The Ferry News

NQCC
North Queensferry Community Council

Our Community Council reconvened with an inaugural meeting on October 12 consisting of seven local members and our four Ward Six Councillors. It is still possible to join – there are vacancies for three co–opted members.

Community Council is usually the first point of contact on a range of issues which have potential impact on our village. We are consulted by and liaise with BEAR, Network Rail, Edinburgh Airport, INEOS, Police and Fife Council. Representatives often attend our meetings. We are also first contact for use of the village for events and filming.

Some issues take quite a lot of time and persistence to resolve. For example, oversize vehicles getting stuck on The Brae, managing Battery Road Car Park and mitigating the effects of the ongoing repair work on the Forth Bridge. We have regular meetings with Network Rail.

Despite our efforts, there is still a problem with dirty water, falling objects and contamination, but we persist.

It is not just a case of 'fighting things off'. We endeavour to be anticipatory and support initiatives such as the efforts to bring The Albert into Community ownership.

Community Council also facilitates the Floral Enhancement Team, the Remembrance service has been organised and the village Christmas Tree has been ordered…

We meet every second Thursday, November 9, December 14 and January 11

Residents of North Queensferry are welcome to attend. Audio Visual equipment has recently been acquired and it will soon be possible to attend and participate remotely.

If you have any questions, comments or ideas please contact via:

nqccsecretary@livingwater.org.uk

The Floral Enhancement Group

The village thanks all the floral enhancement volunteers who attend on Tuesday mornings. Additionally, thanks must go to the village residents who look after the plants in tubs near where they live and to the people who help with the watering. The Group also appreciates the many plants donated by villagers.

The project this year is the triangle near West Bay and Rankins…so look out for a new colourful display.

The Group are now taking over the planting of tubs at the station. This was previously done by the Rotary club. The plants are provided by Scottish Rail.

New volunteers are always very welcome: no gardening experience needed.



Issue 105
October 2023

The printing costs of Ferry News are paid by the North Queensferry Community Trust.,

The Trust does not have any responsibility for the editorial or advertising content in either the hard copy or electronic versions.

INVERKEITHING MEDICAL GROUP

Www.inverkeithingmedicalgroup.scot.n

Arthritis - What Is It?

Arthritis is pain, swelling and stiffness in one or more joints. There are several different types. Wear and Tear Arthritis or Osteoarthritis is the most common and I will discuss this one here.

Osteoarthritis occurs when the ends of bones in a joint break down causing pain and swelling over time. It is more common after the age of 45 and in women. The joints most commonly affected are the knees, hips, hands and back.

It is not clear what causes Osteoarthritis. It can sometimes occur after a previous injury, having too much pressure on the joints and genes can also play a part.

If you suffer pain or swelling around a joint that will not go away, you should see a Clinician – either a GP, an ANP or a Physiotherapist.

Your Clinician will examine the painful joint or joints and may send you for an x-ray to help make a diagnosis. They may take blood samples if they suspect other forms of arthritis such as Rheumatoid Arthritis, Gout or Psoriatic Arthritis and may refer you to a Rheumatologist if these are suspected.

Various treatments for Osteoarthritis may be recommended. Plenty of exercise, muscle strengthening, anti-inflammatory gels and tablets such as Ibuprofen and Paracetamol can reduce pain, swelling and stiffness. There is not much evidence that dietary supplements help however.

An active lifestyle and maintaining a normal weight reduces pressure on your joints and exercise keeps the muscles around the joints strong and will help keep them functioning longer.

Your GP may sometimes recommend a steroid injection into the painful joint in more severe cases. You may also need to be referred to the Orthopaedic Department at the hospital for consideration of a joint replacement if all conservative treatment fails.

Most people with Osteoarthritis do not have major mobility issues and effective treatment will help reduce long-term joint damage.

Aspects of your job may need to be changed if you work with arthritis. Your employer has a duty to make sure you are comfortable at work and that your arthritis does not make it difficult to do your job.

Being in pain long term can even cause depression so it is important to talk to a friend, family, your employer or a Clinician at the Surgery.

An excellent resource for sufferers of arthritis is www.versusarthritis.org

Postage Stamps



December is the time when we like to receive lots of post. Please collect your stamps.

