

**GO** Barrhead!

# Community Guide

May 2010 Edition



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

*East  
Renfrewshire*  
COUNCIL

This booklet is intended to highlight the range of services available in Barrhead. The information provided is for guidance only.

If your business is not included in the booklet, please email [gobarrhead@sdgworld.net](mailto:gobarrhead@sdgworld.net) for inclusion in the next edition.

## Emergency Contact Details

**Strathclyde Police**

t **0141 532 5900**

**NHS 24**

t **0845 4242424**

**Scottish Gas Network**

t **0800 111 999**

**Scottish Power**

t **0845 272 7999**

**Scottish Water**

t **0845 601 8855**

**Scottish Water Emergency**

t **0845 600 8855**

**East Renfrewshire Council**

t **0141 577 3000**

**East Renfrewshire Council**

**Out of Hours Social Work**

t **0800 811 505**

**Barrhead Housing Association**

**Out of Hours Repair**

t **0800 652 0633**

**Antisocial Behaviour Helpline**

t **0800 013 0076**

**Transco (If you smell gas)**

t **0800 111 999**

Whilst all care has been taken in the preparation of this guide, no responsibility is taken for the accuracy of the contents. As this guide does not provide a comprehensive overview of all local businesses and services in the community, you may wish to supplement it with information from other sources.

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Chapter 1

# Introduction

Go Barrhead - Promoting a 'Healthy and Active Lifestyle'



## Welcome to your 2010 Go Barrhead Community Guide

Last year was a busy one for the Go Barrhead project and for everyone who took part. I hope you have now begun to notice some of the positive changes that have been taking place in our community as a result.

So far, over 2500 Barrhead homes have been asked to take part in our personalised travel planning project and I'm delighted to tell you that many residents have made real and positive lifestyle changes. This year, another 5000 households will be invited to receive our free and personalised travel advice.

Now in 2010 we have extended the scope of Go Barrhead to include healthy weight as a key theme.

Active travel and where and how we shop can have a big impact on health so over the next twelve months we're planning to develop a range of activities and information to help Barrhead become a real 'Healthy Weight' community.

This new and updated version of the Go Barrhead Community Guide brings together a wide range of services which are available on your own door step, as well as providing travel advice, health advice and discount vouchers which you can use in local shops.

Supporting local shops is great for our community and it means that you don't have to travel further to get things you need. By taking a walk or cycling to your local shops, you'll not only avoid the hassle and cost of travelling, but you'll also become fitter.

We hope you find our new Go Barrhead Community guide useful and that you'll continue to support the Go Barrhead project.



**Councillor Eddie Phillips**  
Environment Convener  
East Renfrewshire Council

## What is the Go Barrhead project?

Go Barrhead is a three year project designed to create more opportunities for residents in Barrhead to walk, cycle and use public transport, with an objective to encourage residents to lead more active and environmentally friendly lifestyles.

### How will it help you?

We will provide you with information on local travel, local community events, local information and active health advice. Go Barrhead encourages healthy and active lifestyles, combining the benefits of good facilities and good information.

### The Go Barrhead idea is simple:

There are lots of benefits to be gained from travelling more sustainably. By walking, cycling or using the bus or train more often, we can all become healthier, make our streets safer, the air cleaner and Barrhead a nicer, healthier place to live, work and have fun!

The project is being led by East Renfrewshire Council and is funded by the Scottish Government through the Smarter Choices, Smarter Places Initiative.

### How long does walking/cycling really take?

For short trips of less than a quarter of a mile (400m) it will almost always be quicker to walk than drive\*. Often people overestimate how long it takes to get around by foot, but underestimate the time it takes to drive.

Research shows that most car trips take 5 minutes to go nowhere: this is the time it takes to get the car started and onto the road, find a parking space and walk to your final destination.

\*For an average fit person: this is someone who walks 3 miles per hour, or roughly 400m in 5 minutes.

## Where can I find more information?

### Contact our team:

FREEPOST RSCH-ULAZ-GZKH  
Steer Davies Gleave  
Ingram House  
227 Ingram Street  
Glasgow  
G1 1DA

**w** [www.gobarrhead.co.uk](http://www.gobarrhead.co.uk)

**e** [gobarrhead@sdgworld.net](mailto:gobarrhead@sdgworld.net)



## Why be involved in Go Barrhead?

**Walking and cycling are good for you:** In order to benefit your health it is recommended that you are active for 30 minutes on at least 5 days of the week and walking and cycling can all count toward this total. We are encouraged to increase the amount of walking we do and should ideally be aiming for 10,000 steps daily. Walking to the shops, to work, walking the children to school instead of driving or even walking the dog are all great ways to fit some exercise into your busy lifestyle.

**Walking and cycling are free:** On short trips it's a lot cheaper than driving. Instead of driving 1½ miles each day, walking could save you around £100 in fuel costs over a year.

**Walking and cycling are quicker:** For short car journeys, walking and cycling may be quicker. By the time you've found somewhere to park and walked to your final destination, walking and cycling may be quicker than driving.

**Walking and cycling time is quality time:** Walking and cycling is enjoyable and there are a huge range of outdoor locations to explore around Barrhead. Especially when compared to the frustrations and stresses of driving, walking tends to relax us and help us arrive at our destination fresher.

## And it's great for Barrhead!

**It's great for the environment:** Walking for 30 mins a day (approximately 1.5 miles) instead of driving saves around 130kg of carbon dioxide emissions a year, helping to keep air quality high.

**It can help the streets feel safer:** People feel safer when others are around: Pedestrians are the eyes and ears of the street.

**It's sociable:** It's a great way to bump into friends and neighbours.

**It supports local shops:** Barrhead has loads of great shops and facilities: If we walk or cycle, we're more likely to use local shops rather than drive further afield. Check out this Go Barrhead Community Guide for information about what's available on your doorstep.

## What's happening?

This Community Guide is only one aspect of the Go Barrhead project. Other initiatives underway include:

- Personalised Travel Planning for all households in Barrhead
- Walking and Cycling Events in and around Barrhead
- Improving paths in the area
- The creation of Dams to Darnley Country Park
- Barrhead High School Travel Group
- East Renfrewshire Council Travel Plan
- Healthy Weight Communities

We hope that this information and these events will encourage healthy and active lifestyles.

## Take the Go Active Challenge!

Why not use our Go Active Challenge to see if you can make healthier changes to your current lifestyle! The health and wellbeing benefits will be worth the effort!

### What is the Go Active Challenge?

The Go Active Challenge encourages you to be more physically active and make healthy changes to your diet and lifestyle. Whatever your baseline diet and fitness level, the Go Active Challenge is designed to allow everyone to improve on their current health position. You will have to complete an activity diary for one week where you will be encouraged to take up daily challenges such as increasing your daily walking or cycling, swapping some of your snacks for healthier choices and using more local shops and services.



## Why would I want to complete the Go Active Challenge?

By becoming more active and eating healthier, you are more likely to:

- Reduce stress and feel able to cope
- Feel good
- Sleep better
- Increase your energy levels
- Manage your weight
- Reduce blood pressure
- Reduce the risk of heart disease, some cancers and type 2 diabetes

### Plus....

By completing the Go Active Challenge you will receive a free healthy weight goodie bag and be entered into a prize draw to win one year's leisure membership which can be redeemed at any East Renfrewshire Council facilities!

## How do I sign up to the Go Active Challenge?

You can sign up to the Go Active Challenge at [www.gobarrhead.co.uk](http://www.gobarrhead.co.uk) or speak to one of our Go Barrhead Travel Advisors when they are out and about in Barrhead.

## More about Healthy Weight Communities

The aim of Healthy Weight Communities is to increase awareness of healthy weight and to support more people within Barrhead to achieve or maintain a weight that is healthy for them. The program is closely joined with the wider Go Barrhead campaign and its aim of encouraging healthy and active lifestyles.

### How will it help you?

As part of healthy weight communities we will provide information on local opportunities for healthy eating and physical activity and will support a program of activities aimed primarily at children and families.

Some of the initiatives planned as part of Healthy Weight Communities Barrhead include:

- Practical cooking skills workshops
- Community weight management groups
- Healthy weight promotions

### What's a healthy weight?

Our weight is determined by a combination of factors and so it is impossible to set one exact weight that applies to everyone. It is more important to be aware of the healthy weight range that applies to you.

## Using your Go Barrhead healthy weight tape measure

It is not only your weight that can affect your health, but where you store extra weight is important too. Waist circumference can give an indication of your health risk. In particular, carrying too much fat around your middle is associated with an increased risk of developing heart disease and diabetes.

To measure your waist size, place your tape measure around the narrowest point of your waist (between the bottom of your ribs and your hips) making sure that the start of the tape is above your tummy bottom. If you are male, make sure that side marked 'men' is facing out and if you are female, that the side marked 'women' is facing outwards. Breathe out and measure the circumference. If you are using a Go Barrhead tape measure, the red, amber and green markings will give you an idea if you are a healthy shape.

