North Queensferry Community Complex

# The Ferry News

## COMMUNITY CENTRE UPDATE

Did you know your Community Complex is now a Charitable Trust? This means that we are a registered charity which is overseen by a group of Trustees and Members (we are always looking for more Members and Trustees to keep the centre open and to develop the centre to keep it alive!).

There are now 3 part time members of staff responsible for the day to day running of the centre – there are two fantastic Caretakers that ensure the hall is open and set up ready for your session (and if necessary, the heating is on!) and clean after sessions so the rooms are ready for the next booking!

A part time Complex Manager who is responsible for the staff, the centre, the MUGA, taking bookings, overseeing work and anything else needed to keep the centre open.

We have to fund ourselves, although we receive a small grant from Fife Council each year which allows us to run the Youth Club, Adult Classes such as the Arts & Crafts and activities such as Toddlers. We are also going to be running some Adult Learning Classes in 2023 which are funded under this grant. This is to enable us to run classes that don't cover our costs.

To remain open, we need to local community to support us by booking events with us – such as Children's Birthday Parties, Adult Parties, Fundraisers and more. We are looking for more groups to run during the day – ideas welcome! Email them to manager@nqcommunitycomplex.org.uk. To do this we need to pass on an hourly charge.

Costs – this is necessary so we can pay our bills! We endeavour to keep them as low as possible, and are always assessing and adjusting them as necessary. We are here for the community and as such we offer reduced rates for Village Charity/ Groups and for Villagers themselves – when you enquire about a hall hire – let us know your group name and/or postcode so we can quote you correctly! But we do have to cover our costs. The hourly cost to us for each hour a hall is hired is £15 to break even!

You may have heard that the centre has been repainted – the centre has only had to pay for the supplies as we made use of the great Community Pay Back team for the decorating which saved the centre a fortune. And it is looking great. We have also been removing some walls near the Small Hall to allow us to offer a cosy Warm Space for people to come along to keep warm, enjoy a cuppa and ready, play games or do some activities – this was funded by a grant so no cost for the Centre

Profit – our Charitable Trust cannot make a profit but we need to make enough money to cover any maintenance required.

We are planning on holding a welcome to the new look Centre event in the near future – so please follow our Facebook Page to find out timings,

Save the Date – Saturday 27th May – we are holding a Community Ceilidh! Keep an eye on the noticeboards; facebook, our website and anywhere else we can get a poster for details!

Thanks for reading

Heather McLean – Complex Manager
Email: manager@nqcommunitycomplex.org.uk

## Local Action Plan

The North Queensferry Local Action Plan was recommended for implementation at the South and West Fife Area Committee in March 2022.

To ensure the Local Action Plan Outcomes are addressed, a North Queensferry Local Action Plan Community Forum has been established. The Community Forum is made up of a number of community groups representatives and is the lead community voice which engages with Fife Council and Partner Agencies to begin the process of addressing the Local Action Plan Outcomes.

The Community Forum has met on 7 occasions and are working with a number of Fife Council and Partner Agency Services to meet the Local Action Plan Outcomes. This is very much a North Queensferry Village Local Action Plan. This is demonstrated by North Queensferry community groups leading on some of the Outcomes.

The Community Forum are working on an Audit of the Outcomes in the Local Action Plan and identifying which Council Services, Partner Agencies and community groups who will lead on the longer term Outcomes.

The completed report on the Audit of the Local Action Plan will be circulated through future editions of the Ferry News, social media sites and posted on local notice boards.

For any further information on the North Queensferry Local Action Plan, please contact: David Manderson, Communities and Neighbourhoods Services

Email: david.manderson@fife.gov.uk
Telephone: 01383 411865

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**Feb 2023**

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.

**PHARMACY FIRST –** Free Service for patients registered with a Scottish GP Practice to help people access the right care in the right place without having to go to their GP or local A&E Department for non-urgent treatment.

