



CLYDESIDER

OUR COMMUNITY'S POSITIVE PRESS

ISSUE 28 Summer 2024

FREE



Beyond the Ballot Box

INSIDE: RIVER GUARDIANS...WOMEN WARRIORS...THREADS OF JOY

POETRY COMPETITION WINNER: CALL OF THE WILD

BY MARIE-THERESE KIELTY

The Gryphon was perched on the top of the tower.
He could see for miles and miles...
houses and palaces, mountains and fields,
oceans and rivers and isles.
He could see way back for a million years
to beyond the dawn of time,
when men had believed in his wisdom and strength -
he was cited a paradigm!

He remembered a nest where a family was raised
and a partner, a gentler kind.
But his mate was long dead, and fruitless the search
for he was the last of his line.
So his power had faded, his moment had passed.
New legends replaced ancient lore.
Now, seeing the future, his eyes dimmed with tears
for no-one believed anymore.

But there was a place, rumour whispered about
where legends continued to thrive.
Perhaps if he sought out that mythical place
he'd find friends and the will to survive?
So he lifted his head and he spread out his wings
'fore he bowed to the signs of the times...
for kelpies and selkies and Nessie would give
him a welcome, in Northern climes!

WELCOME

I'm writing this introduction to Issue 28 the morning after a snap General Election was called. By the time you read this, the six-week campaign will be halfway through and only time will tell if we will notice any significant changes in our communities after July 4.

But if you take a browse through this issue, you'll find it's packed with stories of local people who are taking power into their own hands and quietly making a difference.

At Clydesider we've always aimed to tell the stories of the so-called 'ordinary people' who may not wield political power but dedicate countless hours and buckets of energy to our communities.

And this issue is packed with those unsung heroes.

Turn a page to read about the women warriors who create confidence and restore hope through a wheelchair basketball team; and the citizen scientists keeping a watchful eye on our local waterways, or the growing army of green-fingered activists producing free fresh food for their neighbours.

You'll also learn of a group of knitters using their creative skills to spread a little happiness – and raise funds - for a whole host of causes and individuals in our community; a fishing group helping to tackle alcohol problems and a community cinema celebrating 10 years providing affordable entertainment to young and old alike.

And we are also shining a spotlight back through time to remember some of the 'Undeservedly Forgotten' local women who campaigned for better wages, living conditions, education, and simply the right for working class women like themselves, to cast a vote.

So, as £multibillion media corporations chase £multimillion politicians around the country in search of soundbites and scandal, I hope our little flashlight shone on those changing lives one little knitted bootee, film show, fishing trip or fresh tomato at a time, shows how our individual power extends far beyond the ballot box.

Enjoy!

Amanda & the Clydesider Team

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.



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, Youtube and Instagram. If you would like to get involved and contribute to Clydesider please email jenny@clydesider.org



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A big thank you to our fantastic team of volunteers who 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.

CONTENTS

08 **Full Circuit**
by Layla Blackwell

10 **River Guardians**
by Harvey Smart

12 **Undeservedly Forgotten**
by Florence Boyle

16 **Community Cinema Celebrations**
by Jenny Watson

18 **Little Threads of Joy**
by Annie Jordan

20 **Turning Dreams into Action**
by Steven Hastings

22 **Gone Fishing**
by Jim Duncan

24 **Clydesider Photo Competition**

26 **Keeping Well in WD**
by Laura Giannini

28 **Man & Nature Combine**
by Mary Irvine

30 **Community Garden Spotlight**
by Harvey Smart

32 **'Oot the Back'**
by Chloe Pandolfi

34 **Heritage Spotlight:**
Dumbarton
by Jeremy Watson

36 **Creative Spotlight:**
Have Mercy Las Vegas
by Emily Fraser

38 **A Community's Course**
by Ben Pryde

40 **Photo Tips**
by Harvey Smart

42 **Clydesider Community Diary**

44 **Clydesider Community Directory**

46 **Clyde Cartoon**
by Steven Hastings



24



12



08



30



18



38



10

Cover Photo by Harvey Smart



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COMMUNITY NEWS

A Day at the Museum

Pupils at Braehead Primary School turned their school into a museum to showcase exhibitions ranging from dinosaurs to World War 2.

The event was in response to a plea from Kelvingrove Art Gallery and Museum to help attract and inspire more young people and families to visit the Glasgow museum.



And excited pupils were only too happy to lend a hand, turning their school into a museum to showcase their learning about People, Past Events and Societies.

Primary 1 to 7 created different areas to make their very own Braehead Museum with a variety of exhibits focusing on different time periods.

Pupils worked in groups to build the exhibits and completed daily challenges to develop their skills in creativity, communication and collaboration.

This interdisciplinary approach brought together many aspects of the curriculum including science, literacy and numeracy.

Families visited the school where they enjoyed exhibits, took part in interactive displays and guided tours.



Creative pupils even set up an artefact gift shop where families could purchase items made by the pupils, including artwork, bookmarks and fossils.

Community Tree Planting

Clydebank community groups and primary pupils came together to plant more than 600 trees as part of a programme to create a new native woodland.

The trees are located at the open spaces by the canal bank off West Street in Whitecrook and adjacent to Strauss Avenue, Linnvale.



Holyrood Dog of the Year

Clydebank MSP, Marie McNair and her office dog, Heidi, won Holyrood Dog of the Year. Heidi, a Biewer Terrier, impressed judges with her loveable character.

The competition, now in its sixth year, is organised by The Kennel Club and Dogs Trust. This year, it celebrated the unique bond between humans and their canine companions, and the positive impact dog ownership brings to lives.

The event encourages an open dialogue on dog welfare issues, as well as providing an opportunity for MSPs to meet with experts to discuss all aspects of the canine world.

Marie McNair said: "I'm so delighted Heidi was crowned the winner of the Holyrood Dog Competition - it was a real shock as this is the first time we've entered!

"Heidi is our office dog and she just brightens everyone's day when she comes in. "Heidi helps her Nanna who had a TIA last year. She has kept her active since and given her purpose and her confidence back.

"Dogs bring such joy to our lives and this competition is a great way to show this. It also gives us the chance to highlight the importance of animal welfare issues, like ethical breeding and responsible ownership."

West Dunbartonshire Council is part of the Clyde Climate Forest initiative from Glasgow & Clyde Valley Green Network which aims to create an urban forest to tackle climate change.

The programme will see 10 trees planted for every man, woman and child, increasing woodland cover across the region from 17% to 20% and is part of the Council's move to meet net zero targets.



CLYDESiDER NEWS

New Multi-Media Campaign Launch

Clydesider Creative launched a new Cost of Living campaign, thanks to funding from the National Lottery's Improving Lives fund.

The multi-media project builds on our two-year Claim What's Yours campaign and aims to raise awareness and challenge stigma associated with financial challenges.

Over the coming year we will work with local media volunteers and community partners to create a range of information resources highlighting how and where to find support in West Dunbartonshire.

These will include short films, user-friendly, leaflets and digital infographics.

Working with local volunteers we will make all resources as user-friendly and jargon-free as possible.

Amanda Eleftheriades-Sherry, founder of Clydesider Creative and Editor of Clydesider magazine, said: "We started the film-making workshops in April and our volunteers are enjoying learning a new skill.

"They were keen to see how to develop our Claim What's Yours campaign and this project will share their knowledge in a variety of different formats, so we hope to reach a much wider audience than the magazine alone can do.

"We will also be working with local community partners to help share these resources as widely as possible.

"We're very grateful to the National Lottery Community Fund for supporting this project and to National Lottery players helping to fund it."

And Kate Still, the National Lottery Community Fund, Scotland Chair, said: "Every day National Lottery funding is changing the lives of thousands of people in communities across Scotland for the better.

"This project delivered by Clydesider Creative Ltd, is a great example of community activity in action, showing just what can be achieved when people come together for a common cause or to help others.

"National Lottery players can be proud to know that the money they raise is helping to support this vital work which is making a real difference to so many."

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Full Circuit

WORDS BY LAYLA BLACKWELL & PHOTOS BY CHARLIE SHERRY

At the age of 28, I used thirty seconds of bravery to change my life for the better.

Feeling suddenly anxious, I paused outside the gymnasium. The sound of voices and rolling wheels made me doubt the plan. I took a deep breath, reassured myself that I would be okay and opened the heavy wooden doors. From that moment forward, I was welcomed into a wheelchair basketball team unlike any other.

The Scottish Women Warriors basketball team is an all-female team with a focus on inclusion and support for its members, regardless of ability.

Originally founded by the chairperson after being inspired by the Commonwealth games, they have been a constituted club since 2014, I joined a year later and enjoyed five years with the team.

With the tough love and support of the club, I achieved things I didn't think possible. Including national competitions and British Wheelchair Basketball Leagues.

Achievements that are only possible due to the ethos of the team. I didn't have to worry about my level of disability preventing me from playing. In the beginning it was just for five minutes.

The club purchased the chair and equipment necessary for me to live up to my potential and then I was able to exceed it.

Those experiences helped make me into the person I am today. It taught me the importance of peer support and advocacy within the disabled community. I will be forever grateful.

Unfortunately, Covid put an end to the club's competitive ambitions due to issues with transport and health affecting the majority of us.

It took away the face-to-face aspect that made the club special and a lot of members either went back to social isolation or found other hobbies. I have been affected by all the above and attending events is always a privilege when life allows.

Recently, I returned to the gymnasium. To the noise and the same voices that felt like home.

Now celebrating their 10th year, the team had a 'come and try' event to find new members. I very quickly remembered what the team was about and did my best to create a warm and reassuring presence as possible.

The nervous excitement in the room brought back many happy memories and allowed me to give back a little of the understanding shown to me when I started. They are always looking for amazing women to join the team.

As an inclusive sport you do not need to have any experience playing wheelchair basketball. Or a disability to play in the team.

The only things they require is an open mind and good sense of humour.

I spoke with the current chairperson of the club and discussed her hopes for the future. This is what she said: "For the team to continue to grow

while we keep our values intact.

"We create an atmosphere of encouragement and support that increases our confidence and tackles social isolation.

"We hope to ensure no one is excluded, despite the cost-of-living crisis we all face."

Clubs like this provide vital services and opportunities for vulnerable people and should always be supported.

This team of women, however, changed the world for me.

They showed me a better future and gave me the confidence to keep pushing the boundaries of my abilities, it deserves to continue to do that for others.

Although I no longer play basketball, I carry the lessons learned and experience gained into the future.

Once a warrior, always a warrior.

To find out more about the team visit scottishwomenwarriors.co.uk
Instagram:
@scot.womenwarriors



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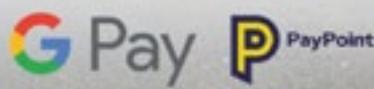
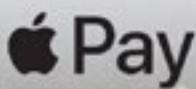
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Guarding the Leven

Words & Photos by Harvey Smart

It's an overcast, warm and muggy day and the River Guardians volunteer group is down at the Millburn burn, a tiny stream running down from the hills above the Vale, through Renton, before entering the Leven just behind the Vale Academy.

At first glance, it might not seem special, but this small waterway is a habitat for a huge variety of creatures, big and small.

And this citizen science project, working in conjunction with Loch Lomond Fisheries Trust (LLFT), is designed to monitor the health and water quality of our local rivers and streams.

"It was the Friends of the River Leven Valley that started this," Jay Malpas, biologist and project coordinator tells me.

"But because we are a fisheries trust we can get more funding for training and stuff, which is how we ended up coordinating it."

Today, the aim of the group is to take samples from the burn and count the small invertebrates, such as insects, they find.

They do this methodically, by gently kicking the streambed in 30 second increments at different points up its length and collecting the debris they disturb.

The LLFT collects data for Buglife, a conservation organisation which gathers data about invertebrate populations nationwide.

"It's Buglife's programme which we take volunteers out to complete," Jay adds.

"To do the kick samples or to just be a volunteer, Buglife prefer people to be trained by them. They run theory sessions then a practical training session."

