. If you have anything you are proud of and wish to showcase it, speak with a member of our team for more details.



# Mind Games

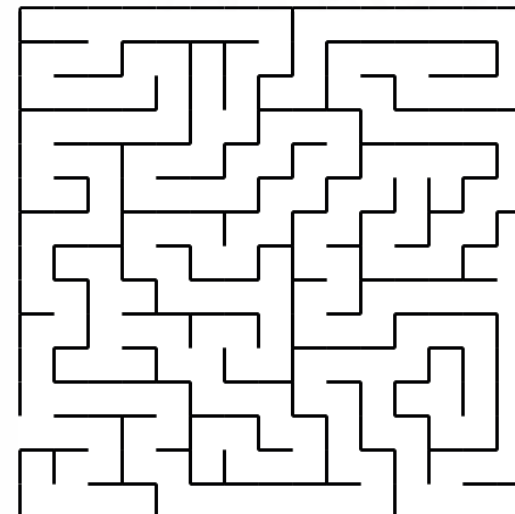
Looking for a brief escape or a quiet moment of concentration, try our collection of games and puzzles.

## Sudoku

4			8		3	7		
				5				
7	5		1			4	8	2
					8			
8	2	7		3		9		5
			2		5		3	
		5	4		2		6	
				1		8		9
	6	2					1	

			2	6		7		1
6	8			7				9
1	9				4	5		
8	2		1					4
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

## Maze



## Riddles

WITHOUT FINGERS, I POINT. WITHOUT ARMS, I STRIKE. WITHOUT FEET, I RUN.

WHAT AM I?

IF YOU TAKE OFF MY SKIN ONLY YOU WILL CRY.

WHAT AM I?

I CAN TRAVEL THE WORLD BUT I AM ALWAYS ON THE CORNER.

WHAT AM I?



# Pet Corner

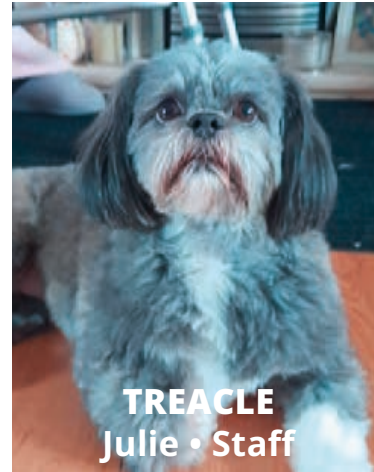
Any photos of your beloved pets?

Pass them on to your care team or send them on to [magazine@allnewbeginnings.co.uk](mailto:magazine@allnewbeginnings.co.uk)

Many of our service users and staff members have pets in their life. Pets can help relieve stress, provide unconditional love, be a source of comfort and company and sometimes even improve physical health. Some of our staff members have taken their dogs into the homes of some of our service users in their free time to help share the joy of having a fun, loyal companion whilst also bringing a smile to their face.



**SAFFI**  
Owner • Directors



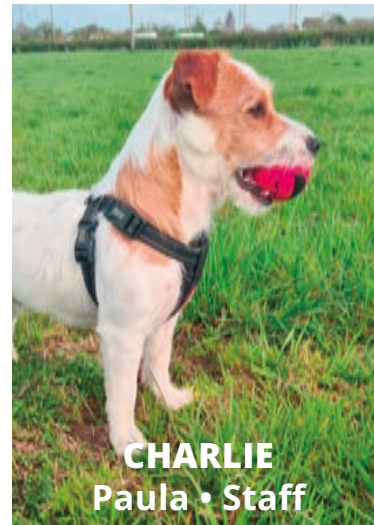
**TREACLE**  
Julie • Staff



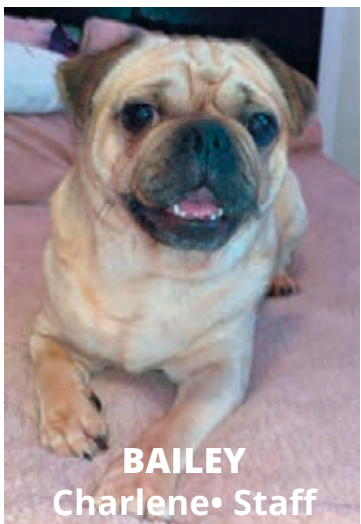
**LUNA AND SNOOPY**  
Paula • Staff



**CALI**  
Diane • Staff



**CHARLIE**  
Paula • Staff



**BAILEY**  
Charlene • Staff



**CHARLIE**  
Paula • Staff

# Your Local Library

Before television started broadcasting twenty four hours a day, a visit to the local library was part of everyday life. Did you know that Lanarkshire now has forty two libraries, nineteen of which are in South Lanarkshire. They still offer free membership so you can take your book choices home to read at your leisure. They are now offering so many more services and have become, once again, a social hub for the community.

