

GRAPEVINE

The newsletter for Hanover's residents



Come and have a blether!



We're delighted to introduce Hanover Blether, our new Facebook Group for all friends of Hanover. Whether you're a resident, relative or a carer – you're welcome to join.

Hanover Blether is for you to share comments, compliments, suggestions, your news and other information that relates to Hanover. We'll have staff members available during office hours to respond to any queries, and we'll aim to answer them as soon as possible. You're also welcome to post pictures, details of events, or anything else you think will be of interest to fellow residents and friends.

To join the group, you'll need a Facebook account. To get a Facebook account, go to www.facebook.com and follow the simple instructions to sign up.

If you already have a Facebook account, or once you've set one up, log in to Facebook and search for Hanover Blether. When the Facebook group appears, click on the 'Join Group' button. This will send us a request and we can approve you to become a member. Once you're in, come and say hello!

Finally, please don't worry if you don't use the internet or don't want to join **Hanover Blether**. We are still committed to communicating with you in all ways that suit you, including this newsletter, by phone, letter and email (and of course in person!)

We look forward to welcoming you in for a Hanover blether.

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Welcome!

Welcome to Grapevine – your newsletter. Grapevine is the new name for ‘Hanover Today’ but nothing else has changed – you’ll still see the same great articles and it will still be delivered four times a year to each of you.

We’ve also been sent this wonderful poem from Tommy Bradley of Hanover Court in Glasgow, to celebrate the new name:

When the next edition
of ‘Hanover Today’

Our periodic newsletter,
finally comes our way

It will have a change of title,
t’will be ‘Grapevine’ instead

Suggested by Christine Geddes,
who resides in Peterhead

No doubt it will be popular,
of interest to all

With many notable facts –
and items to enthrall.

Enjoy the newsletter

Ian Mountford

Dates for your diary

Tues 27 Sept – East/north
Owners’ Forum: Hanover’s HQ

Thurs 29 Sept – Annual
General Meeting, Hanover’s HQ

Fri 11 Nov – West Tenants’
Focus Group (venue tbc)

Fri 17 Nov – North Tenants’
Focus Group (venue tbc)

Tue 22 Nov – East Tenants’
Focus Group (venue tbc)

Sun 30 Oct (2am) – Clocks go
back

Around the houses



Bo’ness belly dancing

Did you know that belly dancing keeps you fit as well as increasing your confidence? Here’s residents of **Craigview** in **Bo’ness** with belly dancing teacher Diane Davies who regularly delivers belly dancing lessons to the residents and everyone has a great time. From left Sarah Moodie, cleaner; **June McCullough**, resident; **Mary McIntyre**, resident; Diane Davis, teacher; **Joyce Davidson**, resident; **Maggie Smellie**, resident.



Summer fete draws the crowds

Residents of **Hanover Court** in **Dunfermline** held their annual summer fete to raise social funds in July. Along with the obligatory wonderful home baking and bric-a-brac stalls, there was a Guess the Name of the Bear competition. An amazing £1,193.83 was raised – well done to all who took part, and we look forward to hearing about what the money will be spent on in the coming months!

Dressed to impress

This is **Laurie Young MBE** of **Hanover Court** in **Inverurie**. He served in the King's Own Scottish Borderers from 1945 – 1948. Most of his service was spent in the Middle East (Egypt and Palestine). He moved into Hanover Court in October 2015. To celebrate Armed Forces Day on 24 June, he dressed in his regimental outfit. Doesn't he look fantastic!



A May Strawberry Tea



Residents of **Claycot Park** in **Costorphine, Edinburgh**, came together to celebrate the end of spring and the start of summer with a strawberry tea in the lounge. As you can see, it was a very popular event.

The Queens of Strawberry Tarts

Residents of **Craiglockhart Terrace** in **Edinburgh** held a very successful strawberry tart morning in July. Everyone would like to thank **Ian Finlayson** who organised the event and everyone who helped.



Baillie Court's Brain Boxes

Pictured here are the three quiz teams that make up **Baillie Court's** Brain Boxes. Once a month the teams (called The Dream team, Phil's Fillies and Sandy's Supremes) meet up at the **Motherwell** development for a cuppa and to battle it out to win prizes.