**Common Minor Illnesses That Can Be Treated by Community Pharmacy:**

Acne (All patients except those with infected/severe acne)
Allergies (All patients over 1 year old)
Athlete's Foot
Backache (First episode of back pain)
Bacterial Conjunctivitis (Patients over 2 years old without pain or visual disturbance)
Blocked/Runny Nose
Cold Sores
Colic
Constipation
Cough
Cystitis (UTI) (Women aged 16-65 inclusive)
Diarrhoea (Patients over 1 year)
Dry Eyes (Patients over 18 without pain or visual disturbance or chronic symptoms)
Dry Skin (Eczema/Dermatitis)
Earache (Simple)
Haemorrhoids/Piles (Patients over 18 years old)
Hayfever (Patients over 1 year old)
Headache
Head Lice
Impetigo (Patients over 2 years old)
Indigestion (Patients over 12 years old)
Mouth Ulcers (Patients with symptoms under 3 weeks)
Nappy Rash
Pain
Period Pain (Women over 10 years old)
Ringworm
Scabies (Patients over 2 years old)
Scalp disorder
Shingles (Patients over 18 years old)
Skin Infections (Patients over 18 years old)
Sore throat
Threadworms (Patients over 2 years old)
Thrush (Women aged 16-60 years old)
Oral Thrush (Patients over 4 months old)
Warts and Verrucae

**TEXT MESSAGING REMINDER SERVICE**

The Practice has a text messaging service which allows us to send text reminders of your appointment time. It also allows patients to cancel an appointment no longer required by text. We will require an up-to-date mobile number to enable you to access this service.

**DNAs**

In November and December 2022, **585** appointments were wasted due to non-attendance by patients, 97 hours of clinical time lost and longer appointment waiting time for other patients. On a very positive note **208** patients texted to cancel their appointment. Many thanks for this.

Please help us to make maximum use of appointments we have available by cancelling appointments no longer needed:

Reply to text reminder
Email: fife.img@nhs.scot
Call: 01383 413234

**NEW TELEPHONE NUMBERS USED BY FIFE HOSPITAL TO CALL PATIENTS**

NHS Fife will be using the following telephone numbers to contact patients:

01592 647198

01383 674098

**These numbers cannot receive incoming calls**.

**SUPPORT TO YOUNG PEOPLE – NEW SHOUT TEXT MESSAGE SUPPORT SERVICE**

Fife's Health Promotion Service has partnered with Our Minds Matter and the SHOUT Text Messaging Service to offer free, confidential mental health support to young people living in Fife who are experiencing distress. Simply text the word "Fife" to 85258.

# Contributions

**for the next issue of the Ferry News**

are to be with us by

**Friday June 2nd 2023**

to:

7 Carlingnose Park

**mary@ferrynews.org.uk**

## NQ Church

NQ Church have been making new friends with some of the Ukrainian guests in the area
Some of the adults and children joined in the Messy Church in November and we held a Scottish Night on the 29th November with songs, 'Scottish' nibbles, songs and dances. Strip the willow and Gay Gordon's were a real if chaotic hit.
On 7th January we were invited to their Orthodox Christmas Celebration, which they hosted in the Church. (Not having access to cooking facilities for numbers in their hotels or guest homes)
Safe to say it was hectic but great fun,as guests had to join in to make the dumplings. We then got to eat them!! The children ran around, really loving the space and opportunity.
Such a lovely day with such lovely people. There is a super wee video that they've made on the Church website NQchurch.uk and more photos.
We were lending them a room for English conversation, but so many have now got jobs, these have been stopped.
We hope for a better year ahead for them all


**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*
*Repair or new, no job too small.*

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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**


## Village Christmas Tree

We really have to thank a number of sources for the splendid Christmas Tree and display we had over the festive period.

Firstly, thanks to Fife Council for providing such a beautiful 20' tree, possibly the best tree we have ever received.

