



# the greenlink

"Takes you where you want to go!"

Issue 18 Spring 2011

## EASTER EVENTS 2011

**GRAND OPENING  
MOUNTAIN BIKE SKILLS ZONE**  
BRAIDHURST STREET / WOOD CRESCENT  
SATURDAY  
APRIL 9TH 2011  
1PM - 4PM

Mountain Biking  
Fun & Games

Easter Egg Hunt  
Arts & Crafts



**The skills zone is here!!!** Be one of the first to sample the thrills and excitement of Motherwell's brand new Mountain Bike Skills Zone and catch a great show from the 7 Stanes Mountain Bike Display Team.  
Children must be accompanied by an adult



Skills zone funders:



**GREENLINK EASTER FUN**  
SHIELD'S GLEN.  
SHIELD'S ROAD, MUIRHOUSE.  
THURSDAY  
APRIL 14TH 2011  
2PM - 4PM

Come along and join in the fun at our annual Easter event. Arts & Crafts, Easter Egg hunt and more. Children must be accompanied by an adult.



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## HEALTH WALKS

**ALL AGES & ABILITIES WELCOME**  
11:00am FORTNIGHTLY

**Wed. 23rd March**  
DOONSIDE FLATS, Muirhouse  
Dalzell Estate Circular

**Wed. 6th April**  
WATERSPORTS CENTRE, S.C.P.  
Loch side walk

**Wed. 20th April**  
BRAIDHURST HIGH SCHOOL  
Woodland walk along the Greenlink

**Wed. 4th May**  
OLD MILL HOTEL, north Motherwell  
Woodland walk along the Greenlink

**Wed. 18th May**  
BELLSHILL GOLF CLUB  
Walk along the Greenlink

**Wed. 1st June**  
DOONSIDE FLATS, Muirhouse.  
Dalzell Estate Circular

**Wed. 15th June**  
BRAIDHURST HIGH SCHOOL  
Walk along the Greenlink

**Wed. 29th June**  
WATERSPORTS CENTRE, S.C.P.  
Loch side or woodland walk.

**Wed. 13th July**  
THE BIG SUMMER WALK  
AQUATEC TO CHATELHERAULT  
VIA S.C.P

## NEW HALF HOUR HEALTH WALKS

Beginning on the 23rd March we are offering a new half hour Health Walk that will start at 12.30pm, after the normal scheduled hours walk.  
Come along and give it a go!!

For more information, check out the website at [www.greenlinkscotland.org](http://www.greenlinkscotland.org) or call 01698 267368

The Greenlink Project is funded and supported by:



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# Greenlink...takes you where you want to go!

## CONSERVATION



Our volunteers planting bulbs up at Shields Glen



Daffodil and tulip bulbs planted in Forgewood.

Unfortunately, our volunteers are coming across scenes like this too often. The heat from this fire was so much that the material became embedded in the tarmac!! If you see people burning wheelie bins or stripping wire for copper on the Greenlink Cycle Route please report it to Motherwell Police station on 016984 83000 or Northline on 01698 403110 immediately.



## HEALTH WALKS



One of our fortnightly Health Walks. All ages and abilities are welcome. Dress for outdoors.



The "Mini BIG Walk" in January let our walkers take in the scenery around town.

Our Paths For All Health Walks run once a fortnight. They start from several locations in Motherwell such as Orbiston, Muirhouse, Forgewood and North Motherwell.

We aim to help inactive people get active. Give us a call now for more info.



## SEED TO GREENLINK 2011

Children from local primaries and nurseries in the Motherwell area are taking part in this year's "Seed to Greenlink" programme, helping to improve their local environment through wildflower planting. The annual programme, organised by the Greenlink project, will see children from 14 school groups in North Motherwell, Forgewood, Muirhouse and Orbiston sowing a variety of wildflower seeds in their classroom.

They will then look after the seedlings until they can be planted outdoors in 2 to 3 months time, along the edge of the Greenlink in and around Motherwell.

Teasel, Columbine, Oxeye Daisy and Wild Chamomile are just some of the wildflower seeds that have been sowed, so as well as adding to the aesthetic value of the area the children are doing a good bit for improving local bio-diversity.



