

North Queensferry Walking and Strolling Group 2025

The meeting point is NQ Church car park every alternate Wednesday at 10.00am. Volunteer drivers will take other walkers to minimise the use of cars. In most cases, there will be the opportunity for a coffee or light lunch.. For further information please contact Eileen Donaldson on 01383 412874 / 07767407671

DATE	WALK	TYPE	DISTANCE	DETAILS
29 January	South Queensferry to Dalmeny	L	4 miles	Undulating along the foreshore on good, mainly sheltered paths passing Barnbogle Castle.
12 February	Linlithgow Loch	C	2.5 miles	An easy walk with surfaced paths, this circular walk takes you around the loch with impressive views of the palace. A good choice of cafes in Linlithgow.
26 February	Beveridge Park, Kirkcaldy	C	5-6 miles	Within the park and mostly on paths and through woods. Starts and ends at the main entrance to Beveridge Park. Short-cuts available, if preferred / necessary.
12 March	Lochore Meadows	C	3-8 miles	On good level paths through woodland and open countryside around the loch, with views to Benarty Hill and beyond.
26 March	Dalgety Bay to Braefoot	L	3 miles	Daffodil walk on very good paths. Starting at St. Bridget's Kirk to Braefoot Bay. All on good paths.
09 April	Devilla Forest	C	1.5-5 miles	Very level on good paths in sheltered woodland, with options on distance.
23 April5	Beecraigs Country Park	C	various	A Country Park with something for everybody. Short walks, walks around the loch and even an opportunity to climb Cockleroy Hill. The Park has a café.

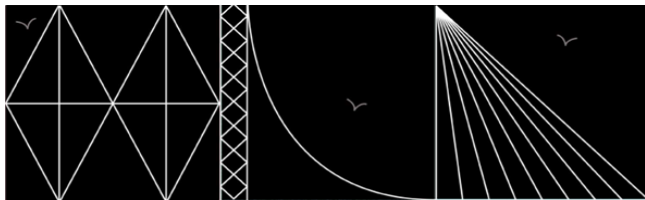
Key: C—circular walk L—linear walk

Fife Tourism

Forth Bridge 135th Anniversary

The Forth Bridge will reach its 135th anniversary on the 4th March 2025. Details are being confirmed for a suitable programme for the occasion which is likely to involve educational activities for school pupils, access to the Contact and Education Centre for a public exhibition and an engineering lecture. Details will be confirmed on the Forth Bridges website.

2025 also marks the 10th year since the Forth Bridge was inscribed as a UNESCO World Heritage Site. UNESCO itself is marking its



North Queensferry Community Trust

2025 at the Harbour Yard!

Here are some exciting events that you can be a part of this year at the Harbour Yard.

Play games that test your maths, coding and even robotics skills! This is open to anyone aged 7 years and above, with an interest in puzzles, patterns, technology and problem-solving. Come and try some hands-on activities that make maths come to life. If you are a kid who is interested in how computers and robots work, bring a grown-up along and join other like-minded individuals as we play games and experiment with simple electronics and basic coding in a casual and friendly environment. If you are a grown-up who would be interested in dropping in every now and then to help then please get in touch.

Make your own embroidered and beaded jewellery or badges! (March. Dates TBC)

Learn to use needle and thread to turn an image into a beautiful and one-of-a-kind piece of wearable art! You'll learn how to sew some basic stitches, transfer a pattern, embellish your

80th anniversary later this year.

Forth Bridges Trail tourist signs

The Forth Bridges Trail tourism signage route is due for completion in February 2025 when the remainder of directional signs will be positioned in the village to help visitors find their way between the Trail information boards. The design is the same as the signs which were positioned at the Forth Road Bridge footpaths last summer. Further information on the Forth Bridges Trail can be found on the Forth Bridges website or the North Queensferry Heritage Trust self-guided walks leaflet.

jewellery/patch as well as seal it and back it so that you can proudly wear it for others to admire!