When not battling it out to find out who's got the best grey matter, residents like to go wild – and recently went to Blair Drummond Safari Park. They highly recommend it for any residents planning a day trip and particularly enjoyed the sea lion show.



Celebrating HRH's 90th

Four developments have been in touch to tell us about their celebrations for the Queen's 90th birthday.



Argyle Court in **Inverness** had a fantastic garden party, featuring great food, a barbeque and raffle. For many it was the first time they'd met their neighbours and it's hoped it's the first of many parties to come! Pictured here are residents enjoying the day.



Harley Court in **Falkirk** had a wonderful day.



Finally, **Hanover Grange** in **Grangemouth** held a 'posh' afternoon tea to celebrate the big day, and as you can see it was very well attended.



Food, live music from 'The Gambler', and a quiz organised by resident **Wendy Mullen** was the order of the day at **Hanover Court** in **Castle Douglas**. The three winners – **Gerry Wheelans**, **Rosemary Elliot** and **Verity Harwood** each received a special £5 coin to mark the big day.

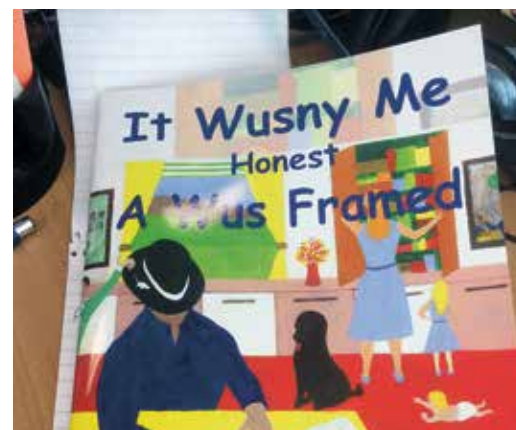


Big thanks from Fran and Diane

Development Managers Diane Blyth (of **Craiglockhart** in **Edinburgh**) and Fran Strachan (of **Hanover Close** in **Bathgate**) wanted to say a huge thank you to all the kind residents who sponsored them to complete the gruelling Kilomathon recently. The Kilomathon is a 13.1km walking and jogging event and Diane and Fran raised a huge £460 for Cedar Bank, a school for children with specific needs. Pictured here is Fran and Diane with Diane's great niece, pupil Ashley Miller, who accepted the donation on behalf of the school.

Snow White comes to Colinshiel Court

This fantastic display of Snow White and the Seven Dwarves helped **Colinshiel Court** in **Armadale** scoop the coveted prize of 'Best Decorated Premises' at the town's recent Gala Day. The pictures were drawn and painted by the residents themselves and, to cap it all off, the great grand-daughter of resident **Dorothy Birrell** – was also the Gala Day's Queen. Staff and residents all worked very hard on the event and it really shows – well done everyone!



Tam's latest book

You may remember **Tam Craven**, the writer of a wealth of wonderful poems and resident at **James Hemphill Court** in **Lennoxtown**. His latest book is out, featuring a bumper bundle of funny and thought-provoking verse. Called 'It Wusny Me Honest – A Wus Framed!', you can order copies by emailing Tam at tamcraven@yahoo.co.uk.

Tasty Cream Treats

Alexandra Court in **Prestwick** had a cream tea treat to remember in July as residents got together for a fantastic afternoon. A raffle raised £100 for social club funds, and there was also a presentation to the quiz winners. Pictured here is resident **Julie Hubbert** and cleaner Sandra Kaminski who worked very hard to get the lovely food together. A great time was had by all.



Don't forget your Grapevine!

You may recall we asked in the last edition for pictures of you with a copy of your favourite newsletter in an interesting place. **Jean Neill** of **Alexandra Court** in **Prestwick**, kindly responded, visiting the Severn Valley Railway in Shropshire in June. If you go anywhere nice or unusual, then why not take a copy of your Grapevine with you and send us a picture?





