

# STRATHBUNGO



# NEWS

Autumn 2006

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## Autumn BUNGO Coffee Break!

Our Autumn coffee morning  
will be held on

**Saturday 4th Nov**

Queen's Park Parish  
Church Hall  
[on Queens Drive]

**All are welcome.**

Please contact Joanna on  
**423 7756** if you would like  
to donate any baking,  
bric-a-brac or books.

## TITWOOD ROAD RAIL BRIDGE OPEN

**Traffic troubles in Strathbungo could be at an end after the Titwood Road Rail Bridge was officially opened in August.**

Coming in under budget and a month ahead of schedule, the opening was accompanied with relief across Strathbungo as it heralds the end of a year of traffic chaos in the back lanes and gridlock on Pollokshaws Road.

Local residents have commented on the dramatic reduction in rat running in the back lanes and the more acceptable traffic levels on Pollokshaws Road. However, as one resident cautioned, the real test will come when more roadworks start at the end of September.

For the Strathbungo Society the traffic problems have led to fresh talks with the roads department about a range of issues. We intend to continue pursuing these issues with the council and to encourage residents to suggest new solutions to the problems our narrow streets face with increasing car usage in the city.

Developments currently under discussion include: 20mph speed limits, a car share scheme, parking permits and systems and improving signage and lighting.

## Blue Bins For Bungo Tenements

**Glasgow City Council has announced that it plans to roll out the blue-bin recycling scheme to tenements and hard-to-access areas across the city.**

Currently around 60% of Glasgow's 300,000 homes are in tenement flats and the only recycling provision available to residents is communal recycling facilities, such as those on Kildrostan Street.

Strathbungo also suffers the additional difficulty of narrow back lanes for refuse collection and it may be possible for the tenement scheme to be used in areas like ours with difficulty using traditional kerbside blue bins.

Scotland is currently at the bottom of the international recycling league table. In 2000 just 9% of recyclable rubbish in Scotland made its way to blue bins. Now it's closer to 25% but one of the biggest stumbling blocks to success is the difficulty of encouraging recycling in tenements.

According to a recent report by the City Council, 90% of Glasgow's waste goes to landfill, a shocking 80% of which could be recycled. 93,000 (35%) households have a

blue kerbside bin for recycling and there is already a trial tenement scheme underway in the north and west of the city.

Robert O'Neill, Glasgow's director of environmental protection services, says: "People who live in tenements are very keen to recycle and I am always being asked why they cannot have recycling bins. We have been running a trial in back courts where we provided locked bins for cans and paper-width slots for the items so that no-one can dump a bag of mixed rubbish in them and it has been very successful. It requires more work for our crews to empty them and to roll that out across the city would require 11 more vehicles and 22 more employees."

The Scottish Executive has been monitoring a number of similar recycling trials across Scotland and is currently evaluating the results. A decision on how to proceed is expected in September. Watch this space!

## STRATHBUNGO NEWS

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## The Pipes Are Calling

The Strathbungo Society is looking for enthusiastic local musicians for this year's Bungo At The Bells Hogmanay celebration. If you'd like to perform on the night, contact Joanna Murphy on 0141 423 7756. There will be a small fee available

# Bigger, Better, Brighter, Bungo!

The weather was fantastic, the music funky and the food fresh and fiery. It can only be the annual midsummer madness that is Bungo In The Back Lanes. This June's event was our busiest ever with visitors from across Glasgow dropping into the lanes to sample the Southside's friendliest and most vibrant community.

*While the Strathbungo Society would love to take all the credit, we offer special thanks to all those who made this year's event truly spectacular.*

*These include:*

1901  
Kelly's  
The Alison Arms  
Heraghty's  
Shimla Pinks  
Indiagate  
Moyra Jane's  
Ikafe  
Pizza Hut  
Hairgarden  
Cameron's  
The Barber Biker  
Floral Haven  
Nisa Day Today's  
The Sunshine Grocer  
Catherine Henderson Design  
Joan Short  
Lah Tea Doh  
Zucchini  
Clyde 1  
Your Home Centre  
Remedy  
Arnold Clark  
Councillor Cuning  
Environmental Protection Services  
Land Services  
Tapa  
Source  
Haddows  
Alims Newsagent  
Regent Park Studio  
Star Fish & Chips  
St Bride's Primary School  
Glasgow Chiropractic  
Park Gallery  
New Victoria Gardens  
Morrisons Supermarkets

And thanks, most of all, to YOU for holding a stall, buying a beer and having fun. See you next year!

