North Queensferry Community Complex

The Ferry News

Did you go to the Show?

The village came out to attend the first Village Show for three years - old faces and new, the elderly and the very young all mingled together to enjoy a wonderful afternoon. After looking at the wide range of exhibits from exotic pot plants to numerous crowns and painted jam jars made by enthusiastic primary school pupils, cake and scones were washed down with cups of tea and coffee and a good chat.

Judges from previous shows were able to come back to the Show and made an excellent job of the difficult task of judging the many exhibits. The overall winner at the Show was Sandra Hood who was presented with the Bob Cubin trophy and the SWRI cup for baking.

The Village Show is run by North Queensferry's Heritage Trust. It is usually held at the end of the summer and it is expected that the 2023 Show will be on **Saturday 3 September**…so please note that date on your calendar and start growing/knitting/sowing/painting/taking photographs and thinking about your baking.

For more information please look at: https://www.nqht.org/village-show-2022/



You are very welcome to attend

North Queensferry's Community Council meeting

on the second Thursday of each month

at 7.30pm in the Community Centre

Brock Street Play Park

Our stall at the Village Show was a great success, so many thanks to the "Helpers" from the NQ Primary School:

Maisie Allen / Elsie Cameron / Olivia Fraser / Sophie Howe / Lachlan McAllister / Sophie Smart.

The Helpers encouraged children at the Village Show to come forward and put stickers on the Play Park equipment posters indicating their "Wish List" for the refurbished Play Park.

So we now have a good indication of the popular pieces of equipment.

In addition, we made £49.00 from the "Guess the Weight of the Cake" raffle. This will go into the fund raising required by the Community prior to approaching various public bodies for funding.

We continue to meet up with the Head Teacher, Lee Waugh and now have the new school captains in place who will form part of the Sub-Group for the Play Park refurbishment.

The new school captains being:

Elsie Cameron / Lucas Patterson / Sophie Smart / Ava Wallace.

The school has been extremely active in the development of the posters, selection of the popular pieces of equipment and the development of an "Ideas Book" all of which will help in the final design.

Fund raising is the next objective, and the intention is to have an on-line platform for donations. We will keep you informed on this front.

No doubt, other activities and events will be forthcoming as we strive to secure the funding necessary to move forward. So please try and support the cause as best as you can, even in these challenging times.

The children deserve a good Play Park!

Issue 102
Nov 2022

The printing costs of Ferry News are paid by the operator of the Community Centre and MUGA, the Scottish Charitable Incorporated Organisation known as North Queensferry Community Complex, but they have no responsibility for the editorial or advertising content in either the hard copy or electronic versions.

INVERKEITHING MEDICAL GROUP

www.inverkeithingmedicalgroup.scot.nhs.uk

The Practice ran an evening engagement meeting on Menopause last month with Dr Donaldson and Lynn Sutherland, Specialist NHS Fife Menopause Nurse. The event aimed to reach out to women with menopause concerns and answer their questions. Over 200 women attended the virtual meeting. Feedback was very positive, with 99% finding the event useful. Key themes covered were "how do I know if I'm in the menopause? , mental health, sleep disturbance, managing physical symptoms, Medication – HRT / holistic therapies / contraception and lifestyle management of the menopause. Individual advice could not be given on the night but following on from this session, smaller group consultations are being offered on menopause to allow individual advice and 1:1 consultations within a group setting.

This consultation format has been offered in the Practice before for some chronic conditions such as hypertension, stroke and chronic kidney disease. The British Society of Lifestyle Medicine advocates this method of consultation, as it gives patients more time with their Clinician, improves knowledge, understanding and patient experience. It also gives peer support, stopping women feeling alone. Appointment sessions are longer, 90 minutes in length, with a Facilitator introducing the group and explaining the session, before the Clinician joins to answer group questions, then 1:1 individual sessions within the group. There is more time to discuss lifestyle and learn from the experiences of others in managing common menopause symptoms.

Two group consultations have occurred on two dates so far with 18 women attending, and 3 more group consultations planned. Feedback has been extremely positive so far with attendees feeling more listened to, satisfied and leaving with a better understanding of their condition. Although a pilot, if this continues to be well received these menopause sessions may be offered permanently twice a month to allow a different way of accessing menopause care. The Practice is also looking at offering these types of consultations for other chronic conditions.

