

# Fauldhouse Together

Issue 22, Winter 2013/14



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

## A New Year, New Challenges

The Fauldhouse Community Development Trust has an exciting year ahead. We have new projects at The Hub, new staff in post and new events planned.



The FABTime project is trying out ideas such as a monthly informal cooking group and our Communities Tackling Sectarianism Together project staff will be out and about in the area very soon.

The Trust has recently been interviewing for two new Assistant Development Workers for six month work placements through Community Jobs Scotland. These jobs are excellent opportunities for young people to gain valuable work experience in their community and access relevant training. We hope we will have two excellent new members of staff in post very soon.

It is our intention to have more events in the village over the coming year, including new Spring and Christmas events, in addition to our usual Annual Fair Day, Music Festival and Remembrance Sunday Service. In order to organise these, FCDT have an Events Sub Group which includes several of the Trust's Directors and volunteers from the Fauldhouse community. We are always looking for more volunteers so if you are interested in helping plan and/or being part of any of our events please contact us.

We are hoping our Spring event will take place towards the end of April and will have an environmental slant and we are planning some outdoor activities for all the family. If you are interested in local walks, possibly doing some planting and tidying up around the village or have other ideas, then the Environment Sub Group might be for you.

Currently in The Hub, we have a monthly Kid's Cinema Club and an Afternoon Cinema Club which we plan to continue this year. Ideas for films and additional clubs are always welcome. Following the success of past art projects, we've also had requests to host a further art group for primary school children. We hope we can take this forward in the near future. The Trust is also looking at possible ideas for activities for older people in the village. Information on all our projects is available from The Hub and up and coming events publicised on our notice board, website and Facebook.

The Newsletter Sub Group are also looking for locals to become involved in this newsletter. Whether you can help write articles, take photographs of local events, send us information about what's happening in the village, help fold newsletters or assist with delivery, we would be delighted to hear from you.

Contact us on 01501 773 699, [info@fauldhouse.org.uk](mailto:info@fauldhouse.org.uk) or pop into The Hub, 10 Main Street, Fauldhouse.

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# Fauldhouse Forest - A New Beginning



Over the past few winters Fauldhouse Forest has been extensively damaged by high winds. The full extent of the damage was not obvious to the local community, as a lot of the damage was in the middle of the blocks of trees. Indeed, the only obvious damage was where the trees had come down across the forest road and forest paths.

Following this damage, the only option was a complete clear felling of the area.

This having been done, the forest appears to have gone, a fact which has been commented on by many of the local users.

We have now reached the point where we are in the final stage of site preparation prior to replanting. The new design plan will see a change to the old forest. Although there will be a large proportion of conifers

on site, there will also be extensive broadleaf planting. This (after a period of about 5 to 10 years) should give a forest which looks more natural, is more inviting and will be of greater use to the local community and schools. Both primary schools have been approached and hope to get involved with the replanting.

Should any members of the community, wish to be involved with the replanting, or would like to know more about the project, feel free to contact me via the District Office (details below). I am happy to visit any community groups, to discuss any concerns, or lead guided walks to the site.

**Jim Smalls, Forestry Commission Scotland, Scottish Lowlands Forest District  
Five Sisters House, Five Sisters Business Park, West Calder, EH55 8PN**

**Tel: 01555 660190 email: [scottishlowlands@forestry.gsi.gov.uk](mailto:scottishlowlands@forestry.gsi.gov.uk)**

*We are aware that some trees have come down at the red ash pitch, behind the Partnership Centre. This matter is in hand and will be dealt with as soon as the necessary heavy equipment can be arranged.*

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## Communities Tackling Sectarianism

Hi, my name is Jim Dunsmore and I am the new Project Development Officer based at Fauldhouse Community Development Trust. The project that I will be working on is 'Tackling Sectarian Issues in Scottish Communities' (it just rolls off the tongue so easily). Leaving aside the long winded name, I am basically here to work with local people and local groups to look at sectarian issues in your communities and then work together to try to find solutions.



I am on secondment until March 2015 from Community Safety Glasgow where I worked for 14 years, firstly as a Development Officer and for the last nine years, as an Equalities Officer. In that time I worked on a variety of issues such as violence against women, anti-racism, anti-homophobia, discrimination against disabled people as well all the other strands from the equalities field.

