RALSTON COMMUNITY COUNCIL

Summer Newsletter

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Ralston Fun Day: 22 August

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

- A DJ playing lots of feel-good tunes.
- A balloon modeling clown.
- Three Inflatables: a toddlers Bugs castle, a slide for older children and a 60ft assault course.
- 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 have crafts available for a donation.
- 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.



Join Ralston Community Council

Community Councils represent the community to the local authority, as well as facilitate a wide range of activities which promote the well-being of our communities. They are a great way to bring people together and help make things happen.

Some of our long-serving members are retiring this year, so we are looking for new residents to join us.

In particular we require the Chair Person and Secretary Office Bearer roles to be filled, so we can continue to operate.

Please email us for more information or to arrange to join a meeting: admin@ralstoncommunitycouncil.org

Ralston for everyone!

Thanks to input from hundreds of people, Ralston has a plan for its future: our plan, made by our community.

The plan aims to:

- **Support community action** - by helping us to access funding for community priorities.
- **Improve public services** - by informing decisions on transport, planning, recreation, community facilities etc.
- **Help make things happen** - by focusing on priorities and demonstrating consensus, to enable us to move quickly when resources are available.

Here are the plan's priorities, decided through community engagement:



Environment & greenspace

1. **Protect & conserve the Green Belt** focusing on Honeybog Hill, including better access to publicly-owned land
2. **Improve access to & upgrade synthetic pitch** at Community Sports Centre
3. **Enhance the former playing fields** around the Community Sports Centre, building on ideas from Ralston Primary children
4. **Tidy up & reuse derelict premises**, particularly buildings at the former Hamilton's Garage and empty shop on Glasgow Road

Getting about

5. **Make Glasgow Road, Penilee Road & Hawkhead Road safer for pedestrians and cyclists** with more crossings & less speeding
6. **Make pavements safe and accessible for all**, particularly overgrown street trees, winter gritting & hazardous parking
7. **Bus service improvements** especially reliability, timekeeping & restoration of a direct route through the Clyde Tunnel
8. **Safe cycling and walking links** to Paisley, Braehead, Renfrew, Glasgow & the National Cycle Network

Activities & facilities

9. **Keep & make more of the Community Sports Centre** with longer opening hours, better management & investment
10. **Improve playparks** at the Community Centre & create new one at the Community Sports Centre
11. **Keep & make more of the Library and Community Centre**

See the full plan on the Community Council website:

www.ralstoncommunitycouncil.org/lpp-news

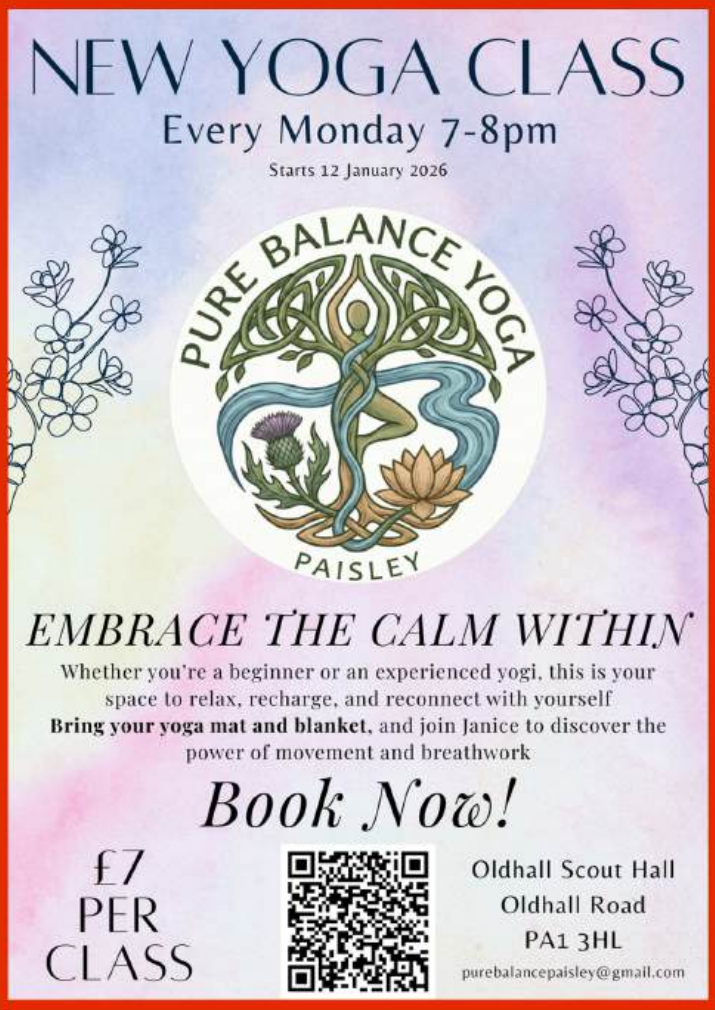
Thank you to all the residents and local organisations who contributed to the plan, and to Renfrewshire Council for funding its preparation



