



Uphall Village Newsletter

The Community Newsletter of Uphall Community Council

Issue 8 2018

This newsletter is brought to you by your Community Council. We hope you will find it informative. We would like to thank those who have contributed to its publication, the local businesses for their continued support and the volunteers who have helped to deliver the newsletters.

Irene Bishop

Chairperson

Uphall Community Council

The Community Council consists of a body of elected people who have a vested interest in the community in which they live.

Uphall Community Council meet on the third Wednesday of the month at 7 p.m. in the coffee lounge of Uphall Community Centre. A warm welcome is extended to any resident who wishes to attend. Our local councillors also attend and can take up concerns or complaints on our behalf and feed back to us. As a statutory body, we receive a small grant from the council.

On the next page you will see the current members with contact information should you wish us to take up issues on your behalf.

Individual Community Councillors also represent the Community Council at various meetings and attend training sessions.

We have representatives on Broxburn and Uphall Town Centre Management Group, the Senior People's Forum, St John's Hospital and the recently set up Edinburgh Airport Noise Advisory Board.

At present a company has been commissioned by the Town Centre Management group to produce a Heritage Trail from Uphall to Broxburn. Hopefully this will be completed later in the year and will give residents and visitors an insight into our local area.

Please check our Facebook page regularly for news and information concerning our village.

Minutes can be viewed in the Community Centre, the Post Office, library and on-line at Uphall on the web.

www.ucc.org.uk

The Main Street

The Main Street is looking good at the moment with only three shops units empty. We welcome the new businesses to the village and wish them success.

The business premises are looking attractive and in keeping with the conservation area in which they are sited.

We seem to have a health theme on our Main Street and if we had an optician then we would have every aspect covered.



We have had a problem with fly posting of advertising posters for different events. These make our village look untidy as the people responsible never come back to remove them and they do not have permission to put them up.

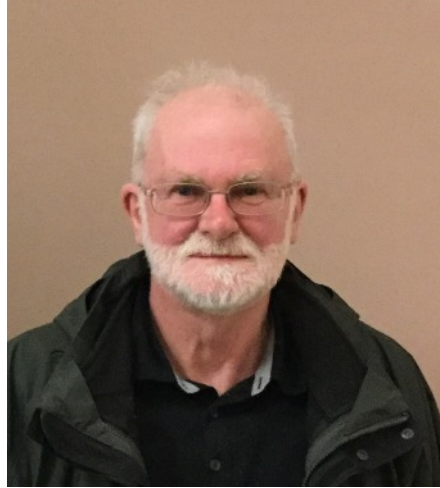
We can all help to improve our surroundings by making sure that we dispose of our litter properly in the bins provided. Dog owners also have a responsibility to pick up and dispose of dog mess appropriately. These are two issues which are often brought up at Community Council meetings. It is disappointing to see our streets, pavements and surrounding countryside strewn with litter. Please be a responsible citizen.

Your Community Councillors



Irene Bishop
Chairperson

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David Flight
Vice Chair



Lynne McEwen
Secretary

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Jeanette Cumberford



Pippa Plevin

uphallccpippa@gmail.com



Liz Scobie

You can contact any of your Community Councillors if you have any issues relating to our area.

We will bring these issues to the table and try to resolve them.

You are welcome to attend Community Council meetings.

Middleton Hall Bowling Club

Middleton Hall Bowling Club dates back to the time of Scottish Oils. Scottish Oils was an amalgamation of small companies who operated in the shale industry in this area.



These individual companies built recreation halls and laid bowling greens for the use of their employees. Middletonhall became the headquarters of Scottish Oils and because of the large number of employees there they laid a bowling green in 1931. The club joined the Scottish Bowling Association in 1932. In December 1963 Scottish Oils wrote to the club explaining as only nine of their employees used the facilities they could no longer finance the club. At a meeting the members decided to make it a private club. An agreement was reached that a small deposit would be paid and it was stipulated that the balance would be paid when the club finances allowed. The balance was finally cleared in 1971.

An extension was built in 1967 and the club obtained it's first liquor licence at the start of the 1968 bowling season. The club has had two extensions since then, a function hall and locker rooms. Today the function room is used for the club's own social events and is also available for hire to non members.

The bowling green is open from April to September and the clubhouse is open all year.

The members take part in various competitions including Club, Inter Club, County and Scottish. **New members** are always **welcome**. If you would like to give it a try but have never played before a free lesson is available for beginners. Coaching is available for Juniors on Tuesdays after school and Saturday mornings contact the club for more details.