Nick Beevers, lead biologist at the LLFT, stands by and supervises the sample collecting while he chats to me.

"There are communities of invertebrates that live in the silt and gravel, and substrate in general that are very sensitive to changes in the quality of the water - this can include many things, from chemical pollutants to oxygen.

"If the volunteers sample those macro invertebrates from the riverbed, they can tell us whether there are any problems with the water quality, with pollution, or oxygen crashes, things like that."

After they get their samples from the burn, the group empties the contents of the net into large water-filled containers, before separating the specimens by species into smaller containers to be counted and catalogued.



While they work, I quiz the volunteers about their motives for being a part of this project. Their backgrounds are diverse, but they all share a love and care for the environment around them.

"As a kid, I loved pond-dipping - it's so easy to do, and you quickly see a great variety of strange, primeval-looking creatures.

"I hope we never detect a pollution incident - but if we do, I'll get a kick out of helping to get it dealt with." Zoe Weir, one of the River Guardian volunteers tells me.

At first, the nets don't seem to contain much of interest, but as they strain out the muck and detritus and start picking out bugs, it quickly becomes apparent these samples contain an immense amount of life.

Some of the finds include Caddis Fly larvae, which create beautiful protective shells out of tiny river stones and pieces of sand, small shrimp-like crustaceans, and mayfly nymphs, which look to me almost like scorpions.

Then, the group becomes very excited.



They have found three tiny little fish, which they tell me are salmon fry, which they did not expect to find in this burn at all.

These young salmon will eventually leave the burn and venture out into the ocean, spending a year or two feeding before returning to this exact spot to lay their own eggs and continue the cycle. So, what's the verdict on the health of this particular waterway?

"The Millburn burn doesn't look like it should have a good invertebrate community, and it doesn't look like there should be any salmon spawning but all the invertebrates we caught are really good indicators of high water quality.

"If we caught things like leeches and a lot of shrimps, then that's indicative of really low water quality, but caddis flies and mayflies will only live in clean, well oxygenated water, so that's a really good sign," Jay explains.

To find out more and to get involved contact the LLFT through their Facebook or Instagram page, or by email at info@llft.org.uk

"The more the merrier," Jay adds. "It's important to be engaging people with their local environment.



"Even if we continue to just survey the one burn, it's important people know that even in this one tiny uninspiring looking burn there's a lot of really exciting things living."



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Undeservedly Forgotten

Words by Florence Boyle

Photos courtesy of West Dunbartonshire Council Arts & Heritage Services

Nowadays, it's jarring (or it should be) to see any sort of group photograph that only includes men.

In the 19th and for most of the 20th centuries it was the norm, women were largely invisible in images and absent from the written record despite some notable episodes in this area's history where women took the lead.

The 1911 Singer Strike started with women - a team of cabinet polishers was reduced from 15 to 12. Management expected the same quality and volume of work. The women knew that was impossible and went on strike. Within a week they were joined by 10,000 fellow workers.

Jane Rae (1872 - 1959) emerged as a strike leader and because of that she and 400 others lost their jobs.

After hearing Keir Hardie, founder of the Independent Labour Party, speak in 1913, she joined the party, becoming the Clydebank Branch Secretary and later, a Burgh Councillor.

What has been lost is that she was not alone, but she's often the only one remembered in the handed down stories.

That's often the problem with history, there's only limited space for women.

It's time to get to know more about the women who have contributed to the history of this area.

Isabella (Bella) Lappin (1880 - 1961) was a contemporary of Jane Rae.

How many know she was also Clydebank's first woman councillor or that Lappin Street in Clydebank was named after her?

Elected in 1919 (the first election to include some women voters) as an Independent Labour candidate, Bella was also leader in the Co-operative movement and for the following 40+ years she lived in Dalmuir and campaigned on the issues that mattered to her: education, health, and housing.

Both Jane and Bella were involved in the

Clydebank Rent Strike which lasted longer than the more famous Govan Rent strike.

In Clydebank the strike persisted into the mid-1920s and, following the war, men took centre stage in the newspaper coverage, including the legendary Red Clydesider, Davie Kirkwood.

But while the men were at work it was women who were left to do what they could to protect their home and resist the Sheriff Officers trying to evict them.

Birmingham woman Annie Craig (1864 - 1948) moved to Scotland in 1899 when she married her Scottish husband, Frank Craig.

Like Bella and Jane, she was a member the Independent Labour Party.

A self-described militant she became secretary of the Dumbarton ILP and a key organiser in Scotland for the legendary suffragette Emmeline Pankhurst's Women's Social and Political Union (WSPU).

The WSPU's motto 'deeds not words' summed up the suffragette's belief that the time for talking was over and direct action was the only route left to achieving universal suffrage-votes for all.

Annie participated in civil disruption and protest often using aliases to evade arrest.

She threw stones at Churchill's car when he visited Glasgow, smashed windows at the Home Office in London and was involved in one of the most notorious episodes in the Scottish Suffragette campaign when she took part in an arson attack on houses in Strathearn, Perthshire, using the name Rhoda Robinson.

When the suffragette campaign was won Annie remained politically active in the area serving as a member of the Old Kilpatrick School Board.

Clydeside history is dominated by men's stories partly because of the nature of the industry, social constraints and because often the activities that women were involved in were

seen as less important.

One of the forgotten institutions in this area is the Dumbarton School of Art.

Established in the late 1880s, the Dumbarton school was the brainchild of the then head of Glasgow School of Art, Thomas Simmonds who saw an opportunity to integrate art design and industry.

Similar schools were established in Helensburgh and Paisley.

Benjamin Strongman, a teacher at the Glasgow School of Art arrived in Dumbarton with his family, to take charge of the school.

Strongman's teenage daughter Amy started as a pupil before becoming a teacher and eventually succeeding her father as head.

Amy was a talented artist and a member of the pioneering Glasgow Society of Lady Artists which continues to this day as the Glasgow Society of Women Artists.

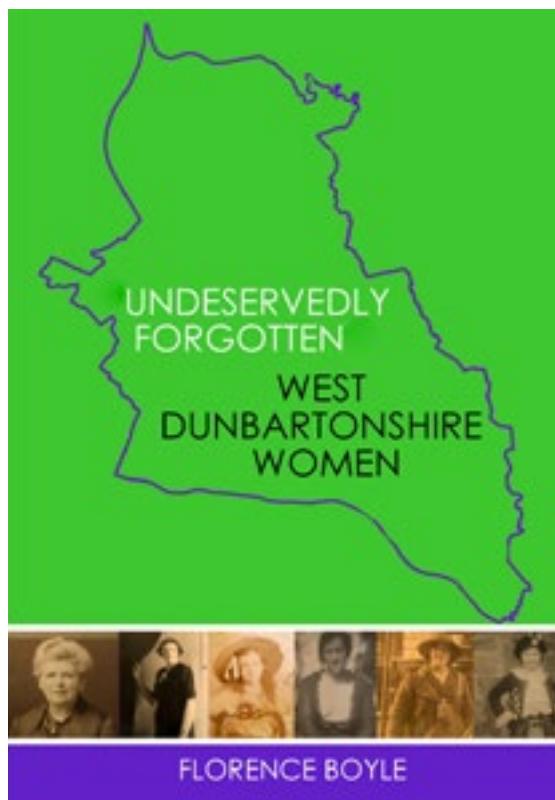
Founded in 1882 it was established with the aim of ensuring that women artists got the recognition they deserved.

Admission to the society was by election and Amy was admitted in 1888. It was a significant honour and allowed her to contribute to the annual exhibition and access the Society's club premises - latterly at 5 Blythswood Square behind a doorway designed by Charles Rennie Mackintosh (still there).

Amy remained in Dumbarton, teaching art, until she retired in 1923 when she moved back to Cornwall, and her family's roots. The Strongman family had contributed nearly 50 years to art education in the area.

Women's history isn't unimportant, it's just been forgotten.

Read more about local women's history in 'Undeservedly Forgotten' published by Cartsburn Publishing <https://www.cartsburnpublishing.com/>



WEST DUNBARTONSHIRE ENERGY ADVICE SERVICE

Community Links Scotland are working in partnership with West Dunbartonshire Housing Associations to support vulnerable households who are in energy crisis.

Our West Dunbartonshire Energy Advice Service provides free bespoke support to assist households to:

- achieve the most cost-effective use of the household central heating system
- make energy usage behavioural changes to ensure that the household can reduce their energy usage
- develop an understanding of energy bills
- assist with the switch to cheaper tariffs (if available)

Where required, we will also provide advocacy support for those in dispute or have an outstanding balance with their energy supplier.

This service is available to anyone across West Dunbartonshire who is experiencing energy related issues.

CLS have successfully procured funding to provide this service until December 2025 and we currently employ 3 part-time members of staff.

We continue to work with partners to maximise the support provided to our customers. For example, we work closely with the Fuel Bank Foundation to enable our service to allocate emergency fuel

Community Links Scotland



REGENERATION SERVICES

voucher support to households who were in danger of falling into self-disconnect and had no other avenue of assistance open to them.

Our energy advocacy support helps households to access eligible energy supplier initiatives such as Hardship Grant Funding Support, Warm Home Discount and the Priority Services Register.

We also seek to maximise the household income and refer to our partners to arrange for a benefit health check to be carried out. This ensures that the household is receiving all the eligible benefits and pensions they are entitled to.

Our service commenced in July 2023

and to date, we have supported 183 households with household savings of £35,457.96.

Our support can be provided by in-home visit or, if preferred, we can offer assistance remotely by phone or video call. We also conduct drop-in energy surgeries in venues across West Dunbartonshire.

We seek to work with organisations across West Dunbartonshire

in order that we can identify and engage with households who otherwise may fall through the cracks of support.

If you would like to work in partnership with us or wish to arrange for energy support, please contact us - Telephone: 0141 952 4382 or Email: energy@comlinks.org.uk



BIRTHDAY CELEBRATIONS AT OKFP

Birthday celebrations were on the cards for local community charity OKFP last month.

Initially established to provide emergency food aid to villagers during the pandemic, the organisation has grown from strength to strength and in May celebrated their fourth birthday – this time in a new home.

In the past year alone, the charity has provided food parcels to over 5,000 households in Old Kilpatrick and surrounding communities.

Each parcel contains on average 10 items of food, and data collated by the charity shows the food reached 7,700 adults and 4,500 children.

Their Pet Food bank also fed nearly 5,000 much-loved cats and dogs, taking some of the strain off households feeling the pinch as prices continue to rise.

Maureen Cummings, founder of OKFP, said: "Since we started in May 2020, we have distributed over 37,000 food parcels.

"We thought we would only be doing it for a few months during lockdowns but as we got to know people coming to us for food, we recognised that as a community there were other things we could offer.

"And over the past four years we've had over 150 amazing people volunteer their time, experience and energy to help make this happen and we've created jobs for eight of them."

At their birthday celebration event three volunteers – Anne Falconer, Joanne McPhee and Catherine Quinn - were presented with a Volunteer Recognition Award by WDCVS. Maureen added: "We couldn't support

so many people without the help of our wonderful volunteers.

"They come from all walks of life, but one thing they have in common is they care about people in our community."

OKFP also run School Holiday clubs to ensure local children have free, fun activities when schools are closed, also providing parents and children with a free lunch each day.

Maureen said in the past year over 900 parents and children have joined the activity sessions, and they are looking forward to welcoming plenty more this summer.

To help raise funds the charity holds monthly entertainment fundraisers, open to their members.

Held on the last Friday of the month OKFP have planned a Live Band night in June, a Doris Day Tribute event in July, a 10 piece Soul Funk band in October and a St Andrew's Ceilidh for November, plus their ever popular Fish Supper Fridays are back in July and September.

The past year was especially momentous for OKFP as they moved into the Napier Hall, taking on a 10-year lease from West Dunbartonshire Council and giving the building a much-needed renovation.

They now have two meeting rooms available to let to local community groups and businesses. One room holds six people and the other 12, hire costs include tea/coffee and free Wifi.