**Do you know?**

Walking for 30 mins a day is equivalent to walking round Hampden Park 6 ½ times!

In general the following guide should be used

**For women:**

**Ideal: less than 32" (80cm)**

High: 32" to 35" (80cm to 88cm)

Very high: 35" (more than 88cm)

**For men:**

**Ideal: 37" (less than 94cm)**

High: 37" to 40" (94cm to 102cm)

Very high 40" (more than 102cm)

**Where can I find more information about healthy weight communities?** 

Contact the East Renfrewshire Health Improvement Team

**t** 0141 577 8436

**e** [hiteam@eastrenfrewshire.gov.uk](mailto:hiteam@eastrenfrewshire.gov.uk)

**w** [www.eastrenfrewshire.gov.uk/hiteam](http://www.eastrenfrewshire.gov.uk/hiteam)



## Go Barrhead and Health

### **Just 30 mins a day can make a real difference.**

Encouraging residents of Barrhead to think about their health is a key aim of Go Barrhead. You can improve your health in many ways, just by making some little changes to your lifestyle. Switching some car trips to trips on foot or by bicycle, or increasing the number of trips you make by these methods, as well as thinking about your diet, are some simple, but effective ways to contribute to improved health and wellbeing.

- Research has shown that people who are less active have much more trouble carrying out simple tasks that we do in everyday life. Being more active at any age, will reduce your risk of disease and will help you cope better with the stresses and strains of everyday life.
- Many people believe that it is only intense physical activity, like going to the gym or running, which brings health benefits. This is wrong!
- Great health gains come when you do moderate activity which add up to 30 minutes a day.
- You could try brisk walking, dancing, cycling or even gardening!

### **Why should you increase your Physical Activity?**

Walking and Cycling can help you to:

- Reduce Stress
- Manage your Weight
- Feel Good
- Reduce Blood Pressure
- Sleep Better
- Reduce the risk of heart disease, some cancers and type 2 diabetes
- Increase your Energy



## How can you improve your diet?

As well as making small changes to your travel patterns by walking and cycling more, thinking about what you eat is another important way to improve your health and wellbeing.

No single food can provide everything a body needs to stay healthy, so it's important to eat a wide variety of foods to make sure you get all the vitamins, minerals and fibre that your body needs to stay healthy.

To make sure that you and your family get the right balance of foods in your diet, use the 'eatwell plate'.

The 'eatwell plate' makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet.

The 'eatwell plate' shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

Furthermore making these small changes to your lifestyle can help maintain a healthy weight for all the family:

- Eat breakfast everyday
- Include physical activity into your day wherever possible, such as playing with your children or going swimming or cycling
- Make meal time, quality family time
- Keep an eye on your portion sizes
- Swap sugary snacks and fizzy juice for colourful vegetables and fruit juice or water.

For more details, go to [www.takelifeon.co.uk](http://www.takelifeon.co.uk)

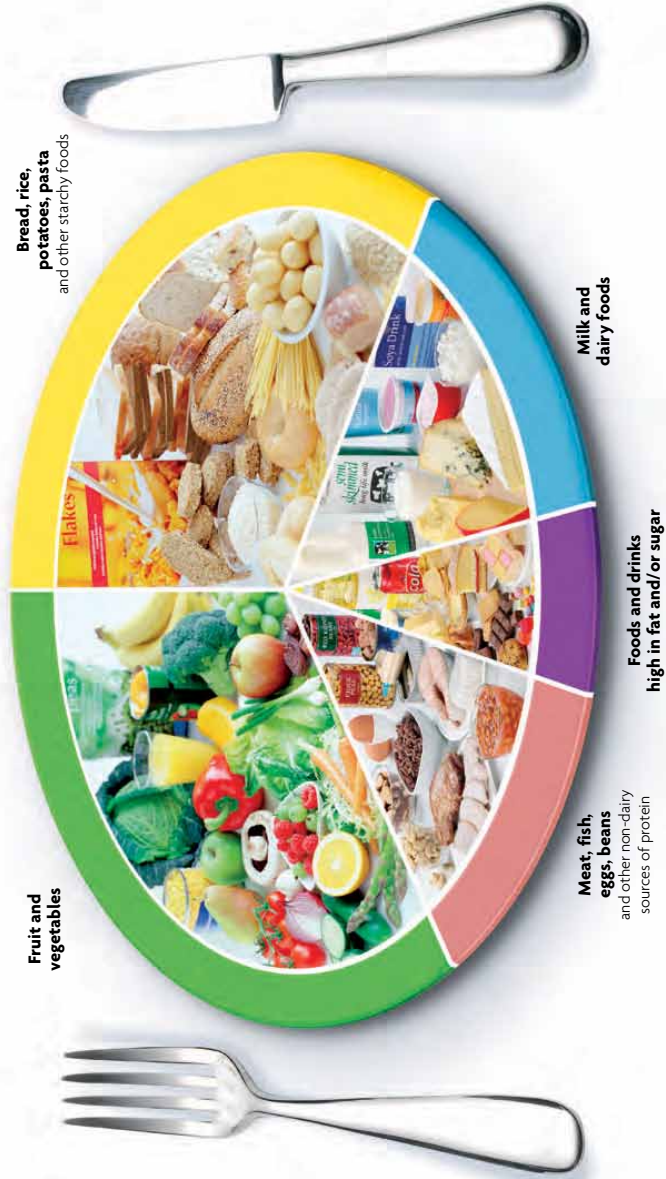


Detach and put on your fridge

# The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Chapter 2

# Local Businesses & Services



## Bars, Pubs & Hotels

Do you want to relax, meet friends, arrange a party or need somewhere to put relatives up when they come to visit? One of Barrhead's bars, pubs and hotels could be just what you're looking for.

### Cross Stobs Inn

2 - 6 Grahamston Road  
Barrhead, G78 1SN

**t** 0141 8811581

### Dalmeny Park Country House Hotel

Lochlibo Road  
Barrhead, G78 1LG

**t** 0141 8819211

**e** [luxury@dalmenypark.com](mailto:luxury@dalmenypark.com)

**w** <http://www.dalmenypark.com/>

### Dovecot Bar

2 Glasgow Road  
Barrhead, G78 1BS

**t** 0783 4590290

### Flying Horse

230-232 Main Street  
Barrhead, G78 1SN

**t** 0141 5801303

### Kelburn Bar

19 Cross Arthurlie Street  
Barrhead, G78 1 QY

**t** 0141 5801048

### Kelburn Brewing Company Ltd

10 Muriel Lane  
Barrhead, G78 1QB

**t** 0141 881 2138

### Rumours Bar

71 Cross Arthurlie Street  
Barrhead, G78 1RR

**t** 0141 5806005

## Caring for your vehicle

There are a range of services available for motorists in Barrhead. Getting your car serviced regularly is one way to ensure that your driving is as environmentally friendly as possible. Servicing not only reduces emissions but can also save you money in the long run. Pop into one of the many garages in town, and give your car a health check!

### Chips Away Vehicle Maintenance

3 Deanston Park  
Barrhead G78 2BL

**t** 07989419687

**e** davidmiller@chipsawaylocal.co.uk

**w** www.chipsaway.co.uk/davidmiller

### Compass Cars

10 Cochran Street  
Barrhead, G78 1RF

**t** 0141 880 8800

### D Wallace Body Repairs

1 Graham Street  
Barrhead, G78 1EU

**t** 0141 881 7072

### Esso Barrhead

164 Glasgow Road  
Barrhead, G78 1TH

**t** 0141 876 1234

### Glenmuir Motors Ltd

20 Glen Street  
Barrhead, G78 1QA

**t** 0141 881 3648

### Hot Foam Car Wash

6 Kelburn Street  
Barrhead, G78 1LR

**t** 0141 881 3648

### Kwik-Fit GB Ltd

17 Cross Arthurlie Street  
Barrhead, G78 1QY

**t** 0141 880 8088

### On Site Tyre Services Ltd

159 Glasgow Road  
Barrhead, G78 1DT

**t** 0141 881 4090



## Sound Master Scotland

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123 Cross Arthurlie Street  
Barrhead, G78 1EE

**t** 0141 876 1819

**e** [gordon1414@aol.com](mailto:gordon1414@aol.com)

**w** [www.soundmasterscotland.com](http://www.soundmasterscotland.com)

## Top Class Car Sales

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Lochlibo Road, West Arthurlie  
Industrial Estate  
Barrhead, G78 1LG

**t** 0141 8807683

**e** [sales@topclasscarsales.co.uk](mailto:sales@topclasscarsales.co.uk)

**w** [www.topclasscarsales.co.uk](http://www.topclasscarsales.co.uk)

## Vehicle Maintenance Ltd

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159 Glasgow Road  
Barrhead, G78 1DT

**t** 0141 8811990



## Care Homes

Are you looking for suitable accommodation for an elderly loved one? A number of care homes in Barrhead offer facilities to support you.

