



Fauldhouse and Breich Valley Together COVID-19

The Hub may be closed but F&BV CDT is still supporting Fauldhouse and the Breich Valley communities through difficult times

Issue 45, Spring 2020

Fantastic response to lock down across Fauldhouse and Breich Valley communities

There have been so many good things happening within the Fauldhouse and Breich Valley communities during these unprecedented times. F&BV CDT thought it would be helpful to produce a small extra edition of the F&BV Together newsletter, to keep everyone up to date, share information within our communities about the work of F&BV CDT and a range of other community led/local groups and projects. We also want to highlight some of the ways local people are pulling together during these hugely challenging times to support their communities: And to say thank you to everyone for their hard work and commitment.

F&BV CDT believe, like many others within our communities, that by pulling together (as active local communities) and helping each other, we will get through this terrible crisis. There are local action groups (some outlined within this newsletter) and generous local people who are volunteering their time, skills and energy to help us all prepare. Volunteers are also delivering precooked meals food parcels, prescriptions, shopping and much more.

The communities of F&BV are (primarily) ex mining communities. Historically our communities have shown that we have the resilience, commitment and knowledge required to ensure we can tackle the problems we know our communities will face when the full impact of the current crisis hits.

So, from us all, thank you to everyone who has responded to this crisis so far, to the volunteers, local people and groups who have all rallied round to support each other. We know there is still much to do. But, as this small edition of the F&BV Together newsletter will show, our communities are preparing.

F&BV CDT, our army of dedicated volunteers and hard working staff, board members and the local people who have rallied round to help our communities in these unprecedented times, want to say a huge thank you to all those who have helped and contributed! Working together we will all meet the challenges ahead!

Useful contacts

F&BV CDT have compiled a list of local and West Lothian wide useful numbers should you, or anyone you know, need help, advice or support. You can call F&BV CDT directly or you can call one of the numbers provided on page 7.

Thanks to Longridge Community Association, Longridge Primary School, Breich Community Association, Stoneyburn and Bents Future Vision Group and Addiewell and Loganlea Community Group for their valuable input and village updates in this issue of Fauldhouse and Breich Valley Together.

Fauldhouse and Breich Valley Together is published by the Fauldhouse and Breich Valley Community Development Trust Ltd, 10 Main Street, Fauldhouse, West Lothian, EH47 9HX.

The F&BV CDT is a Registered Company: SC313776 and a Registered Charity: SC038616.

tel: 01501 773 699 / 07599 442 822

mobile/text: 07434 607 860

email: info@fauldhouse.org.uk

web: www.fauldhouse.org.uk

Fauldhouse news

Thanks to all the busy Fauldhouse volunteers!

A huge thanks to all the organisations and volunteers working together in the Fauldhouse Communities. Some of their support includes:-

- 40 meals/fortnight have been cooked by Livingston Football Club and delivered by volunteers to local families and individuals.
- 170 chocolate eggs were delivered by volunteers.
- 120 packed lunches were provided by West Lothian Foodbank and delivered to those in need by volunteers, plus 60 to The Bield Sheltered Housing Complex.
- The #Sunday Dinner Lady has delivered Sunday Dinners weekly to local families
- The Supporting Communities Fund from The Scottish Govt. (via DTAS) enabled F&BV CDT to provide precooked meals, food parcels and essentials, among other things, to individuals, families, to those who are lonely, isolated, shielding, who have disabilities, in fact to anyone who has been referred or has self-referred to FBV CDT
- A joint funding application to The Banks Community Fund provided an additional 40 precooked (daily) meals to older, isolated members of our communities,
- Volunteers have been manning the Eastfield Development Centre (EDC) to allow food donations, collections, and deliveries.
- EDC is currently open Mondays to Fridays from 11.30am – 1pm
- Many more volunteers have registered with F&BV CDT. So far, 75 new volunteers have registered, which is fantastic: This compliments the 170 registered F&BV CDT time bank volunteers. We now have enough volunteers to make sure (for example) we are able to open EDC full time when restrictions are lifted.

All of the above information is correct at time of publishing. F&BV CDT will give a full/detailed update of all our activities and our long term strategies in the next full edition of this newsletter, or you can contact us for further information.

Many thanks for the donation

LOL 16 made a kind charitable donation of £500 to F&BV CDT to help towards food for those in need.

More details of this and other generous donations in the next regular edition of F&BV Together.

Alternative Spring Hunt

Unfortunately The Hub had to cancel the annual Fauldhouse Spring Hunt.



