

CLYDESIDER

OUR COMMUNITY'S POSITIVE PRESS

ISSUE 29 Autumn 2024

FREE



INSPIRATION ALL AROUND US

INSIDE: GOING FOR GOLD...HAIRCUT HERO...A FLAVOUR OF NEW LIFE

POETRY COMPETITION WINNER:

GROW OLDER

BY D P SLOAN

**In the garden of time, each moment we sow,
Seeds of laughter and tears, as the seasons bestow.
With the dawn of each year, new petals unfold,
Stories woven in whispers, like threads made of gold.**

**The face in the mirror, a map rich and wise,
Each wrinkle a tale, each gaze a surprise.
Memories dance softly, like leaves in the breeze,
As we gather the moments, like treasures with ease.**

**Through the passage of years, we learn to embrace,
The beauty in change, the soft lines on our face.
For age is a canvas, where colours combine,
A tapestry woven with the threads of divine.**

**Though time may be fleeting, it offers its grace,
In the laughter of friends, in the warmth of a place.
So let us grow older, with hearts open wide,
For in growing, we flourish, with love as our guide.**

WELCOME

I'm writing the welcome to this issue at a time when the national media spotlight is firmly focused on the terrible riots and hatred on display in many towns and cities south of the border.

The hypocrisy of many of these news outlets and journalists who, along with vote-grabbing populist politicians, stoked these racial tensions and helped spread fear and loathing amongst some of the poorest communities in the UK, is despicable.

I am not for one minute excusing the actions of the rioters – but they are a tiny minority of a population which has been fed right-wing, anti-immigration rhetoric for years, without any context or history provided to understand their multi-cultural neighbours.

But while that bigoted minority is given the spotlight, the many inspirational individuals who live in every community get lost and forgotten, and fear wins the day.

So, I'm extra proud of this issue of Clydesider and our wonderful volunteers who contributed so many stories of local people taking on difficult challenges and making positive changes.

We have features on three extremely inspiring young people who pushed themselves well out of their comfort zones to raise awareness and funds for local and national charities.

We also have articles, poems and photo stories packed with inspiration – read about the villagers who are transforming their local church into a community hub, the Syrian refugees creating a welcome guide for New Scots, the ups and downs of training a disability support dog from a wheelchair or setting up an alcohol-free community music hub.

And, as part of our People, Places & Outside Spaces theme, we have several features which share the inspiration by local places – both inside and out.

Feel the benefits of the fresh air and stunning scenery in Loch Lomond National Park, wander round the interesting historic local buildings taking part in Doors Open Day or enjoy the heritage shared in stunning photos by members of the Vale Trust and, if you have a little time to spare, why not volunteer up at Knowetop horticultural and wildlife project?

I hope these articles help replace some of the fear and loathing with hope and beauty.

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.

CLYDESIDER CREDITS

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.



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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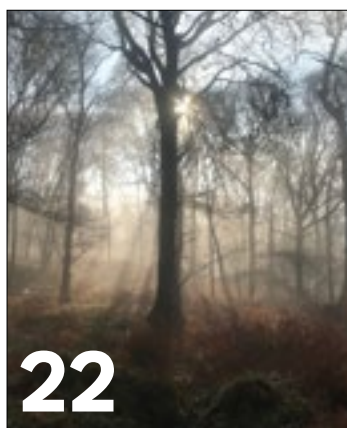
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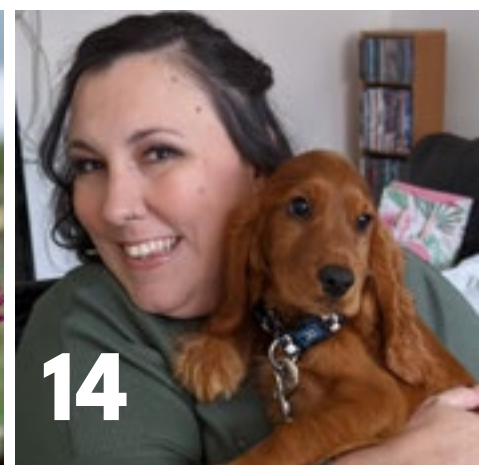
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* COVER PHOTO BY ANDREW MCBRIDE

TAKING TIME TO CHAT

Looking for a blether, some tasty home-baking or a hot meal but need to make every penny count?

Then pop into OKFP Hub's Chatty Cafe, open weekdays 12noon - 4pm.

The smell of freshly baked cakes and home-made soup will tempt you to check out the menu - and there's no need to worry about pricing as everything is donation-based, so just pay what you can.

The Chatty Cafe, part of OKFP Hub CIC, is a social enterprise which supports Old Kilpatrick Food Parcels charity and has been running since April 2022.

Founder Maureen Cummings explained how it started: "It was originally to provide an indoor space for people waiting to collect a food parcel.

"It quickly grew to offer an affordable, sociable, and safe space for anyone to enjoy.

"We have social workers come in to meet their clients, care homes bring their elderly residents for an afternoon tea, and local people enjoy a catch-up with friends.

"And every penny donated goes back into the Chatty Cafe which helps us offer free meals for those struggling financially."

The Chatty Cafe's dedicated staff and volunteers always have a welcoming smile and time to chat with customers, as many have firsthand experience of OKFP's support and understand the value

of a smile.

Janine Taylor was one of the first volunteers to help in the Chatty Cafe when it was based at Station Road.



"We quickly recognised Janine had a kind nature and also loved cooking - the perfect combination for the Chatty Cafe," Maureen said.

"Working4U provided funding for us to make Janine our first employee at the Chatty Cafe in 2022, the following year new funding was sourced for Janine to work her way through and SVQ Level 2 in Customer Service and she then became an acting Director of OKFP Hub CIC.

"Earlier this year, we were absolutely delighted to be able to promote Janine to full time Cafe Manager thanks to funding from the National Lottery Community Fund which secures her position until 2026."

Janine now helps with the day-to-day running of the Chatty Cafe, plus runs cooking classes and trains

up volunteers in their new catering kitchen, part of OKFP's refurbishment of Napier Hall.

Maureen added: "It's lovely to see how our pay-it-forward approach not only works in the cafe but also makes real changes in the lives of people like Janine."

In her role as Director of OKFP Hub CIC, Janine treated her Chatty Cafe Team to an Afternoon Tea to celebrate the end of a very successful Financial Year 2023-2024.

OKFP Hub CIC (SC705631) and OKFP Charity (SC050874) are based at Napier Hall in Old Kilpatrick. Email OKFP.Hub@gmail.com for info about the cooking classes.

COMMUNITY NEWS

Haircut Hero

WORDS BY STEVEN HASTINGS & PHOTOS BY LINA LESLIE

After growing his hair for two and a half years, 11-year-old Philip Leslie from Renton wanted to donate it to charity.

Once his hair grew to shoulder length Philip decided it was time for a new look and wanted to donate it to make a child's wig.

He chose The Little Princess Trust but when he heard the charity didn't have enough 17-inch wigs he kept growing his hair!

Philip's mum, Lina, said: "We looked at different charities and Philip picked the Little Princess Trust because it's a charity that makes real hair wigs free of cost and it is specifically for children."

He also wanted to raise money to help with the cost of creating the wig. His target was £700 but he raised over £1000!

Philip wanted to donate his hair for his 11th birthday, so his hair was cut in July, two days after his birthday.

He was excited about getting it cut, but a bit nervous about the change of style, however he enjoyed the experience: "I liked when they tied my hair back and I liked the noise of the scissors cutting my hair," he said.

Philip wanted to say a big thankyou to Lyndsay, at LC Hair Salon who cut his hair.

A surprise Well Done Party was organised for Philip.

Lina said: "I had family and friends round, everybody hid and then as soon as we entered the living room they all shouted 'surprise.'"

Philip wanted to thank everyone who donated and helped him raise funds way above his target and also those who supported and encouraged him, especially when he faced difficult times with bullying from his peers for having long hair as a boy.

Lina, and Philip's dad, David, are both very proud of him, although it's not the first time the kind boy has fundraised for charity.

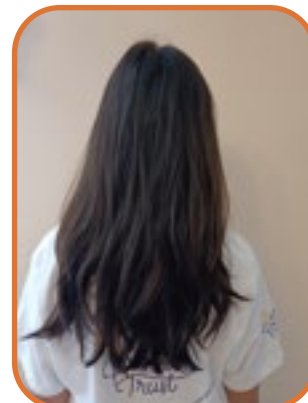
Lina said: "He's always fundraising for something. He raised nearly £300 for Cancer Research by doing the Santa Dash twice."

The generous youngster often uses his pocket money to buy something to donate to a local foodbank and most years his family do a reverse advent calendar saving 24 items to donate to the foodbank.

A pupil at Renton Primary, Philip enjoys gaming and swimming and earlier this year came third in the under 12's Traditional Scottish Fiddle Music at an Accordion and Fiddle Festival in Grangemouth.

With Philip's kindness, generosity and fiddle playing I think he's got a bright future ahead.

Visit www.littleprincesses.org.uk to find out more about the charity or search Philip Leslie on JustGiving to make a donation.



Picturing Our Past

Ever felt as if the history you learned at school was not about people like you?

Well, local social enterprise Inclusive Images has been trying to change that.

Working with peer support and community groups from across the West of Scotland they have used photography workshops to uncover history and heritage closer to home.

The three-year project, funded by Heritage Lottery Scotland, is coming to a close with a grand exhibition of participants' photography in Stirling Castle.

The images will be on display from September 3 – November 30 in the Stirling Castle Exhibition Room.



CLYDESIDER NEWS

Calling Dalmuir Creatives

We're excited to announce our new creative project starting in Dalmuir this autumn.

Working with people accessing Dalmuir Barclay Church's Community Pantry, we will use the area's local heritage, culture, traditions and environment to inspire creativity.