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.





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.

Ralston Community Walking Group

The group welcomes people as they enjoy walking, chatting, improving fitness, enjoying the views and learning about the plants which grow around us.

So far three of our monthly walks have taken place:

- April: Part of the Forth and Clyde Canal at Bowling .
- May: Glasgow Mural trail (and a nice coffee stop).
- June: Glen Park with views of Loch Lomond and Craigie Lynn waterfall.

Join us and enjoy the great outdoors free of charge. Good walking shoes/boots and suitable clothing for the weather is recommended. For more information contact walk leader John McCarthy on 07476411256.



Ralston in Bloom

Our 32 planters provided wonderful colour over winter and into Spring, with bulbs and pansies brightening up our community.

We've now installed our summer planting; the Begionas, Surfinias and Lobelia are flowering well.

Feel free to water the planters during dry weather, as well as removing any weeds etc. Thank you!



Ralston Community Council Activity Classes

We're into our fourth year of 10 week programmes of Activity Classes. These now consist of 16 classes per week, attracting around 250 participants to Ralston Sports Centre. Recent classes were funded by Engage Renfrewshire's Community Mental Health and Wellbeing Fund, supported by participant fees of £30 for each block of 10 classes - a bargain!

We've also managed to increase the opening hours of Ralston Community Sports Centre, helping to ensure its future as the hub of activities in Ralston.

We've been successful in obtaining National Lottery Funding to introduce additional classes in the Autumn. So we've added Tai Chi, Dance Fit, Sculpt Yoga, Couch to 5k and Line Dancing into our 10 week Autumn Programme. These classes will be heavily subsidised by the National Lottery, and so the introductory charge for these classes will be only £10 for the 10 week block, but places will be limited - see the following page for more details.

COMMUNITY FUND

Ralston Community Council
Autumn Programme of 10 Week Activity Classes
Ralston Sports Centre, Week Beginning Wed 30 September
£30 per block (*£10 for new classes)

Bootcamp

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

Saturdays 11-11:45am



Buggy Fit

Fitness class designed for post-natal recovery and fitness.
Bring a yoga mat with you.

Wednesdays 9-9:45pm



Chair Yoga (2 classes)

Gentle yoga sitting or supported by a chair.

Thursdays 10-10:45am
Thursdays 11-11:45am



Couch to 5k *£10 per block

A running programme for beginners.
Outdoor: wear appropriate clothing.

Saturdays 10-10:45am



Dance Fit *£10 per block

A high energy class combining dance moves with fitness exercises.

Thursdays 6:30-7:15pm



Gentle Circuits

Exercises with light weights, chairs, steps etc. to work the whole body.

Mondays 11-11:45am



Gentle Keep Fit (2 classes)

Gentle exercise for seniors.

Mondays 10-10:45am
Wednesdays 11-11:45am



Keep Fit

Physical and rhythmic aerobic exercise.
Please bring a yoga mat with you.

Wednesdays, 9:50-10:50am



Line Dancing *£10 per block

Choreographed social dance providing aerobic exercise (no partner needed).

Mondays 1:15-2pm



Pilates (2 classes)

Exercise for balance, posture, strength and flexibility. **Bring a yoga mat with you.**

Mondays 12:15-1pm
Thursdays 7:30-8:15pm



Power Yoga

Vigorous Yoga for a full body workout.
Bring a yoga mat with you.

Mondays 9-9:45am



Tai Chi *£10 per block

Slow graceful movements to improve inner energy, balance and relaxation.

