

FORTH GRAPEVINE NEWSLETTER

FORTH & DISTRICT DEVELOPMENT TRUST

Hello to each and everyone in Forth and District, and hope you had a great Christmas & New Year. It's been a trying 2 years for everyone but now that we are moving out of the Covid horror and hopefully into what we can call normality again, we must all continue to stay safe and follow all Government Guidelines. We at the Development Trust hope everyone will get involved in the activities that are offered by the various groups in our area to improve our Health & Wellbeing. Please come along and join us at our Community Open Day on Saturday 14th May commencing 10.00am until 14.00pm in the Willie Waddle Sports and Community Centre, get involved and let us know what you would like to see happening in your village.

ALAN McGARVA
CHAIRPERSON
FORTH & DISTRICT DEVELOPMENT TRUST

SO LET'S :-

GO FORTH
and GET FIT

GO FORTH – GET FIT

IF YOU ARE SOMEONE WHO HAS FOUND IT DIFFICULT TO TAKE THAT STEP OUT INTO THE COMMUNITY AGAIN, WHY NOT JOIN OTHERS IN SMALL GROUPS AT THE BOWLING CLUB FOR GAMES, A CHAT, TEAS/COFFEES AND A LAUGH. THE DEVELOPMENT TRUST ARE OFFERING THIS ON MONDAYS, WEDNESDAYS AND FRIDAYS 1PM TO 3PM. TRANSPORT WILL BE AVAILABLE ON REQUEST BUT FOR MORE INFORMATION, PLEASE CONTACT 01555 812756 OR EMAIL :

isabel@forthdevelopmenttrust.com



WILLIE WADDELL SPORTS & COMMUNITY CENTRE

MONDAY	-	RETURN TO FITNESS	10am – 10.45am
		CIRCLE DANCING	11am – 12pm
		SHIFT	6pm – 6.30pm
		LIFT	6pm - 7pm
TUESDAY		CIRCUITS	9.30am – 10.15am
		HIIT	10.30am – 11.15am
		ACTIVE TUESDAYS	1pm - 3pm
		BOXERCISE	6.15pm – 7.15pm
		SPIN FIT	7.30pm – 8.15pm
THURSDAY		SHIFT	9.30am – 10am
		LIFT	10.15am - 10.45pm
		ACTIVE THURSDAYS	1pm - 3pm
		CIRCUITS	6pm - 7pm
		ADULT BADMINTON	7pm – 9 pm
		SPIN FIT	7pm - 7.45pm
		STRETCH & TONE	7.45pm - 8.30pm
FRIDAY		PILATES	9.15am -10.15am
		BODY COMBAT	6pm - 6.45pm
SUNDAY		ADULT BADMINTON	1pm – 3pm

FOR FURTHER INFORMATION ON ANY OF THE ABOVE, PLEASE
CONTACT 01555 812058 or email:

williewaddellsportsandcommunitycentre@southlanarkshireleisure.co.uk

Forth Primary School



in our
we
tunnels

Outdoor Learning

In August we had two poly tunnels installed in playground and every week since September have had groups of children out in the poly working with Sammy who is a Family and Youth Worker from South Lanarkshire Council. Sammy has been leading our Thursday Club groups who

have worked hard to set the poly tunnels up ready for growing in, they have been using lots of different kinds of tools and problem solving skills to build raised beds, install potting benches and lay flooring. Thanks to their hard work our poly tunnels are now almost ready to start growing in for the spring and summer seasons. Getting outdoors in all weathers has been of huge benefit to our children and they have all loved being part of the process. Each class now has a timetabled block with Sammy to help them learn how to grow a variety of fruits, vegetables and flowers.



Alongside our Thursday Club we have also had an outdoor after-school club running for two blocks. The children who have attended this club have learned how to use tool safely to chop wood and how to safely light a small campfire to cook on. The children made s'mores and fire bread using their campfires.