Working with our Creative Lead, Caroline Finn, project participants will learn a range of creative skills and work together to create a wall mural.

No experience is required and all materials will be provided. When the mural is complete it will be displayed in the church for all to see.

The project is funded by the Glasgow Airport Flightpath Fund and West Dunbartonshire Community Chest Fund.

For more information or to get involved email caroline@clydesider.org

STOP PRESS!!!

Clydesider TV – Coming to a Screen Near You

We've just heard Clydesider Creative has been awarded a third multi-year grant from the National Lottery Community Fund!

The grant of £111,724 over two years will allow us to continue publishing Clydesider magazine AND launch and develop Clydesider TV in 2025.

Watch this space (and our socials) for more news....



Clydesider Community Exhibition

After the success of our first Community Exhibition last October, we're starting to plan our 2024 Exhibition – and it's looking likely to be as beautiful and creative as last year!

This year will include exhibits from Unity Enterprises, Stepping Stones, Moments of Freedom, Vale of Leven Trust, Empowering Women, Dalmuir Barclay Church and Maggie's Yarn Buddies.

Also enjoy creative contributions from our Clydesider volunteers, and there will be free, fun creative activities to try plus a Community Information space for local organisations.

So, **SAVE THE DATE** – Friday November 1 – and keep an eye on our social media or sign up to our newsletter mailing list at www.clydesider.org/newsletter for updates.

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Lily Loves Munros

WORDS BY JIM DUNCAN, PHOTOS BY ANDREW MCBRIDE & JIM DUNCAN

"My name is Lily McBride and I live in Balloch, I am a 13-year-old girl who loves climbing Scotland's Munros."

A Munro is a Scottish mountain that is over 3,000 feet (914 meters) tall, the name comes from Sir Hugh Munro, who published a list of the 283 highest mountains in Scotland in 1891, though the current list includes 282 Munros and 227 subsidiary 'Tops'.

Lily explains how it all began: "My first Munro was Ben Lomond and I climbed that when I was 10 years of age with my dad.

"I found it quite easy, and it was lots of fun and that's when I realised that I wanted to do some more, the views down Loch Lomond and surrounding hills were fantastic!

"We didn't climb it from the usual tourist path we opted for the lesser travelled route up to the Ptarmigan shoulder then on to the summit returning on the tourist path back to Rowardennan."

Lily tells me she does all her

research for each mountain trip from working out the best ways to access the hill and which path to take from YouTube videos, she's also keen to learn what wildlife they might encounter along the way, sometimes her planning takes in four to five Munros on the same outing!

Watching the weather forecasts Lily and her dad may make last minute decisions to change the trip due to the weather... and yes she has alternative mountain routes planned for that eventuality!

Last year Lily and her dad Andrew signed up to Breast Cancer Now Charity 'Munro Bagging Challenge 2023'.

It advertised - do a Munro for the charity or maybe six. A few days after putting their names down Andrew asked Lily 'how many munro's have you signed us up to do?'

Twenty was her reply!

In fact, between June and September Lily had completed 25 Munros for the challenge. She then proceeds to name

them all in order to me, but just don't ask her about midges!

"I HATE MIDGES! Why do they even exist? They are pointless vile creatures and my midge net that covers my face sticks to me because its wet from my breath."

Lily has now completed her first '100 Munros' with the ascent of Càrn a' Mhàim in the Cairngorms range west of Braemar.

Wearing her party dress at the summit, the sheer joy and elation with a beaming smile on her face as she dances around loving every minute of life, is plain to see.

Andrew looks after Lily's social media account on Facebook where you can watch this remarkable young lady's progress towards attaining her goal of completing all 282 Munros before her 18th Birthday!

You can find her on Facebook here: Lily loves Munros



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Rambling Adventures

Words by Harvey Smart & Photos by Stephen Durand

Back in 2023, six-year-old Ollie Durand and his dad Stephen walked the West Highland Way in support of local charity Old Kilpatrick Food Parcels, a distance of nearly 100 miles between Milngavie and Fort William. No mean feat even for experienced ramblers, let alone for someone so young!

Now following the success of that fundraiser, they decided to up the ante, completing the Hebridean Way, which stretches from the island of Vatersay to Stornoway on the Isle of Lewis.

This time, the pair chose to carry the flag for Dalmuir charity Golden Friendships, again raising several thousand pounds through GoFundMe.

"My mum goes to Golden Friendships and she has supported it from the start," Stephen explained.

"This year, I looked at the Hebridean Way and said, 'right Ollie, let's do it for charity again', because it spurs you on, gives you a goal."

For most walkers, the Hebridean Way is usually 156 miles in length, but for the father and son duo, weather conditions forced them to take an alternate route.

"Because the weather was so bad when we got there, we couldn't go through some of the hills and the moors, so we ended up actually doing 180 miles, because we went the cycle route, which is longer than what the walking route is," Stephen said.

The journey took them 10 days, walking an average of 10 - 15 miles per day.

"One of the days we only did about seven miles because of the weather, but the second last day we ended up doing about 22 miles.

"The people we met were so helpful.

"The second last night we were trying to get to Stornoway. We still had 11 miles to go and we met a gamekeeper. He said 'listen, this road's dodgy at night, don't be walking along this', he ended up giving us a cottage to stay in and brought us venison sausage and eggs for us to have our dinner!"

Clearly, these two are made of different stuff than most of the rest of us, but I ask if they ever felt like giving up at any point.

"No. Not at all," they say emphatically.

"The GoFundMe page started before we did the walk, so by that point people had started donating. People worked hard for that money, and they give what they can. So, you can't let them down, it keeps you going."

As well as raising money for a good cause, Stephen hopes these experiences will create memories that he and Ollie will remember fondly for the rest of their lives.

"My dad never did anything like this with me because he wasn't well. So, these are things that I hope Ollie will cherish and go 'aye, my Da was a good guy'."

And as for the future, the pair have even bigger plans...




"I'm hoping eventually that we'll do Everest base camp. So, we'll do that for some other charity but because he's still young that'll probably be in a few years," Stephen added.

"Next year, it's just a normal holiday for us. We'll do something in the sun and see what we come up with."



Enjoy singing?

Why not give Clydebank District Choir a try?

-  Tuesdays from 7.30pm - 9.20pm at Dalmuir Community Centre
-  No auditions required and no need to be able to read music
-  We sing a variety of music, ranging from classical to modern

We are a friendly group - a warm welcome is guaranteed!

For further information, please contact:

**gailmklhm25@gmail.com or
wilmamacnicol@btinternet.com**

**Clydebank District Choir**





Celebrating Our Proud Past

Words & Photos by Harvey Smart

Youngsters from Dumbarton primary schools took a step back in time with the Dumbarton Castle History Society, this summer.

The kids enjoyed activities such as soap carving, crown making, and getting kitted out in period costume, armour and weapons to have their photo taken by the folks at the Dumbarton Cine and Video Club.

Each school had a history presentation displaying their own work and there were also several modern activities to get stuck into, such as the retro games room, and a room for computer gaming and VR, which both proved to be very popular.

I spoke to Robert Aitken and Kathleen Smith, the brother-sister duo who helped organise the event.

"I've been a member of the Dumbarton Castle History Society for about 17 years. We want to promote footfall at the castle and we want to do that by engaging other local organisations. So we thought about involving local schools, in the context of just learning about local history, and there is absolutely a wealth of history around the castle," Robert says.

Kathleen chips in: "Each school has a presentation with kids manning it, talking about whatever they have been studying in history this year.

"Last year with the pilot, the kids just lost interest and walked right past it, but this year to engage them better, there is a quiz. Each presentation has three questions about their display and the kids will only get the answers if they're listening to the presentation, so there's an engagement that way, and there are prizes for the kids."

I ask them both why it's important for the youngsters to learn about local history.

"It makes the kids aware that we have a proud heritage. We need to raise that awareness and have that pride.

"I'm not talking politically, as a Scottish citizen and a Dumbartonian we should have a pride in the history of the area. It's massively rich, and has a real depth. The more we can bring that to the surface the better."

And the event didn't just benefit the kids who attended.

Kathleen adds: "They go home and tell their parents, many of whom have also never heard about their own history or visited the castle.

"It's breaking that cycle of 'Dumbarton castle is just there like a rock', it's actually got a living history and we're trying to not just tell about it, but engage with it in a meaningful way."





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Going for Gold

**Words by
Layla Blackwell
& Photos by
Caroline Finn**



Life has taught me many important lessons but how to be resilient is the top one.

An unexpected accident left me with a choice to make. I could be brave and embark on a new adventure or let the fear of failure stop me having the best future.

Digging deep, I chose bravery.

For a few years now I've wanted to train an assistance dog for myself.

There are charities that provide dogs for people with disabilities but the demand for the service is immense. Waiting lists are years long and meeting the ownership criteria is difficult. Training your own cuts out the red tape but is a whole different set of challenges.

To succeed, I knew, I needed a concrete plan.

I spoke to rescuers and trainers about the best way to find the right dog. They all recommended getting a spaniel puppy.

My family dogs were both spaniels and I knew they were incredibly intelligent and loyal, so I quickly agreed.

I'd never had to buy one before though, so I went online just to compare prices.

I didn't want to rush. Honestly.

But fate, I believe, had other plans.

I saw an advert for a gorgeous, 20-week-old, cocker spaniel puppy. One that needed

immediate rehoming due to the original family having health problems. I trusted my gut then and contacted the seller for more details.

That's how I came to own Mable. Spelled that way to represent enable. The biggest hope I have for our relationship, enabling us to reach our full potential together.

I took the next few days to just enjoy getting to know Mable before telling the world.

I understood that it was a big challenge that I had undertaken and well meaning loved ones did voice their doubts.

It's quite common to go through the puppy blues when you start to realise what's involved. The level of responsibility is overwhelming.

I had made a promise to Mable and myself to give this my best and I work every day to keep that.

