The Ferry News

Issue 107 July 2024

Lothian Sea Kayak Club (LSKC)

Some six years ago while out sea kayaking a member of Lothian Sea Kayak Club took a break for a cuppa and sandwich on the harbour slip at North Queensferry. During that short stop he was made welcome by several other harbour users including Lucy from the Rowing Club. A conversation developed and before long he was attending the Trust's Harbour Management Committee meetings which, back then, were focused on seeking planning permissions to develop the harbour for further community use.

The ensuing years things have moved on and a transformation of the harbour has occurred including Lothian Sea Kayak Club (https://www.lskc.org/) joining the Boat Club and Rowing Club as harbour users.

The LSKC now has three containers located in the Harbour Yard and makes good use of the slip and Community Classroom for teaching sea kayak navigation and aspects of safety and rescue.

Lothian Sea Kayak Club feels very much a part of this fantastic North Queensferry Trust facility and club members are very privileged to have access to an amazing amenity in this iconic location under the bridges.

A huge thanks to all who have made this possible.



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There are various reasons why prescribing in Practice, and patients receiving their medication can be frustrating. We are aware medication shortages are happening more often which can be frustrating for patients. Patients are often given their prescription back and asked to go to another pharmacy or are asked to come back to the Practice and request an alternative medication due to significant stock shortages. This takes up time and puts extra pressure on both patients and practice staff. Community pharmacies use a system to notify Practices of shortages and where alternative medication is required. These are reported to us on an S.B.A.R form which we can then review and determine the most appropriate alternative. Again this can take time so we do ask patients to be mindful of this and to bear with us while we process this extra work. It is worth saying, this is one of the reasons why we ask patients to re-order their medication a minimum of 7 days before they are due to run out. We recommend ordering 7-10 days before running out as this gives some flexibility in the system to identify any stock issues and correct any alternatives

One quality improvement project we are working on is the increase in number of patients on a serial prescription. A serial prescription is a prescription that lasts for one year. We send it to your chosen pharmacy and they issue your medication every 8 weeks. There is no need to order your medication with us if you are on a serial prescription as this task is taken away from you. You go to the pharmacy every 8 weeks to collect your items. At the end of the year, the Practice reviews your medication and providing you are compliant with annual reviews and have been regularly collecting your medication, we can review your serial prescription and issue another one for the next year.

There are restrictions to who can receive a serial prescription. These are namely for patients who are on small numbers of regular items (up to 3) who are stable. Serial prescriptions can also only be issued for specific medication types and would not be appropriate for controlled drugs, pain medication for example. Pharmacies can approach patients they feel are suitable for switching to a serial prescription and we can also do audit checks in Practice to identify who we think would be a suitable switch.

Contributions for the next issue of the Ferry News, to be in by Friday 18 October

Please send to: lin@ferrynews.org.uk

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.

Brock Street Play Park Refurbishment---Update

Many thanks to everyone who has made a donation through our Crowdfunding Page on the Just Giving platform. The current total is as follows::-

Initial crowd funding page: £619.00
Current crowd funding page: £2,803.00
Total: £3,422.00

Our target is £4,000.00 and, with your generosity, I'm sure we will achieve that. We have already met the target set in the Conditional Grant of £30K from Fife Environmental Trust as we had to demonstrate a 10% contribution from the local community ie. £3k.
So ''Well Done' and thanks.

If you wish to make a donation, no matter how small, then please log on to:
https://www.justgiving.com/crowdfunding/david-neill-3
Our web page has a picture of the Forth Rail Bridge
Easier still, use the QR code:
Remember: 'Many a mickle maks a muckle!'

We recently received a grant of £10K from the Local Community and; Planning Budget (LCPB) and along with various sources within Fife Council, we have secured a further £80K.In addition, the Community Complex raised £220.00 from the recent 'Eurovision' night held in the Community Centre. So, in total, we have secured in the region of £124K.

The budget estimate for the full refurbishment is £162K, so fund raising continues with the Project Group targeting larger organisations local to North Queensferry.

There has been fantastic support from the pupils of NQ Primary School, and as before, they will be present on our fundraising stall at the forthcoming Village Show. Please bring plenty of cash as we don't accept card payments of less than £100!! (joke!)

Hope to see you at the Show!