Bob and Maver's diamond celebration

A very happy anniversary to **Bob** and **Maver Campbell** of **Harley Court** in **Falkirk**. They celebrated their sixtieth anniversary together in June, and the local paper even covered the story. Bob was a survivor of the Ibrox disaster in 1971 and considers himself very lucky to still be here, and the couple spent their anniversary reminiscing about the many good times as well as the harder ones. They're pictured here with a card from the Queen. Congratulations to you both. Picture courtesy of the Falkirk Herald.

Calling in the cavalry

Residents of **Burnside Court** in **Buckpool** are celebrating after receiving an amazing £10k grant to improve their garden, thanks to help from a local army barracks.

The award was made by the National Lottery after soldiers from the local 29 Engr Regiment at Kinloss barracks carried out ground survey work, which provided the residents' association with the vital information needed to make their application. Residents had already raised a very respectable £1,000 but the extra cash injection from the National Lottery means they can put their plans into place.



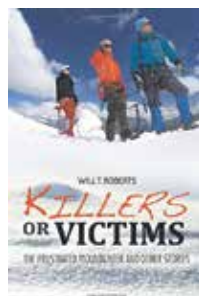
30 years in Lossiemouth

Hersbruck Court in **Lossiemouth** celebrated its 30th anniversary at the beginning of July. The lovely (but windy) weather meant residents celebrated in the development's garden, and local ceilidh band Reeling Strings along with a young local singer were on hand to provide wonderful music. There was some great food and drink and pictured cutting the cake is **Cath Stalker**, who's lived at Hersbruck Court for no less than 17 years.

From numbers to letters

An ex-accountant has turned his skills to writing and published a book of exciting short stories. **Will T Roberts**, of **Granary Street** in **Huntly**, only retired from his day job seven years ago and has always been into writing poetry, but was delighted to publish his first book of 8 stories.

Entitled 'Killers or Victims', the stories all centre around jealousy, lust, love, greed and infatuation. The book is on sale from Amazon or by emailing Bill at billr00@hotmail.com.





Rewarded at last

We'd like to say a huge and much-deserved well done to **Bob Foulds** of **Hanover Court, Kelburne Gardens**, in **Paisley**. He was finally awarded the Legion d'Honneur award by the French Government, 72 years after he played a huge role as a medic on the beaches at Normandy. He's pictured here with his medal and was interviewed by the Daily Record and other local newspapers. Thanks to Jamie Williamson (jamiewilliamson.com) for the picture.

A visit from a laddie

Kelso Civic Week is always a big event in the Borders calendar, and this year was no exception. The Kelso Laddie this year was Ian Whellans, who happens to be the grandson of **Plenderleith Court** resident **Francine Fortune**. As part of the Civic Week, he paid a visit to the development and is pictured here with residents.



Pipers in the Garden

A sun-kissed evening in the gardens **Airlie Gardens** in **Banff** was the perfect setting for a visit of the local Banff Castle Pipe Band. The group performed a range of old favourites for watching residents and friends, including 'Amazing Grace', 'Barren Rocks of Aden' and 'High Cathedral'. The Airlie Social Committee provided refreshments for all and the band have definitely got an open invitation to return any time they like!

Keeping busy

Newton Court's Thursday activity club is going from strength to strength. Social activities range from musical bingo, play your cards right, afternoon tea and chats, arts and crafts, hand massages and sing-a-long DVDs. Residents really enjoyed getting together with Support workers in the lounge at the **Paisley** development, and pictured here are two of the attendees concentrating hard on their artwork.



No horsing around

The rain didn't dampen spirits as residents from **Hanover Court** in **Dunfermline** took a trip to see the magnificent Kelpies in Falkirk recently.



Flight of Fancy

Project Propeller is an annual gathering of World War II air crew. Present day pilots fly veterans to a different airport and this year, **Peter Duncan** (second right) of **Hanover Gardens** in **Auchterarder** and others were met at Dundee Airport hoping to be taken to Leeds East Airfield (formerly RAF Church Fenton).

Despite the sunny day on the ground, weather conditions in Leeds were inclement, so they were instead taken on a pleasure flight around Oban and Fort William. After breaking for lunch, they took to the skies again and flew around the Perth area. Peter and his friends would like to thank John, their pilot (left) for ensuring they had a great time.