There are four categories of membership available

Junior Section	age 7-16	£10 annually
Adults	age 16-65	£90 annually
Senior	over 65	£50 annually
Social		£30 annually

The club host various entertainment acts throughout the year. Forthcoming attractions can be found via their website, Facebook and posters. These evenings are open to members of the public as well as club members.



Christmas Lights Switch On

The Christmas lights were switched on by Fraser Graham, a long standing member of the Community Council . Fraser is also an elder in St Nicholas Church and a trustee of the Open Door.

There was a very good turn out on the evening and we were entertained by pupils from Uphall Primary. Many of those in attendance commented on the event being held indoors being a good idea as can continue irrespective of the weather. Those who wished to go outside with their children were given that opportunity.

There was a surprise visitor for the children when Santa arrived with gifts .The evening was finished with our customary mince pies and mulled wine.

Owing to the fact that there was no newsletter last year there was no report on the previous year's switch on. Mrs Margaret Wilson switched them on and said she had enjoyed the experience. Mrs Wilson has been a regular contributor to the newsletter, giving us an insight as to what life was like in Uphall when she was young. There is another article in this issue giving us an insight to her father's role as the village doctor.

Thanks to the Town Centre Management group, The Community Centre Management Committee, the local ministers, Uphall Primary, Santa and those who helped on the evening to make it a success.

Last Christmas new Christmas Street lights were put up in Uphall, Goschen and Broxburn, these were purchased by the Town Centre Management Group. They were a more modern design than the previous ones. One light, sited at Goschen was designed by one of the local primary pupils following a competition in the schools.

Uphall Gala Day

This year's year the Gala Day will be on Saturday 9th June. The parade will leave Uphall Primary School at 12noon and make it's way to King George V Park for the crowning, presentation and races.

The Royal Party this year will be:

Queen:	Honey Gardner
Ladies in Waiting:	Athena Pearce and Charley Napier
Page Boys:	Logan Stott
Herald:	Eoghan Lumsden
Crown Bearer:	Rylan Stuart

There is a very small Gala committee and **help** is required. If you can assist in any way with the preparation, helping with the parade or in the park for the crowning or races then please contact a committee member or go to the Facebook page. Help to make the day a success for the children of Uphall.

Changes to the Bulky Uplift Service

Changes to the Bulky Uplift Service came into effect on the 1st of April this year. The service which was previously free now incurs a cost of £25 for up to 5 items e.g. a table and 4 chairs. Please check to find out how your items will be counted, a bed frame and the mattress will not count as 1 item (a bed). If you have 6 items the charge will be £50. If you find yourself in this situation it might be worthwhile to speak to neighbours to see if they need to use this service and share the charge.

There are also a list of instructions for the items for pick up. All items must be placed at ground level. Timber and laminate flooring must be no more than 6 feet long and 1 foot wide.

They must be tied or taped into manageable bundles with no protruding nails or screws. All glass objects, mirrors, television screens and glazed units must be taped.

How to prepare a Glass Table

Yes



No



How to prepare a Fridge/Freezer

Yes



No



The following list indicates items which will not be uplifted

- Cast iron washing poles with concrete bases.
- Cement.
- Supermarket trolleys.
- Garage doors.
- Garden rollers.
- Safes.
- Branches.
- Grass clippings
- Garden waste.
- Gas cylinders.
- Motor oil.
- Clinical or hazardous waste.
- Car batteries.
- Storage heaters
- Electric heaters
- Gas appliances.

Good quality, unwanted goods such as furniture, kitchenware and bedding can be donated to Home Aid West Lothian and these will be passed on to needy people in the area. Call 01506 652230.

Glebe Park

West Lothian Council Open Space Strategy identified Glebe Park as a park in need of improvement. This was primarily due to the poor condition of paths and entrance walls, limited seating, and the limited variety of play equipment. In general Uphall has limited formal park provision, so making sure existing parks are in a good condition is particularly important in the area. When surveyed by the Open Space Officer, Glebe Park was considered borderline unfit for purpose.

In summer 2016 the park users were asked for their suggestions for improvement (through an online survey and an open event in the park). Local Councillors and the Community Council were also asked for their feedback. The results of the feedback surveys and officer survey were considered in the context of the available budget and an improvement plan was developed. In particular there was a public desire to provide more seating and more for younger children to do, as well as add some colour to the park. Feedback had also suggested a desire to retain and repair the unique features of the east entrance.

The improvement project is now complete. The park now has several new seats, upgraded pathways, additional tree and bulb planting, new bins, and repaired entrance features. The Play Area has now been extended with a new play unit and swings specifically for toddlers and younger children added. The council now consider the park to be in good condition.