To find out more about the entertainment nights, how to become a member, volunteer or rent a room email okfp.napier@gmail.com



Community Cinema Celebrations

BY JENNY WATSON

PHOTOS COURTESY OF THE COMMUNITY CINEMA

When two local camera enthusiasts decided to put on a community film show they couldn't have guessed it would become a local institution.

I caught up with Lawrie Pennycook from Dumbarton to find out how he and Tommy Crocket turned their idea into reality.

"We found out about a similar club in Strathendrick. They used the local school, after hours. We asked them all the questions. How did you get on? Where do you get your film from? How do you price? So, we got a good bit of advice from them."

From there, they spoke with several similar organisations and started looking for suitable locations.

They chose a room in the Concord as it was a good size, without many windows to cover and had a couple of entry/exit doors for access and safety.

The first challenge they faced, was finding how much it would all cost and then working out how to raise the funds.

Lawrie explained: "We sat down and worked through all the costs and were really shocked once we added it all up.

"One of the groups we met paid £18,000 for their screen! However, we knew we wouldn't need a screen that size as we expected an audience around 80."

Around the same time, they discovered Alternatives



"Covid hit us hard," Lawrie explained.

"We nearly lost the whole club due to numbers dwindling even after we started the showings again.

"The Feature films audience numbers are starting to pick up now and our Classics films are doing really well.

"We let the audience pick what they want to watch over the year, so we know we are showing something they want to see. We also do screenings for nurseries, schools and youth groups at Christmas time."

The Community Cinema also lost co-founder Tommy Crocket who passed away in 2022.

Despite these challenges the 10th anniversary film show was a great success with over 60 people in attendance and some tasty treats on offer afterwards.

"We had a full house, maybe too full, but it was great to see everyone come along to celebrate with us," said Lawrie smiling.

Feature films screen the first Friday, Classics the third Friday of the month, both from 7.30pm, and Musicals on the last Wednesday of the month from 1.30pm.

A timetable of films is available next to the café hatch in the Concord.

To find out more about the cinema contact concordcommunitycinema@hotmail.com

THREE CHEERS FOR PEERS!

Stepping Stones has a long history of offering services supported by the people who have used either Stepping Stones or another mental health support service.

Recent events included the recruitment of Peer Support Workers (PSW) to the staff team.

These roles are like the Support Worker role, however, one of the key differences is the PSWs are open about their lived experiences, and the hope (that's the key word) is they will give the people using our services a wee bit of hope themselves by sharing their experiences of their own mental health challenges.

We are proud to say we currently have three PSWs on the books and we love having them. They work various hours, do a number of roles within Stepping Stones from 1-1 support, group work and Peer2Peer training.

We will be increasing our complement of new PSWs in the future when our Men's group recruitment is completed.

But that's not all.

We have a long-standing partnership with Flourish House, a mental health recovery community in Glasgow. Based on the International Clubhouse movement, they help people build meaningful relationships through meaningful activity.



As the only organisation of its kind in Scotland, they support people with long-term mental illnesses gain a sense of well-being and recover confidence.

They also offer a Transitional Employment Placement Programme (TEP). By working with employers, this offers people with long-term mental health challenges the opportunity to dip their toe back into the labour market via part-time, paid work placements.

Once the placement is completed, the employee moves on to their next placement until ready to get their own job.

TEPs recognise it is very difficult for people to get back into work after a bout of poor mental health. They also provide a safety net by supporting people emotionally and practically, ensuring welfare benefits are maintained.

Long may they continue.

More info from <https://www.flourishhouse.org.uk/support-us/teps/>



PEER SUPPORTERS

Our peer supporters enhance the work we do in Stepping Stones. They support our groups, with fundraising and some are walk leaders. Recently they participated in the Kiltwalk and helped raise over £2,000 for Stepping Stones.

Another member constantly tells people about our services and recently wrote an article in Clydebank Writers Group annual publication.

As a user-led organisation we currently have five peer members on our Board of Directors who previously used our services. They are a great source of guidance and experience, committed to ensuring people using our services are involved in the design and delivery of them.

Finally, in this day and age where there is a recruitment crisis in social care, we need to look at how we support people who had mental health challenges, into either paid, or voluntary employment.

We all need a sense of purpose, and whatever form that takes, is bound to have a positive impact on our mental health.

For more information about Stepping Stones services visit www.stepstones.org.uk.

LITTLE THREADS OF JOY

Words by Annie Jordan & Photos by Caroline Finn

If Mags Reid's actual smile was as wide as her phone smile, I was looking forward to visiting her knit and natter group.

Just chatting on the telephone, I can tell she's a bubbly lady with an infectious personality.

She speaks fondly of her group: "There are about 14 to 16 now at all different levels of proficiency: from complete beginners through to long-standing members.

10.30am - 2.30pm and cost £2 weekly. Proceeds buy materials, tea and coffee, biscuits and treats - a wee pressy at Christmas or a day out in the summer.

The members tell me they've been to see 'Legally Blonde' at the Town Hall and visited the Hill House in Helensburgh.

Mags laughs: "The ladies are quite embracing: there are no shenanigans. Everybody wants to help..."



"Some come to knit, some prefer to crochet. We have some right-handed knitters, some left-handed knitters, and some who don't knit at all.... everyone is welcome."

When I visit Maggie's Yarn Buddies, now based in the Improving Lives Hub in Dalmuir, the first thing I notice is the atmosphere of quiet industriousness. Everyone is engrossed in their own personal projects.

Every now and again, a wee thread of discussion begins, and everyone can feel free to chip in.

If you want to "natter" - you can or, if you prefer, you can simply just listen.

The air is one of comfortable companionship, like family almost, where you can be yourself and chat about anything and everything...

You definitely feel that vibe - no wonder the members come back week after week.

Sessions take place every Wednesday from

And help they have!!!!

Many charities and organisations have benefited over the years from the group's handiwork.

From little octopii for premature babies, hats for the homeless, Trauma Teddies for Police Scotland, hearts for the NHS and critically ill Covid patients during lockdown and, since Covid, more knitted hearts for the child patients at Robin House Hospice.

There is an ongoing project for Erskine Hospital with each member knitting five poppies a week to be ready to go on sale at Specsavers for £2 per poppy, at Remembrance time. To date this has raised over £1, 300 for the charity.

Another recent project has been crocheting boobs to use for training young nurses how to teach young mums to breastfeed... You name it, they have made it!

Mags twinkles: "We made Worry Worms during Covid and left them in bus shelters with a wee

poem to comfort folks. Bags of Love also included them in their vital backpacks for foster children.”

Mags speaks of feeling “a wee sense of pride for all the group has achieved.”

Everything the group do must make a huge difference to the recipient.

They either knit or crochet something to help someone at a low point in their life, creating items which immediately make their situation a bit better, such as Hats for the Homeless, or they take part in uplifting projects to brighten up the place.

These include knitted postbox toppers or yarn-

have worked on.

“Felting was a very different process from knitting.

“We were very quiet as we had to concentrate intensely.

“You have to stab the material with a sharp needle and every so often you could hear “ouch!”

“Yes, it was very therapeutic, but we missed our knitting...”

I look around.

Someone has finished another poppy, another



bombing down at the Bowling Basin and, most recently, their felted heritage wall-hanging...

This was from a creative storytelling project run by Clydesider and facilitated by Lynne McGill from Lin Pin Crafts, with the group learning the new skill of felting to make a tapestry style wall hanging.

Mags explains: “At first, we were reluctant to leave our knitting behind as we didn’t know what to expect, but then, as time went on, we actually enjoyed felting as it was a very mindful activity.

“Through storytelling, we created our very own tapestry to reflect the heritage of Dalmuir and Clydebank, as well as the history of our group.”

The group describe how it worked: “We all collaborated to decide what parts of our heritage to illustrate so we have shipbuilding, sewing machines and the Clydebank Blitz.

“There’s also the Dalmuir clock and the Improving Lives logo, as well as projects we

has completed a knitted hairband and the lady next to me is knitting on a circular needle which intrigues me: “How can you work out when it gets to the end of the row?”

“Easy,” she laughs, as she showed me a nifty little hack.

Another lady adds: “You see, not only do we have the social aspect and a way to get out of the house, we also have fun, friendship and a sharing of expertise!”

Mags jokes: “Maybe we can hook you in too?”

“I’m already hooked,” I reply. “But unfortunately, I have Clydesiders on a Wednesday morning...”

“Come along afterwards,” Mags adds, undeterred. “We’re here until 2.30pm.”

And she smiles a smile as huge as her phone smile...



Turning Dreams into Action

WORDS BY STEVEN HASTINGS
PHOTOS BY HARVEY SMART

Some children dream of being footballers, princesses or even astronauts but two brothers from Clydebank had a dream to make their own toys.

When David McGurk and his older brother Stephen were kids in the 1980s, they loved playing with action figures. Star Wars had just come out along with the action figures.

David said: "We were skint, didn't really have a lot of money. We thought it would be a really good idea to make our own figures, which was just a bit of a pipe dream."

One day his brother tried to make their dream a reality.

David explained: "He basically put a thing together whereby it looked like a figure. He did it

with soap and PVA glue, just peeled it out and it looked like this figure.

"He was a really talented guy. Super talented!"

Tragically, Stephen died in 2012.

It was at his funeral when the idea of making action figures struck David like a bolt of lightning, while reminiscing with Stephen's pal.

"I went 'aye one time he tried to make this action figure' and straight away I thought - not a bad idea. So that was really it and I just went for it."

At first David bought old action figures and moved the heads around to make new ones, which is called 'kit bashing'. He then pushed

himself to make them from scratch.

As a tribute David made a figure of Stephen and was kind enough to bring it along to the interview to show me.

He has been making bootleg action figures by hand for five years now and created many characters in that time. Most are one-off commissions, and he makes just one or two of each figure.

His first figure was from Steven Spielberg's 1971 film 'Duel' and he put a photo on Instagram to see what would happen.

Not many people pressed like on the photo, but it was the person who contacted David that gave him the boost he needed.

That was Adam Goldberg, creator of the American sitcom the Goldbergs but David didn't know who he was at first, "I totally dingied him," he laughed.

Adam later bought the figure and a few more including one from the film 'Ghost' which was used in his other sitcom 'Schooled.'

David added: "So that was really it, it was knowing they weren't really rubbish, that was the inspiration to keep going."

David is a big Beatles fan and made a figure of their producer George Martin. George's son Giles saw it on Instagram and asked David to make him one.

From this he got to work with Abbey Road Studios to create a limited edition to sell in their shop.

The figures were so popular they sold out in four minutes.

David said: "That's the ultimate. That's the dream. That's when you know you've



really done something."

It's not just figures inspired

by music and movies David creates; he makes anyone from Eastenders' Frank Butcher to the weatherman Michael Fish.

There are lots of people who make and sell action figures in America but only a few in the UK.

David thinks he may be the only one in Scotland.

It takes him about a day to make each figure.

He also creates the packaging himself and puts his son's first name and age to remember when the figure was made and includes 'Stephen and David's Toy Cupboard' on each box to honour the dream they had as children.

Check out David's action figures on his Instagram: @lightning_boltz_action_figures



MARIE MCNAIR
MSP for Clydebank and Milngavie

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Gone Fishing

WORDS AND PHOTOS BY JIM DUNCAN

"Before I came to DACA I hadn't been out the house in over two years."

Stephen is one of DACA's Fishing Group regulars who I met up with to hear how Dumbarton Area Council on Alcohol helps people learn how to support themselves without the need for alcohol, to live a healthier, happier life.

Along with Annemarie and Stuart, he gave me an insight into the important work that DACA achieves and how it is beneficial to themselves and also to family, friends, and the wider community.

The charity, established in 1976, has been supporting people for nearly 50 years.

The organisation grew out of the 'Quality of Life' experiment run in the old Dumbarton District Council area in 1975, which is where the name comes from.

