

FREE



CLYDESIDER

OUR COMMUNITY'S POSITIVE PRESS

ISSUE 21 Autumn 2022



NEW BEGINNINGS



INSIDE: PATCHWORK PONIES....FUN WITH FUNGI...VIEWS FROM THE CLYDE

POETRY COMPETITION WINNER

The Rent Office (1973)



**Under my roof,
Rent was paid
In 1973, you see –
Just £7.71 a week,
For a single end
(One up, one down).
Often housing eight
Of a family
Ninth on the way?
No money to pay.**

**These eaves of mine
Saw such a lot
The rent man,
even more.**

**And in Govan,
Mary Balfour
stopped folks
from being thrown out.
Recording our history,
No longer a mystery!**

**Mesh-windowed, white house
Now housing 'Clydesider'
Quarterly mag, our stories
inside her**

**Clydesider, that's you and I
Hand us your memories
as you walk on by**

**By Tam Cox
(Clydebank Writers)**

WELCOME

Life can sometimes take us all by surprise.

And we will face times when we need to deal with tough challenges.

As we continue our focus on 'change' through 2022, this issue looks at personal life changes.

Our volunteers and contributors have shared their stories and experiences of caring, coping, cancer, injury and ageing, in the hope it might help others on similar journeys.

This issue also features inspirational individuals such as Melody Whitley, who see human suffering as an opportunity to create positive change in their community.

And in poetry, photography, prose and art, discover how therapeutic activities such as Tai Chi, creativity, travel and nature can offer a new perspective on life when times are tough.

Reading these stories as they arrived in my Inbox has been both humbling and inspiring. I hope they touch your heart as they have mine.

Enjoy!

Amanda Eleftherades-Sherry
Clydesider Editor



ABOUT CLYDESIDER

Clydesider Creative Ltd is a not-for-profit community media social enterprise based in West Dunbartonshire.

The Clydesider community magazine, website and social media promote the positives our area has to offer in terms of people, place, scenery, and history and showcase the creative talents, ideas, and experiences of local people.

Follow us on Facebook, Twitter, Youtube and Instagram. If you would like to get involved and contribute to Clydesider please email theclydesider@gmail.com

Clydesider Creative Mission Statement

Inspiring change by sharing positive stories and solutions, creating opportunities for individuals and organisations to build connections so together we can challenge the negativity and stigma too often associated with our community.

CLYDESIDER CREDITS

A big thank you to our fantastic team of volunteers you are all a true joy to work with. We would also like to thank our advertisers, members and funders. Your support helps us shine a light on the inspirational stories and creative talents in our communities. An additional vote of thanks goes out to all the community groups and organisations helping with the distribution, making sure the magazine reaches those least likely to read our stories online.



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COMMUNITY NEWS ROUND UP

COMMUNITY MAKEOVER

Residents in Dumbarton East joined forces to give the area a makeover this summer.



The community garden event, organised by Dumbarton East and Central Community Council, saw 40 volunteers of all ages get dug into weeding, planting and mulching. By the end of the day bird boxes, raised beds filled with edibles and flowers, and a handmade bug hotel, had transformed the area.

The group is now looking for ideas and funding to make longer term improvements. These could include a Local Place Plan for the area potentially including a community upgrade of Dumbarton East station and a Green Corridor from Dumbarton East park to the Castle to then join the Waterfront path when it is complete.



BEATSON FUNDRAISER BY MARY IRVINE

Paintings donated by local artist Anne Marshall helped raise over £800 for the Beatson at a fundraising night in Dumbarton's Rock Bowling Club.

The auction went well as people vied against each other in bidding for the artwork.

This was followed by Irish Bingo - everyone stood, if the number called was on your card you sat down. Last one standing won the prize.

Then the raffle with lots of quality prizes donated by members of the community.

A really good night and a very relaxed, inclusive atmosphere.

Over £800 was raised which in a time of economic difficulties reflects the generosity of the community towards those more in need.

VALUED CARERS

Local charity Carers of West Dunbartonshire has launched an exciting new initiative to raise the profile of unpaid carers.

The Valued Carers scheme offers a range of discounts, perks and benefits to any carer registered with the charity.

All businesses who join the initiative will be included in the Valued Carers Directory - www.carerswd.org/valued-carer-directory/ - and can take part in Carers Awareness training delivered by the charity.



Jenni McNab, Marketing and Engagement officer for Carers of WD, said: "This is more than just a discount scheme, it's about raising the profile of unpaid carers and all the work they do."

To find out more about the Valued Carers initiative contact Jenni McNab on 07535469592 or email jenni@carerswd.org



NEW HOME

The Big Disability Group has a new home right in the centre of West Dunbartonshire.

The group, which provides support and advice to anyone affected by a disability or chronic illness, moved into the premises previously occupied by the Independent Resource Centre at 627 Dumbarton Road, Dalmuir, in June and have given the building a revamp and improved the disabled access.

Founder Kevin Crawford said: "The new building has already made a massive difference.

"Before we moved we covered referrals by other organisations, now we are able to have different agencies here delivering services."

These include Citizen Advice Bureau, Social Security Scotland, Voice Ability an independent advocate for social security, the Lennox Partnership helps with employment and a lawyer who specialises in benefits advice.

For more information contact 0141 2374560 or e-mail thebigdisabilitygroup@gmail.com



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Clydebank, G81 1EA
0141 952 2000

Kilbowie Road Grocery

393 Kilbowie Road
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0141 435 7700

Faifley Road Grocery

258 Faifley Road
Clydebank, G81 5EH
0141 435 7711

GWR Grocery

2141 - 2143 Gt Western Road
Glasgow, G13 2XX
0141 435 7708

Dalmuir Grocery

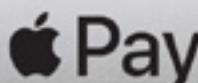
8 Dunn Street
Clydebank, G81 4BQ
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580 Kilbowie Road
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0141 435 7727

Parkhall Grocery

138 Duntocher Road
Clydebank, G81 3NQ
0141 435 7706



Helping Hands

Words & photos by Angela Clark



Life can sometimes feel filled with tragedy.

So it takes a special kind of person to build something positive from the tragic loss of two young lives.

It was the untimely death of Arthur, a homeless man in Glasgow, which started Melody Whitley from Balloch looking for ways to help people.

And this journey has led her to open a 'free' community shop in a building in Clydebank where local student Paige Doherty was murdered in 2016.

Melody explained: "It all started when my friend and I decided to not buy crappy Christmas presents for each other.

"Instead we decided to buy a Christmas dinner for a homeless person through the Social Bite website. They were expecting about 700 requests for meals and ended up with over 10,000. After that, I thought I should be doing something more."

With no experience and not really sure how to begin, she managed to get together a group of helpers including her daughter, who all went to Cadogan Street in Glasgow.

The team of volunteers took clothing to distribute and gave out over 200 sandwiches, made and paid for by themselves.

Melody said: "The food went within five minutes, but the chat went on till midnight.

"There was only one woman there the first week, the second week there were more. A lady came up to me and we were chatting, it was minus six at this point, it was freezing. She said 'I was told you had clothes.' I said yes, just open the boot and take what you like."

As the conversation continued, the woman said her friend Arthur had told her to come and get clothes.

Melody didn't know who she was talking about until the woman gave a description. She then recalled Arthur. He had come in the first week and was so tall none of the clothes would fit him so she told him to come back the following week.

She said: "I told Arthur my nephew had lost lots of weight and I knew his stuff would fit, I had it with me that night to give to him.



"I offered to give it to the woman to pass on to Arthur, but she informed me he had passed away.

"He was 30 and had died of hypothermia.

"I was angry. Angry at myself, at the world. Why didn't I think to go straight up with the clothes?"

Even though Melody knew she couldn't have prevented his death, it made her more determined than ever to keep going and help as many homeless people as possible.

They introduced hot food after Arthur's death and started receiving donations from restaurants that had food left over when Covid hit.

They also received donations of clothes. Unfortunately, many were unsuitable for people on the street, especially items like high heel shoes and suits.

Melody said: "We were getting so many clothes donations that people living in hostels or on the street couldn't use.

"They need things which are easy to wash and dry because all they've got to wash things in is a sink or a shower.

"So we had all these clothes and toys donated to us that we couldn't move and I'm not binning it, as I don't do clothes for cash."

For Melody, it was perfect timing when she was approached and asked if she would be interested in a shop in Clydebank.

She didn't know where it was, but just knew it would be a great opportunity to distribute the clothes she had stacks of and do something for the local community.

When she discovered the shop was the Whitecrook deli where 15-year old Paige had been murdered, she was a bit apprehensive and didn't know how it would be received by people living in the area.

She knew she had to speak with Paige's family before anything was decided. The family agreed to the shop being opened and used in a positive way to help people.

Melody said: "I spoke to Paige's mum, Pamela and she was happy for it to go ahead, so we said yes and got the keys in March.

"We started decorating and just changed the interior of the shop and put a little kitchen in.

"The people in the community

have been absolutely fantastic and are happy the shop is open again. People have said it has improved the area and it's really busy."

The shop has become a positive community space for Whitecrook.

People come in and get clothes or household items, or they can just pop in for a cup of tea, sit outside and have a chat.

One resident said: "It's bringing more positive vibes to the community. It's helping people out. People are no longer walking by the shop, staring in as if it were a reminder of what happened.

"And the wee colored butterflies on the wall help brighten up the building. It's great.

"People come and donate stuff and it helps others out and it's not costing anything, in these times that's a good thing because people cannae afford a lot of stuff.

"People come along and sit outside on the chairs, they have a chat and it gets them out of the house.

"A lot of people have suffered mentally over the Covid period, it has definitely helped me with my mental health."

Everything in the shop is free and there are no criteria to 'shop'. However, to ensure the goods are distributed fairly visitors are restricted to five items per week.

The shop in Fleming Avenue, Clydebank is open on Monday, Wednesday and Saturday between 10.30am and 5pm. Donations can also be made on these days and times. For more information contact Melody Whitley on 07966062495 or email Info@help4thehomeless.co.uk

Value in Volunteering

by Angela Clark



Volunteering is a great way to help others, build your confidence and overcome your own difficulties.

Audrey O'Neil loves her role as a volunteer with Help 4 The Homeless shop in Fleming Avenue, Whitecrook and has been there since it opened.

Audrey said: "I walked by the shop one day after it had opened. I went in and saw that

Melody needed some help. So before I knew it I was there all day, then the next day and now I'm a full-time volunteer.

"It has helped my mental health a lot. I lost my Ma in January and my Da in March. It was too much, but volunteering here keeps me busy."

Keeping busy in her community and helping others is also having a positive impact on other people's lives.

Audrey recalls one young boy who came into the shop looking for dress clothes as he had nothing to wear to a night out with friends.

She said: "A wee guy had come into the shop, he was about 10 years old. He told me his pals were having a night out and it was dressy and he had nothing to wear.

"I found him a shirt and trousers but he was a bit unsure they would fit him so I gave him more stuff to try on at home.

"He came back to the shop wearing the clothes and asked me how he looked. He looked smashing. He was over the moon because he had nothing, it felt so good being able to help."

If you would like to contribute your time or recycle unwanted items that would benefit others contact Melody Whitley on 07966062495 info@help4thehomeless.co.uk

"the place for every carer to turn to"

Valued Carers

Unpaid carers living in West Dunbartonshire are at the heart of everything we do, and we wanted to show community-wide support for carers.

In July we launched our Valued Carer initiative and are now working alongside more local businesses.

We developed this initiative to support our unpaid carers who were amongst those hit hardest by the pandemic, while also encouraging local people to support local businesses.

While carers registered with Carers of West Dunbartonshire will receive a Valued Carer Card and be able to access unique discounts, promotions and services – the card plays a greater role within the initiative.

It also lets local carers know every local store or business who display a Valued Carer logo appreciate what they do and recognise the thousands of hours of unpaid care delivered by local people every year.