Thank you to everyone who puts used postage stamps into the envelope at Wright's shop. Your stamps provide a valuable means of fundraising **and** will go to the Royal National Institute for the Blind. Please see the website: www.rnib.org.uk/donations-and-fundraising/fundraising-your-community/stamps-appeal.

Thank you for continuing to collect.

Brock Street Play Park Refurbishment---Update

Firstly, a big "THANK YOU" to the volunteers from the NQ Primary School who manned our stall at the recent Village Show and helped children decide on their preferences on play park equipment, not forgetting the £33.50 they made from the 'Guess the number of sweets in the jar' raffle which went towards our community funding page on the Just Giving / Crowdfunding platform.

We now have in excess of £1,500 in the fund and our target is £4K, so if you wish to make a small (or large!) donation, please log onto:https://www.justgiving.com/crowdfunding/david-neill-3

Our web page has a picture of the Forth Rail Bridge (surprise, surprise!!)
Easier still is to use the QR code:

A formal application for large funding has been submitted into Fife Environmental Trust, and a decision will be made before the end of the year. Likewise, the Brock Street Play Park Project is now on the short list for major funding from Fife Council. Again, a decision is expected by the end of the year.
The Project Group is actively looking at other sources of funding from local business and sources out with the village.
As mentioned in a previous edition, the pupils were tasked to come up with a 'Theme' for the park.
The initial challenge produced some 12 various themes, and after a democratic vote, an 'Underwater' theme was most successful.
Also, the pupils are keen that the school colours of sky blue and maroon are incorporated into the play park design.
A full survey of the existing area is now complete and a proposed layout was on display at the Village Show.
This certainly assisted the children to make their final decisions on equipment and layout.
Once major funding is in place, the project then can move into the Tender Stage and ultimately award of contracts.
Hopefully, by the next edition of the Ferry News, we can confirm the project is now moving into that phase.

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.

Fully registered and insured business
I provide a maintenance service inside, outside and garden
Fixed rate, no VAT to be added, ask for free estimate.

For work requiring specialised trades, I bring in recommended experienced tradesmen such as joiner, plumber, electrician, blacksmith, tiler.

Olivier James: Builder
Mobile Phone: 07815029249
Email: ferrypropertymaintenanceservices@outlook.com

Would you like to increase your business?

Why not advertise in the Ferry News?

Information about your business will reach every house in North Queensferry three times a year.

For more information contact:
lin@ferrynews.org.uk

North Queensferry Local Action Plan

The North Queensferry Local Action Plan (NQLAP) was developed over the last 2 years (due to COVID restrictions, the process took longer).

All local residents will recall getting a North Queensferry Local Action Plan questionnaire through their door or had a chat with Fife Council and local group representatives, who worked in partnership to distribute questionnaires through every door in North Queensferry. There was also online access to the questionnaires. All completed questionnaires were handed into Wrights Shop, Rankin's Café, Primary School and Community Centre. Along with the completed questionnaires, we gathered information from local community groups and businesses.

We did online consultations with the Primary School pupils and staff. All this information was compiled and presented at four workshops held in the community centre and Deep Sea World Café. Local residents attended the workshops and began identifying key outcomes from the questionnaires, these outcomes were prioritised into short, medium and long term outcomes. From the workshops, the North Queensferry Local Action Plan was recommended for implementation at the area committee and also noted by elected members as a fully inclusive and transparent process.

The next step was to formalise the North Queensferry Local Action Plan steering group into the North Queensferry Local Action Plan Community Forum, this would be the lead voice for the community to ensure the outcomes in the local action plan began to be addressed.

The Local Action Plan Community Forum met on 14 occasions and have just produced an audit document of how all the outcomes have been addressed. There is a mixture of outcomes completed, outcomes ongoing with lead services identified to progress the longer-term outcomes. A number of the local action plan outcomes are being led by North Queensferry Community Groups, demonstrating this is truly a North Queensferry Village Local Action Plan.

The community forum consists of around 12 local people, who represent various community groups in the North Queensferry area. These 12 local representatives have worked diligently as a community forum to ensure all the outcomes in the local action plan have been completed or are working towards completion.