Mags Mackenzie, CEO of DACA, explained: "It was founded by a small group of local volunteers, and although we've grown into a specialist and professional agency, we've still retained our local culture and our commitment to volunteerism.

"In 1996 we extended our service to include the Clydebank areas, and we now work right across West Dunbartonshire."

The fishing group has about 12 members who meet on a Monday, weather permitting, at DACA's Dumbarton office in Westbridgend.

Once the vehicles are packed, they drive to Rhu Narrows to fish for mackerel, pollack and sometimes brown trout.

The group fish for a couple of hours then have lunch, preparing food on a fire on the beach, either enjoying the morning's catch or, if the fish aren't biting, then a few baked potatoes they bring along.

DACA supply all the fishing gear and they often get some fishing accessories donated, with people handing in rods and reels, their beach barbecue was also donated.

Stuart explained how the Fishing Group and DACA has helped him. "DACA doesn't judge us as you can come here and join in with nobody asking you anything, there are no awkward questions.

"Going out with the DACA

group helps us all to make our own stories again. There's fishing and walks that also improve our mental health and well-being.

"We often see lots of wildlife while fishing - we've even seen dolphins and porpoises.

"If the area at Rhu Narrows is busy, we'll head over to the opposite side of Faslane at Mambeg where you can park in a small layby and fish for cod off the rocks there. It's great."

DACA offers a range of groups and well-being activities for people attending their 1-1 counselling service including music, creativity, gardening and walking.

For both Stephen and Annemarie getting out of the house was a big first step in their recovery.

"I was in the house all the time, only venturing out for my carry-out," explained Annemarie.

"When I first came to counselling after a few months it was suggested I join one of the groups, this was the Crafty Club where I learned to make things, which I quite

enjoyed.

"Then the group asked if I wanted to try fishing.

"At first, I thought this is not for me, this is just for the boys, but once I tried casting my line, I really enjoyed it!"

"I now look forward to a Monday as it gets me out the house, as I'd just be climbing the walls!"

Annemarie has also tried kayaking at Drumkinnon Bay in Balloch with DACA.

"A few years ago, you would never have seen me kayaking or holding a fishing rod... now I'm just one of the boys!"

"I even went out and bought myself a sketch pad and pencils and I now draw folk

- last time I did any drawing was in school.

"Since I have joined DACA

And Stephen echoed the positive impact DACA is having on his life.

"The group gave me the courage to go away for three days myself to Oban! This is not something I would have done without coming here."

"It's great to go out with like-minded people."

"We often collect litter left by other people fishing, usually gathering a few bin bags of rubbish and leaving the area cleaner than when we arrived!"

"Our motto is "Take nothing but memories, leave nothing but footprints!"

To find out more about the support available at DACA contact 01389 731456 or 0141 9520881.



it's given me back my confidence. The support from the counsellors has been fantastic."

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PHOTO COMPETITION - PATTERNS & COLOURS



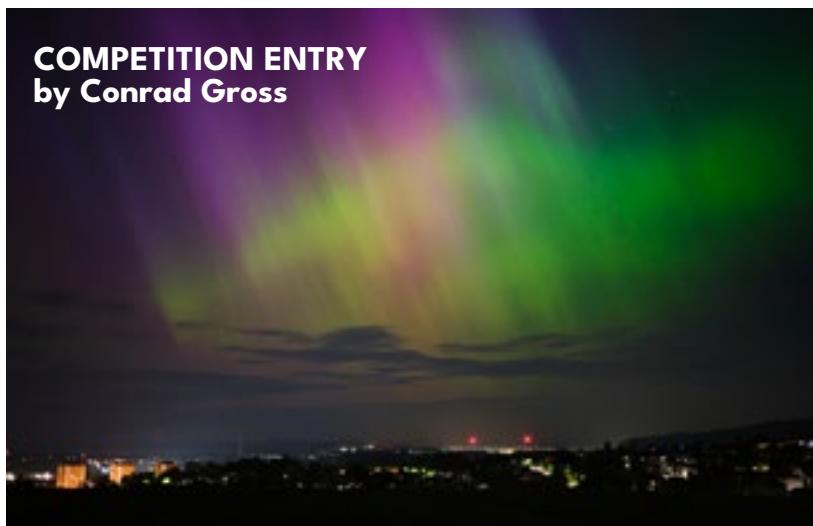
WINNING ENTRY
by Corrina Lacey

RUNNER UP by Gemma Kerr





RUNNER UP
by Kacho Naseem Haider Khan



COMPETITION ENTRY
by Conrad Gross



COMPETITION ENTRY
by Carolyn Hutschison

Thank you to everyone who entered the competition.

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

The theme for our next photo competition is Hidden Gems, see pages 40 & 41 for some tips and details on how to enter.



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KEEPING WELL IN WD



HEALTHY HEART LIFESTYLE CLUB BY LAURA GIANNINI

The HHLC was born 20 years ago from the original heart attack and stroke rehabilitation group.

This restricted group was extended to allow for a more diverse range of participants. The current HHLC is the perfect place for the many who would like to move toward exercise but - a big but for many of us – do not feel comfortable in the more usual gym settings.

The HHLC runs weekly sessions that are a carefully calibrated mix of aerobic and cardio exercises and would suit those who – for whatever reason – do not feel suited to the more standard exercise classes.

These exercise classes are run by Angela McGrath, a fully trained and certified fitness and heart rehabilitation instructor.

She explained: “The HHLC classes are circuit style working on aerobic fitness and incorporating strength and balance.

“We have a mix of ages and fitness levels, so everyone is encouraged to work at their own pace and level.

“This is all about having fun with others while getting fitter.”

The group is indeed diverse.

Current regulars range from those who are regular exercisers to people coming from heart surgery and stroke recovery to those hampered from standard exercise programmes by joint and back pain, there are more elderly members, plus a few who are simply overweight and wish to

increase their fitness levels.

Roger is 82, has had three cardiac arrests and joined the HHLC after leaving hospital in 2017. “I am able to live an active life due to continued exercise with a qualified instructor,” he said.

Participants in the class are equally divided between men and women, so there is a place for everyone, regardless of age, sex or gender.

That’s what the group wants most to promote: friendly and beneficial exercise for all.

“It is not always easy to face a gym full of people running on treadmills, lifting weights or cycling like pros, when you are limping along and can hardly lift your arms.

“I have become quite unfit and overweight since my car accident.

“I was very uncertain about joining a group exercise class. However, I am delighted I did.

“I feel better, I’m doing something for myself, and I can do many of the warm-ups at home.

“If I walk and others run, it is quite okay, very often someone walks with me and we have a chat as we move round,” one of the group’s participants shared.

And Club Chairman, John McBride added: “We are a friendly bunch of folk who will make you feel welcome.

“There are no club fees, just £3 per session. So come along, we’re at the Concord Centre in Dumbarton, Tuesdays 5pm.”



IMPROVING LIVES

At Improving Lives we are passionate about personalised and holistic approaches to support for everyone in our community who needs it.

We know the difference that support can make to people facing challenges, as well as their families and carers and making this support accessible has always been our mission. Improving Lives are excited to announce that we have launched an independent advice and guidance service for Self Directed Support (SDS).

Self Directed Support is for everyone in Scotland who needs social care services or support and offers choice and control to individuals and carers who meet the eligibility criteria.

Working together with the SDS team at West Dunbartonshire Health and Social Care Partnership, and funded by SIRD funding from Inspiring Scotland, Improving Lives are spreading the word about the benefits of SDS and helping people navigate the process and identify the supports they need.

We have regular coffee morning information sessions and workshops at our Improving Lives Hub in Clydebank and have an open invitation



for people to come along, ask questions and find out more.

We are also out and about in the local community with our SDS Stall, so keep an eye out for our advisors!

To access SDS people must have an assessment of their needs completed and once eligibility is established a budget is generated that is linked to agreed outcomes for the person. SDS is delivered through 4 options –

Option 1 – the supported person gets a direct payment and uses it to arrange their own support

Option 2 – the supported person decides what support they want and it is arranged for them

Option 3 – the supported person asks the HSCP to decide and arrange support for them

Option 4 – the supported person uses a combination of the above three options

You can find out more about SDS, our information sessions and the other supports we offer by contacting us on 0141 237 4560, booking a one-to-one appointment with one of our advisors or checking out our website at www.improvinglives.co.uk

Man and Nature Combine

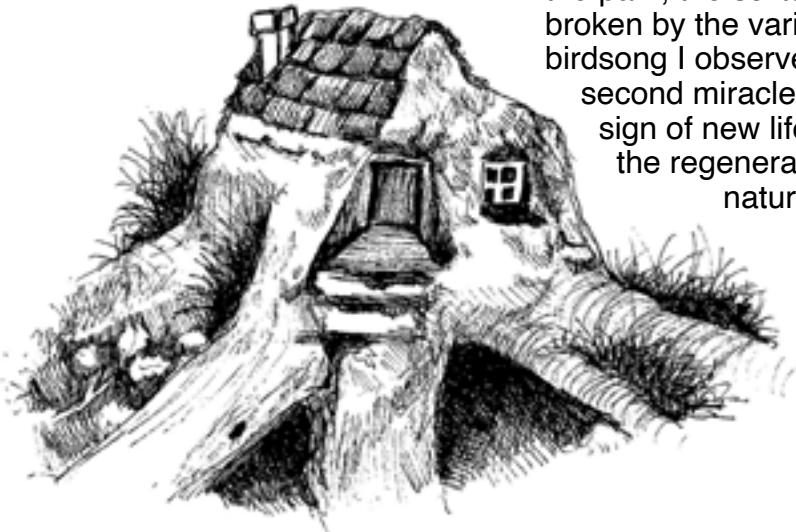
Words by Mary Irvine & Artwork by Anne Marshall

I have often praised the high standard of talent prevalent in my locale but on a recent walk around Balloch Country Park I was put in mind of one more. Not an unsung hero by any means but, perhaps one unknown to many who admire his work.



I'm speaking, of course, of the wooden sculptures that proliferate throughout the park. These imposing sculptures are the work of Vale arborist Patrick Muir, who won the Provost Civic Award for Arts and Culture in 2017.

Patrick weaves stories around his sculptures for his children and I have



previously seen very complicated wood carvings by him, such as his dragon Galianth.

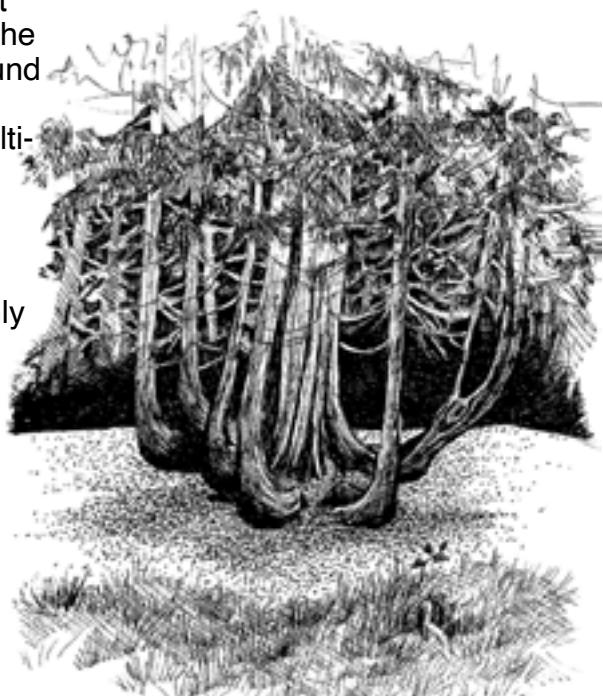
But this time it was the simplicity that struck me.

The pineapple, the church, the house outline. I loved the cottage, a bit more complicated but still simple.



Man may not appreciate what he has, selfishly misusing and abusing it. Maybe he will eventually come to his senses, giving nature the chance to rescue the planet.

In the meantime, we have the beauty of the sculptures.



On the same walk I observed two things. The first was not the beauty of nature that inspires great work but the simplicity of nature. I found nature's own answer to the local talent – the multi-trunked tree sculptured naturally.