### Firs Nursing Home

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12 Lowndes Street  
Barrhead, G78 2QX

**t** 0141 8811278

### Norwood Care Home

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39 Victoria Road  
Barrhead, G78 1NQ

**t** 0141 8808669

**e** [emails from website links](#)

**w** [www.bupa.com](http://www.bupa.com)

### Scottish Regional Office, BUPA care homes

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39 Victoria Road  
Barrhead, G78 1NQ

**t** 0141 8808040

**e** [emails from website links](#)

**w** [www.bupa.com](http://www.bupa.com)

## Charity Shops

Reuse and recycle! Charity shops are not only a fantastic place to pick up a bargain but also provide a great way to recycle those valuable possessions that you no longer need or want.

### Scottish International Relief

208 Main Street  
Barrhead, G78 1SL

**t 0141 8761762**

### St Vincent's Hospice Shop

28 Cochrane Street  
Barrhead, G78 1RF

**t 0755 2127114**

## Doctors, Dentists & Pharmacies

(Including Footcare)

If you're feeling under the weather, and want medical advice, there are a number of doctors and dentists in Barrhead. Why not speak to your GP about Live Active Referrals, to get you onto an easy exercise programme that can help improve your fitness.

Barrhead also has a number of pharmacies, and more specialist services to keep you feeling fine. Pharmacies can also give advice on smoking cessation and other common health issues.

### Barrhead Foot Clinic

94 Cross Arthurlie Street  
Barrhead, G78 1RP

**t 0141 8812616**

### Barrhead Health Centre

201 Main Street  
Barrhead, G78 1SA

**t 0141 314 0829**



### **Boots Chemist**

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182 Main Street  
Barrhead, G78 1SL  
**t** 0141 881 5686  
**w** [www.boots.com](http://www.boots.com)

### **Frasers Pharmacy**

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152 Main Street  
Barrhead, G78 1SG  
**t** 0141 881 1750

### **Jackie Nicol**

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Arndale House, 194 Main Street  
Barrhead, G78 1SL  
**t** 0141 8811805

### **James F.C Patterson BDS**

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1 Bank Street  
Barrhead, G78 2RA  
**t** 0141 8813336

### **Lloyds Pharmacy**

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176 Main Street  
Barrhead, G78 1SL  
**t** 0141 8811483

### **McCabe Opticians**

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Unit 1 Westbourne Centre,  
Kelburn Street  
Barrhead, G78 1LR  
**t** 0141 8806868  
**e** [mccabeopticians@hotmail.co.uk](mailto:mccabeopticians@hotmail.co.uk)

### **R Foggo BDS**

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24, Lowndes Street  
Barrhead, G78 2QT  
**t** 0141 8811287

### **Semi-Chem**

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Unit 4/5 Westbourne Centre  
Barrhead, G78  
**t** 0141 8761433

### **The Oaks Medical Centre**

---

1 Paisley Road  
Barrhead, G78 1HG  
**t** 0141 5801001

### **T. R. Law Optometrists**

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222 Main Street  
Barrhead, G78 1SN  
**t** 0141 8815806

### **Live Active Referrals**

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c/o Barrhead Sports Centre  
**t** 0141 577 3989

**i** East Renfrewshire Council work in partnership with Greater Glasgow Health Board to provide an exercise referral scheme for people in the local area. For further details please contact the Live Active Counsellor.

## Employment Services

If you're looking for work, need advice on your CV or have other questions about looking for work, support is available from the following organisations.

### Barrhead Job Centre

20 Paisley Road  
Barrhead, G78 1NF  
**t** 08456043719

### Careers Scotland

160 Main Street  
Barrhead, G78 1SL  
**t** 0141 8812886  
**e** shona.mitchell@careers-scotland.org.uk  
**e** alison.smith@careers-scotland.org.uk

### Work ER

124 Main Street  
Barrhead, G78 1SG  
**t** 0141 577 8438  
**w** www.eastrenfrewshire.gov.uk/worker

## Financial Services

Need specialist financial advice? Barrhead has a number of financial service providers.

### Cheque Centre

218 Main Street  
Barrhead, G78 1SN  
**t** 0141 8764637

### East Renfrewshire Credit Union

114-116 Main Street  
Barrhead, G78 1SN  
**t** 0141 8811353  
**e** info@ercu.coop  
**w** www.ercu.coop

### Edgar Financial Advice

4 Carlibar Road  
Barrhead, G78 1AA  
**t** 0141 8810777  
**e** david@edgarfinancial.co.uk

### MacArab Ltd (The Complete Accounting Services)

7 Laurel Way  
Barrhead, G78 1DX  
**t** 0141 8805845  
**e** abd@macarab.co.uk

## Healthy Food Outlets

(Including Grocers, Convenience Stores & Newsagents)

Go Barrhead aims to encourage healthy eating habits as well as greener and healthier travel choices. Barrhead has a number of local grocers, convenience stores and newsagents which all sell healthy food and snacks. It's not just fruit and vegetables that are healthy options. Fresh lean meat from the butcher, fish from the chiller, fresh dairy products from the chilled cabinet, such as yogurt and wholemeal bread, all form part of a healthy diet.

### Barrhead Newsagents

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80 Cross Arthurlie Street  
Barrhead, G78 1RP  
t 0141 8769176

### G Nabi Grocery Store

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89-93 Glasgow Road  
Barrhead, G78 1BX  
t 0141 8811763

### Hickeys General Store

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23A Cross Arthurlie Street  
Barrhead, G78 1QY  
t 0141 8813434

### Iceland Frozen Foods

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158 Main Street  
Barrhead, G78 1SL  
t 0141 8761292

### Imrie Fruit

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Westbourne Centre  
Barrhead, G78 1L  
t 0141 8807192

### Jafar Licenced Grocer

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32 Arthurlie Avenue  
Barrhead, G78 2JD  
t 0141 881 7915

### J McKenna Butchers

---

224 Main Street  
Barrhead, G78 1SN  
t 0141 8819662

Remember some of these important top tips to help make your food shopping healthier!

- Frozen fruit and vegetables are just as good for you as fresh
- Low fat oven chips are tasty and make a great alternative to Chip Shop bought chips
- Make sure that you look at the labels on the food you are buying and chose lower fat varieties where possible

## Lidl

---

Kelburn Street  
Barrhead, G78 1LD  
**t 0870 444 1234**

## Spar

---

60 Aurs Drive  
Barrhead, G78 2LW  
**t 0141 881 4135**

## Tesco

---

Westbourne Centre, Kelburn Street  
Barrhead, G78 1LS  
**t 0845 6779029**

## Victoria Stores

---

54 Paisley Road  
Barrhead, G78 1ND  
**t 0141 5800002**

## Yuill's Newsagents

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172 Cross Arthurlie Street  
Barrhead, G78 1EY  
**t 0141 8815787**

## Hair & Beauty

If you want to look your best for a special occasion, feel the need for some pampering or just want to make sure you're looking your best when you're taking your Go Active Challenge, Barrhead has a range of beauty services for you!

## Body Essence

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22 Lochlibo Crescent  
Barrhead, G78 1LT  
**t 07906460084**  
**e [bodyessence@ntlworld.com](mailto:bodyessence@ntlworld.com)**



Detach and put it in your purse

### Read the labels.

Try and limit the amount of fat and sugar in your family's diet by using our handy guide to understanding food labels. Cut this out and make sure you take it with you when you next go shopping.

- Snacks – Less than 3g fat and 8g sugar per serving
- Breakfast Cereals – Less than 5g fat and less than 10g sugar per 100g
- Microwave Meals – Less than 10g fat and less than 350kcal per portion
- Pre-packed Sandwiches – Less than 6g fat and less than 280kcal per sandwich pack

### **Chivers Hairdressing**

---

18 Cochrane Street  
Barrhead, G78 1RF  
**t 0141 8816201**

### **Davos Hairdressing**

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92 Cross Arthurlie Street  
Barrhead, G78 1RC  
**t 0141 8808194**  
**w [www.davoshairdesign.co.uk](http://www.davoshairdesign.co.uk)**

### **Essenti Elle**

---

54 Aurs Drive  
Barrhead, G78 2LW  
**t 0141 8764545**

### **Finnell & Macmillan**

---

120 Main Street  
Barrhead, G78 1SG  
**t 0141 8760330**

### **Fringe Benefit**

---

52 Aurs Drive  
Barrhead, G78 2LW  
**t 0141 8814466**

### **Hairods**

---

2 Calibar Road  
Barrhead, G78 1AA  
**t 0141 881 9495**

### **Michael's Hairdressers**

---

104 Main Street  
Barrhead, G78 1SE  
**t 0141 8811311**

### **Minerva Tattoo**

---

132 Main Street  
Barrhead, G78 1SG  
**t 0141 8805171**

### **Naneek**

---

64 Cross Arthurlie Street  
Barrhead, G78 1RP  
**t 0141 8811639**

### **One**

---

60 Cross Arthurlie Street  
Barrhead, G78 1RP  
**t 0141 5800990**

### **Roslette**

---

32 Main Street  
Barrhead, G78 1RE  
**t 0141 8811894**

### **Sunwaves**

---

128 Main Street  
Barrhead, G78 1SE  
**t 0141 8760066**

### The Beauty Centre

---

94 Main Street  
Barrhead, G78 1SE

**t** 0141 8813960

**w** [www.thebeautycenter-glasgow.co.uk](http://www.thebeautycenter-glasgow.co.uk)

## High Street Services

Personal banking, post office services and travel agents are all available on your doorstep.