To access the North Queensferry Local Action Plan outcomes document, please email Gemma McGuinness – gemma.mcguinness@fife.gov.uk
The community forum will continue with the same purpose and meet every second month to ensure the local action plan outcomes are met. The community forum are always looking for new members to continue this valuable work for the benefit of the wider community. At the next meeting of the North Queensferry Local Action Plan Community Forum, the members will discuss a possible evening at the community centre to invite all local residents to come along and hear how the community forum have worked with Fife Council and Partner Agency Services to address local action plan outcomes.

For any further information on the North Queensferry Local Action Plan Community Forum, or if you wish to become a member of the community forum, please contact David Manderson (Community Worker) by email – **david.manderson@fife.gov.uk OR call CLD Office on 01383 411865**

Village Show 2023



Following busy venue preparations on Friday evening, good weather greeted Saturday morning 2nd September and volunteers put in place the final touches to present the Coronation themed Village Show to the judges. Certificates awarded, the Show opened promptly at 2.00pm thanks to all the efforts of the organising team planning and chasing ideas from March 2023 onwards!

A very big 'THANK YOU' to all the school pupils who designed posters, the helpers who displayed the posters and banners around the village, the bakers, gardeners, arts and crafters and photographers who submitted their entries, the volunteers (with great spreadsheet skills) who registered those entries, the writers of hard won certificates, the amazing sponsors including the DoubleTree Hilton, Rankins, The Wee Restaurant, Deep Sea World, Maid of the Forth (plus many other private donations), the judges for their patient deliberations and the Heritage Trust guest of the day, Rev Andrea Fraser who gave an informative introductory talk prior to kindly presenting the prizes.

Prizes awarded:

Bob Cubin Cup – overall Show winner – Pam Bell

Jubilee Cup – overall winner in children's categories – Calum Bell

Maureen Trotter Cup – best Fruit & Vegetables – Community Garden

Connie Dennison Crystal Bowl – best Pot Plant – Catherine Ewen

John Done Cup – Best Flora and Fauna Photograph (Adult) – Mike Dooley

John Done Junior Cup – Child Photograph Categories – Calum Bell

WRI Cup – Best Preserve – Lin Collis

Heritage Trust Shield – Awarded by the NQ Primary School for the pupil contributing most to natural or cultural heritage – Martyna Pozzoni

But most of all, thank you to all who attended

Thanks also to those who took advantage of the bargain produce auction at the end of the Show. All funds raised contribute to the NQ Heritage Trust responsibility for the rooms and exhibitions at the Railway Station, the Lighthouse and Museum at Pierhead, St James' Chapel, the Telephone Kiosk Book Exchange and, more recently, The Briggers' Memorial. Donations this year from the NQ Community Council and the Church of Scotland assist toward the costs of the Trust and the Village Show. By joining the Heritage Trust and participating/volunteering next year we hope we, and YOU, will go on to an even more successful Show in 2024 – the 60th Anniversary of the Forth Road Bridge – so start planning your showstoppers now, be it baked, photographed, stitched, or grown!

YOUR Village Show needs YOU!

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	DIS-TANCE	DETAILS
01November	Leuchold Gate Walk	C	vari-ous	Starting in South Queensferry, this walk rises up to Dalmeny and the Dalmeny Estate and then down to the foreshore. There are options for longer walks for the fit and healthy!
15 November	Linlithgow Palace and Loch	C	2.5 miles	An easy walk with surfaced paths, this circular walk takes you around the loch with impressive views of the palace. A good choice of cafes in Linlithgow.
29 November	Beecraigs Country Park	C	vari-ous	A Country Park with something for everybody. Short walks, walks around the loch and even an opportunity to climb Cockleroy Hill. The Park has a café.
13 December	Town Loch and Town-hill Woods	C	3 miles	Starting at the car park this walk takes you around the loch and then into Townhill Park and Woods. A mixture of surfaced and unsurfaced paths.
27 December	Loch Leven	L / C	2.5-5 miles	Starting at Burleigh Sands Car Park the walk follows the shore of Loch Leven to Loch Leven's Larder for a well-earned break and a bit of shopping (First Footing?). The energetic can walk back to Burleigh Sands and pick up the cars!! .

