RALSTON COMMUNITY COUNCIL

Summer Newsletter

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Ralston Fun Day: 19 August

Our fun day at Ralston Community Sports Centre runs from 11am to 3pm. and will include:

- Three Inflatables: a toddlers Bugs castle, a slide for older children and a 60ft assault course.
- Our first silent disco.
- St Mark's Church serving tea, coffee, cake and home baking in the Pavilion.
- The Scouts serving burgers and hot dogs.
- Ralston Primary Parent Council will be face-painting and tattoos (profits used to renew the school playground equipment).
- The Corner shop will also have a stall of goodies.
- A Plant stall (profits used to fund maintaining the defibrillators at St Marks and Community Centre).
- Plus a variety of other stalls.

We have a couple of pitches left - so please get in touch if you are interested.



Chair's Thought

At the end of April we were delighted to hear that the appeal of the Community Asset Transfer Application for our Community Sports Centre had been unsuccessful. A major reason for this was the strength of opposition from the Community. So thanks to everyone for sharing your views and helping us deliver this message.

As you read this newsletter you will see that our community have embraced our activities programme. With your ongoing support, we can show that Ralston Community Sports Centre is a viable, ongoing concern, and therefore should remain an asset in the community, used by the community for the benefit of those in Ralston.

Ralston in Bloom

As you've likely seen, we've now transformed our planters into summer bedding, and we hope that these will provide wonderful colour along Glasgow Road from the main entrance to Barshaw Park to the Glasgow boundary.

We've installed 30 planters, through funding from Renfrewshire Council, and we would ask for your help to try and keep them watered as often as possible, since overhanging trees can make the planters dry up quickly.

So when you're out and about in Glasgow Road, please take a small water bottle with you, and keep our plants hydrated- they'll be very grateful!



THE BOYS' BRIGADE
>the adventure begins here

ANCHORS P1 to P3 Friday 18:00 - 19:00
Company P7 to S2 Friday 19:30 - 21:45
JUNIORS P4 to P6 Friday 19:00 - 20:00
Seniors S2 to S6 Friday 19:30 - 21:45

24th Paisley Company • St Marks Church • Email: 24thpaisley@gmail.com • Web: boys-brigade.org.uk





Boys Get Planting

The 24th Paisley Boys' Brigade have been rounding off their session with a planting spree.

The younger boys have already planted some tubs and two Crab Apple trees in the Church grounds. The older boys will start the development of a wildflower meadow this month to further encourage wildlife in our area.

There are future plans for some veggies and bird boxes as part of our wider environmental programme activities.

These will be a key part of our new session when we return on Friday 1st September.

St Mirren Floodlights

We recently facilitated a meeting in May between Renfrewshire Council (effectively the landlord of St Mirren) and local residents, who have been impacted by matters pertaining to the training ground.

A number of issues were raised - unacceptable floodlight glare into homes, poor maintenance of fencing, excessive noise affecting adjacent properties, etc.

Renfrewshire Council has formally raised these issues with St Mirren and are awaiting a response. In addition, lighting consultants appointed by Renfrewshire Council have raised questions with St Mirren, and have yet to receive a response.

We'll continue to have dialogue with Renfrewshire Council in order to finally get these issues resolved.



Community Council Elections Come and join us!

With Community Council elections in October, it's an ideal opportunity for new residents to join and bring fresh ideas and perspectives. Whilst every resident is welcome, we would particularly like to have more parents of nursery or primary children join us.

Understandably many people are busy, however we only meet 10 months of the year (2nd Thursday of the month, 7.30-9pm). If you want to know more, please email admin@ralstoncommunitycouncil.org

You will see from this newsletter, how active we are in Ralston. Here is some more information about what Community Councils are all about.

Community Councils are filled with people who care about their community and want to make it a better place to live. They bring local people together to help make things happen. Often facilitating a wide range of activities which promote the well-being of their communities.

They advise, petition, influence and advocate numerous causes and cases of concern on behalf of their community.