As a wheelchair user, I am not the perfect owner of a 3- year-old, full of beans, working cocker. Working dogs are the worst when unemployed and will find jobs for themselves.

Although I wanted to be solely responsible for raising Mable it quickly proved unmanageable. So, raising and improving Mable's life continues to be a community task.

There's a lot about the early days that I'd probably do differently with the experience I've gained since.

The major struggle I have is finding wheelchair accessible classes and spaces that I can take Mable to safely.

Being a clever dog, she knows I am more vulnerable and tries to protect me from things. It makes her a little reactive at first. Probably because I'm nervous, so we're both working on confidence levels.

The other struggle is cost, training has been

more expensive than I thought it would be. I've done a lot but there are some things I'm not good at because of my disability. Techniques often need to be adapted a little.

Take 'sit' for example. Best taught on the floor, but I couldn't reach her there. So taught her on the couch.



This then meant I had to go back and teach Mable that she only goes on the couch when I give her permission.

That confused her.

Lie down was the same and getting on her harness. She's also had to learn patience because I can't always do things quickly.

Patience is difficult but she does her best. I get a lot of spaniel side eye, the equivalent of a raised eyebrow when she's tolerating me. She probably got that from me too though.



Occasionally Mable teaches herself tricks I haven't taught her. She understands 'move out the way', she often clears my path and removes things that get under the chair. Not something I've taught her on purpose, but still useful.

Mable understands a lot of English and often listens to phone conversations. She knows plans before she's told and gets used to routines quickly.

This is one of the many ways she can outsmart me, but she'll often remind me when I forget things too.

There's a careful balance to keep her out of trouble and give me the illusion of being the boss.

I've realised I am not going to be able to train Mable to the extent I would like. Not without some serious help. It's disappointing but I'm going to keep trying and get to the best point I can. That's my plan for us both.

We might not get a medal, but as long as we're together, we're victorious.



SAVING TEXTILE STUDIES IN THE VALE

Words by Laura Giannini & Photos by Natalie MacDonald

The Vale of Leven has a rich heritage in textiles.

Unsurprising then that WDC Adult Learning, in collaboration with West College Scotland ran an excellent course dealing with textile design, creation and manufacture.

This group, which met weekly in Alexandria Library, was directed by Chloe Patience,* known for her elaborate sequin work for stage costumes and her amazing 3D embroidery.

It dealt with all the many aspects of textile crafts – from dressmaking to quilting, from sewing cushions to elaborate embroidery.

Participants ranged from students looking to acquire SQA points to carers looking for escape from isolation, to mums who want to create something unique and personal for their children; from the absolute beginner to the skilled amateur, including some crafty gents.

One lady, Nancy Gillies, an early course attendee, now skilled enough to produce a lovely winter coat said: “I started with the course looking

for a way into work.. It’s hard when you’ve been out of work, your self-confidence is really low.



“Getting SQA points with such a supportive group really helped. I’m back working now but I still come to the classes whenever possible.”

Another member, Yvonne Clark brought her daughter along; she used the SQA points to access a college course which will give her a new career.

Given this premise of success and excellence, it is astounding that, at the end of the summer session, the course was cancelled in line with funding cuts at West

College Scotland.

Natalie MacDonald, another participant, told me: “There was no way we could accept closure. Our group is solid, very supportive, has always been well attended. We decided to petition against the closure of our beloved course.”

Natalie, Yvonne and other group members started an impassioned campaign. They wrote, visited, spoke to those responsible in the various organisations involved.

They showed how the course provided intensely important services: practical skills, confidence building, mental health support, dissipation of isolation.

They also pointed out less evident skills developed within the group as the sessions offered a non-intimidating environment in which to learn maths and numeracy skills.

Natalie explained: “Perhaps the decision-makers did not realise that geometry is a fundamental component of pattern making (for dressmaking) and shape-cutting and planning repeat patterns (for quilting).

“Maths is also necessary to work out how much material will be needed for a specific project. It is maths brought into the everyday, so it isn't as scary as sitting down facing classically presented numeracy problems.

“Participant literacy also improved by explaining, describing and writing-up individual projects. So, skills and know-how could be gained without stress.”

Laura Anderson, WDC's Adult Learning Development Officer had a brainwave that saved the day - to emphasise the value of the course in improving numeracy.

While the College is no longer involved WDC Adult Learning Working4U was able to raise funds through UKSP Multiply. A new course, now called Stitch in Time – Textiles with Maths started at the end of August.

All in all, this is a positive story of how a group was able to fight against closure.

It also highlights how very important Adult Education is and how strongly those who attend groups feel about their classes. In this climate of funding cuts it is essential that such highly valued services prevail and continue.

Anyone interested in any of the Adult Education community courses can contact Working4U Adult Learning & Literacy team by emailing cid@west-dunbarton.gov.uk or call 01389 738775.

* www.chloepatience.com



MARIE MCNAIR
MSP for Clydebank and Milngavie

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A FLAVOUR OF NEW LIFE

by Moments of Freedom

'As New Scot women we bring new perspectives, ideas and innovations as gifts to our communities in Scotland.'

Clydesider Creative recently had the pleasure of working with Moments of Freedom, a community group led by New Scots women resettled in Clydebank.

As part of our National Lottery funded creative storytelling project the women created a welcome booklet for fellow New Scots.

"We chose this title 'Welcome New Scots' to show the arrival welcome for people, to show them how we passed all the barriers and where we are now to give them a good and comfy feeling about the future and get some powerful advice from us," explained a member of Moments of Freedom.

Another woman said New Scots feel like it's "a new birth in their lives" when they first arrive and the group hope their booklet will help new arrivals so they "do not feel as if they are in a strange country."

The group enjoyed a series of creative workshops making posters, mosaics and cyanotype artwork. They also shared recipes, advice and poems and then chose the content and helped plan the design of their booklet.

The creative sessions used art techniques many of the women had tried at home – and introduced

them to some new activities.

During the sessions the group reminisced about various Arabic arts and crafts activities and techniques they had all tried growing up in Syria, these included a wax fabric painting technique called batik painting, pinch pots, flooring mosaics and fabric painting clothes.



The group enjoyed learning new creative activities and using new materials. "It is very enjoyable, and everyone puts their energy and thoughts into creating different forms of drawing and crafts, but in the end most of them come out with the same meaning and feeling," said one of the women.

And another commented: "I enjoyed doing the mosaic. Also, I enjoy working in a team to do the painting on fabric, it was good fun."

The group is supported by development support charity Outside the Box. Community Development advisor, Kate Robertson, felt the creative storytelling sessions had been a great success.

She said: "This is wonderful to have the group learn so many new skills they can use going forward. I think we can learn a lot from this method of planning out a leaflet or a booklet, it's much more creative than the way we currently do it."

For more information about Moments of Freedom follow them on X and Outside the Box on Facebook.



“That really feels like it represents our culture and something that is important to us from home.”



“This is how we made things back home, we just used what we had.”



“At home families would gather to make decorations for special occasions to decorate the house.”





Discover What Lies Behind the Door

WORDS & PHOTOS BY JEREMY WATSON

Have you ever been intrigued by a local building or location, but not had the opportunity to visit?

This Saturday September 14, West Dunbartonshire will hold a DOORS OPEN DAY to find out more.

We hold ours every two years although similar events are held annually across Scotland.

‘DOORS OPEN DAY’ is interpreted in many ways.

Not only are doors that are not usually accessible to the public open, but also gates. Opening doors can also mean introducing you to things and places you may not have considered.

And some venues which usually charge an entrance fee have free entry on the day.

Locally, venues range from the Old Kirk beyond Gartocharn, to the gardens at Robin House. Contrast these with the heavy machinery of the Winch House at Drumkinnon Bay used to pull the Maid of the Loch on to the slipway.

Then there is the fine Arts and Crafts murals of the Masonic Lodge in Alexandria and nearby the fascinating little museum in Alexandria Library covering

local history such as the textile industry in the Vale.

Strathleven House adds regional dignity, while a visit to the Denny Tank museum in Dumbarton reminds visitors of the area’s pioneering ingenuity.

And while in the town, why not pop into Dumbarton Sheriff Court which celebrates its 200th anniversary this year.

In Old Kilpatrick you can find the Wee Chatty Cafe, a brightly painted portacabin and behind it a pleasant little community garden in which to sip your tea or blether about what you have seen today.

Both Dumbarton and Clydebank fire stations are participating. Not only are they fascinating to look around and get close to fire trucks and those who man them, but you can also learn about fire safety at home.

Also in Clydebank, the Kilbowie St Andrews Church with its inspiring memorials to those who suffered in the Blitz, will have its doors wide open.

Elsewhere across West Dunbartonshire you will find art and history exhibitions such as those in the libraries and Clydebank Town Hall while in the Pavilion in Levensgrove Park

there will be a display of art by the local community.

And there are also guided walks. ‘A Walk with our Ancestors’, led by Florence Boyle will take you around Old Kilpatrick and include a visit to the local graveyard. Or enjoy an introduction to the Antonine Wall by Severine Peyrichou, Antonine Wall Project Development Officer with West Dunbartonshire Council.

If you’d rather sample our local heritage from the comfort of your own home you can enjoy guided tours of 40 local historic sites and premises thanks to Clydesider’s Take a Minute films which can be watched on their Clydesider Creative YouTube channel: www.youtube.com/@clydesidercreative

For more information visit the national Doors Open Days website:
www.doorsopendays.org.uk

**DOORS
OPEN
DAYS 2024**



THE THREADS OF TIME. STORIES OF PEOPLE, PLACES AND PRIDE

Community Links Scotland has been successful in securing a National Lottery Heritage Fund for our Threads of Time project. This two-year funded initiative is a collaboration between existing partners and local groups to provide exciting new learning activities for all ages across Clydebank.