Neil's Hugs Foundation

There is a new West Lothian charity based in Strathbrock Community Centre. The Charity Aim's are:-

To support family members or friends who are struggling to cope with a loved ones attempted or completed suicide.

To raise awareness of the issues of suicide.

To provide a safe space to talk about loved ones.

To improve mental health of people effected by the loss of a loved one or friend.

To reduce suicide by sign posting people to organisations who can help their loved one/friend.



Please Contact Strathbrock Community Centre for further details.

The Community Council would like to draw your attention to changes to the types of vehicles which will be allowed access to the recycling centres. We hope this will avoid anyone from being turned away from the recycling centres and fly tipping the contents. We want our village to be clean and litter free.

Changes to Household Waste Recycling Centres



Changes to Household Waste Recycling Centres

WASTE ACCEPTED

Access to household CRCs is only available to West Lothian residents to dispose of their own household waste. CRC staff may request:

- Photographic Identification (driving licence or passport)
- Proof of residence (council tax bill, bank statement or utility bill (from last 6 months)

All documents must match e.g. names and addresses. Residents who fail to produce documents will not be permitted access and asked to return when they can provide them.

RESTRICTED VEHICLES (See table over leaf)

- All vans (liveried or not liveried)
- Any non crew-cab pickup vehicle (liveried and not liveried)
- Any liveried vehicle
- Any van or pickup with trailers regardless of size
- Any vehicle with single axle trailer over 1.8 meters
- Any vehicle with multiple axle trailers regardless of size
- Any vehicle without side or rear windows
- Any 'flat-bed' vehicle
- Any vehicle with passenger seats removed
- Any vehicle over 5 meters in length
- Mini bus (8 seats or more)
- Any vehicle that staff identify as not primarily a passenger vehicle



Changes to Household Waste Recycling Centres

Vehicle	Image	Vehicle details
Car		Permitted (except commercial use or liveried)
Car with trailer		Permitted (except trailers over 1.8m)
Domestic pickup		Permitted (unless liveried or less than 5 seats)
Van or non-crew pickup		Not permitted (unless exception is granted)
Van or pickup with trailer		Not permitted (unless exception is granted) * vans and pickups with trailers can only access CRCs filling either van/pickup or trailer, not both.
Vehicle with trailer over 1.8m		Not permitted
Commercial vehicle		Not permitted
Flat bed		Not permitted
Minibus		Not permitted (unless there are less than 8 seats)



EXEMPTION-NO PERMIT REQUIRED

A West Lothian household hiring a van for a period of 72 hours or under will be allowed to visit the household CRCs a maximum of 3 times per day, provided the following documents are provided:

- Photographic Identification (driving licence or passport)
- Proof of residence (council tax bill, bank statement or utility bill (from last 6 months)
- Vehicle hire agreement

*All documents must match e.g. names and addresses

EXEMPTION-PERMIT REQUIRED

A West Lothian household hiring a van for over 72 hours or using any restricted vehicles will not be permitted access to the household CRCs and will be asked to leave and return if they are granted a Residential Exemption Permit.

Applicants for Residential Exemption Permit will be required to complete and print a downloadable online form (see web link below) and provide evidence of:

- How their business (if self-employed) or their employer disposes of its commercial waste
- Letter of comfort from their employer (on headed paper) or email from company address granting permission to use the company vehicle for the transportation of waste if not owned by the applicant
- Employment status confirmation from the Department of Work and Pensions or pension provider if the applicant is unemployed or retired

PLEASE NOTE:

A Residential Exemption Permit will allow a West Lothian household using a restricted vehicle to visit the sites a maximum of 24 times per year **to dispose of their own household waste only.** *Please remember to bring:

- Original Residential Exemption Permit (copies will not be accepted)
- Photographic identification (Driving Licence or Passport)
- Proof of residence (council tax bill, bank statement or utility bill (from last 6 months)

CRC staff can refuse entry if they think waste is commercial even after exemption is granted.

COMMERCIAL WASTE INCLUDES:

waste produced or transported by commercial contractors (organisations, commercial premises, traders, charities, landlords, restaurants, hotels etc) even if it originates from residential properties.

This waste will no longer be accepted at and Community Recycling Centre.