Happy Birthdays



A very happy birthday also goes to **Muriel Welsh**, pictured here, of **Hanover Gardens** in **Auchterarder**, who celebrated her 90th birthday in May.

Happy 90th to **Alice Landels** of **Hanover Court** in **Livingston**. Alice must have a very healthy appetite, as she celebrated with lunch at the Royal Yacht Britannia and dinner at the Oroco Pier Restaurant in South Queensferry with around 40 family and friends. She also received a card from celebrity chef Rick Stein, whom she met when on holiday in Cornwall.



Our congratulations also go to:

Ellen Brown of **Mercer Court, Innerleithen**, who was 98 in June

Elsbeth McGregor of **Mercer Court, Innerleithen**, who was 97 in May

George McGregor of **Mercer Court, Innerleithen** who was 70

Julia Paterson of **Montgomerie Court, Ardrossan** who was 99

Betty Foran of **Montgomerie Court, Ardrossan** who was 85

Isobel Hogarth of **Montgomerie Court, Ardrossan** who was 90

Isa Moore of **Montgomerie Court, Ardrossan** who was 91.

...and to everyone else who's celebrated a birthday recently!

From the Chief Executive

Literally going that extra mile



It always pleases me to read about how active and caring both residents and staff are. A quick glance through any newsletters demonstrates this perfectly. The lengths you all go to when helping others is particularly humbling. This happens across Hanover's developments, and there's a couple of examples I'd like to specifically highlight.

Recently, a number of staff came together to take part in the Edinburgh Marathon Festival weekend event, taking part in both the full marathon and a 5k event. Tracy Watt – one of our Telecare Operators who many of you have spoken to either in person or when you've activated your alarm – arranged the event to raise money for a charity that's very close to her heart: SANDS Lothian (Stillbirth And Neo-natal Death Society). Our wonderful team pulled out all the stops. Many were running for the

first time and it was a really tough task – but they all did it. They raised a fantastic £1,466, and in total SANDS raised a massive £21,000.

Even more impressive is the number of staff and residents that have taken part in the Step Count Challenge. The annual event, where staff and residents are given pedometers to measure the number of steps they take – is always a great excuse to get out and about and indulge in some friendly competition, as well as getting to know your neighbours better. I'm delighted to announce the winners of this year's event – Hanover's staff team called The Foxy Forresians' Cameron Court Cuties. They managed to notch up nearly four and a half million steps. I also wanted to highlight the efforts of **Ian Ford**, our resident from **Tollgate House** in **Armadale**. On his own he managed to walk more than 1.3 million steps –

the equivalent of walking from Armadale to Copenhagen! Terrific – well done to all of you.

These are just two examples of generosity and camaraderie that's common to so many aspects of life in a Hanover development. It perfectly demonstrates our values of caring and wellbeing of both our staff and residents. In fact, going that extra mile in the true sense of the word – something I see time and time again.

I want to take this opportunity to thank you all for what you do – whether it's running a marathon, stepping out with your friends on a healthy walk, or simply arranging a coffee morning and being there when your neighbours need you. You're all amazing and that is what makes me proud to be the Chief Executive of Hanover.



News and information

How to make your own poppies

With Remembrance Sunday just a couple of months away, we're aware many residents like to create and sell their own poppies to raise money for the poppy appeal. Thanks to a couple of kind residents, we can reproduce the knitting and crochet patterns below. Pictured is resident **Wilma Morrison** of **Westknowe Gardens** in **Glasgow** modelling the knitted version. You can get a great range of poppy merchandise from www.poppyscotlandstore.com.

Crochet:

For the poppy:

- Chain 4 stitches
- Slip stitch to make a circle
- Chain 3 stitches (counts as first treble)
- Either make 11 more trebles into centre of circle, or for a larger petal 16 more trebles
- Make three petals and join together by overlapping
- Use a black button to sew in the centre.

For the leaf:

Either cut a felt leaf and stitch it on, or crochet a leaf doing the following:

- Chain 10 stitches
- Slip stitch into 2nd chain stitch from end.
- Chain into next
- Half treble into next 5 chain stitches
- Chain into next
- Slip into last stitch.