Chocolate egg delivery volunteers

To make up for this, a number of kind volunteers delivered the donated chocolate eggs to children in Fauldhouse instead. Chocolate eggs were also hidden all around the village for people to find during their daily exercise.

F&BV CDT want to thank these volunteers and also Tesco Superstore for their generous donation of chocolate eggs. Between Tesco and The Hub, 170 eggs were given out.

Tormywheel Wind farm Community Benefit Fund

TORMYWHEEL WIND FARM

F&BV CDT manages, administers, and distributes, on behalf of RES, £10,000. The Community Benefit Small Grants Fund is available each year as part of F&BV CDT's Small Grants Programme.

This fund is usually available later in the year but RES and FBV CDT have agreed to open the funds now, due to the exceptional circumstances we find ourselves in. F&BV CDT Board of Directors would also like to donate a further £5,000 to the small grants from their own funds. So, £15,000 will be available when the fund opens (details below). Constituted community groups and organisations, with their own bank accounts, operating within 5km of the Tormywheel Wind farm, can apply for funds between £250 and £2,000. The funds are easy to access and could provide much needed support for local groups and projects in this current crisis.

Application forms are available from Monday 18 May and must be submitted by 12noon on Monday 25 May. If you would like more information please contact Julie Smith, Project Manager, email smallgrants@fauldhouse.org.uk

F&BV CDT and Eastfield Development Centre plans

The Hub, our main offices in Fauldhouse, are currently closed in line with the Government's 'Stay at Home' guidance and staff are working remotely for the time being. In the short term, as an initial quick response, a Facebook group 'Fauldhouse and Breich Valley Coronavirus Help' has been set up by F&BV CDT to allow communities to communicate – and communicate they definitely are doing!

The idea was to share relevant information, help and support each other, neighbours, friends and to signpost to relevant organisations where needed. There is so much support out there in your local communities and other services we can help you link into. By working together as local communities we will help each other come through this crisis. Many generous local people are volunteering, to help with food deliveries, collecting prescriptions and much more, for their neighbours, friends and those vulnerable within their communities. They are also registering with F&BV CDT to help us develop our services and resources to meet their communities identified needs, issues, concerns and aspirations.



Food delivery volunteer

Food

Below is a short outline, full details will be included in the next full edition of the newsletter.

- F&BV CDT's Timebank project were awarded 80 free pre-cooked meals per month by Livingston Football Club.
- Sunday Dinner food Parcel with Sunday Dinner Ingredients are also delivered weekly to families by the Sunday dinner lady.
- Funding from The Supporting Communities Fund (from the Scottish Government via DTAS) has enabled F&BV CDT to provide food parcels, precooked meals, and essentials (among other things) to anyone who has been referred, or has self-referred to F&BV CDT for food, support, advice and/or info. The funding has also enabled us to buy food, goods, and essentials in bulk.
- A Joint funding award from the The Banks Community Fund (Polbeth Hub, WC&H CDT, FBV CDT) provided 40 precooked meals daily for 12 weeks for elderly, vulnerable, isolated older people.

Eastfield now open

Eastfield Development Centre is now open Monday to Friday from 11.30am to 1pm for food donations, collections, and delivery.

We are asking people to drop off their donations at the Fire Exit at the front of the building (it is well sign posted)

to allow for social distancing. Donations, along with other supplies will be used to help everyone in need, including, couples, families, older people, people in isolation, people with health and mental health issues, illness and disabilities: As we said previously, F&BV CDTs services and resources will be accessible/open to anyone that needs help within our communities, the communities who receive this newsletter!



Food delivery volunteer

Going forward, Eastfield Development Centre will be used as a 'central hub' for advice, help and support – not just food. We want to ensure we can help and support volunteers and communities with the life-changing and sadly for some, absolutely devastating impact of Covid-19.

Volunteers

There has been a fantastic response to requests for volunteers. F&BV CDT now have (as we have already stated several times, we are just delighted at the response) 75 new registered volunteers. We are working our way through the list and as Eastfield develops over the coming weeks and months, we will need the help and commitment of our volunteers even more.

F&BV CDT would like to say thank you to everyone who has responded to this crisis so far. To the local volunteers and to the local groups who have all rallied round to support their communities. We know there is still much to do as the full impact of the current Covid-19 crisis hits our communities.

A well-needed laugh!



Eddie, Fauldhouse postman, has been making everyone on his round in lockdown smile!