To see if you are eligible for exemption or to apply for exemption please visit: <https://www.westlothian.gov.uk/article/26780/Residential-Permits---Community-Recycling-Centres>

For more information on commercial waste disposal please visit: <https://www.westlothian.gov.uk/article/6678/Using-a-Recycling-Centre-for-Trade-Waste>

whscadmin@westlothian.gov.uk

Uphall's own railway

It's hard to believe nowadays, but steam trains used to trundle across West Main Street in Uphall – within the lifetime of people still living! In fact Uphall was surrounded by a network of railway lines. Most of the lines were mineral railways – they were built to serve the shale mines around the village – and there were plenty of these!

Uphall's own railway left the main Bathgate line just east of Uphall station, and set off up to Uphall, skirting the northern edge of Uphall Oil Works and passing between Stankards Bing and Uphall East Bing as it headed towards the village. It crossed the A8 (opened 1932) on a low bridge that older residents will remember, which had to be replaced with a new one in 2002 after a tipper truck collided with it.

Just north of the bridge, the line divided in two: the right hand line went to railway sidings at Middleton Hall. From 1919 to 1962, Middleton Hall was the technical and administrative headquarters of Scottish Oils Limited, the organisation which co-ordinated the Scottish shale industry. Goods for the maintenance workshops there could be brought in and out by railway more conveniently and cheaply than by road transport. Originally the line continued right into the village of Uphall, crossing the Brox Burn by a bridge on the site of the current footbridge behind Muir's Court. The piers of the old bridge still survive – you can see them when you lean over the parapet of the present footbridge. The termination of the line here – on the site just behind the present chemist's shop – was sometimes referred to as Uphall Goods station but it had a brief existence.

The left hand fork of the line had a longer way to go. It came into Uphall just east of the Castlehill cottages, at which point a siding went off to both left and right for loading and unloading goods. Beyond this point, it became in effect a private mineral railway line for Scottish Oils Ltd. It crossed West Main Street by the Castlehill level crossing whose white gates and signal box can be seen in the photograph. Perhaps some of the older folk can still remember 'getting a hurl' on the white gates as they were closed across the road by the signalman to let the steam engine (known as the pug or puggy) go by.

The line headed north, and its route for the first hundred yards or so is now St Andrews Drive. Then it bent round to the left to serve Forkneuk Shale Pit, now built over by the most northerly houses in St Andrews Drive. Then off it went, north across several fields before crossing the Binny (or Lily) Burn, and taking a righthand curve to come in to Ecclesmachan behind the old Binny quarries. You can see the parapet of the bridge under which the railway passed, on the West Binny road. You see the line again, crossing beneath the Uphall road just south of the entrance drive to Binny House. Here there were sidings for the quarries, and for the Binny Brick Works (beneath the northernmost houses of Binny Park).

From here the line heads back eastwards, with a siding to an old pit working at Kirklands Cottage, and it finally terminates at Hopetoun Oil Works. Where were they? Well, you'll remember the Corecut workshops on the road from Broxburn to Winchburgh – between the Faucheldean and Broxburn shale bings? Recently demolished, these were the last remaining buildings of the Hopetoun Oil Works. This little mineral line closed down when the Hopetoun Oil Works closed in 1946.

COFFEE



WINE

DINE

COCKTAILS



OPENING HOURS

Monday	10am - 3pm	
Tuesday	10am - 3pm	
Wednesday	Closed	
Thursday	10am - 3pm	6pm - 10pm
Friday	10am - 3pm	6pm - 11pm
Saturday	10am - 11pm	
Sunday	10am - 4pm	

Email: hello@bistro52.co.uk
Web: www.bistro52.co.uk

For reservations phone: 01506 856669

Catering for functions available

Unfortunately, you can't walk the line of this railway further than St Andrews Drive, but you can walk it to the south of the village: when you take the footpath from Uphall to Uphall Station, you're walking on the trackbed of this old line. Why enjoy a walk there this weekend? It's a pleasant country stroll, and you can climb up the now gentle slope of Uphall East bing. Though you're not very high up, you get a fine view of the surrounding countryside.



Memories of a medical practice in Uphall before the founding of the NHS

Margaret Wilson (nee Thomson, born 1921)

I grew up in a doctor's house long before the NHS started in 1948. Although I was not at the receiving end of medical care, except for the usual children's diseases such as measles, mumps, German measles etc, I would like to give some impressions of medical care before the advent of the NHS.

My father, Dr Robert Thomson, came to Uphall in January 1920 having bought his medical practice and house from Dr Alexander Stewart. Dr Stewart built The Lindens (now next to ABC Hearing), his home and surgery, in Ecclesmachan Road in the 1880's with a later addition built onto the house in 1909. He retired after many years working in Uphall. Sadly he died of cancer shortly after retiring and did not live long enough to enjoy his retirement.

