

Fauldhouse Together

Issue 21, Autumn 2013



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

Olympic Champion brings home the medals!

John McMillan from Fauldhouse is the proud owner of two Special Olympic Medals. Son of Mr Sam ('Junior') and Mrs May McMillan of Eastfield Road, John (33) took part in the Special Olympics GB held at Bath University over four days at the end of August.



The Special Olympics enable people with an intellectual disability (also known as a learning disability) to participate competitively in a full range of sports including running, swimming, golf, football, boccia, badminton, artistic gymnastics, gymnastics, table tennis, bowls, tennis, aquatics and ten pin bowling.

The Games are held every four years with Bath and Bristol proving favourite venues. Lawrie McMenamy OBE is President of the Special Olympics Great Britain and Karen Wallin is Chief Executive. Local star Susan Boyle is the Ambassador for the Lothian Special Olympics GB. Susan also sang at the Opening Ceremony and awarded many of the medals during the Games.

The National Summer Games attract around 7,000 spectators at the Opening Ceremony. These include 1,700 athletes from around the UK, 600 coaches, 500 volunteers, over 3,500 family members and many local dignitaries and celebrities.

John went to Bath as a member of the West Lothian team which is part of Lothian Special Olympics. John had been playing lawn bowls for about two years at Polbeth before he was picked to play carpet bowls for the Olympic Team. His tremendous effort in managing a new skill gained him the bronze medal for the doubles match and the silver medal for the singles match. He just missed a gold medal by one point.

continued on page 2

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The medal count for West Lothian was 8 gold, 6 silver and 5 bronze. This helped bring the overall medal count for the Lothians to 18 gold, 10 silver and 10 bronze. This, I think you'll agree, is a most impressive achievement. The Lothian Team athletes numbered 50, with 16 of those from West Lothian.

When the Teams flew back to Edinburgh Airport on the Sunday they were greeted by Susan Boyle who had come to meet them and welcome them home. Adding to John's excitement, there was another surprise in store for him. He and his family were invited as guests to the Howden Arts Centre, Livingston, where John and the other athletes were each presented with a Civic Award by Tom Kerr, Provost of Livingston.

John described his success as *"Terrific! It took many long months of training, but it was worth it."* John's plans for the future are to continue training in lawn bowls in the season and carpet bowls when the lawn season is over. John is back again in training at Polbeth but an opportunity to train at Blackburn has been offered to him.

With such wonderful successes being achieved in and around our local area it is a bit disappointing to realise that such interesting news has received no publicity especially taking into consideration that this is the country's largest disability multi-sports event of the year!

John and his family wish to thank Ronnie Aitchieson, Albert Mancini and many others who helped organise the Charity Night and other fund raising activities. Thanks also to Paige Turley, Tommy McSherry,

Gary Greig, 'Last Man Standing', Ged Dirkie, Barry Thomas, Andy Muir and Sophie Halpin, Coach Peter Mulholland (Blackburn) and Coach Andy Bruce (Livingston). Thanks also go to the Management Committee at the Partnership Centre and Fauldhouse Community Council for donations and local councillors for their assistance.

John's mother, explained that *"the funds raised by all these wonderful people were donated to the Lothian Special Olympics Team and special thanks to Gerry Gallacher who provided the funds for John's trip to Bath enabling him to compete in the Games. Thanks again to everyone."*

**For more details on
The Special Olympics go to
www.bath2013.org.uk**

FCDT are looking for locals to get involved in producing this newsletter or joining our events sub group. Contact Lesley on 01501 773 600/07429 663 276, email lesley@fauldhouse.org.uk or pop into The Hub for more information.



Work at Knowes Colliery Community Woodland complete



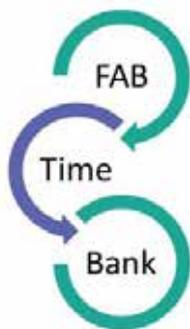
Work at the community woodland is finished with the planting of mixed broadleaves and Sitka Spruce. The new planting replaces some of the trees that were felled earlier this year. Those trees were removed as part of the woodland restructuring. All work was completed by the end of September.

The work by Central Scotland Forest Trust, on behalf of West Lothian Council, has also made the site more accessible to the Fauldhouse community. A new circular surfaced path allows you to access the woodland from Cemetery Road or Shotts Road. Grass paths remain for those that want to get in amongst the trees. New seats have been provided to rest and enjoy the greenspace.

Primary 5 and 6 pupils from St. John the Baptist Primary School helped improve biodiversity by planting wildflowers at the end of August. Open areas have also been left around the woodland for wildlife.