Key: C—circular walk L-linear walk

1st architects
FREE Consultation
On any property issue
Call today 01383 417 509
adrian@1st-architects.com 1st-architects.com


Forth Bridge Writer-in-Residence completes her year



For past twelve months, the Forth Bridge heritage and tourism team has been working with its first writer-in-residence, Barbara Henderson. A children's author specialising in historical fiction, Barbara started the position at the Barnardo's Your View event in September 2022 and concluded her residency at the 2023 event where lucky participants enjoyed the amazing views from the top of the Forth Bridge in North Queensferry.

It has been a year to remember! The year-long residency has resulted in two books, twelve months of blog posts, many articles and several thousand miles as Barbara travelled to share the Forth Bridge story with children and adults alike at almost thirty live events - and counting.

The idea of a Forth Bridge Writer-in-Residence developed during her research for her children's book, Rivet Boy. Frank Hay is a local historian who helped with her research and comments: "When Barbara contacted us, The Briggers, requesting help writing a children's book about the Forth Bridge, we were so pleased as this is not an easy task. The author must invest so much time and energy learning about this unique Victorian industrial environment - but we were happy to help. Barbara is a whirlwind of activity and an obvious candidate for our first-ever Forth Bridge Writer in Residence."

Barbara adds: 'It has been an unbelievable honour to spread the Forth Bridge love in words. I am particularly pleased that so many schools across Scotland have chosen to use Rivet Boy in the classroom – I went to Mull to do Forth Bridge school events last week! Working with photographer Alan McCredie for Made from Girders has been another highlight. In fact, the whole year as Writer-in-Residence has given me so many new connections and experiences which I will treasure for life!'

Among the stories told in her newest book, Made From Girders, is that of North Queensferry resident Garry Irvine, who recalls an old lady telling him about a man's head being found in a garden under the Bridge, knocked off from a train passing overhead. That's not to mention the many lifeboat operations of RNLI crew member Julia Dominguez whose career in the Forth has seen her rescue everything from a mass of floundering swimmers to over-adventurous dogs who found themselves in deep waters.

.

Contributions for the next issue of the Ferry News are to be with us by **Friday 12 January**

Please send to:

Bankton Cottage, Main Road. lin**@ferrynews.org.uk**

North Queensferry > Net Zero

We know that our world is in the middle of a global climate crisis. And we know that the UK and the Scottish governments are taking steps to reduce our carbon footprint and take the country towards net zero. Net zero means cutting our emission of greenhouse gases (primarily carbon dioxide), getting as close to zero as possible, and balancing the books by re-absorbing carbon dioxide from the atmosphere, storing it in wetlands and forests for example.

The whole world has to make huge and difficult changes to many aspects of our technology, industry, energy use, agriculture, mining, demands for timber, even our diets. At the forefront of the changes, it is essential that we switch as quickly as possible away from fossil fuels (coal, oil and gas), and move to green energy (primarily electricity generated from solar power, wind and water).

Where do we in North Queensferry fit into this national and global challenge? We can do better than wait to be told what to do and how much it is going to cost us.

The Scottish government and Fife Council have created schemes to help local communities play their part in reducing their carbon footprint, accessing ways of saving energy costs, and generating their own clean, green electrical power.

Plenty of local communities around us are already started on the path towards green energy use and reduced energy consumption (which means reduced energy bills).

The challenge: with advice, help, and access to funding that is available within Fife, we can set out as a village community to devise plans that will both generate green energy and reduce energy consumption (and our energy bills).

The first steps: There will be an informal meeting soon at the Community Centre. It will be for anyone in the village who is interested in net zero ideas and plans. Keep an eye on the village noticeboards and village FaceBook pages for more information.

The ideal: to learn how much green energy we Keep an eye on the village noticeboards and village Facebook pages for more information.

The ideal: to learn how much green energy we need to power all our homes, our school, our community centre – and our electric cars, and see how far we can get towards making North Queensferry a net zero community.