Finishing off:

Sew a safety pin into the back, making the poppy into a brooch, or fix any remaining strands of wool to a piece of thin garden wire (about 4-6 inches) and then bind the wire with green wool to make it into the stem of a flower.

Knitting:

Note: Slip all slipped sts purlwise with yarn at wrong side of work. Using double cast on method and red yarn, cast on 41 stitches using 4mm needles. Leave a yarn tail of at least 10 inches long.

Row 1: *S1, k7, repeat from * to last stitch, p1.

Row 2: *S1, knit to end.

Row 3: As row 1.

Row 4: S1, p7, *s1, take yarn to back of work between 2 needles then around knitting over cast on edge, over top of knitting between 2 needles and around cast on edge again, so ending at front of work, pull yarn to gather knitting tightly, p7, rep from * to last stitch, k1.

Cut off yarn and change to black yarn.

Row 5: *k2 Tog, repeat from * to last 3 stitches, sk2p. (20 stitches).

Row 6: knit.

Row 7: (K2 tog.) x 10 (10 stitches).

Slip all stitches back onto left hand needle. Then cut off yarn, leaving a tail of at least 10 inches. Thread yarn tail through a large eyed needle. With right side facing, thread yarn through remaining stitches. Slip them off the needle as you proceed. Pull yarn tightly to gather stitches firmly. With wrong side facing and still using large eyed needle, oversew row ends of flower together, working from centre to beginning of petal yarn. Add a safety pin to the back of your poppy and your brooch is finished.

All funds raised from the sale of your poppies can be donated online at www.poppyscotland.org.uk or by calling 0131 550 1542.



Alarm call system not working?

Did you know that if, for any reason, your pull cord or pendant isn't working, you can still get in touch with Hanover Telecare by calling us? On the rare occasion that this may happen, call **0345 604 4686**. You can also use this phone number to report any fault with your system.

Bigger than just a coffee morning

We're very excited about the forthcoming Big Coffee Mornings, where so many of you get together to raise money for the wonderful charity that is MacMillan. But one development has gone that extra mile, and raised a fortune throughout the year for this worthwhile organisation and others.

Residents at **Kings Park Mews** in **Glasgow** not only run a Big Coffee Morning, but have also formed a highly successful knitting bee that has raised literally thousands of pounds over the last few years. We visited the development and met with **Morag Murray** and her fellow knitters to find out how they went about it.

"The Bee has been running for nine years", Morag told us. "My washing day is a Tuesday. I'd find myself with a bit of time on my hands after putting the washing on, so would stay in the lounge and do a bit of knitting. My neighbour Marie Strong and I started it and it just grew from there."

There's now a regular 11 people in the knitting group, and no knitting job is too small. Over the last year they've estimated that they've



donated more than 500 hats to the Queen Elizabeth Hospital in Glasgow, 400 blankets to nursing homes and they also take on much bigger projects that they then raffle off at their annual big coffee morning.

Even non-knitters are getting involved in the fund raising. "One resident puts all his small change in a jar and last year gave us £50" explained Morag. "Last year we raised more than £2,000 for MacMillan, and also donated £500 to the Prince and Princess of Wales

Cancer Hospice. They estimate they've raised more than £10,000 for MacMillan.

"Residents say after they've seen me their arms are sore! I'm not sure if that's through the arm-twisting or the knitting!" Morag jokes.

Pictured above are some of the super knitters: (back row, left to right): **Carol McKenzie** and **Morag Murray** and (front row, left to right): **France Hogan, Janette Chalmers, Anna Sewell, Marie Strong** and **Barbara Niblock**.

Help yourself online

We all know what a daunting prospect getting online and making the most out of the internet can be. However, with a bit of training, you'd be amazed at how easy things can become. You can carry out banking, shopping, book tickets and fill forms in all from the comfort of your own home.

We've been approached by a couple of organisations that can help you with getting up to speed with the internet. First of all, the Scottish Qualifications Authority have produced a range of handy training guides. Just go to www.sqa.org.uk/digitalguides and take your pick from the range of information available.

