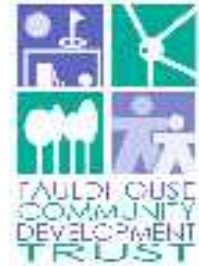




Fauldhouse Community Development Trust



❄️ Winter Newsletter ❄️

Welcome to the Winter Newsletter. As always there has been plenty going on. Thank you to everyone who attended the Remembrance Service, held at the War Memorial on 8th November. It was a superb day for it and too many people to name helped make the event as special as it was. Big thanks from the CDT go to Arthur Mooney, who oversaw the arrangements of the event.



Children from St John the Baptist Nursery Class were taking a local walk which took them past the War Memorial. Some children remembered that people put poppies there. After learning about the significance of the Memorial, the nursery children decided they would like to make their own wreath and took it up to the War Memorial prior to our service.

LOTHIAN & BORDERS POLICE UPDATE

It's been busy few months for our local Police, with many ongoing [vandalism](#) issues being dealt with as well as [parking](#) issues outside Scotmid.

The Off Road vehicle campaign, which featured in the CDT Summer newsletter has received an [Force Excellence Award for tackling Anti Social Behaviour](#). This is a reflection on the [good work](#) contributed by [all in the village](#) who gave [their support](#) and [assisted the police](#) in identifying where Off Road bikes were being stored. So far [calls to the area have reduced by approx 80%](#). The Police will continue to [educate riders](#) where they can use the bikes and the consequences to their actions if they choose to ignore this advice.

Finally, a reminder residents to keep their [homes safe and secure](#) in the run up to Christmas and to please feel free to contact Police from our local Community Team, based at West Calder: [\(01506\) 871218](#).

Issue 9

Winter 2009

Fauldhouse CDT will:

- Work with local organisations
- Promote the positive
- Encourage self-help
- Involve you
- Keep you informed
- Be proactive
- Be transparent
- Win trust and respect

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Responsible Drinking this Christmas

Pubwatch has now been resurrected in the Fauldhouse with every licensed premises taking part. This means anyone causing trouble risks being placed on the pubwatch scheme and banned from the pubs in the village.

The winter **Drink Driving** campaign will also start soon.

West Lothian Drug & Alcohol Service (WLDAS) provides information, advice and counselling on a confidential basis to people affected by drug and alcohol misuse. Referrals are accepted from any source and self referrals are particularly welcome. Individuals and family members can be seen in their own home or at other locations.

WLDAS can be contacted on 01506 430225 or enquiries@wldas.org



Fauldhouse gets "green" funding from The Scottish Government

Fauldhouse CDT has been successful in receiving a grant for a project that will help Fauldhouse cut its carbon footprint. We all know that Climate Change is a global issue and on the political agenda at the moment, but what does that actually mean for us in Fauldhouse and what could or should we be doing about it?

With our Climate Challenge Fund grant, Fauldhouse CDT will employ a Climate Challenge Officer to initiate carbon saving projects in Fauldhouse. This includes helping local people make their houses more energy efficient, running events and practical workshops about making our lifestyles more sustainable, working with the schools and community groups, and looking how to start other environmental projects (such as allotments) in our area.

If you are interested in any aspect of this project, get in touch with the CDT as we'll be looking for local people to get involved and make sure the project tackles what's important to you. Or if you or someone you know might be interested in the Climate Challenge Officer post (fixed contract Feb 2010 to Mar 2011), look on our website for further details or contact the office. *All contact details for the CDT are on the back page.*

Knock knock!

You may have noticed Nicola and June about in Fauldhouse recently knocking on doors and talking to people in the street. They have been recruited as part of a West Lothian Council campaign aimed at providing support to help residents get back into work, access training or college places, volunteer in their community, start up their own business or provide advice on benefit issues and money worries.



June

They are based in the CIS Office and are also out and about knocking doors in Fauldhouse 2 days a week.

Through their work people have been put in contact with Access2Employment, WorkDirections (Ingeus), Business Gateway and Careers Scotland who are working with residents to help find the right jobs and training for them.

If you are interested in receiving help in any of these areas, contact June (07799340008) or Nicola (07799131203) or drop in to the CIS office.



Nicola

Fauldhouse residents - do you want to talk about local health issues?!?