Our Eco Committee are planning to get the whole school out to the community this term as part



of their Keep Scotland Beautiful work. We are hoping that we will be able to do a litter pick around our local community to make it a more pleasant place to live and work.

Mental Health Week

Our whole school celebrated Mental Health Week in February which saw



lots of great learning take place across the school with a focus on how we can improve our mental health. Some classes joined together for paired reading activities, others did some mindfulness colouring while Primary 6 had wellbeing stations with nail painting and hot chocolate.

HELP THE TRUST HELP YOU

Covid has had a huge impact on everyone as individuals but also on the Development Trust, causing delays to plans and projects.

In an effort to address the needs of the community, we need your help to ensure that as we review the impact of Covid on our friends and neighbours, we deliver support and services based on your comments.

We would be grateful if you could complete the Online Survey for Forth & District Development Trust by using the link or QR code provided in the flyer which we delivered with this edition of Forth Grapevine.

If you, or a friend/neighbour would prefer a paper copy to complete at your leisure, these are available at the Willie Waddell Sports & Community Centre and will also be available at the Community Open Day on 14th May from 10am - 2pm. You can have a paper copy delivered by calling 01555 812756. Survey to be completed by Saturday 30th April 2022. A box is in the Sports Centre for completed paper copies. THANK YOU

GO FORTH – GET FIT

FORTH CYCLING CLUB



FORTH RUNNING CLUB



FORTH WALKING CLUB



hope for a suitable group for all ages).

If you are interested in joining one or all of the above, you can register giving your name and age at the Sports Centre (we

GO FORTH – GET FIT

Forth & District Development Trust have received funding for the provision of benches which will be sited within the village/s. We hope these will encourage and make it easier for those residents who would like to walk short distances initially to build up their stamina for bigger and better things. Why not use these to meet up with your friends for a chat and make it a regular thing. If you need help to take that first step, please contact 01555 812756. WATCH THIS SPACE FOR THE BENCHES.



FORTH BABY & TODDLER GROUP

THURSDAYS

9.30AM – 11.30AM

at

**WILLIE WADDELL SPORTS &
COMMUNITY CENTRE, MAIN ST.,
FORTH, ML11 8AA**



COST : £2.50

All 0 To 5's welcome

For more information, please contact

Helen on 07846433973

A member of Support for Play & Early Learning in Lanarkshire (SPELL) Tel: 01698 768933 email: spell.org@btopenworld.com website: www.spell-lanarkshire.com

Find us on Facebook 

FORTH & WILSONTOWN BOWLING CLUB



Due to open its doors for the start of the new season, this Club was one of the few in the district to keep its doors open for its members during Covid. They enjoyed a safe environment to get out and meet with other members.

New members of all ages will be made welcome again this year and if you are at school but don't find other activities suit you, then come along to the Green and have a go. Bowls will be made available, just wear a pair of flat shoes. Call 01555 812756 for more information.

THE JNNS

50 MAIN STREET

FORTH

TEL : 01555 811788

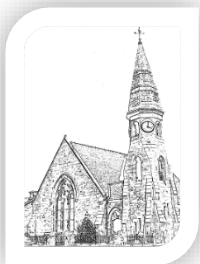
OPENING HOURS

9.30AM – 10.30PM

HOT FOOD AND TAKEAWAYS AVAILABLE

9.30AM – 7PM DAILY

Forth St Paul's: news from the pews...



For those of you who may not know these are very uncertain times for all churches and Forth is no different, the Church of Scotland is currently reviewing all its churches; basically they need to reduce the number of charges by 40% and reduce the number of buildings by 40% over the next few years. A huge reduction. Added to this is the anticipation that within the next five years, 25-30% of ministers will retire therefore, they are looking for radical new ways of doing things. Since Rev Elspeth MacLean retired from ministry in July 2021, we are unable to call for a minister until the outcome of this review has concluded. A short video clip is available to explain the process for anyone interested at



<https://youtu.be/wO9pxwXy100> or speak to Margaret Hunter for further information. Congregations will get a chance to feed comments into this process with the conclusion to be agreed by December 2022. Please pray for all churches and communities, for our parish of Forth which encompasses Braehead, Climpy, Wilsontown, Auchengrey and Tarbrax that we may be guided in a clear way forward to a thriving future for faith within Forth: St Paul's Parish.