Books are available to read in large print and they even offer talking books, which

are on a CD disc or in a MP3 format. Many people now use electronic devices such as kindle to read books and magazines and the friendly staff are on hand, in most branches, to assist you in learning how to use electronic devices to access books.

If you do not have internet in your home or if you need to make a photocopy of a photo or document, then the local library offers these facilities too.

Many libraries have reading groups, such as Hamilton library, which even has a

social reminiscence group. Library staff are also available to assist you with local historical books and also how to discover your ancestors for your family tree.

You can also join 'Knit and Natter' groups, including at Fair Hill library, where everyone is welcome to bring their knitting needles and crochet hooks and do a few rows in a comfortable social setting.

North and South Lanarkshire both offer a home delivery service for readers who have difficulty visiting their local library. North Lanarkshire has a weekly route where you can visit the mobile library and South Lanarkshire offers a home delivery service.

Anyone who lives in the area can join the local library and you can find information about your closest library on the internet.

South Lanarkshire libraries [www.slleisureandculture.co.uk](http://www.slleisureandculture.co.uk)

North Lanarkshire libraries [www.libraries.culturenl.co.uk](http://www.libraries.culturenl.co.uk)

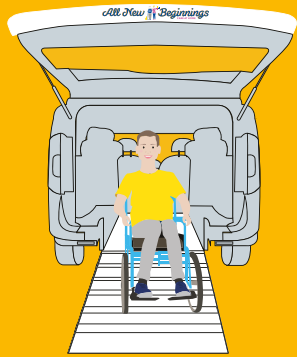
Phone your local library for information about reading groups, social groups, mobile library services and how to become a member. We would like to thank Hamilton and Motherwell libraries for assistance in gathering this information.





# Assisted Day Trips & Respite care

## Assisted Day Trips



Relax and enjoy a great day out knowing that you're in safe hands. If you would like to go to one of the events listed in the magazine or fancy a day out of your choosing, speak to your carer who can organise this for you.

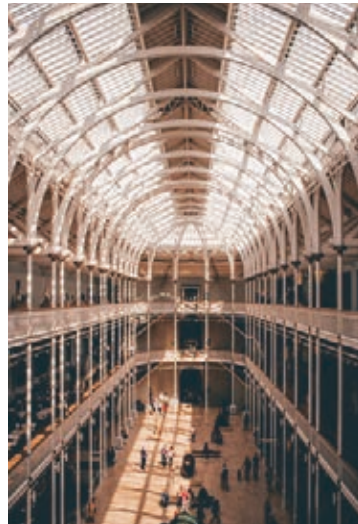
## Carers Respite Care

ANB recognise that everyone needs a break from caring. If you are a carer you can organise ANB to take over your duty of care, allowing you to make time for you. Call ANB for more information.



# Share Your Experiences

We are interested in hearing from any of our service users who may be interested in reviewing places of interest in the local area in order to share your experiences in a future edition of 'Seasonal Inspirations'. Our editor can assist you to share your thoughts, if writing an opinion article by yourself is too daunting, we simply would like to hear from you if you would like to participate with your views and experiences. Please register your interest or ask any questions to a member of the 'All New Beginnings team'.