For many carers this is as important as the discount.

Lynn Cochrane is a full-time carer for her elderly father. Speaking at our launch event in the Abbotsford Hotel, she said: "To see a sign in a shop window to say 'Valued Carer' goes a long, long way."

"During the past couple of years, Carers of West Dunbartonshire were my only contact with the outside world.

"But now I know I can go into any shop with that sign on and someone will listen to me on the days I don't have anyone else to talk to. It means so much."

There are 10,000 unpaid carers in West Dunbartonshire and everyone who is registered with us is entitled to a Valued Carer card.

West Dunbartonshire Health and Social Care Partnership is backing the Valued Carer card by encouraging every local business they commission services from to sign up to support the initiative.

We want to give something back to the local businesses who join the scheme so we are offering Carer Awareness Training sessions which can be done in-person or online.

We have also partnered with Clydesider magazine. They provide us with free magazines for our carers and will offer a 5% discount to any of their advertisers who sign up to the Valued Carer Initiative.

Check out who is supporting Valued Carer on our Valued Carer Directory – www.carerswd.org/valued-carer-directory/



If you have any questions about Valued Carer, please contact Jenni McNab on 07535469592 or email jenni@carerswd.org

SPONSORED EDITORIAL

MEN MATTER SCOTLAND

Men Matter Scotland is a peer support network for men aged 16+.

You do not have to be struggling with your mental health to access our services, we have a prevention approach and would encourage any man to come along and check out our base at 20 Drumchapel Road.



Also if you are struggling with your mental health please make contact, it could just be the start of a new happier hopeful life for you and those who care most about you.

From our Gym to our DJ music room, we have it all and it's ready to be accessed and enjoyed by you.

Here are just a few things we do. Come along and join the fun.



- **Football charity game at Holm Park** - Men Matter took on Clydebank AFC in this free to view game with all donations going straight to Men Matter Scotland.
- **Men Matter DJ night** - we hosted over 100 people at our DJ fundraiser where two of our members have been learning how to mix music GBX style by DJ Jason Allan. Members Del McGuire and Paul Magee whipped the crowd into a frenzy with some fantastic tunes. If this type of training is something you would like to take part in please drop us an email, details below.
- **Allotment Project** - we are looking for green fingered volunteers to help with our brand-new allotment in Drumchapel, we have all the tools but are putting out a request for raised beds and planters if any handy men would like to get involved in that side.
- **Podcast** - we have a fantastic podcast where men share their stories of trouble and the journey to happier times, the podcast provides hope to listeners and a companion on a journey they may well be travelling right now. From youth workers to ACES practitioners we have it all. Also, if you're a man who has his own story to tell please get in touch with us and we can schedule you into our guestlist.
- **Hub Volunteers** - Men Matter Scotland is what it is due to our incredible volunteers, we are always ready to accept new additions to our team and if you feel that you could offer support, guidance and even just an extra set of hands around the place we would be excited to meet with you. All our volunteers receive in-house training from qualified staff and outside facilitators.



Visit us:
20 Drumchapel Road (Side Entrance)
G15 6QE Glasgow

Hours
Monday–Friday
10.30am – 9pm

Keep an eye on the website for future weekend openings.

Contact us:
0141 944 7900
contact@menmatterscotland.org

www.menmatterscotland.org



CLYDESIDER MEMBERSHIP



 ko-fi.com/clydesider/

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- » Every issue of Clydesider posted direct to your door (additional overseas postage costs apply)
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CLAIM WHAT'S YOURS – CLYDESIDER CAMPAIGN

Caring for the Carers

BY AMANDA ELEFTHERIADES



"I didn't have a clue about benefits before Sarah died, she dealt with all of that."

Steven Rocks from Clydebank, worked as a delivery driver and then a chef in the Jasmine Chinese restaurant in Dumbarton.

The only time he had signed on was for three months after a summer season working in Blackpool when he was 18.

But after the unexpected death of his partner he suddenly found himself the full-time carer for three young boys with additional support needs.

His twins Dylan and Jamie were 12, and their younger brother Kyle just nine at the time of their mother's death.

Steven explained: "The twins have an XYY chromosome disorder which has led to schizophrenia, Kyle has partial chromosome disorder which means he has learning difficulties and ADHD.

"After Sarah died, I had to give

up my work to look after the kids full-time. They have so many appointments and they can't be left alone."

Unsure where to turn Steven was advised to go to the Carers of West Dunbartonshire in Clydebank. They put him in contact with the Citizens Advice Bureau and the Independent Resource Centre.

"It was a great help," Steven said. "They helped me fill in my forms as I'm dyslexic."

"I was struggling, I had no food in the house and I took Kyle with me to the Job Centre and they gave me an £80 voucher for Asda to tide us over.

"I just didn't have a clue. Not only are you grieving you're trying to make sure your kids are okay, thinking about finances; it's a terrible position to be in, I wouldn't wish it on anyone."

His advice to anyone who does find themselves in a similar position is "don't let pride get in your way."

He added: "There are people out there who will help. Go and talk to Citizens Advice or if you're a carer go to the Carers

Centre, go and get help."

"We're brought up to feel as men we're meant to be the breadwinner but the more you delay the longer it's going to take getting started."

"Try and remain strong and positive because it will get better; don't despair, you will find yourself in a better place."

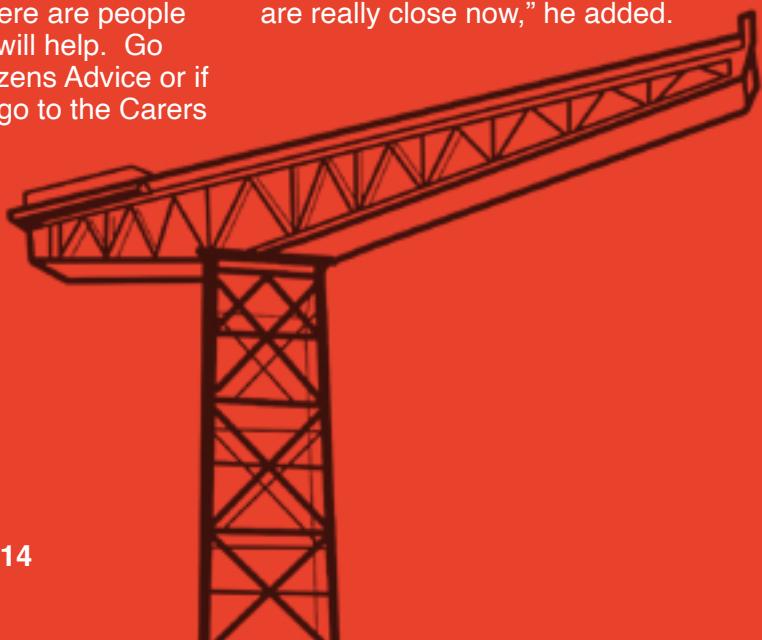
"Things are a lot better now, we do a lot of things together as a family."

"The boys' attention span isn't great so I try to get them out as much as possible, they love camping, fishing and going to stay in the bothies."

The Family Fund, available through the Carers of West Dunbartonshire, has also helped pay for trips to Haven holiday parks for the boys.

The twins now 20, are attending college and Kyle at 17 is at school. Though things aren't always plain sailing Steven feels the help he received when the boys were younger has made all the difference.

"Spending time together as a family has paid off, my weans are really close now," he added.



BENEFIT SPOTLIGHT

Benefits for Carers

BY AMANDA ELEFTHERIADES

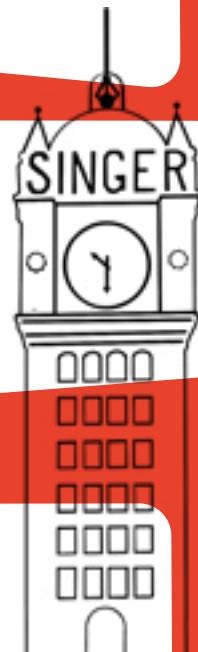
Who is it for?



There are three different benefits/awards people in Scotland could be eligible for if they are caring for someone.

- **Carer's Allowance** – is available for someone with earnings (after NI and expenses) of £132 or less a week, who spends at least 35 hours a week caring for a person who is in receipt of certain benefits. This includes helping with washing and cooking, household tasks such as shopping, managing bills and cleaning and taking the person for medical appointments. More details available at <https://www.gov.uk/carers-allowance/eligibility> You do not have to be related or live with the person you care for.
- **Carer's Allowance Supplement** – this is an additional allowance for people in Scotland who get Carer's Allowance on a specific date. It is paid twice a year.
- **Young Carer grant** – for young people in Scotland age 16 – 18 who have been caring for someone for at least 16 hours a week for the past three months. If you are caring for more than one person the hours can be combined to average 16 hours.

How much is it?



- **Carer's Allowance** is £69.70 per week, you can choose to be paid weekly or every four weeks.
- **Carer's Allowance Supplement** is two payments of £245.70 payable twice a year in June and December
- **Young Carer grant** is £326.65 which can be applied for annually until you turn 19

Anything else I should know?

For each week you receive Carer's Allowance you will also be entitled to National Insurance credits and if you are eligible for a Carer's Allowance or grant you may also be entitled to other benefits such as a reduction in your Council Tax, Pension Credit, local authority grants and awards. Carer's Allowance doesn't count towards the benefit cap.

If you receive Carer's Allowance the person you care for will usually stop receiving any severe disability payment paid with their benefits or pension credit.

How do I make a claim?



- **Carer's Allowance** is paid by the Department of Work and Pensions. Applications can be made online at <https://www.gov.uk/carers-allowance/how-to-claim>
- **Carer's Allowance Supplement** is paid by Social Security Scotland and you will receive a letter informing you about the payments. The most recent payment was made on 10 June, if you think you are entitled to it and haven't received it you can call Social Security Scotland on Freephone: 0800 182 2222 (8am to 6pm, Monday to Friday)
- **Young Carer grant** is paid by Social Security Scotland and applications can be made online at <https://www.mygov.scot/young-carer-grant/how-to-apply> or by calling 0800 182 2222 to apply over the phone.

Citizens Advice Scotland provide a free Help to Claim Helpline available Monday to Friday, 8am-6pm on 0800 023 2581 or contact WD Citizens Advice Bureau on 0800 484 0136 or visit www.wdcab.co.uk/contact-us

Carers of West Dunbartonshire provide a wide range of support and advice for all unpaid adult carers living in West Dunbartonshire. You can find out more about the support on offer at <https://carerswd.org/our-services/> or call 0141 9411550

Supporting People in Their Communities

At Social Security Scotland we want to ensure everyone gets the payments they are entitled to.

We offer a variety of ways people can apply for benefits – including online, by phone or face-to-face appointments.

We currently deliver twelve benefits for people on low incomes, carers, families and disabled people.

Our newest benefit Adult Disability Payment, became available in West Dunbartonshire from August 29.

It replaces Personal Independence Payment (PIP) in Scotland, previously delivered by the Department for Work and Pensions.

Adult Disability Payment will enable us to take a very different approach to delivering disability assistance in Scotland.

This has been developed around our principles of dignity, fairness and respect and in partnership with people who have experience of Personal Independence Payment.

We have made significant changes so people have a positive, compassionate experience when applying.

Our team can support people in West Dunbartonshire, either in their home or at a local community venue, fill out applications and understand more about the process of applying for benefits.

The team has already supported several hundred people applying for our benefits.

One parent told us he would not have attempted to apply for Child Disability Payment on behalf of his son without support, as he has dyslexia and really struggles filling in forms.

He also had anxiety and said he felt comfortable with the Local Delivery Client Support Adviser in his home to help fill in the form and answer questions in detail.

More information on our benefits including eligibility can be found on www.mygov.scot.