Funding of over £171,000 has been contributed from Forestry Commission Scotland's Woods In and Around Towns programme, The Levensat Trust, West Lothian Development Trust, West Lothian Council and Scottish Government's Scotland Rural Development Programme for this project. If you haven't visited the site recently go along and see the improvements.

FABTime in Fauldhouse



The Fauldhouse and Breich Timebank, now renamed as FABTime is up and running and looking to recruit some more members who would like to swap their time and skills in the community.

The Timebank brings people together to help each other. Everyone has something to offer their community, and as I'm sure you will agree, we all need a hand now and then. If you want to get involved you can offer your skills, your knowledge, your kindness and your time – everyone is equal, everyone counts.

The beauty of timebanking is that everybody's time is valued equally. One hour of any activity is exchanged for an hour of any other activity. For example, one member might cut somebody's grass for an hour or bake a cake for the Dementia Café here at the Hub.

FCDT could then offer a room for a kid's birthday party or the use of their cinema room, and so it goes on. The list of things that can be included is endless. The only things that are currently excluded are childcare and personal care.

For one week only, all new members will receive two hours of Time Credit for joining. Come along to The Hub during the first week of November and Morag Buxel, the TimeBank Development Worker will be delighted to chat through how timebanking might work for you. There will be three FABTime Info sessions during this week with free refreshments.

FABTime in the Morning

Wednesday 6 November

11-12noon

FABTime in the Afternoon

Thursday 7 November

2-4pm

FABTime in the Evening

Wednesday 6 November

6-8pm



Meet Morag the Timebank Development Worker

"I'm delighted to have joined the FCDT to set up the Timebank within Fauldhouse and Breich Valley. Timebanking makes a lot of sense and I'm sure we will get lots of interesting exchanges set up that will be both fun and enable people to get things done that they haven't been able to. It is also a way to learn new skills and meet new people. I'll be promoting the Timebank at various events and groups in the coming months so do come and speak to me if you see me out and about. And give me a call if you'd like more information or me to speak at a group you are involved in."

Morag Buxel, morag@fauldhouse.org.uk, 07784 121 525 or 01501 773 699

Forget-me-not project

Alzheimer Scotland
Action on Dementia



Alzheimer Scotland is seeking volunteers to help with their Forget-me-not project in West Lothian.

The aim of the project is to ensure that people with dementia, living in Care Homes, have the same opportunities for engagement and involvement as people who live in the community. This will involve volunteers spending time, on a one to one basis, with people with dementia, being there 'just for them' and helping them to participate in activities, both inside and outside of the care home. This could include playing games, joining in group activities, helping the person to continue with a hobby/interest, going out to do something they enjoy such as visits to the cinema, a park, the local pub, a café, or just sitting together and having a chat.

Expenses will be reimbursed and full training and support will be given. No experience is necessary just two hours a week to spare, a warm personality and good communication skills. People from all ages/backgrounds are welcome.

If you would like to find out more about how you can get involved in this worthwhile project please contact Jennifer Hawksworth, by telephoning 01506 533 117 or email jhawksworth@alzscot.org

Sunshine All the Way

Recently the new 'feel good' film, *Sunshine on Leith*, had its Scottish Premiere at the Vue/Omni Centre in Leith. Written to the music of The Proclaimers by the well known writer, Fauldhouse born Stephen Greenhorn. The film tells the story of two soldiers, Davy and Ally, played by George Mackay and Kevin Guthrie, who return from Afghanistan and attempt to rekindle their romances. Davy's parents, Jean and Rab, are about to celebrate their 25th wedding anniversary and are played by Peter Mullan and Jane Horrocks.

Stephen has an impressive list of successes within the realms of radio, theatre and television, including for the stage 'The Salt Wound' and 'Passing Places'. Television credits list 'The Bill', 'Where The Heart Is', 'Dr. Who', 'The Wide Sargasso Sea' (adaptation), and the recent thriller series 'Marchlands'. Of course, for the ever faithful fans, we must mention the TV series 'River City' which (although he's no longer part of the team of writers) was originated by Stephen over ten years ago.



We asked our 'roving reporter' Flora, to pop along and let us know what was going on at the 'top o the walk'.

"Any excuse to get on the long frock and the bling. I watched as hundreds of people streamed through the Centre with many stars and personalities walking the 'red carpet': The Proclaimers, Charlie and Craig Reid, stunning Antonia Thomas, Jason Flemyng (who plays the art gallery boss), Paul Brannigan, Stephen Greenhorn and wife Rhed, and many of the River City cast. Spotted in the audience was Irvine Welsh ('Trainspotting') and other well known actors and actresses including young eight year old John Spencer.