Dr L Donaldson

Partner

Did Not Attend (DNA) Pre-Booked Appointments

Between 26 Aug-26th September 2022, 395 patients did not attend their pre-booked appointments with a Clinician. This is approximately 65 hours of lost clinical time and has led to increased appointment waiting times for other patients, not forgetting the cost to the NHS.

We would ask patients who no longer require their pre-booked appointments to cancel this by:

Phoning 01383-413234
Emailing us at Fife.IMG@nhs.scot
Replying to the text reminder message sent by the Practice.

Remember that one DNA is another patient's denied appointment.

Wrights Convenience & Post Office

Brock Street NQ KY11 1JF

Newspaper/Magazine delivery 7 Days

Morning doorstep delivery E.g. milk, eggs, rolls, bread etc

Same day home delivery on anything

Next day orders from Stuarts the baker available no minimum order (order with me)

Weekly orders for Puddledub Butcher for a Thursday delivery, no minimum order (order with me)

Mon-Fri 7am-6pm Sat 7:30am-5pm Sun 8am-2pm

Shop: 01383 412670 Mobile: 07895 5971

NORTH QUEENSFERRY CHURCH IS OPEN!

We are now open again for Morning Service at 10am each Sunday.

We are following 'Covid 19 guidelines' and have socially distant seating, hand-sanitizer, mask wearing, contact recording, and deep cleaning in place!

You can find a daily devotional and the Sunday Service on our website and any up-dates on plans for any permitted future events.

nqchurch.uk

Your warm welcome has not changed!

Ferry Property Maintenance Services

Building work and all types of maintenance

Building: concrete block, brick, stone, paving, slab, underground drainage, channel drainage, landscaping.
Roofing: slate, tile, zinc, felt, lead work, flat roof.
Guttering: cast iron, plastic, aluminium.
Roughcasting: dry, wet, lime.
Plaster boarding: wall, ceiling, plastering.
Woodwork: fencing, decking and more
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For work requiring specialised trades, I bring in recommended experienced tradesmen such as joiner, plumber, electrician, blacksmith, tiler.

Olivier James: Builder
Visit us on: Facebook and Yell.com
Mobile Phone: 07815029249
Email: ferrypropertymaintenanceservices@outlook.com

Contributions
for the next issue of the Ferry News
are to be with us by
Friday 13th January 2023
to:
7 Carlingnose Park

mary@ferrynews.org.uk

St Andrew's Night ceilidh
Tuesday 29th November
for Ukrainian visitors
and their host families
Tuesday 29th November
in the Church from 6.30 - 8.30

NQ Community Trust

To become a member and for further information about the Community Trust please contact-
http://www.nqcommunitytrust.org.uk/

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WHAT'S HAPPENING AT THE COMMUNITY CENTRE

Fife Dog Training:

Saffi Rowan has been working with dogs in North Queensferry since she was 13.

https://www.fifedogtraining.co.uk/fife-dog-training/ has all the information you need to enrol your dog/ puppy. And runs very successful classes from the centre.

Yoga

We have 2 classes running at the centre in our Small Hall

Mondays 7pm to 8:30pm – Yoga with Nacho

downwardfacingdog@protonmail.conm

and

Friday 9:15am – 10:30am – Yoga with Anne Guilton

Annyoga4everybody@gmail.com

Pilates with Laura

Monday 06:30 – 07:30 and Wednesday 09:30 – 10:30. To book a space contact lauras.pilates@gmail.com

Arts and Crafts

Open to all who enjoy crafts, come along each Tuesday evening, 7:00 – 9:00; bring your own craft along or learn something new from the current members. For information contact Jill Brown on jill.ebe@talktalk.net

Youth Club

We have a very active Youth Club running at the centre on a Thursday evening; open to all to enjoy, £1 payable when you come along. Lots of activities and events planned, and you get access to the MUGA to !!

6:15 – 7:30 P4 to P7
7:45 – 9:15 S1 and above

Don't forget our MUGA – we have DH Football Academy running sessions there, and Pars Foundation are coming back in November. The MUGA is open for all to use free then not booked out. To check is booked in check out:-

https://nqcc.skedda.com/booking

THIS SPACE COULD BE SELLING FOR YOU!!