# Useful Products & Services

List of various providers from the surrounding area

## HEARING

**Lanarkshire Hearing Centre Hamilton** 58 Cadzow St, Hamilton ML3 6DS  
www.lanarkshirehearingcentre.co.uk  
info@lanarkshirehearingcentre.co.uk

**Specsavers Opticians and Audiologists**  
36 High St, Lanark ML11 7EX  
www.specsavers.co.uk  
01555 661166

## MOBILITY

**Relief Mobility Solutions**  
34b, Brownsburn Ind Est, Viking Rd, Airdrie ML6 9SE  
www.relief-mobility.co.uk  
01236 767759

**Beejay Mobility**  
12-16 Cadzow St, Hamilton ML3 6DG  
www.beejaymobility.co.uk  
info@ukmobilityhealthcare.co.uk  
01698 423888

## DENTIST

**Strathaven Dental**  
2 Kirk St, Strathaven ML10 6LE  
mail@strathaven.dentist  
www.strathaven.dentist  
01357 522886

**Blantyre Family Dental Care** 3 Broompark Rd, Blantyre, Glasgow G72 0DP  
www.blantyrefamilydentalcare.com  
Info@blantyrefamilydentalcare.com  
01698 829080

**Windmill Dental Care**  
79 Windmillhill St, Motherwell ML1 1RY  
www.windmilledentalcare.co.uk  
info@windmilledentalcare.co.uk  
01698 262698

## ORTHOPAEDICS

**The Treatment Hub**  
60 Cadzow St, Hamilton ML3 6DS,  
www.thetreatmenthub.co.uk  
customerservices@sportorthotics.co.uk  
01698 537037

**Bothwell Medical Rooms**  
28 Hamilton Rd, Bothwell, G71 8NA, United Kingdom  
www.bothwellmedicalrooms.co.uk  
info@bothwellmedicalrooms.co.uk  
01698 854474

## OPTICIANS

**Optical Express**  
61 High St, Carluke ML8 4AL  
www.opticalexpress.co.uk  
enquiries@opticalexpress.com  
01555 750136

**Vision Express Opticians**  
18/19, The Plaza, East Kilbride, Glasgow G74 1LW  
www.visionexpress.com  
01355 241200

**Simpson Opticians**  
52 Union St, Larkhall ML9 1DR  
info@simpsonopticians.com  
www.simpsonopticians.com  
01698 882622

## OTHER

**Glebe Medical Centre**  
Abbeygreen, Lesmahagow, Lanark ML11 0DB  
www.glebemedicalpractice.co.uk  
01555 892328

**Motherwell Health Centre**  
138-144 Windmillhill St, Motherwell ML1 1TA  
www.nhs.uk  
01698 242610

**Lanarkshire Medical Group** 20 Greenhills Cres, East Kilbride, Glasgow G75 8TT  
www.lanarkshiremedicalgroup.co.uk  
01355 236331

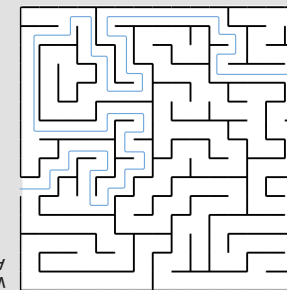
**St Luke's Medical Practice**  
St Luke's Medical Practice  
40 Chapel St, Carluke ML8 4BA  
www.stlukesmedicalpractice.co.uk  
01555 752150

## Mind games answers

Turn page upside down for answers

I AM A STAMP  
I CAN ALWAYS ON THE CORNER.  
I CAN TRAVEL THE WORLD BUT I  
AM AN ONION  
IF YOU TAKE OFF MY SKIN  
ONLY YOU WILL CRY.  
I AM A CLOCK  
ARMS, I STRIKE, WITHOUT FEET, I RUN.  
WITHOUT FINGERS, I POINT. WITHOUT

Riddles



Maze

9	5	2	8	1	4	3	6	7	4	9	6	2	3	8	7	5	1	4	9
6	3	6	9	5	7	1	3	2	4	8	9	5	7	1	3	6	2	8	3
1	8	5	4	9	2	3	6	7	5	1	9	3	2	6	8	7	4	1	8
6	4	9	2	7	5	1	3	8	9	5	1	7	4	3	6	2	8	6	4
8	2	7	6	3	1	9	4	5	3	7	4	6	8	2	9	1	5	8	2
5	3	1	9	4	8	2	7	6	8	2	6	1	9	5	3	4	7	5	3
7	5	3	1	6	9	4	8	2	1	9	7	8	3	4	5	6	2	7	5
2	1	8	7	5	4	6	9	3	6	8	2	5	7	1	4	9	3	2	1
4	9	6	8	2	3	7	5	1	4	3	5	2	6	9	7	8	1	4	9

Sudoku