The Lindens had three garages in the garden and it was obvious that these had originally been stables. Dr Stewart must have travelled round the district in horse and carriage. A ladder in the stables led up to a loft where no doubt feedstuffs for the horses was kept. As children my brothers and I would climb up the ladder and play in the loft. Downstairs was a manger and a fireplace, which was lit on very cold days.

Next door to The Lindens Dr Stewart also built the flats known as Lindens Place, which must have been occupied by servants. Beside maids and cooks, he had a driver for his carriage, who also looked after the horses.

My father, on taking over the practice, had a surgery every morning from 10 am to 12 noon. In the afternoon he would go out on his rounds to visit patients in their own homes. If an urgent message came in my mother would phone the Misses Ferries' shop in Middy and leave a message for my father to collect there. Patients also visited the shop to leave messages asking him for a home visit. Messages were also left at Peutherer's the chemist in Greendykes Road, Broxburn, which was also a contact for urgent home visits. No mobile phones then! Father also had evening surgeries from 6pm onwards except for Tuesdays and Wednesdays, his half day off.

On Tuesday evenings a visiting dentist came from Airdrie - later on from Edinburgh- to treat dental problems.

In those days, home confinements were the order of the day and my father was often called out in the middle of the night by someone at the front door - no phones or cars! He had the great help of Nurse Scott, who'd been widowed in the First World War, and latterly Sister Jenny Marshall who was excellent at midwifery. There was also a Mrs Gordon who was called a handywoman and helped at many births. She was not as well trained as the nurses but had attended many home births and was very capable. Any difficult cases were sent to Edinburgh Royal Infirmary or the Elsie Inglis Hospital - no Bangour Hospital or St John's Hospital yet!

Our family meals were organised around my father's work-when we came home from school, my brothers and I would have tea and a sandwich. Supper was after the evening surgery and was quite substantial.

As well as his surgeries and home visits, Father might be called out to accidents, in the shale mines and road traffic accidents, as there was no local accident and emergency hospital care. The Pumpherston crossroads was notorious for road accidents, having no traffic lights. International rugby games and big football matches in Glasgow or Edinburgh and the increased road traffic they caused also contributed to accidents. The A89 was then a three-lane road and careless overtaking led to many accidents.

Father was busy with all his medical work and in addition chaired local meetings of the British Legion, the Red Cross and served as captain of Uphall golf club. Sadly this busy professional life took a strain on his health and he was unable fully to enjoy his retirement.

However he was also a bit of a comic. When his waiting room was full, he used to say "There can't be a very good picture (film) on tonight (at Uphall cinema)!"

There were no blood tests or antibiotics, and a doctor could only rely on his knowledge and experience to reach a diagnosis. Children with scarlet fever or diphtheria were sent to a fever hospital - there was one at the east end of Broxburn to prevent the infection spreading to the rest of the family. Of course the population of Uphall and the surrounding district was not so large in the 1920's and 30's and so fewer doctors were needed.

I have not mentioned how doctors in the early years of the 20th century were paid. Each doctor had a list of panel members. Employees of Scottish Oils, a large local employer, had the cost of medical care for themselves and their families covered by the company, which sent monthly payment to the doctor. Other patients, not covered by employer schemes or "on the panel" paid the doctor directly for their medical treatment - a bill was sent out to them. The fee was usually in guineas (£1.05) rather than just pounds, for some reason!

My father was succeeded in his practice in the late 1940's by my younger brother Dr Ian Thomson, who ran the practice until 1979, latterly in a purpose designed health centre, now demolished, but which was then an innovation in healthcare provision. He and his colleague, Dr Malcolm Dewar, started an appointment system which made life easier for patients as well as themselves.



Image courtesy of www.uphall.org

Advice Shop

Strathbrock Partnership Centre
Every Wednesday 9am -3pm
(appointment only)

Pop-up advice sessions are also available
in many local communities.
Details can be found on
our website.

We can help with:

- Benefits advice
- Money/Debt advice
- Energy advice
- Housing issues
- Appeal Representation

The Advice Shop is a free, impartial and confidential service to help the people of West Lothian, with a focus to alleviate poverty and promote inclusion and equality by providing advice, assistance and advocacy.