Donation from School Bank



The School Bank West Lothian dropped off a fantastic selection of items as a donation.

If anyone is in need of sanitary products, toiletries or kids sun cream then please pop by Eastfield Development Centre, between 11:30am-1pm. Or if you are isolating and cannot get out then please give us a call and we can arrange delivery.

Tel: 07599 442 822



Rotary Club donation

John Strang from the Rotary Club of Whitburn dropped by Eastfield Development Centre with a gratefully received donation of hand sanitisers for F&BV CDT staff and volunteers.

Many thanks to the Rotary Club of Whitburn for their kindness.

Busy sewing bee volunteers



Local volunteers Toshiko and Kaz are photographed as they drop off face masks and ear saver bands that they had very kindly made. They are very much appreciated as they are in great demand!

These two are only a couple of a number of volunteers sewing face masks for the food delivery volunteers and others at the Eastfield Development Centre.

The sewing group (during 'normal times' regulars in The Hub) are also producing face masks and asking for a donation to allow them to buy more materials.

Some of our contributors prefer to remain anonymous, so thanks also go to them.

A big thanks from F&BV CDT to:-

- Scotmid who initially donated £250 vouchers and now a further £500 to help us as we go forward.
- Tesco who donated a £100 gift card
- Morrisons who have donated food
- The people of Fauldhouse who have been generously donating food and cash



Sad news

F&BV CDT was saddened to hear of the recent death of Fauldhouse local, Bill Mathieson. He was a talented craft person, musician and a former F&BV CDT Director. Bill will be very much missed.

We were also very sad to hear of the passing of Arthur Mooney. Arthur was also a local man involved with F&BV CDT. He organised the Fauldhouse Remembrance Sunday Service for a number of years until his recent retiral from the role. Arthur will be sadly missed.

Longridge update



Longridge Community Association are a small team of local volunteers who have been busy this last few weeks.

Our Facebook page is being kept up to date with local information and keeping community spirits up with weekly window art displays - people can send in pictures of their artwork so that kids can find them on their daily walks.

LCA also recently ran a Easter Egg Hunt and Design competition. Almost 60 kids sent in their egg designs! So no children would miss out, our fabulous volunteers delivered over 150 eggs to every child in Longridge. Many eggs donated to us by one of our centre users Coachelitesoccer.com and also Barries Tyres & Autocare. LCA bought the rest.



Longridge food volunteers

Delivery of school lunches has been organised to self isolating, shielding families or those struggling to get out, which has been well received. We are now also working in partnership with West Calder CDT to arrange meals to be delivered to elderly residents or people/families who are isolating etc due to Covid-19 via The Brunch Club.

Most recently we've been working alongside Longridge Primary staff to set up the new 'Longridge Larder', free for anyone to use who may need food items during these difficult times. The larder is in the community wing of Longridge Primary School and **open every day from 12pm to 2pm**. If you are know anyone in the community who would benefit from this service, please contact LCA. We can also arrange delivery.

Bags of items have been dropped off to residents and families. We have been relying on donations for this with contributions from local shops and LCA.

Huge thanks to each and every volunteer who's been helping out their community - you are all amazing!

If anyone in Longridge needs any help - whether it be items from the larder, delivery of prescriptions/ essential items, dropping off school lunches or anything else - please don't hesitate to contact us.

If anyone would like to volunteer, let us know, even if it's only an hour a week, every little helps.

Contact us via PM on our Facebook page @Longridge CA or email longridgeca@outlook.com

Breich update

Breich Community Association have been managing to keep spirits up during the lock down by asking those in the village who may be interested, both children and adults, to have a go at growing their own vegetables.



Everything needed, such as tubs, compost, a selection of bulbs and seeds, etc. were being dropped off (following all social distancing rules of course) to willing participants and budding gardeners to plant.



The hope is to get enough people in the village involved in the project then maybe everyone could trade their vegetables when the time is right? Possibly make some lovely vegetable soup?

The plan is also to put growers photographs on the Breich Community Website facebook page at all the different stages and bring some fun in these challenging times.

Stoneyburn and Bents update

Vision Express Meals

Over the last six weeks we have supplied 2500+ meals and 250+ weekend packages to the elderly, vulnerable and those self isolating, whilst also helping to deliver meals from WCH CDT Brunch Club



to Longridge.

Our Vision Express Meals service is a door step delivery service, operating Monday to Friday from 4pm onwards. This is a free service, supported by the National Lottery Community Fund and Banks Community Fund.