Paul Bristow, of Magic Torch and the Scottish Book Trust, has already started delivering digital storytelling with young people from Y Sort It in Clydebank and Bonhill. Using the history of the Clydebank Blitz, and learning of the importance of the Carbeth Huts occupied by local people who were made homeless during the terrible two days of bombing, Paul has been teaching the young participants the skills of story telling through comic art works. These stories will be used to create a printed graphic novel.

The project will also work closely with the Clydebank Asbestos group whose volunteers will have the opportunity to learn digital skills and share their own stories on the Clydebank Can website and new social media channels.

We are delighted West Dunbartonshire Men's Shed will be assisting our textile artist to create a series of traditional printing blocks like these used by our sewing group. The artist will work with volunteers to research the history of local textile printing techniques through the years and generate a series of images depicting many of the iconic symbols of our local area. These will then be used to create a unique Clydebank fabric celebrating our industrial heritage that will be on display in numerous locations across West Dunbartonshire.

If you would like to be involved or for more information please contact kay@comlinks.org.uk or lesley@comlinks.org.uk



KEEPING WELL IN WD



HEALING POWER OF NATURE

WORDS BY KEVIN UNITT PHOTOS BY SARAH BADMAN-FLOOK

In my lowest life moments I've always managed to apply the belief that I can 'walk walk walk until I feel well again', so potent have I found physical activity in the great outdoors to be in terms of positive mental health.

These days, in a slight variation on the theme, I can also add 'work work work' to the toolkit, fortunate as I am to work in the wilds of Loch Lomond & Trossachs National Park.

Every day the simple act of looking up and around, in the often dramatic settings, can bring a wave of appreciation for nature and a sense of gratitude in a sometimes otherwise strained and anxious wider world.

Thankful for the meandering rivers, tumbling waterfalls, snow-specked hill sides, historic woodlands, the vivid bluebells of Spring, the riotous colour of Autumn leaf.

Employed as a Land Operations Officer, our small team carries out grounds maintenance across the Park, everything from chainsaw work to gate repairs and installations, invasive species removal to grass cutting and bin emptying.

Following the perhaps unconventional route of dropping out of A-Levels, working at McDonald's, becoming a journalist, moving hundreds of miles to Scotland and becoming a seasonal ranger, my latest role has spanned a pandemic, a marriage and fatherhood.

It remains the grounding, the earthing if you will, to whatever life throws at me. I can swim

the freshest lochs like an off-switch, escaping rumination and regret and worry and worse.

Sometimes none of this works, of course. Sometimes thoughts take over, not batted away so easily. Other days, in a flow state akin to the many rivers we work beside, there is no need for reflection. Life is as up and down as the hills we scale to help others enjoy the same.

While this piece is in danger of meandering more than the Leven, and so replete with metaphors it might tip over into cliché, I did wish to express a serious point: that time outdoors, in nature, is my support network. Sometimes my cure.

In low times, when you want to shut away inside, is exactly when it should be resisted most. Fortunately I am contractually obliged, almost, to be outside, whatever the weather ('whatever' up here apparently meaning, basically, June or winter).

One time, on one of my most favourite days in the job, we led young people from a charity group up Conic Hill, carrying out some clearance work on the pathways and drains. Initial complaints and protests slowly fell away into genuine enjoyment, the rewarding feeling of physical activity and seeing a tangible reward for their efforts. For a few hours at least, whatever troubles in their young lives that had brought them there had been left behind. Incredibly moving it was to witness.

Fortunately for me I get to experience that most work days, and am so thankful for it.

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Faifley Road Grocery

258 Faifley Road
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0141 435 7711

GWR Grocery

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

Dalmuir Grocery

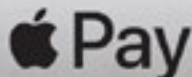
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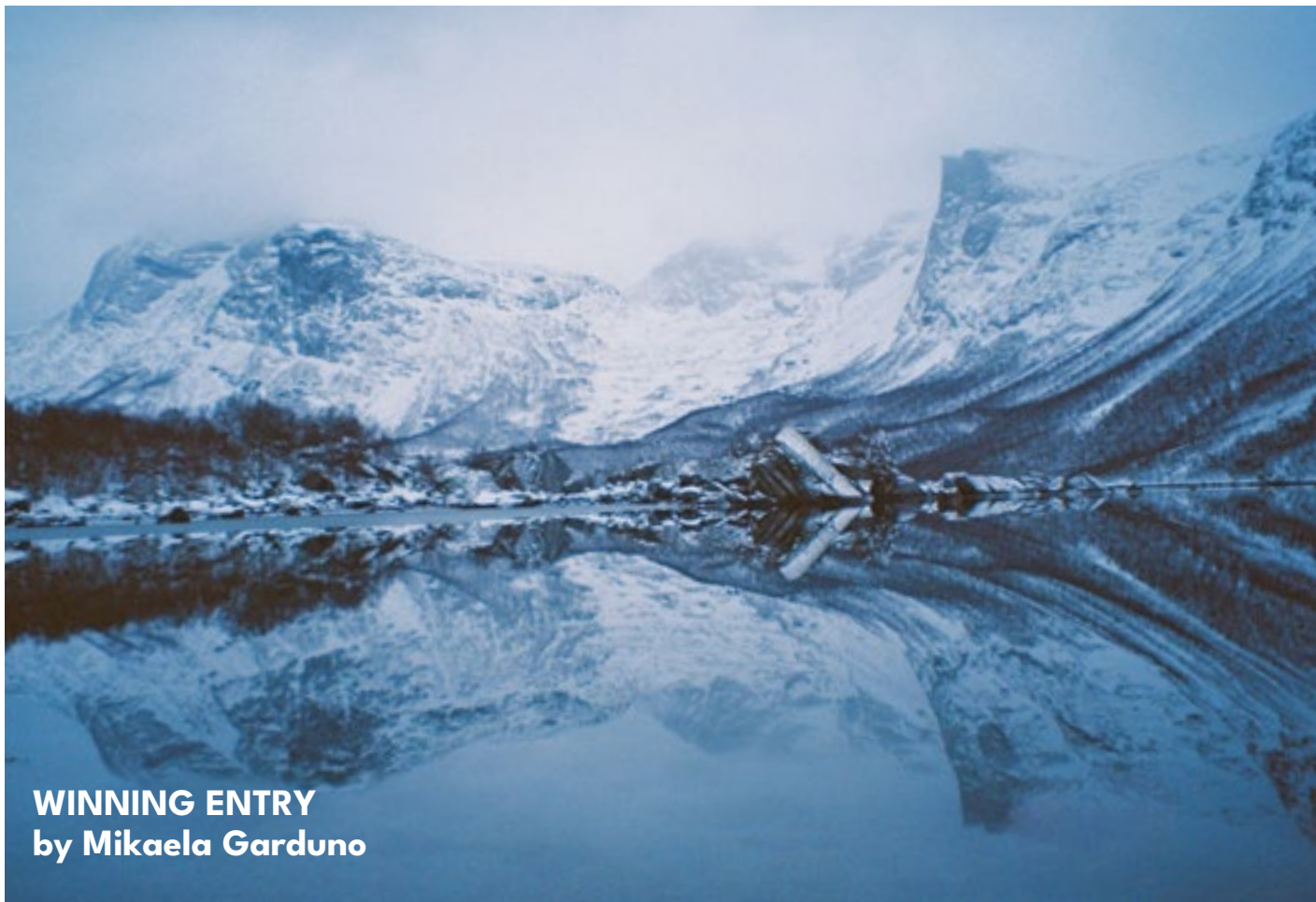
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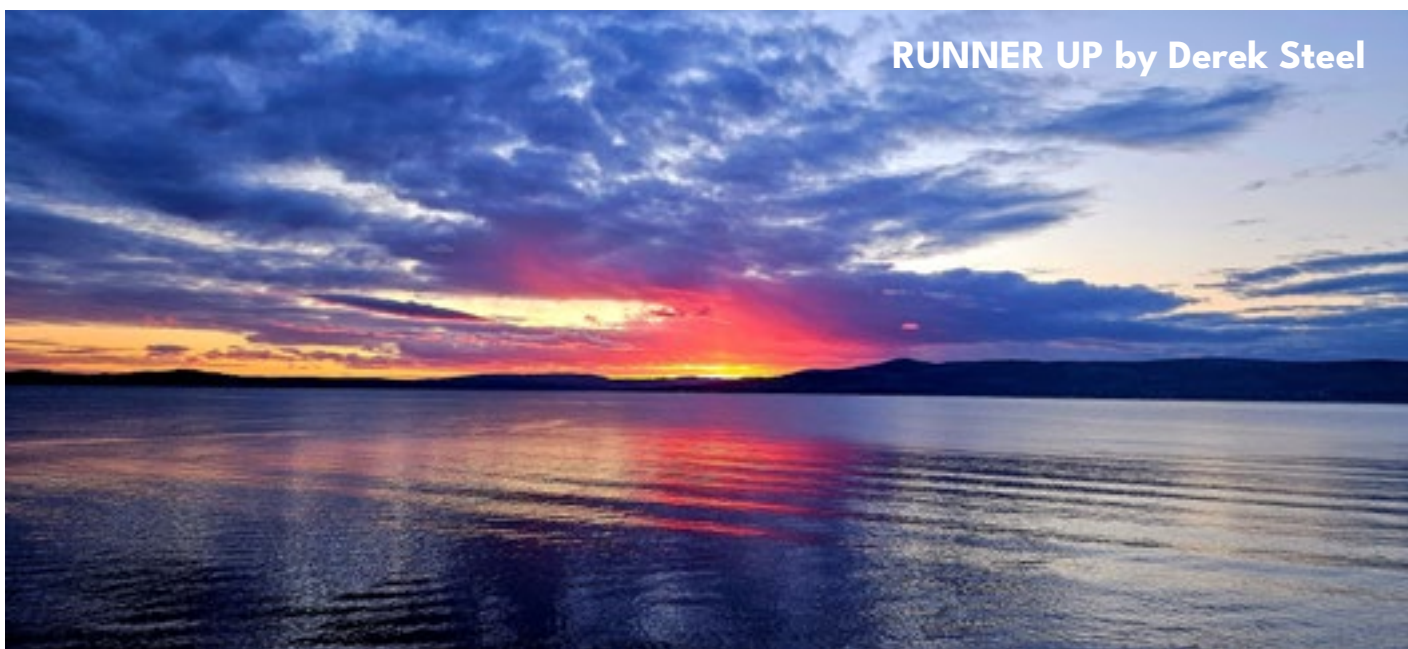
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PHOTO COMPETITION - HIDDEN GEMS



WINNING ENTRY
by Mikaela Garduno



RUNNER UP by Derek Steel

Thank you to everyone who entered the competition. Keep an eye on our social media for a slideshow of all entries.

