



Foreign Communities of Alba
ASSOCIATION

Who are we? And what do we do?

Our history

And who are we today

Foreign Communities of Alba Association (known under trading name 'FCA Association') is registered under [SC052771 with the OSCR \(Scottish Charity Regulator\)](#). We are a charity focused on Sports, Recreation, Integration and Removing Social Isolation. We are operating in West Lothian, Falkirk and North Lanarkshire councils in Scotland.

Back in late 2021 five of our founders couldn't find many sports activities for Poles in Falkirk, Bathgate and Whitburn area. They felt a bit depressed, some had addiction history. To not fall into bad habits, they decided to start a football group. It was a stunning success, given that it offered not only sports, but also socialising. People made friends, families met.

Today we are an active group, which has about 300 members. We have three football trainings a week. On top of that a very big hiking group and a lot of volunteering opportunities. We've done loads of socializing and charitable events. Many of us found new friends. We are planning for a bicycling group, DIY group, chess group, a community house and a women football section ... and more. Through our group we have also integrated with locals and this tremendously helped removing the feeling of loneliness and removed the cultural barriers. In some cases helped in finding better jobs.

We are open for anyone to join.



Our activities

Sports and socialising:

- Football trainings (3x a week; about 60 people attend each week)
- Watching football games (regular events, especially when Poland is playing)
- Hiking (we have 5 active hikers atm)
- Barbecues (3 done so far, with about 30-40 people in attendance)

Charitable events:

- The Great Orchestra of Christmas Charity
- Collecting money for our friends in need, providing support
- Charytatywny Bal Dla Romusia (Charity event for an a severely ill Polish kid)
- Fundraising for Falla Hill primary school (collecting cans)
- Cooperation with local Polish schools

Some photos



Currently we are fundraising for Falls hall primary school to take the kids out on trips and give them treats (eg Easter eggs). We are doing this by collecting aluminium drinking cans (soft drinks, beer etc). The aim is to collect 33,000 cans which is approx half a tonne. We have 9,000 cans so we are getting very close to a third of the way there. If you can help, please collect your cans, crush them and place them in a bag. I'm happy to collect from anyone on a Wednesday night at football. Let me know if you need more info.

Ross

Ross

Witam wszystkich,

Obecnie zbieramy fundusze dla szkoły podstawowej na wycieczki, aby zabrać dzieci na wycieczki i obdarowywać je smakołykami (np. jajkami wielkanocnymi). Robimy to poprzez zbieranie aluminiowych puszek po napojach (napojach bezalkoholowych, piwie itp.). Celem jest zebranie 33 000 puszek, czyli ok. pół tony. Mamy 9000 puszek, więc zbliżamy się do jednej trzeciej drogi do celu. Jeśli możesz pomóc, zebraj swoje puszkę, zmiażdż je i umieść w torbie. Z przyjemnością odbiorę od każdego w środowy wieczór w piątek noznej. Daj mi znać, jeśli potrzebujesz więcej informacji.

Ross

Ross



Our plans

- opening a community house or at least community hours, including various activities like chess, talks, cooking, learning skills (like English), counselling and more ...
- opening our own football league and tournaments
- trying out [new type of football](#)
- organizing more social events (like disco nights, ecology tours, and more ...)
- organizing opportunities for training and upskilling
- organizing a volleyball team cooperation
- cooperation with other groups, societies and charities

Charitable events:

- We'd love to run more events to help people in need in West Lothian and surrounding areas
- We plan to cooperate with other charities and companies working for the better good of Scottish people and immigrants
- We'd like to help to integrate more Eastern Europeans and help them to settle in Scotland

How to find us?

Yes, we are really active on social media!

- [TikTok](#)
- [Facebook](#)
- [YouTube](#)
- [Instagram](#)
- [Our Website](#)

Or email us via our website:

<https://fcaassociation.org/contact-us/>

Thank you very much!