A date for your diary

Ferries Exhibition

21 - 22 September 2024

North Queensferry Heritage Society is marking the 60th anniversary of the ending of the Queensferry Passage by holding an exhibition in the Station's Waiting Room

If you have any photographs or memorabilia of the ferries which you would be willing to lend, please contact NQHTinfo@gmail.com. The Trust will arrange for these to be picked up or for someone to receive them at the station.

Visit the Heritage Trust's website to find out about the ferries:

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. www.nqht.org/queensferry-passage/

Community Complex Newsletter

A huge thank you to all those who attended the recent Eurovision night at the Community Centre. We managed to raise £220 which will go towards the funds for the new Brock Street playpark. Well done everyone - a great night on our doorstep!.

We continue to have a number of classes and events at the Community Centre. Regular classes Include;-

Monday - Nacho's Yoga: 7-8.30pm
Saffi's dog classes: 5-9pm

Tuesday - Saffi's dog classes: 5-9pm
Arts and Crafts: 7-9pm

Wednesday - Monthly Energy Group meeting (first Wednesday of the month)
Saffi's dog classes: 5-9pm

Thursday - Toddlers: 9.30-11.30am
Saffi's dog classes: 9 -11.30 am
Pars Kids Football: 4.15 -5.15pm
Pars Kids Football:5-6pm (Muga)
Laura's Pilates: 6-7pm
Youth Club: (P4-P7) 6-7.30pm
(P7 onwards) 7.45-9pm
Monthly Community group meetings

Friday - Saffi's dog classes: 9-11.30am
Laura's : 9.15-10.20am
Mother and Baby: 12.40-1.20pm
Monthly Advice Surgery (Annabelle Ewing MSP): 2-4pm
Chill and Chat (a big thank you to all the children who have been helping to serve at this during May and June)

Sunday - Saffi's dog classes: 9-11.30 am
Rugby Tots 9.30-10.45am (Muga)

Our warm space sitting area can be used by the community whenever the centre is open.

Remember, we have two fantastic halls if you're planning an event, such as a birthday party, ceilidh or wedding reception. Enquiries to:-

Facilities @nqcommunitycomplex.org.uk

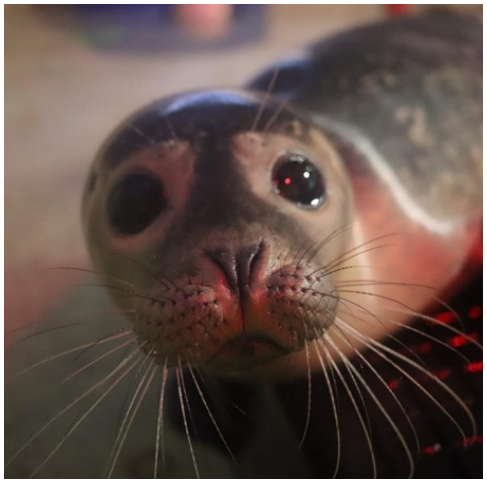
Now that the summer is here remember we have the Muga for community use. We have provided a box with sports equipment for anyone to use which is placed at the entrance. Have a shot at tennis or hockey!! **** Please ensure all equipment is returned to the box after use so that everyone will continue to enjoy it. If you want to guarantee your slot on the Muga you can book a place by emailing **Facilities@nqcommunitycomplex.org.uk**

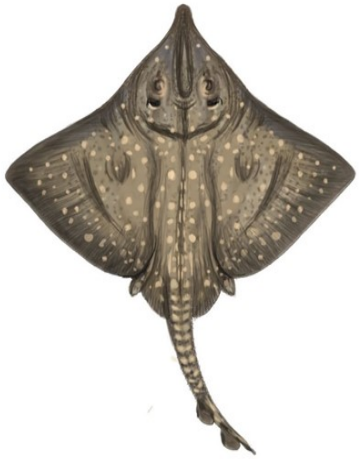
Finally, we continue to upgrade the centre with a recently renovated room for local business and newly installed Solar Panels.

We look forward to seeing you!