### Almond Blossom Florist

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220 Main Street  
Barrhead G78 1SN

**t** 0141 580 5055

### Auchenback Sub Post Office

---

56 Aurs Drive  
Barrhead, G78 2LW

**t** 0141 8811838

### Bank of Scotland

---

112 Main Street  
Barrhead, G78 1RD

**t** 0141 5321415

### Barrhead Post Office

---

77 Cross Arthurlie Street  
Barrhead, G78 1RS

**t** 0141 8813415

### Bottles Off Sales

---

136 Main Street  
Barrhead, G78 1SG

**t** 0141 8812629

### D Moodie & Co Funeral Directors

---

39 Cross Arthurlie Street  
Barrhead, G78 1QU

**t** 0141 8811414

### East Renfrewshire Citizens Advice Bureau

---

216 Main Street  
Barrhead, G78 1SN

**t** 0141 8812032

### Internetworkingworld

---

**t** 07719626361

**e** [internetworkingworld@gmail.com](mailto:internetworkingworld@gmail.com)

**i** PC/ laptop problems? Microsoft Certified Professional. Serving the whole of East Renfrewshire.

### **Main Street Post Office**

---

178 Main Street  
Barrhead, G78 1SL  
**t** 0141 8811273

### **Royal Bank of Scotland**

---

29 Cross Arthurlie Street  
Barrhead, G78 1QY  
**t** 0141 8819419  
**w** [www.rbs.co.uk](http://www.rbs.co.uk)  
links from website

### **Scot Bet**

---

21a Cross Arthurlie Street  
Barrhead, G78 1QY  
**t** 0141 8761448  
**w** [www.scotbet.com](http://www.scotbet.com)

### **William Hill**

---

202/204 Main Street  
Barrhead, G78 1SN  
**t** 0141 8761877

## **Home & Garden**

Whether it's new curtains or a large scale DIY home improvement project, Barrhead has a large range of services to make sure your home is the envy of the street.

### **A & J Locke Joiners Ltd**

---

23 Grampian Way  
Barrhead, G78 2EE  
**t** 0793 9208895  
**e** [j111hnl@live.co.uk](mailto:j111hnl@live.co.uk)

### **Ablefortress doors**

---

Barnes Street  
Barrhead, G78 1QN  
**t** 0141 8818216  
**e** [info@Aablefortress.com](mailto:info@Aablefortress.com)  
**w** [www.Aablefortress.com](http://www.Aablefortress.com)

### **Aladdin's Cave**

---

3 Westbourne Centre  
Barrhead, G78 1LR  
**t** 0141 8815565

### **Anne Roche Soft Furnishings**

---

Unit 7, Robertson Street Industrial Estate  
Barrhead, G78 1QW  
**t** 0141 8807789

### **B. F. Heating & Plumbing**

---

7 Brownside Drive, Cross Stobs  
Barrhead, G78 1HN  
**t** 07796 756262  
**e** paulfinney1@aol.com

### **Barrhead Domestics**

---

194 Cross Arthurlie Street  
Barrhead, G78 1EY  
**t** 0141 8816800

### **Barrhead Timber**

---

15 Carlibar Road  
Barrhead, G78 1AA  
**t** 0141 8761777  
**w** www.barrheadtimber.co.uk

### **Capriotti Shopfitters Ltd**

---

Dubbs Farm, Dubbs Road  
Barrhead, G78 1TD  
**t** 0141 8811569  
**e** info@capriottishopfitters.com  
**w** www.capriottishopfitters.com

### **Craigpark Veterinary Centre**

---

3 Ralston Road  
Barrhead, G78 2QQ  
**t** 0141 8819499  
**e** cadobson@hotmail.co.uk  
**w** www.craigparkvets.com

### **D A Plumbing**

---

23 Fereneze Grove  
Barrhead, G78 1QX  
**t** 0141 8811141

### **G & M Decorators**

---

1 Tower Rais Farm, Darnley Road  
Barrhead, G78 1TA  
**t** 0141 8806822

### **J. Mac Roofing**

---

55 Paisley Road  
Barrhead, G78 1HP  
**t** 0776 6152874

### **John Meikle (Contractors) Ltd**

---

Springhill House, Springhill Road  
Barrhead, G78 2SE  
**t** 0141 8814269  
**w** www.johnmeiklecontractorsltd.co.uk

### **Maple Joiners Barrhead Ltd**

---

2-4 Barnes Street  
Barrhead, G78 1QN  
**t** 0141 8817070  
**e** maplejoiners@btconnect.com

### Muirgroup Interiors Ltd

2 Muriel Street  
Barrhead, G78 1QB  
**t** 0141 8808844

### New Plans 4 Me (Architectural Drawings)

38 Fern Drive  
Barrhead G781JE  
**t** 07751340568  
**e** enquiries@newplans4me.co.uk

### Reid Underfloor Heating

8 Hillside Grove  
Barrhead, G78 1HB  
**t** 0141 8804443  
**e** office@ruhs.co.uk  
**w** www.ruhs.co.uk

### Renew-all Glasgow

3e Manse Court  
Barrhead, G78 2RJ  
**t** 0141 8808933  
**e** renewall@btconnect.com  
**w** www.renewall.co.u

### Scott's Stores Home Hardware

44 Main Street  
Barrhead, G78 1RE  
**t** 0141 8815389

### The Power Service

Unit 6 , Robertson Industrial Estate  
Barrhead, G78 1QW  
**t** 0141 8805551  
**e** thepowerserviceglasgow@hotmail.co.uk  
**w** www.thepowerservicescotland.com

### Tritech Security & Electrical Services

Unit 4, 24 Muriel Street, Muriel Street Industrial Estate  
Barrhead, G78 1QB  
**t** 0141 8811100  
**e** info@tritechsecurity.com  
**w** www.tritechsecrutiy.com

### W G Renfrew Ltd

Unit 1 Shanks Industrial Park,  
Blackbyres Road  
Barrhead, G78 1SP  
**t** 0141 8811481



## Wise Property Care Ltd

---

8 Muriel Street  
Barrhead, G78 1QB  
**t** 0141 2376907  
**e** info@wisepropertycare.com  
**w** www.wisepropertycare.com

## Laundry Services

Need some help with the laundry?  
Or need that suit cleaned for a  
special occasion? Barrhead has a  
number of services to help.

## Central Laundry

---

2a Muriel Street  
Barrhead, G78 1QB  
**t** 0141 8814664  
**e** www.centrallaundry@  
muirgroupinteriors.co.uk

## Main Street Dry Cleaners

---

100 Main Street  
Barrhead, G78 1SE  
**t** 0141 8818001

## Speedy Ironing Services

---

56 Aurs Drive  
Barrhead, G78 2NU  
**t** 0141 8805224

## Leisure & Fitness

If you're at a loss for something to do during your free time, Barrhead has a selection of local leisure facilities. Many of these facilities, and organisations can support in improving your fitness, whether you're a beginner or looking for something more challenging. Joining in these activities is also a great way to meet new people and build your confidence. See the Community Facilities chapter in this booklet for some more ideas about activities you could take part in.

## Against The Odds Fitness (Lifestyle & Exercise Consultant)

---

22D Aurs Drive  
Barrhead G78 2LP  
**t** 07810210187

## Arthurlie Bowling Club

---

Arthurlie Park, Springhill Road  
Barrhead  
**t** 0141 881 8630

## Badboy Gym

---

70 Kelburn Street  
Barrhead, G78

**e** [vinniesfm@hotmail.co.uk](mailto:vinniesfm@hotmail.co.uk)

## Barrhead Sports Centre

---

Main Street  
Barrhead, G78 1SW

**t** 0141 5801174

## Fereneze Golf Club

---

Fereneze Avenue  
Barrhead, G78 1HJ

**t** 0141 8817149 (For membership)

**t** 0141 880 7058 (For golf)

**e** [ferenezegc@lineone.net](mailto:ferenezegc@lineone.net)

**w** [www.ferenezegolfclub.co.uk](http://www.ferenezegolfclub.co.uk)

## William A N Thomson

---

Woodneuk Farm, Hillside Road  
Barrhead, G78 1ES

**t** 0141 8811438

**w** [www.woodneuk@lineone.net](http://www.woodneuk@lineone.net)



## Media Services

Barrhead has a small selection of media services including printing and film production!

