The Ferry News

Issue 96
October 2020
www.ferrynews.org.uk



North Gloomsferry Halloween Hunt?



Then you are in the right village!

Over the Halloween weekend try and find the terrifying (or just mildly scary!) silhouettes hidden around the village and then collect your prize.

To take part you'll need a map of North Gloomsferry - coming out in school bags just before Halloween, or available for friends and families from the village shop in return for a small donation.

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 updates on plans for any permitted future events.

nqchurch.uk

Your warm welcome has not changed!

Burnout

Are you feeling the pressure? Many of us are. So many, in fact, that the World Health Organisation has now recognised “burnout” as an official medical condition.

Of course, we all need stress to motivate us, but too much can lead to unpleasant symptoms such as depression, migraines, insomnia and even weight gain.

Luckily there are lots of things you can do to stop stress getting on top of you. For instance, simple relaxation techniques such as deep breathing or mindfulness are easy to learn, and can really help you feel more present and less overwhelmed. Hit the pause button and regain control.

This article is reproduced by kind permission of Dr Sarah Jarvis.

If you have comments or suggestions for the PPG group please contact us by leaving a note in the suggestions box at the surgery or emailing on fife-uhb.img@nhs.net. (Please do not use this email for medical matters.)

Patient Participation Group (PPG)

of Inverkeithing Medical Group

Cambodia Volunteering Trip – Fundraising Money

Last autumn the North Queensferry community helped us raise £1,000, through a local quiz night, for our planned volunteering trip to Cambodia with Inverkeithing High School. Local businesses were hugely supportive too and their generous raffle donations were a key part of our fundraising. The pandemic has meant that the trip was postponed and is now re-scheduled to run in summer 2021. We’re not taking part because we’re now moving away to start University courses. We intend to pass that funding onto charity, adding what we also received through anonymous donations. Where donors are known we’ll offer to return that money (or they can opt to add it in with the charity donations). We plan to give to Marie Curie Nurses, Maggie’s Centre Fife, Rachel House and to funds for the MUGA to support local clubs or equipment. Thank you again to all those who helped raise those funds and we hope you’re happy with our intentions.

Best wishes,

Ellie McGregor and Beth Lindsay.

Village Enhancement

It may have come to your attention that elves have been at work throughout our village planting up and refurbishing the floral pots and tubs as a number of areas were in dire need of urgent weeding, pruning and replanting.

The usual suspects (Elves?) attended to the pots and tubs while another “Human team” turned their attention to the area around the Well & Water House on the brae, followed by the War Memorial garden. At the time of writing the next two areas for attention are the seating and garden at West Sands concurrent with the overgrown brambles above the Well.

A new planter, a small boat was gifted and has been installed on the grassy area at Mounthooly. The Boat has been planted up but will require further deer proof shrubs for next year.

It has taken many hours of hard work rewarded with residents coming forward to offer their help and support.

Fife Council , Grounds Maintenance Service have been very supportive, not only with advice, but in delineating what areas we can do and where they will they will concentrate their effort. An example of this is the commitment to re furbish the trashed landscaping at the Battery Road Car Park and to grubbing up the brambles above the well, both undertakings well above our capabilities.

Acknowledgement is also due here to our Ward Councillors who have, we are told, secured funding to landscape the area above the well with perennial ground cover flowers.

Meetings have been held with the Community Pay Back Team who are going to assist with the cleaning out of the garden areas at West Sands ready for replanting and will refurbish the seats from this area and at the War Memorial. (We do have to pay for and supply all materials, good fairies pending)

This work is not only for our visitors to enjoy the Village, but also for us to enjoy the privilege of staying in such a unique place.

Elves according to Encyclopedia Britannica are a human like species, both Male and Female, good and mischievous, small and large. Not a believer ? Come along most Tuesdays at 10am at the Well, neither up nor down!

For information contact Elves in chief

Eileen Donaldson 01383 412874

Lin Collis 01383 412712



Remembrance Day Service

North Queensferry's annual Remembrance Day Service is taking place at the village War Memorial on Sunday 8 November at 10:55am. For those villagers who prefer not to attend, the service will be streamed via a specially created Facebook page:

www.facebook.comgroups/804960403591112

The page can also be accessed by searching for 'North Queensferry Remembrance Day'. It will contain information about the service and the necessary changes required due to the pandemic. If you do not have access to Facebook please phone or e-mail David Bonas for details of the service on 0782 438 1611 or david_bonas@hotmail.com .