Secondly, we've also been passed details of a really useful website – www.letsgetonline.scot – that lists a whole range of areas that run different, free courses around the internet. You can just type your postcode in and find out what's happening near you.

News and information

Hanover in Bloom

As always, your gardens are looking lovely! Thanks to all of you who sent in pictures.



South Lodge Court, Ayr (above) – sent in by **Harry Carson**.



Here's just one of some amazing pictures of the garden at **Slaeside** in **Balerno** (above). Thanks to **Brian Bradford** for sending them in.

This is just part of the amazing vegetable garden managed by residents of **Creighton Court** in **Kilmarnock** (below left). We're told there are enough vegetables and herbs to feed everyone on the development – thanks to **Patrick O'Shea** for showing us around.

This is **Alex Scott** who's supplied a lovely range of plants for the courtyard at **Archibald Kelly Court** in **East Kilbride** (below).



This is the beautiful gardens of **Hanover Close** in **Earlston** (below).



Mr and Mrs Agnew's garden at **Barnton Avenue West, Edinburgh** (right) – sent in by **Liz Ferris**.



Homes for rent

Looking for a new home?

Do you know anyone who would be interested in moving into one of our developments? Or are you looking to move to another location?

Here's a list of developments where we have properties available to rent. If you or anyone you know are interested, please contact the area offices using the phone numbers or email addresses provided.

We also welcome applications for other areas. If you're interested in moving to an area not on this list, please still contact us as availability can quickly change and we may still be able to help.

Some of the properties we provide a factoring service for are also available for sale on the open market. Please see our website or contact any one of our area offices for more information about buying a property managed by Hanover.

Note that these details are correct at the time of writing.

East

Telephone 0131 557 7404, email eastinfo@hanover.scot

Broomlee Court, West Linton (sheltered)

Hanover Court, Kippen (amenity)

North

Telephone: 01343 548585, email: northinfo@hanover.scot

Aigan Court, Dufftown (sheltered)

Hanover Court, Lumsden (sheltered)

West

Telephone: 0141 553 6300, email westinfo@hanover.scot

Maxwell Gardens, Dalbeattie (amenity and general needs)

Windlaw Court, Glasgow (sheltered)

Creighton Court, Kilmarnock (sheltered)

Market Close, Kilsyth (amenity)

James Hemphill Court, Lennoxton (sheltered)

Victoria Court, Lockerbie (sheltered)

Baillie Court, Motherwell (sheltered)

Montgomery Court, Paisley (very sheltered)



Poet's Corner

The Second Time

By Liz McKay, Hanover Court, Broxburn

He did it once, he did it twice,
He lifted tennis's finest prize
This Scottish lion, roaring loud,
At Wimbledon, he did us proud
Andy is our hero's name,
Tennis is his claim to fame
No one stopped him – no one could
He's up there with the great and good
Not just Wimbledon but also Queens
Five times too – such a happy scene
No one has done this until him,
History made once more a win.
The Davis Cup – just how much more,
Can this guy do? Watch Rio, that's his next big move.
So go on Murray, you're our boy
That tennis racquet is no toy
With Lendl back there in your team
You did it you fulfilled your dream.



Kind hearts

As always, we total up the monies raised, items knitted and boxes donated by you to the your causes and keep a running total. So far this year, Hanover residents have:

- Donated 482 pieces of underwear
- Raised more than £2,460

Keep up the good work, and don't forget to let us know about your fundraising activities!



Off to War

By Mary Nimmo, Harley Court, Falkirk

I hug my child and kiss my wife
People say we chose this life
I'm off to keep peace in a land far away
Where bombs and guns are the words of the day

I'm out on patrol, the night has got cold
Nobody knows how the night will unfold
Gunfire rings out in the distance somewhere
But all's quiet for us but we're always aware

It could be us who are facing attack
In the middle of nowhere, there's no turning back.
We breathe more gently as day light appears
We laugh, have a joke, to lessen our fears.

Soon we can sleep, when our duty is done.
For others, their duty has only begun.