Request a Local Delivery appointment either at home, in a local venue or by phone or video call by calling 0800 182 2222.

BENEFITS SUPPORT

WEST DUNBARTONSHIRE CITIZENS ADVICE BUREAU - Freephone 0800 484 0136 (Mon-Thu 8:30am - 4:30pm, Fri 8:30am-3pm)
www.wdcab.co.uk

WORKING4U MONEY - West Dunbartonshire Council's money advice service providing support with benefits, debt and money issues. Call 01389 776929 or email wrmas@west-dunbarton.gov.uk

HOME ENERGY SCOTLAND - help, advice and financial support to reduce heating bills
0808 8082282
www.homeenergyscotland.org

CHILD POVERTY ACTION GROUP - information about benefits in Scotland:
www.cpag.org.uk/scotland/welfare-rights/scottish-benefits

ENTITLED TO - free online benefits calculator blog: www.entitledto.co.uk plus www.entitledto.co.uk/help/coronavirus-help (benefits and coronavirus)

MONEY & DEBT ADVICE

ADVICE DIRECT SCOTLAND - provide free, independent advice via phone, SMS, web chat, email, online and through social media
www.advisedirect.scot

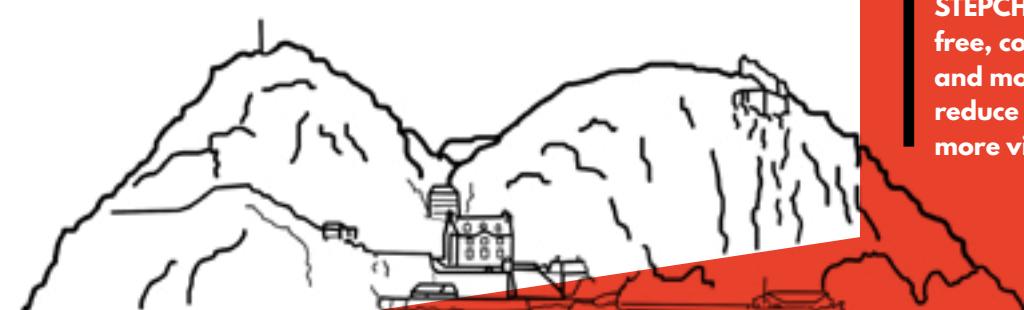
CHRISTIANS AGAINST POVERTY - provide free debt help. Locally work in partnership with West Dunbartonshire Debt Centre to offer a home visiting service for people experiencing unmanageable debt.

The service is free and available to people of any faith or none. Martin Lewis of the Money Show is one of CAP's patrons.

To access support call their Helpline on 0800 328 0006 (Mon-Thu 9:30am-5pm, Fri 9:30am-3:30pm) or visit www.capuk.org

NATIONAL DEBT LINE - charity giving free and independent debt advice over the phone and online. Call free on 0808 808 4000, Monday to Friday 9am - 8pm and Saturday 9:30 am - 1pm or to Webchat with an advisor visit www.nationaldebtline.org

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GETTING CREATIVE WITH CLYDESiDER & FRIENDS

PHOTOS BY KATIE KENNEDY, HARVEY SMART

We were delighted to bring our Creative Cafés back this summer, with an arty extravaganza in the Work Connect Training Suite in Levengrove Park.

With over 50 adults and children attending, all activities and workshops were busy.

With a photography workshop, nature walk, creative collaging, paint-your-own plant pot, textiles and paper boat-making, visitors could take their pick of how to tap into their inner creative.

Our Pop-up Newsroom stall was also open, giving us a chance to hear what news our community wants to read.

And our community partners shared information, advice and some more creative fun and goodies with everyone who popped in.

We also unveiled our Community Canvas, created last year when we had to remain distanced from one another.

Locals and community groups worked individually to create this multi-media canvas which is currently on display in the Work Connect Training Suite.

The Creative Café event was funded by the Corra Foundation's Shift the Power grant and the Community Canvas was part of our National Lottery Community Fund project.





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New Home Needed

by the Patchwork Ponies



We urgently need a new home to live out our days in peace.

At Patchwork Ponies we face losing our field via compulsory purchase and we need your help.

We do local visits to care homes and places such as Kilpatrick School, where the children love us and we would love to continue our work.

We need a place to live and run our little enterprise from, as we would love people to come and visit us.

Right now, we can go out to them but we could offer so much more if we had our own place.

Our owner kindly bought us such a place but it looks as if it will be compulsorily purchased from her.

We are all very sad and scared we will get sick and old and have nowhere to call home.

We don't need a lot of room. Our owner can work hard to make it a good place if it isn't 100% suitable right away.

She loves us very much and will do everything she can but she needs some help.

We can't live on a livery yard as some of us are elderly or have chronic illnesses.

Our owners spend a lot of time and money keeping us well but not everywhere is suitable for us to live.

She needs to be able to visit at night and we are not all allowed to eat grass as it's very bad for us and we could die if we eat too much.

Whiskey is a rescue pony who has been passed around his whole life. He deserves a forever home especially now he is getting on and has developed an illness.

Buddy is our oldest who came from a terrible home where he was hit. He is very scared of new things and also needs medication every day, he can't eat too much grass or it will kill him.

Morven is scared of new things and has to be very careful what he eats due to a previous incident which left him with a chronic illness.

Charlie Magee had many homes before he was even one year old and although he is a confident little boy, he needs his weight managed or he will get the illness that nearly cost him his life a few years ago.

We are all friends and want to live together with our owner who loves us very much.

We will consider anywhere in West or East Dunbartonshire, we need about an acre, preferably more.

Our owner has money to buy the land but needs someone willing to sell it to her.

If you have a piece of land you don't need and want to help us, please get in touch.

We can be contacted via Clydesider magazine or via our Facebook pages -Patchwork Ponies or the saveourfield page.

We can't read by ourselves but our owner will read all messages and if we approve of the new place she will buy it for us.

Thank you for reading, we hope you can help.

Buddy (31), Morven (17), Charlie Magee (15) and Whiskey (16) - the Patchwork Ponies.



Jackie Baillie

MSP for Dumbarton constituency

Constituent Advice Surgeries:

Third Friday of every month:

Alexandria Library, Gilmour Street, Alexandria

2.45pm-3.45pm

Helensburgh Parish Church, Colquhoun St, Helensburgh

4.45pm-5.45pm

Dumbarton Constituency Office, Church Street, Dumbarton

6.30pm-7.30pm

Constituents can also contact me at any time by email at jackie.baillie.msp@parliament.scot or call 01389 734214.



The Scottish Parliament
Pàrlamaid na h-Alba

Contact Jackie

Office: 6 Church Street, Dumbarton, G82 1QJ. Email: jackie.baillie.msp@parliament.scot. Telephone: 01389 734214

The costs of this publication have been met from parliamentary resources.

FUN WITH FUNGI

WORDS & PHOTOS BY HARVEY SMART

When you go for a walk in the woods, what do you see?

If you are anything like I was, you will notice trees, leaves, dead wood, the occasional flower, birds and insects. But few people notice the incredible world of fungi that thrives almost everywhere you might cast your gaze.

It wasn't until the lockdown of 2020 that I really started noticing these fascinating but misunderstood organisms for the first time. Forced to retrace the same route through my local park every day, I began to see things I hadn't before.

Mushrooms. I had never been the biggest fan of them, I liked a good creamy mushroom soup or pasta, but beyond that, I had only thought of them in passing. Things that dwelt in the dark and damp, potentially deadly if consumed and only noticed in nature if they were large and brightly coloured, like the distinctive red, white spotted Fly Agaric - *Amanita Muscaria*, that would not have looked out of place in a fairytale.

But now on my daily walks through the park, as summer turned to autumn - the most bountiful season for fungi - I began to see them everywhere.

In the open grass of football fields, at the roots of trees, high above my head on their trunks and entirely covering their fallen forms.

Fungi are an incredibly important part of not only the ecosystem of the forest, but our entire world. They are the great decomposers, turning dead organic material into soil and substrate that will be used to nourish the next generation of plants and animals.

Here in Scotland, we often complain about the wet weather, but the rain provides the perfect habitat for fungi to

thrive, particularly in the west, in what's considered to be temperate rainforest.

In the Vale of Leven particularly, you can find the remnants of ancient native woodlands, with oak and beech trees easily over 300 years old, supporting many species of fungi.

And this time of year is the perfect time to spot mushrooms.

They can take many forms - some are hard and woody, and are perennial, growing in size with every passing year, like this Hoof Fungus, which was used by our ancestors as tinder for starting fires and can often be found on dead, standing wood.

Some fungi are almost alien looking, taking bizarre forms, such as Yellow Staghorn, which dwells on roots and stumps of dead and dying coniferous trees.

If you have a garden or lawn, you may notice an array of mushrooms, particularly after a heavy rain. Congratulations! This means your soil is healthy and those fungi are breaking down the material which plants can't.

Grass dwelling mushrooms used to be incredibly common, with every field, pasture and meadow filled by a diverse variety of fungi.

Unfortunately, now due to modern agriculture techniques and nitrate heavy fertilizers, this habitat is becoming increasingly endangered. In fact, often the best place to find these mushrooms is in parks and gardens.

For every plant, there is usually an associated fungal parasite.

Some of these are known as rust fungi, which are quite common, taking an orange,



AMANITA MUSCARIA



HOOF FUNGUS



CALOCERA VIScosa



PORPOLOMOPSIS CALYPTIFORMIS

powdery appearance, such as the Bramble Leaf Rust, which grows on raspberries and blackberries, and Nettle Rust, which grows on the stems of stinging nettles and when viewed up close, looks almost like tiny flowers.

The last thing I'm going to leave you to spot for yourself can be found almost anywhere.

Lichens! They are actually a composite of two separate organisms, an alga and a fungus, working together in a symbiotic relationship, the fungus providing a home for the alga and in return receiving carbohydrates from photosynthesis.

They come in some amazing forms, some coral like, some leafy, and other crusty and powdery.

Hopefully now you know a bit more about these incredible organisms, so get out there and try to identify some! Who knows, you may find yourself a new hobby, hooked on a lifelong fungal treasure hunt!