For more information call Advice Shop
on 01506 283000

Email: advice.shop@westlothian.gov.uk



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Uphall South Church

Church Services every Sunday from September to June at 11.00 am.
From July to August the Sunday Morning Service is at 10.30 am

Sunday Stars (age 3 -P5) in the church hall
Sunday Club (P6-S6) meet in the Open Door
Crèche in the small meeting room in the church

On the 4th Sunday of each month refreshments are served in the hall
directly after the service

Messy Church is on the 4th Sunday of September, November, January
March and May from 9.30 a.m.- 10.30 am

Activities

Rainbows: meet on Mondays from 5.45 - 6.45 p.m.

Guides: meet on Mondays from 7-9 p.m.

Bible Study Groups: Monday in the small meeting room 2.00 - 3.30 p.m. and Open Door from 7.30 - 9.00 p.m. Tuesday in the small meeting room from 7.30 9.00 p.m.. and Open Door from 7.30 9.00 p.m.

The Prayer Group: meets in the small meeting room at 9.30 a.m. on Wednesdays

The Busy Project: meets in the hall from 3.30- 5.00 p.m. on Wednesdays and Thursdays from August -June

Coffee Mornings: run each Saturday from September to May from 10.30 - noon

Open Church: on the first Saturday of each month from 10.30 - noon

US Men: meet monthly on a Friday from 7.30 p.m. - 9 p.m.

Care and Friendship Group - Cuppa and Chat: on the third Wednesday of the month from 2 p.m. - 3 p.m.

Craft and Ladies Group: meet on the first Thursday of the month from September -June and weekly during July and August from 7.30- 9.30 p.m.

St Nicholas Church

Strathbrock Church has 2 church buildings, St Machan, Ecclesmachan and St Nicholas in Uphall. There is also a church hall in Thomson Court.

Sunday services are held at 10.30 am, alternating monthly between St Machan and St Nicholas church buildings. **Messy Church** events for young people and their families are regularly held at 12.00 noon on a Sunday in the church hall.

Activities

The Girls Brigade meet in the church hall on Monday nights

Boys Brigade meet on Thursday nights. Both companies are very active and popular with young people.

Along with Uphall South Church a **holiday club** is organised in the summer holidays.

Other activities include **Facegroup** (men's group), the **Guild** and flower arranging: all these are held on Tuesday evenings.

There are also prayer groups and house groups and on occasional months, Bible study linked to particular films.

The popular **Thrift Shop** is held on the first Friday of the month in the church hall and will be on during the first week of July.

A craft fair will be held in the church hall at the beginning of October and an Easter craft fair in the spring. The Christmas Fair will be held at the end of November in the Church Hall.

For further information please visit the church website at: www.strathbrockparish.net and the Strathbrock Church Facebook page.

Fire Safety information

Home fire safety visits are carried out for free by your local firefighters. They will visit your property to give advice, fit smoke alarms and help you with an emergency fire plan.



Fire can happen to anyone.

But it is our job to help make sure your home is as safe from fire as it can be. This is why we provide free Home Fire Safety Visits. Our staff can help you spot a possible fire hazard, offer advice and guidance and fit smoke alarms free of charge if your home requires them.

A Home Fire Safety Visit only takes around 20 minutes. And that 20 minutes might just save your life.

Visits are easy to arrange.

A Home Fire Safety Visit can be organised at a time that suits you, day or night. The Service would also like community members to think about anyone they know who could be at risk from fire. It could be a friend, relative, or neighbour.

To book a free Home Fire Safety Visit for you, or for someone you know:

CALL 0800 0731 999
TEXT 'FIRE' TO 80800
or visit www.firescotland.gov.uk

Always ask for official identification - all employees of the Scottish Fire and Rescue Service will be happy to produce this on request.



Fact. Every hour of every day there's a house fire in Scotland.



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

Alternative to the number above please feel free to contact Livingston fire station.

Summer Activities for Children

Two local groups will be providing activities for primary children during the summer holidays.

This summer the Community Centre Management Committee will fund a **Summer Playscheme**.

It will run from over two weeks from the 23 to 27 July and 30 July to 3 August and will cater for children from P1 to P7.

Look out for further details nearer the time. These will be found on posters and the Community Centre Facebook page.

This year The Holiday Club (run by St Nicholas and Uphall South Church) will run from 13th -17th August. The theme this year will be **Showstoppers**.

The Holiday Club will be held in Strathbrock Church Hall and will cater for children about to start P1 to P7. The Holiday Club will operate from 10-12 noon and will be free.



Oatridge Hotel

Steakhouse & Grill

Announcing our new Head Chef (previously at Bar Leo)

Introducing new snack, A La Carte and Specials Menus.
New Pensioners Lunch Deal - 2 meals £10

Early Bird Menu

Two courses £11.95

Three courses £13.95

Mon to Fri 12 - 2 p.m. and 5 - 6 p.m.