Hanover housing

By James Lawson, Airlie Gardens, Banff

Hanover housing
It trips off the tongue
For those who have lived
And now not so young
The community spirit
Is alive in this place
At coffee mornings
With William and Grace
Telling tales of what's on telly
When 'Strictly' comes on
We need to tell Nellie
Sometimes I hear a voice in the night
Ach it's just a bad dream
I'm sure he's alright!

Contact us



Write to: **Ian Mountford, Editor, Organisational Services Department, Hanover Scotland, 95 McDonald Road, Edinburgh, EH7 4NS**

Telephone: **0131 557 7437**

Email: Please note our new email address!
It's now **grapevine@hanover.scot**

The deadline for receipt of articles for Issue 80 (December 2016) of Grapevine is **Tuesday 1 November 2016**.

Our website features a wealth of information, including copies of important Hanover documents and contact details – go to **www.hanover.scot** for more information. You can read more about what Hanover residents are up to on our Facebook page – **facebook.com/hanoverscotland** and you can also follow us on Twitter (**@hanoverscotland**)

You're welcome to contact us in any of the ways detailed above. But, if you have a suggestion for an improvement to our services, why not use the 'Bright Ideas' initiative?

You could earn shopping vouchers if your suggestion is implemented. Speak to your Sheltered Housing Manager, Retirement Housing Assistant or area office to find out more and to get a Bright Ideas form.

We can produce this newsletter in other formats, like braille, audio, large print or a foreign language. If you use email, we can also email the newsletter to you instead of sending a printed copy. This saves trees and postage costs. If you're interested in any of these options, get in touch using the details above.

Legal information given in this newsletter is given in good faith and is based on Hanover's understanding of the law. The accuracy of Hanover's views is not guaranteed and readers seeking legal advice specific to their own circumstances should contact a solicitor or a Citizen's Advice Bureau.

Prize Sudoku

We're offering £25 for this edition's Sudoku competition. As usual, your task is to fill the grid so that every row, column and 3x3 box contains each of the numbers 1-9. Once you've completed the grid, fill in your name and address in the spaces provided and send your details and the completed puzzle to us at the address above by **Tuesday 1 November**. If your name is the first drawn out of the hat for each of the north, west or east areas, you'll win £25. The correct grid from last time is below.

Name.....

Address.....

.....

.....

Postcode

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

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

The winners of the last Sudoku competition were **Catherine Colligan of Bowling Green Road in Whitburn (east)**, **Maggie Lawrence of Milnescroft Court in Fochabers (north)** and **Ian Craik of Hanover Court in Peel Street, Glasgow (west)**: Congratulations!

Prize Crossword

Once you've completed the grid, fill in your name and address and send your details to us at the address on the inside back cover by **Tuesday 1 November**. If your name is the first drawn out of the hat for each of the north, east or west areas, you'll win £25!

Name.....

