RALSTON COMMUNITY COUNCIL

Summer Newsletter

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Thoughts from our Chair

For two years we fought hard to retain Ralston Community Sports Centre for the community. With your help we were successful and have persuaded OneRen to open the Sports Centre on Mondays, Wednesdays and Thursdays from 10am until 1pm to run our activities classes. However other activities take place there too.

Children's Dance Classes (term time): Mondays and Wednesdays 5-9pm, Thursdays 5:30-7:30pm
Karate classes: Tuesdays 6-8pm. Please note, these are not run by Ralston Community Council. Ask at reception for more information.

The Fitness Suite is open from 5-8.30pm, Mondays to Thursdays and weekends. It can be used by those with a OneRen membership.

At weekends the Astro Pitch is used extensively by Ralston Skills, providing activities for primary aged children during term time - see their Facebook page for more details.

The Sports Centre hall is also available to hire for events, contact OneRen for more details.



Ralston Fun Day: 31 August

Our fun day at Ralston Community Sports Centre runs from 11am to 2pm:

- Inflatables: Toddler castle and adult assault course.
- A silent disco.
- St Mark's Church serving tea, coffee and home baking in the Pavilion.
- The Scouts serving burgers and hot dogs.
- Ralston Primary Parent Council have candyfloss, tattoos and crafts.
- The Corner shop also have a stall of goodies.
- A Plant stall.
- Plus a many other stalls.

We have pitches left, please get in touch if interested.



Ralston Activity Classes

Our activity classes continue to go from strength to strength. Since we started our first programme in May 2023, we've now delivered over 500 classes to a total of around 9000 participants. We really appreciate the fantastic response these classes have received from Ralston residents.

Besides improving the general health and well-being of those in our community, the classes have also provided opportunities for new friendship groups to develop and allowed our residents to come together in the Ralston area.



We have also managed to have the Ralston Sports Centre open during weekdays, which hadn't happened for many years, and it's now becoming the focal point for activities across the community.

We are very grateful to Renfrewshire Community Health and Wellbeing Fund and the National Lottery Community Fund, for the substantial grants which have allowed these activities to happen.

This funding, alongside the participants' fees, have enabled us to guarantee two further 10-week programmes of classes...

Our Autumn programme, running October-December 2024, and our Winter programme running January-March 2025. We are also hopeful of further National Lottery funding, which will ensure the continuation of the classes into Spring and Autumn 2025.

We're also hugely grateful to Rod McLelland, who has worked hard to secure the funding and organise everything; as well as our team of instructors, who have been superb at welcoming us to their classes and gently persuading us to exercise. Thanks also to OneRen, for continuing to support our programme by making the facilities at Ralston Sports Centre available to us.

Finally, of course a special thanks to all of you for supporting these classes, without you the classes just wouldn't happen!



Ralston Community Council
Autumn Programme of Activity Classes
Starts Week Beginning Wednesday 2 October

Each 10-week block of classes costs £30, to be paid in cash at the first class.

Bootcamp



High energy HIIT cardio and core workouts. With nutrition guides, recipes and a home workout plan, specific individual needs.

Saturdays, 11-11:45am,
Ralston Sports Centre

Chair Yoga (2 classes)

A gentle form of yoga done sitting on or supported by a chair. Suitable for senior members of our community.



Thursdays, 10-10:45am,
Ralston Sports Centre
Thursdays, 11-11:45am,
Ralston Sports Centre

Gentle Keep Fit (2 classes)



Gentle exercise, suitable for senior members of our community and those wishing to get moving.

Mondays, 10-10:45am,
Ralston Sports Centre
Wednesdays, 11-11:45am,
Ralston Sports Centre

Gentle Circuits



Exercises with light weights, chairs, steps etc to work the whole body, with adaptations to suit all levels.

Mondays, 11-11:45am,
Ralston Sports Centre

Keep Fit

Physical exercise and rhythmic aerobic exercise to enhance your fitness.
Please bring a yoga mat.



Wednesdays, 10-10:45am,
Ralston Sports Centre

Pilates (2 classes)

Exercise focusing on balance, posture, strength and flexibility.
Please bring a yoga mat.



Mondays, 12-12:45pm,
Ralston Sports Centre
Thursdays, 7:30-8:15pm,
Ralston Sports Centre

Yoga (2 classes)

A combination of physical postures, breathing techniques and relaxation.
Please bring a yoga mat.