## Berea Press

---

Unit 9, Robertson Street Industrial Estate

Barrhead, G78 1QW

**t** 0141 8818992

**m** 07540050081

**e** [berea@mac.com](mailto:berea@mac.com)

## Csense Productions

---

10 Lochlibo Crescent

Barrhead, G78 1LT

**t** 0796 6252132

**e** [david@csense.net](mailto:david@csense.net)

**w** [www.csense.net](http://www.csense.net)

## Tinel Printers

---

Westbourne Centre, Westbourne House

G78 1LR

**t** 0141 881 1077

## TR Media Wedding Videos/DVDs

---

19 Bellfield Crescent

Barrhead G78 1HL

**t** 0141 580 2721

**w** [www.trmedia.biz](http://www.trmedia.biz)

## Places of Worship

If you're looking for a quiet peaceful place to worship, or wish to get involved in one of the local groups which these venues host, pop into one of these locations.

### Arthurlie Parish Church

---

Ralston Road  
Barrhead, G78 2QQ  
**t 0141 881 8442**

### Barrhead Gospel Hall

---

Chappell Street  
Barrhead, G78

### Barrhead Methodist Church

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Cross Arthurlie Street  
Barrhead, G78 1 EY  
**t 0141 752 2706**

### Barrhead South and Levern Church

---

Main Street  
Barrhead, G78 1SG

### Bourock Parish Church

---

Main Street  
Barrhead, G78 1SL

### St John's Roman Catholic Church

---

Aurs Road  
Barrhead, G78 2TJ  
**t 0141 876 1553**

## Restaurants, Cafés & Take Aways

If you don't fancy cooking, or just fancy a coffee with friends, Barrhead has a number of restaurants, cafes and takeaways to tempt you. Many of these also offer healthier options such as salads and if you eat it as part of a balanced diet, you can enjoy a take away without worrying about the impact on your health.

### Alpino

---

63 Cross Arthurlie Street  
Barrhead, G78 1RR  
**t 0141 881 1347**  
**e [santieric@yahoo.co.uk](mailto:santieric@yahoo.co.uk)**

### Café 158

---

158 Main Street  
Barrhead, G78 1SL  
**t 0141 880 8717**

### Cafe Moccha

---

186 Main Street  
Barrhead, G78 1SL  
**t 0141 876 1117**

### **Canton House Restaurant**

---

42 Main Street  
Barrhead, G78 1RE  
**t 0141 880 8880**

### **Central Cafe**

---

70 Cross Arthurlie Street  
Barrhead, G78 1RP  
**t 0141 580 6001**

### **Greggs**

---

188 Main Street  
Barrhead, G78 1SL  
**t 0141 8818532**

### **L'Arco**

---

47 Cross Arthurlie Street  
Barrhead, G78 1QU  
**t 0141 8812400**

### **Lees Indian Cuisine**

---

58 Aurs Drive  
Barrhead, G78 2LW  
**t 0141 8812268**

### **MacPhees Sandwich Bar**

---

142 Main Street  
Barrhead, G78 1SG  
**t 0141 8769061**

### **Mount Shimla**

---

232 Main Street  
Barrhead, G78 1SE  
**t 0141 8813870**

### **Santi's New Yorker**

---

144 Main Street  
Barrhead, G78 1SG  
**t 0141 5800330**

### **Subway**

---

190-192 Main Street  
Barrhead, G78 1SL  
**t 0141 881 9555**

### **The Coffeehouse (Limited)**

---

4 Robertson Street  
Barrhead, G78 1QN  
**t 0141 881 3839**

### **The Ming Cuisine**

---

68 Cross Arthurlie Street  
Barrhead, G78 1RP  
**t 0141 881 8557**



## Schools

### Auchenback Primary School

Auburn Drive

Barrhead, G78 2EU

**t** 0141 5707000

**w** [www.ea.e-renfrew.sch.uk/auchenback/](http://www.ea.e-renfrew.sch.uk/auchenback/)

### Barrhead High School

Aurs Road

Barrhead, G78 2SJ

**t** 0141 577 2100

**e** [schoolmail@barrhead.e-renfrew.sch.uk](mailto:schoolmail@barrhead.e-renfrew.sch.uk)

**w** [www.barrhead.e-renfrew.sch.uk/](http://www.barrhead.e-renfrew.sch.uk/)

### Carlibar Primary School

Carlibar Road

Barrhead, G78 1BD

**t** 0141 5774100

**w** [www.ea.e-renfrew.sch.uk/carlibar/](http://www.ea.e-renfrew.sch.uk/carlibar/)

### Cross Arthurlie Primary School

Fern Drive

Barrhead, G78 1JF

**t** 0141 570 7140

**w** [www.crossarthurlie.e-renfrew.sch.uk/](http://www.crossarthurlie.e-renfrew.sch.uk/)

### Springhill Primary School

Springhill Road

Barrhead, G78 2SE

**t** 0141 5707320

**w** [www.ea.e-renfrew.sch.uk/springhill/](http://www.ea.e-renfrew.sch.uk/springhill/)

### St. Johns Primary School

Commercial Road

Barrhead, G78 1AJ

**t** 0141 5707360

**w** [www.ea.e-renfrew.sch.uk/stjohns/](http://www.ea.e-renfrew.sch.uk/stjohns/)

### St Lukes High School

Springfield Road

Barrhead, G78 2SG

**t** 0141 577 2400

**e** [schoolmail@st-lukes.e-renfrew.sch.uk](mailto:schoolmail@st-lukes.e-renfrew.sch.uk)

**w** [www.ea.e-renfrew.sch.uk/stlukes/](http://www.ea.e-renfrew.sch.uk/stlukes/)

### St Marks Primary School

Roebank Drive

Barrhead, G78 2JA

**t** 0141 5707400

**w** [www.ea.e-renfrew.sch.uk/st-marks/](http://www.ea.e-renfrew.sch.uk/st-marks/)

## Shoes & Clothing

Are you walking to work, walking to school, walking for leisure? You need a good pair of comfortable shoes to keep you on your feet. The shoe shops in Barrhead can give helpful advice.

### Barrhead Shoe Repairs

---

62 Cross Arthurlie Street  
Barrhead, G78 1RP  
**t 0141 8812800**

### Mills Shoefitters

---

150 Main Street  
Barrhead, G78 1SG  
**t 0141 8811549**

### Shoe Zone

---

164 Main Street  
Barrhead, G78  
**t 0141 8819286**

### Tiddlywinks

---

108 Main Street, Barrhead  
Barrhead, G78 1SE  
**t 0141 88169999**

### Wedding Wise

---

55 Paisley Road,  
Barrhead G78 1HP  
**t 0141 561 2251**  
**m 07791214159**  
**e elaine@wedding-wise.co.uk**  
**w www.wedding-wise.co.uk**

## Solicitors & Estate Agents

If you're looking to move to or within Barrhead and the surrounding area, Barrhead's estate agents can help. Legal advice can be obtained from one of the towns solicitors.

### Barrhead Property Centre & Mortgage Consultants

---

74 Cross Arthurlie Street  
Barrhead, G78 1RP  
**t 0141 8807770**

### Mackinlay & Suttie Solicitors

---

48 Cross Arthurlie Street  
Barrhead, G78 1QU  
**t 0141 2379007**  
**e m.lynch@mackinlay-suttie.co.uk**

### Moving On Estate Agents

---

156 Main Street  
Barrhead, G78 1SG  
**t 0141 8815587**

### **Penny Lane Homes**

---

14-16 Cochrane Street  
Barrhead, G78 1RF  
**t** 0141 8808990

### **Priority Properties**

---

208 Main Street  
Barrhead, G78 1SN  
**t** 0141 8804004  
**e** [info@priority-properties.com](mailto:info@priority-properties.com)  
**w** [www.priority-properties.com](http://www.priority-properties.com)

### **SF Wilson & Co**

---

28 Moss Street Pasiley  
Barrhead, G78 1TJ  
**t** 0141 8877222

## **Stationery, Cards & Gifts**

Looking for a gift or card for a friend or relation? You'll find something here!

### **Aston Diamonds**

---

92 Cross Arthurlie Street  
Barrhead G78 1RC  
**t** 07590596239  
**w** [www.astondiamonds.com](http://www.astondiamonds.com)

### **Bluestone Design**

---

27 Cross Arthurlie Street  
Barrhead, G78 1QY  
**t** 0141 5801943  
**w** [www.bluestonegiftshops.com](http://www.bluestonegiftshops.com)

### **Jewellery Workshop**

---

96 Main Street  
Barrhead, G78 1SE  
**t** 0141 8815379

### **Purple Star Cards**

---

3 Deanston Park  
Barrhead, G78 2BL  
**t** 0784 0984614  
**e** [rachael@purplestarcards.eu](mailto:rachael@purplestarcards.eu)  
**w** [www.purplestarcards.eu](http://www.purplestarcards.eu)

## **Taxi & other transport services**

If you need to leave the car at home or need to transport a large number of people for that special occasion, Barrhead has a number transport providers that can cater for your private transport requirements.