One of them was anti sectarianism which was an area that I found very exciting and challenging. One of the key lessons I learned

from Community Safety Glasgow and from working in the equalities field is that it is essential that local people are at the heart of it all, not just in speaking out against issues but also in helping to find solutions. It is a true saying that if people know what is wrong in their own community then nine out of ten times they will know what will fix it. That's where

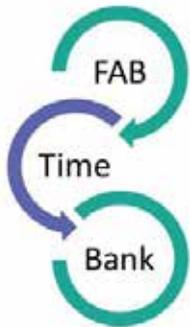
you all come in, if you live in the Fauldhouse and Breich Valley area and you are interested in looking at sectarian issues in your community then get in touch with me and we can have a chat.

**You can write to Jim or pop in to see him at:-**

**FCDT  
The Hub  
10 Main Street  
Fauldhouse  
EH47 9HX**

**tel: 01501 773 699/07434 610 027  
or email him at  
[jim@fauldhouse.org.uk](mailto:jim@fauldhouse.org.uk)**

# FABTime News



Since the Fauldhouse and Breich Valley Timebank (FABTime) started in October the project has been growing steadily with a mixture of individual exchanges taking place and ideas for groups within the village. We even managed to provide a Santa for the Christmas party at the Crofthead House Care Home!

“Grub at the Hub”, an informal cooking group, kicked off in January with a hearty smokey bacon and lentil soup being cooked together. We had a good chat and a clean pot at the end of the night. The group decided to meet once a month and the next date is Wednesday 26 February, 6-8pm, when we might tackle a tasty pudding or two.

As we hopefully move towards better weather, there are some gardening projects around the village that we are planning at the moment. If you would like to give a hand, have green fingers that are twitching or have some good ideas, do get in touch with Morag at the Hub. All are welcome to come along and join in and all tools and materials are provided.

In the meantime, here's a taster of the sorts of things that people in the village are offering or looking for a hand with:-

## Wanted

### Can you help with...?

- Gardening
- Book keeping
- Basic computer skills
- Cooking tips
- Helping at community events
- Moving furniture
- Basic DIY
- Newsletter delivery

## Offered

### Would you like help with...?

- Dog walking
- Getting your nails done
- Graphic design, leaflets/posters, etc.
- Shopping, errands
- Cooking
- Gardening
- Lifts to appointments
- Learning new crafts

If you'd like to find out more about FABTime, there is information on the website [www.fauldhouse.org.uk](http://www.fauldhouse.org.uk) under 'projects', or drop in to The Hub and speak to Morag Buxel, the Timebank Development Worker.

## Citizens Advice Bureau Outreach Sessions in Fauldhouse



Help and advice is now available from Citizens Advice to people in Fauldhouse. The new provision will offer residents of Fauldhouse the opportunity to access advice on their doorstep.

The service has been made available through funding from the Big Lottery, the project aims to expand existing outreach services and will be based primarily in GP surgeries and other community venues, making holistic advice more accessible to people in remote areas.

The Citizens Advice offers free, confidential, impartial and independent advice to help people resolve their problems with debt, benefits, employment, housing, discrimination and many more issues and is available to everyone.

The Citizens Advice Bureau are currently holding outreach sessions in Fauldhouse. Sessions are by appointment only and will provide a wide range of information and advice. **The sessions will take place in Fauldhouse Partnership Centre on Thursdays from 9.30am to 12.30pm.**

**If you require an appointment contact the following:**

**The Partnership Centre: 01501 773 000**

**email: [enquiries@cabwestlothian.org.uk](mailto:enquiries@cabwestlothian.org.uk)**

## Passing Faces

I recently visited the Mistura Cafe at the Centre. Quite by accident I got talking to two lovely ladies who were chatting about Fauldhouse. Both had lived in Fauldhouse many years ago and I wonder if any of our readers may remember the pair and their family.



Ina Morgan and Maureen Welsh are sisters and the family name is Moore. Ina lived with her parents for a while at the 'Polish Army Camp' (Polkemmet). Later they moved to Levenseat where Maureen was born, then to Fauldhouse. Maureen now lives in Whitburn and comes to Fauldhouse every couple of years. However, Ina, who lives in Inverness and has two grown up

sons, had not been in Fauldhouse for about 29 years. This is why the conversation was so interesting, asking her about her memories and what she thought of the changes in Fauldhouse. The sisters had been having a walk through the village and called at the Cafe for a rest.