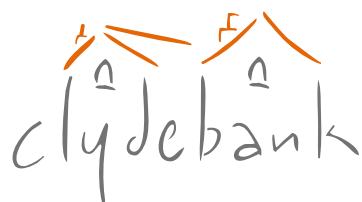


The theme for our next photo competition is Shadows & Silhouettes, see pages 40 & 41 for some tips and details on how to enter.



RUNNER UP by Janice Duncan

Clydebank Housing Association is pleased to support Clydesider Magazine



clydebank housing association

***“Offering our community
more than a home”***

Celebrating 40 Years - 1984 - 2024



Caring for our Existing Tenants

- Welfare rights service
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- Hygiene/cleaning packs
- Emergency pet supplies
- 94% repairs satisfaction
- Excellent customer care
- Bike storage in estates
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- High level of quality communications
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- Electric charge points in estates
- Support to residents groups & local groups
- 24/7 Tenant Portal
- Access to Centre81!



Caring for our New Tenants

- Starter pack (pictured)
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- Café81 voucher
- Decoration voucher
- Welcome card from the Chief Executive



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- Free and low cost classes
- Free bike repairs
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HISTORY OF THE VALE PHOTOGRAPHY PROJECT

**A Community Photo Story by
Eddie Barclay, Fiona Jamieson, John
Jamieson, Naseem Haider Khan
Kacho, Lorraine Kerr, Catherine
MacDonald, Natalie MacDonald,
Francis Reilly & Adrian Wyr**

The Vale of Leven has a fascinating heritage and, if you know where to look, there is evidence of its proud past all around our community.

As part of Clydesider's creative storytelling projects, we teamed up with members of the Vale Trust to explore the past lying on their doorstep and capture it on camera.



Over six weeks the group learned new photography skills from Clydesider's Creative Lead, Caroline Finn, before heading out to different areas of the Vale with their cameras and phones.

The sun shone on the group as they enjoyed a walk along Main Street and around Christie Park practising architectural photography and composition techniques.

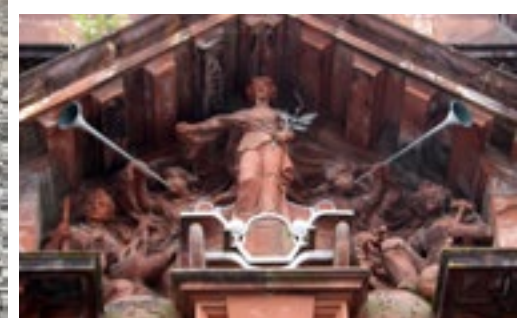
The following session Clydesider volunteer Katie Kennedy, who helped support the group, 'blagged' (an important photography technique) everyone a guided tour of the Maid of the Loch. Here they looked for details and patterns as each participant looks at the vessel and the Loch from their own point of view.

The final heritage walk took the group to Renton where, thanks to Duncan Thomson at the Strathleven Artisans, they discovered the village's links to King Robert the Bruce and practiced their environmental photography before enjoying a peaceful stroll beside the Leven capturing images of its natural heritage.

The group then selected their favourite images to be included in their booklet and displayed in an end-of-project exhibition; a selection of these photos will also be showcased at Clydesider's annual Community Exhibition later in the year.

These fantastic images clearly show the past is all around us and it still has a story to tell...





HERITAGE SPOTLIGHT



Village Church Saved by its Community

WORDS BY HARVEY SMART & PHOTOS COURTESY OF THE KILMARONOCK OLD KIRK TRUST

Nestled along the historic route connecting Balloch and Stirling, an 1800s church sits on the Lowlands-Highlands fault line.

The surrounding land, older than the church itself, contains ancient gravestones dating back to the 14th and 15th centuries, and some more recent graves of notable figures like TV presenter Tom Weir and Brigadier Alistair “Jock” Pearson, one of the most highly regarded soldiers in the history of the British army.

This is Kilmaronock Church, built in 1813. An unpretentious but elegantly designed building, its bell tower looking out over Conic Hill and, further in the distance, Ben Lomond.

The Church served the parish until 2017, when it was closed and began falling into disrepair.

Soon after, the local community held a meeting to discuss the future of the building and its potential as a community space.

A committee was formed,

which then became registered as a Scottish Charitable Incorporated Organisation (SCIO), with the aim of buying the church.

“It was a well-loved church, it’s a lovely location, and lovely acoustics,” said Mary Sweetland, a trustee who is involved with fundraising for the organisation.

“The guy who started it all off had seen the state of the Millburn Church in Renton, which was an A-listed building, the state of disrepair it had gotten into because nobody had done anything with it and didn’t want Kilmaronock to go the same way.”

Many local people have deep familial connections to the Church, with successive generations of ancestors being buried in the graveyard, and memories of weddings and baptisms taking place there.

The Kilmaronock Old Kirk Trust now has over 100 members.

The group first applied to the

Scottish Land Fund to get the money to buy the church, and since had many different funding sources, including over 10% of the contributions coming directly from the surrounding community.

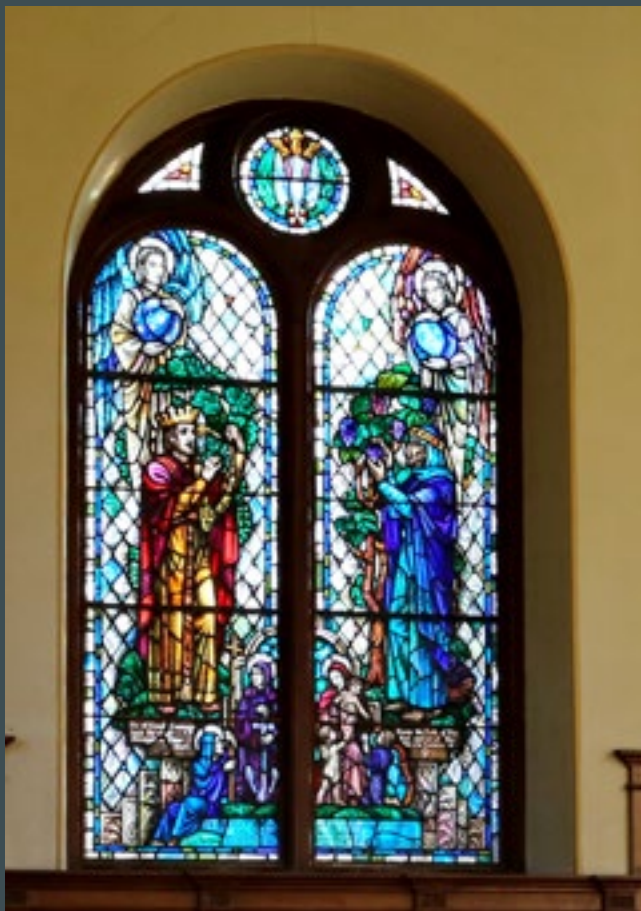
“We’ve had about 19 different organisations supporting us,” Mary added.

“Our biggest support has been the Fraser Foundation who committed £100,000, because Sir Hugh Fraser is buried in the graveyard.”

That pot of money was given with the condition the work would definitely go ahead.

“We didn’t need to use it for the first phase of funding to do the external work, but the fact we had that commitment meant we could leverage funding from other organisations, so we got funding from Historic Environment Scotland to make it wind and watertight,” Mary explained.

Unfortunately, the COVID pandemic postponed a lot



of the work planned and inflated the cost of renovations when work finally began, but they have still made good progress.

As for the future, along with earning a bit of money as a wedding and concert venue, the Trust hopes to make the church a sustainable venue for the community, showcasing the history of the building and the local area, with a heritage gallery in the upstairs area.

"Once we have toilets in and a kitchen, it can be for community use. At the moment I have to get portable toilets dropped off before we have an event!

"Our thinking is we'll have a visitors centre which is open at weekends, where folk can get a cup of coffee and explore."

This church, once neglected and facing inevitable ruin, has had a new lease on life, and the cold wind no longer whistles through cracks in the walls.

Hopefully, with the help of its devoted volunteers, this charming and iconic building will serve as a community centre and place for tourists to rediscover their heritage for years to come.

To find out more about the history of Kilmaronock Church watch Clydesider's Take a Minute heritage video here - <https://www.youtube.com/watch?v=ypvsJ89BRMQ> and visit the Trust's website <https://www.kilmaronockoldkirk.org.uk/>



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COMMUNITY GARDEN SPOTLIGHT



Knowetop Needs You!

WORDS & PHOTOS BY NATALIE MACDONALD

A community farm and wildlife initiative is looking for helpers to keep the site in tip-top condition.

Knowetop charity has over 15 acres of land in Castlehill which is being transformed into a nature haven for both the local community and wildlife – and they are looking for local people to lend a hand.

Claire Travis, the charity's Horticultural and Wildlife supervisor, said there is always plenty to do.

"We're looking for people who will come and just help with practical tasks on-site.

"There's usually a massive, long list of jobs! There's

something that would suit everyone."

