



RALSTON COMMUNITY COUNCIL

Christmas Newsletter

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Merry Christmas!

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

Activity Classes: Our programmes ran from April to December, and we now have classes planned for the first half of next 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: We were delighted to hold a Fun day again this year, albeit much shorter due to the weather. We will try again next year, of course.

Defibrillators: We now have defibrillators at the Community Centre, St Mark's Church, Community Sports Centre and Ralston Primary School, with only the latter being provided by Renfrewshire Council. We would like to have the Community Centre defibrillator put in to an external cabinet, so that it could be used when the Community Centre is shut. However this costs around £650, so we are seeking funds for this.

Road safety: We have been working with our Councillors and Renfrewshire Council to get yellow lines at the bottom of Newtyle, Gartmore and Lanfine roads, as well as monitoring the volume of traffic on the roads leading off Tylney. In 2024 it will be against the law to park on pavements, so Renfrewshire Council have commissioned a company called Jacobs to survey streets that may be granted an exemption. If you believe any additional roads should be considered for an exemption, please contact one of your Local Councillors.

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



News from St Mark's

Our activities have resumed for young people: Rainbows, Brownies, Guides, Boys' Brigade and Evolution and Trash on a Sunday. We've also started a youth group for P6-S3's, fortnightly on Thursdays at 7.30pm.

For adults: the Guild meet on Monday afternoons; we have a short midweek service on Wednesdays at 11am; a Prayer Group and Bible study group on Wednesday evenings and Choir on Thursday evenings.

Once a month, we hold a Dementia Friendly Café with Alzheimer's Scotland. In addition to our Sunday service at 11am, Paisley Church of the Nazarene worship in our sanctuary at 2pm on Sunday afternoons, and Kingdom Ambassadors meet in the halls at around 1pm on a Sunday.

Our Winter Connections programme starts soon: a Community Lunch on Wednesdays at 1pm: a free lunch open to all, with soup, home baking and a programme of activities. Our Church café will also open soon.

We hold a "Let us remember" bereavement service on Sunday 3 December at 4pm, a quiet reflective service with music, prayers and peacefulness to remember those who we have lost. All are welcome.

Saturday 9 December is our TREEmendous Festival, an event with stalls, homebaking, tea and coffee and a fabulous display of Christmas trees decorated by groups and organisations across our community.

We start an Alpha course in January. If you would like to discuss questions of faith or learn more about what we believe, come join us.

Christmas is an important time for us in St Mark's, as we think about the birth of our Lord Jesus. It gives us lots of reasons to celebrate, not least because he brings hope to the world and promises us his peace. Both hope and peace seem to be in short supply in our world right now. 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. Happy Christmas and a peaceful new year.

All are welcome to our Christmas Services:

Sunday 10 Dec	11am	Gift Service (gifts go to Renfrewshire Women's Aid)
Sunday 17 Dec	11am	Nativity Service
Sunday 24 Dec	11am	Christmas Lessons and Carols
	7pm	Christmas Eve Service (Carols at 6.45pm)
	11:30pm	Watchnight Service (Carols at 11.15pm)
Monday 25 Dec	10:30am	Christmas Day Service

Rev. Dr. Sonia Blakesley

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's Activity Classes

We ran our second phase of classes this Autumn, partially funded by the National Lottery. This time we had 10 week classes in Keep Fit, Gentle Keep Fit, Yoga, Zumba, Pilates, Chair Yoga and Bootcamp.

We persuaded OneRen to open Ralston Community Sports from 10am - 1pm on Mondays, Wednesdays and Thursdays, from late September until December - the first it's been open during the day for many years.



OneRen administered the booking system; around 150 residents enrolled in the classes and enjoyed improving their general health and wellbeing, as well as meeting up with other Ralston residents. In total, around 450 have participated in the two programmes this year. Feedback from residents has been hugely positive, with many stating that they feel their general health and well-being has improved, feelings of loneliness have been alleviated and the community spirit has been improved by meeting up with others on a regular basis.

Thanks to Renfrewshire's Community Health and Wellbeing Fund and to the National Lottery Community Fund for generously supporting these activities. In addition, thanks to OneRen for recognising the needs of the community and opening the Sports Centre for these courses and to the many members of our community for attending them.

Activity Classes Continue in January 2024

We are delighted to confirm that our third phase of classes starts the week beginning 20 January 2024. 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 bookings this time, you can sign up from Friday 1 December. Places are limited, so sign up by scanning the QR code, following this link: <https://tinyurl.com/RalstonActivities> or calling Rod McLelland on 07713 592 502.



Over 18's only

Please note, due to restrictions of the funding, 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 also hope to run a similar activities programme from April-June 2024, however this depends on having sufficient funding available

Fitness Suite at Ralston Community Sports Centre

Many local residents are unaware that there is a fully equipped fitness suite, located on the second floor of Ralston Community Sports Centre. This is available for all to use from 5pm - 9pm Mondays to Thursdays and from 9am- 5pm on Saturdays and Sundays (except from 10-11am on Saturdays).

Individuals can simply turn up and pay by card for a session for each visit at reception in the Sports Centre. Those with a OneRen off-peak membership can gain free access to the fitness suite.



All Classes Start the Week Beginning Saturday 20 January

Bootcamp

A high energy course with HIIT cardio and core workouts. This course also includes nutrition guides, recipes and a home workout plan – all specific to your individual needs.



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

Chair Yoga

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



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

Keep Fit

Physical exercise and rhythmic aerobic exercise to enhance your fitness.



Wednesdays, 10-10:45am, 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

Yoga

(3 classes)

A combination of physical postures, breathing techniques and relaxation.