### **Arthurlie Taxis**

---

168 Cross Arthurlie Street  
Barrhead, G78 1EY  
**t** 0800 880011

### DJ International Ltd

---

15 Calibar Road  
Barrhead, G78 1AA  
t 0141 8811110

### Prestige Corporate

---

14 Muriel Street  
Barrhead, G78 1QB  
t 0141 8803388

### McGills Bus Services Ltd

---

1 Muriel Street  
Barrhead, G78 1QB  
t 0141 8764599  
w [www.mcgillsbuses.com](http://www.mcgillsbuses.com)

## Support Groups

If you need help, support or advice these groups are there to assist.

### Alzheimer Scotland

---

56 Kelburn Street,  
Barrhead, G78 1LR  
t 0141 8769520

### BefriendER Project

---

t 0141 8769555

### Breathing Space

---

t 0800 838587  
w [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)  
e [info@breathingspacescotland.co.uk](mailto:info@breathingspacescotland.co.uk)

### Enable Family Advice

---

Westbourne Centre, 56 Kelburn  
Street, Barrhead, G78 1LR  
t 0141 876 9555



### Renfrewshire Association for Mental Health

---

15 Carlibar Road  
Barrhead, G78 1AA  
**t** 0141 8818811

### Renfrewshire Council on Alcohol (RCA)

---

Westbourne Centre, 56 Kelburn  
Street, Barrhead, G78 1LR  
**t** 0141 876 9555

### Scottish Domestic Abuse Helpline

---

**t** 0800 0271234

### The Samaritans

---

**t** 0845 7909090  
**w** [www.samaritans.org/](http://www.samaritans.org/)

### Smoke Free Services

---

**t** 0800 389 3210  
**w** <http://www.nhsggc.org.uk/content/default.asp?page=s1077>

### Substance Misuse Team

---

Lygates House,  
224 Ayr Road, Newton Mearns ,  
Barrhead, G77 6DR  
**t** 0141 577 3368

### Victim Support

---

**t** 0141 8813221  
**w** [www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk)

### Voluntary Action underCOVER

---

Westbourne Centre, 56 Kelburn  
Street, Barrhead, G78 1LR  
**t** 0141 876 9555  
**w** [http://www.voluntaryaction-er.org.uk/members/directory/members\\_list.asp](http://www.voluntaryaction-er.org.uk/members/directory/members_list.asp)

## Travel Agents

If you're travelling further afield, pop into the local travel agent who can help you plan a well earned break!

### Barrhead Travel

---

190/194 Main Street  
Barrhead, G78 1SL  
**t** 0141 3045900

THE  
CENTRE



Chapter 3

# Community Halls & Venues



## Community Halls & Venues

### Arthurlie House

---

Springhill Road  
Barrhead, G78 2SE

**t** 0141 881 5354

**w** [www.eastrenfrewshire.gov.uk/  
access\\_guide\\_halls\\_venues](http://www.eastrenfrewshire.gov.uk/access_guide_halls_venues)

- i** Arthurlie House hosts a range of groups including Senior Snooker, Barrhead Artists China/Ceramics, ERC Community Health and Care, Art Class, Dancezone, Angling Club, Table Tennis, Barrhead Philharmonic Choir, Bethel Fellowship and Paper Craft Club.

### Auchenback Community Centre

---

Blackburn Square  
Barrhead, G78 2NF

**t** 0141 8819158

**w** [www.eastrenfrewshire.gov.uk/  
access\\_guide\\_halls\\_venues](http://www.eastrenfrewshire.gov.uk/access_guide_halls_venues)

- i** The Auchenback Community Centre hosts a range of community activities including the Golden Age Club, Fun Dance Explosion, Country Dancing, Line Dancing, Youth Group and Tenants and Residents group.

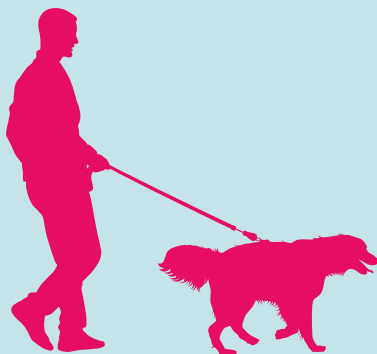
### Auchenback Resource Centre (The ARC)

---

64 Aurs Drive,  
Barrhead, G78 2LW

**t** 0141 5774545

- i** The ARC hosts a number of groups including Mother and Toddler, a Women's Group, Tai Chi, Fishing, Arts and Crafts, Computer Classes, Digital Photography and Adult Learning, Drama Classes. There is also a cafe which is open on a tuesday & thursday from 10am - 2.30pm. The centre can also host childrens parties.



## Barrhead Library

---

4 Church Road, Barrhead, G78 1FA

**t** 0141 577 3518

**w** <http://www.eastrenfrewshire.gov.uk/community-life-and-leisure/libraries/your-local-library2/barrhead-library.htm>

**i** In addition to the standard library facilities available at library sites across East Renfrewshire, Barrhead library also has a community room and video conferencing facilities, books in Polish, a Health Information Point and a Careers Information Point, both with PCs, BBC RaW and Big Plus book collections, 14 bookable PCs and an ILA and Learn Direct Scotland accredited learning centre. The library is also home to the Heritage Centre with a wealth of information on the local area.

## Barrhead Sports Centre

---

Main Street

Barrhead, G78 1SW

**t** 0141 5801174

**w** [www.eastrenfrewshire.gov.uk/barrhead-sports-centre.htm](http://www.eastrenfrewshire.gov.uk/barrhead-sports-centre.htm)

**i** Barrhead Sports Centre is conveniently located on Barrhead Main Street and has ample free parking. This excellent facility has swimming pools, a games hall, squash courts, an amenities hall, a cafe and a gym. The Action Zone gym has 80 workstations and is one of the biggest and best-equipped gyms in the west of Scotland. The Centre is a hub of activity and there is always something going on. The following clubs use our facilities for their club nights: Boxing club, Tae Kwon Do, Aikido and karate, Trampoline club, Thai boxing, Gymnastics, Junior badminton, Sequence dance.

### Dalmeny Community Centre

---

Barnes Street  
Barrhead, G78 2SE

**t** 0141 5800039

**w** [www.eastrenfrewshire.gov.uk/  
access\\_guide\\_halls\\_venues](http://www.eastrenfrewshire.gov.uk/access_guide_halls_venues)

- i** The Dalmeny Community Centre hosts a range of community groups including the Causeway link Club, Tenants and Residents Group, Dog Training Club, Dance Classes, Keep fit Classes and the Auburn Singers.

### Dunterlie Resource Centre

---

36 Stewart Street  
Barrhead, G78 4AL

**t** 0141 5774556

**w** [www.eastrenfrewshire.gov.uk/  
access\\_guide\\_halls\\_venues](http://www.eastrenfrewshire.gov.uk/access_guide_halls_venues)

- i** The Dunterlie Resource Centre hosts a community forum, line dancing (with creche), beauty therapy (with creche), elderly forum, arts class and creche, Band F, 50+ group, community and leisure group, Dunterlie Boys Group and 12+ club.

### Salvation Army

---

201 Main Street  
Barrhead, G78 1SD

**t** 0141 8812125

- i** The salvation army host several services for the community including: Parent & toddler group, community café, lunch club for the elderly, the ladies fellowship, kids bible club, family worship service and evening workshop service.



Chapter 4

# Local Travel

Getting Around and About Barrhead!



## How can I travel around Barrhead?

Barrhead is an ideal town to travel around without the need for a car. Walking and cycling are practical ways to get around town. In fact, most places in Barrhead can be got to on foot in around 10 minutes. And if you have access to a bicycle, you'll get there in half the time!

Travelling further, or carrying a heavy load? Barrhead's bus services serve destinations around the town regularly, so hop aboard and let the bus driver be your chauffer for a few minutes.

### Travelling further?

You may wish to take the train. Barrhead's train station has recently been upgraded to be fully accessible for all.

## What's Stopping You Being More Active?

### Excuse 1: I haven't got the time

**Answer:** You don't need extra time. Try building activity into your existing route. What about walking a bit more of your journey to work, walking at a faster pace, cycling to the shop instead of taking the car, or taking the lift instead of the escalator.

## Where can I get to by Bus?

There are 12 bus routes which serve Barrhead. See the service numbers which serve the following destinations below. All services operate via Main Street in Barrhead. Their destinations include:

- Neilston 54 55 166 395
- Paisley 101 51 54 166
- Giffnock 395
- Glasgow 3 303 X44
- Irvine X44
- East Kilbride 395
- Silverburn 55 395
- Newton Mearns 55 395
- Uplawmoor 395
- Braehead 51 54

## Where can I get to by Train?

From Barrhead Train Station, on the Barrhead line, you can reach

- Dunlop
- Stewarton
- Kilmaurs
- Kilmarnock
- Auchinleck
- New Cumnock
- Nitshill
- Priesthill & Darnley
- Kennishead
- Troon
- Prestwick International Airport
- Prestwick
- Newton-on-Ayr
- Ayr
- Maybole

- Girvan
- Barrhill
- Stranraer
- Dumfries
- Carlisle
- Pollokshaws West
- Crossmyloof
- Glasgow Central

### Buying a Ticket

To avoid any queues, you can buy your ticket in advance at [www.scotrail.co.uk](http://www.scotrail.co.uk), or by calling on **08457 55 00 33**. Alternatively, buy a ticket from a fast ticket machine located at the station, or from a member of staff at a staffed station.

