

Fauldhouse Faces

Eddie McIlduff has been delivering the mail in Fauldhouse for sixteen years. He's a real villager – son of Cathy Murphy and Patrick McIlduff, his daughter and two sons live here too, and two lovely grandchildren. Here, he talks with Flora Greenhorn Broughton about his life and work.

What did you do before you started with Royal Mail?

I started work at 16 in Polkemmet Colliery, but that job only lasted five years, as the pits were starting to run down. I then worked on various building sites for several years, until I took the job with Royal Mail as a stop-gap – and I'm still here!

So you must like the job?

It's good getting out and about in decent weather, and you get to know people in the village, so you get some pleasant chats on the route. But it can be quite stressful – our customers expect their mail to arrive on time, but sometimes the overnight deliveries to our sorting office in Blackburn are delayed, which means we are then working against the clock.

You have to sort your own mail?

Oh yes. We start at 6.20am, and it usually takes about three hours to get the letters into the right pigeon holes – we have 56 different sections within the delivery area. But if the mail is heavy, this takes more time – that's why we are often a bit later on a Monday. It helps, of course, that about 98% of the mail now has a postcode, but lots of Christmas post omits them, which slows us down. And in a village like this, there are sometimes lots of people with the same name in the same street, so you have to be careful!

Do you have any means of transport?

Yes – each team has the use of a van. We work our way to Fauldhouse via Longridge. Here, I start at the shop at Barton Terrace and I work my way down to the West End. After the Caledonian and Fallas area, I go round the Eldricks, Badallan and so on.

That's a lot of walking!

I reckon I do about twelve miles a day, but we are only allowed to spend about four hours walking, on safety grounds. It can be more of



a problem on hot days, when it is easy to get dehydrated. Cold weather isn't pleasant, but we have good protective gear and boots with snow chains.

And I imagine you sometimes have a heavy load.

Mailbags can be quite heavy – up to 16kg, and we usually have six bags in total. Some of the others push a trolley around, but I find it easier just to put the bag over my shoulder.

And you work from Monday to Saturday each week?

We do that for five weeks solid, then get the sixth week off, on top of holidays.

You sound pretty happy in the job, but what would you change if you could?

Letter boxes that are only about six inches off the ground! It's a real pain bending down to these, and a bit snow makes it almost impossible to post the letters through them. And there are loads of dogs in the village. Most of these – and their owners – are well-behaved, but when you walk twelve miles a day, you have to avoid a lot of dog dirt, which ought to have been poop-scooped. And some dogs do try to bite the postmen. It sounds funny at first, but I know five posties who've been bitten in the last six weeks and are still off work. So it would be good if people kept their dogs indoors when the post is due.

What do you do in your leisure time?

A few rounds of golf, and following football and the horses. I don't read much, as I prefer to watch TV. And of course my grandchildren keep me on my toes.

And what about holidays?

I've not been abroad all that much but I like Florida – I've been there four times. My 50th is coming up soon, so perhaps I'll get to Orlando!

We print this newsletter in the Hub. Our copier is available for residents to use from 5p per A4 b/w copy.

If you go down to the woods today...

Would you like to get active to improve your local woodland, learn new skills and get to know others in your community?

BTCV Scotland, in partnership with the Forestry Commission, is launching a series of volunteering events in Fauldhouse Woods to give local people the opportunity to develop new skills and create lasting improvements to the area's woodland. Come along to the taster session and try it out for yourself.

We'll be creating a new footpath for Falla Hill Primary School to access the woodland on Thursday 17 November between 10am and 1pm. Come along to the grass pitch behind Falla Hill Primary School to get involved or even to just ask us about future events.

Please wear suitable clothing and footwear for being outdoors though we can provide wellingtons and waterproofs on the day. Tea, coffee and fine biscuits will be provided.

For more information please contact Chris Peach on 07740 899 558. To find out more about BTCV Scotland please visit the website at www.btcv.org.



New Games Area Open

The new Multi-Use Games Area (MUGA) at Falla Hill (situated behind the primary school) is now available for you all to use evenings and weekends. It can be used for five a side, basketball, mini-hockey and netball.

No need to book and it's free to use. Why not get out your trainers and give it a try!

WESTLOTHIAN
COMMUNITY
SAFETY UNIT

Crime Prevention Advice for Home Owners

Every year, as the autumn months approach and the nights draw in, we experience an increase in the number of break-ins to dwelling houses. Thieves are always on the lookout for an opportunity to steal from an easy target.

As a householder there are a few simple steps you can take when you are going out to reduce the likelihood of your home being broken into:

- Secure all house doors;
- Ensure all windows are secure;
- Cancel delivery of newspapers, milk, etc if you are away from home for a few days;
- Use a timer switch with a lamp and/or radio;
- Remember to give the impression that your home is occupied;
- Ensure you use other home security measures such as alarm system, safe, property marking to maximum effect.

If you would like any more information about home security, contact Ali Byiers, Community Constable or the Community Safety Unit at West Lothian Civic Centre.