Enjoying the isolation of the park, the solitude only broken by the variety of birdsong I observed a second miracle. The sign of new life, of the regeneration of nature.



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COMMUNITY GARDEN SPOTLIGHT



Beardmore Community Garden

WORDS & PHOTOS BY HARVEY SMART

Nestled against the banks of the Canal and hidden at the end of a leafy cul de sac, Beardmore Community Garden is an oasis of horticulture on the site of Dalmuir's former dockyards and factories.

When I arrive on a sunny April afternoon, the garden's green fingered volunteers are hard at work, readying the grounds for the summer growing season.

Rose Dorman, the founder of the community gardens, is a fountain of energy and very enthusiastic to talk about everything they have been doing so far.

"I used to volunteer with Angela Caldwell down at CATRA (read their story in Issue 27) when this was just starting up.

"I went to Bellsmyre community garden as well to see how they were running it; they were all fantastic to meet and get their help.

"The whole load of community gardens is just great. Andy from Greenspace keeps us all in touch and if we need anything - he'll push us in the right direction."

"So, there's been a lot of collaboration between the community gardens?" I ask.

"Oh yes, but there's competition as well," she laughs. "When I see Angela planting this and that, it spurs us on to do more. It's inspiring."

She gives me the tour around the garden, which is already in full swing as the weather warms up.

There are strawberries, chives, kale, brussel sprouts, and they have just planted 'Bankie Peas', a special variety originating in Clydebank.

"I just wanted to grow vegetables," Rose says.

"I called up Link Tenant Association and asked, 'can I put vegetables in, because I stay in a flat?'. They said no, but there's space at the end of the street if you want to start a community garden. So, it started from there.

"Everyone around who doesn't have a garden can come and use the space. You can come and learn and take stuff, because we've got flats which have areas outside to put pots

and things."

She shows me the homemade fertilizer they have been working on.

"We went round picking nettles and put them in a bucket and added molasses. It's ready now so we've watered our plum trees - we got funding from Scotmid for a mini orchard, so we've got three of those."

The gardens' newest addition is the large polytunnel, which WD CVS helped Rose get funded. The older, small polytunnel is now being used by kids from the local nursery.

"The kids all planted sunflowers in here yesterday, so they've all got names on their pots, and they planted peas over there."

We sit down in the big polytunnel, and all the volunteers introduce themselves.

They're a mixed bunch. Some came from Link, some from volunteer programmes and some referred by the job centre.

The volunteers on site today include Jean, the chair of the

organisation, Lorraine, the secretary, Margaret, Gordon, and Ronnie, a former greenkeeper.

“I’m still a greenkeeper,” he says adamantly.

I ask the group what their proudest achievements in the garden are. The answers are varied, but they all agree on one thing.

“Being able to have a harvest and share it.

“If there’s anything ready, we put it in baskets out front. A lot of folk think it’s just for ‘poor’ people.

“They think ‘leave it for someone that needs it’, and I say ‘you need it! You can’t buy this in the supermarket!’

They’re also proud of the fact they don’t use any unnatural chemicals in the garden.

“One of the most important things is there are no pesticides on anything,” Lorraine says. “Rose is very particular.”

Another thing they tell me that stands out is the health aspect, both physically and mentally.

They have been working hard in the sun all morning, but all seem in excellent spirits, laughing and joking around over cups of tea and Mr Kipling cakes.

Even during the off season, the garden provides a little community hub for the gardeners.

“During the winter, if there’s only three or four of us in here, we can have a good game of cards, or dominoes,” Ronnie says.

I ask the group what lies ahead for the garden.

“We just want to be growing and expanding and be sustainable.

“We’d like to see more people using the space. And try to make it more popular with the kids. When you volunteer, you learn things you would never imagine you would do.

“It’s very good for your health especially if you’re suffering mentally, just to hear the birds and that.

“It’s a great wee spot.”



For The Love of Scotland’s Oak Trees

Words and photo by Breeze

Oaks have provided people with materials for so much over many, many centuries.

Ships, houses, carts and wheels, furniture, fuel for stoves and warmth, to name just a few.

Yet apparently most people in Scotland can’t identify an oak tree. This is a tragedy.

As well as providing for us, oaks support the widest variety of insect and other life of any tree species in the UK. They also help feed and house many of our favourite mammals and birds.

Tree diseases, pests, global warming, and invasive species like rhododendron ponticum and commercial conifers are threatening many of our native Scottish broadleaf trees, including oaks.

Acute Oak Decline (AOD) was detected in England in 2008 and is gradually spreading north towards Scotland. AOD causes dieback in the crown of the tree and ‘bleeding’ in the trunk.

We need our precious native broadleaf trees now more than ever and it is time we all learned about them again so we can finally give something back to our trees, including reporting signs of disease, telling politicians to protect them, and helping stop them from being destroyed or illegally felled.

Sessile and Pedunculate are the two species of oak native to Scotland and wherever they grow they bring life and beauty.

The Clydeside walk at Levengrove Park is lovely, but it is elevated into something much more evocative by the dappled shade and embrace of the overhanging oak tree.

Oot the Back

By Chloe Pandolfi

**Oot fur a wander oot the back,
But wit did it used tae be?**

**Well years ago an' up the hill
The Romans used to be.
They moved oot an' the Cornmills
grew,
New villages grew roon' aboot
them.**

**Then industry came an' the
shipyards too,
Oh wit vessels they wur!
These big boats born on the
Clyde,
They travelled far an' wide.**

**Flat caps an' bowler hats
Describes those Bankie men
Who filled the yards every day,
Joined by the wummin up at
Singers.**

**Clydebank Burgh grew n grew,
Work an' knowledge at the heart.**

**Ah wit a town it wis gonnae be...
Until that Bloody Night.**

**The bombers came, lighten' up
the sky
The air raid sirens screamin'
away
Whole families flew, weans still in
their jammies!
Up the hill tae La Scala – that
became a sanctuary.**

**As the sun came up some Bankies
flew
Away tae greener pastures.
But some brave souls stayed tae
help
Cleanin' up the rubble.**

**Then as they were drifting aff tae
sleep
They heard the sirens warning.
They're back again, right come
oan
Oot the back tae the Anderson
Shelter.**

**Some that flee'd
Didnae return –
No knowing wit it meant fur that
wee town.
Its glory day wur numbered.**

**Singers closed,
The shipyards too
But most aw the pubs remained,
Fur aw ta drown their sorrows...**

**An' tae think a' times,
'a happier times
When the river ran
Right through the hearts a'
many.**

**But even in those darker days
The river was tricklin' through.
The young yins listened
An' kept the floodgates open.**

**We aw know
Where our rellies wur
In nineteen forty one
An' we keep it close tae heart.**

**Lookin' at the Titan Crane,
Apparently on par wae the Eiffel
Tower...
The fancy new lights
An' brand new college standin' on
top a queenie's Quay.**

**Along wae
Some office space,
That's furever
Up tae let.**

**"Proud Past," they say, aye
okay.
Oh n "Dynamic Future."
This decorates the welcome signs
Tae our wee town.**

**Rebuilt, regenerate,
Wit ever you want tae call it.
Oh aye, an' them at Titan
Enterprises
Want tae hear wit you've goat
tae say!**

**Well I say this,
Standin' oan this bit a land
Has really got me thinkin'...**

**Flowers, trees an' grass is
growing
It's really quite the sight.**

**There wis even some deer
Tryin' to set up home
'til yer diggers rolled in
An' dug up their front gairdin!**

**It makes ye think,
Tae contemplate.
If aw of us were gone,
How long until our wee town wis**

taken back by nature?

**The government say
It's an economy boom
They want...
For everybody's future.**

**Nae bother, aye, on ye go –
Sounds pure dead brilliant.
But – what I ask, is only this –
Keep some space fur
contemplation.**

**A place where trees stand tall
An' flowers grow
Where beasties crawl below.
An' where fish can swim an' birds
can fly.**

**Where deer can set up home
An' foxes want tae go.
Where people live an' work an'
play
An' quietly contemplate, whit it
means tae be.**

**So there you have it.
A Bankie lass responding to yer
question on
ReBuilt, regenerate, oan
enterprise,
Uch whit ever you want tae call
it!**

**But how about askin' the banks o
the Clyde
What they need from you?
Get oot the back,
An' if you're quiet an' really
listen,
They'll gie you answers too.**

HERITAGE SPOTLIGHT



Dumbarton Central Station: An Intriguing Past

WORDS & PHOTOS BY JEREMY WATSON

Motivated by considerable concern about its condition, Dumbarton Stations Improvement Trust (DSIT) commissioned a comprehensive assessment of Dumbarton Central Station.

Funded through the WDC Common Good Fund a team of conservation specialists headed by Leslie Kerr not only identified problems, but also potential for the premises.

And in the process several intriguing features were discovered, or re-discovered, which have been long concealed from public view.

Many readers may in fact remember being able to enter the station through a grand entrance in the Church Street / Townend Road underpass.

On passing through the ornate iron gates, you found yourself in a hall with the ticket offices, waiting room, baggage rooms and such like. Clerestory lighting through windows along the platform edges above, added to the ambience.

Some may have been aware of the room in one corner that the council used for functions – complete with a hearth and roaring fire.

A past employee remembers how in his younger days he would collect coal from the steam train supplies to feed this fire. At that time, with health and safety being of little concern, he would cross the lines with buckets of coal and feed hearths in the rooms on the upper levels.

All this lower level was rather ornate: brickwork, stonework and timber partitions having a neo-Gothic feel about them.

A pair of stairs swept up on each side – lined with glazed tiles and iron railings.

As you reached the platforms on the higher level you would have seen the pair of platforms and facilities much as you recognise them now.

All this epitomised the importance, the exuberance, the grandeur of rail travel of the day. Steam travel north to the Highlands or east to Glasgow and Edinburgh.

So much of that has been lost. Well, has it?

You may be surprised to learn a great deal still exists, albeit rather forlorn and decayed; shut off in the lower areas.

Users of the station will be aware of some of the decay and water ingress, of vegetation, the dark deposits of mould and the white deposits of efflorescence.

On each of the two platforms are large, corrugated metal boxes. These conceal the original stairs. While these spaces have been cleaned to some extent since these photographs were taken, they remain much the same.

The objectives of DSIT are to promote the restoration of the station to its former glory – even if this means some adaptations to meet modern day operational standards.

The advent of electrification of the railways had a profound effect, on the upper level in particular.

With stations requiring fewer staff, passengers these days pretty much look after themselves. The lower areas, those that were the grandest were considered obsolete and abandoned or leased out.

But leaving passengers much to their own devices is one of the issues of concern.

None of Dumbarton's three stations has disabled persons access to suitable standards – if at all.

Did you know the current access to the platforms were actually built for postal vehicles? That is why they are rather steep. Larger items including baggage were taken to the platforms with basic hoists, the remnants of which can still be seen in the lower area.

DSIT's ideals still seem far off, but some of them should be attainable.



West Dunbartonshire Council is upgrading the area around Station Road and along the linkage route to the town centre.

This station has a very strong symbiotic relationship with Dumbarton. As it gives the first impression of the town to visitors and represents the town in many ways to locals, it is extremely important we work towards its upgrading. As it is built on two levels, the challenges become complex, but they can be met.

The photographs in this article are primarily to do with the hidden features. You all already know the rest of the premises. These should be of interest, perhaps inspire you, maybe even trigger some memories. If so, we would love to hear from you.

To find out more about the station and West Dunbartonshire's rich built heritage visit EXPLORE WEST DUNBARTONSHIRE website and Jeremy Watson can be contacted via the Your Comments page.

REVIEWS & RECOMMENDATIONS



'Neither Here nor There'
by C.G. Docherty
REVIEW BY MARY IRVINE

More people than ever before are interested in their roots.

This book explores the origins of the people of the Vale and of Dumbarton, but it is much more than a 'where did they come from?' account.

