RALSTON COMMUNITY COUNCIL

Christmas Newsletter

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

Merry Christmas!

Much has been happening over the last few months and we have had a busy year overall. Two of our long standing members resigned this year; May Fernie and Fergal McCauley, who will be missed and we thank them for all of their hard work and support. We are looking for new members, please contact admin@ralstoncommunitycouncil.org if you want to learn more about the Community Council, or the vacant role of Treasurer.

Local Place Plan

Many residents will be aware of the Local Place Plan which we are currently consulting about with the community. We conducted an online survey (with paper copies for those who preferred) and our appointed Planner, Nick, attended the Community Fayre in the summer. We are seeking more input from the community to develop this plan, so Nick will be at St Mark's Treemendous event on 6 December between 10am-1pm. Please come along and share your thoughts and shape the plan.

Community Asset Transfer

Glennifer Thistle Football Club has begun the early stages of a Community Asset Transfer (CAT) application for Ralston Community Sports Centre. They want to meet with the community to share what they are proposing and to give the community an opportunity to ask any questions, raise concerns and make suggestions. Come along to St Mark's on 27 November between 7-9pm to find out more.

We have also been informed that another CAT, for a different facility in Ralston is at the early stages. We will update the community when we have more information.

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 has extended to two nights.

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. The Haven, a monthly Dementia Friendly Café with Alzheimer's Scotland. 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.

Ralston Community Café continues to go well, expanding opening hours to include Saturdays in response to customer demand. Thank you to all the volunteers who enable this to happen. If anyone has a few hours free and would like to volunteer please speak to Meena, our café manager.

Sunday 7 December at 4pm is our "Let us remember" bereavement service; a quiet reflective service remembering those who we have lost.

Saturday 6 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. We are delighted to include Ralston Community Council as they continue their pubic engagement to develop a Local Place Plan for Ralston.

Christmas is an important time for us in St Mark's as we think about the birth of our Lord Jesus. This gives us lots of reasons to celebrate, not least because he brings hope and promises us his peace, both of which seem to be in short supply in our world right now, so we welcome his coming.

We hope you enjoy our new Christmas decorations. You are invited to join us at any of our services or events. Full details are on our website, and services can also be viewed online.

Sunday 7 Dec	11am	Communion Service
	4pm	Let Us Remember bereavement service
Sunday 14 Dec	11am	Gift Service (gifts go to Renfrewshire Women's Aid)
Sunday 21 Dec	11am	Nativity Service
Wednesday 24 Dec	7pm	Christmas Eve Service (Carols at 6.45pm)
	11:30pm	Watchnight Service (Carols at 11.15pm)
Thursday 25 Dec	10:30am	Christmas Day Service

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

Ralston Walking Group

Another initiative we are hopeful of starting next year is a local walking group, led by John McCarthy, a local resident who is a fully qualified Walk Leader. John has a passion for the outdoors and has led walking groups for many years. The aim is to help people engage in outdoor exercise, support walkers to walk together and generally improve wellbeing and health. John will also discuss the historical uses of the local plant life.

We aim to pilot these walks in Spring 2026 and would appreciate any feedback relating to demand for this new health and wellbeing initiative. Initial walks would be around 1-2 hours long, with future walks developed to meet demand and ability. We could also include dog friendly walks.

Walks would generally be in green belt areas around the Renfrewshire area and would be rated as easy/moderate. Participants would meet at the designated start of the walk, with car sharing encouraged. There would be no cost, other than your own transport costs.

Please respond 'Walking Group YES' to rccclasses23@gmail.com if this new health initiative would be of interest to you, friends or neighbours.

Scottish Country Dancing

Ralston and Oldhall Scottish Country Dance Club has been going for almost sixty years; with classes on Tuesday evenings from 7.30-9pm in Ralston Community Centre. There are two blocks: the first Tuesday in October until the first or second Tuesday in December; and the first or second Tuesday in January until the middle of March. We hold a dance at the end of each block, with dancing and a buffet to round the night off.

Country dancing is a great way to exercise the body and mind and our club has a warm and friendly atmosphere. If you wish to try Scottish Country Dancing, come along to Ralston Community Centre any Tuesday night at about 7.15pm. Beginners are welcome. Just bring along flat comfortable shoes. Step practice will be given at the start of each lesson. You will be able to try two lessons before committing to join the club.





Ralston Community Council's Activity Classes

This year we ran three 10-week programmes with 13 classes, attracting over 200 participants each week. Thanks to participant fees and funding from Engage Renfrewshire's Community Mental Health and Wellbeing Fund, we've run over 1000 classes over the past two and a half years. We've applied for funding to continue them for at least the next 2 years.

We've also managed to have Ralston Community Sports Centre increase its opening hours, helping ensure its future as the hub of activities in our community. Thanks to you all for continuing to support these activities.

School Drop Off Classes

We piloted two successful early morning Drop Off classes for mums and dads for four weeks in November, and we're now planning to offer these classes - Power Yoga and Buggy Fit - as a 10 week block from Monday 19 January, costing £30 for the 10 classes - a bargain!