Thanks to a resident of the village who donated some exterior coloured lights which enhanced the railings at the War Memorial.

Thanks to the North Queensferry Community Trust who provided some funding enabling additional lights to be purchased for the tree and the adjacent area.

Finally, thanks to members of the Floral Enhancement Group who assisted with the installation of the tree, the decoration and ultimate removal.

There's a real sense of satisfaction when everybody works together for a common goal.

So, **"WELL DONE & THANK YOU!"**

## The Albert Hotel

In September, North Queensferry Community Trust (NQCT) sent a "request to transfer" to the owner of the Albert Hotel. That's an initial stage of the Land Reform Act Part 5 right to buy process to see if the owner, NQCT and the Albert Community Group can sort things out between them.

In December the owner of The Albert Hotel responded suggesting a meeting of the parties concerned. This is an encouraging step forward. The meeting should take place in the next few weeks.

## Heritage Trust

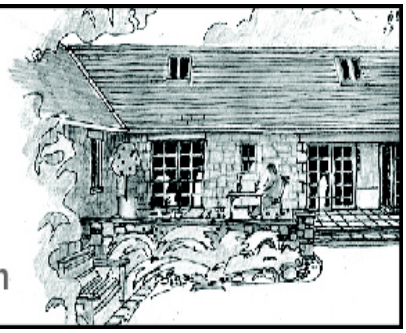
### When the Wind Blows... again!

Due to last-minute issues, this talk failed to happen last October. However, we are pleased to let you know that Stan Green of The Plant Market (Growforth, Hillend) will give his talk next month. If you want to listen to good practical advice and ask questions about your spring and summer garden, do come along.

Mark your calendars for Wednesday 22nd February, at 7:30 PM at North Queensferry Station. We hope to see many of you in person... tea and coffee will be available. Non-members £3, members £2.


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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

## Mobile Library

The Mobile Library comes every other Monday at Whinneyknowe (12.25-12.55) and Inchcolm Drive on the 21st January; 4th and 18th February; 4th and 18th March.

As well as borrowing books from the Mobile Library, you can reserve books and collect them there. The staff are very helpful and you can even join the library there - take your MyFife card or other ID.

The more we use our Mobile Library, the greater our chances of keeping the service.


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Shop: 01383 412670 Mobile: 07895 597111

# NORTH QUEENSFERRY WALKING GROUP 2023

The meeting point is NQ Church car park every alternate Wednesday at 10.00am. Volunteer drivers will take other walkers to minimise the use of cars.

In most cases, there will be the opportunity for a coffee or light lunch. For further information please contact Eileen Donaldson on 01383 412874.