Can you help?

Ali Byiers is looking to develop the KIN (Key Individual Network) in Fauldhouse. He's looking for members of the community to register as Key Individuals to help give him a better understanding of current issues in the village and as a way to feed back important information to the community. This will allow Ali and his team to take the best possible action on any issues highlighted. If you are interested in further information, contact Ali Byiers.

Tel: 01506 871 218
Email: alistair.byiers@lbp.pnn.police.uk

Remembrance Sunday

On Sunday 13 November the memory of villagers who gave their lives in the two World Wars and the more recent conflicts will be honoured. The service will be held at the Fauldhouse War Memorial, Bridge Street at 1pm. All members of the community, especially ex-service men and women are warmly invited.

Do you have an up and coming event?

If you would like your event to be mentioned in the newsletter please email newsletter@fauldhouse.org.uk

French for Fun

A beginners French for Fun class is starting in the Hub early next year. If you're interested in taking an informal class in the winter evenings why not come along? Adult places only. The weekly class will run for 8 weeks starting Wednesday 11 January. Limited places available, so to book and find out more, contact Mhairi on 01501 773 699.

What's Available at the Hub

- **Soft Play** for the **Under 5s**
- **Energy Advice Service**
- **Free Internet Access**
- **Colour photocopying and laminating**
- **Blackburn, Seafield & District Credit Union** every Friday from 12noon–2pm
- **Awfy Braw** handmade jewellery for sale every Thursday from 9am–12noon
- **Meeting Rooms** available for local/community groups & board meetings
- **Rooms and soft play for hire** for Under 5s parties
- **Breich Valley Information Service** who provide free and confidential advice. Including help with completing benefit forms, consumer, debt and money advice.

We are looking for volunteers for future projects including a food co-op, community cinema and community gardens. If you are interested in volunteering with any of these projects, please contact the Hub and ask for Lesley.

Pamper yourself!

The Hub is hosting a Pamper Evening on Friday 18 November. Come and have a relaxing mini facial, hand and arm or aromatherapy massage or crystal therapy. Tickets £5 including a glass of wine. Contact the Hub for further information.

Useful Contacts

West Calder Police Station:
01506 871 218

Crimestoppers: 0800 111 555

Safety Advice from the Fire Brigade: 0800 169 0320 or communitysafety@lbfire.org.uk

Partnership Centre:

01501 773 000 or fpc@westlothian.gov.uk

West Lothian Council:
01506 280 000

Breich Valley Information Service: 01501 770 276

Doctors' Surgeries:
Dr Richie & Dr Jones:
01501 773 045

Breich Valley Practice:
01501 773 020

Community Health Reception:
01501 773 046

Dentist:
01501 773 032

Fauldhouse Together

Issue 15, Autumn 2011



The latest news on developments in our village, from the FCDT Team

Annual Street Fair

We held our Annual Street Fair on Saturday 3 September.

In spite of the wet weather there was a good turnout on the day. We had a variety of stalls on the village green offering advice, information, freebies and raffles. In the shelter of the FCDT building we had face painting and kids crafts with a bouncy castle, refreshments and further stalls available at St Andrews Church Hall.

Thanks to everyone who braved the soggy conditions to attend and support the event!

Anne Mooney (one of the FCDT directors) presents Ms Purvis (First Aid volunteer and all round great help on the day) with her 1st prize in the raffle. Ms Purvis kindly donated her prize money to her church's boiler repair fund.



Calling all Arts & Crafts Types

If there is enough interest, we will hold a Christmas Market in the Hub in December. It would be an ideal opportunity for local crafts people to sell some of their work in the run up to Christmas. If you are interested, please contact Lesley at the Hub, or email her on lesley@fauldhouse.org.uk

New Faces at the Development Trust

Two new members of staff have very recently joined the team at FCDT.

Julie Smith (Project Manager) and Lesley Dunsmore (Communications and Engagement Worker), have now started and are based in the FCDT Hub with existing team members Mhairi, Adrian and Mary.

Please feel free to contact us for a chat if you have any ideas or projects you feel we could help you with. You can phone us on 01501 773 699, email lesley@fauldhouse.org.uk, or pop in to see us at 10 Main Street, Fauldhouse.



Join the Fauldhouse Community Development Trust

Membership of the Fauldhouse Community Development Trust costs £1 (life membership). For that you can show your commitment to helping us deliver positive, sustainable improvements to our village. Whether your commitment extends to being simply a paid up supporter of the organisation or you want to get more involved in our activities, your membership is very important to us. Please complete the form and join up today.

I wish to join the Fauldhouse Community Development Trust and enclose my £1 membership fee.

Name: _____ Email: _____

Address: _____ Would you be interested in becoming a volunteer with the Fauldhouse Community Development Trust? _____

Yes/No

Postcode: _____ Would you be happy for us to contact you about any up and coming events? _____

Tel: _____ Yes/No

All the data we hold is gathered and managed in strict accordance with the Data Protection Act 1998. We will not disclose any information supplied by you to any third party organisation.

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