



Inverkeithing Medical Group

www.inverkeithingmedicalgroup.scot.nhs.uk

Please refer to the Practice website for information which we try to keep as updated as possible.

This month's article is based on the American Psychological Associations' 10 ways to build resilience.

It has been humbling and moving to see how we have all pulled together during this crisis. The Team in IMG have been adapting to the constant changes, taking up new roles, adopting new computer systems including video consultations. The local Pharmacy Teams have been working overtime to get prescriptions filled. We now have a Fife volunteer service to help vulnerable people with getting medications delivered. I am also so grateful to our patients for their understanding and support (donations of PPE and kind words) during these unprecedented times. We are all in this together and we will make it through together so long as we all continue to play our part to keep each other safe and healthy.

So how can we continue to build our resilience during these challenging times?

1 Maintain good relationships with friends and family. Use social media, pick up the phone and send letters and emails. Get the kids involved in making cards and letter writing, it

counts as an educational activity!

2 Take a deep breath and accept that some things are out of your control and you cannot change it. You can however, change your mind set.

3 Change how you view a 'crisis'. It does not need to be stressful or unbearable. Try to look for the bright side. Less air pollution, less food waste.

4 Make positive and constructive decisions during challenging times. Do take up more exercise!

5 Set realistic goals and move towards them. My father in law has a list of DIY jobs lined up.

6 Use adversity as an opportunity for self-discovery and growth. I really need to work on being more patient at home.

7 Use this time as an opportunity to build on self-confidence. I have realized that I need to build on my IT skills.

8 Look at the big picture. This period of uncertainty will end and things will get better again.

9 Have Hope. Take stock of what is good and visualize the good things and times to come.

Stay healthy both physically and mentally. Pay attention to your feelings. We are all going to have bad periods and feel overwhelmed. But take a deep breath, remember you are not alone, have hope and start from step 1 again.

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Community Council

Are we not lucky to live in such a wonderful village where food bags miraculously arrive on doorsteps, our caring neighbours look out for us, we can take superb walks and runs straight from our front door, Thrushes and other birds are singing and we have powerful blossom smells to enjoy?

The world might be a bitty tipsy turvy, but your Community Council has managed to keep going. March and February meetings took place as usual in the Community Centre but in April we had an informal Zoom meeting- just to see if it would work. The May Zoom meeting appeared a great success with many more villagers than the regular number of locals joining in the proceedings. The June Community Council meeting is also very likely to be on Zoom – if you would like to join this please contact the Council's Secretary for the agenda and dial- in instructions nqccsecretary@livingwater.org.uk. Likewise if there is anything you would like to put on the agenda, please contact the Secretary or any of your Community Councillors.

Over the last few months your Community Council has considered the routine items on the regular agenda covering

planning applications and reports from the Police, local community groups, North Queensferry's Fife Council councillors and floral enhancement. In addition there have been useful reports from the councillors who continually monitor activities associated with the proposed expansion of Edinburgh Airport. Please note that the Council is recording people's improved health and sleep due to the lack of noise from traffic- again any details please contact the Secretary.

Of particular interest to many residents will be the Council's activities concerning the Albert and work on the Forth Bridge.

The Albert's future is of great concern to many local residents particularly to those among us that have memories of enjoyable evenings spent there. Due to public unease about possible changes to the interior of the building and people undertaking non essential work in the property, apparently without self distancing, the Police and Fife Council Environmental Health and Planning are monitoring the building and its activities. It is also worth noting a change in the law which could affect the fate of the Albert. Previously a property required to be on the market before a bid for its sale could be made, but the new regime (which came into effect on 20 April)

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Community Council cont.

could open the way to a compulsory purchase. The Community Council continues to monitor the position, but the fate of the Albert remains unclear.

Network Rail are expecting to start work blasting and painting on the north approach to the Forth Bridge. Your Council and Network Rail have been in correspondence and had meetings to look at the concerns within the village about the work, in particular on how it will affect residents living in the shadow of the bridge as well as other villagers and possibly visitors. Your Council is particularly concerned about the timing of the working hours, some of the materials being used for this work and naturally any social upheaval the work could cause to the community.

At the drop-in session organised by Network Rail in February the working hours reflected a Monday to Friday operation with eight working hours each day. Your Council is now concerned that due to the corona virus shutdown there could be a considerable delay in the commencement of the works which could result in a substantial increase in projected working hours. We will work with Network Rail to try to ameliorate

the situation. Likewise the safety of some of the work materials is under scrutiny: again this will be resolved through Network Rail and your Council working together.