Here are some of the things Community Councils do:

- Carry out projects to enhance their community for everyone
- Issue community newsletters
- Conduct local surveys
- Campaign on local issues
- Organise events

Community Councils are a great way to get involved with your local area. It will give you a good understanding of how local government works and what is going on locally and nationally.

Free Leisure Classes in Ralston

Through funding from Engage Renfrewshire's Community Health and Wellbeing Fund, we organised a 10 week programme of Leisure Classes for adults within Ralston, running from April until June .



Initially we planned to run 11 classes, however after receiving almost 400 requests for places on classes, we extended the programme to 16 classes per week, including Keep Fit, Yoga, Chair Yoga, Pilates, Gentle Keep Fit, Zumba, Keep Calm, and Beginners' Bowls.

It has been incredibly successful, participants have enjoyed improving their general health, taking part in new activities and meeting others in the community. The instructors have been fantastic, enthusiastic at all times, and showing patience as we tried to master the skills.





We had hoped to make more use of the Community Sports Centre on Penilee Road, however as OneRen currently open it at evenings and weekends, we could only hold 4 classes there.

We've recently issued a feedback questionnaire and the responses have been very positive, with almost all returns stating how much they loved taking part in the activities and rekindling a true community spirit.

We used local facilities at Ralston Bowling Club and Oldhall Scout Hall, giving funds to both groups through rental fees. The beginners' bowls classes have also helped Ralston Bowling Club increase their playing membership considerably.



Thanks to all our instructors for their time and enthusiasm, to Ralston Bowling Club and Oldhall Scout Group for providing facilities, and a special thanks to you all for participating.

Good News! More Leisure Classes Coming

We are delighted to announce that we have secured further funding, this time through the National Lottery, allowing us to continue our activities programme from autumn onwards.

Our aim has always been to reopen Ralston Community Sports Centre for these activities. We recently met with OneRen, who manage the centre on behalf of Renfrewshire Council. When we showed them how many people participated in our recent activities programme, we were able to convince them that there would be genuine uptake from the community for a new set of classes. OneRen were suitably impressed and have agreed to open the Sports Centre for at least 3 days a week to run a 10/12 week programme of activities starting in September.

The classes will hopefully be the same as those we ran in our programme before the summer,and we are also hopeful that our excellent instructors will be willing to return.

This time there will be a cost for participants to take part. However we hope that income from these classes, together with our grant, will allow us to extend the programme into 2024, as well as providing further activities for the community.

We aim to run a total of 9 daytime classes per week, with each class lasting 45 minutes, all taking place in the Sports Centre. We also plan to hold evening and weekend classes in Sports Centre.

We will advertise full details of the new programme later in the summer through Facebook, our website and posters throughout the area, as well as through OneRen's advertising channels.



The Community Council, in partnership with the Ralston Community, have fought long and hard to keep Ralston Community Sports Centre.

These classes are a big step towards securing the centre for future generations and retaining our last remaining community asset.

Please support this new activities programme when it starts in September by paying to attend a block of classes.

This will finally restart the daytime use of the Sports Centre. Remember, it's "Use it or lose it"

Ralston Play Group

We are now moving into our 51st year at Ralston Community Centre. We offer a fun, stimulating and friendly environment for your child to grow and learn.

- We are open 4 mornings (closed Wednesday)
- We run from 9.30 – 11.30 (term time only)
- We provide a healthy snack
- At a cost of £12 per session
- We have indoor and outdoor play areas to explore

Contact us at www.facebook.com/RalstonPlaygroup or call Jenni - 07948398149.
We look forward to welcoming you along.





Friends of Barshaw Park

Our grant award allowed us to run a variety of events this year, including workshops about the new Community Garden, Christmas decoration making, and seed sowing. We've also held various family activities including Halloween lantern making and a Christmas lantern parade.