In telling the story of the Irish immigration and the Scots migration, the foreword sums up the main aims of the book:

Where they came from?
Where did they live and make a living?
What were their living and working conditions?

It traces Irish immigration and Scottish migration locally from 1855 – 1900. The first chapter does also give an overview of influence from the Roman era up to the 19th century and recognises there were Irish immigrants from prehistoric times.

The author looks at how and why these two settlements each attracted people, their development socially, as well as how the areas developed and their demise.

And it goes beyond local influences, tracing how politics and world events influenced and affected local industry and, ultimately, the lives of the people.

The touches of the personal - giving names to people, brings them alive and not just part of statistics. Such as the 11 year-old boy, the son of a caulkier, employed - illegally - as a rivet catcher, who died of injuries received from a stray rivet.

Well written, easy to read, this a fascinating insight for those who want to take the knowledge of their own heritage one step further and beyond. A real gem.

Available on Amazon at £12.99

CREATIVE SPOTLIGHT



Have Mercy Las Vegas - Light and Shade

WORDS BY EMILY FRASER, PHOTOS COURTESY OF HAVE MERCY LAS VEGAS

In March, Crispin McAlpine, Eilidh Cowan, Stephen Scott, Marc McLean, Andrew Napier and Grant Dallas, otherwise known as Have Mercy Las Vegas, played a sold-out launch at Dumbarton's Denny Civic Theatre.

Roughly 10 years after their first album, *That's Life*, barn-stomped its way round the festivals of Scotland, Light and Shade, the proverbial 'difficult second album' to be self-released by the Vale's legendary transatlantic-folk band, finally arrived.

With a new set of 13 songs ready to record in 2019, difficulties arose for the six friends' from delays caused by Covid, as well as lots of changes and personal matters - on the joy and sorrow ends of the spectrum - which had to take priority.

That's life indeed, and I admire the band for not letting 'life stuff' keep them from their creativity, rather, the one seems to fuel the other to great effect.

I chatted to Crispin and Marc

about the deliberately more diverse Light and Shade.

Bassist Marc enthused, "we were delighted the launch tickets sold out two weeks in advance, and we worked hard to make it the best show we possibly could."

Songwriter, co-lead singer and guitarist Crispin reflected: "The feedback's been really good, but family and friends' opinions matter most... coming from a musical family, my most nerve-wracking moment was playing it for my parents!"

How do a firefighter, a midwife, a teacher, a banker, a painter and decorator, and an entrepreneur in their 30s and 40s make a new album from scratch in their spare time?

For Crispin, the melody is everything.

Suddenly a hook will pop into his head, so he records a voice note to revisit later with his big book of lyrics open, full of years of writing.

Often, he'll sit and sift through verses, sometimes merging

different ideas together, and strum on the guitar to find a chord structure for the chosen words and melody.

"Writing songs is something I do just for me, and I find it very therapeutic. I'd encourage anyone to attempt it, and let other folk actually hear what you've written."

The guys acknowledge their luck that co-lead singer Eilidh has a natural talent for harmonies.

And, I think, all six musicians have a talent for making Crispin's songs a reality together, while also expressing themselves authentically in their individual brilliance.

I asked if this intuitive connection has come partly from using music for mental wellbeing.

Marc shared: "We try and commit to meeting up locally each week, and we do play music together but we chat about life and have a laugh as well... some weeks it's more chat with a couple of songs at the end!"

Recording Light and Shade was a behemoth task, wrangled painstakingly by sound engineer Jamie Savage at the famous Chem19 Studios.

The band worked gradually through each song, one or two parts per day, with each person doing multiple takes in order to create the ideal blend.

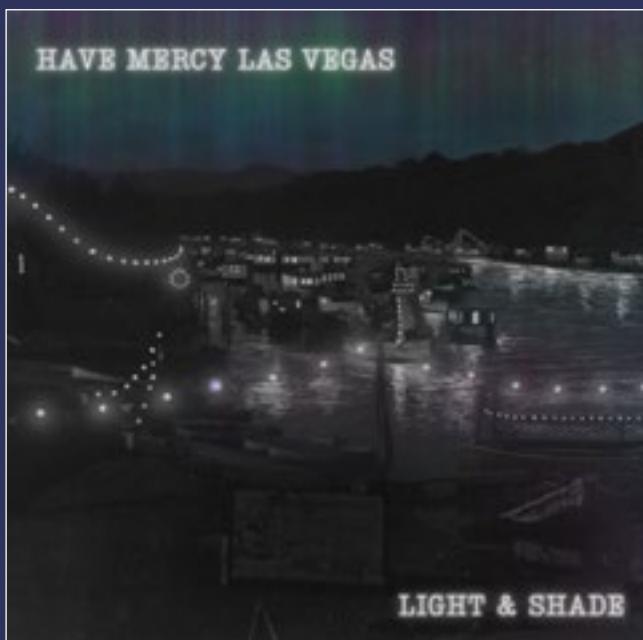
Known for their multi-instrumentalism, they have branched out further with some new skills, also featuring friend, Ray Woods, on the brass section of Kick Drum and Rum.

“Our most challenging song was Costa,” remarked Crispin. “We spent ages trying to get the best energy and feel, ending up with 107 tracks in the finished mix!

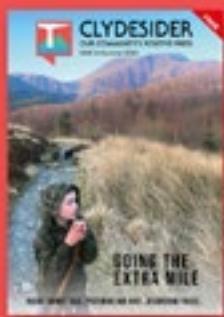
“We had so many layers on several instruments and vocal lines, plus we rewrote the song three times in the studio because we couldn’t actually decide how the story should end.”

Most Clydesider readers will enjoy hearing tales of shared history, personal struggle, home truths and local colour on Light and Shade, you can do this by:-

- **Listening to the new album on Bandcamp, Soundcloud, Apple Music, Spotify and YouTube**
- **Seeing the band play live at Doune the Swannie Fest, Glenroy Bar, Balloch, on Saturday July 27, Cardross Golf Club on Friday October 11, and The Pawn Lounge, Alexandria, on Saturday October 12**
- **Find them online at <https://linktr.ee/havemercylasvegas>**



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A Community's Course

WORDS BY BEN PRYDE, PHOTOS BY CAROLINE FINN

It has been 95 years since Dalmuir Municipal Golf Course first opened its doors to the public, yet people from across the community still flock to play the peaceful yet enthralling municipal course.

As it's not nationally ranked or part of any major competition, local golf enthusiasts - young and old - use it to refine their skills and improve.

Martin Jordan, a course regular, spoke with me about Dalmuir and golf itself, talking about the reasons behind his love for the sport, his early memories of the course and what spurs him on to keep playing the same 18 holes almost every weekend.

"I first started playing golf in October 1973 when I was 12 with the fee being sixpence, if my memory serves me well.

"I took up golf because I fractured my hip playing

football the year before.

"It was discovered I had a brittle bone condition and was advised it wouldn't stand up to the rigours of football, so it was suggested I take up golf.

"I've managed to play nearly 400 courses, some of which I wouldn't have expected to get on in a million years, so I've been very lucky... but I always end up back at my first golfing love - Dalmuir."

The course is one of the best 18-holes in the west of Scotland and with 30 Club captains for Clydebank Overtoun Golf Club since 1970 - it is still competitive, while providing a relaxed setting for those new to the golfing scene.

Martin added: "When I started playing regularly on a Saturday, Dalmuir was chock-a-block with golfers queuing from around 5am to get a sharp start.

"In those days there was a starter's hut with a ball shoot to determine the order of play. As the starter did not appear until around 7.30am, balls were placed between 2 bricks before being transferred into the shoot for the first tee time at 8am.

"A normal Saturday for me would be a 7am pick-up to just get out before the club as they had the tee reserved from around 10am. Thank God for the cafe which did a roaring trade!"

From an architectural perspective, the course is up there with the best and, spanning more than 5,000 yards, it is so easy to be lost in the beautiful bunkers, fabulous fairways and great greens.

Every hole of the 18 has a unique charm to it and is brilliant for those snaps to stick on social media!



Many golfers have a favourite hole on their regular course and Martin is no exception. "The Gully, which is now the 14th hole - when I first started playing it was the 3rd. It is such a test from the back tee and a complete card wrecker. I also like the Dog Leg with a par 4, greeted like a lottery win."

However, another was host to one of his favourite memories on the green.

"May 9 2021 was my one, and so far only, hole-in-one.

"No surprise it was at the Wee Drap, around 8.45pm on a murky Sunday evening.

"Because of the light, it was difficult to see if it was in the hole but I kind of knew it was in as it appeared to stroll to the hole at a perfect pace."

The Wee Drap is the most popular of the holes due to the drop of the hill in the hole. This is the 12th hole of the course and, some say, the most fun to play.

The facilities at the Course include a well-run shop, with top-tier golf equipment and clothing and the cafeteria providing refreshments to those golfers who need a water break during their round.

Lessons are available from trained coaches with anyone able to sign-up, from the beginners starting to play the wonderful sport to the experts trying to maintain and refine those superb skills of theirs.

There is also a plethora of individually run clubs - other than the main Clydebank Overtoun - who play weekly tournaments with memberships available on request during the off-season.

These clubs play on Saturday and Sunday mornings, with one being an over-65 club for retirees looking for competitiveness and - most importantly - fun and general positivity with other members.

Dalmuir has been, and still is, significantly influential to Clydebank's society, with no member fees and reasonable payments during this winter season.

Priced at £11 for an adult on weekdays - £16.50 on weekends and public holidays - with juveniles being £5.50, the real question is why would you not spend time with your friends and family playing these excellent 18 holes?



Photography Tips & Techniques – Hidden Gems

By Harvey Smart

Interesting little details are everywhere, just waiting to be found and photographed. Here are some tips and suggestions of what to look out for, and how to get great shots.

Explore! - Venture off the beaten path to find unique subjects. You don't have to go far to do this. Explore your own area! Sometimes, the most intriguing shots come from places that are not well-trodden by tourists and locals.

Look Closer - Often, these hidden gems are right under our noses. You can try using a macro lens (if you have one) to reveal the intricacies of everyday objects. Many phone cameras also allow you to get up close to your subject. Things like plants, leaves and rocks often have fascinating patterns or details when seen up close.

Play with Light - Early morning or late afternoon light can cast magical glows and create dramatic shadows, creating shapes and colours that might not be seen otherwise.

Change Your Perspective - Try shooting from different angles - get low to the ground or climb up high. Try to get a perspective that hasn't been seen before.

Pattern and Textures - Our previous competition was also about pattern and texture, but it applies to the theme of 'Hidden Gems' too. Look for repetitive shapes, contrasting textures, and bold lines. These elements can transform a simple subject into a stunning photograph.

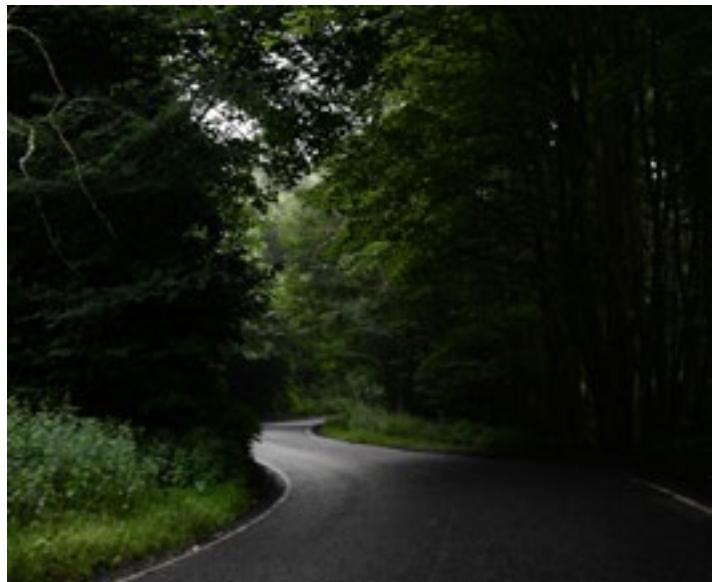
Use Negative Space - Sometimes, what you leave out of the frame is just as important as what you include. Use negative space (parts of the frame that are not 'busy'), to draw attention to something.