The Scottish government and Fife Council have set up and staffed schemes to encourage and support community energy projects:

Local Energy Scotland administers and manages the Scottish Government's Community and Renewable Energy Scheme (CARES). CARES supports communities to engage with, participate in, and benefit from the transition to net zero emissions

https://localenergy.scot/

Fife Communities Climate Action Network (FCCAN) has experienced staff and serves a network of community groups in Fife that are taking action on climate change. By working through this network we can share information, resources and knowledge while tackling the barriers to low carbon living. FCCAN acts as a channel of communication with Fife Council and the wider **Scottish Communities Climate Action Network**.

https://fccan.wordpress.com/

Email Jane Hesketh and Trevor Watkins at if you are interested in net zero and a community enq.community.energy@gmailn.com energy developments for North Queensferry.

What's happening at the Community Centre ?

Did you know that we are now a Charitable Trust (SC050448), managed by a group of volunteer Trustees who oversee the running of the centre. We have a part time Complex Manager to deal with day-to-day actions such as bookings, maintenance, etc and 2 part time caretakers to keep the centre running and clean and welcoming.

We are always looking for new Trustees to help steer the centre in the right direction – we have named positions if you wished to take these on, otherwise all we ask is that you attend the monthly meetings. Or you can become a member, and just attend the AGM to make decisions or join a sub group such as

Maintenance or Events. Pick up our membership form if you would like to apply to join us.

We receive a small grant from Fife Council which allows us to offer sessions to older people, toddlers and the Youth, and enables us to run sessions such as Food Hygiene, Defib Training and we hope to run more soon.

Other than this grants we have to fund ourselves; we do this through fundraising events, and our room hire. The centre costs over £40,000 a year to run. We are looking at Solar panels with batteries to reduce our costs and keep the centre hire fees as reasonable as we can. Without the community hiring the centre we cannot continue, so please help us by booking your events and parties with us. To book please email: bookings@nqcommunitycomplex.org.uk .

Over the past year we have had the centre re-painted – we supplied the paint and supplies and were lucky enough to have the Community Pay Back team do the hard work; this team have helped us clear out the centre so it is organised and usable. We have made the warm space which is available for anyone to use whenever there is a caretaker in the centre – this can be checked by looking at the noticeboard outside the centre, Facebook and soon on the website (www.nqcommunitycomplex.org.uk).

Here are our weekly events:

Monday
7.00pm – 8:30pm Downward Facing Dog Yoga downwardfacingdog@protonmail.com Small Hall

Tuesday
7.00pm – 9.00pm Arts & Craft Group jill.ebe@talktalk.net Small Hall

Wednesday
2:00pm – 4:00pm Art Club – NEW ruth.mather@hotmail.co.uk Small Hall

Thursday
9:30am – 11:30am Toddler Group Just Pop Along to find out more Small Hall
6:00pm – 7:00 pm Pilates with Laura lauras.pilates@gmail.com Small Hall
6.00pm – 9.00pm Youth Club Just Pop Along to find out more Large Hall

Friday
9:20am – 10:20am Pilates with Laura lauras.pilates@gmail.com Small Hall
10:30am – 11:30am Pilates with Laura lauras.pilates@gmail.com Small Hall
4:30pm – 5:30pm Chill & Chat Café Open for everyone to enjoy and relax Small Hall
4:30pm – 5:30pm Rhythmic Gymnastics Book: juliatokareva1973@gmail.com Large Hall

Sunday
9:00am – 11:00am Rugby Tots Book - ryan@rugbytots.co.uk Large Hall

We also have: Cllr Barratt – 7pm in the Warm Space each 3rd Thursday of the month
cllr.david.barratt@fife.gov.uk

Community Council Meeting (https://www.nqcc.co.uk/) – 7:30pm – 9:30pm every 3rd Thursday in the month; open to community, please arrive at 7:30 and go to Small all

Anabelle Ewing MSP Surgery - bailey-lee.robb@parliament.scot – 12:45 – 13:30 every 3rd Friday in Small Hall

Fife Dog Training – runs lots of sessions at the centre - https://www.fifedogtraining.co.uk/

We are always looking for new ventures to start up at the centre and run regular sessions, especially during the day as most evenings are full at the centre! Have an idea on something, them please email me, Heather, Complex Manager at manager@nqcommunitycomplex.org.uk

Want to see what the centre is like now – pop along when open and we will happily show you around!

See you soon



“The best on the market - highly recommend”

Mr Moyo, August 2023

Trustpilot



CALL 01383 851951
VISIT www.srjwindows.com

srjwindows

conservatories. sunrooms. windows. doors.