Is there a local health issue in Fauldhouse that everyone moans about but nothing ever gets done about it? Do you think that a group of people talking about the issue would be more powerful than an individual voice? Are there things in Fauldhouse that need to change but no-one ever seems to listen? Yes? Then I need your help!



Laura Dunkel, who leads the Health Issues in the Community project on the Smoothie Cycle at the Fauldhouse Fair Day

I want to work with local people to help you come together as a group to build your skills and knowledge about health issues. Through talking and sharing experiences we can start to build a picture of local issues that might have an effect on your health. This can range from money to housing, or from local services to employment. Then the group will try and work out how these issues can be addressed. Only you know what is important in Fauldhouse – you are the expert!

Look out for local advertising for an info session in January and why not pop along and meet me? Or if you want to know more now, contact me on 01506 771896 or laura.dunkel@westlothian.gov.uk.

Fauldhouse Community Council is once again trying to get answers from the Council about the Burnbrae footpath. If you are interested or concerned about this matter, contact a member of the Community Council.



Healthy Lifestyle Promoting Mental Well-Being

Good mental health isn't something you have, but something you do. To be mentally healthy you must value and accept yourself. This means that you care about yourself and care for yourself and you look after both your physical and mental health by eating healthily, sleeping well, exercising and minimising stress. While we cannot predict what life will throw at us, and it is important to have realistic expectations, there is growing evidence that we can all reduce our risk of mental ill health by adopting a healthier lifestyle.

This year alone **Choose Life West Lothian** has trained over 200 people in Mental Health Awareness, Suicide Alertness and Suicide Intervention Skills Training. **Training is free and available to anyone living or working in West Lothian.**

To find out more about training in 2010, please contact the Health Improvement Team: (01506) 775626 or HIT@westlothian.gov.uk. Most courses are in Livingston, but if there is enough interest locally (6 people or more), the CDT can arrange for courses in Fauldhouse. [Contact the CDT \(details on back page\) if you want us to try and organise a local course.](#)



Bored?

Nothing on telly?

No decent films?

WELL, MAKE YOUR OWN!

Write

Direct

Shoot

Edit

Screen

If you're aged 12 to 18 and think you can do better or would just like a go, get in touch with Jim MacKay on (01501) 678888. Sessions potentially planned for Friday afternoons.





Contact Us

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Christmas Church Services in Fauldhouse

Salvation Army

Sunday 13th Dec, 6pm: Community Carol Service
Sunday 20th Dec, 11am: Christmas Café Church
Friday 25th Dec, 10.30am: Christmas Day Service

St Andrew's Church

Sunday 13th Dec, 6pm: Christingle Service
Sunday 20th Dec, 11am: Morning Worship
Thurs 24th Dec, 11.15pm: Watchnight Service
(Tea/Coffee served in hall from 10.30pm)
Fri 25th Dec, 11am: Christmas Day Service
Sun 27th Dec, 11am: Morning Worship

St John the Baptist

Service times being reviewed. Contact the church for final times.

Fauldhouse Community Education Association has been rekindled to act as a Management Committee for the new Partnership Centre. New Office Bearers have been elected. The next meeting is Tues 15th Dec at 8pm at the Eastfield Training Centre. Call (01501) 772408 ext.266 for more details.

GRC Tri (triathlon group) want to encourage new members to join any of their training sessions. Tuesday nights are in Livingston, Wednesdays in Broxburn (swimming), Thursdays at Bannatyne's in Livingston, Saturdays in Fauldhouse and there at cycle rides on Sundays twice a month. The Saturday Fauldhouse sessions are ideal for beginners or those who want to start with some lighter exercise like powerwalking/jogging along the railway, followed by some circuit exercises. For more details contact Robert Ovens: 07971 417877.



Support positive action in Fauldhouse Join the Community Development Trust

Membership of the Community Development Trust costs £1. 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:	Phone No:
Address:	Email:
Postcode:	Would you be interested in being active as a volunteer in the CDT? YES / NO

PLEASE RETURN THIS FORM TO: Fauldhouse CDT, c/o CIS, 10 Main Street, Fauldhouse EH47 9HX

All the data we hold is gathered and managed in strict accordance with the Data Protection Act (1998). We will not disclose any information supplied by you to any third party organisation.

Registered Company: 313776 ■ Registered Charity: SC038616