The film runs the gamut of emotions, however I did manage to refrain from shedding a tear at the rendition of 'Sunshine on Leith'. Unlike at the Canadian Film Premiere in Toronto, where the audience were up on their feet dancing, clapping and singing, the Edinburgh audience were more subdued but showed



their appreciation at the end by clapping each name as it appeared on the credits then gave a standing ovation.

The filming of Edinburgh's sparkling evening lights and the stunning views of Leith from the air are a complete triumph. The film is joyous, upbeat and certainly has the feel good factor boosted by the final scene where hundreds of people dance at The Mound Precinct to 'I'm Gonna Be' (500 miles).

Why not go and see the film to make up your own mind. It will brighten up your day and if you feel like dancing in the aisles – I may just join you!"

If you are interested in finding out more about The Hub, 10 Main Street, please contact us by phone on 01501 773 699, email info@fauldhouse.org.uk or pop in to see us.

STOP PRESS

The film *Sunshine on Leith* is now rated No 1 in Scotland and No 3 in UK. Box office currently at £1.4 million!

A big thanks to St Andrew's Church Sunday Club and members of the congregation for their kind donations to the Foodbank following their Harvest Thanksgiving Weekend! FCDT took their generous donations to the West Lothian Foodbank in Whitburn for distribution in the local area.

Congratulations to Paul Lee, son of Robert and Nula Lee of Fauldhouse.

Paul was ordained at St Mary's Cathedral in Edinburgh on 29th June. The next day on the 30th, he served his first Mass at St John's Church in Fauldhouse. With his base at St Andrew's RC Church in Livingston, his Parish responsibilities include Craigshill, Dedridge and Deans areas. Looks like Paul has hard work ahead of him and we wish him every success.

Congratulations to Joe Brooks on his recent 80th Birthday. Joe is a well known regular at Cafe Mistura at The Partnership Centre.

Did you know?

That Sir Francis McWilliams, GBE, BSc, FEng, DCL, was once Lord Mayor of London (1992-1993).

His grandparents (Frank and Helen McSherry, related to the McSherrys currently living in Fauldhouse) lived at Portland Terrace, Fauldhouse. Sir Francis is author of a book which will soon be in our library. The book is entitled 'Pray Silence for Jock Whittington'. Within the book there are many references to the good times he spent visiting Fauldhouse, like playing on the pit bings, going to the 'tossing' and so on. This should be an interesting read.

Did you know?

Guiseppe Garibaldi was a 19th Century Italian general who became famous and much admired throughout the world. Why a row of houses in Fauldhouse was given his name is unclear, but there are references to the Garibaldi Row as early as the 1840s.

At the moment the houses are in a very poor state of repair and they will be demolished and rebuilt beginning in spring 2014. Because of their importance in the history of Fauldhouse they will be rebuilt so that the front of the buildings looks as close as possible to how they look now.

Advertising

We are offering advertising space to local businesses. Prices from £40.

If you are interested in placing an advert in Fauldhouse Together or just wish to discuss your options, please contact Lesley on 01501 773 699/07429 663 276, email: lesley@fauldhouse.org.uk or pop into The Hub, 10 Main Street.

Michelle Townsley Hair & Beauty

Open Tue – Sat, 9am – 5pm, Thu til 8pm

Ladies, Gents, Senior Citizens & Kids

Appointments Not Always Necessary

Nails & Beauty Treatments Avail.

29 Main Street, Fauldhouse, EH47 9HY

Tel: (01501) 772 722

Thanks to all those people in Fauldhouse who regularly donate to The West Lothian Foodbank by dropping bags food off into The Hub. We take your parcels to one of The Trussell Trust's West Lothian Foodbanks in Whitburn.

The Trussell Trust rely on food donations to feed local people in crisis. From pasta to puddings, they require in-date non-perishable food. They currently need the following items:

- Tinned Fruit
- Tinned Vegetables
- Tinned Potatoes
- Tinned Rice Pudding
- Instant Mashed Potato
- Sugar (small 500g bag)
- Orange Juice (Long life)

For more information on West Lothian Foodbanks see westlothian.foodbank.org.uk

See fauldhouse.org.uk for information about FCDT and our up coming events.

Times are changing at The Sunlight (Alzheimer) Cafe!