A huge round of applause for all the Bungo people who put out stalls to sell books, handicrafts, pictures and bric-a-brac and those who worked hard to make delicious milkshakes and home baking. This year saw enterprising new stalls selling everything from vintage clothes to Victorian doors and providing services from tarot readings to tablet making!

There was something for everyone on the Nithsdale Road lane, with the children's garden at the top as fantastically busy and organised as ever. Laura Davy did a fantastic job of organising and supervising the bouncy castle and children's garden. This year the Society really wanted to get as many lanes as possible involved, and it was great to see so many people further down the same lane enjoying the more tranquil Tai Chi demonstrations.

We can't forget the perennial favourites - the tea garden at Marywood Square and Jazz Co on Queen Square really helped the day go with a swing and were always busy.



A big thank you to 1901 for organising the fantastic beer gardens. For the second time, Indiagate provided a snack stall selling delicious pakora, which was once again a roaring success. It was particularly pleasing this year to celebrate the involvement of businesses who have become recently established in the area, such as Remedy.

Strathbungo Society stalls included the Society Marquee, the Bottle Stall and the tombola and raffle stalls. Yet again Bungo Bags went down a storm with people eager to get their nearly-new goods home. The raffle also had some great prizes donated by local businesses including Remax, Lah Tea Doh, Floral Haven, Ikafe, The Taverna and Catherine Henderson.

Many thanks to Andrew Greg for devising and hosting the excellent Architecture Walk around the neighbourhood that attracted much interest and warmed up the walkers for a hard afternoon in the beer garden! The day was blessed with great weather but, come rain or shine, Bungo people really make it a celebration of the neighbourhood.



Photographs by Roberto Cavierres





## Hedge Maintenance

The Strathbungo Society has volunteers available to cut back hedges anywhere in the neighbourhood in return for a small donation to the Society. Please call Matthew Moodie on 0141 433 9238 if you would like us to cut your hedge or if you would like to borrow the tools to do the job yourself.

# STOP PRESS

## New venue for Strathbungo Society Meetings

Strathbungo Society committee meetings will now be held in the back room at **Samuel Dow's on Nithsdale Road.**

Meetings are held on the third Monday of each month from 7.30 pm.

Call Laura Jones on 433 9238 if you would like more information.

**Next meeting Monday 16th October**

## Homeopathy



Homeopathy is a safer alternative health system, suitable for all ages, and many conditions, acute or long-term.

Consultations available in your area with a qualified, experienced practitioner.

For appointments and information contact

**Val Waldron**

Classical Homoeopath on

**0141 423 2566**

## Lilian McNeill school of dancing

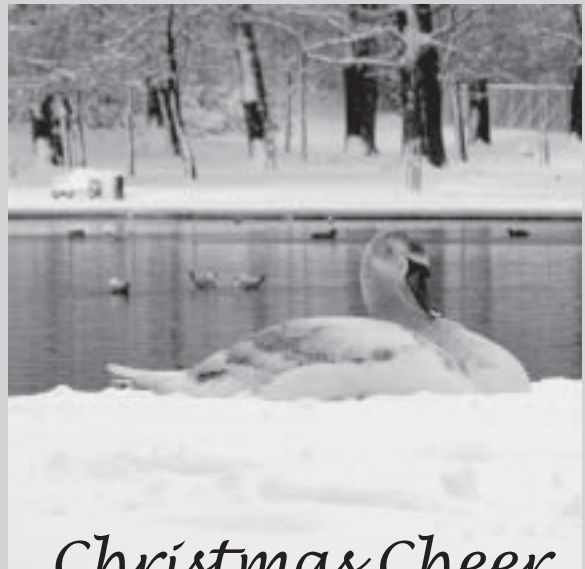
**The Studio,  
29 Marywood Square,  
G41 2BW  
0141 423 0931**

New term commenced  
Saturday 2nd  
September 2006

*Classes from  
two years old  
in RAD Ballet,  
ISTD tap,  
Modern Theatre  
and Jazz.*

*Adult Tap and  
Ballet Classes*

**Keep fit and have fun**



## Christmas Cheer

Plan ahead for Christmas and pre-order your book of Strathbungo Christmas Cards.