Church

During the Covid 19 outbreak the Church premises in Ferryhills Road are closed. If you need the services of the Rev C Alston you can find details on the church website. You can also see a 'Daily Devotion' and a 'Weekly Service' on our website ngchurch.uk

Contributions

for the next issue

of the Ferry News

are to be with us by

Friday 9th October 2020

to:

7 Carlingnose Park

E: mary@ferrynews.org.uk



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Heritage Trust

From the Heritage Trust's Chairman...

These are testing times and I am reminded of the opening paragraph of Charles Dickens novel *A Tale of Two Cities* which opens with:

*"It was the best of times,
it was the worst of times,
it was the age of wisdom, it was the
age of foolishness,
it was the epoch of belief,
it was the epoch of incredulity,
it was the season of Light,
it was the season of Darkness,
it was the spring of hope,
it was the winter of despair ...,
we had nothing before us,
we were all going direct to Heaven,
we were all going direct the other way
..."*

We are certainly experiencing the 'worst of times' at the moment and the flow of news may even get worse before it gets better. Not a good backdrop to start 2020 where we were planning a number of new projects but in reality, we have had to cancel a number of events including our AGM which was provisionally arranged for the 26th May. More news on this at a later date.

However, our autumn and winter events are still possible and there are more details on these further in the newsletter.

Forth Bridge Heritage Centre @ The Station

The Gallery waiting room has also been closed as there is not enough space in the room to maintain 2m social distancing. The main Meeting Room is also closed for events. Unfortunately, that means that the popular Growforth garden talk by Stan Green was cancelled. But take note, that Stan Green has made appropriate arrangements at Hillend for customers and staff. The toilets are still open and are regularly

cleaned by our volunteers, however, users should take their own precautions.

Steaming Forth Exhibition - closed

Until recently the exhibition 'Steaming Forth' continued to attract, both local and overseas, visitors as recorded in our visitor book.

However, we are pleased to say that our website www.nqht.org has the exhibition well documented.

The Light Tower - closed

As you may appreciate it has only a single-person stairwell and does not allow social distancing.

NQHT Website www.nqht.org

During these difficult times when we are asked to self-isolate in our homes, I would suggest this is a good opportunity to investigate our comprehensive website. It has extensive coverage on many matters relating to the particularly rich 'Heritage' of our area. We will be adding to the website and posting to our Facebook page, the latest information on any further closures of our facilities or opening if current regulations are relaxed.

Questions on any matters can always be sent to our email at nqhtinfo@gmail.com or messages can be left in our postbox on platform 1 at the station.

I am sure all members would wish to pass on their thanks to all volunteers for their service at this difficult time.

Thank you for your continued support for the Trust which I can assure you will do its utmost to help the community or individual residents as required.

Members may find these two new community websites helpful at this difficult time.

<http://nqsupport.co.uk/>

<https://nqchurch.uk/>

Chairman - James Lawson

Primary School

It certainly has been a strange time for all of us and one that pupils, families and staff have had to adapt to quickly. Staff have continued to work hard to ensure our pupils are able to access their learning at home using the platform, Glow, following the school closure on Friday 20th March.

Pupils continue to engage in learning delivered by teaching staff, although teaching is now delivered remotely. Pupils and families continue to share learning, tasks set by school and other opportunities and we appreciate families sharing photographs and information of their child engaging in a huge variety of experiences. This certainly helps put a smile on our faces!

Staff at North Queensferry Primary School continue to be in awe of how quickly children have adapted to this new challenge and we want to thank them and their families for their exceptional commitment, continued engagement and support for our fantastic school.

Follow us on Twitter @NQueensferryPS

The School Parent Council would like to thank the community council for the £300 donation. The donation is greatly received and will help us continue with school projects.

2020 started really well at the school with a school science fair, the launch of the newly refurbished library and a new pirate boat sandpit for the school garden. The parent council are currently supporting the school with funds for

home schooling equipment. If there are any other things you feel the parent council can support during this time, please get in touch with us at nqparentcouncil@gmail.com

07850689729

NQHT Talks & Events

Here are the Trust's programme so far, with talks held at the station. *Updates via the website and Facebook.*

Nature Walk by John Done. Start at the Station, and then the War Memorial.

Wednesday 17th June, 10 am.

Village Show.

There will be no Village Show this year. The decision reflects the upheaval that we've all had so far this year along with the upcoming changes ahead in getting everyone back to work / school.