With the present Covid-19 restrictions, the need to socially distance and to use track and trace, everybody who wishes to attend the service in person requires to make their intentions known to David Bonas.

Gala Committee

The North Queensferry Gala Committee would like to extend its thanks to the all members of the community who contributed to support the COVID-19 food packages, distributed to older households across the Village. Without the generous contributions from individuals and a number of local businesses we wouldn't have been able to provide the food packages over the initial lockdown period. We would also like to acknowledge and thank everyone for the extremely generous donations made towards future Galas and we hope to be in a position to be able to organise community events as soon as is safe to do so.

The Return of "Springy Seal"

For those who frequent the Pierhead Play Park, you would have noticed that "Springy Seal" disappeared not long after the official opening of the Park in November 2019.

No, he didn't make off into the Forth, the problem was the fixing, which has now been resolved.

"Springy Seal" managed to overcome a number of obstacles, including Corona Virus, and returned to the Play Park, safe and well, at the end of August 2020.

Please tell your children that all is secure now, but if they do see "Springy Seal" making off towards the water, as he is a bit of a slippery character, then please raise the alarm!

Contributions

for the next issue

of the Ferry News

are to be with us by

Friday 15th January 2021

to:

7 Carlingnose Park

E: **mary@ferrynews.org.uk**

Work on the Forth Rail Bridge

Working hours: Seven days

Dayshift 07.30hrs to 17.30hrs
Backshift 20.00hrs to 04.30hrs
Nightshift to suit possessions but normally 22.30hrs to 07.00hrs.

For any concerns relating to work on the Bridge please phone:-

During the day (working hours): Ian Simms: 07919307711
At night and at weekends: the Contact Centre: 0345 711 4141

To keep up to date on the project, find details about oncoming work and browse a 'FAQ' section see:-

www.scotlandsrailway.com/projects/forth-bridge

Hints and Tips for Using Emis Online Consult

Thanks to everyone for providing us feedback on the new system, we appreciate this and have been making changes accordingly. In recent weeks we have been offering around 700 appointments per week, 55% of which are face to face. We continue to follow national government advice on social distancing which means all patients need COVID screening questions before they can attend.

Here are some hints and tips to help you navigate the new system

When to use the online consult form

- For routine medical matters
- For review of ongoing medical complaints
- To request a sick line
- To request a review or change of medication
- If you are completing on behalf of a family member please use THE PATIENTS details, not your own

When not to use the form (please phone instead)

- Clinical emergencies such – chest pain, acute shortness of breath, bleeding symptoms or symptoms of a stroke- call 999 immediately
- If you think you need a house call
- If you or the patient you are contacting us about has end stage cancer treatment
- If you are requesting a routine nursing appointment for follow up of a chronic disease (diabetes, COPD asthma etc, vascular clinic)
- To find out results from recent tests, or a GP has written asking you to call about these

If you think the form is appropriate then go to our website :-

www.inverkeithingmedicalgroup.scot.nhs.uk

Click on the **ONLINE CONSULT icon on the HOME PAGE**. Do not click for video consultation do not go to the appointments tab, you do NOT need to register.

Online Consult

SEARCH for your current symptoms- this will direct you to some self help information or a specific form asking more detailed questions. The more information we have the faster we will know to contact you back

IF YOU CANNOT FIND YOUR SYMPTOMS- then fill in a GENERAL ENQUIRY FORM

Please pay attention to the initial screening questions- if you have any of these more serious symptoms then the form will direct you to call us or 111/999 if appropriate.

IF YOU CANNOT FILL IN A FORM THEN CONTACT RECEPTION AND THEY WILL DO THIS FOR YOU

So far forms are being reviewed within a few hours of us receiving them

The additional information you provide on the forms allows us to get to important issues faster and book more routine telephone reviews or face to face appointments if they are required

This additional information allows us to get back to you in some way within 48 hours, rather than the previous wait for a routine appointment which was 4-5 weeks.

We will continue to listen to feedback and amend the systems to make it as user friendly as possible.

Many thanks

Inverkeithing Medical Group

1st architects

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



Heritage Trust

Bob Cubin - his legacy!

The name Bob Cubin is perhaps not known to all of you but his legacy remains as a cornerstone to much of the heritage knowledge in North Queensferry. The Trust is delighted to know that Bob Cubin's granddaughter and family have had a bench installed in his memory, within the new playground area, overlooking the river.