Learn to brew your own IPA and Stout! (March/April. dates TBC). Back by popular demand, this three-part course will teach the basics of homebrewing using the Grainfather, an all-in-one homebrewing system. Learn about how the four elements of beer (malt, hops, yeast and water) influence its style and taste, brew your own beer, bottle it and share it with friends! The Harbour Yard now has its own Grainfather which is an electric brewing vessel allowing control over temperature and brewing time for repeatable result. It will be available to borrow by anyone who has attended the brewing course.

Learn How to Knit on a Knitting Machine (Details TBC). The Harbour Yard has had a donation of several knitting machines. If you have ever been curious to try one, then please get in touch and we will arrange a session to get you started with materials (and yarn!) to keep you going! Some of the machines can be lent out so you can practice at home.

Email: nq.community.trust@gmail.com if you are interested in any of these courses and to book your space. We'll be announcing more courses and evening events at the Harbour Yard throughout the year. So, watch this space-

Instagram [@nq.community.trust](https://www.instagram.com/nq.community.trust)

Facebook [@nq.community.trust](https://www.facebook.com/nq.community.trust)



Staying Active in Winter: Your Guide to Keeping Moving

Winter can make exercise challenging, but maintaining physical activity through these months is crucial for our physical and mental health. Being active will not only help burn off those extra calories, but will help boost your immunity and ward off those seasonal blues. We need all the endorphins we can during this period so exercise will supply them in abundance.

Here are some practical tips for helping you to keep moving and staying healthy this winter:

- Layer up and embrace outdoor activities - don't let the cold weather stop you from exercising outdoors.
- Consider indoor workouts if outdoors is not an option like yoga, circuits, active housework or dancing in the kitchen.
- Be consistent and try to do something active every day, keeping to a regular sleep pattern and aiming for daily consistencies. This will help keep your energy levels at their peak.
- Accountability is incredibly important and a great tool to stay consistent. Involve a friend, partner or family member to help with that extra encouragement during the dark days.
- Set achievable goals and celebrate those small victories to help maintain motivation.
- Sign up for an event like a walk, challenge or race to help you stay focused.
- Protect your "me time" giving yourself permission to rest, relax and practice some mindfulness.
- Be mindful of your diet as the temptation is to overeat or sway more towards quick processed options. Ensure you are eating a balanced diet with protein, fruit/veg, healthy fats and carbohydrates to fuel your body

All the classes at Fife Leisure are running as normal over winter so why not check out their website and start something new this year. Let's make 2025 your year of improved physical and mental well-being, so get out there and get moving.

Forthview Parish Church
North Queensferry

Village Coffee Morning

Jan 8th & 22nd	Apr 2nd, 16th & 30th
Feb 5th & 19th	May 14th & 28th
Mar 5th & 19th	Jun 11th & 25th

10.30 am to 12 noon

Cup of tea / coffee and good company

Fife: Forthview Parish Church
Church of Scotland
Registered in Scotland as a Charity, No. SC0202926

Contact the Church office on
01383 824092
office@dalgety-church.co.uk

Update on The Albert Hotel

A group of NQ residents continue with attempts to acquire and restore the 200 year-old Albert Hotel, which closed in 2017. The Albert Community Group includes Alastair Ritchie, Dan Macdonald, Eddie Brown, Gordon Hay, Lorraine Hosie, Allan Thomson, Andrew Turton and Eilidh Turton. Support for the group has come from many individuals and agencies including The Scottish Land Fund, Development Trusts Association Scotland, The Plunkett Foundation, Fife Council and Heritage Trust Network.

Following huge local support from the postal ballot, a Community Right to Buy (Part 5) application was submitted to the Community Land Team. The full application was submitted on 31st October 2023 on behalf of the NQ Community Trust. The Community Land Team (part of the Rural Affairs, Law Reform and Islands section of the Scottish Government) wanted to review our business plan and a redacted version was shared with the owners and their legal advisors. The application has been considered valid

and can be viewed on The Register of Applications by Community Bodies to Buy Land (roacbl.ros.gov.uk).