Wednesdays, 12-12:45pm,
Ralston Sports Centre
Saturdays, 9:45-10:45am,
Ralston Sports Centre



Zumba (2 classes)

A Latin-inspired dance workout - get fit while having fun.



Wednesdays, 6:15-7pm,
Ralston Community Centre
Thursdays, 12-12:45pm,
Ralston Sports Centre

Sign up from 1 September

Places are limited to 20 per class, so sign up:
https://tinyurl.com/ActivitiesOct2024
Or phone Rod at 07713 592 502
(also available on our website and Facebook pages)

Ralston in Bloom

We've removed the winter pansies from all of our 30 planters and replaced them with colourful summer bedding. The combination of rain and sun should ensure that we have impressive displays in our planters through until early October.

We have now exhausted the funding we received from Renfrewshire Council for the planters and flowers, although we are trying other funding options. However, if anyone can access funding or sponsorship which could help us maintain the planters, please let us know!

Special thanks to our mystery gardener on Glasgow Road, who kindly cleared the winter bedding from a planter, and replaced with their own summer bedding- it's looking great!











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Friends of Barshaw Park Update

We've had a busy 2024 so far. Through Renfrewshire Council's Winter Connections Fund, we purchased Nordic Walking Poles and delivered Nordic Walking Sessions, we hope to repeat these later in the year.

In the Community Garden we altered some of the raised beds, built a pergola and gazebo. Thanks to our volunteers and Marcel from Spruce Projects. We're seeking funding for more raised beds, a frog pond and more.

We are grateful for the Royal Horticultural Society's ongoing support. We're taking part in their seed trials: growing produce and reporting the results.

The Community Garden hosts Daring Greatly at 10am and 7pm Tuesdays for Walk 'n 'Tone and Walk n Boogie; and as recently reported in the Paisley Daily Express, Mums and Toddlers meet on Monday afternoons in the summer.







This year is the 10th anniversary of the Commonwealth Games in Glasgow, we re-enacted the baton relay in the Walled Garden!

The Walled Garden is in full bloom, our volunteers work hard to keep it looking beautiful. Please drop by and see us on Saturday mornings. Following our Just Giving Appeal, we are seeking quotes to repair the outbuildings which support the wall. We hope to bring them back in to use and to open up the yard to the Community.

This year corporate volunteers from Aviva, Thermo Fisher and Bunzl, worked so hard and made a great difference.

In May we hosted a Networking event with Keep Scotland Beautiful, with volunteers from other gardens visiting. In June we attended the Gala Day, and were heartened by people who said how much they loved the Walled Garden.

The Eden Project visited in June for the Big Lunch, with delicious food by St Mark's Cafe and Marco Venditozzi.

Upcoming events:
3 Aug - Kate Bush Day and Love Parks Week. In September we are planning a Birthday Bash to mark the 10th anniversary of Friends of Barshaw Park.

Our Committee are working on projects including fundraising, liaising with Renfrewshire Council, planning, liaising with OSCR, and lots more.

If you would like to volunteer or be involved in any other capacity, email barshaw.friends@ gmail.com



St Mark's (Oldhall) Church

We are delighted to open our doors to many in the community; the Thinking Day/Founder's Day service for the Scouts and Guides; the end of session services for our uniformed youth organisations and Sunday groups; the Holy Week, Easter and Pentecost services; as well as funerals, baptisms and weekly Sunday worship. The Paisley Church of the Nazarene and Kingdom Ambassadors meet here on Sunday afternoons. St Mark's is a place of gathering, we believe that when we gather to worship, we meet God.

At easter we ran a Space themed Holiday Club for primary children, with games, crafts, songs and Bible teaching. Over 80 children attended across the week with around 55 each day. These activities continue monthly in our Messy Church, 2pm the last Saturday of each month.

In February we opened our Ralston Community Café. Open Wednesday and Thursday 9.30-2.30pm and Friday 9.30am – 5pm (with an afterschool art club).

We've welcomed many people (and dogs) for tea, coffee, fresh baking and soup. Thanks to our manager, Meena, and her team of volunteers, there is always a friendly face waiting to serve you a lovely frothy coffee.

We have partnered with Ralston Art Club, who provide pictures for the walls, in a changing display of artwork available to buy.