Bob Cubin spent much of his life in North Queensferry having volunteered to join the RAF at a specified Balloon Centre in London at the beginning of WW2. After the German attack on the Forth Bridge he was sent north, along with his flight, to the Balloon Centre at North Queensferry and served here during the remainder of the war. His exploits are described in his book 'No flight of Fancy'.

After the war Bob remained in the village and became active in local politics and pursued his love for historical research. Walking was another passion and older residents will remember the many adventurous walking tours he organised and led.

Bob Cubin's contribution to the community and historical research was recognised with the award of the MBE in his later years. A cup in his memory is also awarded annually at the Village Show. The Trust continues to be indebted to the many files and documents he left meticulously recording the heritage of the area.

We're Good to Go

The Trust has been very active with the opening of our two visitor attraction venues since the beginning of August. We have also been approved by the national guidelines. Social distancing is likely to be with us for the foreseeable future and being out in the 'fresh air' for a walk has proved very popular with many visitors and local residents with many arriving at the Town Pier and the Light Tower.

Visitors: Our visitor book reflects many visitors coming from England, many parts of Scotland and a few from overseas. All expressing positive comments in our visitors' book on what the Light Tower & village has to offer.

Along with the **World's Smallest Working Light Tower** we also have the **Smallest Forth Bridge Museum** located beside the Tower. The museum has lots of memorabilia, photographs about the Forth Bridge but also for the Light Tower and the Old Pier by the famous civil engineer, John Rennie in 1812.

The **Gallery**, at the station, has the Steaming Forth photographic exhibition. Many unique steam engine memories are on display. It has less visitor numbers but nonetheless the comments in the visitor book have also been positive and encouraging.

The Toilets continue to be open 24x7 with regular cleaning thanks to our local volunteers. We have placed an automatic hand-sanitizer as well as a small donation box in the Toilet area. Donations are gratefully received and go towards the upkeep of the only public toilet in North Queensferry!

Classic Red Phone box: Members may have already heard that the Trust has acquired from British Telecom the K6 Telephone Kiosk-grade B listed-located on Main Road. Our initial plan for this iconic phone-box is to be completely repainted as it was in 1936. We also plan to internally refurbish it to become a North Queensferry information point and possibly a book swap 'library' - have you got another idea? Then send email to NQHTinfo@gmail.com. There is much work to be done before it can become operational. We need Listed Building Planning Consent and this is currently in progress. So far, inside the kiosk you will see the map of our new Self-Guided Walks brochure. The Trust hopes to have more information on our plans in our next newsletter.

New Self-Guided Walks Map



Keep a lookout for the all new Self-Guided Walks brochure. It is rather unique as it covers walks on both sides of the Forth - that is around North Queensferry as well as South Queensferry. It has a number of start points with recommended parking. The walks also include a section across the world famous Forth Rail Bridge - Scotland's 6th World Heritage Site.

Ferry Birds

The plants typical of the Carlingnose Point reserve appeared as usual. There was a small but beautiful display of dropwort on the NE side of the rocky knoll .As usual there were more dropwort plants in the field at the North end of the village. I found several field gentian specimens near the rocky knoll in September and there was a big display of devil's-bit scabious in the late summer. Other plants seen included kidney vetch, bloody cranesbill and plenty of eyebright.

Good news! The common terns took over the ruined pier. There appeared to be no problems with predation by the gulls and I estimated at least 100 individuals were on the pier in June and July. They bred on the dolphin in West Bay and I saw at least 6 small young being fed there several times in July.

Bird sightings on and near to the village have included a yellow hammer on the reserve and a few fulmar pairs on the quarry face above Deep Sea World. Other sightings have been ravens close to Carlingnose Point and over the quarry to the North of the village. This was also the place I saw 2 buzzards and 3 peregrines on the 17th of June. One of the peregrines was quite small so I wondered whether it was a young one.

The redshank in West Bay have done their usual vanishing trick. I saw 1 on the 1st of May and no more until 4 on the 4th of July. and I counted 10 on the 10th and there are now at least 50. There are also a few turnstone with the redshank. This is a real sign of autumn! Other sightings in West Bay have included a grey heron which announces itself with a loud dog-like bark as it settles down to do some fishing by the railway pier. Another uncommon visitor was a rock pipit at Pierhead Buidings on the first of October. There was a female red-breasted merganser in the shallows by the railway pier at the end of September.