Volunteers and Community



Volunteers en-route for meals delivery

Thanks to the amazing kitchen volunteers who have been working hard to produce the meals. A big thank you also to our delivery drivers, those dropping off prescriptions, helping with shopping, our telephone service and the Pennies Pantry drop-off service.

We would not be able to provide the level of support we have without you. We also want to thank all those who have supported the group over the last few weeks in all capacities.

Telephone Service

S&BFGV are running a telephone service operated by WLFIN. Volunteers are on hand to provide a friendly chat. If you feel you would benefit from this service, contact the group on the details below and we will be happy to assist.

Pennies Pantry

Volunteers are also continuing to provide our Pennies Pantry service in Partnership with WLFIN. WLFIN can be contacted on 01501 643888.

Volunteers are also providing support to drop off prescriptions, shopping and dog walking for those who require it.

Contact Us

If you or someone you know could benefit from these services please contact our temporary number on 07399 231814, private message the Facebook page, or email: sbfvg1@gmail.com. We will get back to you asap

Addiewell & Loganlea update

During the Coronavirus lockdown, Addiewell and Loganlea Community Group were offering the villages ready cooked, chilled meals from Mondays to Fridays as part of a joint funding bid to the Banks Community Fund. This was greatly appreciated by the vulnerable in both villages.



Food delivery volunteer

Volunteers

Following an appeal for volunteers via the Addiewell and Loganlea Community Group Facebook page and poster campaign looking for locals to able to deliver meals, there was a good response allowing the service to get started.

Everyone receiving the meals has said they are delicious. Having extra, willing volunteers has been really useful as when individuals have to go into isolation other volunteers can easily pick up the reins. WC CDT's volunteer co-ordinator makes up the rota for this.

Food parcels

Saturday 25 April was the first day of delivering food parcels in Addiewell and Loganlea. Over 70 food parcels were made and distributed using a grant awarded by West Lothian Council. These parcels are being made up by Loganlea Miners Social and Charitable Organisation.

There has also been help from other sources such as West Lothian Food Bank and Pennies Pantry in Whitburn. Lidl Whitburn also contributed by donating bread and vegetables to add to the bags.

It was so nice to see everyone pitching in together and we hope to continue this service for our vulnerable residents for another few weeks if possible.

Useful phone numbers

Support and Advice

Advice Shop Bathgate

Advice Service

tel: 01506 283 000

The Bridge

Financial wellbeing, counselling and bereavement support

tel: 01506 238 980

Carers of West Lothian

Information, advice and support for all unpaid carers and people with disabilities

tel: 01506 448 000

Citizens Advice Bureau

West Lothian

Support and advice on a number of different topics

tel: 01506 432 977 or

01506 431 061 (appts)

Dignity Boxes

Donation boxes in the form of toiletries in a variety of communities, small business and larger companies

The Food Train

Providing vital services to those who are no longer able to manage independently, through age, ill health, frailty or disability

tel: 01506 413 013

Home Aid West Lothian

Recycle used furniture and to support members of the West Lothian community who face social and economic exclusion

tel: 01506 652230

Home Start West Lothian

Offers support, friendship and practical help to parents with young children, in communities throughout West Lothian

tel: 01506 415 755

Kidzeco Kidz Start

Community project with the mission of helping new parents within the community.

tel: 01506 815 534/01506 238 283

Men Matters, Ace Awareness and mental health support

To raise awareness of ACEs and to raise money for more councillors

tel: 07938 159 593

Neil's Hugs Foundation

Help, understand and give support to families and friends affected by suicide
tel: 07446717501

Pennies Pantry

A network of community food clubs which offer dignity and choice in exchange for a small financial contribution

Mon 11am to 1pm, Thu 10am to 12pm at Fauldhouse Partnership Centre

West Lothian Financial Inclusion Network

Aims to ensure that all West Lothian residents are aware of their financial choices and promotes access to financial advice, financial products and other services, particularly for the most excluded social groups

tel: 01501 771 775

West Lothian Foodbank

Provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. Part of a nationwide network of foodbanks working to combat poverty and hunger across the UK

tel: 01501 229 307

West Lothian Fresh Sunday Dinner Boxes

To help as many families/individuals as possible who are struggling financially whilst bringing families and friends together for a Sunday Dinner
#Sundaydinnerlady