CALDER PRIMARY sowing some seeds in their classroom.



## ANTI FLY TIPPING CAMPAIGN

Local primary schools are taking part this year in a **Greenlink Anti-Fly Tipping Poster Competition**. Children from local primaries Eco-Schools - Eco Committee's have been given the challenge of photographing any fly tipping they can find within the Greenlink area and then create a winning design for a poster to be used by the Greenlink for raising awareness of the problem of fly tipping and who you can call to report it to.



LEFT: Children from Cathedral Primary's Eco - Committee on the hunt for fly tipping in North Motherwell. Sad to say, there was lots of examples to chose from.

Fly-tipping is illegal and carries a £40,000 fine in North Lanarkshire. If you spot anyone doing it please call Motherwell Police Office on 01698 483000 or Northline on 01698 403110.

For more information, check out the website at [www.greenlinkscotland.org](http://www.greenlinkscotland.org) or call 01698 267368

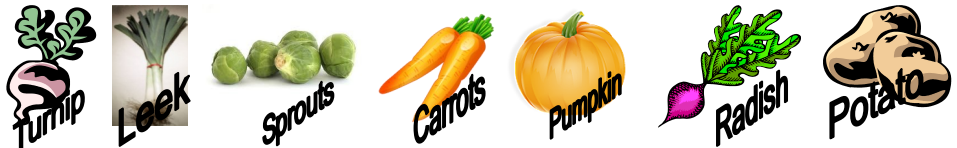
# Greenlink

## HEALTHY LIVING

### GROW YOUR OWN

Save money, reduce your carbon footprint; reduce demand for imports and help the economy, get better quality and far better tasting food. These are just some of the reasons why growing your very own vegetables is great.

### WHAT YOU COULD BE EATING NOW STRAIGHT FROM YOUR GARDEN:



### SEEDS YOU COULD BE SOWING RIGHT NOW

DIRECT TO GROUND	UNDER CLOCHE	IN SEED TRAYS
Beetroot, Carrots, Radish, Turnip	Onion sets, Shallots, Peas	Lettuce, Sprouts, Cabbage, Celery

### GREENLINK HEALTH EVENT

WEDNESDAY 6 TH APRIL

9.30am - 12.00pm

GREEN CABINS, STRATHCLYDE PARK

Free Therapeutic Massage

1hr Health Walk

Half hour Health Walk

**Booking Essential, Call now.**



**Greenlink Mountain Bike Club** was established so parents and children can learn the skills and enjoy the thrills and excitement of mountain biking together.

**Club meets:** Every Sunday at 10:00am@Strathclyde Country Park.

**Away Days:** 2nd Sunday of every month going to Glen Tress, Carron Valley and Callendar.

**Free Bike Maintenance for club members.**

**ONE ADULT + ONE CHILD = £25....FOR THE YEAR!! EXCELLENT VALUE FOR ££££**

**Website :** [greenlinkmountainbikeclub.co.uk](http://greenlinkmountainbikeclub.co.uk) **Contact :** Brian on 07717 016788 for info.

## HEALTHY EATING

### LEEK & POTATO SOUP

Soup is great!! These 2 vegetables make a tasty and substantial, simple soup, and are readily available throughout the year, making them ideal for any season. (Serves 4)

#### INGREDIENTS

50g/4tbsp butter

2 leeks, chopped.

350g/potatoes, chopped

1 small onion, finely chopped

1.5 pints of chicken or vegetable stock

Salt and ground black pepper

Crusty bread, to serve.

- Heat 25g/2tbsp of butter in a large heavy-based saucepan, add the chopped leeks and onions and cook gently, stirring occasionally, for about 7 minutes until softened but not brown.
- Add the potatoes to the pan and cook, stirring occasionally, for 2-3 minutes. Add the stock and bring to the boil, then reduce the heat, cover and simmer gently for 30-35 minutes until the vegetables are very tender.
- Season to taste, remove the pan from the heat and stir in the remaining butter in small pieces. Serve hot with pieces crusty bread.



### Useful Contacts



North Lanarkshire Council (NLC) provides excellent services which are here to help you.