Some of the jobs they need help with include sorting out cardboard to make no-dig beds, weeding pots, sowing seeds, transplanting, watering, litter picking and cutting vegetation.

Claire explained: "We need to cut back the vegetation from the path edges because when it's wet, it falls over the path and then anyone walking there gets really wet!

"We need to give the plants a good soak on Thursdays, because we're not here over the weekends. It's all the practical stuff.

"And when we have the

produce ready, we need people who can come and volunteer with us to pick it – they can take stuff away as a thank you for coming along.

"The idea is that people come and do what they fancy doing. They don't have to do the same job for the entire time they're here."

Claire is looking for volunteers who can help on Tuesdays from 1pm – 4pm or Thursdays 10am – 1pm.

She said not to be put off if you have mobility challenges as there are plenty of jobs that can be done sitting down and she is happy to arrange a visit first so people can get an idea of what the site is like.

“It would be great to have someone who might want to come and do some of the social media stuff. Because unless I remember to take the photographs, and take them on sunny days, and capture the interesting things ... it gets forgotten.”

The charity has waterproofs and steel toe boots which volunteers can use on site, so there's no need to worry about getting a prized pair of trainers dirty.

As well as volunteering opportunities the charity runs adult well-being groups to encourage people to spend time outdoors.

“It's about reducing isolation, getting people outdoors, into a green space,” Claire explained.

“People who might not have the confidence to go and explore for themselves, or don't have the mobility, or maybe they just want to come and sit and chat.

“The idea is people are exposed to the benefits of being outdoors, in a green space and in nature. It's a way of helping people deal with other things that might be going on.”

Any adult can come along to the sessions which are on Mondays and Thursdays 11am - 3pm.

Claire urged locals to come and give it a try. “You don't need to stay for the whole session, if you need to leave for a school pickup, it's fine! And you won't lose your place if you don't come for a week, just come as and when it suits you.”

To find out more visit www.facebook.com/KnowetopProject/ or contact Claire on Claire.Travis@alternativeswd.org

Levensgrove Park's Majestic Poplar Trees

Words & Photo by Breeze

The Black Poplar Tree was once common in Great Britain, but it is now considered to be our rarest native tree in the wild.

It is a majestic and easily identified tree, with its deeply ridged grey brown bark, heart shaped leaves, long catkins and leaning trunk.

While male trees have red catkins, the female trees have yellowish catkins which are pollinated on the wind and develop into fluffy white seeds that appear like snow on the ground. Black poplars can live for 200 years and grow to more than 100 feet tall.

Our ancestors felled poplar trees for timber for everything from floorboards to cartwheels. Centuries of land use change for agriculture, commercial forestry and development, along with spread of diseases, have all contributed to the black poplar's decline.

Of the 7,000 or so black poplar trees thought to remain in the wild, only 600 of these are female trees, so it's a species at risk of dying out in Great Britain.

Thankfully a few environmental charities, including the National Trust, are running projects to try to stem the decline and preserve black poplars to increase diversity in our native woods and provide habitats and food for the many bees, birds and other insects who rely on them.

Hybrid varieties of black poplar, and also non-native white poplar, have been widely planted across the UK.

Levensgrove Park's stately poplar trees seem to know they have a very special view of Dumbarton Rock.





The Rare Pine Marten in Balloch Castle Country Park

WORDS & PHOTOS BY JIM DUNCAN

The shy and elusive pine marten, one of Britain's rarest mammals has been seen and photographed in Balloch Castle Country Park.

This woodland creature, almost hunted to extinction was given full legal protection in 1988.

They are similar in size to a domestic cat with slim bodies, brown fur, a distinctive cream bib on their throats, long, bushy tails and prominent rounded ears.

Pine martens are primarily nocturnal and will emerge before dusk and sometimes around dawn, especially in the summer months when the nights are shorter and young kits place more demands on foraging adults.

Females usually give birth to 3-5 kits in the spring having delayed conception from the previous year.

Males do not help raise the young but will defend the territory against other males who otherwise might kill their offspring.

Young will remain with their mother for only a few months before being driven out of her territory to fend for themselves. Like many predators most kits will not survive through their first winter, those that do though can live on to 10 years or more.

Pine martens are agile treetop hunters. They can leap from tree to tree in pursuit of squirrels.

And it is helping our native red squirrel take back their habitats from the invading grey squirrel, finding it difficult to catch the smaller, lighter red but able to keep up with the heavier, less nimble grey makes it the perfect ally in the fight to reduce grey squirrel populations.

In 2018 a pine marten was seen near the stables in Balloch Castle Country Park and possibly the same individual was seen in a private garden near Drumkinnon Gate.

Then in 2023 a local resident whose house backs on to the park set up a motion activated camera trap in her garden as her peanut feeder was attracting a number of red squirrels and was delighted to see recorded pictures of the rare pine marten enjoying the free food!

Balloch Castle Country Park has perfect habitat for the pine marten as the native woodland of mixed broadleaved of oak-ash in the 217 acre park is ideal, as pine martens favour well-wooded areas with plenty of cover to make their dens and breeding nests in tree hollows and abandoned squirrel dreys.

So next time you visit the park be sure to keep a lookout for our most secretive Scottish icon, the pine marten.



Jimmy and Lizzie

By W. Scobie

A wee poem I wrote many years ago
about my Granda and Granny Baxter.
Jimmy and Lizzie lived at number 99
Bridge Street, Alexandria (right next
to the old YMCA Hall). Now a wee tree
grows where their bedroom used to be.

In memories of them
there is the warmth
of smiles on the face of age,
of coal-fire and polished brass,
the glow of wireless valves
in the gentle light of shaded lamps,
on features lined and worn
by Life,
by work and worry.

In the common coin of old Scots words,
protective hands,
with Woodbine-yellowed fingers,
their pain forgotten
in the Saturday smell of whisky.
There is not one memory
of them
which is cold.

I draw on memories of them
to nourish blood
- their blood in me -
which has run thin.
The mystery of Life - its wonder,
watered down
in the arrogance of understanding.
Adulterated
by adulthood,
disappointment, stupid self-importance,
repetition and dull familiarity.

In memories of them
I glimpse,
almost, and for an instant,
a faint reflection of the jewel,
the miracle of being born
at all.

Their life in me,
set in the plain, proud gold
of their love.
In memories of them
there is that warmth.

REVIEWS & RECOMMENDATIONS

‘Full Frontal’

- an anthology
of poems by
Diana Devlin.

REVIEW BY MARY IRVINE



This anthology is one of the most powerful collection of modern poems I have read.

Reflecting the honesty and integrity of the author, some 45 beautifully crafted poems explore a whole gamut of human emotions, showing depth and an awareness of life.

Many of the poems relate to family and the reader will empathise with much of what the author is saying.

The poem ‘Again, Again’ particularly reached out to me, as I am sure it will to anyone who has forged such a loving relationship with a lost parent. ‘The World Turned Beetle Black’ cannot fail to move.

Other poems are thought-provoking, echoing the troubles of the world in which we now live. In two short stanzas ‘Reflection on a Train Leaving Kiev’, paints a picture of the futility and desolation of war.

The imagery of each of the poems is very evocative. In a few words, as with the best of poets, a whole scene or mood is conjured up.

Diana is a Scottish-Italian writer whose Italian grandmother she credits with being the inspiration and influence for her writing.

Although the author of short stories and a Young Adult novel, Diana considers herself first and foremost a poet.

‘Sandman: A Space Odyssey’ was a collaboration, in 2017, with fellow poet Irene Cunningham. This was followed in 2023 with her solo bi-lingual work, ‘Judas Sky/Cielo di Guida.’

‘Full Frontal,’ Diana’s first full collection in English, is available from Seahorse Publications on Amazon.



Inn Defence: a Musical Haven on the High Street

WORDS & PHOTOS BY NATALIE MACDONALD

Have you heard the gossip about the new kid on the block?

Inn Defence, located at the former site of The Gossip Cafe on Dumbarton's High Street, is transforming the local music scene. This unique venue is more than just a café and record store—it's fast becoming a vibrant community hub.

Inn Defence is the brainchild of Darren Coles, who's passion for music is evident throughout. From the eclectic selection of vinyl records available for sale to the venue's décor, with its distinctive black, white, and pink color scheme (a homage to Darren's favorite band, Every Time I Die). This bold aesthetic sets the stage for the venue's main attraction: live music.

Every Sunday, Inn Defence hosts local bands as part of its Sunday sessions. These performances have become a hit, drawing music lovers of all ages, all eager for a taste of live music in an intimate setting.

Darren's commitment to showcasing local talent stems from his own roots in the music scene; from his days at Rufus T Firefly in Glasgow to performing in bands himself.

He fondly recalls the active local music scene during his teenage years, growing up in Dumbarton:

"It all just stemmed from the fact that I've just always loved music. When I was a teenager, there was a studio along the road that put on gigs every weekend.

"It didn't matter who it was, that was just where you met with your pals. And I just went and watched the bands and then had fun."

Darren hopes Inn Defence can provide a similar space for music fans of all ages.

But his dedication to supporting local bands goes beyond providing a stage. Inn Defence operates a record label, Line of Defence, which helps bands press their records on vinyl.

Darren believes his experience as a musician and promoter will allow him to mentor and support emerging artists. His goal is to reignite the local music scene, offering a grassroots platform for bands and artists to connect with new audiences.

In addition to live music, Inn Defence offers an array of engaging activities. The café is stocked with board games,

books and videogames. Darren encourages patrons to make use of everything available; it's all there to be read and played, not just displayed.

Worth noting, Inn Defence is an alcohol-free environment.

This is a deliberate choice, deeply personal for Darren, who is six years sober. It motivated him to create a family-friendly, all-ages venue where everyone feels welcome.

"You can come to a gig. You might not get to go to many gigs. It's something for everyone. I don't want there to be a block in place. If we sold alcohol, we would have to make it a ratings event.