These classes hopefully bring young mums and dads together to improve their fitness, and also increase the use of Ralston Sports Centre.

School Drop-Off Activity Classes for Adults at Ralston Community Sports Centre 10 Week Block from 19 January: £30

Power Yoga with Emily

A fitness-based, vigorous Yoga designed to create a full body workout.



Mondays 9-9:45am
Ralston Sports Centre
Starts 19 January

Buggy Fit with Emily

Fitness class for new mums and babies, designed for post-natal recovery and fitness, as well as a chance to meet with other new mums!



Wednesdays 9-9:45am
Ralston Sports Centre
Starts 21 January

Sign up from Friday 2 January

Sign up: https://tinyurl.com/SchoolActivitiesJan26
or call Rod on 07713 592 502.
(also available on our website and Facebook pages)

Ralston Community Council
Winter Programme of 10 Week Activity Classes
Week Beginning Monday 19 January - £30 per block

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, 9:45-10:45am,
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 2 January

Places are limited to 20 per class, so sign up:
https://tinyurl.com/ActivitiesJan26
or call Rod on 07713 592 502.
(also avilable on our website and Facebook pages)

Ralston for everyone!

Ralston is a great place to live. But things can always get better. What should we focus on?

This is the question we as a community are asking ourselves as we produce a new plan for our future. The Community Council has secured money from Renfrewshire Council to create our very own community-led plan for Ralston, called a "Local Place Plan".

It's a rare opportunity to think about our future as a community. We can decide what's most important for us to protect and to improve. When the Plan is finished in the Spring, it will be 'registered' by Renfrewshire Council to influence planning policy. The Community Council hopes that the Plan will also help to secure resources and support for community projects and steer public investment.

Find out more about Local Place Plans on the Community Council website at www.ralstoncommunitycouncil.org/lpp-about

Emerging priorities

Now that we're a couple of months into preparation of the Plan, what are the emerging priorities?

On the next two pages, you can see the results of the **survey** that hundreds of local residents filled in in August and September. The responses are fascinating. They reveal what we as a community value about Ralston, and what we think could be improved.

Meanwhile, we're working with local **young people** to find out what they want for Ralston - because they are our future.

Ralston students at Paisley Grammar have provided great insights about Honeybog Hill, road safety, the fields and pitches at the Sports Centre, our other green spaces, and our sense of community. See www.ralstoncommunitycouncil.org/lpp-news for more detail.

Meanwhile, Ralston Primary School P4-P7 children are exploring how the playing fields at the back of the school could be improved. We're looking forward to seeing their ideas!

What next?

We'll be at the **TREEmendous festival** in **St Mark's** on **Saturday 6th December 10am-1pm** with hands-on activities to generate real concrete actions for the plan. We'll share all the wonderful ideas from the P4-P7 children at Ralston Primary School.

Come and find us by the main door on your way in!

The in early 2026 we'll produce a **draft plan** for everyone to check.

The final stages will be to **update the plan** in response to people's comments, and submit it to Renfrewshire Council for **registration** in the Spring.

More information

Sign up for email updates at bit.ly/ralstonplan or keep an eye on www.ralstoncommunitycouncil.org/lpp-news.

Get in touch using the contact details on the Plan's Contact page.

COME & FIND US
TREE-MENDOUS
ST MARK'S CHURCH
SATURDAY 6TH DECEMBER
10AM-1PM

Community survey results

Preparation of the Local Place Plan started at Ralston Summer Fayre in August , where we launched a community survey. The survey was delivered to all households in the Community Council area as well as being open online. Over 220 responses were received.

Transcriptions of everyone's comments are in the full survey report. Read it online at www.ralstoncommunitycouncil.org/lpp-news

These two pages have the headlines.

Respondents' ages compared to the wider population



Community issues

Survey respondents were asked to score the importance of a number of issues that the local community faces, on a scale of 1-5 where 5 is most important.

There are some subtle nuances between different age groups. For more information and transcriptions of comments, see section 3 of the survey report.



What we like about Ralston

Survey respondents were asked what they like about Ralston. The bubble diagram on the right summarises the main "likes".

For more information and transcriptions of comments by age group, see section 4 of the survey report.



Numbers and size of bubbles represent the number of people mentioning a particular thing

What could be better?

Survey respondents were asked for their ideas and suggestions for improvements. The bar graph below categorises improvements and ideas suggested by five or more people.

For more analysis and transcriptions of comments by age group, see section 5 of the survey report.



Numbers and bars represent the number of people suggesting particular things

COME & FIND US
TREE-MENDOUS
ST MARK'S CHURCH
SATURDAY 6TH DECEMBER
10AM-1PM



Ralston Golf Club
1904

- 3 Months Golf Membership of Ralston Golf Club from 1st December – 28th February inclusive
- An initial cost of only £200, this would make an ideal Christmas present
- 15% Bar Discount
- Excellent Catering
- Full use of Golf Course, Clubhouse Facilities and Professional Shop
- If joining the Club in the same year this will be fully offset against your annual subscription
- Join your local golf club less than 2 miles away
- Located in the Ralston area of Paisley, just off Glasgow Road

For more information please contact the Club Secretary on 0141 882 1349
Or email thesecretary@ralstongolfclub.com

RALSTON BOWLING CLUB

Never bowled before? Interested in having a go?