**Cafe soon to be held on 2nd Wednesday
of the month (from 13 November 2013)**

10am – 12noon

in The Hub, 10 Main Street, Fauldhouse



The Sunlight Cafe is a meeting place in The Hub where people, who have any form of dementia, can come with their carers to meet others in a similar situation for support and social contact.

The cafe offers a friendly place to meet up for a chat and coffee.

We are also looking for volunteers to help run the cafe. Contact Lesley for more info on 01501 773 699.

What's happening at The Partnership Centre?

The Partnership Centre has been up and running for over two years now. The Manager is Mr Dennis Cairney (originally from Polbeth) and now living in West Calder. Dennis joined the Centre from his position of Community Facilities Area Manager based at Strathbrock Centre in Broxburn and has extensive experience within the Community Education field.

Dennis described the range of services he is responsible for and the growth and progress within the centre since it's opening.

He said "The ethos of The Partnership Centre is community involvement and putting local people's needs at the centre of the way in which we offer services. Here employability, health, sport, community learning and development activities merge to meet the demands and expectations of the people in Fauldhouse".



Lofty sentiments indeed. Can you give us a quick overview for our readers?

Certainly - The Centre has seven key partners. West Lothian Council, NHS, The Partnership Centre Association, The Police, The Pharmacy, West Lothian Leisure and Capability Scotland.

The facilities include a Swimming Pool, Library, Community Space, Health Centre, Pharmacy, West Lothian Leisure and a Cafe. A number of youth and children's activities take place throughout the week such as: Youth Clubs, Playgroup, Baby Group, Mini Kickers, Soccer School and the Fauldhouse Penguins Swimming Club.

A variety of activities for adults also take place during the week: Book

Group, Circuit Class, Stop Smoking Class, Karate, Job Centre Plus, 50+ Splashdance, Access 2 Employment, Computer Chess Class, Card Making Class, Women's Rural Business Gateway. We are also kept on our toes with regular promotions, seminars and training days.

There are two GP practices, Braehead and Breich Valley (approx 5,700 registered patients) and the Dental Practice (around 2,400 patients) which are supported by the Pharmacy.

West Lothian Leisure manages the Xcite Gymnasium offering opportunities for health improvement, fitness classes and GP Referral Service.

The Library is open six days per week and we are very pleased that despite the growth in the 'Kindle' market, we have an average of 56% of our registered members actively using this facility.

The Cafe, managed by Capability Scotland, is open Monday to Friday, 9am until 3pm and is a great 'meet and chat' place.

Are you responsible for all those facilities?

My remit covers the council run sections only. However, as Manager of The Partnership Centre I am the Responsible Officer for the whole building with regards to Health, Safety and Security measures, also Building Repair Maintenance matters and council staffing.

How many staff do you manage?

Currently I have fourteen members of staff who assist in dealing with a full range of council service enquiries from nearly 5,000 people per week.

What sort of tasks would you deal with in an average day?

Training staff, checking Health and Safety procedures, meeting the public, checking departmental progress, preparing holiday rotas, dealing with building contractors and community development.

I realise you are employed by West Lothian County Council, but is there a Committee within the Centre where internal matters are discussed and agreed upon?

Yes, there is a Management Committee and we have about 10 monthly meetings throughout the year. We recently held our AGM and the Office Bearers were re-elected for another term.

Have you and the Committee organised any Special Events recently?

Yes, we had a big event in August. The 'Come and Try' Triathlon in partnership with GRC Triathlon. This was a Swim/Cycle/Run event. Nearly two hundred local people helped us organise this and we had almost ninety entrants.

What in your personal opinion is the most significant improvement made over the last couple of years?

The swimming pool schedule has been extensively re-vamped. Whilst maintaining public swimming facilities, we have introduced a 'Learn to Swim' Programme which provides lessons for Primary School Pupils. Beginning with non-swimmers there is an eight level curricular assessment. We also provide Adult Swimming Lessons specifically designed for adults who in their youth never learned to swim. Funding from **Swim West Lothian** provided us with the means of training staff to deliver these lessons.

How do you relax after a working day?

My favourite relaxation is river or loch fishing. I love fishing the Teviot and occasionally the Tweed. I try and take a weekend away maybe once a month to the four lochs at the Borders. Locally I am a Member of Cobbinshaw Angling Association (Harburn) and I very occasionally try a round of golf at Linlithgow.

How about books? Any time left after the fishing trips?

This is going to sound boring, but I often read books on Community Education matters. For something completely different I enjoy reading car manuals. In my distant past I trained as a Commercial Vehicle Mechanic.