On a more positive note, things are returning to some normality with groups meeting again and our new café now up and running, here's a quick update on what's on:

Sunday Services –Join us anytime, our service is at 11am every Sunday and you'd be made very welcome. If you can't make it to church you can always join us live by watching our livestream on YouTube just search Forth St Paul's Church or listen to a recording of the service by visiting our website at www.forthstpauls.com

JIGSAW meet every Sunday in the hall for kids aged 3-11, some weeks the kids join us in church for a short while, they have storytelling, drama and various other activities.

Sunday Café our new addition – pop in and try out our café; it's open after our service, with homemade soups, toasties, rolls, coffees, teas... it's getting great reviews.

We've been fortunate enough to have a few social events including an evening of local entertainers and good food, with Ruby finishing the night of with a rendition of 'A Swallit a Peanut'. We held our Pancake Night with our usual quiz to tease out the brainier locals... we're still looking but the pancakes were good! And currently we have an evening of gospel music and stories planned for Wednesday 30 March at 7pm and many other events to come so keep a look out for them and join us if you can.



Church Shop we're gearing up for our next shop due to open between Monday 4/4/22 – Wednesday 13/4/22, (taking donations from Wednesday 30/3/22 so look out all your unwanted items).



Cinema - sadly the launch of our cinema in December had to be postponed due to 'you know what' but we will be scheduling in some movie magic shortly.

Knit and Natter Group which is held on Monday mornings between 10-12 has started back again following the winter break. It's a happy wee group and everyone is made welcome, call Rena on 811747 and she will tell you more, remember though, you don't need to be able to knit to go along.



The Guild has welcomed new members this year and have a full syllabus for the remaining meetings this term they meet every fortnight in the small hall.



Mainly Music meets every Tuesday during school term time for parents/toddlers, with plenty to amuse the adults as well as the children, come along and try it out.

Planet Earth Clubs sadly haven't yet been able to resume but we are working towards this very soon.

Rainforest Café for high school pupils meet every Friday from 1pm onwards, with a drop-in café, games and a chill out space, it's been a big hit and we're happy to welcome any high school pupils who fancy coming along.

Slimming World are running classes on a Tuesday night in the church hall, so for anyone wanting to shift some lockdown pounds give Marilyn a call for details on 07770736964.



Halls available for hire – you can hire our halls for your event/meeting/children's birthday party.

Currently Rev Louise MacKay in acting as Interim Moderator at Forth: St Paul's she can be reached on 01555 661936 and by email lmackay@churchofscotland.org.uk or Margaret Hunter can be reached on 07867482303 or by email sclerkforthstpauls@outlook.com, or check out our Facebook page for more contact information.



We provide help with:

- any enquiries where you have been told to 'do it online' and you are unsure or do not have a computer, including banking, DVLA, passports, shopping
- work club activities including making CVs, developing interview skills, digital job searching, self-employment
- IT skills using computers, tablets, laptops or mobiles including internet, email, video calling, facebook, online shopping, etc.

We host Activity Cafés for Older People every day of the week including exercise, dance, meet-ups, IT and crafts, bringing folks together to socialise and have fun.

We manage other community arts and environmental projects and work with volunteers. Monthly Community litter picks restart in March – give us a call if you want to volunteer.

Located at 57 Hawkwood Terrace, our office is open weekdays from 10am to 2pm and our services are available to everyone in the community; our telephone number is **01555 811002** and there is an answering machine if you call out-of-hours; our email is fcrc@btconnect.com; for more information and other helpful advice please 'like' us on facebook if you can.