**Strathclyde Police & NLC Anti-Social Task Force (ASTF) are working together** to tackle problems of anti-social behaviour across North Lanarkshire.

For CONFIDENTIAL advice and assistance call

**Strathclyde Police** or **ASTF**  
**01698 483000**      **01236 638580**

In an emergency call 999



Access STREETSMART services by calling  
**NORTHLINE**  
**01698 403110**

#### Report to STREETSMART:

- litter, graffiti and fly-tipping
  - abandoned vehicles
  - requests for dog wardens
  - gritting, street & path repairs
- and contact to find out about:** bulky up-lifts, civic amenity centres & recycling.

#### Have a quad or scramble bike?

Join the club to learn where you can use it legally

**North Lanarkshire Quad & Scramble Bike Club**  
Access the club on **01698 402090** or **www.nlsqbc.com**

**"Creating a better environment for you!"**

Meet the Volunteers.....

## Margaret & Myrna's Story.



*Without the dedication and loyalty of volunteers like Margaret and Myrna the Greenlink would not be the place it is today. If you are interested in conservation volunteering give us a call on 01698 267368. Everyone is welcome.*

We joined the Greenlink after reading the newsletter that is delivered to our homes. We originally got involved by taking part in the fortnightly Health Walks (check out the front page). After attending the walk's we heard about the great work the Greenlink conservation volunteers were doing work in Shields Glen, Muirhouse and since this is our local environment we were very keen to help.

The conservation session is beneficial to us in several ways: we enjoy being out in the fresh air, its gives us exercise and we meet other interesting volunteers; we have helped plant trees and bulbs and clear out general litter and while doing this we have met and chatted with people using the area for recreation. The inquisitive wildlife is also an added bonus to conservation volunteering. It makes it all worthwhile when we get positive feedback from others. So there are many highlights to our days spent there, not forgetting our usual tea & coffee with biscuits at "half-time". We look forward to many more enjoyable times in the days to come.

Got a community event you want to advertise for free? Call us now!!

## \*\* COMMUNITY NOTICE BOARD \*\*

### Greenlink Community Development Group APPEAL FOR EQUIPMENT

We are looking for tools and equipment for conservation work within Motherwell area. If you have any old and working tools or equipment lying around please call us now on 01698 267368.

### Over-the-Hill Trotters Walking Club

Meet every other Wednesday to start walking at 11am  
Walks are all local.

Can be reached by public transport.

Walks are graded either 3.5 or 7 miles

For more information and where to meet contact Joe McCulloch on **01698 252818** or email **jjpmac2000@yahoo.co.uk**.

PS...you don't have to be over the hill to be a trotter!!

### North Lanarkshire Scramble & Quad Bike Club and the Greenlink project's

## FREE UPLIFT SERVICE FOR SCRAMBLE & QUAD BIKERS RESTARTS MARCH 2011

**GET YOUR MACHINE TRANSPORTED FROM HOME TO THE NORTH LANARKSHIRE CLUB CIRCUIT AND BACK FOR FREE.**

**LEARN NEW TECHNIQUES AND GET TIPS ON BIKE MAINTENANCE FROM EXPERIENCED RIDERS.**

**Contact the Greenlink Team to register for a free uplift now on 01698 267368 or check out [www.nlsqbc.com](http://www.nlsqbc.com) for more info.**

## KOKORO JUDO CLUB

**Every Tuesday, Forgewood Community Centre**

**6:30pm - 7:15pm**

**3 - 5 yrs**

**6:30pm - 7:45pm**

**6 - 12 yrs.**

**7:45pm - 9:00pm**

**12yrs to Adult**

Contact Gerry on **07737 719235** for more info.



### Interested in...?

- Health walks and cycling in your local area
- Events for all the family
- Caring for the local environment
- Getting involved in tree planting
- Meeting new friends
- Enjoying the outdoors
- Feeling part of your community

**Then contact the Greenlink Team and get on it today!**

**[www.greenlinkscotland.org.uk](http://www.greenlinkscotland.org.uk)**

## the greenlink

*For more information, contact:*

Greenlink Team

Strathclyde Park

366 Hamilton Road

Motherwell

ML1 3ED

**Tel: 01698 267368**