### Cycle facilities on-board

ScotRail welcomes cyclists, and carries cycles free on all its services. Reservations are required on some longer distance routes, contact **ScotRail Telesales on 08457 55 00 33**.

### Disabled Assistance

If you are disabled and would benefit from a little extra help when using the train, you can arrange assistance by calling the **Helpline on 0800 912 2 901**.

### Customer Assistance

For all onward travel enquiries, call Traveline on 0871 200 22 33 (24 hours, seven days a week).

For National Rail Enquiries, call **08457 48 49 50** (24 hours, seven days a week). Please note calls to this number may be recorded.

## Other local Transport?

### Dial-a-Bus

Dial-a-Bus is designed to help people who have difficulty using standard buses to have access to local facilities and amenities. It can be used for:

- Shopping
- Visiting friends
- Attending local clubs
- Doctor and health centre appointments
- Hospital visiting

Dial-a-Bus **cannot** be used for hospital appointments. If you have difficulty attending hospital appointments, please contact your GP surgery.

To find out more about Dial-a-Bus including if you qualify to be able to use it, please ring the **Dial-a-Bus enquiry line on 0845 128 4025** or check out the website: <http://www.spt.co.uk/bus/dab.aspx>.

## What's Stopping You Being More Active?

### Excuse 2: I'm not fit enough

**Answer:** You don't have to be fit to be active. Take your time, start gradually and listen to your body.



## How Can I Make My Train/Bus Journeys Cost Effective?

### PlusBus

PlusBus allows unlimited bus travel in the area around your chosen PlusBus station. For example, if you buy a PlusBus ticket from Barrhead to Glasgow, this will give you unlimited bus travel throughout Glasgow for the rest of the day!

**For more information visit [www.plusbus.info](http://www.plusbus.info)**

### Strathclyde Concessionary Travel Scheme

Elderly and disabled residents in the Strathclyde area receive the best travel benefits in Scotland because of the wide area that the Strathclyde Concessionary Travel Scheme covers and the minimal travel time restrictions.

The Strathclyde Concessionary Travel Scheme offers reduced fares on First ScotRail services, which start and finish within the scheme's boundaries and on Glasgow's Subway.

The bus element of the Strathclyde Concessionary Travel Scheme has been replaced by the new Scotland-wide free bus travel scheme for older and disabled people, run by Transport Scotland.

An Entitlement Card is needed to obtain free bus travel and reduced fares on trains and the Subway.

Please note: people who are blind and hold an appropriate Scottish Citizens' National Entitlement Card can travel free at any time and on any type of public transport.

**For more information, please contact SPT on 0141 333 3211.**

### ZoneCard

If you are travelling in the Strathclyde area, the ZoneCard is a flexible season ticket for unlimited travel on rail, Subway, most buses and some ferries.

ZoneCard covers the whole of the Strathclyde conurbation. ZoneCard may be used wherever you see the ZoneCard logo.

**For more information visit: [www.spt.co.uk](http://www.spt.co.uk)**



## Walking for fun and fitness!

Barrhead has a selection of walking routes for those of all levels of fitness.

### Short Health Walks in Barrhead

There are eight Short Health Walks in Barrhead, ranging from a short stroll to a longer walk.

### Barrhead Heritage Trail Walks

There are three 'Heritage Walks' taking you round the historic sites around Barrhead.

### Walk the Path to 2014

(Three routes from the Auchenback Resource Centre)

The Ramblers Association has developed three walking routes around Auchenback at three different levels.

### Go Walking First Steps

Go Walking Barrhead is a short weekly walk that is suitable for beginners and walkers of all ages and abilities. The walking group meets at Auchenback Resource Centre, Aurs Drive Barrhead on Thursday at 10:30am.

The Go Walking Barrhead group is free and only takes 30 minutes of your time. Why not come along and meet our friendly walk leaders and even make some new friends?

For more details phone Moira or Elaine on 0141 577 8436

### Walking for Wellbeing

Short, weekly walks start from Rouken Glen Park and Barrhead Sports Centre. The groups are led by trained leaders, and walk at a pace all members find comfortable. You don't have to be superfit to join, though if you've got any health concerns have a quick word with your doctor.

### For more information check out:

- t Barrhead Walks - 0141 580 1174**  
**Rouken Glen walks - 0141 577 3193**
- w [www.eastrenfrewshire.gov.uk/walking\\_wellbeing-2.pdf](http://www.eastrenfrewshire.gov.uk/walking_wellbeing-2.pdf)**

### Dams to Darnley Country Park

East Renfrewshire and Glasgow City Councils are in the early stages of developing a new country park called Dams to Darnley. The country park covers over 1350 acres of greenspace around the East Renfrewshire and Glasgow City boundary, encompassing the green belt separating Barrhead, Darnley and Newton Mearns. The country park aims to provide recreational activities for local residents and visitors through a network of paths for walking, cycling and horse riding.

**For more information check out:**  
<http://www.damstodarnley.org/>

### Fereneze Braes Path Network

East Renfrewshire Council has been working in partnership with Woodneuk Farm, Killoch Farm, Fereneze Golf Club and Renfrewshire Council to provide an access network over the Braes. Funding of the path network has been provided by Scottish Natural Heritage, The Paths for All Partnership, East Renfrewshire Council and Barrhead and Neilston Area Committee.

**For more information check out:**  
[http://www.barrhead-scotland.com/Pages/fereneze\\_paths.asp](http://www.barrhead-scotland.com/Pages/fereneze_paths.asp)

### Cycling in Barrhead

Clarkston Cycles is your local cycle provider and provides the following services:

- Sales and repairs (including safety checks)
- Clothing
- Accessories

Whether you're just starting to cycle or already experienced, please drop in to see what cycle products, clothing and accessories are available for you.

Visit us at:

681 Clarkston Road  
 Netherlee  
 Glasgow  
 G44 3SE  
 t 0141 633 1152

### What's Stopping You Being More Active?

**Excuse 3: The weather in Scotland's too bad to be active**

**Answer:** You can still be active indoors. There's swimming, dancing, walking up the stairs, Hoovering or playing with the kids.



# Discount vouchers



**5% discount with this voucher**

**Yuill's Newsagents**  
172 Cross Arthurlie Street, Barrhead, G78 1EY  
☎ 0141 8815787  
Offer excludes Tobacco

**GO Barrhead!**

**5% discount with this voucher**

**Barrhead Foot Clinic**  
94 Cross Arthurlie Street, Barrhead, G78 2TL  
☎ 0141 8812616

**GO Barrhead!**

**10% discount with this voucher**

**Fringe Benefit**  
52 Aurs Drive Barrhead, G78 2LW  
☎ 0141 8814466

**GO Barrhead!**

**5% discount with this voucher**

**Anne Roche Soft Furnishings**  
Unit 7, Robertson Street Industrial Estate, Barrhead, G78 1QW  
☎ 0141 8807789

**GO Barrhead!**

**5% discount with this voucher**

**Victoria Stores**  
54 Paisley Road Barrhead, G78 1ND  
☎ 0141 5800002

**GO Barrhead!**

**5% discount with this voucher**

**Main Street Dry Cleaners**  
100 Main Street Barrhead, G78 1SE  
☎ 0141 8818001

**GO Barrhead!**

**5% discount with this voucher**

**Essenti Elle**  
54 Aurs Drive Barrhead, G78 2LW  
☎ 0141 8764545  
Offer applies to treatments over the value of £20 with voucher