Fife Doors Open Day - An Art exhibition at the station; Lamp-lighting at the Light Tower; St James Chapel open for visitors.

Heritage Walk with a guide.

Sunday 15th September 2020, 10-16:00

The Island Jewels of the Forth by Ian Archibald from Burntisland Heritage Trust

Tuesday 13th October 2020, 19:30

A Heritage Craft-Cutting Wooden Jigsaw Puzzles by Mike Travis

Tuesday 10th November 2020, 19:30

January-April 2021 - TBD

Sub-Mariners by Duncan McNiven & Boyd Williamson

Wednesday, 5th May 2021, 19:30

Please keep checking our website and Facebook pages for any changes! Stay safe!

Your Community Council usually meets in the Community Centre, at 7.30pm on the second Thursday of each month.

**The meeting on Thursday 11 June will be on Zoom
(email nqccsecretary@livingwater.org.uk for details)**

Everyone is welcome

Please note more information and current and past minutes are available on the Community Council's website: www.nqcc.co.uk

Boat Club

The North Queensferry Boat Club at Old Railway Pier may have dropped sail in the midst of the Coronavirus storm but life carries on below decks. In accordance to the Government restrictions and advice from the Royal Yachting Association, the Club has shared a national compliance policy with its members towards refraining from using their boats on the water and minimising visits to the Club grounds and Wee Quarry Harbour at Forthside Terrace.

There have been one or two exceptions to the surface rules; those who are in fact using boats to fish for commercial stock, visiting officials conduct-

ing security or vital repair /mooring work are doing so with the formal permission of either Seafish of Grimsby or The Upper Harbour Master based in Aberdour. These are special cases whereby their work is measured as safe and necessary. Below decks, the Club officials are working from home and managing the everyday issues via Zoom conferencing and email. Thus, should any member of the public wish to contact the Club for any reason, then please contact the Secretary at: secretary@northqueensferryboatclub.co.uk.

Entrance to the Old Pier is temporarily closed by notice of Fife Council.

Alan I Stuart, Secretary, NQFBC,

Fed up with pot holes?

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03451 550011

or

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**[online.fifedirect.org.uk/
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Ferry Birds – Jan to May 2020

As usual West Bay has been the focus for many of our resident and wintering birds. A few **shelduck** have spent the winter there and I have seen one male displaying in front of another trying to persuade her that he was exactly what she wanted! The usual flock of **red-shanks** spent the winter with us. They have now all left to go to their breeding areas in Iceland and Northern Scotland. There were about 40 during the winter but I saw just one on the floating mooring in West Bay on the 8th of May. As usual a few **turnstone** and **dunlin** joined the **redshanks** along with a 5 or 6 **curlew** and **oystercatchers**.

As happened last year the numbers of ducks and grebes spending the winter around the coast have been quite low. In previous years I could guarantee to see **little grebes** on the sea from the coastal path to Inverkeithing. This year I saw very few. There were a few **eider**, **goldeneye** and **red-breasted mergansers** on the sea between Cruickness Point and the Guvvy pier.

The **fulmars** are now nesting on Inchgarvie. They appeared briefly in the middle of January and disappeared before coming back at the start of February. It was only in March that I saw them regularly on the island.

The first summer visitor to be heard was a **chiffchaff**. This year I heard one at Port Laing on the 22nd of March. This is a favourite spot for them. There were several calling around the lower village thereafter and they were soon joined by

blackcaps while I also heard a **willow warbler** on The Brae and near the SWT reserve on the last day of March.

The **common terns** are back. The first one I heard was flying over West Bay on the 13th of May. There were a few at Cruickness Point on the 19th and several at the dolphin near Railway pair the next day. There was no activity at the Guvvy pier on the 19th we can but hope!

Another regular summer visitor is the **sand martin**. They breed in the quarry and I heard and saw my first one from the coastal path near Jamestown on the 24th of April. I visited again on the 19th of May and heard them again and was also lucky to see my first **swallow** near the pond.

Other interesting sightings have included a **pair of Canada geese** in West Bay on the first of May and 10 **eider ducks** on the floating mooring later that week. There was also a **whimbrel** calling in Inverkeithing Inner Bay on the 25 of April. **Whimbrel** are small versions of the **curlew** which come to the North of Scotland to breed. They winter in Africa and are seen at coastal feeding spots as they migrate.

Finally a suggestion you visit the Carlingnose Point Reserve. The gorse and broom are both showing well but the bluebells on the rocky knoll demonstrate the result of removing the cotoneaster from that part of the reserve.

John Done

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