Deep Sea World

Deep Sea World, Scotland's national aquarium located in North Queensferry, has recently unveiled the refurbishment of its seal pool, enhancing the living conditions for its resident seals. This renovation includes a larger, more naturalistic environment designed to mimic the seals' native habitat, complete with improved water filtration systems, enriched play areas, and enhanced viewing platforms for visitors. The upgraded facility aims to provide a more stimulating and comfortable home for the seals, while also promoting conservation education among the public. The expectation is that the works will be completed for a grand opening at the start of the Scottish School Summer holidays. The Deep Sea World Seals, including 2023's newborn, Nova, are currently at the sister aquarium in Tynemouth whilst the works are progressed.





Simultaneously, Deep Sea World has collaborated with the Orkney Skate Trust, a nonprofit organisation dedicated to the conservation of skate species in the waters around the Orkney Islands. This partnership underscores Deep Sea World's commitment to marine conservation beyond its immediate exhibits. The Orkney Skate Trust focuses on research, monitoring, and habitat protection of the critically endangered flapper skate. The flapper skate is the biggest skate species in the world and was once found throughout the North East Atlantic's coastal waters, but now its range is reduced as a result of mortalities from trophy angling and commercial fisheries to the West Coast of Scotland, Orkney and the Shetlands.

This collaboration involves Deep Sea World supporting research projects, public awareness campaigns, and educational programmes aimed at highlighting the importance of marine biodiversity and the challenges faced by skate populations. The shared goal is to foster a greater understanding of marine ecosystems and the need for their preservation.

By investing in the seal pool refurbishment and partnering with the Orkney Skate Trust, Deep Sea World demonstrates a holistic approach to marine conservation. These initiatives not only improve the well-being of captive animals but also contribute significantly to the These initiatives not only improve the well-being of captive animals but also contribute significantly to the protection of vulnerable marine species in the wild, aligning with global efforts to preserve aquatic life for future generations.

Deep Sea World has commenced a programme of **Beach Cleans** on the North Queensferry beaches and encourages volunteers to join us. The next beach clean is scheduled for Sunday first September. Please let Deep Sea World know on info@deepseaworld.co.uk if you have any suggestions for the best locations to tackle and watch out on their social media for further updates.

North Queensferry Walking and Strolling Group 2024-25

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.

Key to walks: C-circular L– linear

Date	Walk	Type	Distance	Details
31 July'	Dalgety Bay to Braefoot	L	3 miles	Start at Dalgety Bay Sailing Club, take the path along to Braefoot Bay. All on good paths with terrific views.
14 August	Lochore Meadows Country Park	C	3.5 miles	There are numerous walks here, but the most popular one is the circular walk around Loch Ore itself. With a well-stocked café on the shores, this is one of the most popular walks.
28 August	Falkland	L & 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.
11 September	Limekilns	L	3.5-4 miles	Starting at the harbour car park, you'll pass the 14 Limekilns and then head inland around the Elgin Estate. Some parts of the route can be muddy.
25 September	Aberdour	C	2-4.5 miles	From the Aberdour Rail Station there is a choice, either head on to Silver Sands or extend the walk to take in Kemal's Steps.
09 October	Blairadam Forest	C	1.5-4 miles	A large choice of walks in the forest on good wide paths..
23 October	Pattiesmuir	C	2-4.5 miles	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.
06 November	St David's Dalgety Bay to Ballast Bank	C	2-3 miles	Park at St. David's Harbour, then follow the Coastal Path (West) along the foreshore to the Ballast Bank, Inverkeithing and return.
20 November	Cramond Brig to Cramond Village	L	3-4 miles	Starting from the Crammond Brig car park, the walk is on generally good paths taking you to Cramond Village.
04 December	Blackness to Abercorn Church	C	4-5 miles	Starting next to Blackness Castle, 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.
18 December	Townhill Loch, Dunfermline	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.