To see more pictures, and to learn more about our fungal friends, follow my Instagram page – hrvsmart_mycology



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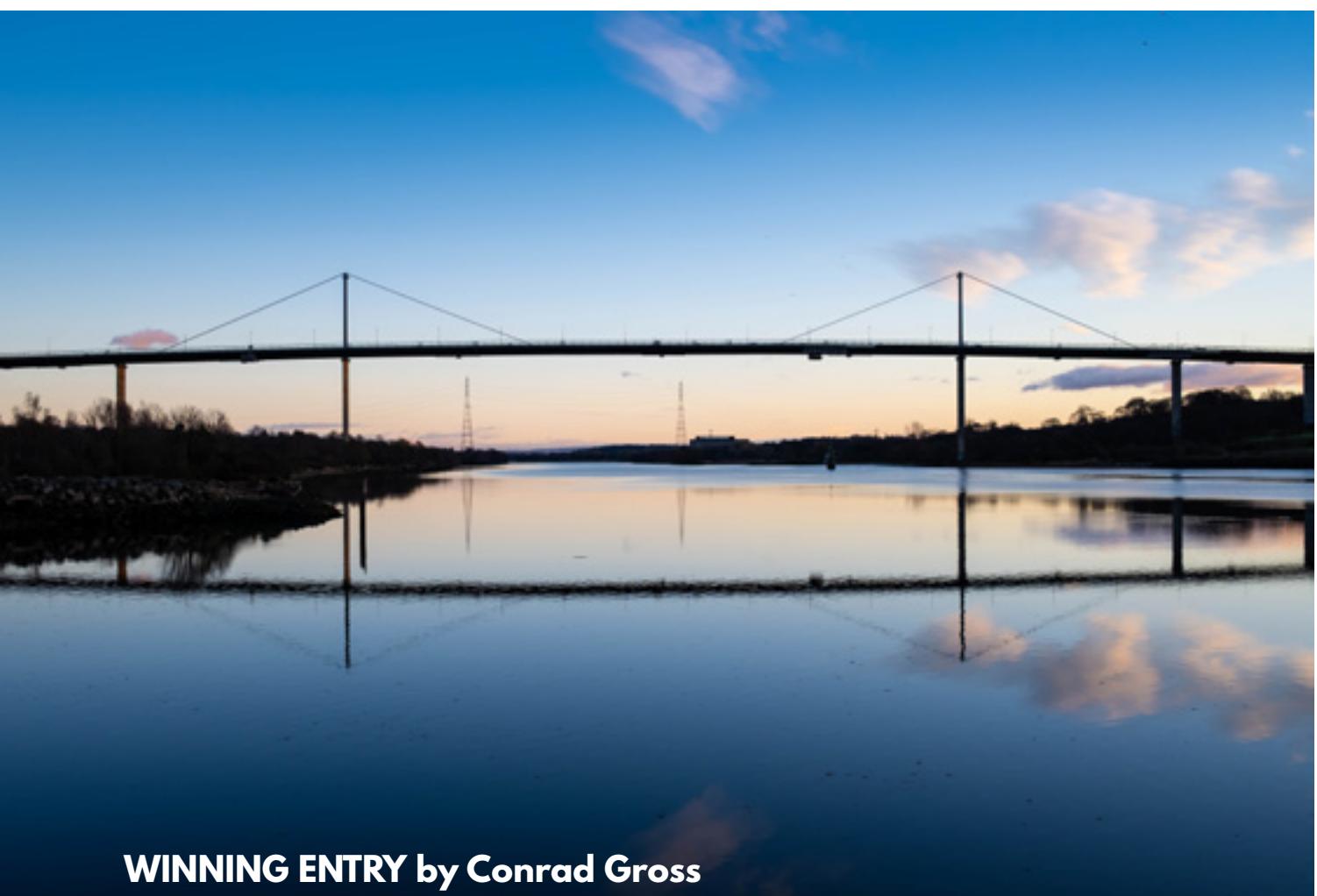
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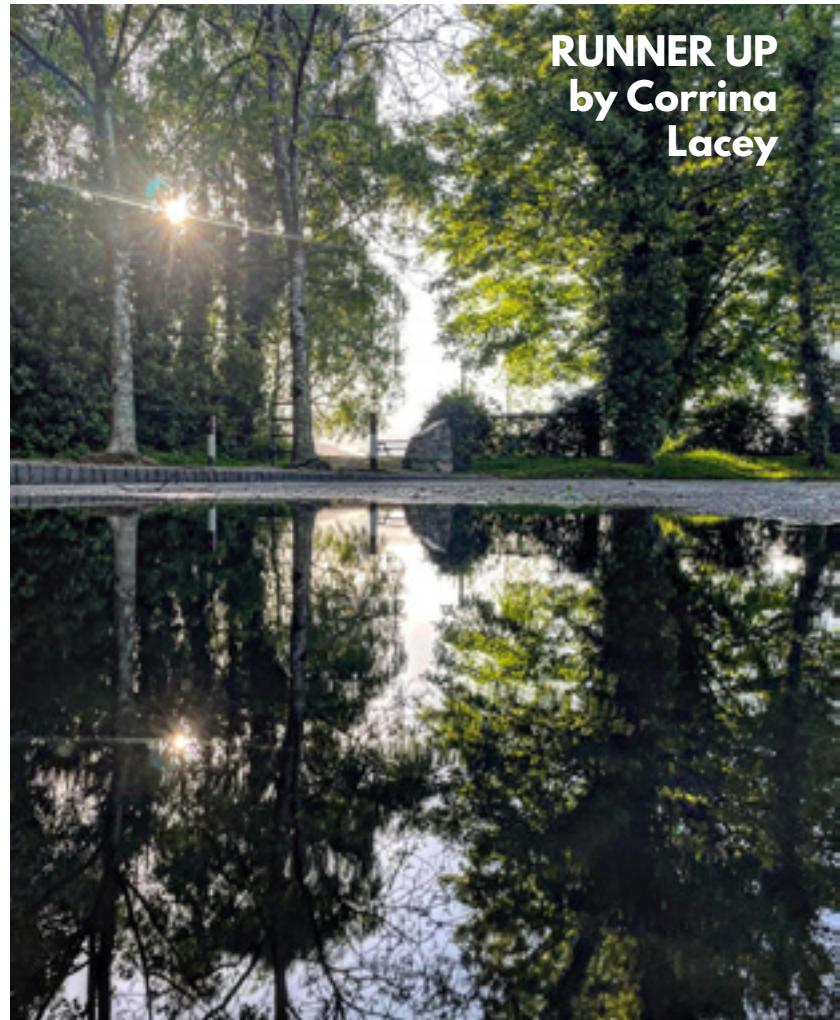


WINNING ENTRY by Conrad Gross

Congratulations to our winner and thank you to everyone who entered the competition.

Keep an eye on our social media for a slideshow of all entries.

The competition theme for our next issue is Autumn, see page 45 for details on how to enter.



RUNNER UP
by Corrina Lacey



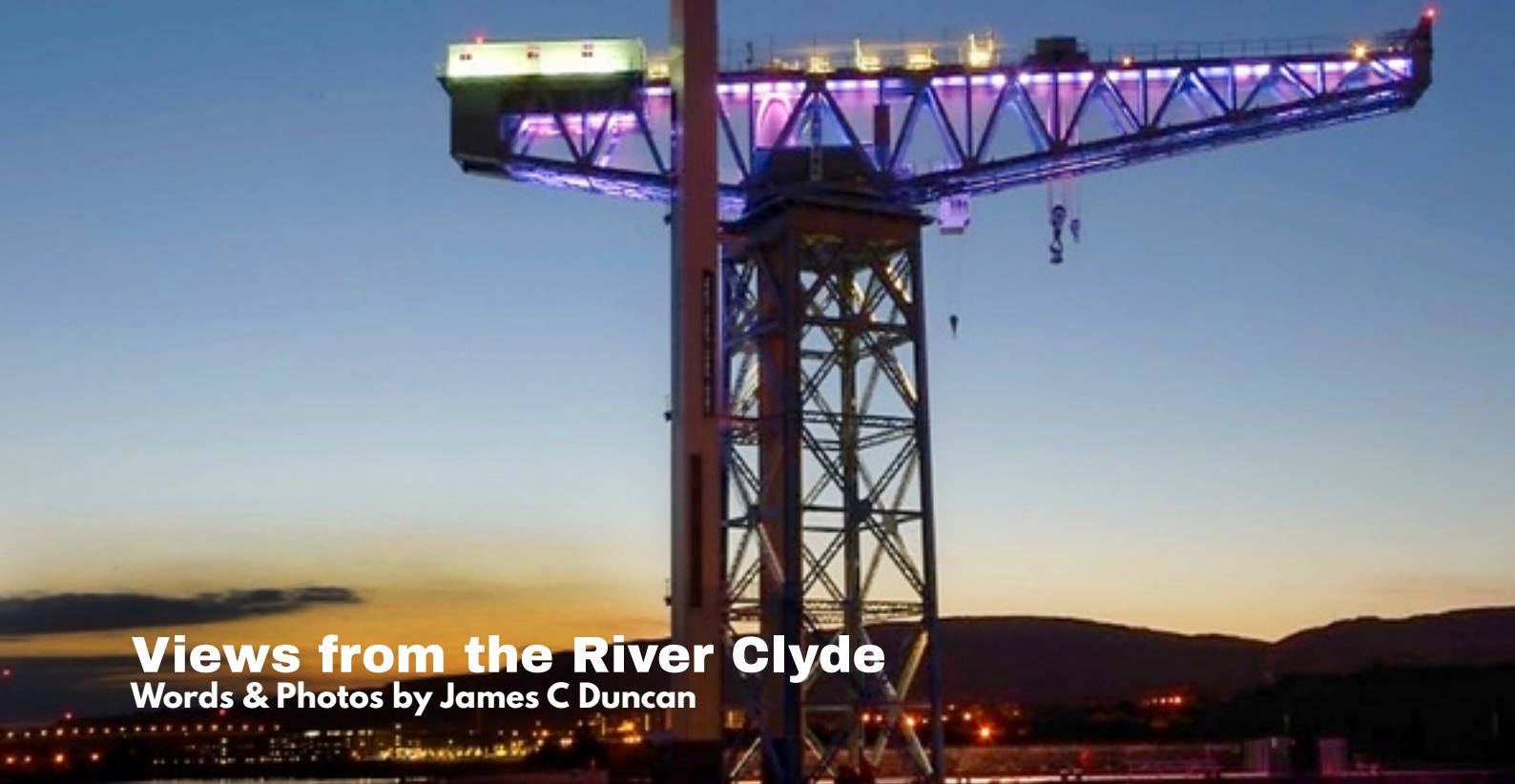
RUNNER UP by Lindsay Allan



COMPETITION ENTRY by Iain McLaren



COMPETITION ENTRY
by John Malone



Views from the River Clyde

Words & Photos by James C Duncan

TITAN CRANE, CLYDEBANK

Over 100 years old, originally built for the John Brown & Company Shipyard, the crane was designed by Sir William Arrol, and is one of four remaining on the River Clyde.

The giant 150-tonne cantilever crane was erected around 1907 for what was then the largest shipbuilding company in the world. It was intended to move heavy machinery.



BELL MONUMENT, DUNGLASS, BOWLING

Henry Bell achieved fame when he designed the paddle steamer P.S. Comet. This was launched in 1812 and provided the first regular steamship service on the Clyde. It was in fact the first commercially viable passenger steamboat service in Europe and ran between Glasgow and Greenock.

This was such an achievement that not only was this monument erected to him here, but another obelisk can be found on the esplanade in Helensburgh and a replica of the Comet in Port Glasgow.



PS WAVERLEY

Celebrating her 75th Diamond Jubilee this year since her maiden voyage on June 16 1947. The Waverley was the “new” Clyde steamer in a post-war world. Unknown at that time she would be the last steamer built to serve the Clyde coast and would become the last seagoing paddle steamer in the world.



ARDMORE POINT

Ardmore Point, between Cardross and Helensburgh, has stunning views across the Clyde and you can see the 'Sugar Boat' shipwreck from here.

On the night of January 27 1974 fierce winds were battering Scotland's west coast. Moored on the River Clyde, waiting to unload its cargo of raw east African sugar for the Tate & Lyle refinery in Greenock, the MV Captayannis took the full force of the storm. For almost 50 years its rusting hulk has risen, whale-like, from the waters of the River Clyde. A plan to blow it up was shelved because of its proximity to the Ardmore Point bird sanctuary.

The elements are slowly eroding the Sugar Boat but for the foreseeable future, it remains as much a part of the Clyde landscape as the hills that surround it.

Ardmore Point is a great site for birdwatchers to see wintering Slavonian Grebe with the Clyde now being of international importance for the species.

Also large numbers of Curlew and Oystercatcher roost both the North and South bays at high tide along with smaller numbers of Redshank, Grey Plover, Knot, Black-tailed and Bar-tailed Godwit, Whimbrel, Red-throated Divers, Great Crested Grebe, Eider, Red-breasted Merganser, Shag, Black Guillemot, Shelduck etc.



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THE YARDMEN

WORKS OF ART

Further down the coast we come across two of the newest works of public art recently installed at Port Glasgow and Greenock.

The gigantic 'Shipbuilders of the Clyde' 33ft stainless steel figures, designed and built by famous artist John McKenna stand proud and tall in Port Glasgow's Coronation Park.