After 14 months, a ministerial decision on the application is yet to be made. We are continuing to push the Scottish Government for progress on this, including submission of written questions by a local MSP (Alex Rowley), to the Cabinet Secretary responsible.

Whilst waiting for a decision, we have created a detailed business plan - scrutinised by external assessors and made plans for fund raising to restore the neglected and damaged building.

We also continue to engage with the current owner of the building, with the aim of agreeing a realistic purchase price, as purchase by agreement rather than compulsory means, would be preferable. To date, efforts on this have been unsuccessful.

Progress is slower than we would like but we remain committed to our ultimate goal, to 'Save the Albert' for the benefit of the North Queensferry community.

Brock Street Play Park Refurbishment - Update

In December 2024 that the Project had progressed within Fife Council to the Tender Stage.

Invitations to Tender will be requested in January 2025, with assessments, award of contract and procurement of equipment to follow.

It's too early to give any dates for work actually commencing on site, but you will be kept posted. There has been a small glitch with an existing overhead electricity cable which could affect the final park layout, but it should not have any influence on the overall programme or cost.

Thank you, to everyone who has made a donation to date through our Crowdfunding Page on the 'Just Giving' platform.

Continued from previous page

Brock Street Play Park Refurbishment---Update

The current total is as follows:

Initial crowd funding page: £619.00

Current crowd funding page: £3,219.00

Total: £3,838.00



We are now only £162.00 short of our target of £4,000.00.

This has been a great effort and reflects the important support from the community. The Crowdfunding page was scheduled to come offline in December 2024, but the date has been extended to the end of February 2025 in the hope that the target figure can be achieved .

If you wish to make a donation, no matter how small., don't delay - spend some of your Christmas money!

Please log on to: <https://www.justgiving.com/crowdfunding/david-neill-3>

Our web page has a picture of the Forth Rail Bridge .Easier still, use the QR code:

North Queensferry Local Action Plan Community Forum

The North Queensferry Local Action Plan (NQLAP) was started back in 2021. The NQLAP 2021-2024 contained several outcomes through a very transparent and inclusive village wide Community Consultation. The community forum was made up of a number of various community group members and is the lead organisation which has engaged with appropriate Fife Council and partner agency services to progress all the outcomes in the NQLAP.

A significant number of the NQLAP outcomes were led by various community groups across the village, engaging with Fife Council and partner agency services. The process evidenced clearly this is very much a village Local Action Plan, the skills experience and knowledge of

these community groups was key to addressing the outcomes in the Local Action Plan.

The joint working of community groups throughout the plan was identified by the HMIE progress visit to Fife and was held up as a good model of community engagement. The NQLAP community forum will continue to meet to ensure the longer-term outcomes progress and to be the administrators of a small funding pot that was awarded to the NQLAP community forum by the South and West Fife Area committee. The funding pot was to support the setting up and development of the community forum and to fund small projects that help address the NQLAP outcomes. There is a small amount of funding available to local community groups that demonstrate wider community benefit and meets the funding criteria.

Local Action Plan continued

A few examples of how this funding has supported local community groups included:

- The purchase and erection of community noticeboards
- Purchasing resources for the North Queensferry Community complex multi-use games area
- Supported the work of the climate action group
- Supported the refurbishment of the Brock Street Play Park
- Funds the printing of the Ferry News



NQ Climate Action Network : one year and counting

A meeting NQ CAN in November marked our first anniversary. The open meeting reviewed progress and looked forward to action in 2025.

NQ CAN started when two people met on the way to Alex's shop and talked about how communities were generating their own green energy. They decided that the village community needed to gear up to climate change. If we are to halt climate change and live sustainably, we need to get started on the changes that we all know are essential.

The network has grown. There are now around 60 people linked into the network. And there are four active groups within the network who have been working on different areas of concern.



Energy and Heat - Adapting our houses. Heating our homes is a concern for us all, and steeply rising energy bills drive home the point that we each need to ensure that we use

To access the small funding pot, local community groups can contact Gemma McGuinness by email

Gemma.McGuinness@fife.gov.uk to ask for the NQLAP funding form.