Please bring a yoga mat with you.

Wednesdays, 12-12:45pm, Ralston Sports Centre

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

Saturdays, 10-10:45am, 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 December

Places are limited, so sign up:

<https://tinyurl.com/ActivitiesJan2024>
or call Rod on 07713 592 502.

(also available on our website and Facebook pages)



Update from Friends of Barshaw Park

It has been another busy year for Friends of Barshaw Park. We've worked on the empty Nature Corner and would love to see this area restored for Community use. If you can help in this project, please get in touch.

Community Garden: This has been a great success; we have lots of visitors and community groups manage the raised beds. We've created an orchard - fruit trees can be donated in memory of a loved one. The Pet Memorial Garden is now open. Angela Smith from RHS delivered monthly workshops for our volunteers, as well as supplying plants and compost.



Events and Activities: We've hosted a lot in the garden and park this year:



- In June we had a stall at Barshaw Gala Day.
- We held a harvest celebration where visitors enjoyed produce from the gardens, including freshly pressed apple juice, pizza, jams, preserves and cakes and biscuits, as well as a craft table.
- During Open Doors Day Duncan McIntosh gave a guided tour of the Walled Garden.
- At our Halloween event children made Cocaramas - hanging baskets made from coconut matting.
- Tannahill Machar, Shaun Moore, hosted our storytelling and poetry event in the Walled Garden, with many local authors contributing.
- Other activities included playgroup sessions, Silent Disco and Walk n Tone Sessions by Daring Greatly.

Christmas: Our volunteers will be at the Scouts Christmas Fayre on 2 December, the Jingle Bell Run on 3 December and St Mark's TREEmendous Festival on 9 December. Our volunteers will make Christmas decorations with foliage from the Walled Garden, which will be available at these events. We also have calendars, greeting cards and other items featuring Barshaw Park. Some of these are available from Wheatley's cafe, we are grateful for their support. We will host several winter activities, including Feel Good sessions and Nordic Walking.

Plans for next year: We will be improving the area around the Community Garden. As well as working on the yard behind the Walled Garden, creating a new Community space and repairing the buildings. Our volunteers have already made great progress, clearing years of accumulated rubbish.

Gingerbread Stained Glass Biscuits



Ingredients:

175g dark soft brown sugar
85g golden syrup
100g unsalted butter
2-3 tsp ground ginger
350g plain flour
1 tsp bicarbonate of soda
1 large egg, lightly beaten
Clear fruit-flavoured boiled sweets (no soft centres)
White icing
Star or snowflake cutters

Method

1. Heat sugar, golden syrup and butter in a pan until melted.
2. Mix ginger and flour in a bowl and make a well at centre. Add the bicarbonate of soda to the melted mixture and stir.
3. Pour into the flour mixture with the egg. Stir to combine.
4. Chill in the fridge for 1 hr until firm enough to roll out.
5. Cut dough in half. Briefly knead the first piece, then roll it on a lightly floured surface to 2mm thick.
6. Cut into shapes with 12cm snowflake or star cutters, place on lined baking sheets, leaving room for them to spread.
7. Cut a window out of each biscuit using a 6cm cutter.
8. Chop the boiled sweets and add to the centre of biscuit.
9. Repeat with remaining dough.
10. Bake in batches at 190C/170C fan/gas 5 for 5-6 mins or until they darken slightly and the sweets have melted.
11. Don't forget to bake the parts you've cut out too!
12. Leave to cool and harden completely before moving them.
13. Decorate the biscuits further by using white piped icing.

Source: BBC Good Food

1) Because he has a black belt, 2) Frost, 3) Christmas tree, 4) A snowball

Find all the items



Word Scramble

NATSA

LGNAE

YLOLH

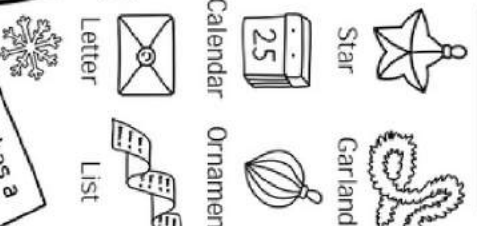
1) Why is Santa really good at karate?

Connect the dots

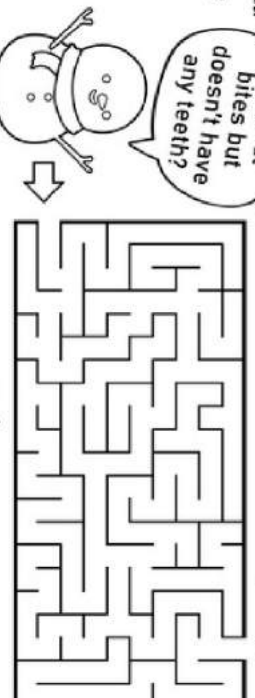
Merry Christmas

Word Search

MO KMRB PSBNRC BOTUAOAL TIANMBLE ZRIETE JGSTNBNL GWAETNDL KCANRKAAPJ BOBULORWL NLISTMAREL LETTERBNSE TOHSTOBADO

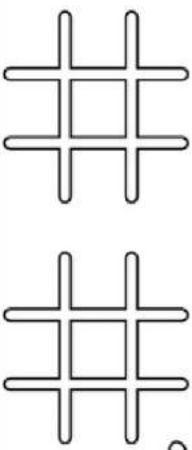


Maze: Help Frosty find his hat



2) What bites but doesn't have any teeth?

Tic Tac Toe



4) What is a ball that does not bounce?

worksheet shop