"It's wholesome and I like that, and it's an alternative to sitting in Wetherspoons! I think, in the time that we've been open, only two people have asked if we have beer. So, it's not missed."

The venue's inclusive philosophy is further highlighted by its free entry policy for events.

He explained: Even though it's a business, I'd rather it be more of a community space that pays for itself.

"That's why everything we have in here is free entry, I don't ever want it to be exclusive.

"If someone's skint that week, I'd rather they came in."

The café serves breakfast rolls and sandwiches on Mondays and Tuesdays, with a full menu available from Wednesday to Sunday, featuring fresh, locally sourced ingredients, with favourites like the fried Buffalo chicken breast in hot sauce, and the hugely popular katsu fries.

Inn Defence's commitment to quality extends to its sauces and jams, all made in-house. The chilli jam, a particular favourite, adds a distinctive twist to the humble grilled cheese sandwich.

And Darren's eye for detail permeates every aspect of Inn Defence, down to the thoughtfully curated playlist that informs each menu item's name.

His emphasis on community ethos is also visible in his sourcing of ingredients from local suppliers.

The coffee served at Inn Defence is from Pure Roasters, a local company with a shared passion for music and community. This partnership, like many others, was built on mutual respect and shared values.

It's Darren's way of giving back to the community that raised him, supporting other local businesses while creating a space that feels like home to everyone who walks through the door.

Looking ahead, Darren has plans to introduce new events, including open mic nights featuring comedy and spoken word. These additions will further enrich the vibrant community space he has created.

Inn Defence stands out not just for its unique blend of café and record store, but for its unwavering commitment to community and local talent.

Darren has breathed new life into Dumbarton's High Street - making a space where everyone feels welcome, and where the love of music and good food brings people together.

- **Address:** 141 High Street, Dumbarton G82 1LE
- **Offerings:** Record Store, Café, Burger Bar, Breakfast Rolls
- **Opening Hours:** Mon - Fri 8am - 6pm, Sat - Sun 12noon - 7pm
- **Events:** Sunday Sessions, Upcoming Open Mic Nights, and more



CREATIVE SPOTLIGHT



The Hottest Ticket in Town

WORDS BY ANNIE JORDAN & PHOTOS BY ROSS DONNELLY

What is the hottest ticket in town? Taylor Swift at Murrayfield? Scotland v Finland at Hampden, the big send-off before the Euros?

Or could it be another real gem, in our local area?

In the east of Scotland, destination Murrayfield, it's the hotly-anticipated Taylor Swift Eras tour opening night.

On this fine summer evening, concert-goers on foot snaking their way to the venue, traffic chaos everywhere, mile-long queues for merchandise, one crowd-pleasing hit or 'banger' after another: the ticket of the year.

Here in the West, it's the same story:

Destination Dalmuir, the hotly anticipated 25th anniversary concert of Clydebank Ladies choir. We're 20 minutes early but already car parks are full, traffic is chaotic and concert-goers are on the pavements,

roads, grass verges: everywhere, walking to the Barclay Church in single file...

No merchandise stalls but the queue for raffle tickets, teas and coffees is 10 deep and you can't even get near the table where the celebration cake, memorabilia and photo album are on display.

Like Taylor Swift, the choir ladies have had hair, nails and makeup beautifully done and the choir sing one glorious song from the Shows after another....the hottest ticket in this town.

Unlike Taylor and her dozen outfit changes: there are no outrageous costumes but the choir are bedecked in dusky pink ombré scarves over a simple black top.

At the end of the first half, they surprise their audience during 'All That Jazz' by whipping out fluorescent feather boas and adding some shoulder-turning cheeky choreography to their

routine: a real crowd pleaser.

Vivien Gibson, the vivacious choir leader regales us with a delightful musical feast and encourages the audience to join in where appropriate.

Claire Johnston accompanies the choir beautifully on the piano moving seamlessly between the various genres: from the gentleness of 'Hushabye Mountain', 'Secret Love' and 'Edelweiss' to the energetic 'Singing in the Rain', 'Gonna Wash That Man Right Outta my Hair' and the toe-tapping 'All That Jazz'. The ladies were loving it and the audience loved it too.

Soloist Liz McEachan performs 'Climb Every Mountain' from the Sound of Music with all the solemnity and grace of the Mother Abbess. Stunning!

Liz led the choir for over two years many years ago and has kept up the connection. She also sang 'For Good', a beautiful song I had never

heard before. You could hear a pin drop.

Margaret Rice, one of the choir's original members and committee member for 25 years, speaks of the fantastic feeling at the 25th anniversary concert when she realised how well supported they were: "We didn't have enough seats out!"

Currently choir secretary, she paid tribute to her fellow choir members: "Everyone is so willing to help with everything.

"At the last AGM, I was bowled over by the many offers of help and all the creative ways the members thought of helping: from creating concert invites and programmes and a display of choir memorabilia: photos, souvenirs and certificates...

"Eileen Kruger baked a beautiful 25th anniversary cake with roses on it like a wedding cake and musical notes down the side and some members baked cupcakes too. Everyone played a part, like in a family."

Margaret told me of choir outings to many London shows, also a memorable trip to Letterkenny, culminating in a charity concert at the Mount Errigal hotel.

One favourite memory dates back to Glasgow Music Festival at the Royal Concert Hall, March 2009. The choir had to perform two contrasting pieces: 'Wild Mountain Thyme' and 'All That Jazz'. The ladies

hid brightly coloured feather boas underneath their tops and shimmied in style to the surprise of the judges and the delight of their audience who "erupted."

"I told Vivien about that special memory and we replicated it tonight," giggled Margaret.

"The 25th anniversary will be hard to beat though," said Margaret, as she, Nan Stevenson, Carol Lynn and Sandra Young were all presented with an engraved crystal goblet.

In addition, Provost Douglas McAllister gifted the choir a commemorative plaque with the town's Coat of Arms and Marie McNair, MSP, gave them a framed statement from the Scottish Parliament.

After Covid, with only nine members left and funds severely depleted, Margaret appealed to various organisations for urgent help. West Dunbartonshire Voluntary Services, the Provost's Award and the Wee Robertson Trust came to their rescue.

"We are now back up to 26 members and thriving. The new members have blended in and we are like a choir family..."

Eileen Donnelly echoes Margaret's words: "My friend Dawn and I joined the choir just over two years ago. We were very nervous to begin with, but the welcome was so warm and

friendly. Margaret immediately took me under her wing and sat me in the seat next to her. There are no auditions and members can suggest songs for the repertoire."

Eileen's smile could light up a room. She clearly loved her concert experience: "It was just wow," she twinkles. "So many people kept piling in and they gave us a standing ovation. We are all buzzing!"

In the audience we could tell they were "buzzing": passion shone through in every number.

Eileen credits Vivien and Claire, as well as Margaret and her other companion singers with making choir night one of the highlights of her week, if not "the highlight."

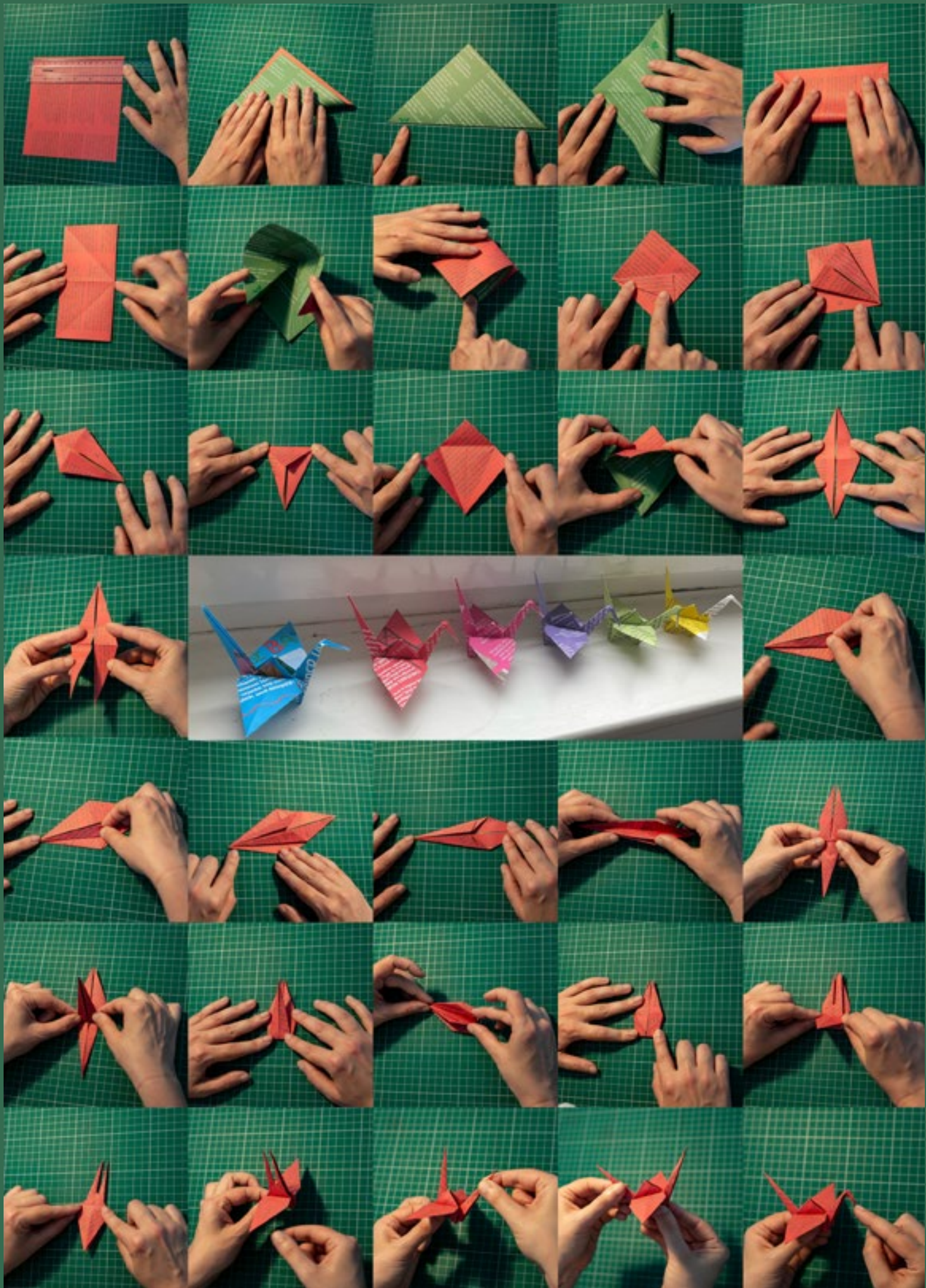
"Vivien and Claire give us such a varied repertoire and are so enthusiastic. They've been working together for years and their friendship shows."

