

ONE LINLITHGOW UPDATE

We're working on a brand-new edition of the Linlithgow Visitor Guide. It was last updated in 2018, so it's high time for a makeover! We're working in partnership with other groups across Linlithgow to produce a publication that better reflects Linlithgow's tourism offering, while making directions to Linlithgow more prominent (for guides distributed outside Linlithgow). It'll start distribution in April, so keep your eyes peeled for it! If you'd like to request extra copies for your business, please just get in touch and we'll be more than happy to oblige.

*We're still dealing with a backlog of enquiries after West Lothian Council issued our invoices with the name of the wrong BID on them, while pressing ahead with all the great projects we have in store! We like to try to meet everyone in person, so if we haven't got back to you yet, please rest assured we will soon! You can keep in touch by contacting office@onelinlithgow.com or calling us on **01506 205308**. If you give us your e-mail address, we'll sign you up to our mailing list, too.*

We'll shortly be issuing a business-specific survey about starting a monthly Linlithgow Market. It's important we do it in a way that helps, not hinders, our bricks-and-mortar businesses, so please keep an eye on our social media and mailshots.

Please remember that we're available in person at our 28 The Vennel office between 10am - 2pm every day except Thursday. On Thursday, it's Playbugs at Mill Road. We can also visit you at your place of business by appointment. It's always best to make an appointment, but we know not everybody's business runs that way and we are committed to being available to all businesses in the BID area.

Our revamped security kits have been flying off the shelves (perhaps unsurprisingly, as they are free of charge to businesses in the One Linlithgow BID area!). If you haven't had one yet, or if you just need a partial kit to replenish the bits you don't yet have, please contact us through the usual channels. Likewise, if your UV lamp needs a new bulb, your detector pen has run out of iodine, or your forensic marking liquid has run out, we're committed to keep everybody's security tip-top!





CRANNOG

To describe Shonagh Brown, who has taken over the popular Café Delights on Linlithgow High Street, as “experienced” does scant justice to her hugely varied background in catering.

Now called **Crannog** by Shonagh, in memory of the ancient dwelling houses said to have been constructed on islands on Linlithgow Loch, the name does more than reflect the rich history of the Royal Burgh.

It also serves as a pointer to the traditional Scottish nature of a number of dishes, with which Crannog hopes to tantalise the taste buds of locals and visitors alike.

With trademark Crannog tartan bowls of corned beef stovies, homemade Scottish cheddar macaroni, mince ‘n’ tatties, and a Scottish cheese platter, it’s not difficult to predict what will be popular choices.

The extensive menu also features a vegetarian soup of the day, and a “pudding of the day”, which will almost certainly be a traditional Scottish dish. Wherever possible, locally sourced ingredients will be used throughout.

For Shonagh, who has achieved a number of “highs” in many years in catering, Crannog is the realisation of a long-held dream.

“It was in 2007 I first tried to open a café in Linlithgow but for various reasons it hasn’t worked out over the years. I know Dick and Sheenah who had Café Delights, and when they said they were retiring and was I interested in taking over, I jumped at the chance. They have been very supportive and I’m really grateful to them.”

Shonagh said she had always had a passion for food, having graduated with a BA degree in Home Economics from Queen Margaret College in Edinburgh

in 1984. She subsequently studied for a qualification in catering and accommodation, also completing a teacher training course.

“I did teaching for a short while at Falkirk High and elsewhere, but it wasn’t for me. My real passion has always been for catering.”

In her career, Shonagh has been head chef for **Gardner Merchant at TSB** headquarters in Edinburgh, spent several years as head of catering at **Sky HQ** in Livingston, and also had spells with the franchise at pubs in **South Queensferry and Kirkliston**.

But over the years she has done a large amount of catering both for corporate and private celebrations. She intends opening Crannog to meet any requirements.

Shonagh moved to Linlithgow in 1988 - her husband **Malcolm** is area manager for Historic Environment Scotland - and has become well known for her catering for St Michael’s Parish Church Women’s Guild and other local groups and organisations.

COMPLETE HEALTH AT THE MILLSTONE

It’s fair to say there was much disappointment locally when Gail Wright announced she was moving on from Complete Health to pastures new, but fears that the popular health food store would cease to exist have proved unfounded, much to the relief of hundreds of regular customers.

The new owners, **Paul and Sandra Batchford**, admit they are on a “steep learning curve”. Paul, for whom running Complete Health is a dramatic change of career after a lifetime as a photographer in the RAF then civvy street, said that he and his wife were loving every minute of it.

“The customers are delightful and there is a lovely community feel about the shop. Although Sandra had reservations initially, she has been completely won over. Gail has been brilliant in helping us get established, given the extensive range of stock in here. Many customers have also been great giving us advice - and often locating products among the huge array on the shelves.”

The career change for Paul is perhaps not as dramatic as it might appear. He admits to being “obsessed” by food

and catering, and he has taken part in a huge range of cookery classes and courses. The latest is at West Lothian College, where he’s on a 3-year accelerated professional cookery course, which he’s been allowed to undertake with evening classes:

“I had been looking for an avenue into some sort of career in cooking, however tenuous the connection, and when I saw Complete Health was up for sale last year I was immediately interested.”

Paul said that it was while on a photo assignment some 15 years ago covering a Forth Valley College graduation at Stirling Castle that he suffered a very serious heart attack:

“I started to dream of leaving my job, which involved covering graduations in Scotland, Northern England, Ireland, and Northern Ireland, with a team under me, and had become really stressful. I realised that full-time catering could be just as stressful, and I hoped I could find a suitable opening somewhere. Now I have!”

Paul, who is originally from Nottingham, said in his **25 years as a photographer in the RAF** he served in the first Gulf War, Kosovo, The Falklands after the conflict, and in Germany.

In 1989, eight years after marrying Sandra, they came to Scotland, and he served 13 years at **Kinloss and Lossiemouth**.

They raised two daughters who were still up North with their families. When he left the RAF in 2002, they had moved to Central Scotland where he could get more freelance photography work.

“Sandra started work as a nursery nurse with Lesley Nock, the wife of an old RAF colleague Chris who had just started their own nursery at Oakwell near Philpstoun, where Sandra still works.”

Paul said he had helped his friend Chris look after 700 free-range hens for a time before photography work took over.

He added, *“Sandra and I hope customers will be patient with us as we learn the business. We will be bringing in a few new products, some like cured salmon I’ll be making, but it would be silly to change anything dramatically.”*