Thursdays 1-1:45pm



Yoga (3 classes)

Postures, breathing techniques and relaxation. **Bring a yoga mat with you.**

Wednesdays 12-12:45pm
Wednesdays 1-1:45pm
Saturdays 10:15-11:15am



Yoga Sculpt *£10 per block

High intensity programme combining Yoga with strength training and cardio.
Bring a yoga mat with you.

Saturdays 9-10am



Zumba (2 classes)

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

Wednesdays 7:15-8pm
Thursdays 12-12:45pm



Sign up from 7 September

COMMUNITY FUND

Places are limited, so sign up:
https://tinyurl.com/ActivitiesSept26
or call Rod on 07713 592 502.



Dog Fouling

Many residents have contacted the Community Council, concerned about the amount of dog poop left on the grass and pavements around Ralston.

We realise that most dog owners in the area act responsibly, however we appeal to all residents to do likewise and clear up after their pets.





Ralston Community Sports Centre

Members of the Community Council met with local councillors, OneRen's Chief Executive and Estate Director to discuss Ralston Community Sports Centre, the Astro Pitch and surrounding areas, which are managed by OneRen.

We discussed:

- maintenance of the Centre and pitch,
- extending fitness suite opening hours,
- possible installation of a Multi-Use Games Area (MUGA) on the grass area,
- providing access to the Astro pitch for children (to avoid fence-climbing),
- possible future sources of external funding to improve and develop the Centre and its surrounding area.
- the "Field of Dreams" where pupils from Ralston Primary shared ideas for how the space could be developed.

OneRen seemed receptive to many of the points raised, and we await their response with interest.

St Mark's Oldhall Church

This year we installed solar panels on our hall roofs, so all our electricity is home-produced and green (even the cakes are baked by solar power).

We've had a busy few months hosting: Thinking Day/Founder's Day service for Scouting and Guiding; end of session services for our uniformed youth organisations; Messy Church on the last Saturday of the month. We've held joint services with Sherwood Greenlaw Church - working towards a possible union. In addition, through weddings, funerals and baptisms and our regular weekly Sunday worship, St Mark's is a place of gathering where all are welcome.

At Easter we ran a 'Going Bananas' Holiday Club, with games, crafts, songs and Bible teaching. Over 100 children attended across the week with around 70 each day. Great fun was had by children and volunteers alike.

Our youth club 'The Junction' has been a great success, offering P6-S3 youngsters a safe and structured environment to hang out with friends.

Our Annual Plant Sale in May with plants from MacLaren's nursery was well supported by the community. Thank You. We had a homebaking stall and welcomed Friends of Barshaw Park and Ralston Art Club with stalls of paintings, crafts, and plants.

Ralston Community Café continues to be a great success and helps pay the salary of Peter, our church worker. The café opens Wednesday and Thursday 9.30am - 2.30pm, Friday 9.30am – 4.30pm, (with after school craft activites), and Saturdays 10am - 3pm. 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. And we now stock Porrelli's ice-cream! Thanks to Ralston Art Club who continue to provide their pictures for display.

May God bless you through the sun that shines on you, the rain that falls on you, the wind that blows on you, and the clouds that shade you. May God bless you this summer and always.

Sonia, Minister of St Mark's

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

- Monday: The Guild and K dance
- Tuesday: Line Dancing, Rainbows, Brownies and Guides.
- Wednesday: Rainbows and Brownies, Prayer group and Bible Study groups
- Thursday: Church choir and The Junction
- Friday: Ralston Seniors Club and Boys' Brigade,
- Saturday: Little Kickers
- Sunday: Worship, Evolution (children and teenagers' meeting) and TRASH (young teenagers).

Thanks to all volunteers who help in so many ways.

Lego Challenge: Grab some lego and build...

1. A flag for an imaginary country
2. Your favourite animal
3. A marble maze
4. A scene from your favourite book
5. Write a message from Lego bricks
6. A pair of bookends for your shelf
7. A self-portrait using flat pieces
8. A ride at an amusement park
9. You family out of mini figures
10. A tree house
11. An underwater world
12. A treasure map
13. Your dream house
14. The tallest tower you can
15. A bridge across a gap
16. A flower
17. A picture frame
18. A scene from far in the past
19. Life on a different planet
20. An enchanted garden

www.adventure-in-a-box.com

Garden Scavenger Hunt