Tell a Story - Everything has a story and you can use your photos to tell it. Whether it's the history of an old building or the journey of a fallen leaf, let your images speak.

Remember, the beauty of photography lies in the ability to freeze a moment in time, revealing the hidden gems that might otherwise go unnoticed.

Keep your eyes open, be creative, and most importantly, enjoy discovering new little details.

Have fun and happy shooting!



CLYDESIDER 

PHOTO Competition

Sponsored by JESSOPS

Theme: Hidden Gems

Prize: £25 + A3 canvas print & an A4 canvas for two runners-up

Closing date: Aug 6

Email entries to:
clydesidercomp@gmail.com

CLYDESIDER 

POETRY Competition

Theme: Growing Older

Prize: £25

Closing date: Aug 6

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.

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 ko-fi.com/clydesider/

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Name: _____

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 Community: £9pm or £90pa

Please send form and payment to
Clydesider Creative, 48a Erskine
View, Old Kilpatrick G60 5JG



CLYDESiDER COMMUNITY DiARY

CREATIVE, HERITAGE & LEISURE

CORRA WEST END BUZZERS

Sewing Group drop-in. Meet Thurs 6.30pm - 9pm in Corra Foundation office, Leven Valley Centre, Castlehill

DALMUIR BARCLAY CHURCH

Indoor Bowls every Tues 10am - 2pm & Arts & Crafts Drop-in every Thurs 6.30pm - 8pm. All welcome

MAGGIE'S YARN BUDDIES

knitting group meet Wed 10.30am - 2.30pm in the Improving Lives Hub, Dalmuir

LOMOND FOLK CLUB - free, friendly folk club every Mon 8.30pm, Mavi Kitchen & Bar, Balloch Road, Balloch. Join in or just sit and listen. Raffle and free snacks at the break.

CLYDEBANK LOCAL HISTORY SOCIETY – April – Sept periodic outings to places of local historical interest; Oct - Mar fortnightly talks, 7.30pm in Dalmuir Barclay Church. Contact elizabethpitts@btinternet.com or dotcraig@hotmail.com

KILMARNOCK OLD KIRK TRUST - Summer meetings first Thurs of the month & Heritage Tours available at Kilmarnock Kirk, Gartocharn. To book contact Janet Beveridge kilmarnockgt@gmail.com

BALLOCH CASTLE COUNTRY PARK REGENERATION GROUP Meet first Tues of the month at 7pm in Balloch Hotel contact BCCPRegengroup@gmail.com for more info

THE PERFECT TRIO COURSE - CAKE, TEA & CRAFTING

Starting June 12 Alternative Family Support Service is hosting an 8-week course in The Denny Tank Maritime Museum, Dumbarton. 12noon – 2pm. Contact Glynis or Ellie on 0141 951 2420. Due to limited numbers, booking is essential

MAID OF THE LOCH - open to the public at weekends until October 27. Free access to the winch house and museum cabin. The Winch House boiler is 'In Steam' on the first weekend of every month.

SUPPORT & WELL-BEING

CENTRE 81 - Mondays

Yoga, 10am - 11am £3. **Tuesdays** Pilates, 10.30am - 11.30am £3; Circuit Training, 6pm - 7pm £3. **Thursdays** Chair Yoga, 10am - 11am £3; Bingo 1pm - 2.30pm £5; Kettlebells, 5.30pm - 6.30pm £3. **Fridays** Tai Chi, 2pm - 3pm £3. 2-16 Braes Ave, Clydebank G81 1DP. 0141 533 7070 ali@centre81.org

COOKERY PROCESSES

West College Scotland Clydebank Campus Tuesdays 5pm - 7.30pm. Contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

DO-SHI-KAI KARATE CLUB

Celtic Club, Dumbarton High St. Mondays & Wednesdays 7pm-8pm. Contact Robert Murdoch 0786 014 5453

EMPOWERING WOMEN GROUP

- Space and activities for women to unite, break down barriers and reduce isolation. Fri 9.30am - 11.30am, Corra office, Leven Valley Centre, Dumbarton

IMPROVING LIVES GROUPS

Art for Anxiety meets Tues, 12.30pm - 2.30pm

Men's Group local fishing trips on Thurs, 9am - 3pm & fishing days out Sun, 8.30am - 5pm

Autism Support & Discussion group meet every 2nd Mon, 3pm - 5pm

We Share We Care Support group meet 1st Thurs of every month, 11am - 1pm

Men's Walking group Mon & Tues 1pm

QUIT YOUR WAY - Free smoking cessation clinics at Clydebank Health Centre, Mon 9.30am - 12.30pm & Dumbarton Health Centre, Thurs 9am - 12noon. Book an appt on 0800 9168858 or www.nhsggc.scot/your-health/quit-your-way

FREE REIKI AND MEDITATION CLASSES

every Thurs 1.15pm - 3pm, Hub C.E Centre, Kilbowie Rd, Clydebank 07515 962066

EMPLOYABILITY & ADVICE

SALVATION ARMY

EMPLOYMENT PLUS SERVICE help writing CVs & getting back to work; Thurs by appointment. Contact Joanne 07552 492136

CARERS OF WD RISE PROJECT advice, information and support to unpaid carers living in specific areas.

Phoenix Centre, Castlehill - 2nd Tues of the month, 11.30am - 1.30pm

Haldane Youth Services - last Tues of the month, 9am - 11am Contact Clare Sweeney on 0141 941 1550 or clare@carerswd.org

WDC COMMUNITY SURGERIES

- Speak to WDC Communities Team about any matter concerning your community:

Dalmuir Barclay Church, last Fri of the month, 11am - 2pm

Lomond Parish Church, 27 March and then every 4th Wed, 12:30pm - 2.30pm

Centre 81, Whitecrook first Wed of month, 11am - 1.30pm

Concord Centre every 2nd and last Fri of the month, 10.30am – 1.30pm

ENGLISH AS A SECOND LANGUAGE

- Mon Centre 81 12.30pm - 2.30pm. Thurs Dumbarton Library 10am - 12noon & Clydebank Library 1pm - 3pm. Fri 10am - 12 noon in the Phoenix Centre, contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

SEND DETAILS OF EVENTS AND ACTIVITIES HAPPENING FROM EARLY-SEPT TO JENNY@CLYDESiDER.ORG BY AUG 2 TO BE INCLUDED IN THE NEXT ISSUE

WHAT'S ON

QUEST DIGITAL DROP-IN WORKSHOP - IT help is at hand free of charge. Parkhall Library every Wednesday 2pm - 4.30pm. Alexandria Library every Friday 1.30pm - 4.30pm. For information call Donald 07920 246374

FAMILY & YOUNG PEOPLE

PHOENIX CENTRE - **Mini Youth Group (P1-3)** Weds 3.30pm - 4.30pm **Youth Club (P4-7)** every Thurs 6pm - 7.30pm & **Baby Massage** on Wed 11am - 12noon. **Breastfeeding Support Group** Wed 1pm - 3pm. **Phoenix Fun Toddler Group** Thurs 10.30am - 12noon. **Cocaine Anon** Friday 7pm - 9pm

BEN VIEW - **Ben View Buddies P1 - P3 activity group**, Wed 4pm - 5.30pm; **Ben View VIPs P4 activity group**, Wed 6pm - 7.30pm **Ben View All Stars P5/6 activity group**, Wed 7.30pm - 9pm **Ben View Bravehearts P7 activity group**, Sun 6.30pm - 8pm at Ben View Resource Centre, Strathleven Place, Dumbarton G82 1BA, 01389 733030

CLIFFTOP ART YOUTH CLUBS
- starting back August 19 - Mondays at The Phoenix: 4pm - 5pm Art Discoverers for P1-3. 5pm - 6pm Art Explorers for P4-7. 6pm - 7.30pm Art Adventurers for S1-4. Tuesdays at Bellsmyre Development Trust: 3.45pm - 4.45pm Art Discoverers for P1-3. 4.45pm - 5.45pm Art Explorers for P4-7.

HALDANE YOUTH SERVICES
Summer Horizons programme starts July 1 and will run weekdays until August 9. Annexe Building old Jamestown Primary, Main Street Jamestown

SUPPORTING CHILDREN'S BEHAVIOUR - Phoenix Community centre, Tuesdays 9.30am - 12noon. Contact Eric Makeham on cld@west-dumbarton.gov.uk or 07900052290

JUNE
Faifley Art Group Exhibition in Clydebank Town Hall

JUN 13
Celebrating Families – Conversation Café Dalmuir Community Café – Overtoun High Flat (ground floor), Dalmuir. 11am – 4pm

JUN 15
Run Loch Lomond - 5k, 10k and Fun Run taking place from Moss O'Balloch Park. More details and to register to enter visit <https://runlochlomond.com/>

JUN 19
Moments of Freedom Community Gathering 1pm - 2pm in Centre 81 as part of Refugee Festival Week

JUN 20
The Denny Tank Scottish Maritime Museum is hosting a free 'Brew and Blether' in Dumbarton Library between 10.30am – 12noon. Browse through the museum's collection of photos from the William Denny & Brothers Shipyard and share memories over a cuppa and biscuits.

JUN 21
Concord Community Cinema 'The Philadelphia Story' (1940). 7.30pm £3pp. Concord Centre Dumbarton

JUN 21
Haldane Youth Services Bingo Night. Annexe Building old Jamestown Primary, Main Street Jamestown. 7pm - 10pm

JUN 22 & 23
Golden Friendship Music Festival. Doors open 1.30pm, tickets £7.50 from Golden Friendships

JUN 24
Human Rights training session at Centre 81. 1pm - 2.30pm. Free training open to anyone working or volunteering in West Dunbartonshire in the charity and statutory sectors. Places must be booked in advance. To find out more contact ingrid@otbds.org or 07488 420 416.

JUN 26
Concord Community Cinema 'Summer Holiday' (1962). 1.30pm. £3pp. Concord Centre, Dumbarton.

JUN 28
OKFP Live Band Night fundraiser - members only event email okfp.napier@gmail.com to become a member/book a ticket

JUN 29
Alternatives' Family Fun Day - bouncy castle, face-painting, arts & crafts, information stalls plus music from Freed Up CIC. Join the fun from 12noon - 3pm at the Waterfront Church, Abbotsford Road, Clydebank. All welcome.

JUL 17
Haldane Youth Services and Building Bridges - Family Breakfast Annexe Building old Jamestown Primary, Main Street Jamestown 10.30am - 12noon

JUL 26
OKFP fish supper Friday - members only event email okfp.napier@gmail.com to become a member/book a ticket

AUG 7
Haldane Youth Services and Building Bridges - Family Breakfast Annexe Building old Jamestown Primary, Main Street Jamestown 10.30am- 12pm. Family activity - Magnet Fishing 12noon - 2pm

AUG 9
Haldane Youth Services End of Summer event, Family Fun Day. Annexe Building old Jamestown Primary, Main Street Jamestown, 12pm-3pm.