For more information on the NQLAP contact David Manderson, Community Education Worker. David.Manderson@fife.gov.uk or call (01383) 411865.

energy as economically as possible. Add to that the need to dispose of gas boilers in coming years. Can you reduce your energy consumption with good insulation and effective draft-proofing? What are the options for installing solar panels and batteries? Does that make economic sense? We have been finding out where to get advice, help and funding And what can you do if your house is unsuitable for installing an air-source heat-pump?

Coming soon: a session at the Community Centre led by the Scottish government appointed experts – Home Energy Scotland.

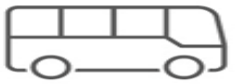


Energy and Heat – where is it coming from? A major concern for us all is the fact that half the energy consumption in the village is heating our buildings. Transport demands another 25 %. What can we do to use energy more economically? And can we generate our own green energy? The energy group started off by exploring whether we could site wind turbines or a solar farm which would generate all or most of our energy needs. The short answer was 'no' because access for constructing a wind turbine at the top of the headland would be very difficult

are still looking at alternative possibilities such as large-scale water-source heat pumps or tidal stream turbines.

We need to learn more, make more contacts, and be prepared to find new opportunities. For example, Fife Council is planning heat networks that will deliver hot water to domestic radiators for areas like Dunfermline, where there are many houses and flats that could not use an air-source heat pump. About half the houses in the village are equally unsuitable for air or ground-sourced heat pumps. We need to learn more about the technology, and be sure to engage with Fife Council's planning.

Transport and getting around



There is lots to do if we are to make walking, cycling and public transport more attractive. The group has begun to look at things like improvements to street safety and accessibility, including improvements to crossings,

pavements and paths within the village. Along with all the people who start their walk on the Fife Coastal Path from North Queensferry, we could benefit from improvements to the path.

E-bikes were a big hit at the Electric Vehicle Open Day which was part of the Harbour Yard Open Day in September. We continue to publicise 'Lang Toun' Cycles as they offer advice and e-bike hire.

Fife Council is consulting in preparation for restructuring bus services. So this is an opportunity to plan for the bus services that would best serve the village.

Exchanging your petrol- or diesel-powered car for an electric car is more than finding the money to

buy one. There are many houses where there is no off-street parking for a charging point. The group is thinking how to ensure a fair roll-out of EV charging provision and associated parking.

Caring for nature, restoring biodiversity



How can we enhance the variety of natural habitats in and around the village? We want to

work with residents to grow awareness of North Queensferry's natural environment and to take part in conservation action. The group has been at work in various ways. A first requirement was to create a landownership map. There have already been several initiatives. The group made notices to inform people about nesting water-birds, and talked with the West Bay User Group about the importance of bay as a natural habitat. We promoted 'No Mow May' and publicised a Marine Conservation Society initiative to get local people involved in restoring oysters to the Firth of Fife.

Some of the group have attended a beach cleaning training session with the Marine Conservation Society. There are all sorts of plans for the coming year, including a tree planting session in March, encouraging bird feeders and bug hotels. In April there are plans for a walk identifying birds seen on the NQ section of the Coastal Path.

NQ CAN on Facebook: Follow North Queensferry Climate Action Network on the village Facebook page.

Email: nq.climate.action.network@gmail.com

You will be then be on NQ CAN's email circulation list and so will be informed of meetings, talks, activities and news of any developments.

Latest Heritage Trust Update...

As members of the Heritage Trust will know, the Trust is currently in a period of working towards Museums Gallery Scotland accreditation for the light tower and fisherman's hut at the Town Pier, and this year will be extended to include the Station, known as the Forth Bridge Heritage Centre. Once full accreditation has been obtained it will allow the Trust to seek funding much easier so that we can improve the whole resident and visitor experience of enjoyment and educational value of the North Queensferry Peninsula area and the important contribution to the history of Scotland.

We are extremely fortunate to have help from a knowledgeable curator as a mentor from the Edinburgh Museum Collections Centre.