For the first time the Society is producing Christmas cards residents can buy to send to friends and family. All proceeds will go to the Strathbungo Society. Cards will bear an image of Strathbungo in the snow and contain the greeting Merry Christmas and a Happy New Year.

**If you would like to place an advance order, please call Laura Jones on 0141 433 9238. Price is to be confirmed.**

You will be able to view the cards at the autumn coffee break.

## southside HOUSING ASSOCIATION LTD

YOUR LOCAL HOUSING PROVIDER

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15% off any Comfort Zone facial with this voucher and free entry into the Comfort Zone prize draw. Show this voucher at the till and receive 10% off any Comfort Zone product purchased. **Offer ends 30th November 2006.**



# CHIROPRACTIC IS NOW AVAILABLE

in the Pollokshields, Strathbungo, Govan, Shawlands area.

Glasgow Chiropractic Pollokshields is launching a community awareness program to educate people on the south side about the importance of spinal health. To herald the beginning of this campaign Dr Barbary and Dr Avery will be conducting free spinal checks at their practice located at 567 Pollokshaws Road (across from Arnold Clark).

Chiropractic is the world's fastest growing health care profession today. Its popularity has positioned Chiropractic it as the *third largest health profession* in the world making it an obvious choice for those seeking to improve the quality of their lives. Chiropractic is concerned with the diagnosis, treatment and prevention of disorders of the musculoskeletal system and the effects these disorders have on the nervous system and general health. Doctors of Chiropractic are trained to perform safe and effective manual treatment including spinal adjustments or manipulation.

By far the most common ailments seen by Chiropractors are that of spinal misalignments which can irritate delicate nerves as they exit the spine. Dr Barbary explains that 'this nerve irritation can cause many common health conditions which can affect every day function. People are often unaware that the spine houses the nervous system, which in turn controls and co-ordinates every vital function of our bodies. Many of my patients were unaware that the optimum functioning of their bodies and nervous system is dependant on having a healthy spine.' Dr Barbary adds, 'People brush their teeth everyday, but never really consider the health of their spines. This is scary as you can replace your

teeth, but what do you do if your spine wears out? My patients are relieved to discover that Chiropractic is an excellent way to look after their spine to ensure their long term health and realise how it can help their overall health problems as well.' Dr Barbary explains, 'We help people every day who suffer from a range of illnesses from asthma to indigestion to general health and well-being'. The benefits of Chiropractic extend much further than relieving back pain, headaches and tension, although these are often the primary reasons people come to me'.

Both Dr Barbary and Dr Avery at Glasgow Chiropractic at Pollokshields, trained for 5 years at the prestigious Macquarie University in Sydney to become qualified Chiropractors. This includes a 3 year Science degree specialising in anatomy and physiology and a 2 year Masters degree specialising in Chiropractic. Chiropractors are trained to check the spines of newborns right through to the elderly and can modify their techniques to suit almost anyone. To see if we can help, a 30 minute consultation involving history, examination (orthopaedic, neurological, palpation and Chiropractic) and possible X-rays if required will be performed, to outline the exact nature of the problem. Treatment, which may include

spinal adjustments and postural or rehabilitation exercises may then be prescribed.

.Glasgow Chiropractic at Pollokshields will perform free spinal checks for kids and adults over the next 7 days. A spinal check is painless, involving a biomechanical, 3 dimensional analysis which takes only minutes to perform. The results however, determine specifically if Chiropractic may help. 'This is a great opportunity to get you and your whole families spines checked out complimentary, as part of our commitment to help raise community awareness about spinal health,' says Dr Barbary. 'Or if you are eager to learn more about how Chiropractic can help you, feel welcome to attend one of our free educational talks which are held at the practice every Tuesday night beginning at 6:45pm.'

**Call one of our friendly and well informed staff Grace or Kate on 0141 636 3792, to organise your free spinal checks with Dr Barbary and Dr Avery. Alternatively you can drop into the practice located at 567 Pollokshaws Road (across from the Arnold Clark Garage). We look forward to being a part of your families' spinal health care.**



**Are you sick & tired of  
being sick & tired?**

Maybe it's time you tried  
**Chiropractic!**

**FREE SPINAL CHECKS**  
(valid until Oct 30th)

**Call to make your  
appointment today!**

**567 Pollokshaws Rd, Pollokshields  
P. 0141 636 3792**

[www.glasgowchiropractic.com](http://www.glasgowchiropractic.com)

