RALSTON COMMUNITY COUNCIL

Christmas Newsletter

W: www.ralstoncommunitycouncil.org
E: admin@ralstoncommunitycouncil.org
F: @Ralston Community Council

Merry Christmas!

I hope that you enjoy our community update, it has been a busy year:

Activity Classes: We've run 3 extremely successful programmes this year and have more classes planned for the new year (see inside for details). As a community we have shown that Ralston Sports Centre is an ongoing concern, which shouldn't be considered for a community asset transfer.

Fun day: Thank you to all the helpers at this year's Fun Day. The sun was out and a good time was had by all. We had inflatables, a clown, stalls including plants. St Mark's Church served coffee, cakes and home-baking, and the Scouts supplied food and refreshments. The Parent Council did crafts and and candy floss, while the Art Club had paintings for sale.

Road safety: We are pleased to report that our continued representation through our Local Councillors has resulted in a filter light being installed for drivers turning right from Hawkhead Road into Glasgow Road. Hopefully this will help alleviate some of the congestion along Hawkhead Road, as well as reducing the number of drivers using Lanfine, Gartmore and Newtyle Roads as alternative routes.

New Members: We are looking for new members to join the Community Council, who care about the community and its wellbeing. We are particularly keen for members who have children in nursery or school, as we would like more representation from younger residents. We'll be at the Ralston Primary Christmas Fayre on 23 November; you could speak to us then or email us at admin@ralstoncommunitycouncil.org. We meet 10 times a year on the second Thursday of the month (excluding July and August), from 7.30pm until 9pm.

Wishing you a Merry Christmas and a Happy New Year from your Community Council

News from St Mark's

Our activities resumed at the start of the Autumn term:
For young people: Rainbows, Brownies, Guides, Boys' Brigade (Anchors, Juniors and Company sections), as well as Evolution and Trash on Sundays. The Junction youth group for P6- S3's, which meets fortnightly on Thursday evenings, is going so well we now have a waiting list.

For Adults: The Guild on Monday afternoons, Wednesday 11am midweek service, Prayer Group and Bible study group on Wednesday evenings and the Choir on Thursday evenings. A monthly Dementia Friendly Café with Alzheimer's Scotland, as well Messy Church family activities on the last Saturday of the month. In addition to our usual Sunday service at 11am, we welcome Paisley Church of the Nazarene in our sanctuary at 2pm, and Kingdom Ambassadors Ministry in the halls at 1pm.

We opened Ralston Community Café in February: Wednesday and Thursday 9.30am-2.30pm, Friday 9.30am-5pm (with craft activities after school on Fridays). This has been a great success and we thank you for making it your local café, and a big 'Thank you' to all those who volunteer. Meena's cakes, scones and savouries are worth sampling. We are also delighted to display pictures painted by Ralston Art Club.

Sunday 1 December at 4pm is our "Let us remember" bereavement service; a quiet reflective service remembering those who we have lost.

Saturday 7 December is our Treemendous Festival, a Christmas event with stalls, tea, coffee, shortbread, mince pies and doughnuts. Vote for your favourite Christmas tree, decorated by different community groups.

Sunday 8 December at 3.30pm, take a virtual tour of the Holy Land. Funds will be donated to help families keep going, while their country is in a state of uproar and livelihoods and the tourist trade are no more.

During Advent we look forward to the coming of the Christ child, remembering that in this child, hope was born. We all need hope in our lives, for this is a time of unrest and despair for many people.

You are invited to join us at any of our services or events, including:

Sunday 8 Dec	11am	Gift Service (gifts go to Renfrewshire Women's Aid)
Sunday 22 Dec	11am	Nativity Service
Tuesday 24 Dec	7pm	Christmas Eve Service (Carols at 6.45pm)
	11:30pm	Watchnight Service (Carols at 11.15pm)
Wednesday 25 Dec	10:30am	Christmas Day Service
Sunday 29 Dec	11am	Joint service at Sherwood Greenlaw Church

Happy Christmas and a peaceful new year. **Rev. Dr. Sonia Blakesley**

New parking laws come into force

New Scotland wide parking laws have been introduced to make it safer for pedestrians and road users. These ban parking on pavements, double parking and parking at a dropped kerb's pedestrian crossing. In Ralston, exemptions to this ban have been granted on Penilee Road (both sides, between Auchmannoch Avenue and School Road).