Ina qualified in Nursing around 1968 and worked in the Burns and Plastics Unit at Bangour Hospital until about 1970 when she got married in St Andrews Church in Fauldhouse. At that time her husband's army career took them south to Hampshire. In later years Ina took up her nursing reins again, working at Drumshoreland Hospital (Mid Calder) then in a nursing home at Blackburn. During the conversation Ina mentioned that she had lost touch over the years with her best friend Margaret Graham from Fauldhouse whose father 'Dougie' had been a post man and a baker. NOW then - what a wonderful coincidence! The name 'Graham' rang a bell and when I showed Ina the picture of Margaret Gaskin (nee Graham) as one of the featured 'Lollypoppers' in a recent newsletter she recognised her as her long lost friend! Great ending to that story.

Maureen told me that occasionally she pops back to Fauldhouse and has a walk through the village to see what changes are taking place. The sisters had two brothers, who sadly died a number of years ago. Andrew, who did countryside running, and the other brother John, who used to

work in the original Brown's the Butchers .

During her younger years Maureen also worked at Brown's shop at the West End, then spent some happy years at the Golden Wonder Factory at Broxburn followed by a couple of years working at St Johns Hospital in Livingston . Maureen has lived in Whitburn for nearly 39 years and has a grown up son and daughter. Looking after her daughter Fiona, who suffers from epilepsy, keeps her very busy indeed. Fiona creates the most stunning cross-stitch portraits. Unfortunately, Maureen also has lost touch with a best friend to whom she was bridesmaid. Liz Baird (from Broxburn) who married a chap from Harthill and her married name became Cowan. Next time you are out and about, keep a look out for Maureen and be sure to say 'Hello' from Fauldhouse.

**If any of our readers do remember these sisters and would like to get in touch, please call in to 'The Hub' and we will pass your name and contact number on to Maureen.**

Reporter: Flora Greenhorn Broughton



## Remembrance Sunday Service

Thank you to the people of Fauldhouse who attended the Inter-Denominational Remembrance Service. Over 270 locals attended.

Many thanks to Arthur Mooney who organises the service on behalf of FCDDT. He does an excellent job ensuring everything runs smoothly on the day. Thanks to pupils from both Primary Schools for their involvement and also to the Masonic Hall for providing refreshments afterwards.



# love life love Slimming World

Join a warm and friendly group today...

## MONDAYS

**St. Andrews Church Hall**  
6 Main Street, Fauldhouse  
EH47 9JA, 7.30pm  
Tel: Beth 07891 018601

## Crown Inn

24 East Main Street,  
Blackburn EH47 9QU  
7.30pm  
Tel: Moira 07956 144279

## Regal Community Theatre

24-34 North Bridge Street,  
Bathgate EH48 4PS  
5.30pm & 7.30pm  
Tel: Mairi 07962 237784

## TUESDAYS

**Regal Community Theatre**  
24-34 North Bridge Street,  
Bathgate EH48 4PS  
9.30am  
Tel: Mairi 07962 237784

## Armadale Methodist Church

East Main Street, Armadale  
EH48 2NZ  
5.30pm & 7.30pm  
Tel: Moira 07956 144279

## WEDNESDAYS

**Regal Community Theatre**  
24-34 North Bridge Street,  
Bathgate EH48 4PS  
5.30pm & 7.30pm  
Tel: Tracey 07595 295697

## Brucefield Church Hall

60 East Main Street,  
Whitburn EH47 0RD  
5.00pm & 7.00pm  
Tel: Alison 07887 351425

## THURSDAYS

## Harthill Senior Citizens Centre

West Main Street,  
Harthill M17 5PU  
5.30pm & 7.30pm  
Tel: Beth 07891 018601

## Regal Community Theatre

24-34 North Bridge Street,  
Bathgate EH48 4PS  
9.30am  
Tel: Tracey 07595 295697

## FRIDAYS

## Armadale Methodist Church

East Main Street, Armadale  
EH48 2NZ, 9.30am  
Tel: Moira 07956 144279



scan here or visit the website to read Alex's story

[slimmingworld.com](http://slimmingworld.com) 0844 897 8000  



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## 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](mailto:lesley@fauldhouse.org.uk) or pop into The Hub, 10 Main Street.