Development Trusts

Fauldhouse and Breich Valley Community Development Trust

tel: 01501 773 699/07599 442822

Kirknewton Community Development Trust

tel: 01506 883 988

Polbeth Community Hub

tel: 01506 536123/0800 048 7481

WAT IF (Woolfords, Auchengray and Tarbrax Improvement Foundation)

tel: 01501 785 194

West Calder and Harburn Community Development Trust

tel: 01506 872 931

Winchburgh Community Development Trust

tel: 07733 446 717

Whitburn and District Community Development Trust

tel: 01501 748 708

The Development Trusts Association Scotland

tel: 01312 202 456

Credit Unions

Blackburn, Seafield and District Credit Union

Anyone who lives or works in the towns and villages to the west of Livingston including Harthill and Eastfield in North Lanarkshire, can join the Credit Union.

tel: 01506 650 198

West Lothian Credit Union

A financial co-operative offers its services to anyone who lives or works in West Lothian.

tel: 01506 436 666

Local Councillors

Councillor Pauline Clark

tel: 01506 281 741/01506 281 763

Councillor David Dodds

tel: 01506 281759

Councillor Cathy Muldoon

tel: 01506 281759

Government

The Scottish Government

tel: 03002 444 000

West Lothian Council

tel: 01506 280 000

For the latest info about F&BV CDT



Thanks to all our fabulous volunteers!

Fauldhouse and Breich Valley Community Development Trust, our army of dedicated and committed volunteers, extremely hard-working Development Team and Board of Directors have been absolutely amazed at the fantastic community response to the current COVID-19 crisis. Local people have joined F&BV CDT as volunteers and they have come together to support their communities, and indeed their local charity F&BV CDT (first set up in 2006 by local people who wanted to address the social, economic issues, needs and aspirations of their communities).

The lovely comments made on our social media and the thanks by card and verbally are very much appreciated by all our volunteers and everyone at the trust! When you read what FBV CDT's registered volunteers, local people and staff have achieved since this crisis began, it's truly astounding! Indeed, when you speak to the local people who have had support, it can be heart lifting and emotional!

Volunteers have provided transport, helped to unload lorry loads of food and essentials, purchased by and donated to F&BV CDT. Others have used their skills to provide items such handmade face masks. A group of local women also asked F&BV CDT for support and advice about setting up a group to provide donations of food to local families. They initially became F&BV volunteers for a time but have now decided they would like to continue as an independent local group.

As you know, FBV CDT received funding via a joint application to Banks Community Fund. Our allocation was 40 precooked meals per day. While we already had a system for precooked meals and food parcels in place for F&BV communities, FBV CDT thought this was too good an opportunity to pass up, so some additional meals were very welcomed and complimented the service we are already providing, so a big thank you to the Banks Community Fund. It has also enabled us to calculate the number of precooked meals we need when the 12 weeks are up, around 9 weeks time.

Again, F&BV CDT must say a huge thank you to everyone who has volunteered, donated, delivered food parcels, meals, collected prescriptions, and much more. The next full edition of the F&BV Together newsletter will give a more detailed update,

But please do not worry,

- In terms of precooked meals (as per original plan) FBV CDT have the use of a fully fitted kitchen, we have employed two (previously unemployed, fully qualified) chefs and fully trained staff. As many meals as required for F&BV communities can be produced and delivered **free** 7 days/week, using fresh, locally sourced ingredients. We also have transport, which will be provided where necessary.
- We also have food parcels including fresh fruit and vegetables, as well as meat vouchers.
- F&BV CDT can also cater for those who are vegetarian or vegan. If you (or anyone you are referring to us) have any food intolerance and/or allergies, please let us know. F&BV CDT will do everything possible to make sure no one who needs food (or any essential items/s) within our communities goes without.
- F&BV CDT can also provide essentials such as, baby foods, nappies, and other baby/children's items. We would like to assure everyone, no one in F&BV will go without the things they need: whether it be food, benefits and/or debt advice, mental health support: whatever is identified by individuals, families and wider communities as needed. F&BV CDT can help! We can also signpost to other support services, resources, etc.



Fauldhouse and Breich Valley Timebank

Timebanking UK



ALLIANCE



DEVELOPMENT TRUSTS ASSOCIATION SCOTLAND

the community-led regeneration network



CYCLING WITHOUT AGE SCOTLAND



Funders:



TORMYWHEEL WIND FARM



BANKS Community Fund

development with care



COMMUNITY FUND



Scottish Government
Riaghaltas na h-Alba
gov.scot