| DATE | WALK | TYPE | DISTANCE | DETAILS |
|---|---|---|---|---|
| 08 February'23 | Blackness to Abercorn | C | 2.5-5 miles | Generally on good level paths through woodland to Abercorn church. (circa 1100's) Returning by the high or low level path. The walk can be extended to include Mid Hope Castle. |
| 22 February'23 | Hawes Inn to Dalmeny House | L | 4 miles | Undulating along the foreshore on good, mainly sheltered paths passing Barnbougle Castle. |
| 08 March'23 | Hermitage | C | 2-5 miles | A break out of Fife to an old favourite. Rated one of the best 10 snowdrop walks. Ossians Hall overlooking the Black Linn Falls. Woodland paths of various lengths. Also, in town, there is a level walk around the Cathedral. |
| 22 March'23 | Devilla Forest | C | 1.5-5 miles | Very level on good paths in sheltered woodland, with options on distance. |
| 05 April'23 | Dalgety Bay to Braefoot | L | 3 miles | Daffodil walk on very good paths. Starting at St. Bridget's Kirk to Braefoot Bay. All on good paths. |
| 19 April'23 | Falkland | C | 1.5-4 miles | A number of options, but the main walk is from the centre of Falkland, up through the Falkland House estate and follow the Mapsie Burn through the den to the waterfall and return. All on good paths. A visit to Falkland Palace and ancient tennis court. |
| 03 May'23 | Pattiesmuir | C | 2-4.5miles | This is a figure of eight walk and can be done as one of two short walks or one long one. To the North up through open farmland with views to Dunfermline Abbey etc. To the South is over the Coffin Road to Rosyth Old Church ruin (actually Limekilns), then return along the foreshore. |
| 17 May'23 | Preston Island | C | 4 miles | Originally an island but now joined to the mainland with the ash residue from Longannet Power Station. Remains of the salt pan industry is now a nature reserve. All walks on good paths. |
| 31 May'23 | Powmill | C | 4 miles | Starting at the Milk Bar and along a quiet road, then down between open fields to the Crook of Devon with views of the Ochil Hills. Follow the River Devon to Rumbling Bridge and return. All mainly on good paths. |
| 14 June'23 | Tetley Trail | C | 4.5 miles | Another old favourite. Park up at Scotlandwell before taking the path along the lower slopes of Bishop's Hill to Kinnesswood, then across open fields to woodland skirting Loch Leven, eventually returning to Scotlandwell. |
| 28 June'23 | Kinneil House, Bo'ness | C | 1.5-4.5 miles | Short and long walks. Some on tarmac paths others on gravel taking in James Watt's cottage, Kinneil House Kinneil Church and the Roman Antonine Wall. The longer walk takes in the nature reserve. |

**Key:** C—circular walk; L—linear walk

## Brock Street Play Park Refurbishment

Prior to the Christmas Break, the Group developed a "Crowd Funding" page on the Just Giving web site.
A "Flyer" accompanied the last issue of the Ferry News and we had an instant response.
So thanks for that.
The Group will continue to meet on a regular basis during 2023. The Group consists of the NQ Primary School Head Teacher, the current School Captains, along with a few members from the Forum for the NQ Local Action Plan.
Local financial support is essential to secure the larger fund packages from external sources such as Fife Council, Fife Environment Trust, National Lottery etc.etc.
As with the Pierhead Play Park, any businesses / organisations supporting the project will be noted on the permanent signage at the Play Park.
So this is a plea to all to support this venture.
As well as finalising the design, the Group intend to look at various fund raising options. We'll keep you posted on that front.

To make a donation, please log onto:
https://www.justgiving.com/crowdfunding
then insert "david-neill-3" In the "Search" box.
Scroll down until you find "Crowdfunders"
Our web page has a picture of the Forth Rail Bridge (surprise, surprise!!)

Easier still is to use the QR code:

## North Queensferry Gala

After a successful AGM at the end of last year, we have managed to elect a new committee which means Gala can go ahead this year on Saturday the 10th June 2023. We would like to take this opportunity to thank the long-standing members and helpers who have stepped down. The hard work you have all done has really been beneficial for the children and families of our village and for that we thank you all!

Our new elected committee consists of Natalie Baird, Chairperson, Lelly Gray, Vice Chair, Tony Ewen, Treasurer and Stacey Sullivan, Secretary. As always, the support of other committee members and FOGs, Friends of the Gala, is vital in ensuring we have a successful year. Please contact one of the committee members or email NQGala@outlook.com if you would like to help.

We are looking to host our first fundraising event on Saturday 22nd April. We will be seeking your opinion on whether a race night or bingo night would be more appealing to you. Please follow our Facebook page called North Queensferry Children's Gala for more information on fundraising ideas and events leading up to Gala Day. We would also appreciate it if you could take a few minutes to complete a small survey regarding the run up to Gala Day. The link for the survey can be found on our Facebook page.

Finally, a huge thank you to everyone who plays the weekly bonus ball. The funds raised will help to enhance our Gala Day and make it more special for the children. Please look out for the Easter Special bonus ball draw where the winner could take home £200!

We look forward to seeing you at our events but in the meantime, if you have any suggestions then please contact a member of the committee, comment on our Facebook page or email NQGala@outlook.com.