Have you been caught out in the unique 'Fauldhouse' winter weather ?

Last year I got stuck trying to get up the Breich Brae and after struggling for nearly an hour I had to give in. I am preparing a 'survival pack' for this winter. A sleeping bag, pillow, hot toddy flask, few sandwiches, hot water bottle and a good book.

We were sorry to hear about your recent bad asthma attack and spell in hospital. I am sure the asthma sufferers in our readership will sympathise and wish you continued good health for the future. Thanks for sharing your business day with us. Good luck to you in your job and your 'Fauldhouse Winter Survival Plan'.

For further information on starting a class, hiring a room/ sports hall or any other facility at The Partnership Centre please contact 01501 773 000 or pop along.

Reporter: Flora Greenhorn Broughton

FCDT would like to welcome a new face at The Business Hub

Fiona Pearson, recently appointed Development Worker for the West Lothian Social Enterprise Network (WLSEN) has moved into her new office here at The Hub.

WLSEN enables West Lothian's growing social enterprise sector to share information, build understanding and skills and explore opportunities to trade.

The network has decided to lead by example by renting office space in The Business Hub and sourcing their office furniture from HomeAid West Lothian.

We hope the network continues to grow and flourish.

FCDT Funding News

Fauldhouse Community Development Trust is delighted to announce that it has been awarded £98,000 from the Scottish Government. The award is to fund a two year project aimed at 'Tackling Sectarianism in Scottish Communities'. The Trust will work with local people, local organisations and other relevant agents and agencies, to help raise awareness and improve the communities understanding of Sectarianism within Scottish Communities.

The funding was announced on the 10 June 2013 by Roseanna Cunningham, the Minister for Community Safety. £350,000 was made available for a Small Grants Programme aimed at supporting community-based work to increase understanding and/or contribute to tackling Sectarianism in Scottish Communities.

The Grant Programme will run from 2013 – 15.

We will be advertising for the post of Development Worker soon, please see our notice board and local press for details.

The Hub Kid's Cinema Club is on the last Friday of every month at 1.30pm. For the grown ups, an Afternoon Cinema Club is on the first Thursday of the month at 1pm. For more info contact The Hub tel: 01501 773 699 or email lesley@fauldhouse.org.uk



Former footballer Willie Henderson of Rangers and Scotland continues his fundraising project in memory of his daughter Michelle who died in October having been diagnosed with the cervical cancer in 2010. Trustees Willie and Margaret Cleary accept £500 cheque from Sharleen Charlton and Maureen Donald committee members of Fauldhouse Partnership Centre. This brings the sum raised in the village for the Trust to £4875.

Come along and let your pre school kids play in The Hub soft play area for £1/hour (includes free juice for kids). Coffee and tea available. We are open Mondays to Fridays 9.15am – 5pm.

FCDT Annual Fair Day 2013



The rain let up for a couple of hours for our Annual Fair Day on Saturday 7 September.

We had great day in the The Hub, Salvation Army and on the village green. There was face painting, information stalls, crafts, home baking, a bouncy castle, mini zoo, raffles, tombollas and a fire appliance came along too.

The Hub extended opening hours

Did you know that The Hub is now open Monday – Friday from 9.15am – 5pm (evening and weekends as required). Contact info@fauldhouse.org.uk

Useful contacts

West Calder Police Station:
01506 871 218

Crimestoppers: 0800 111 555
Need the Police? Dial 101 if it isn't 999. 101 makes it quicker and easier when you don't need an emergency response

Safety Advice from the Fire Brigade: 0800 169 0320

Partnership Centre:
01501 773 000

West Lothian Council:
01506 280 000

Breich Valley Information Service: 01501 770 276

Doctors' Surgeries:

Dr Jones:
01501 773 045
Breich Valley Practice:
01501 773 020
Community Health Reception:
01505 773 046

Dentist:
01501 773 032

The Fauldhouse Footers

leave from The Hub every Thursday from 10am.

Walks around the village are moderate and suit most abilities. There are around seven to ten walkers attending normally.

Newcomers to the group always welcome!

Blackburn, Seafield & District Credit Union

are at The Hub every Friday from 12noon – 2pm.

- Free Internet Access
- Meeting Rooms available for community groups & board meetings

Photocopying

Photocopier and laminator available. We can laminate and copy full colour up to A3.

A4 b/w copies 5p/copy A3 b/w copies 10p/copy
A4 colour copies 10p/copy A3 colour copies 20p/copy.

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?

Yes/No

Tel: _____