While at the waterfront in neighbouring Greenock the 'The Yardmen' by artist Jason Orr are the smallest works of art, celebrating Inverclyde's rich shipbuilding heritage in miniature form.

The 12-inch tall figures represent the lives and work of the ordinary people who built the Clyde coast, and the skills of all of the workers who committed blood, sweat and tears to the shipbuilding industry.

ACROSS THE CLYDE

At Langbank, one of my favourite views from the River Clyde, is Dumbarton Rock and Castle with Ben Lomond, Scotland's most southerly Munro (mountain over 3000ft) dominating the background.

The main building which can be seen on the Rock is the Governor's House with the Guard House just above it. Dumbarton Castle has the longest recorded history of any stronghold in Scotland. It sits on a plug of volcanic basalt created over 330 million years ago and is 240 ft high, overlooking the town.

It has played host to the Picts, early Britons, Romans, Vikings, Mary Queen of Scots and Oliver Cromwell, to mention just a few.

DUMBARTON ROCK

The new viewpoint sculpture on the riverside walkway at Dumbarton Harbour, bears the coat of arms and frames the view of Dumbarton Rock and River Leven.





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TAI CHI IN THE PARK

By Steven Hastings

Over the last few years Chris Godwin has been running Tai Chi Classes in West Dunbartonshire to help people relax and get fitter.

Chris, who lives in Helensburgh, has practised Tai Chi for nearly 23 years.

A bad accident damaged Chris's left leg and it was in plaster for six months. After the plaster came off, he couldn't walk properly.

A relative, who was attending Tai Chi classes, suggested Chris go along as the exercises would be good for his leg muscles and tendons.

This suggestion totally changed his life.

Chris said: "If it wasn't for Tai Chi, and the complementary exercise with Tai Chi, which is called Qigong, I'd be walking with a limp today."

A training officer with Glasgow Social Work Department for eight years, he left to start his own training business, which didn't work out.

Chris wondered what to do next when someone suggested he teach Tai Chi.

The classes began outside in Levingrove Park in 2017 and I was one of the first people to attend.

The word Tai Chi relates to a philosophy that's one of the main cornerstones of Chinese culture.

The idea is of complementarity opposites, Yin and Yang, which can be seen in the Tai Chi symbol, a circle with one half black and one half white.

Chris described it as looking like two fish swimming

around each other.

It is a philosophy which has been around a long time, the symbol itself is about 3,500 years old.

And Tai Chi Chen, meaning Tai Chi boxing or Tai Chi fist, which is the martial art based around Tai Chi philosophy, is around 700 years old.

Chris explained: "Tai Chi is a martial art where you are trained to be calm and relaxed which makes it very different from other martial arts."

The NHS website lists all Western medical research providing evidence that Tai Chi has a lot of health benefits.

As Tai Chi promotes balance it can help improve the symptoms or conditions where balance is affected.

There are many conditions where Tai Chi can also help mental health conditions like anxiety and depression.

Chris added: "If you do Tai Chi you should also go running, do cardio exercises or go cycling as Tai Chi does not get the heart pumping."

On a Friday morning Chris has a class in Posties Park in Dumbarton down by the River Leven.

He said: "The Chinese say there are two places where you really should practice Tai Chi for the benefit of ground energy, Chi from the ground, by a river, or on top of a mountain.

"I think getting up the top of Dumbarton Rock on a Friday morning, is a nonstarter. But being by the river, everybody feels the energy."

Doing Tai Chi outside is great as being outdoors is good for your health.

He added: "What I really enjoy about being outside is, it's being in nature. There is lots of research about the benefits of being outdoors, walking in nature and doing any exercise in nature."

Chris has a YouTube channel called Hermitage Taiji and both indoor and outdoor classes.

Tai Chi Dumbarton

Friday 10am in Posties Park - Free
Friday 11am – 12pm in Concord Centre Dumbarton, £4

Tai Chi Dalmuir

Wednesday 11am – 12pm Dalmuir Community Centre, £4.

What I Did on My Summer Holidays

Words and Photos by Zee McCartney

My summer break started a bit earlier in June, as one of my maternal aunts in Jamaica had passed away and I flew over for the funeral.

There followed 10 of the most family-filled and spiritually uplifting days I've had all year.

I also forgot how beautiful and energizing Jamaica can be.

May I recommend the North Coast, with the deep white sandy beaches of Ocho Rios, the cool tumbling waters of Dunn's River Falls, the hustle and bustle of Ocho Rios town, and the surreal stillness of Mystic Mountain – go up by cable car!

Aside from Jamaica, I spent a week in France in July.

The trip was planned well in advance, as my 13 year old Alexis was competing in the BMX World Championships in Nantes.

She missed out on the quarter finals by one position, achieving 5th place in the 1/8th finals, and finished 38th in the world from 83 girls.

We hope she'll do even better in the World Championships in Glasgow next year.

The weekend before our trip, my husband Paul developed a severe issue with his eye, and went on to have surgery on both eyes over two days.

He left hospital two days before we were due to go to France, virtually blind and prohibited from travel for four weeks.

As a result, I drove to France myself with Alexis.

I don't speak French, only went to France on a day trip 20 years ago, and had never driven on



the right.

It was a tense journey down to Dover, on the weekend English schools broke up and there was the French border chaos, but we got through unscathed, apart from motorway delays and diversions.

We then had a six hour drive down through France to Nantes in the South West - which took us 12 hours owing to anxiety and lack of sleep from the Dover stretch.

It was an experience which I believe is termed 'life-affirming'.

Our time in France was amazing.

Our trip was filled with kind new friends: the family who showed us how to attach headlamp converters to our car, and Kris and kids who shared their pasta dinner cooked under the trees in a random car park with us (we supplied the ham).

The BMX World Championships were a remarkable meeting of athletes at the top of their skills, and the families gathered to cheer them on.

Of course the food in France was outstanding as expected.

We didn't have as many adventures coming home, thankfully.

And Paul's eyes did well under the tender ministrations of his older sister and husband.

Alexis and I returned to Glasgow with a renewed belief in ourselves and our abilities, and a feeling that we too can conquer the World(s).



MY CANCER STORY

**Words by John Donnelly
photo by katie kennedy**

The year was 2007, I had just started the best job I'd ever have.

After 17 years working as a prison officer, I took a huge gamble and joined Renfrewshire Council's Joint Commissioning Team based at Dykebar Psychiatric Hospital in Paisley; quite the change from patrolling A Hall.

In February, I turned 40. On the back of a sudden epiphany, or a mid-life crisis, I made another major life change.

I enlisted in the Royal Naval Reserve, something I'd always dreamt of but was banned from doing while in the prison service.

So, at 40 years of age, I began training for the physical and mental challenges ahead, running and swimming every day.

My strength and endurance increased. I was ready to sit the tests to become a fully-fledged trainee sailor. I passed with flying colours, even beating many younger applicants.

I was also preparing to be shipped off to the North Arabian Gulf for nine months. I knew I would miss my wife and son, but I'd be lying if I said I wasn't excited.

It was an exhilarating time in my life, filled with a plethora of new experiences and opportunities.

However, this is when my story takes a detour.

In July I began to feel very unwell.

Although still physically fit, possibly the fittest I'd ever been, simple tasks suddenly became a struggle.

It was an effort to get out of bed and for some reason I could no longer look up, which made shaving difficult.

I also felt permanently nauseous, leading to almost nightly sessions kneeling over the toilet puking my guts out. I felt I had a permanent hangover, it was awful.

Six times I attended Primary Care to get to the bottom of these symptoms; six appointments with six different GPs.

I was constantly dismissed, told I had an ear infection even though my blood pressure was sky high; even after six appointments, my blood was never taken.

It wasn't until my wife took me to the clinic and demanded they find out what was making me ill that any progress was made.

I was sent to the Western Infirmary in Glasgow for two days of tests. Still, no doctor could tell me what was wrong.

Finally, on the third day, a professor decided I should have an MRI scan. Upon completion, I shuffled back to the ward feeling very sorry for myself.

After a few hours the curtains were suddenly pulled around my bed by a team of doctors and I was told "you need to go to the Southern General Hospital immediately, you have a brain lesion."

I was in shock.

After another MRI at the Southern General I was unceremoniously informed I had a brain tumour.

Terrified and confused and with no further information, I was simply sent home.

Looking for support, I visited my GP and asked how to prepare to have my skull opened. His response, an uncompassionate shrug of the shoulders, "you just have to".

Plans for a craniotomy were put in place but I was categorised as 'watch and wait', meaning there was a chance my tumour was too serious and potentially inoperable.

I was shaken by my categorisation.

Fortunately, the nine-hour operation on my brain took place on November 18 2009.

After the surgery I couldn't eat or drink for five days; I

couldn't even get out of bed.

Eventually, I forced myself to my feet only to discover I would need to learn to walk again.

This led to the first major hurdle of my recovery; the dreaded stair test.

If I could not safely climb up and down a set of stairs, I would not be discharged. So, I got practising.

While reliving my toddler years, I was informed there was a possibility I had also developed blood cancer.

Such awful news only added to the sheer terror I'd experienced for weeks.

Fortunately, a bone marrow biopsy determined I didn't have blood cancer but I will never forget the horror of that second cancer diagnosis hanging over my head.

After learning how to walk again, my wife and I were given my pathology result.

In brutal, emotionless fashion I was told I had Grade 4 brain cancer.

The insensitivity of doctors became quite a trend throughout my diagnosis and treatment.

Although I am beyond thankful for my treatment, the lack of emotional support from almost anyone involved made the process much more difficult.

This particular doctor has remained in my memory; even the special oncology nurse was shocked at her awful demeanour.

She informed me I was to be referred to the Beatson Cancer Care Centre for seven rounds of in-patient chemotherapy.

Ultimately my body could only take six, I then developed pneumonia and needed multiple blood transfusions to stay amongst the living.

Overall, 85% of my brain tumour was removed by surgery. The

final 15% was supposed to be eliminated by chemotherapy.

But I also needed 26 rounds of whole brain radiotherapy to completely eradicate it.

The treatment was considered risky and would likely impact my cognitive abilities in the short and long term.

I was worried. More than worried.

I had no choice but to proceed. By March 2010 it was successfully completed.

Now an outpatient, I needed an MRI scan every three months to monitor any changes.

Due to my lowered immune system, I self-isolated and ceased to work for nearly a year.

I was never once contacted by the Royal Navy, who eventually medically discharged me in 2012.

In September 2010, I returned to work after many months of mind-numbing boredom and gut-wrenching anxiety.

Truthfully, I went back too early. I was in no shape to work but financially, I had no choice.

I was promised a 'phased return' but within a month my workload doubled, and I was made lead commissioning manager for Addiction and Mental Health services.

To make matters worse, following my craniotomy I had to surrender my driving licence.

So, for 29 months, I was forbidden from driving. Thankfully the Access to Work scheme allowed me to continue providing for my family, for which I will be forever grateful.

Upon completing my treatment, I was given no clinical guidance.

It felt like having your first child; you leave hospital with a new baby and are told to just get on with it.

Although succeeding in my new job, I was still being scanned

every three months, a terribly stressful experience.

Not a day went by, I didn't think about the cancer returning.

Even now, although I no longer need frequent MRI scans, the fear remains.

Attending an AGM for East Dunbartonshire Council, I heard a speaker talk about acquired brain injury (ABI).

I asked if I had an ABI. Yes, you do.

She gave me information on the Brain Tumour Charity and contact for Gus Ironside, the Scottish Lead Officer.

Gus would become a great friend and the speaker's information led me to the Maggie's Centre where I met others in a similar position to myself.

Good-natured badgering by my peers at the Maggie's Centre led me to discuss early retirement with my consultant oncologist.

I learned long term cognitive decline was extremely likely and my higher resolution thinking maybe severely affected in the not-so-distant future, resulting in an inability to work at my current level.

This prognosis was concurred by three occupational health consultants.