FORTH COMMUNITY RESOURCE CENTRE

Proud to be part of



GO FORTH – GET FIT

TAEKWON-DO

2022

T-UK
SCOTLAND HQ

Training Returns
Thursday 6th January

Rainbows, White Belt - Green Tag
5:45pm - 6:30pm
Green Belt - Red Tag
6:30pm - 7:15pm
Red Belt - Black Belt
7:15pm - 8pm

Adult Class
8pm - 9pm

INTERNATIONAL TAEKWONDO FEDERATION
WORLDWIDE

T-UK
SCOTLAND

Regular gradings, belt progression and tournaments
Suitable for all ages and fitness levels with a strong team ethos

Confidence, Discipline, Respect, Self Defence
Learn true life skills

For information contact
Mr Condie
6th Degree Black Belt
07825 333432

Adult Beginners Classes
T-UK Headquarters, Manse Road, Forth
Monday & Thursday
8:00pm - 9:00pm
Tuesday & Friday
7:00pm - 8:00pm

ITF
INTERNATIONAL TAEKWON-DO FEDERATION

Please drop in and visit us or contact myself for further information

David Condie
07825333432 or email scotiatkd@aol.com

FORTH COMMUNITY FOOTBALL

Forth Community Football Club currently run two teams for age groups 2009 & 2012.

Training runs on a Monday & Wednesday from 5.45pm - 6.45pm for 2012's and Monday & Wednesday from 7.00pm - 8.30pm for the 2009's

Both teams play within the West Lothian Leagues with the 2009's playing 11-aside and the 2012's playing 7-aside.

This is a great way for kids to meet new friends and develop their football skills. We aim to expand the club and are looking for new coaches to develop different age groups.

For more information please contact
Jennifer Chalmers - 07779023142 or send a message via the Facebook page Forth Community Football Club



JIM PATON 1939-2021



A well known face to the villagers of Forth and District, Jim sadly passed away on 23rd December 2021 having battled with cancer over a number of years.

Jim's passion in life was all things sports. He was the first amateur runner in a professional race to win Carnwaths Famous Red Hose Race. Jim ran marathons all over Britain, including London, with his favourite being The

Great North Run. He also ran marathons abroad including The Malta Challenge. Jim took part in many charity events, his main one being with his friends and colleague's from Carstairs State Hospital; in July 1987 where the six of them ran from Lands End to John O'Groats, 874 miles in 10 days, this was in aid of Stanmore House. Through his love of running he was one of the founder members of Forth Road Runners which then branched out into becoming a Children's running club, which Jim ran for 33 years. Jim also loved Badminton and coached children, his love of badminton led Jim to becoming a volunteer at the Commonwealth Games in Edinburgh in 1986. He also loved football, from playing the game he moved into coaching and managing the Forth Amateurs, Forth Wanderers and then Coltness United Juniors. He also loved coaching the Forth Primary School Football Team and from this he introduced the first mix team allowing girls to be part of the team. Jim also loved coaching all the kids at school for athletics and took he them to participate in many competitions. Jim got so much pride watching the youngsters of the village progress in their achievements in all walks of life. With his girls, grandchildren and the school kids he always tried to install his own values, "it's nice to be nice", "if you don't have anything nice to