# Stamps

**Help the Royal institute for the Blind create a world without barriers for people with sight loss.**

**Collect your used stamps, bring them to Wright's Shop and put them in the special envelope.**

# Thank you

## North Queensferry Community Council ( NQCC)

A belated but sincere 'Happy New Year' to you all. New Year's resolutions are notoriously difficult to keep, however, we hope the 'resolutions' of your Community Council will be acted on throughout 2023. Many of these are already 'in the pipeline' but inevitably more actions will appear throughout the year. We welcome all residents contacting their Community Council with village worries.

Please contact: - the Secretary: nqccsecretary@livingwater.org.uk

Topics which have been before your Community Council and which will continue into 2023 include:-

**The Forth Bridge:** Although Network Rail's two year project has, at last, been completed, Balfour Beatty will continue to have a presence for a couple of years. There is, however, still work required to repair property damaged by Bridge works and the 'rusty water' coating everything in its way. Your Council will continue to meet with Network Rail and Balfour Beatty until satisfactory solutions are found.
Network Rail, through its 'Community Payback Scheme', has provided:- a seat at the Community Centre (to replace 'Wee John's' broken seat), painting and repairing seats/ benches around the village, two benches at Port Laing and new slabs for paths and educational materials such as flipcharts for the Community Complex. In 2023 the Community Payback Scheme may provide an AV system allowing zoom attendance at meetings in the Community Centre along with a defibrillator which can be placed on an external wall of the Centre.

**The Albert:** While your Council has taken, and will continue to take, an active role in the future of this vital community asset, it is the Community Trust which is responsible for the future of the Albert and, to date, the welcome rejection of the current owner's planning application.
**Edinburgh Airport:** Two of your community councillors are particularly involved with the airport and all of its activities which could affect the village such as more planes causing obtrusive noise by flying at lower levels, twenty four hours a day. Airport decisions in 2023 will be watched carefully. Meanwhile if you have any airport concerns contact NQCC's Secretary.
**Public toilet:** Well 2022 should have seen the village supplied with a public toilet in Battery Road car park - yet again circumstances have conspired to delay this urgently needed public service. Fingers crossed for 2023.
**Four Fife Councillors:** Your Fife councillors continue to take a positive part in the Community Council's monthly meetings. In addition to answering many questions, they investigate and where necessary take forward village concerns such as: - a bus shelter at the church, more small local signs to direct visitors to village attractions, the repair of potholes, a home for the Beamer Rock lighthouse, a litter bin at the Bridge picnic area, grit bins on the Brae, the train timetable, possible shuttle bus to Ferry Toll and many, many, more village topics.
**Planning applications:** these are very much part of your Council's responsibility and each month we consider applications from Fife Council.
**The Police:** As in 2022 are expect to continue receiving police reports, while we just might, sometime in 2023, enjoy the presence of a representative from Fife Constabulary. Do please contact us with any police issues - no matter how small - as we hope to have a meeting in the foreseeable future. Nevertheless, we need to continue to look to our own resources to reduce antisocial behaviour by 'visitors' to North Queensferry. To help solve the problems caused by unsociable behaviour it is imperative that we gain Police support by phoning 101 when a problem occurs.
**Floral Enhancement:** As in 2022 the Floral Enhancement Group, with its many willing volunteers, will continue to make our village even more attractive with wonderful floral displays. The Community Council receives a grant to help towards new plants however if you have spare plants they will always be welcome. Likewise if you would like to join the Group it usually meets on Tuesday mornings – or it will once the spring comes along. In the first instance please contact your Community Council's Secretary
**Our Image: we continue to work on** your Community Council's image, makeup and how it communicates, If you have ideas about how we can achieve this and if you would consider joining us please contact the Secretary:- **nqccsecretary@livingwater.org.uk** or any village community councillor.

**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**

# Ceilidh

# Community Centre

# Saturday, May 27th

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