We are also looking for others who can help us with this rather daunting task,

if you are interested in helping, please send us an email to NQHTinfo@gmail.com.

Accreditation is quite an undertaking considering the Trust has thousands of wonderful items of heritage for which we are grateful to the many who have donated their time and all kinds of items over the years. Lately, the Trust has recently taken ownership of editions of the 1890 Scotsman and the 1964 Scotsman for the opening of the Forth Bridge and Forth Road Bridge, respectively.

A new exhibition on the history and timeline of the ferries is currently being planned to open in the spring of this year followed by a more comprehensive exhibition on the bridges and how these two major events have affected the community.

North Queensferry Heritage Trust - NQHTinfo@gmail.com

Forth Bridge Heritage Centre at The Station

Since taking tenancy of this ScotRail north bridge head station back in 2012 the North Queensferry Station Trust - and since 2015 by the NQ Heritage Trust - have been running the station due to its significant heritage to the village.

Picture from Pat Dennison

The Station Trust with a number of partners including Stations Community Regeneration Scheme, Railway Heritage Trust, Fife Council and local Heritage Trust volunteers were successful in getting the financial backing to carry out the extensive renovations of the entire building.

For the first time since the late 1980s with the station be-

ing boarded up, our station buildings were back in use, including the Gents Loo that was upgraded to a fully accessible toilet block which the Heritage Trust has maintained for the last 10 years!

The Ladies old Waiting Room was converted to a



Continued from previous page

general waiting room, which, depending on volunteers, is open from around 9 to 5 PM. Unfortunately, we still suffer from vandalism, hence our volunteers open and close the station each day for the benefit of the travelling public. We are fortunate to have support from the Community Council, but unfortunately none from ScotRail.

This room houses various areas including: a Forth Bridge exhibition of original artefacts from the 1890s; Tourism information; a book swap area that includes an area for drawing and reading; and currently we also have a Steaming Forth exhibition of Steam Engines crossing the Forth Bridge.

North Queensferry Heritage Trust -
NQHTinfo@gmail.com



CURLEW ACTION



Listen to the call of a Curlew



Find out more at curlewaction.org

GROUND NESTING BIRDS

Please keep dogs on a lead and stick to the footpaths

March – July

Thank you



Bird breeding season in NQ

Across the UK, many bird populations are in decline so we need to be mindful and take care when out and about during the breeding season.

Like the Curlew (pictured left) which makes the NQ coast its home in autumn and winter, the village is home to several other ground nesting birds during the spring and summer. Oystercatcher, Eider duck, and terns raise their families in and around NQ - West Bay is one of their favourite spots! However, their fluffy chicks (which are up and about shortly after hatching) are particularly vulnerable to disturbance from people and inquisitive dogs. Let's work together to make sure our local birds have a successful breeding season by keeping to paths and having dogs on leads in these coastal areas.

In April, we will be leading a bird ID walk around the village's section of the coastal path. We will talk about the bird species you can see in NQ and how we can all do something to help conserve them. Look out for more information soon on the village notice boards and NQCAN's Facebook page.



Useful information: -

Arts and Crafts: Thursday 7 January The arts and crafts group started back on in the Community Centre, from 7pm – 9pm. There are not any scheduled events planned - just bring your knitting or other craft project to do in the company of other like-minded people.

Wellness Day, 25 January: Activities to promote health, balance and wellbeing for all fitness levels at the Community Complex.