Forthview Parish Church

Hello from Fife: Forthview Church in North Queensferry. You might have read, seen or heard that we now have a new name. This came about as we united with other Church of Scotland churches in January 2024. This means we are all now one congregation from Aberdour, Dalgety, Inverkeithing, North Queensferry and Rosyth - all now known as Fife: Forthview with our local name at the end. This means that we have a new website, that will direct you all that is going on: -. https:// forthviewchurch.org.uk/ We are keen say that although our name has changed and we now part of a bigger church locally, not much else has. Worship on a Sunday will still happen at 10 am in North Queensferry and all are welcome to that and to stay for refreshments afterwards. We have our Wednesday fortnightly coffee mornings and these will continue to run over the summer months. Rev Andrea Fraser is supporting us during this time of transition. Andrea is always happy to chat, have a coffee, attend to any pastoral needs. She is available for weddings , baptisms and funerals too. It is good to mention, that Andrea's role and that of a Parish Minister is to offer support to everyone in the parish, and you don't need to come to church for that - although that is where you will find Andrea on most Sundays. Parish funerals are part and parcel too of a Minister's role and where there should never be a fee charged for a Church of Scotland minister. So please do get in touch if you ever need to - or pop along on a Sunday and say Hi! All are very welcome.

Another thing to note is the Bereavement Support Group - that is open to anyone. This meets in our Dalgety building on the first and last Thursday of the month. They are a light hearted group - whom all know what it is to lose someone. If this is something that you need or would like more information - pop along or give Andrea a call. Andrea can be contacted either by email or phone number and is always happy to hear from anyone.:-

Andrea.fraser@churchofscotland.org.uk Mobile: 07809 318810 .

We look forward to seeing you all soon or do pop in and say hello! All really are welcome in Forthview Parish Church - North Queensferry."

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Birds seen in North Queensferry

Hills and moorland, coastal vegetation and the coastal path, gardens and buildings of many different types and recreation land such as the old football pitch by the Community Centre – we are lucky in North Queensferry to have such a rich and varied land for all types of wildlife including birds.

Below is a list of birds which are seen/heard around the village now. If you can add to this, please contact **ferrynews@outlook.com**

Barn Owl, Blackbird, Blackcap, Blue Tit, Black Headed gull, Bullfinch, Buzzard

Carrion Crow, Chaffinch, Chiffchaff, Coal Tit, Collard Dove, Curlew

Dunnock

Eider duck

Goldfinch, Greenfinch, Great Spotted

Woodpecker, Great Tit

Heron, House Sparrow

Long Tailed Tit

Magpie, Mallard

Oyster Catcher

Redshank. Robin,

Shelduck, Sparrow Hawk, Starling

Tree Creeper

Yellow Hammer,

Wren

North Queensferry Community Council (NQCC)

Here we are mid-way through 2024 and still we are talking to Network Rail Unfortunately, with little or no success in having the local residents' issues being addressed, letters have been sent to the Network Rail's CEO, our MSP and others, all of which has had little or no effect, however, The Community Council will continue to press Network Rail for a solution.

Unfortunately, two Community Councillors have resigned due to moving away and other commitments, as a result we are seeking the services of a volunteer Treasurer, anyone interested please contact the Secretary (nqccsecretary@livingwater.org.uk) or alternatively come along to the next Community Council Meeting.

The Audio-Visual Equipment has been installed as a permanent feature in the Community Complex and its purpose is to give the other groups in the village the opportunity to remotely access their group's meetings from anywhere, it is seen as an advantage especially in the winter months in bad weather and the meetings can be attended from home and should help with increased attendances.

Fife Council are aware of the potholes on the rumble strips at the War Memorial and on Main Street, we are informed that the stone setts will be removed and replaced by Tarmacadam which should prevent further maintenance.

The Public Toilet (in Battery Road Carpark) has been vandalised: it has been reported to the Police and repairs have been initiated, anyone seeing any suspicious behaviour in the village should contact the Police on 101.

The Floral Enhancement Group are very active and continue to look after the planted areas in the village much to the delight of both residents and visitors.

The Village Show: Saturday 31 August, 2-4pm

Hello Villagers,

Summer is upon us again and we hope you will give us your usual support at our village show which will be held at the Community Centre, Saturday, - 31 August. 2-4pm.

Can you tear your children away from their screens long enough to take part? They could win a cup or two with a £15voucher. If they don't try, they won't know.
We have changed some of the children's section this year. This is an attempt to encourage more participants.

The Village Show is designed to bring our community together for a day at least.

Please come.

Village Show prize-winners of yesteryear



Where the global climate crisis comes home!

In spite of inflation and the high cost of living, we know that we are faced with the accelerating global climate crisis. We all have to make energy-saving changes to our homes, as well as switching away from gas to green electrical power.