I was supported through this by a neurological advocacy service; the first of its kind in Scotland.

With everyone's assistance, I successfully medically retired from the public sector.

Although left with many residual physical and psychological difficulties, I am beyond thankful to be alive.

I wouldn't be here if it weren't for the treatment from the NHS and the support I received from charities, friends and family.

The Brain Tumour Charity -
[**https://www.thebraintumourcharity.org/**](https://www.thebraintumourcharity.org/)

LET'S GROW WEST DUNBARTONSHIRE

by Rose Harvie

September is a time to prepare for autumn and winter, decide what worked and what didn't, plan for next year, and possibly order one or two new items for your plot, or garden.

Hopefully you've had good success with your fruit and veg this year. Have you tried any unusual veg?

Now, onions and garlic should be carefully lifted when their top growth becomes yellow and brittle. Make sure none of the crop appears diseased; they are very susceptible to 'white onion root rot', a fungal disease that remains in the soil for years; if you suspect it is in your soil, then **DO NOT COMPOST** the crop. Bin it and never grow onions or garlic in the same place again.

Potatoes are easy to store. Beg some heavy-duty cardboard banana boxes from a local supermarket. Carefully lift all your potatoes with a fork, lay them on a sheet or towel on a sunny day, until dry all over. Then store in boxes, covered with sacks or thick paper or cardboard, in a dark, dry, place. Enjoy your own spuds in the middle of winter!

Peas and beans can all be frozen. The over-wintering plants should already be tucked up in a bed where your potatoes were grown.

Most soft fruit can all be eaten fresh, frozen, or turned into jam.

Parsnips, turnips, swede and leeks, are best left in the ground and lifted as needed.

As you gather your veggie harvest put all leafy material, and annual weeds, in compost bins or heaps. As the bins fill, turn the compost into the next box; if possible, add some seaweed, and horse manure. Also, comfrey is an excellent addition to compost, and a great attraction for bees and butterflies. Add kitchen waste, so long as there is no problem with rats.

There is plenty of time to plan your veggie garden for next year – remember have a rotation of potatoes – peas and beans – brassicas – roots – other crops. Two items to think about ordering now: garlic, and green manure.

Garlic: plant in fertile soil no later than the end of November, far away from

previous onion beds.

Green manure: especially useful if you don't have home-made compost. It provides extra nutrition for your soil and helps suppress weeds. Mustard, lucerne, clover, and winter rye, are all good and available from garden catalogues. Remove perennial weeds, then scatter the green manure seeds and lightly hoe in.

If you don't already make compost, consider building a classic New Zealand Box system from pallets and any spare wooden planks you can save from a skip. I can advise.

Finally, make plans for next year. Perhaps join an existing community garden in West Dunbartonshire or start a new one near you.

Growing West Dunbartonshire's GROWFEST is on Saturday September 17, 10am – 3pm, in Lomond Parish Church Hall. Free entry, all welcome.

Advise on any aspect of gardening available.

WHO CARES?

BY JOHN, KEVIN,
CONNIE AND MARGARET

Our friends at Carers of West Dunbartonshire kicked off our Community Media Creative Storytelling project earlier this year.

The three-year project, funded by the National Lottery Community Fund, aims to work with people whose voices are often unheard in more mainstream media to share their stories and experiences across a variety of media.

A group of unpaid carers accessing support at Carers of West Dunbartonshire told us what stories mattered to them.

We then delivered workshops introducing them to photography, writing, interviewing and design techniques.

The result: This fascinating and creative insight into the life of an unpaid carer.



Who am I?



Joy



How would you like your egg in the morning??!



Resilience



Maisie and me!



Despair



Dying for a drink

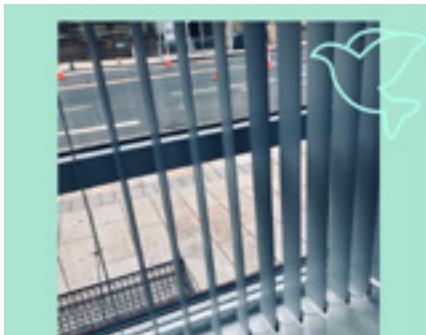


Daily struggle

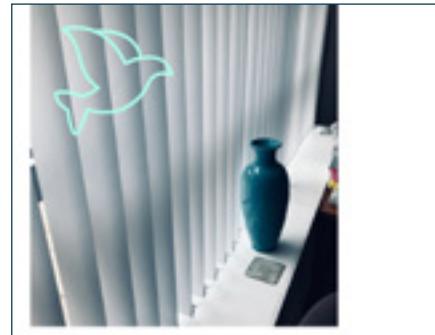
COLLAGE BY CONNIE

A CARER'S LIFE

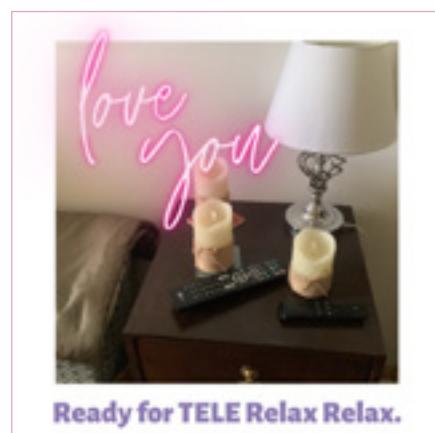
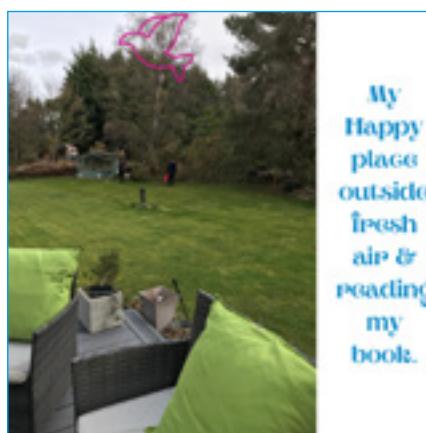
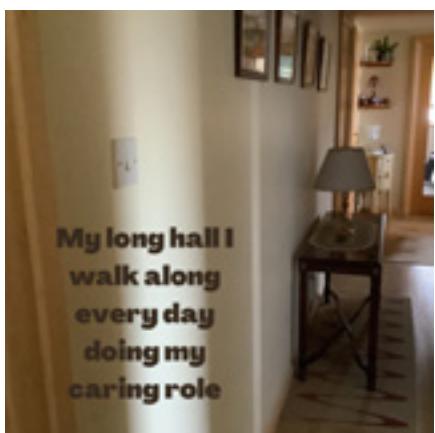
BY MARGARET



Looking outside, I'm now in the Carers Centre after Covid.



Another day happy to say looking outside from the Carers Centre



Caring For Someone With Brain Injury

by John Copeland

I am a Brain Injured person who provides care for another Brain Injured person.

I'm one of the lucky ones, I can still do much of what I could do before Brain Injury, even if it's a little slower and more cautious.

Some people aren't so lucky.

Brain Injury comes in many forms, different types and various levels of severity.

If you have to care for someone with an acquired Brain Injury, things can get strained if you're not familiar with what to expect.

The only thing that's the same about people with Brain Injury is that some part of their Brain sustained some damage and different injured parts yield different results.

There are some things you might expect though, so here's some ideas on what you might have to reckon with, and how you can make a difference to a Brain Injured life.

Changes

So you do some shopping for them and come back with washing liquid instead of washing powder. For some this is a completely unacceptable change, they may have no experience of washing liquid and become over anxious in how to use it.

Or they might have a weekly appointment which is suddenly cancelled. These things for a Brain Injured person are too difficult to accept.

At every level you should try to sustain continuity, even to the smallest detail.

If something is going to change give



as much notice as you can and encourage a replacement scenario or item before the change takes place.

Disorientation

You might be visiting a local shop with a Brain Injured person when suddenly they have no idea where they are and become disorientated, despite having been familiar with the same place all their life.

If you show them shops and landmarks to remind them and they still don't get it, you might have to encourage by saying what an amazing place it is, look at how big that shop over there is etc. Loss of time and place can only be helped if you're there for them.

Physical Disability

After Brain Injury, some people find it difficult to walk, have an unusual gait or just can't walk at all.

This usually comes around because the Cerebellum part of the brain has been hurt. They may need a wheelchair or walking aids. They may not be able to retrieve these aids because their condition won't allow them, so you might have to help them quite intensively to get them going.

You may also have to be with them much or most of the time because their balance and motion will need constant monitoring.

Communication Difficulties

Speech can be impaired. An Acquired Brain Injury sufferer might be saying something which should be perfectly understandable but is unintelligible. If you spend a lot of time with someone who has this as part of their Brain Injury, you will eventually get to know what they are saying and what a blessing that is for them.

If you don't you might have to use your own gesticulation and encouragement to have them indicate what they're trying to say.

Most importantly, you should always treat them as fully intelligent because they are; impatience and shouting is a sure way for them to reject you, as it is for anyone.

Tiredness

Some brain injured people might sleep more than normal or have sleeping patterns that happen in daytime. You will get to know how and when they sleep and you will be able to anticipate activities or patterns that inform you when they will need a sleep.

Try not to disrupt it. Make sure they do get that time and peace to recharge through sleep. Their Brain tells them they need it.

Anxiety

Anxiety. We all get it but for a Brain Injured person who has or develops anxiety, this is a whole world crashing in on them. It will keep them housebound, it will make them sound a bit hostile, they will not trust or interact because anxiety overwhelmingly grips them.

Much of your time may be spent encouraging and motivating. You can inspire by reminding them of their past successes and how they really can do things that matter to them.

You can also let them know you're with them and if it gets too tough, you're always going to be there.

Who Cares

by Kevin

When, in 2018 my wife was diagnosed with Dementia our lives changed forever.

After the initial bombshell we were fortunately signposted to Alzheimer Scotland and the Carers Centre in West Dunbartonshire, thus providing a knowledge and support network.

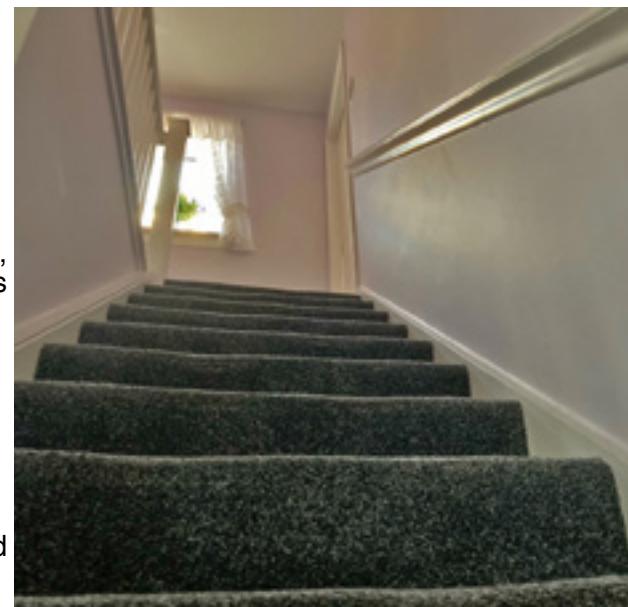
So what is the day in a life of a Carer like?

Another Carer told me being a Carer was akin to running a business. From the

administration (appointments/ events diary etc) to financial management to planning everything.

Every day is different both in content and experiences. You start the day at the bottom of the stairs with everyday issues, the journey can feel some days like the world is closing in but somehow you climb to the top of the stairs. Next day you do the same...

With the illness some adaptations are necessary so planning ahead is important. The independence of the cared for person is vitally important but so too is their safety.



There are approximately 1,500 Carers registered with Carers of West Dunbartonshire, many, many more will be unregistered. All have different needs and circumstances to deal with.

Initially a lot of information is provided, it's imperative not to be overwhelmed with this and deal with things on a priority basis.