To advertise in the Ferry News email mary@ferrynews.org.uk

VILLAGE
COFFEE MORNING
IN
NORTH QUEENSFERRY CHURCH
ON ALTERNATE WEDNESDAYS

10.30 TO 12 NOON
ALL AGES WELCOME

November	**9**	**23**
December	**7**	**21**
January	**4**	**18**
February	**1**	**18**

10.30 TO 12 NOON
ALL AGES WELCOME

NORTH QUEENSFERRY WALKING GROUP 2022 - 2023

ALL WALKS MEET AT THE CHURCH CAR PARK FOR 10am, DRIVERS VOLUNTEER AND SHARE OCCUPANTS TO MINIMISE NUMBER OF CARS REQUIRED.

DEPENDING ON LOCATION AND DURATION THE OPPORTUNITY MAY BE TAKEN FOR A LIGHT LUNCH.

Fuller information please contact Eileen Donaldson on 01383 412874

DATE	WALK	TYPE	DISTANCE	WALK
2nd NOVEMBER	Townhill Loch	C	2 or 4 miles	The shorter walk is around the Loch on good tarmac footpaths with plenty of wildlife and sometimes water ski action on the loch. The longer walk goes into the woods behind Townhill on reasonable paths, passing the old power station and the site of long abandoned coal mines.
16th November	St Margrets Hope	C	2,4 or 6 miles, or more !!!	A new walk on our doorstep. The shorter route is around the marsh on a reasonable path. The next section is along the sea wall before turning inland to Rosyth Castle and back along the south Dockyard road. The longer route leaves the others and goes uphill on a rough track to Castleandhill farm, with a final choice of 3 routes back. Downhill to Ferrytoll, Downhill to Inverkeithing then over ferryhills or via
30th NOVEMBER	Crombie to Torryburn	C	3 miles	Starting from the car park in Torryburn we follow the foreshore to the hamlet of Crombie. Turning inland and over open farmland to Crombie Old Parish Church ruin. From there down through the woods to the foreshore and back to Torryburn. Most of this is on good tarmac paths.
14th DECEMBER	Loch Leven	L	You choose distance	Starting at Loch Levels Larder and walk to either right or left as suits, whichever way plenty of wildlife and return to the Larder for Xmass coffee/linch.
11th JANUARY	Linlithgow Loch	C	2.5 miles	Starting at the palace, or the car park opposite Bonnyton House. A short walk on good paths, in case it snows ! Round the loch, clockwise or widdershins, Ducks Drakes palaces and countryside.

Time to get your garden ready for winter

Stan Green - Growforth, Hillend

As the cold weather approaches there are several things to consider for your garden. You might want to introduce some new plants to your garden - yes, there is still plenty of time - or some care tips for your precious plants.

Planting

Planting plants can be tackled anytime through the winter, but especially the autumn, all the way up to Christmas.
HOWEVER – let the soil "tell" you when, and when not, to plant.
DON'T PLANT if the soil is too wet or frozen. All you will do is damage the structure of the soil and reduce the new plant's ability to establish itself. Otherwise, you can get out and get planting. It's a great time to plant alpines, autumn/ winter/ spring bedding, deciduous shrubs, and trees. I would avoid acid-loving evergreens until the worst of the winter winds are over – say March or April for them. My current favourite for this season is the hellebore.

Helleborus Niger is the Christmas rose – a good loam (a good mixture of sand, silt and clay) and a partial shade (or a sheltered pot) - and this plant will give you pure white autumn and Christmas blooms. It is worth noting that having a look at Lenten Roses (also hellebores) and the colourful hybrids – later flowers and amazing colours and leaf colours available now too.

Outdoor and patio pots.

If the pots are small enough to move (please don't "do your back in") – then move them next to the house in a sheltered spot until March. This will give them added protection and helps keep them a bit dryer – but watch if they don't dry out completely. A surprisingly easy thing to do and gives more protection than you might think.

Maybe I will see some of you at The PlantMarket (Growforth Ltd) – remember that Heritage Trust members still get a 10% discount… and we have lots of hellebores for sale too.

It's time to get out and get your garden "Winter Ready", and we have lots of hellebores for sale too.