say, say nothing” and his famous “a smile costs nothing”. These values were also respected during his time as a nurse at Carstairs State Hospital. Through Jim’s dedication to coaching the kids he received multiple awards and from Sport Scotland for Volunteer of the Year. He was extremely proud to be asked by the village to be Gala Day Chairman in 2000 and he was then asked to switch on the Village Christmas tree lights in 2014. Also in 2014 the Commonwealth Games returned to Scotland with Jim and the family extremely proud that he had been asked to carry the Queen’s Baton. At this time Jim’s health had started to decline, but on the day he completed this with the biggest smile that he could muster, after all a smile costs nothing as Jim would say. A large number of local’s turned out to watch Jim doing this honour. Since his retirement Jim and Isabel have enjoyed many holidays with lots of great friends over the years and these memories will be treasured and remain in Isabel’s heart forever. Jim battled with ill health after his diagnosis of Prostate Cancer in 2014. The past year has proved to be very difficult, however, he remained upbeat, smiled throughout and was always doing well to anyone that asked him. Sadly Jim passed away in the early hours of 23rd December 2021 with Isabel, as always by his side. Forth Primary School are dedicating an annual shield in memory of Jim, the “Jim Paton Football Shield”. This is in honour of the work, commitment and dedication that Jim gave to all the children at Forth Primary School. Indeed this work, commitment and dedication by Jim to the villagers of Forth & District had led to requests that he is remembered within the village.

Forth and District Development Trust, together with the support and permission from Jim’s family propose that the Recreation Park is renamed to the “Jim Paton Recreation Park”. This Park encompasses everything in sport that Jim loved, the Astro turf multi sports area, everything within the Willie Waddell Sports & Community Centre, the running track, the football parks and the Wanderers Park. Everything located at that area sums up Jim Paton, a local legend and superstar.

A process of Community Consultation must take place for this to happen. If you wish to air any objections to this proposal, please contact the Development Trust before 21st April.

COMMUNITY OPEN DAY

Prior to Covid 19, arrangements were in hand for Forth & District Development Trust to hold another Community Open Day in The Willie Waddell Sports & Community Centre.

This event, like many others was cancelled and we transformed an area in the Sports Centre into a Support Hub for the benefit of the Community during such a terrible time.

Looking ahead, we hope to celebrate all that Forth & District has to offer its community, so join Forth & District Development Trust on:

SATURDAY 14th May 2022

10AM – 2PM

WILLIE WADDELL SPORTS & COMMUNITY CENTRE

**GROUPS AND BUSINESSES WILL BE DISPLAYING AND
DEMONSTRATING THEIR SERVICES.**

HAVE YOUR SAY ON LOCAL ISSUES

MUSIC – TEAS/COFFEES - SNACKS

CLIMPY TO KILAMANJARO!



My name is Stacey McCallum & I love a challenge.

I leave the UK for Africa on the 11th August 2022, then set off on the hike on the Marangu route on 14th. The trip is completely self funded & my training is well underway. I'm a bit worried about the altitude but fingers crossed everything will be ok. I hope to raise at least £5,000 through individual & company sponsorship as well as holding fundraising events right up until I go. Please get in touch if you can help me reach my target in any way. You can follow me on my journey by adding me on facebook & you can support me at: [Stacey McCallum is fundraising for Guide Dogs \(justgiving.com\)](https://www.justgiving.com/Stacey-McCallum)

Why Guide Dogs? I've raised thousands over the past 10 years for charities very close to me & this time I want to give to Guide Dogs. This is mainly down to the legend & an amazing friend of mine - that is Scott Cunningham MBE. Scott sadly lost his sight back in 1993 over a 3 week period and with the help of his Guide Dog is able to ski, runs marathons and climbs mountains. I had the privilege of meeting Scott & working with him for a number of years. He's one of the most inspiring people I've ever met.

PROVOST'S COMMUNITY AWARD

Nominated by Councillor Catherine McClymont, Isabel Gray has received the Provosts's Community Award for the work she does in Forth & District. She thanks everyone who sent their congratulations but feels this also goes to all our local heroes who have stepped up



during Covid to look out for family, friends and neighbours who were shielding and self-isolating during the worst of times. We have volunteers who continue to help in the community and I'm sure they would agree it can be very worthwhile.

If you would like to contribute your knowledge and skills for the benefit of the

community, why not contact Forth & District Development Trust as your expertise would be welcomed by all.

Many Thanks again to Catherine, Stuart Smith who came along to represent The Trust and of course, Provost Ian McAllan.