Renfrewshire Council will start to enforce the new laws from November 2024. This may include a Penalty Charge Notice of £100, reduced to £50 if paid within 14 days. Before enforcement starts, Renfrewshire Council will raise awareness of the new rules and how people can report inconsiderate parking.

More information at: www.renfrewshire.gov.uk/new-parking-laws

---

Ralston Community Council's Activity Classes

Our fifth 10 week programme of activity classes, running from October until early December, has again been very popular with around 200 attending the 13 classes each week. It's great to see many regular attendees back, but also good to welcome many new arrivals.

We believe that these classes have helped revitalise our community with many now enjoying the company of others while attempting to keep fit and forming new friendship groups.

We are delighted with the number of people taking part, and hope that the Ralston Community will continue to support our initiative, which also helps keep Ralston Sports Centre open for use.





With the help of your enrolment fees, as well as grants from Renfrewshire's Community Health and Wellbeing Fund and the National Lottery, we are able to announce that we'll have another 10 week winter programme from January to March 2025 (details on the next page), and also a Spring programme from April to June 2025.

We have also applied for further funding to try to extend the programme even further - watch this space!

Activity Classes Continue from 20 January 2025

We are delighted to confirm that our sixth phase of classes starts the week beginning 20 January 2025 and runs until Saturday 29 March. Once again most classes will be held at Ralston Community Sports Centre.

Cost

Each 10-week block of classes costs £30, which will be paid in cash at the first class. We have used our Lottery Funding to keep costs to a minimum, this covers the cost of instructors and venues.

Sign up to attend

Ralston Community Council are handling the bookings, you can **sign up from Wednesday 1 January**. Places are limited, so sign up by scanning the QR code, following this link: https://tinyurl.com/RalstonActivitiesJan25 or calling Rod McLelland on 07713 592 502.

Over 18's only

Please note these activities are only available to those over 18.

Classes available and Updates

Details of all the classes available are shown on the next page. For information about any changes or updates or to classes advertised here, please see our Facebook page or www.ralstoncommunitycouncil.org

Future Programmes

We'll run a similar activities programme from April-June 2025, and, if we're successful with other funding applications, we'll hopefully continue the programme into Autumn 2025 and beyond.

Ralston in Bloom



Our planters flourished over the summer, receiving many favourable comments from our community. Pansies will now provide winter colour until the daffodils, snowdrops and crocuses come through in February.



The funding we received from Renfrewshire Council for the installation, planting and maintenance of the 30 planters has now run out. So we are looking for more funding to continue this project. If you could help in any way, please email us at **admin@ralstoncommunitycouncil.org**

Ralston Community Council
Winter Programme of Activity Classes
Week Beginning Monday 20 January

Bootcamp



A high energy HIIT cardio and core workouts. With nutrition guides, recipes and a home workout plan, specific to your 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 again.

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

Pilates (2 classes)



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

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

Yoga (2 classes)



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

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 January

Places are limited to 20 per class, so sign up:
https://tinyurl.com/ActivitiesJan2025
or call Rod on 07713 592 502.
(also avilable on our website and Facebook pages)

Update from Friends of Barshaw Park

It's Your Neighbourhood: Thank you to those who helped the Walled Garden and Community Garden look their best for the annual visit of the Keep Scotland Beautiful 'It's Your Neighbourhood' assessors. Last year we received 'Outstanding with Distinction', and hope to receive this again.

Community Garden: We are grateful for the continued support of RHS, who have supplied plants, compost, topsoil and timber. The bean trials and the sunflowers trial have both been a great success. The vegetables and flowers that do best in the trials receive RHS accreditation.

The raised beds are cared for by Sight Scotland, Levendale Hospital, Home Instead, and Williamsburgh Nursery. The Community Garden is often busy with people enjoying the peaceful atmosphere. Visitors are always welcome and we often have produce to take away.



Some volunteers have taken responsibility for a couple of beds. There may be more growing space available, if you would like to grow your own produce, please contact: barshaw.friends@gmail.com

We also continue to welcome several groups of volunteers to both the Walled Garden and the Community Garden, including the Mirin Group, Thermo Fisher, Aviva and Bunzl. Young people from Barnado's came to the Community Garden in July to help sow seeds and plants in the salad bar, paint slates, and dig the new pond.