So how does a carer cope with an ever-changing life?

The carer knows themselves best and it's important to have a happy place; this could be music, exercising, writing, computer games or whatever.

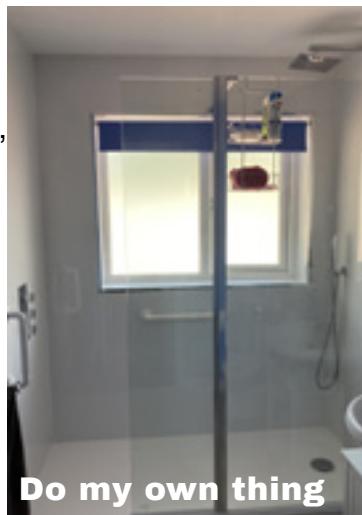
Someone once said: "**It's what makes me, me.**"

Support groups allow carers to vent and share experiences and knowledge.

What does the future look like?

It's difficult for a carer to look beyond the here and now, future planning is an essential part of being a Carer but it is an ever-changing menu.

We made it through the pandemic, so anything is possible!



Do my own thing



Fuzzy Head



Together we are stronger



Your MP, working for West Dunbartonshire

Here to help...

Across Clydebank, Dumbarton and the Vale, I have provided advice & support to more than 1,000 residents in the past year.

If you'd like an appointment at my next in-person or weekly virtual advice surgery, please get in touch. I can be contacted by email to martin.docherty.mp@parliament.uk, or call my local constituency office on 0141 952 2988.

Thanks, Martin



Martin Docherty-Hughes
MP for West Dunbartonshire



In Praise of Our NHS

Words by James Cormack & Photos by Caroline Finn

Most of us have mixed outcomes when we need to use our National Health Service.

In my experience the treatment from the beginning to the end was wholly positive.

It was in September 2020 I was diagnosed with urethral cancer.

My surgeon at the Beatson said he would need to use some radical treatment to get rid of it.

I was fortunate, as due to its location near the bladder, survival from this fairly uncommon type of cancer had a reasonably high success rate and it was likely, all being well, I would survive.

My operation was pencilled in for January 31 2021, barely five months later and in the middle of the Covid pandemic.

I considered myself very fortunate but there would be some complications to overcome before then.

A series of unfortunate events would take place, the first being the installation of a catheter in that most sensitive part of the male anatomy.

I had heard once that happens your defences are down and there is more chance of catching an infection.

That, allied to the heavy seven-hour doses of chemotherapy I was now on, meant there was a high chance an infection would be coming my way; and they don't come much worse than sepsis!

The first signs came, of all places, in Nairn railway station, returning from a week's work in the local secondary school.

As I boarded the train my condition deteriorated, switching trains to Inverness and then Glasgow Queen Street.

By the time I made it to Dumbarton East an ambulance was called as by then my complexion was a grey pallor.

This was to happen on another two occasions in the next two months.

What, or rather who, I came to particularly appreciate were the ambulance crews, one of which came from the Stirling area to take me to the Royal

Alexandria Hospital in Paisley.

I also learned fairly quickly that one of the most important pieces of equipment they carry is the intravenous drip that administers the antibiotics, which on all three occasions, literally saved my life.

What then happened was a heart attack in hospital (best place to have one).

This was followed by a bout of delirium, where I made absurd claims to the nurses about Dumbarton FC winning the Scottish Cup, Scotland being triumphant in the World Cup and other such nonsense.

And then there were the attempts to get blood.

My hands and veins are smaller than normal and it took a certain skilled practitioner to coax the stuff out of my body and into their syringe.

I became a minor celebrity amongst some of the nurses - if they could get blood out of me, they had achieved something. In the end the procedure was successful, though I did have to have my prostate removed along with my bladder, after

which I had to have a stoma bag installed.

Certainly it was better than having to visit the bathroom eight or nine times a night.

I also had to take lots of tablets and insert insulin by syringe twice a day to lower my blood sugar and control my diabetes which, frankly, was very unpleasant.

The whole experience was, apart from these small inconveniences, generally very positive.

The service before, during and after the procedure was very professional and the surgeons and nurses were exemplary.

I was told everything I had done would cost well in excess of £20,000 in certain other countries: thanks to our NHS I didn't have to pay a penny.

I was optimistic all would work out in the end, and it did. My only problem was the boredom and the lack of music.

The only issue I now have is dealing with the after effects of the loss of the prostate, but that's another issue altogether.

Medical Day Unit
& Waiting Area E



ON OUR DOORSTEP

Doors Open Day makes a welcome return this September. From community gardens to churches, to the iconic Maid of the Loch paddle steamer, this is a great opportunity to explore and celebrate our fascinating local heritage.

There are also several guided walks and exhibitions and for something a bit different, check out the action at local fire stations in Dumbarton and Clydebank.

Venues : Open Sept 10 from 10am - 4pm, all free to enter.

- **MAID OF THE LOCH** - Pier Road, Drumkinnon Bay, Loch Lomond, near Balloch.
- **WINCH HOUSE / ENGINE HOUSE and BALLOCH PIER SLIPWAY** next to the Maid of the Loch
- **MASONIC LODGE**, Gilmour Street, Alexandria
- **KNOWETOP COMMUNITY GARDEN**, Castlehill Road (the very very end), Castlehill, Dumbarton
- **ARMED FORCES VETERANS ASSOCIATION** at Dumbarton Central Station
- **ST AUGUSTINE'S CHURCH**, High Street, Dumbarton
- **RIVERSIDE PARISH CHURCH**, Church Street /High Street, Dumbarton
- **ST PATRICK'S ROMAN CATHOLIC CHURCH**, Strathleven Place, Dumbarton
- **WEST KIRK**, West Bridgend Road, Dumbarton
- **DENNY TANK MUSEUM**, Castle Terrace, Dumbarton, near Lidl
- **FIRE STATION**: Castlegreen Street, Dumbarton
- **FIRE STATION**: Kilbowie Road, Hardgate, Clydebank

WALKS : ALL START AT 2PM

- Thursday Sept 8 : **COCHNO HISTORY WALK** with Sam Gibson. Meet at Auchnacraig Car Park Cochno Road (G81 5QR) next to entrance to Edinbarnet.
- Friday Sept 9 : **CARMAN HILLFORT** with archaeologist Fiona Baker. Above Cardross Road up from Renton. Meet at gate on to dust road. (No parking at this point, but is available at laybys).
- Saturday Sept 10: **VANISHED RAILWAYS OF WEST DUNBARTONSHIRE - BOWLING / OLD KILPATRICK**. A guided walk with author Stewart Noble. Meet at Bowling Basin canal bascule bridge. (G60 5AF).

EXHIBITIONS

- **DUMBARTON LIBRARY** Strathleven Place, Dumbarton. Celebration Days : The communities of Dumbarton and the Vale of Leven commemorate special days and dates. 9:30 - 5pm weekdays; 9:30-1pm Saturday.
- **BACK DOOR GALLERY** Dalmuir Library, Lennox Place, Dalmuir. The Antonine Wall : Beyond Boundaries. Our Roman heritage. 9:30 - 5pm weekdays; 9:30-1pm Saturday.
- **CLYDEBANK TOWN HALL MUSEUM AND GALLERY** Dumbarton Road, accessed from Hall Street, Clydebank. Art and history. More than sewing machines and shipping. Mon-Fri.
- **MAID OF THE LOCH** : Chariots of Steam exhibition of Clyde-built ship models by Lachie Stewart.



HEAD ABOVE THE TOURETTE

Words and artwork by Wingnut Walker

Heads on squint mobile man
Push the bones through the meat
Stretching, flexing snake shaky feet.
Scrape cat sandpaper wet through thick red worm
Sharp teeth let the grizzle gum
Crack and nip swirl round and find
The angle some
Times it stops
My weathered and burning chops Bend and twist,
curve and pop and sinew spiral
Tension vice
Till muscle splice and shudder shoulder roll
And cut
Can never keep
A Sore Mouth Shut

There

by Emily Fraser

You live with darkness in your mind
Feels like nobody gives a damn
While everybody says "Be Kind"
Reality seems empty
Like the whole world washed their hands

But I'm here, and I've been there
I can't 'fix you' though I can show you
Somebody cares
It's ok to feel broken
It's ok if it's showin'
I'll sit with you, if you'll sit with me
Cos we've both been there

We're not just problems to be solved
We're people needing to be seen
And everybody says "Reach Out"
But sometimes that's just too hard
There's no rule against Reaching In

Cos now you're here, and you've been there
Don't try to 'fix me' - just listen - show me
Somebody cares
I choose to share that I've felt broken,
There's power in putting that out in the open
You see me... I hear you
We've both been there

Poisons you've kept bottled up inside
Spill out, the more you try to hide
They run down, drown your soul
And stain your ailing heart, but
You're here with me, and that's a start

In any battle with our mind
We need allies to hold our ground
So please don't leave the world behind
You need to know it's ok
To let 'the real you' show

And now you're here, no longer 'there'
No need for fixing cos we're not broken,
We are aware
Life still can be golden
Shadow is where the light flows in
Let hope in
For all of us who care
We're glad you're here

CHANGING ROLES

by Mary Irvine

I was conceived and born
I became a daughter, sister,
granddaughter

I went to school,
I became a pupil

I went to university
I became a student

I worked
I became a teacher

I married
I became a wife

I had a son
I became a mother

The marriage ended
I became a divorcée

My son married
I became a mother-in-law

My daughter-in-law gave birth
I became a grandmother

I went abroad
I became a lover

I turned sixty
I became an OAP, a Senior Citizen

Now, as I approach eighty,
what am I?

Hear Me

by Leanne McBride

I really needed you to hear me,
I really needed you to be there,
I really needed you to love me,
I really needed you to care!

But you never respected my feelings,
my trauma,
or me,
Just kept playing that same song “abuse” on repeat!

I really thought I needed you,
I thought if you weren’t there I would die but...
I have cruelly come to realise it was all a lie!

I wish things could have been different,
I still wish you were here but I’m not sure any more if that’s out of
love or fear!

I’m frightened because my confidence and self esteem you took...
but I have to walk away to give myself and my trauma the respect
you never could!

Personal Assistant Clydebank

We are looking for a nice and caring person to join our small team of PAs to help support our daughter who has complex learning and physical disabilities.

She needs a lot of help to allow her to enjoy a full and happy life. She also requires support with all her personal care needs. She uses a moulded wheelchair and has a ceiling track hoist.

No previous experience is required as all training will be given.

Rate of Pay: £11 per hour
Hours to be agreed. Sleepovers being worked.
Female only due to personal care needs.
Full driving licence required.

To find out more about this position
Call Marion on: 07850037753 or
Email: marionmcardle1@gmail.com

CREATIVE Q&A: GRAYLING

Words by Charlie Sherry

Photo by Baz Collins



Clydesider caught up with local emerging artist, Vale singer/songwriter Grayling aka Emma Murdoch, who launched her debut five track EP 'Greenhouse' in Glasgow at the start of August.

Q. How did you come by the name 'Grayling'?

A. When I was born my mum wanted to call me Grayling after a character in Inspector Morse, she was the pathologist and the only female character, my mum thought she was a badass but Dad wasn't so keen.

Grayling is also the name of a rare beautiful butterfly that was unique to a place I used to live in the Welsh borders. I always really liked the name.

Q. How would you describe your music?

A. Sad indy girl music, it is all inspired by life experience. A lot of the topics I write about are quite sad, music is cathartic to me it comes from journaling. It's quite dark themes I write about, but I think the music is the opposite of that, it takes me to a nice place.

Q. What or who inspired you to get into music?

A. My Dad is a musician, I always had an inclination for music. Growing up my Mum and Dad would listen to artists such as Fleetwood Mac, Joni Mitchell, The Eagles, Queen. Actually, in school I was told I couldn't sing and my Higher Music is with the Glockenspiel!