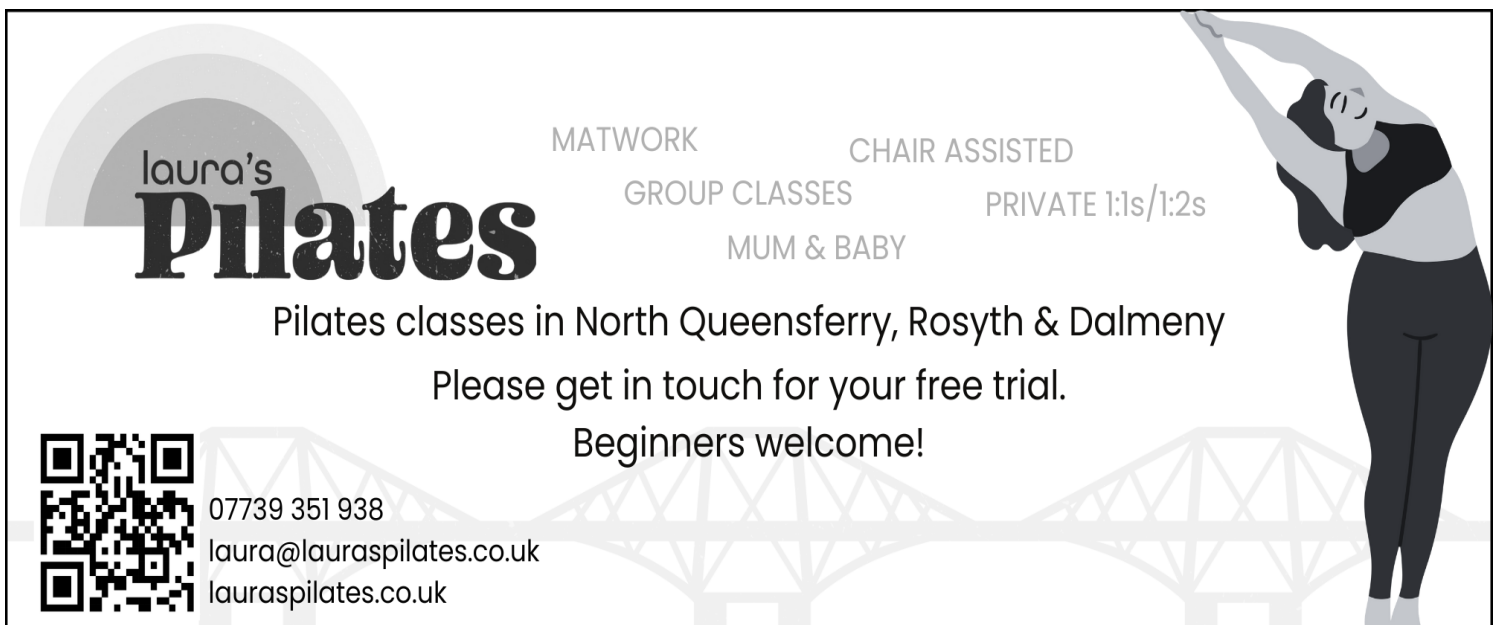
For more information: laura@lauraspilates.co.uk

Big Garden Bird Watch. 26-28 January. Organised by the Royal Society for Birds. Everybody and anybody can take part: For more details:

<https://www.rspb.org.uk/whats-happening/big-garden-birdwatch/the-bigger-picture>

Floral Enhancement: Tuesday 4 February – This is date when the first meeting of the year is planned - weather permitting.


Contact Eilleen Donaldson (07767407671) to find out more.



**laura's
Pilates**

MATWORK CHAIR ASSISTED
GROUP CLASSES PRIVATE 1:1s/1:2s
MUM & BABY

Pilates classes in North Queensferry, Rosyth & Dalmeny
Please get in touch for your free trial.
Beginners welcome!

 07739 351 938
laura@lauraspilates.co.uk
lauraspilates.co.uk

**Please send contributions for the next issue of the
FerryNews to - lin@ferrynews.org.uk by :-
Friday 11 April**

6 Nations Rugby!



At the Community Centre.
Come and watch with your
friends—BYOB!

(£2 donation suggested towards CC running costs)

Dates and Times:

Sat 1st Feb 2pm **BYOB** Scotland vs Italy

Sun 9th Feb 3pm **BYOB** Scotland vs Ireland

Sat 22nd Feb 4.45pm **BYOB** Scotland vs England

Sat 8th March 4.45pm **BYOB** Scotland vs Wales

Sat 15th March 8pm—**with pop-up bar!** Scotland vs France

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