Mums and Toddlers: Alice and Carmel welcomed mums, dads, grandparents and toddlers over the summer. The children enjoyed drawing and colouring insects, a scavenger hunt, and all things Sunflowers including artwork and planting seeds.

Wuthering Heights Day: With Daring Greatly, we held a "Wuthering Heights" day, where people came dressed in red, like Kate Bush, to re-enact her classic dance routine. The event attracted around 30 participants. We hope to run the event again next year.



Nature Corner: This is a much-loved part of the park, we are getting a team together to look at possible uses and development plans. Let us know if you want to get involved: barshaw.friends@gmail.com

Almond, Orange & Ginger Florentines



Ingredients:

- flavourless oil, for the tin
- 50g salted butter
- 50g light muscovado sugar
- 50g golden syrup
- 50g plain flour
- 50g stem ginger, chopped
- 125g flaked almonds
- 2 oranges, zested
- 175g dark chocolate
- 175g white chocolate

Method

1. Heat the oven to 180C/160C fan/gas 4.
2. Lightly brush a 12-hole muffin tin with oil.
3. Melt the butter, sugar and golden syrup in a small saucepan over a low heat, stirring frequently.
4. Remove from the heat and whisk in the flour, then add the ginger, flaked almonds and orange zest.
5. Scoop 1 flat tbsp of mixture into each hole of the muffin tin. You will have some mixture left, so bake in batches.
6. Bake for 10 mins until golden. Leave to cool for 2 mins until firm enough to transfer to a wire rack and cool completely. Repeat with any of the remaining mixture.
7. Melt the dark and white chocolate in two different bowls, each over a simmering saucepan of water, or in the microwave in 30-second bursts.
8. Dip half of a cooled florentine in the dark chocolate then drizzle over the white chocolate.
9. Leave to set on a wire rack.
10. Will keep in an airtight container for one week.

Source: BBC Good Food

Christmas Scrambles Puzzle Sheet

Unscramble the letters on top of each set of boxes to form a new Christmas-related word. Then, unscramble the bonus letters (those in circles) to discover the bonus solution.

bonus letters

G I C T K O N S =

C A R P I F L E E =

Y I M N E C H =

S T E E M O L I T =

N A R S T O M E N =

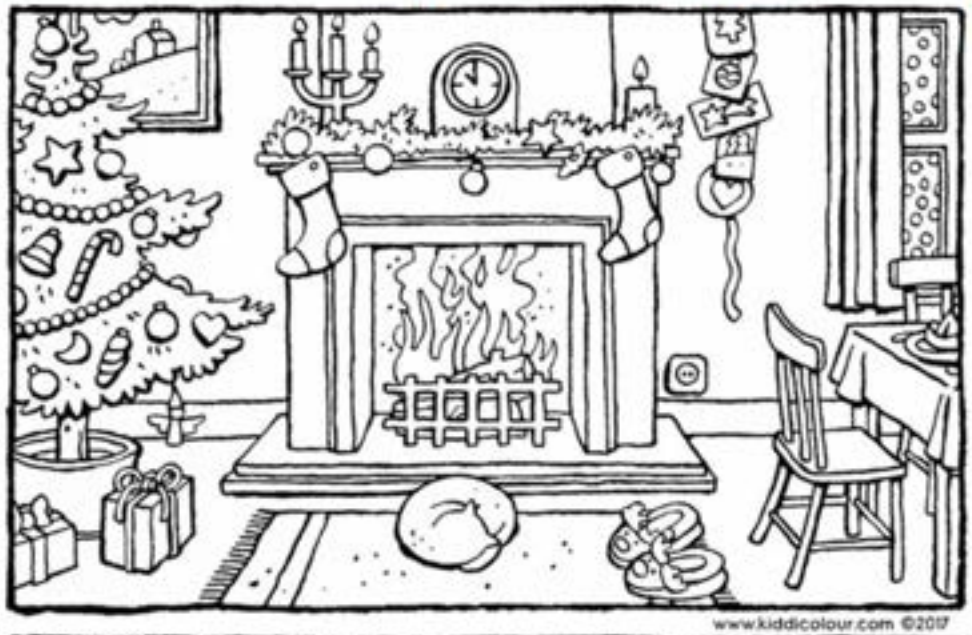
S N E T L I =

H I G L E S =

N E S T S P E R =

L I N T K E W =

The Bonus Solution is:



www.kiddicolour.com ©2017