Q. Which artists, past or present would you say have been a major influence on your music?

A. The folk music of the late sixties, artists like Crosby, Stills and Nash, and Joni Mitchell, I really resonate with that music. Also new artists like Julie Jacklyn and a lot round the Glasgow music scene including Lizzie Reid, Zoe Graham, it's really vibrant just now.

Q. What journey do you hope your music takes you on?

A. I would love to continue playing music and nothing else, I don't think I would want to be a mega superstar or anything like that. As long as I make enough to allow me to continue to do what I love doing, I'll be happy. A wee world tour with a band would make me even happier.

Q. What advice would you give aspiring musical artists in West Dunbartonshire?

A. Before anything, spend a bit of time trying to find what your sound is, who you are as an artist and what you want to say. Get yourself out there, play gigs even if you feel you are not ready, go for it.

You can enjoy Grayling's music via Spotify, iTunes and all major streaming platforms. To stay up to date with Grayling's gigs and sounds, check out her Instagram page @graylingmusic

Reader Recommendations

Modren Makars: Yin By Irene Howat, Finola Scott & Ann MacKinnon Book Review by Mary Irvine



Described as a vibrant and exciting anthology 'Modren Makars: Yin,' is the first of an intended series of poems written in Scots.

The overall aim is to promote the Scots language by encouraging modern writers to produce work in that language.

Each subsequent book will feature a different trio of poets reflecting the talents of Scottish writers of a wide spectrum.

This first collection presents three mature female poets: Irene Howat, Finola Scott and Balloch poet Ann MacKinnon. Each of the three offers a selection of thirty poems displaying a variety of styles and representing differing voices and perspectives.

"Ann MacKinnon's poems range from keenly observed minutiae of modern life to the existential history of the European continent and Scotland's place therein. Finola Scott brings her lyric mastery to both the very contemporary and also to the deep time of Scotland's psyche. Irene Howat's musical Ayrshire Scots explores how we as human beings connect across generations and across different experiences." **Christie Williamson**



The first of a series of 'An Evening with...', at Helensburgh Library, featured Balloch poet, Ann MacKinnon.

Ann read a selection of her poems, spoke of inspiration, writing in Scots or English and engaged in discussion with members of the audience. After an interesting talk people stayed for the more 'social' side. Thanks to all who supported the event.

Modren Makars: Yin £10 is available from Central Books and at www.tapsalteerie.co.uk

Where's Good for Food?

Review by Michael &
Photos by Katie Kennedy



What Did you Have to Eat?

Sandwiches and pizza.

What was Available?

Assorted sandwiches, wraps, fruit and crisps plus tea/ coffee/juice and biscuits.

What Was It Like?

The food was really nice. It was very friendly and had a really good atmosphere. I got a buzz when I left as I met lots of old friends.

How Much Did it Cost?

You can leave a donation or eat for free if you cannot afford a donation.

Who Runs It?

On a Friday it is run by Dumbarton Rock Recovery, a Lived Experience Group.

Who Can use the Café?

On a Friday the Café can be used by anyone who is in recovery or anyone looking towards recovery. Anyone with living or lived experience is also welcome.

This week there was Reiki which was brilliant and I played bingo during the activities period. I was also asked to give suggestions for future activities.

It was set up for people in recovery or people hoping to recover from alcohol and drug addictions. This is run by a lived experience group of volunteers.

The Sweet Success Recovery Café is open every Friday from 11am - 2pm.



Sweet Success Cafe



Orange-tip



Peacock



Red Admiral



Marbled Moth



Garden Tiger Moth

WALK THIS WAY

Butterflies & Moths Need Your Help.

Words & Photos by James Duncan

Butterflies and moths are far less common than they were 40 years ago and you don't need to look hard to find out why.

Many species are in serious decline, as their countryside habitat has been lost to industrial and housing developments, intensive farming and roads.

With 97% of wildflower meadows destroyed, along with much downland and ancient woodland, these winged beauties have lost many of their natural homes.

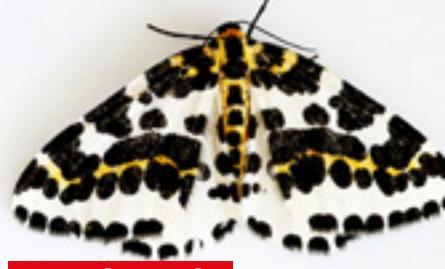
Your garden can provide a lifeline to butterflies struggling to find food and shelter. These garden plants are all good nectar sources: Buddleia, Lavender, Michaelmas Daisy, French Marigolds and Hebe, create a mini nature reserve.

If you don't have a garden, then your local park is a great place to spot the species noted below.

All photographs were taken locally in Levingrove, Havoc Meadow, Balloch Park and my own garden.

West Dunbartonshire Council's Greenspace Team has planted plenty of wildflower meadows throughout the area to help our birds, bees, butterflies and insects. The variety of flower colours is just simply stunning.

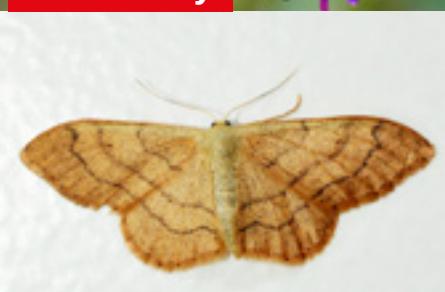
Creating your own mini nature reserve is easy to do and you will be rewarded with the magical jewels that our garden bees, butterflies, moths and birds provide.



Magpie Moth



Painted Lady



Riband Wave Moth



Small Tortoiseshell



Elephant Hawk-moth



Wildflower meadow, a riot of colour!

CLYDESIDER

POETRY COMPETITION

THEME: LIFE

PRIZE: £25

CLOSING DATE: OCTOBER 28

EMAIL ENTRIES TO:

CLYDESIDERCOMP@GMAIL.COM

CLYDESIDER

PHOTOGRAPHY COMPETITION

THEME: AUTUMN

PRIZE: £25

CLOSING DATE: OCTOBER 28

EMAIL ENTRIES TO:

CLYDESIDERCOMP@GMAIL.COM

Rules: One entry per person for each competition, entrants must live, work or be part of a group in West Dunbartonshire; all entries must be your own, by entering you give Clydesider permission to publish your work in print or online - this in no way infringes your copyright.

RELIABLE RESOURCES

LOCAL HELPLINE NUMBERS AND INFORMATION SOURCES

Food For Thought - 01389 743908

emergency food aid referral line.

West Dunbartonshire Community

Foodshare 01389 764135 - free phone

08003457050 emergency food aid delivery

Old Kilpatrick Food Parcels -

07368496836

Dumbarton District Women's Aid -

01389 751036

WDC 'No Homes for Domestic Abuse' -

01389 738510

Clydebank Women's Aid - 0141 952 8118

Dumbarton Area Council on Alcohol

(DACA) - 01389 731456 or 0141 952 0881

WD Citizens Advice Bureau - information on benefits, welfare rights, employment rights and general well-being

Freephone - 0800 4840136

Clydebank Community Addiction Team - 0141 562 2311

Glasgow and Clyde Rape Crisis -

Support line 08088 00 00 14

Mobile Number 07743807844

WD Housing & Homeless -

01389 738282

or Freephone 0800 197 1004 (option 5)

Dumbarton Joint Hospital -

01389 812018

Overdose Response Team - Dumbarton Joint Hospital 7 days a week – 10am to 10pm. Anyone can make a referral on FREEPHONE 08088 00811

Stepping Stones - 0141 941 2929 - mental health charity providing telephone support

Big Disability Group - 0141 237 4560 thebigdisabilitygroup@gmail.com and on Facebook - support and information to people living with disabilities

WDC Additional Support - text 'help' to 07800 002582 or visit www.westdunbarton.gov.uk/coronavirus/additional-support

SKATEBOARDING CLYDE

BY STEVEN HASTINGS



Clyde is skateboarding for the first time and thinks it's great. His dog however thinks it might end in disaster!

CLYDESIDER'S JUST FOR FUN QUIZ

- 1** Opened in 1948 what was made at the Westclox Factory in Dumbarton?
- 2** In what year was the paddle steamer the Maid of the loch launched?
- 3** By what name is Duncryne Hill in Gartocharn known locally?
- 4** In which year was the original Balloch chain suspension bridge built by James Colquhoun of Luss?
- 5** Which animal is featured on the Dumbarton Coat of Arms?
- 6** In what year was the R.E.M concert in Balloch Park?
- 7** In a World Championship exhibition match on 19 May 1888 which English football team did Renton beat 4 -1?
- 8** Ross Priory is made up of approximately how many acres of land?

*Answers on opposite page

WHAT'S ON IN WD

SKETCH N STROLL

Enjoy some beautiful local scenery with a sketchbook in hand and creative tutors to advise. These are free sessions organised by West Dunbartonshire Arts and Leisure, no experience is required just bring your own materials; clipboards will be provided.

Saturday September 10 1pm - 3pm Bowling Harbour & Saturday October 22 1pm - 3pm Levengrove Park
To book your place visit:- www.west-dunbarton.gov.uk/leisure-parks-events/events-in-west-dunbartonshire/

LEVEN LITTERPICKS

Help the Friends of Leven River Valley keep the river and surrounds clean with their two September litter pick events.

Saturday Sept 10 they're tidying the Leven, park and small burn in Renton. Meet at St Martin's Primary School at 1.30pm. On Tuesday Sept 27 they're heading to Bonhill Bridge meeting at 10.30am at the large red lamps opposite O'Briens Newsagents.

GROWFEST 2022

Lots of green-fingered fun and information will be available at Growfest 2022. Celebrate West Dunbartonshire's community food growing, gardening and natural heritage with Growing WD at this community event in Balloch Parish Church.

September 17 10am - 3pm Balloch Parish Church, 1 Lomond Rd, Balloch, Alexandria G83 8RJ. All welcome.

FILM PREMIERE

'The Birlin' Bannock's Adventures in West Dunbarton'

Join the Wee Bannock on his journey from Knowetop down to the River Clyde. Meet characters and creatures, places and landmarks as he whirls and birls down the hill with Peoples' Parish storyteller Anne Pitcher and a local cast.

November 12 5pm - 6pm, Phoenix Centre 17a Quarry Knowe, Castlehill.

Free but ticketed email lottie@clifftopprojects.co.uk or call 07708059770 to book a place.

BALLOCH OPEN MIC NIGHT

Enjoy an evening of spoken word verse and prose. Meet in person first Monday of the month at Balloch House Hotel, and on Zoom every 2nd Monday. **For a Zoom invite email Mary Irvine at alexwriters1@gmail.com**

LENNOX HERITAGE SOCIETY

Discover some of the fascinating stories behind our local heritage at the Lennox Heritage Society's monthly talks in the Concord Centre, Dumbarton from 7pm.

On September 14 join Robert Ryan to explore the islands of Loch Lomond by canoe from the comfort of your chair. The full winter programme is available on the Lennox Heritage Society website and Facebook page.

A JOURNEY REMEMBERED

Coorie in close to the campfire and warm yourself on a wonderous weaving of tales, told by Traveller tradition bearer Jimmy Williamson and Peoples' Parish storyteller, Anne Pitcher.

This is a community event for families on Pizza Night at the Phoenix Centre 17a Quarry Knowe, Castlehill. Saturday October 8, 7pm. Free but ticketed, to book contact Facebook@ phoenixdumbarton or call Anne Pitcher on 07708059770.

CONTACT CLYDESIDER

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1. Glocks & Watches
2. 1953 (5 March)
3. The Dumping
4. 1841
5. An elephant
6. 2005 (18 June)
7. West Bromwich Albion
8. 200

PAGE 46 QUIZ ANSWERS

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