AUG 24
Firecloud fundraising AfternoonTea. Our Holy Redeemer Church Hall. Tickets are £13 and more information is available from tickets@fire-cloud.org

AUG 30
OKFP Doris Day Tribute Night - members only fundraiser event email okfp.napier@gmail.com to become a member/book a ticket

CLYDESIDER COMMUNITY DIRECTORY

LOCAL SUPPORT SERVICES

DUMBARTON DISTRICT WOMEN'S AID -

Confidential Domestic Abuse Helpline Office hours - 01389 751036, 24hr Helpline 0800 027 1234

CLYDEBANK WOMEN'S AID -

Confidential Domestic Abuse Helpline - 0141 952 8118, 24hr Helpline 0800 027 1234

GLASGOW & CLYDE RAPE CRISIS -

Support line 08088 000014 or 07743807844

DUMBARTON AREA COUNCIL ON

ALCOHOL (DACA) - Community-based alcohol support service 01389 731456 or 0141 952 0881

STEPPING STONES - Community mental health support services, 0141 9412929 or email referral@stepstones.org.uk

ALTERNATIVES - Community-based recovery support for individuals and families affected by substance use, 01389 734500 or 0141 951 2420 or info@alternativeswd.org

COMMUNITY MENTAL HEALTH &

ADDICTION SERVICES - Mon - Fri 8.45am - 4.45pm 0141 562 2311 or 01389 812018

OVERDOSE RESPONSE TEAM Greater Glasgow & Clyde - 7 days a week - 10am to 10pm, anyone can make a referral Freephone 08088 00811

WDC EMERGENCY HOMELESS TEAM - 01389 776400, Out of Hours - 0800 197 1004

WD CITIZENS ADVICE BUREAU - Information and advice service Freephone - 0800 4840136 Mon - Thur 8.30am - 4.30pm, Fri 8.30am - 3pm. www.wdcab.co.uk

IMPROVING LIVES - Support and information for people living with a disability or long-term condition, 627 Dumbarton Rd, Dalmuir, G81 4ET, 0141 237 4560 or contact@improvinglives.co.uk

CARERS WEST DUNBARTONSHIRE -

Community-based support service for unpaid carers. 0141 941 1550 clydebankcc@carerswd.org

Y-SORT IT - information, support, advice and activities for 8 - 18 year olds 0141 9413308 info@ysortit.com

WD ENERGY ADVICE SERVICE -

Community Links contact energy@comlinks.org.uk for more information

WD KINSHIP CARE SUPPORT - information, advice and activities for kinship carers and their families; Level 2 1 North Ave, Clydebank G81 2DR, 0141 2373303

CONTACT CLYDESIDER

PHONE: 01389 381110 (we're not in the office as often as usual so please try our mobiles or email if you can't get us on this number)

EDITORIAL: Call Amanda on 07913029234 or email amanda@clydesider.org

ADVERTISING: Call Charlie on 07502460273 or email charlie@clydesider.org

COMPETITIONS: Email clydesidercomp@gmail.com

ADDRESS: 48a Erskine View, Old Kilpatrick G60 5JG

WEBSITE: www.clydesider.org

MONEY ADVICE

HOME ENERGY SCOTLAND - help, advice and financial support to reduce heating bills. Call 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

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

CHRISTIANS AGAINST POVERTY - 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.

To access support call their Helpline on 0800 328 0006 Mon - Thurs 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 9:30am - 1pm or to Webchat with an advisor visit www.nationaldebtline.org

STEPCHANGE - a debt charity providing free, confidential and expert debt advice and money guidance. They also campaign to reduce the risk of problem debt. To find out more visit www.stepchange.org

YOURS FOR FREE (OR NEARLY FREE) IN WD

FOOD FOR THOUGHT -

Emergency food aid referral line; Mon - Fri 10am - 4pm, Unit 14A Artizan Shopping Centre, Dumbarton, G82 1LL 01389 743908 admin@foodforthoughtwestdun.co.uk

FOOD FOR THOUGHT

ALEXANDRIA OUTREACH; Tues 11am - 12noon, CATRA base, Alexander Street, Alexandria

FOOD FOR THOUGHT

DALMUIR OUTREACH; Mon 11am - 12noon, St Stephen's Church, 12 Park Road, Clydebank G81 3LD

WEST DUNBARTONSHIRE

COMMUNITY FOODSHARE - Emergency food aid delivery Tues - Fri 10am - 4pm, 01389 764135 or freephone 0800 3457050

OLD KILPATRICK FOOD

PARCELS COMMUNITY PANTRY Mon - Fri 12noon - 2pm & **OKFP Chatty Cafe** Mon - Fri 12noon - 4pm, Napier Hall, 12 Dumbarton Rd, Old Kilpatrick, G60 5LW 07368 496836

DALMUIR BARCLAY CHURCH COMMUNITY PANTRY &

CAFE Thurs 6.30pm - 8pm & Fri 11am - 2pm, 1 Durban Ave, Dalmuir, G81 4JH

DALMUIR BARCLAY CHURCH DROP-IN TOTS - TEENS -

Clothing for kids. Fri 11am - 1pm

FAIFLEY FOODSHARE FOOD

PANTRY - Tues 10am - 11am, Faifley Parish Church, 164 Faifley Rd, Clydebank

TONTINE FOOD PANTRY

- Tea/coffee, food pantry, Wifi & chat Thurs 11am - 1.30pm, Trinity Church Hall, Alexander Street, Renton, G82 4LT

THE SALVATION ARMY

COMMUNITY CAFE (donation only). Weds & Thurs 11am - 1.30pm, Sylvania Way South, Clydebank 0141 941 1353

IMPROVING LIVES HUB -

Warm space offering free tea, biscuits plus advisors available. Mon to Thurs 9am - 5pm & Fri 9am - 3pm

FOOD FOR THOUGHT

COMMUNITY SOUP & SANDWICH. Wed 11.30am - 2pm, St Augustine's Church Hall, Dumbarton

SOUP CLUB - Community

Lunch. Fri 11.30am - 2pm St Augustine's Church Hall, Dumbarton

SOUP CLUB - Community

Lunch. Mon 11am - 2pm St Patrick's Church Hall, Dumbarton

PHOENIX CENTRE

COMMUNITY CAFE. Lunches & breakfasts (donation-based) Tues, Weds & Thurs 12 - 1.30pm & Weds 8am - 10.30am, Phoenix Centre, Castlehill, Dumbarton

SOUP SPOT - Tues 12 -

1.30pm, Lennox Evangelical Church, Risk Street, Dumbarton

TULLOCHAN SOCIAL HUB

- Free hot food and drinks, employability support, access to technology, Wifi & charging points. A place to meet new people. Thurs 10am - 12noon, 9 - 11 Poplar Road, Broadmeadow Industrial Estate, Dumbarton, G81 2RD, 07931228462, info@tullochan.org

ISARO - Energy-saving

information & advice, recycle & reuse workshops. Centre 81, 2/16 Braes Avenue, G81 1DP isarosocialnet@gmail.com

HELP4THEHOMELESS -

Free shop recycling pre-loved clothes, shoes and household items. Mon, Wed & Sat 10.30am - 4pm Fleming Avenue, Clydebank, 07966 062495, info@help4thehomeless.co.uk

WESTBRIDGEND CLOTHING

BANK - Free recycled clothes, open Mon & Tues 11am - 3pm in Community Flat, 1 Lomond Court, Dumbarton elaine_41@hotmail.com

Y-SORT IT - Friday Night

Youth Café for 1st year pupils and over offering a safe place to meet friends, have a FREE MEAL, charge phones and access WIFI. Every Friday 6pm - 8pm at Y-Sort It Hubs in Clydebank & Bonhill. Call 0141 941 3308 or email info@ysortit.com to find out more

TO BE INCLUDED IN OUR ISSUE 29 CLYDESIDER COMMUNITY DIRECTORY EMAIL JENNY@CLYDESIDER.ORG BY AUG 2





CLYDE & BAXTER

By Steven Hastings



**Clyde is doing the Tartantrek
Small Saunter. A couple of his
pals have also come along.
Baxter is there for a wee
wander as they all go along
singing a song.**



**In a couple of hours all four of
them came in. They cheered as
Eddie held up a cardboard cup,
but in the end it's the charities
that will win. And the money
raised keeps going up and up.**

Sports Wordsearch

BY STEVEN HASTINGS

**The names of 14
Sports can be found
in the grid going Left,
Right, Up, Down &
Diagonally.**

- **Badminton**
- **Judo**
- **Bowls**
- **Karate**
- **Basketball**
- **Pool**
- **Cricket**
- **Running**
- **Cycling**
- **Shinty**
- **Football**
- **Swimming**
- **Golf**
- **Tennis**

T	N	I	P	P	L	L	A	B	T	O	O	F	O	P	Q	U	V	L	B
E	X	S	W	D	F	O	K	A	R	E	D	W	I	M	J	R	I	A	S
N	W	C	Y	C	L	I	N	G	I	C	U	N	R	G	C	I	S	K	E
N	T	E	B	R	W	X	S	O	K	P	J	E	T	T	A	K	B	P	R
I	L	S	X	W	Y	M	M	L	F	O	D	K	I	Q	E	N	S	G	U
S	H	P	O	J	I	J	B	F	N	Z	T	Y	A	T	U	D	X	M	N
I	L	O	N	U	K	T	U	A	N	R	H	J	B	A	K	L	T	M	N
A	C	W	R	D	N	F	I	L	O	G	K	A	I	O	P	Z	X	B	I
E	N	U	O	G	Y	Q	L	R	X	A	L	Y	C	A	L	M	F	A	N
Z	F	C	R	B	G	F	U	C	R	L	N	G	F	P	O	O	L	O	G
S	T	J	W	S	K	B	A	F	Y	G	H	K	O	L	K	Z	X	Y	O
X	U	R	O	A	Z	V	N	O	X	X	S	I	N	Y	U	R	G	Q	T
T	E	Q	P	E	L	X	O	M	U	V	M	G	G	T	S	H	N	U	I
E	S	O	U	I	N	G	T	S	T	F	K	W	N	N	E	C	Z	H	P
K	F	W	Y	E	V	C	N	W	B	I	V	S	X	I	A	D	P	P	E
C	N	A	J	T	U	D	I	K	A	R	Y	F	L	H	M	L	O	W	K
I	X	C	B	A	N	Z	M	M	O	G	N	I	T	S	C	M	K	S	Q
R	G	R	O	R	Q	U	D	R	C	Y	S	Q	A	L	L	X	I	U	A
C	N	O	E	A	S	X	A	J	U	F	W	P	U	K	E	T	V	W	B
A	K	G	N	K	S	A	B	O	L	F	D	O	M	W	X	Y	O	B	S

MPC ENERGY LTD



INSULATION, HEATING AND SOLAR PV

Since 2017, MPC ENERGY LTD have been providing heating and insulation solutions to customers to help keep homes warm.

MPC Energy have access to Funding streams for energy efficiency measures and you may be eligible for government funding under the flagship ECO4 scheme.

We install the energy efficiency measures below so get in touch to see how we may be able to help.

Internal Wall Insulation ● Cavity Wall Insulation ● Room in Roof Insulation ● Loft Insulation ● Underfloor Insulation

High Heat Retention Storage Heaters ● Non-Condensing Gas Boilers ● Back Boilers ● First Time Central Heating

Air Source Heat Pump ● Solar PV

There are many ways you can save energy, money and the environment by upgrading your home and the ECO4 Scheme is your key to getting the funding you need.

We are waiting your call - or alternatively email, or visit our website:

E: enquiries@mpcenergy.org

W: www.mpcenergy.co.uk

T: 0141 951 7887



RECC



TRUSTMARK



Paul James Home & Interiors



1 BED FLAT CARPET DEAL

48m² of twist carpet along with 8mm underlay to cover Lounge, Bedroom & Hall.
13m² of vinyl to cover Kitchen & Bathroom.
Includes Gripper, Thresholds, Delivery & Installation.

SUPPLIED & FITTED £1000



2 BED FLAT CARPET DEAL

60m² of twist carpet along with 8mm underlay to cover Lounge, x2 Bedrooms & Hall.
13m² of vinyl to cover Kitchen & Bathroom.
Includes Gripper, Thresholds, Delivery & Installation.

SUPPLIED & FITTED £1250



2 BED FLAT LAMINATE DEAL

60m² of 7mm Laminate, white beading and underlay to cover Lounge, x2 Bedrooms, Kitchen & Hall.
4m² of vinyl to cover Bathroom.
Includes Thresholds, Delivery & Installation.

SUPPLIED & FITTED £1350

FOR MORE INFORMATION:

www.pauljameshome.co.uk
Co-op Department Store
2 Sylvania Way South
Clydebank, G81 1EA

Book your
Free measure now.

0141 266 0400