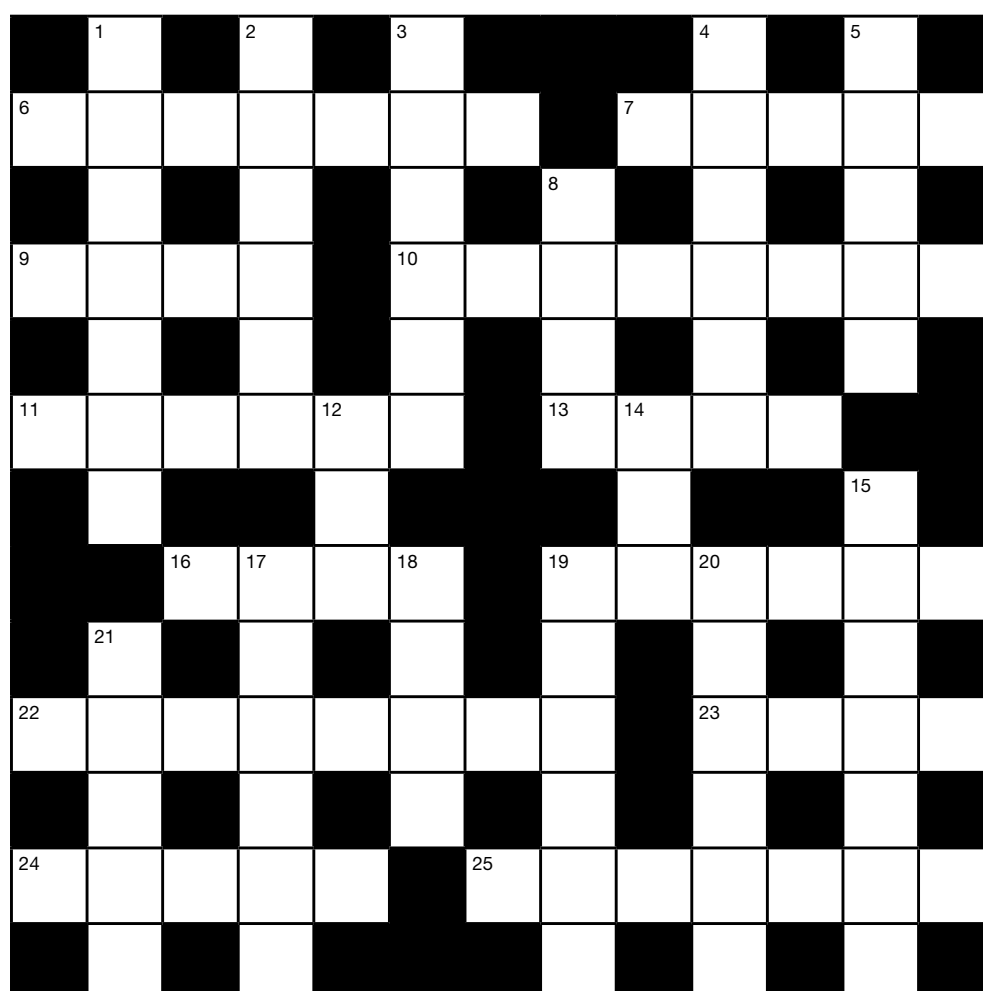
.....

Address.....

.....

.....

Postcode



Across

- 6 The earth's tallest mammal, found in Africa, south of the Sahara (7)
 7 The organ which controls the central nervous system (5)
 9 Large water bird with a long elegant neck (4)
 10 Line on a weather map connecting places of equal temperature (8)
 11 A fight in a public place (6)
 13 See 15
 16 A young cow (4)
 19 & 18 Novel by Thackeray, whose main character is Becky Sharp (6,4)
 22 Coin equal to a quarter of an old penny (8)
 23 Plant whose roots are a source of sugar (4)
 24 A rough-surfaced rod for sharpening knives (5)
 25 Historical division of an English county (7)

The answers to the last crossword are:

ACROSS: 6 Sultana 7, 14, 12 & 16 Three men in a boat 9 Apiarist 10 Oaks 11 Birdie 13 Omen 19 Anchor 22 Deaf 23 Prairies 24 Basle

DOWN: 1 Bumpkin 2 Strand 3 Unripe 4 & 25 Shrove Tuesday 5 Gecko 8 Otto 15 Polecat 17 Offaly 18 Tips 19 Abacus 20 Caruso 21 Bevan

Down

- 1 Nurse who specialises in attending to pregnant and birthing mothers (7)
 2 Slang term for a coin worth six old pence (6)
 3 Model of someone on which hatred or contempt may be expressed (6)
 4 Person represented by the zodiac sign Sagittarius (6)
 5, 14 & 20 Humorous work by George and Weedon Grossmith, published in 1894 (5,2,1,6)
 8 Liquid food often served as a first course (4)
 12 Pointed tool used for boring small holes (3)
 14 See 5
 15 & 13 Chief town of the island of Guernsey (2,5,4)
 17 In flowering plants, the structure at the tip of the stamen containing the pollen sacs (6)
 18 See 19 across
 19 Great strength, energy or forcefulness (6)
 20 See 5
 21 Italian staple food (5)

The winners of the last crossword were **Wilfred Arnott** of **Rose Park** in **Edinburgh** (east), **Mike Harris** of **Hanover Court** in **Stonehaven** (north), and **John Bagley** of **Harrow Court** in **Glasgow** (west). Congratulations!