Sat & Sun 12 - 4 p.m.

A La Carte

Mon - Fri 12 - 2 p.m. 5 - 9 p.m.

Sat 12 - 9 p.m.

Sun 12 - 8 p.m.

Beer Garden open all year round

Book Now 01506 856465

25% Discount for 2 meals with this voucher



Remembrance Day

This year will mark the end of the First World War and we would ask if people could help by knitting or crocheting poppies.



We would like to be able to cover the fence in front of the War Memorial with poppies. If you can help and need a pattern please contact Irene Bishop or the Community Centre.



Edinburgh Airport Airspace Change Programme

The Community Council advised of the trial of a new flightpath from Edinburgh Airport (TUTUR) in the Uphall Village News (Issue 6) in 2015. Issue 7 noted in 2016 that the trial had been stopped early.

Since then, the Airspace Change Programme (ACP) has been taken forward by Edinburgh Airport Limited (EAL) with two public consultations (June – September 2016 and January – May 2017).

The formal application for airspace change made by EAL to the CAA in August 2017 includes a proposal to double the number of flight paths for aircraft departing to the west from three to six. The new flightpaths include B2 which, if approved by the CAA, would be used daily by approximately 6-7 jet aircraft (mostly transatlantic flights) between 06:00 – 22:59 overflying Uphall, Dechmont and Beecraigs.

The CAA suspended its review into Stage 5 of the ACP in September 2017 until a number of significant issues had been addressed by EAL. EAL anticipates implementation of the airspace change early next year (2019).

More information can be found on the Edinburgh Airport website - www.letsgetfurther.com

EAL also engages with local communities through the Edinburgh Airport Noise Advisory Board, established in August 2017. Communities are represented on the Board by members of the Community Council who attend monthly meetings to consider noise matters arising including the recent Noise Action Plan consultation; the new Noise and Track-keeping system being introduced by EAL; and the placing of noise monitors.

SOS SAVE OUR WILDLIFE

Many of our bird species are in decline and bees and butterflies are in trouble. We can help. A garden can be a nature reserve.

HELPING BIRDS

Keep cats in overnight during the nesting season. Put out a shallow tray of fresh water for drinking and bathing. Feed seeds and nuts (in clean feeders), also mild grated cheese, soaked dried fruit/fruit cake, unsalted hard fats, cold potatoes, apples and pears.

Plant bushes which have berries, plant shrubs and hedging and leave part of the garden wild.

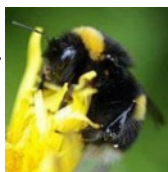
DON'T feed bread.

HELPING BEES

Plant Lavender, Delphiniums, Foxgloves, Poppies and Wallflower.

HELPING BUTTERFLIES

Plant a purple Buddlea, Cosmos, Alysum, Aster and Nasturtium





UPHALL
26 East Main Street
Uphall
EH52 5HY

BROXBURN
6 West Main Street
Broxburn
EH52 5RH

OPENING HOURS

Monday	10am - 6pm
Tuesday	10am - 6pm
Wednesday	3pm - 7pm (Broxburn only)
Thursday	10am - 7pm
Friday	10am - 5pm
Saturday	9am - 1pm (Broxburn 4pm)
Sunday	Closed

Uphall Community Centre

The Community Centre continues to be a well used facility, catering for all age groups from Mother and Toddlers to our senior citizens. The Management Committee are keen to offer a wider range of activities, if you have any suggestions of classes or new groups we would welcome them as we aim to meet the needs of our community. The Management Committee may be able to help with funding for setting up new groups.

A popular course at present, is a children's cookery course. This is equally popular with boys and girls and it is great to see their enthusiasm as they work. This group is funded by the Management Committee.

The Centre now has free Wi-Fi. A loop system, for the hard of hearing, has been installed in both the main hall and the coffee lounge. A lap top, projector, computers, screen, radio microphones and sewing machines are just some of the items available for groups to use.

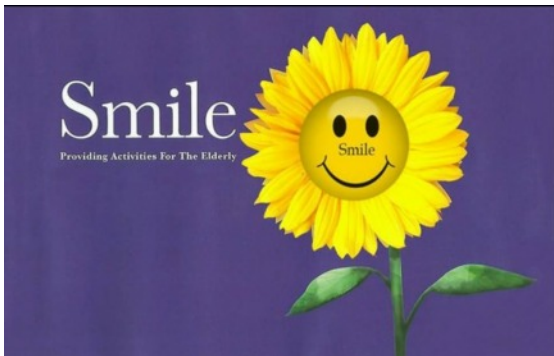
The Community Centre is available for private functions but a minimum of 14 days notice is required, (longer if an alcohol licence is required), to allow for staff cover to be arranged.

