RALSTON COMMUNITY COUNCIL

Summer Newsletter

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



What should Ralston's future priorities be?

This is the question we as a community will be asking over the next few months, thanks to funding secured by Ralston Community Council from Renfrewshire Council to create a community-led plan for the next few years.

It's an opportunity to think about our future as a community and decide what's important for us to protect and to improve. That might be having more family events and activities, better local services, better maintained public spaces, or anything else. The point is, it is our plan.

We'll be starting to gather your ideas and suggestions at the Summer Fayre on Saturday 23 August at Ralston Sports Centre.

If you'd like to receive occasional email updates, please leave your email address here: bit.ly/ralstonplan

Would you like to join our Community Council?

If you care about our community and its wellbeing, we are looking for new members to join the Community Council. We meet 10 times a year from 7.30pm until 9pm on the second Thursday of the month (except July and August). Get in touch at the details above if interested.

Ralston Fun Day: 23 August

Our fun day at Ralston Community Sports Centre runs from 11am to 2pm. In case of bad weather, we've booked Ralston Primary. Lots of activities, including:

- Three Inflatables.
- Ralston Primary Parent Council have fun crafts.
- St Mark's Church serving tea, coffee and home baking in the Pavilion.
- The Scouts serving burgers and hot dogs.
- A Plant stall.
- The Art club will have some artwork for sale.
- Also look out for the Local Plan Consultation launch.

We have pitches left, please get in touch using the details above if interested.



St Mark's (Oldhall) Church

St Mark's is a place of gathering, with weddings, funerals, baptisms and weekly Sunday worship. We believe when we gather to worship, we meet with God. This year we've hosted: Thinking Day/Founder's Day service for Scouting and Guiding; end of session services for our uniformed youth organisations and Sunday groups; Messy Church on the last Saturday of the month. The Junction youth club has been a great success, offering P5-S3 a safe space to hang out with friends. We've had joint services with Sherwood Greenlaw Church, sharing lunch together. Paisley Church of the Nazarene and Kingdom Ambassadors Ministry also meet here on Sunday afternoons.

Over 80 children attended our Holiday Club during the Easter holidays, with games, crafts, songs and Bible teaching. Great fun was had by all.

Ralston Seniors

Funding for Ralston ROAR Club has been withdrawn, however members and volunteers have secured alternative funding and set up a Management Board. From 1 August the club will be renamed Ralston Seniors Club and will continue to meet every Friday 11.15am – 2pm in St Mark's.

Members pay £8 per session, for gentle physical activity followed by soup and sandwiches, with entertainment or a social activity.

New members and volunteers welcome. For more information or to volunteer phone 07721 911 234 and leave your contact details.

Our Plant Sale in May raised over £2000, thank you for your support. Ralston Community Café continues to be a great success and is open Wednesday and Thursday 9am-2.30pm, and Friday 9.30am – 4.30pm. Thanks to our manager, Meena, and her team of volunteers, there is always a friendly face waiting to serve you frothy coffee, tea, fresh baking, soup and savouries. We are delighted to be able to support Ralston Seniors Club, allowing them to continue to provide a much valued service.

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

Monday:	The Guild, K-dance and Sweaty Mamas exercise class
Tuesday:	Brownies and Guides
Wednesday:	Rainbows, Brownies, Prayer and Bible Study groups
Thursday:	Church Choir
Friday:	Ralston Seniors Club and Boys' Brigade
Saturday:	Little Kickers
Sunday:	Worship, Evolution (children's and teenagers meetings) and TRASH (for young teenagers).

May God bless you this summer.

Sonia, Minister of St Mark's

Ralston Community Council
Autumn Programme of Activity Classes
10 Weeks Beginning Wednesday 1 October

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

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 Monday 25 August

Sign up: https://tinyurl.com/ActivitiesOct2025
or call Rod on 07713 592 502.
(also available on our website and Facebook pages)

Supported by Renfrewshire's Community Health and Well Being Fund

28 days of Summer Family Fun

Go on a hike and try to identify plants and animals along the way.
Paint kindness rocks and hide them in your neighborhood for others to find.
Pick up one bag full of trash each from a local park.
Go on a caterpillar hunt. See how many you can find. Look but don't touch!
Pretend to be a famous YouTuber and make a funny instructional video.
Make a multi-room blanket fort big enough for everyone.
See who can make the best parachute using only items in your house.
Make squirtgun art! Add watercolor paint to squirt guns & take aim on paper taped to cardboard.
See how many constellations you can find and identify while stargazing.
Plant a flower or vegetable garden.
Play water balloon baseball.
Go on a sunset bike ride.
Make an exploding vinegar volcano.
Explore your local farmer's market.
Make your own fruit and juice popsicles.
Have a nature scavenger hunt in your neighborhood.
Make a time capsule. Each person gets to include 3 items.
Make murals in front of your house with sidewalk chalk.
Score some bargains at weekend garage sales.
Have a family slumber party in the livingroom.
Make snow cones or ice cream sundaes.
Visit a museum.

Visit your local library and check out some books or movies.
Make a bird feeder using only recycled materials.
Tell ghost stories with only a flashlight in the dark.
Draw a funny picture of each other.
Have a picnic lunch outside.
Hold an egg and spoon race.

Choose one activity per day to complete together and then color in that ray.

I SPY Summer