Our aim in the NQ Climate Action Network is to identify ways to better insulate our homes, making them warmer, reducing heat loss and also reducing energy bills. We know that fossil fuel heating such as gas-fired central heating systems will have to be replaced by more climate-friendly systems, such as air-source heat-pumps, which run on electricity.

Sounds complicated? Not really, there is a simple way to start. Home Energy Scotland provides free and impartial advice and information on energy efficiency, renewable technologies, saving water, and funding. Read below to find out more about how they can support you to improve your home's energy efficiency, and remember members of the NQ Climate Action Network are here to help.

Home Energy Scotland is a Scottish Government funded service which provides support over the phone, via email and at events. Where appropriate, Home Energy Scotland also provides support through home visits. Advisors provide practical advice to improve energy efficiency, guide householders through renewable energy solutions, and help reduce water waste. Home Energy Scotland is the only place to get Scottish Government grants and interest-free loans to support your energy efficiency journey. Find out more about funding support below.

Home Energy Scotland Grant and Loan

The Scottish Government funds the Home Energy Scotland Grant and Loan scheme, which provides homeowners in Scotland a grant, interest free loan or a combination of both to instal clean heating systems and energy efficiency measures. Homeowners can access the following funding through Home Energy Scotland:

- Fully-funded grants up to 75% of the combined cost of improvements to make your home more energy efficient, such as installing insulation, are available (up to £7,500 as a grant, or £9,000 if the household qualifies for the rural uplift). This can be added to the funding available to install a heat pump, or applied for on its own.

- There's up to £15,000 in funding available to install a heat pump. £7,500 is available as a grant, which is money you don't have to pay back, with the additional £7,500 available as an optional interest-free loan. If you live in a rural or island location you could qualify for a rural uplift.

The amount of grant and loan funding you can apply for depends on what improvements you want to make and the type of home you have.

Get in touch: You can chat to a friendly Home Energy Scotland advisor by calling them for free on 0808 808 2282. Phone lines are open Monday – Friday 8am – 8pm, and 9am – 5pm on Saturdays. Or you can request an email or call back by filling in their contact form (https://homeenergyscotland-advice.est.org.uk/ and look for the Home Energy Check).

It is important to stress that **Home Energy Scotland** is not a commercial organisation, and it does not sell or instal any products.

This piece comes from the **North Queensferry Climate Action Network**. If you haven't already joined the network, get in touch. Email us at: NQCAN@gmail.com

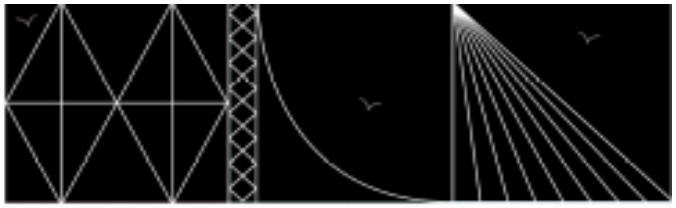
Floral Enhancement Group

The Group has had a busy couple of weeks planting up all the tubs in the village.
There has been quite a lot of new planting behind the War Monument besides trying to keep on top of the weeding and general maintenance.

The Floral Enhancement Group has taken over the pots at the station from the Rotary Club. You should have a look at the train on the north platform.

Thank you to everyone who turns out on a Tuesday morning to help with the village gardening. Also many thanks to all the people who help water the tubs near where they live.

New volunteers are always welcome. It is not necessary to turn up every Tuesday just when you can. Likewise, it helps, but is absolutely not necessary, to know something about gardening!



North Queensferry Community Trust is pressing on with the Community Right to Buy application for The Albert. Since our original application and response to the owner's response the Community Land Team have asked for more information which we and The Albert Community Group have supplied. Now we just have to wait for the Scottish Ministers to make a decision. We'll let you know as soon as we find out!

The West Bay Harbour has been busy. As well as being home to the Boat, Rowing and Kayak Clubs the Harbour Yard project ran several courses in February on yarn skills and the Community Workshop run by Rosyth Men's Shed is open for visitors from 10-1pm every day except Thursday and Sunday.

NQCT is the umbrella body for NQ Climate Action Network.

This space is yours

for you to let the village know what your group/society/facility is

all about and what will be happening there in the months following publication.

Please contact ferrynews@outlook.com



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