As usual a plea to leave some 'untidy' bits of garden to the invertebrates and resident birds. It is the time of year when ivy is flowering and providing large amounts of food for the local insects. Just go and find your local plant and admire the wonders of nature.

John Done

Fed up with pot holes?

Then ring:

03451 550011

or

report to:

online.fifedirect.org.uk/lagan/roadfault



Community Trust

Our achievements and performance in 2019

In the village is an organisation called North Queensferry Community Trust which supports, promotes, manages and develops activities and projects for the benefit of the North Queensferry community: that is people living within the electoral boundaries of the community council. Membership is free and open to all residents over the age of sixteen.

2019 saw a good example of the Trust supporting a village project with the new Pierhead play park which was officially opened by two actors from a CBBC programme that was filmed in the village during the year. This project was initiated, organised and funds raised by a group of local residents who used the Trust as the umbrella organisation through which large scale funding could be accessed. This was a very good example of how the Trust was able to support a local project to come to fruition without each interested group having to set up as an organisation with a constitution and a bank account to raise funds.

During the last year the Trust, which is responsible for the harbour (the marina) applied for planning permission for several containers to be placed in the north enclosure. These will be converted for use as workshops where people can share knowledge about hand working and using tools or about art and craft. Others will be for storage, one is expected to be used by a kayak group. This planning application also includes a proposal for a temporary toilet block to meet the need for public toilets while the larger-scale proposal for dealing with sewage by constructing a pumping station can be worked on. Because of the history of this area trial pits were dug to check for contamination where the pumping station will be located and nothing untoward was found.

Repairs to the damaged sea wall began and on-going maintenance has continued through the year with new equipment including a heavy duty shredder, a concrete mixer, scaffolding and lifting chains being acquired to facilitate this. People walking around the marina will have noticed that several benches have been refurbished and a memorial bench with a plaque remembering Christina McKenzie is in place.

The Trust supported the village-wide initiative to position defibrillators at several accessible points throughout the village by installing a defibrillator at a central point outside the workshop building. This is registered with the National Defibrillator Network so that anyone calling 999 in the vicinity can be directed to it, if necessary. The defibrillator can be accessed at all times. The ambulance operator can give the password to allow the box to be used.

The Trust is very proud and appreciative of its volunteers who are responsible for all Trust activities. Volunteers undertake such diverse tasks as being a member of the board to caring for the marina and taking on such dangerous activities as repairing the sea wall.

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

The Annual General Meeting of the Trust is expected in late November/early December – please look out for details on the village notice boards.

NORTH QUEENSFERRY WALKING GROUP 2021 walks

All walks are cancelled for the immediate future but will hopefully continue in this order. The start date will be notified by email and on the notice boards in due course.

WALK	*TYPE*	*DISTANCE*	*WALK*
St Margarets Hope	*C*	*2 or 4 miles*	*A new walk on our doorstep, short route around the marsh, or longer along the sea wall to Rosyth Castle and back. This is mainly on reclaimed ground which infilled what was once St Margarets Hope anchorage.*
Townhill Loch	*C*	*2 or 4 miles*	*The shorter walk around the Loch with plenty of wildlife on good tarmac paths. The longer is into the woods behind Townhill on reasonable paths passing the old power station and the long removed coal mines.*
Blairadam Forest	*C*	*2 or 4 miles*	*The short walk is on fairly good but undulating paths through mature oak wood criss-crossing the Kelty Burn on stone bridges. The longer route is generally on good paths through Oak, Birch and Beech woods. Evidence of the Blairenbathie pits can still be seen.*
Crombie to Torryburn	*C*	*3 miles*	*Starting from the car park at Torryburn we follow the foreshore to the hamlet of Crombie before turning inland and over open farmland to Crombie Old Parish Church ruin. Down through the woods to the foreshore and back to Torryburn.*
Balbirnie House	*C*	*3.5 miles*	*Tree colours should to the fore as we walk through Balbirnie estate on this mainly woodland wander which also covers the Balbirnie standing stones.*
Linlithgow Loch	*C*	*2.5 miles*	*Starting at the Palace or the car park opposite Bonnyton House. Good paths (In case it snows !)* *Round the loch clockwise or widdershins, Ducks, Drakes, Palaces and countryside.*
Loch leven	*L*	*You choose.*	*Starting at either Loch Leven's Larder or Findattie car park (Loch Leven Lodges) and walk as short or as far as you wish, either right or left. Whichever way plenty of wildlife.*

For further information contact Eileen Donaldson :- 01383 412874