**GO Barrhead!**

**5% discount with this voucher**

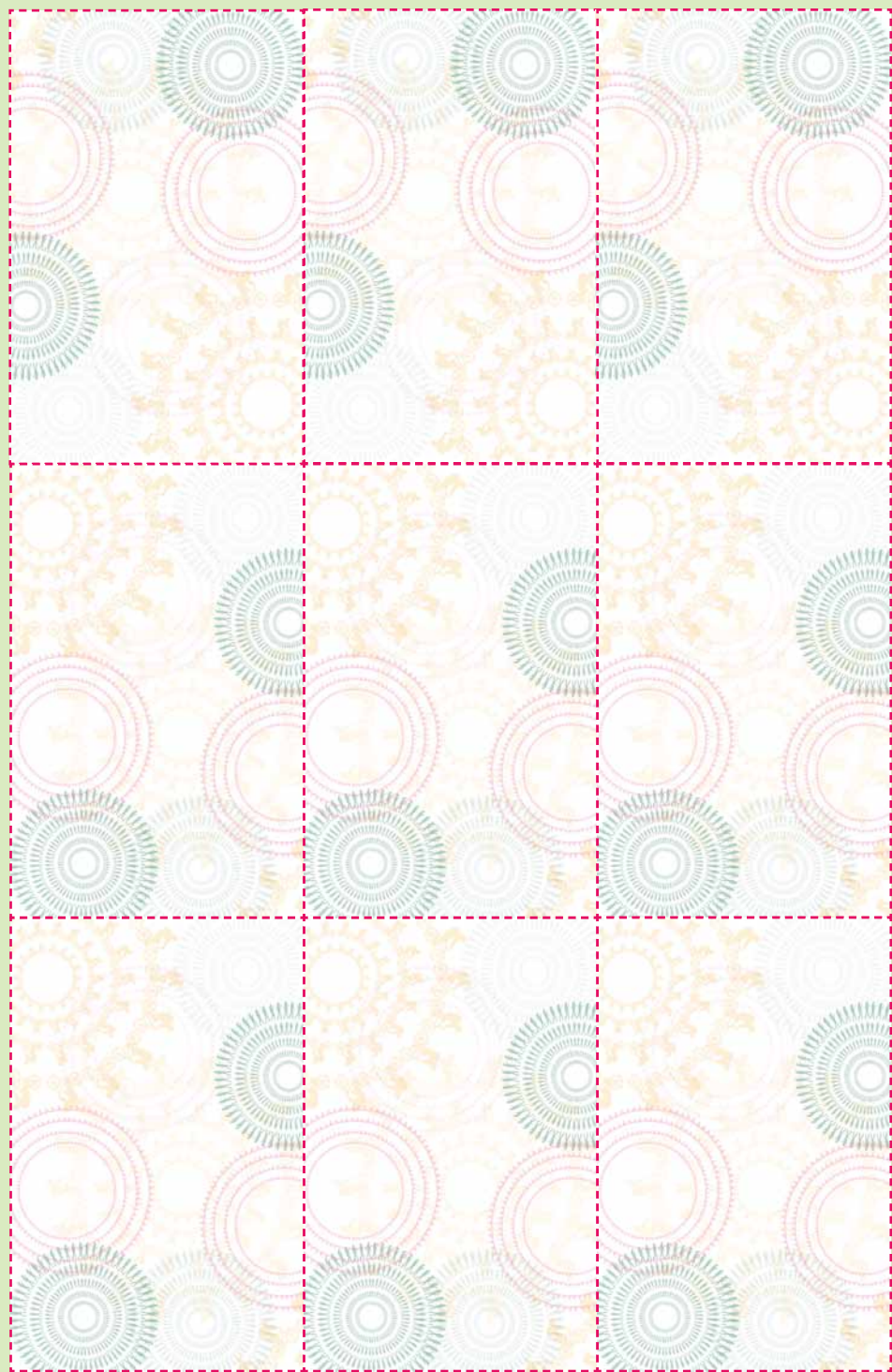
**Tiddlywinks**  
108 Main Street, Barrhead Barrhead, G78 1SE  
☎ 0141 8876999

**GO Barrhead!**

**5% discount with this voucher**

**Glenmuir Motors Ltd**  
20 Glen Street Barrhead, G78 1QA  
☎ 0141 881 3648

**GO Barrhead!**





**10% discount with this voucher**

**Chivers Hairdressing**  
18 Cochrane Street  
Barrhead, G78 1RF  
☎ 0141 8816201



**10% discount with this voucher**

**Chivers Hairdressing**  
18 Cochrane Street  
Barrhead, G78 1RF  
☎ 0141 8816201



**10% discount with this voucher**

**Kwik-Fit GB Ltd**  
17 Cross Arthurlie  
Street, Barrhead,  
G78 1QY  
☎ 0141 880 8088



**10% discount with this voucher**

**Alladin's Cave**  
3 Westbourne Centre  
Barrhead, G78 1LR  
☎ 0141 8815565



**10% discount with this voucher**

**Anne Roche Soft  
Furnishings**  
Unit 7, Robertson  
Street Industrial  
Estate, Barrhead,  
G78 1QW  
☎ 0141 8807789



**10% discount with this voucher**

**Moving On Estate Agents**  
54 Paisley Road  
Barrhead, G78 1ND  
☎ 0141 5800002  
Offer applies to estate  
agency services & for  
landlords wishing to  
advertise property



**5% discount with this voucher**

**McCabe Opticians**  
Unit 1 Westbourne  
Centre, Kelburn  
Street, Barrhead,  
G78 1LR  
☎ 0141 8806868



**10% discount with this voucher**

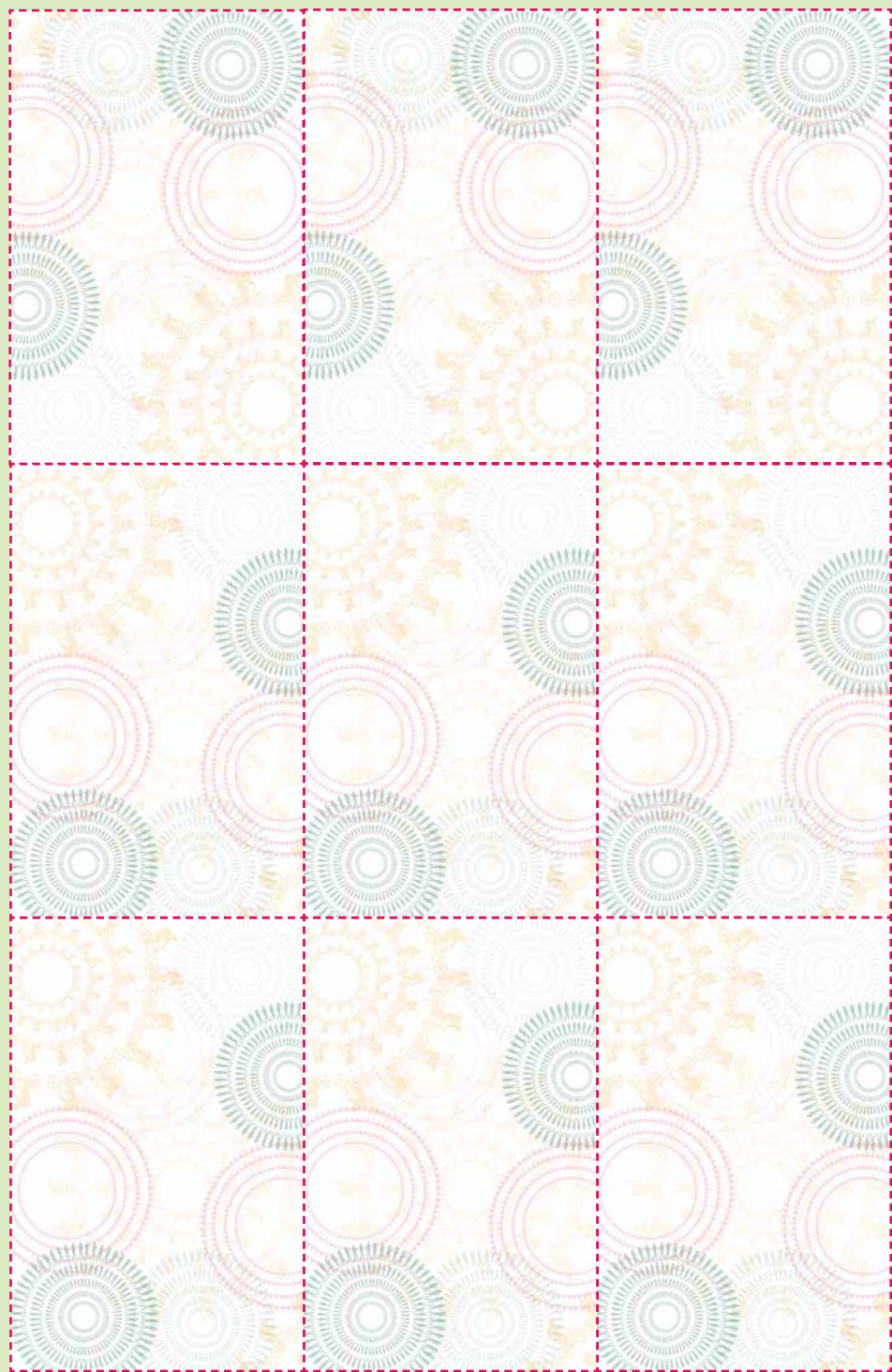
**Finnell & Mcmillian\***  
120 Main Street  
Barrhead, G78 1SG  
☎ 0141 8760330  
Discount applies to new  
customers ONLY



**10% discount with this voucher**

**Barrhead Shoe  
Repairs**  
62 Cross Arthurlie  
Street, Barrhead,  
G78 1RP  
☎ 0141 8812800









**Where can I find  
more information?**

**Contact our team:**

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FREEPOST RSCH-ULAZ-GZKH  
Steer Davies Gleave  
Ingram House  
227 Ingram Street  
Glasgow  
G1 1DA

**w** [www.gobarrhead.co.uk](http://www.gobarrhead.co.uk)

**e** [gobarrhead@sdgworld.net](mailto:gobarrhead@sdgworld.net)