More recently our Annual Plant Sale in May was really well supported by the community.

Over £2000 was raised, Thank You! Stalls sold homebaking, paintings, crafts, as well as one for Friends of Barshaw Park.



In September the societies and clubs resume. Spaces are available at most:

Monday:	The Guild and K-dance,
Tuesday:	Brownies
Wednesday:	Rainbows, Brownies, Guides, Prayer and Bible Study groups
Thursday:	Church Choir
Friday:	ROAR lunch club and Boys' Brigade
Saturday:	Little Kickers
Sunday:	Worship, Evolution (children's and teenagers meetings) and TRASH (a group for young teenagers).

May God bless you with a sunny day and a work-free afternoon. May God bless you with a good book, a cold drink and an ice-cream. May God bless you with time to spend with family and friends.

Sonia, Minister of St Mark's

Olympic Torch Cone Cakes



Ingredients:

10 Ice Cream Cones
120g unsalted butter (softened)
120g caster sugar
2 eggs
120g self-raising flour
Muffin tray
Kitchen foil

Topping:

85g unsalted butter (softened)
170g icing sugar
Orange food colouring
Fresh nectarine, peach or apricot

Method

1. Gently wrap each cone in foil, making sure all the outer cone is covered.
2. Use another piece of foil to wedge the cone into a section of the muffin tray to keep it upright.
3. Mix the butter, sugar, eggs and flour in a food mixer.
4. Add 1-2 tsp of the cake mixture to the cone, stopping before it gets to the top.
5. Bake in the oven at 160 degrees, for 12-15mins (checking regularly) until golden. Then cool on a wire rack.
6. To make the topping, beat the icing sugar and butter together with a few drops of food colouring until smooth.
7. Spread over the top of the cone using a fork to give a rough (flame like) appearance.
8. Chop your chosen fruit into small triangular shapes (to represent flames) and add to your icing.

Source: www.sunhatsandwellieboots.com



Olympic Fun

With the Summer Olympics taking place in Paris this year, why not arrange your own Olympic activities?

Discus: Mark a starting point and throw a frisbee as far as you can. Mark each throw and who threw the "discus" furthest.



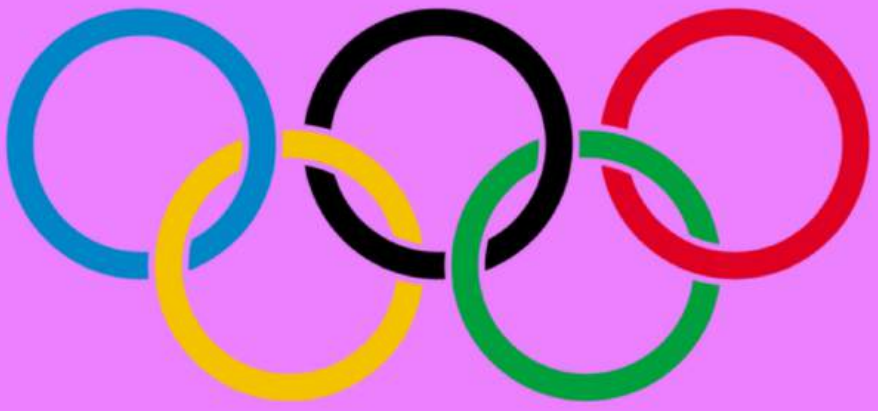
Volleyball: Set up a sports net (or two people hold a rope for the net). See how many times you can hit a ball (or balloon) over the net before it drops.

Rhythmic gymnastics: Pass out hoops, ribbons, balls and play music, who can come up with the most creative and entertaining routine.

Basketball: Use two laundry baskets/tubs/buckets and substitute ball (a bean bag/ rubber chicken/shoe). Pass the 'ball' to each other and attempt to toss it into their team's basket. Players can only take three steps before they have to pass or shot.

Relay race: Split into teams and then pairs, tying two peoples legs together. Each set of three-legged runners "sprint" to the next set, tag them before they run to the next set and so on.





Balance beam: Mark a straight line on the floor using tape, rope or chalk. Take turns to balance on the line by walking forwards, backwards, and sideways. For more of a challenge, make the line semi-circles or zigzags.

Hurdles: Set up a course with boxes and pool noodles for hurdles, and see who can run the course quickest.