We've also created a new website, bought more garden tools and equipment, as well as more perennial plants to keep the Walled Garden looking beautiful. We were delighted to receive the highest award once again from Keep Scotland Beautiful.

Community Garden

It is wonderful to see the Community Garden really getting going, some vegetables have already been harvested from the raised beds! We are also taking part in Royal Horticultural Society's 'runner bean trials', to see which beans do best in Scotland.

We are starting to develop the rest of the area around the Community Garden, and have planted an edible hedge and orchard, as well as creating a pet memorial garden and a gnome village. Next we will be creating a pumpkin patch for Halloween.

There is much work still to be done in the park and we are keen to welcome new members on to our committee. Please contact us if you are interested in being involved.





St Mark's Oldhall Church

We believe in faith in action, we are not just a place for Sunday worship, but are a place where our community can come together, where we can meet your spiritual, physical and cultural needs.

It's been a busy few months since the last newsletter:

- At our **Treemendous** event, Girl Guiding won a Tree Decorating competition
- Our annual **Plant Sale** raised over £2000!
- We launched our **Bike Library**, with four bikes for loan, soon to include cycle stands, a pump and tools for cyclists in need.
- Our **Community Café** hosts a **Dementia-Friendly Café** on the second Thursday each month. In late Autumn we hope to open the café further, and when things get colder, we hope to host **Winter Connections** once again at lunchtime on Wednesdays.



At Easter we ran a **Pirate Holiday Club**, with games, crafts and Bible teaching for primary children. 85 attended at least once and many came every day. Families are welcome to join us for these types of activities at **Messy Church**, from 2pm on the last Saturday of each month.

In August we will be serving tea, coffees, cakes and homemaking at this years **Ralston Fun Day**. We also hope to repeat the success of last years **Super Strawberry Saturday**, date to be confirmed.

In September the societies and clubs that meet at St Mark's resume. Spaces are available at most:

- **Monday**: The Guild and K dance
- **Tuesday**: Rainbows and Brownies
- **Wednesday**: Rainbows, Brownies and Guides, prayer group and Bible Study groups
- **Thursday**: Church choir
- **Friday**: ROAR lunch club and Boys' Brigade,
- **Saturday**: Little Kickers
- **Sunday**: Worship and TRASH (young teenagers)





We want to serve the community as best we can, and have hosted special services marking significant dates for Guiding and Scouting and of course Remembrance Sunday.

Please contact us if you think we can be of help to you by providing a space for your group or organisation to meet.

Summer Drawing Challenge

Take our your pencils and...

1. Draw a cover for your favourite book
2. Draw a fantastical animal
3. Design a robot
4. Design your coat of arms
5. Draw a short comic
6. Engineer an amazing treehouse
7. Draw your name in fancy letters
8. Draw an underwater world
9. Make a treasure map
10. Design a cool invention
11. Design a perfect birthday cake
12. Draw life on a different planet
13. Draw the most beautiful flower
14. Make a drawing just with dots
15. Make a draw-by-number picture

www.adventure-in-a-box.com



Summer Word Scramble

Unscramble the list of shuffled words.

EBCHA ☐☐☐☐☐

YALHOID ☐☐☐☐☐☐☐

SRAGS ☐☐☐☐☐

UMMSRE ☐☐☐☐☐☐

EAONC ☐☐☐☐☐

CIPNCI ☐☐☐☐☐☐

OOLP ☐☐☐☐☐

ATLERV ☐☐☐☐☐☐

OFOLTLAB ☐☐☐☐☐☐☐☐

WUMSIITS ☐☐☐☐☐☐☐☐

ENRAOWETML ☐☐☐☐☐☐☐☐☐☐

MICCRAEE ☐☐☐☐☐☐☐☐

IPNAGCM ☐☐☐☐☐☐☐

EOWFRLS ☐☐☐☐☐☐☐

Beach, Holiday
Grass, Summer
Ocean, Picnic
Pool, Travel
Football
Swimsuit
Watermelon
Icecream
Camping
Flowers

Can you find....