Stan Green - Growforth Ltd

PS … an apology

Stan sends his sincere apologies to everyone who came to the Heritage Trust talk earlier in the month - "When the Wind Blows". It was unfortunately impossible for him to attend at the very last minute. He also reminded us that Heritage Trust members still get a 10% discount when shopping at the PlantMarket, Hillend.

North Queensferry Community Complex

CRAFT FAIR

Friday 2nd December 2022 – 6pm – 9pm in our Main Hall

Come along and purchase some hand made Christmas Presents, lots to choose from including bath products, candles, wooden items, hand sewn items, cards, jewellery, stained glass and much more

FREE ENTRY

WWW.NQCOMMUNITYCOMPLEX.ORG.UK FACEBOOK: https://www.facebook.com/NQCommunityComplex

Any queries email: bookings@communitycomplex.org.uk

Community Council

Your council has been involved, particularly throughout the summer, in a number of beneficial additions to the village. It is wonderful news that, at last, after a very long time the village is about to have a public toilet in Battery Road car park. It still requires fitting out by electricians and plumbers….but the end of the (non) toilet saga is in sight. This very positive addition to the village will be much appreciated by village visitors as well as locals, likewise the welcome two new benches at Port Laing and the reopening of the picnic area (along Battery Road, under the Rail Bridge). The latter is not as big as previously but is still worth a visit for its views of the Bridge and the Forth. The Port Laing benches were put in place by Fife's Coast and Countryside Trust with finance from Network Rail as part of its Community Payback Scheme. Another addition to the village which has involved your Council's input has been the four new tourist information signs. These correspond to signs in South Queensferry and are part of the Forth Bridges Area Tourism Strategy.

The Forth Bridge repairs (or rather how the community has been affected by work on the Bridge) has been a priority concern of your Council since work on the Bridge began some two years ago. A particular issue over the last few months has been 'rusty water' which has seriously affected residents' property. Our October meeting specifically concentrated on resident Bridge concerns. Three staff members from Network Rail were present and listened to the village – we await Network Rail actions. Obviously work on the Bridge is weather dependent …and this was expected to finish in the late summer but now we are looking at late November.

The Albert continues on our agenda as we strive to work with the Community Trust and others to gain a future for this well loved building which will meet village needs. As this goes to press the current owner has appealed to the Scottish Government against Fife Council's decision to refuse to allow the Albert to become flats. The Applicant has appealed and the Community Council and Community Trust have submitted detailed letters to the Scottish Ministers supporting Fife Council's refusal of permission.

Council meetings always hold a certain amount of core work: receiving village planning applications; working with Edinburgh Airport regarding options for the Edinburgh Airport Airspace Change Programme: conversations continue but essentially the Airport still wants as many flights as possible; liaising with INEOS about the fumes wafting into the village: INEOS plan to have their Annual Report available for the next Ferry News; receiving reports from your Council's Floral Enhancement Group which has made the village so colourful all summer and receiving monthly police reports on their activities in the village.

Similarly each month the Council receives reports from, and works, with North Queensferry's four Fife Council councillors on many local issues including, of course, the new public toilet. Many subjects might appear quite mundane but in fact are important to the village for instance - the missing grit bin on the Brae which will be essential ithis winter.

Council responsibilities which come to the fore this time of year include arrangements for the annual Armistice Sunday Service at the War Memorial on 13 November; organisation of the village Christmas tree and promoting 'Village of Light' - a 'lock-down' activity which magically transformed parts of the village purely by residents lighting up their gardens.

Your Council continues to meet on the second Thursday of the month. Since Zoom meetings are currently abandoned we meet in the Community Centre at 7.30pm. Members of the public are very welcome. The meeting minutes are available on the three village notice boards and the Community Council's website.

You are very welcome to attend North Queensferry's Community Council meeting on the second Thursday of each month at 7.30pm in the Community Centre

Community Workshop

Free knitting and crochet sessions

Come down to the new community workshop at Old Railway Pier on alternate Mondays to learn how to knit or crochet or to get on with a project in company. We have lots of tools and yarn to get you started and you can also try out a knitting machine, cross-stitch, macrame or browse our collection of books to inspire you.

9.30-11.30am
on
31st October
14th November
28th November
12th December

These are free drop-in sessions - just come along and say hello! Tea and coffee provided.

Email: nq.community.trust@gmail.com
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