## Cinema Clubs at The Hub

The Afternoon Cinema Club shows films on the first Thursday of every month at 1pm. We do not charge an entrance fee but do ask for a donation to cover our costs. The Kid's Cinema Club shows films on the last Friday of every month at 1.30pm. Membership of the Kid's Club is £2/week or £24/year. We ask parents to accompany children or complete a permission slip for their child/children to attend and would ask you book in advance. Over the next couple of months, The Hub will be showing:-

**Friday 28 February, 1.30pm**

**The Croods** (2013)

**Thursday 6 March, 1pm**

**Le Week-end** (2013)

**Friday 28 March, 1.30pm**

**The Smurfs 2** (2013)

**Thursday 3 April, 1pm**

**Life is Beautiful** (1997)

**Friday 25 April, 1.30pm**

**Toy Story** (1995)

See The Hub notice board for info on future films or contact 01501 773 699.

# Fauldhouse Faces

**Andrea Beck is the Cook Supervisor at the Mistura Cafe in the Partnership Centre. A true Whitburn 'downie' (Whitburn born and bred) she and her partner of thirteen years still live there and have a little boy of two and half years of age.**



The Cafe is run by Capability Scotland who provide Training Opportunities for people with disabilities in order to prepare them for possible employment within the community.

Andrea has been at the Mistura Cafe for nearly three years now having worked for a number of months at the Capability Cafe at the Strathbrock Medical Centre in Broxburn. Her work experience has been quite varied although she started off at an early age with an interest in cooking and

catering. At Mathiesons Bakers in Bathgate, Andrea gained some basic qualifications. After a period of more practical experience at Aulds Bakers at Livingston and Catering for the Mall Bingo Centre at Livingston, Andrea gained her City and Guilds Certificate, a Trainers Certificate and a Personal Licence (this is a certificate required by personnel handling alcohol as part of their job).

In talking with Flora, Andrea said "I have always liked working within the public sector and customer services. In the past I worked at a Call Centre and a Petrol Station having direct involvement with customers, but I am happiest working in Catering.

## **What is a typical working day like for you?**

The Cafe is open from nine in the morning til three in the afternoon but I work eight till four. The morning is when I prepare the vegetables and stock for the 'Soup of the Day'. For stock I use a mix of some boullion with either fresh pieces of chicken or fresh pieces of beef. I can order supplies three times per week or more often depending on how busy the Cafe has been. At close of the Cafe it is clearing up time and as we are responsible for the vending machines they have to be re-stocked.

## **I see you have a 'set' menu here, do you offer anything 'extra'?**

I have introduced 'Stovies' which is a great favourite with the adults and also a Macaroni and Cheese dish which is top choice for the children. Little Cormack who travels from Whiburn for his Macaroni and Cheese 'treat' can vouch for this as can young Riley and Amy. Salads can be prepared for customers as we advocate a 'Healthy Eating' policy. I add no extra salt to food and meat is grilled not fried. We can also package food for customers to 'take away'.

## **Do you have any assistants to help ?**

Yes I do. My Manager Karen O'Hare with Employment Services at the Strathbrock Centre organises this. The 'trainees' come to me usually for a period of about six months. Either within the Capability Scheme or perhaps on placement through the 'Future Jobs' Scheme.

## **What are the busiest days for the Cafe?**

This can vary especially during school holidays - but the Aqua Group on a Wednesday and the 'Walking Group' who come in after their walking tour on a Thursday certainly fill the place up. There also is a 'coffee

and chat' group who gather on a Friday.

## **How do you cope with a full working day and a young child?**

I am lucky because my child minder works her hours to suit my partner working shifts.

## **What do you do for relaxation after your working week?**

I don't have too much spare time as I'm kept busy looking after my little boy but I enjoy watching the 'soaps' on television and reading crime thrillers by writers such as Martina Cole or James Patterson. I am currently reading the first book in a new series by Nicci French.

## **As for the future – do you have plans to open a little coffee shop of your own?**

No not me. No plans like that. I am quite happy working here. I like my job and enjoy the chat with the customers.