It's never too late to start, why not join our unique **FREE** 8 week coaching programme, our very own version of the Bowls Scotland **TRY BOWLS** initiative.

- **FREE BEGINNERS TUITION**
  8 Weeks at either 10am or 6:30pm
- **FREE EQUIPMENT USE**
  Just wear flat shoes, we'll provide the rest
- **DISCOUNTED FIRST YEARS MEMBERSHIP**
  Only £50 for your first full years membership should you decide to join

DON'T MISS OUT!
REGISTER NOW FOR SPRING 2026 - Starts 16th April 2026
Contact by email: secretary@ralstonbowlingclub.com

www.ralstonbowlingclub.com

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Tel: 0141 444 3333 • Mob: 07763 227 101

M. Wilson Building Works

M. Wilson Building Works is a building business local to Ralston, having moved from the Isle of Barra in February. We have an outstanding portfolio in Glasgow with excellent reviews, available on request. We offer a range of building works, such as concrete work, brick/block/stone work, roughcasting and rendering. Find us on Facebook or Instagram to see the excellent craftsmanship on show. For a free quote contact Matthew on 07572375793 or mw30161@gmail.com.

Heart Start Training

Ralston Community Council have organised a free 2 hour training course, delivered by Heartstart, providing instruction and practice of CPR, defibrillators, recovery position, choking and chest pain.

Training takes place on **Sunday 18 January, 2pm** at **St Mark's Church**. Places are limited. Call 07824 722 372 or email billwhyte031@gmail.com to reserve your place.

Ralston Seniors Club

Where friendship, fun and good health meet. Every Friday at St. Mark's Church, 11.15am – 2pm

For membership and volunteer enquiries, call 07721 911 234 or email: ralstonseniorsclub@stmarksoldhall.org.uk and leave your contact details.

Looking for Sports Coaches

We are looking for fully qualified Sports Coaches who may be interested in running Sports Camps for children on the Astroturf pitches at the Sports Centre during the school summer holidays 2026. These camps would be run on a commercial basis by the coaches and would be self-funding. However we could assist with advertising the camps. If interested in running them, please email rccclasses23@gmail.com.

Ralston in Bloom

Our planters have really brightened up the community this year, thanks to the sunny weather, and helped by many rain showers! They continue to bloom even into late Autumn, and we'll soon be removing the summer bedding and replacing with winter flowering pansies and spring bulbs.





We were delighted to receive additional funding from Renfrewshire Council to keep this programme going for several years, and would seek volunteers who'd like to help plant and maintain these planters during the year – we'd supply the plants and compost, etc, please email us at **admin@ralstoncommunitycouncil.org**

Pesto and Cheese Christmas Tree



Ingredients:

2 x 320g Packets of Ready-Rolled Puff Pastry

50g Pesto

80g Cheddar Cheese, grated

1 Free-Range Egg, beaten

2 tsp Sesame Seeds

Salt and Freshly Ground Black Pepper, to taste

Method

1. Preheat the oven to 180C/160C Fan/Gas 4 and line a baking tray with greaseproof paper.
2. Lay the two sheets of puff pastry on top of each other on the lined baking tray. Cut into a long triangle shape, with a little stump at the wider end. Place the scraps of pastry in the fridge for later.
3. Peel the top layer of pastry off the 'tree' and set aside.
4. Spread pesto over the base and sprinkle with cheese, then sandwich the base with the set aside layer of pastry.
5. Starting at the pointed end, using a sharp knife, cut evenly spaced lines on each side that get longer towards the base of the tree. Make sure to leave a gap running up the middle as the trunk of the tree.
6. Starting on one side, take two of the strips and twist them together. Repeat on both sides.
7. Cut out stars from the scraps from the fridge. Place a large one at the top of the tree and others along the middle.
8. Brush with beaten egg all over, season to taste with salt and pepper and sprinkle with sesame seeds.
9. Bake in the oven for 20 minutes.

Source: BBC Food: www.bbc.co.uk/food/recipes/pesto_christmas_tree_53067

25 Days of Christmas Activities

1. Have a Christmas movie night
2. Decorate Christmas stockings
3. Drink hot chocolate
4. Take photos with Santa
5. Donate a toy to charity
6. Make cards for the elderly
7. Make a gingerbread house
8. Make Christmas ornaments
9. Read Christmas stories
10. Take pictures with Santa
11. View the neighbourhood Christmas lights
12. Make mulled juice
13. Make a snow globe
14. Sing Christmas carols
15. Make Christmas cards
16. Donate canned goods
17. Make Smores
18. Attend a local Christmas event
19. Write letters to Santa
20. Have a Christmas scavenger hunt
21. Read the nativity story
22. Open up a gift on Christmas Eve
23. Wear matching pyjamas
24. Bake cookies for Santa
25. Have a Christmas Day brunch