Enquiries to Linda Sayers

Tel.: 01506 854451
e-mail: linda.sayers@westlothian.gov.uk

Smile

You may have seen posters or a facebook page advertising SMILE fund raising activities at Middleton Hall, the following article from Middleton Hall explains why they are fundraising.



Smile is a new charity based in Uphall and was set up to build an activity centre for the elderly in the local community.

The aim is to reduce isolation and promote well being, as well as support families, friends and carers who are caring for loved ones with dementia or age-related illnesses.

The charity was set up in March 2017 by Lynn Smith, who has been an Activities Organiser at Middleton Hall Care Home in Uphall for the past 13 years. She says, "Smile is an acronym for "Small Meaningful Interaction Links Everyone" which is what the Smile Team aim to achieve for the residents of Middleton Hall and elderly community of Broxburn & Uphall." Smile's fundraising money will be used to build an activity centre and run a weekly activities programme providing opportunities for the elderly in the community to socialise.

Middleton Hall Care Home which used to be a tennis pavilion for the old house. This has been unused for some time and is in need of renovation. Middleton Hall staff and friends spotted that once renovated it would make a perfect Activity Centre for the elderly and decided to start fundraising to raise money for the project. Once complete, it will allow for an increase in the number of residents taking part in activities as the building has more space and will give the elderly community a centre they can be part of.

"We have had several local groups including a Tai Chi class for older people, art and craft groups, music concerts, coffee mornings and an Irish dance troupe who are all interested in helping this succeed," says Lynn. "Over the next few months we have several fundraising concerts, Come Dine With Me and sponsored events that can be followed on our facebook page."

If you are interested in supporting this project or have fundraising ideas to help build The Smile Activity Centre for our elderly community, please contact Middleton Hall Care Home on **01506 852469** and see the facebook page:

www.facebook.com/smileelderlyactivities

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Uphall Primary School

Things are changing at Uphall Primary. Last summer Mrs Fawkes was appointed as the new headteacher at the school and this year there have been discussions and consultation on a new school uniform.

A decision has now been made. The nursery sweatshirt will continue to be red. Purple has been chosen for sweatshirts, cardigans and polo shirts for P1-6 and black for P7. A tie is now available in the Spirit of Scotland tartan and there is an option of a kilt or pinafore. Skirts, shorts and trousers will be black. Polo shirts will be available in white or purple for gym days. This new uniform will be phased in during the 2018/2019 session. We hope the children will wear it with pride.

A new school badge is also being designed.

Primary 4 pupils have been regular visitors to Middleton Hall care home and these visits are enjoyed by both pupils and care home residents.

In March pupils took part in World Book Week. Some pupils visited the local library and some visited Waterstones book store. This was to promote a love of reading.



Useful Telephone Numbers

Police

101 (non emergency number)
999 (emergency number)

Hospitals

St John's Hospital, Livingston 01506 523000
Edinburgh Royal Infirmary 0131 536 1000
Western General, Edinburgh 0131 537 1000
NHS 24 08454 242424

Health Centre (Strathbrock Partnership Centre)

The Linden Practice 01506 771771
Ferguson Medical Practice 01506 771700
The Wood Medical Practice 01506 771800

Schools

Uphall Primary School 01506 852516
St Nicholas Primary School 01506 853509
Broxburn Academy 01506 282300
St Margaret's Academy 01506 497104

West Lothian Council

All Enquiries 01506 280000
Uphall Community Centre 01506 854451

Local Councillors

Angela Doran 01506 281744
Diane Calder 01506 281749
Janet Campbell 01506 281708
Chris Horne 01506 282246

Churches

Strathbrock Parish Church 01506 856433
Uphall South Parish Church 01506 852788
Broxburn Baptist Church 01506 857092
St John Cantius and Nicholas 01506 852040
New Life Christian Fellowship 07564054377

Local Web Links

Uphall Community Council - www.ucc.org.uk
Uphall On The Web - www.uphall.org
Broxburn Academy -
www.broxburnacademy.westlothian.org.uk
Uphall South Church - www.uphallsouthchurch.org.uk
Strathbrock Parish - www.strathbrockparish.net
The BUSY Project - www.thebusyproject.org.uk
Broxburn and Uphall traders - www.buta.org.uk

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