## **Are your customers always happy ones – or do you have problems at all?**

No problems with the food. Quite a few customers don't like the 'high' stools because they find them too high and don't even attempt to sit on them. Sometimes when the larger groups like the Walking Group come in and everybody is crowded around a small table they have to take chairs away from the other tables. However we are always on hand to get spare chairs from the store room.

## **What would you change if you could?**

I'd probably just replace one of the 'High' tables and couple of the 'high stools' to make space for a standard table and four chairs. This would keep the customers happy.

I would vote your home made soup as in the top three I have ever tasted! How about sharing with our readers a little 'secret' ingredient you use to make it so delicious?

I couldn't possibly do that. But I will give a useful tip - when making cheese sauce add a *little* touch of mustard. This helps make the flavour interesting and helps add a touch of colour.

**Thank you for that Andrea, I'm sure our readers will now be rushing for their mustard pot. I hope you get your extra table and chairs.**

Reporter: Flora Greenhorn Broughton

The Mistura Cafe is run by Capability Scotland (Registered Charity) in partnership with West Lothian Council and partly funded by the Council. The Service deliveries are managed by Mr Ian Bruce of Capability Scotland. The Cafe at Strathbrock Health Centre in Broxburn is also under the auspices of Capability Scotland.

## Did you know?

**There is a Sunday train service from Fauldhouse.**

### **Fauldhouse to Edinburgh**

Service starts 11.02am, every two hours until 9.02pm.

### **Fauldhouse to Glasgow**

Service starts 11.13am, every two hours until 9.13pm.

## Coming soon

**FCDT are currently looking at forming a new 'older age' group to replace the Sunlight Cafe in The Hub, 10 Main Street, Fauldhouse.**

**Keep an eye on our notice board for details.**

## Did you know?

**If you would like to travel to Glasgow or Edinburgh and you are disabled such that you cannot manage the stairs up and over the bridge at the Fauldhouse Station, there is a solution!**

Contact ScotRail by telephone on 0800 912 2901 four hours before you plan to travel.

**For a Fauldhouse to Glasgow trip, ScotRail will arrange a taxi to take you to Shotts Station to join the Glasgow train (not necessary on return to Fauldhouse).**

**For a Fauldhouse to Edinburgh trip, ScotRail will arrange on your return to Fauldhouse that a taxi will pick you up from West Calder or Shotts Station and drop you off at Fauldhouse Station (not necessary on outward journey).**

**Information confirmed by Scotrail January 2014**



## Nifty Fifties

No challenge is too great for the weekly keep fit enthusiasts from Eastfield Training Centre in Fauldhouse. Between them they've climbed 203 Munros, walked the West Highland Way, white water rafted on the River Tay, ran the marathons of New York, Boston, Berlin, London, covered the Ben Nevis Run and abseiled the Forth Rail Bridge. Next spring they will set out on the 124 mile John Muir Trail from Helensburgh to Dunbar.

**Pigeon Club Fauldhouse**  
presents

## **The Show of Year 2014**

**Sunday 9 March**

**in the Miners Welfare,  
Fauldhouse**

Doors Open 2pm

Show Starts 3-7pm

All proceeds go to OAPs

### **Entertainment includes**

*Lesley Muir, Gary Greig,  
Tommy McSherry,*

*Zander Simpson, Paige Turley,  
Jed Dirkie, Mathew Russell,  
Frankie Potter, Tommy Goldie,  
Lori Matthews, Sean Lynch*

**Tickets £4 - Now on Sale**

### **Congratulations**

to Bernard McSherry  
on his recent 80th Birthday.

## 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

## Useful contacts

**West Calder Police Station:**  
01506 871 218

**Crimestoppers:** 0800 111 555

**Need the Police?**  
In an emergency call **999**/  
To report a crime call **101**

**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 Hub opening hours

The Hub is open Monday – Friday from 9.15am – 4.45pm (evening and weekends as required).

Contact 01501 773 699 or [info@fauldhouse.org.uk](mailto:info@fauldhouse.org.uk)

## Under 5s Soft Play

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.

The Soft Play area is open Mondays to Fridays from 9.15am – 4.45pm.



'Like' FauldhouseCDT on Facebook

## Photocopying available

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?

Tel: \_\_\_\_\_

Yes/No