By the time the choir perform, 'Thank You for the Music' at the end, Vivien has us on our feet, belting out the words of the Abba tune and, as we make our way in the sunshine back to our car, we realise we had the hottest ticket in town.

Thank you for the music!
Here's to 25 more years!

The choir rehearses Mon 7.30pm - 9.30pm in Dalmuir Barclay Church. New members welcome.





DIY CLYDESIDER PAPER CRANES

GUIDE BY NATALIE MACDONALD

What do you do with your old copies of Clydesider? Throw them in recycling?

I've been having fun using them for small origami projects. The paper is good quality and keeps a fold, so it's ideal. It's also very colourful, so great for crafting projects.

Here are some step-by-step instructions on how to make an origami paper crane. Why not have a go!

MATERIALS NEEDED:

- 1 square sheet of paper.

INSTRUCTIONS:

1. START WITH A SQUARE PAPER:

- Place the paper on a flat surface with the coloured side facing down.

2. FOLD DIAGONALLY:

- Fold the paper diagonally in half to form a triangle. Crease the fold well and then unfold it.
- Rotate the paper 90 degrees and fold it diagonally the other way. Crease the fold well and then unfold it.

3. FOLD IN HALF:

- Turn the paper over to the other side (coloured side facing up).
- Fold the paper in half horizontally to form a rectangle. Crease well and then unfold it.
- Fold the paper in half vertically to form another rectangle. Crease well and then unfold it.

4. COLLAPSE INTO A SQUARE BASE:

- Turn the paper back over, with the coloured side face down.
- Use the creases to fold the paper into a square base. To do this, bring the sides in so that they collapse into a smaller square shape. The open end should be at the bottom.

5. CREATE THE KITE SHAPE:

- Fold the right and left edges of the top layer towards the centre crease, forming a kite shape. Crease well.
- Fold the top triangular flap down and crease it well.
- Unfold the previous three folds (the kite shape and the top triangle). You only want the creases.
- Turn over and make the same creases on the bottom side.

6. REVERSE FOLD INTO A LONG DIAMOND:

- You should now have a square base shape, with creases. We will use these creases to make a long diamond shape.
- Lift the top layer of the paper from the bottom, along the existing creases, and fold the sides inward, following the creases you made. This will collapse to form a longer diamond shape.
- Turn the paper over and repeat the same steps on the other side.

- Now you should have a long diamond shape. The bottom half of the diamond will be split in the middle (like legs).

7. FORM THE WINGS:

- Fold the left and right sides of the diamond towards the centre crease on both sides (top and bottom), to form a narrower kite shape (still with the split at the bottom, like legs).
- Now, reverse fold the two sides of the narrow kite. To make an inverted narrow kite. It will now be split at the top (like bunny ears).
- Next fold the lower diamond tip point upwards, to meet the top split (the bunny ears). Repeat on the other side.
- Reverse fold each side.
- Now, fold the top layer of the two sides downwards. This upwards pointing triangle needs to be folded, to point downwards. Crease well. Repeat on the bottom layer.
- Take these two downward pointing triangles and lift to midway. You should see these are the wings.

8. SHAPE THE HEAD AND TAIL:

- The very narrow upwards pointing triangles (at the top of the narrow kite) will form the head and tail of the crane. Pull apart slightly - gently, do not over extend. And re-crease.
- One of these will be folded down further to create the head (with a small beak).
- Pinch in, about 1cm down. Inverting the middle crease, to create the beak.

9. FINAL ADJUSTMENTS:

- Pull the wings slightly apart to inflate the body of the crane.
- Adjust the head and tail as necessary to achieve the desired look.
- The crane should be able to stand unaided.

10. MAKE A FLYING CRANE MOBILE:

- Repeat all the steps above to make more cranes.
- To make a mobile string the cranes together, using strong nylon thread.
- Secure the thread, with a firm knot (like a quilters knot). Using a needle, thread the nylon thread through the bottom hole (there will be a small hole in the centre of an X shape), bring the needle straight up, and through the top of the small triangle (the body of the crane).
- Leave a gap (maybe 10cm), before making another knot in your thread. You might want to add a small bead here. And thread your next crane.
- Once you have several cranes strung together, create a loop and knot to finish. Hang somewhere - not too windy!

Congratulations! You've made an origami paper crane mobile! With practice, you'll be able to fold it more quickly and neatly. And you have every page in the magazine to practise with!

Photography Tips & Techniques – Silhouettes & Shadows

By Harvey Smart

The theme of this issue's photography competition is 'Silhouettes & Shadows'. Autumn is the perfect time to get shots on this theme, when the evening sun is low in the sky, casting long shadows and creating excellent backlighting for silhouettes.

Time of day - The ideal time for photographing silhouettes in natural light is during the 'golden hour', just after sunrise and just before sunset. The soft, warm light during these times creates the perfect backdrop for silhouettes and is at the right angle to position behind your subject. Or, you could use an artificial light source such as a street lamp to achieve the same effect.

For photographing shadows, it's more of a creative decision. The midday sun will cast strong, direct light and create sharp, defined shadows, while golden hour sunlight will create softer, longer shadows.

Positioning and Composition - for a perfect silhouette, position your subject in front of a bright light source, such as the sun. Make sure the background is lighter while keeping the subject in shadow. Use a low angle to make the subject stand out against the sky.

To capture interesting shadow shots, keep your eye out for light creating unusual patterns, such as the sun shining through the leaves of trees, or creating interesting shapes out of everyday objects.

Camera Settings - To capture both shadows and silhouettes effectively, you will want to keep a high contrast between the light and dark parts of your shots. I recommend doing this by "underexposing" for the darks. For example, when taking a shot of say, a figure silhouetted against the setting sun, make the image dark enough that you can see all the details in the brightest part of the scene (clouds, sky etc), while the foreground (your subject) is in shadow.

Editing - Have a go at bumping up the contrast to make your silhouettes or shadows stand out even more, or adjust saturation to bring out the colours in the background or conversely, make your image black and white. Even the most basic image editing apps will allow you to do this!

Finally, photography is all about experimentation. Don't be afraid to try something new and push the boundaries. Whether you're using a high-end camera or a smartphone, the key is to get out there and see what works - it's how you learn!



CLYDESIDER PHOTOGRAPHY COMPETITION



Theme:

Shadows & Silhouettes

Prize: £25

Closing date: Nov 6

Email entries to:

clydesidercomp@gmail.com

Clydesider POETRY Competition



Theme: CELEBRATIONS

Prize: £25

Closing date: NOV 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.

CLYDESIDER MEMBERSHIP



ko-fi.com/clydesider/

Supporting Membership

- » Every issue of Clydesider posted direct to your door (additional overseas postage costs apply)
- » Clydesider goodies
- » Invite to all our events
- » A Clydesider Vote

£3

per month
or £30 a year

Friendship Membership

- » All of the perks above plus a Clydesider tote bag

£5

per month
or £50 a year

Community Membership

- » All the perks of Friendship Membership plus the gift of Clydesider Supporter Membership. You can choose to nominate someone or we will share your gift.

£9

per month
or £90 a year

Thank you, your community spirit helps keep Clydesider free for all to enjoy.

Name:

Address:

Email address:

☐ Supporting: £3pm or £30pa

☐ Friendship: £5pm or £50pa

☐ Community: £9pm or £90pa

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



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. 41 Kilbowie Road, Clydebank, G81 1BL. 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 TO TEENS -

Clothing for kids. Fri 11am - 1pm

FAIFLEY FOODSHARE

FOOD PANTRY & FAIFLEY

UPCYCLING - Tues, Pantry 10am - 11am & Upcycling 10am - 12noon, Faifley Parish Church, 164 Faifley Rd, Clydebank

RENTON COMMUNITY FOOD

HUB - 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

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@tulloch. org

SOUP SPOT -

Tues 12noon - 1.30pm, Lennox Evangelical Church, Risk Street, Dumbarton

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

THE RECYCLE ROOM -

Free recycled unwanted clothes, toys, household items, 137 Onslow Rd, Clydebank G81 2PW or therecycleroom1@gmail.com open Mon 10.30am - 12.30pm by appointment, Tues - Fri 10.30am - 12.30pm, Sat 10.30am - 12 noon and Sun 11am - 12noon by appointment. Check Facebook page for daily updates.

KILBOWIE ST ANDREW'S

PARISH CHURCH -

Warm space, free food/hot drinks available is starting back Oct 2 on Wed 10am - 2pm, Tower Centre, Kilbowie St Andrews Parish Church

TO BE INCLUDED IN OUR ISSUE 30 CLYDESIDER COMMUNITY DIRECTORY EMAIL JENNY@CLYDESIDER.ORG BY NOVEMBER 6



CLYDESIDER COMMUNITY DIARY

CREATIVE, HERITAGE & LEISURE

DALMUIR BARCLAY CHURCH

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

AFOLS - Adult Fans of Lego, enjoy a morning of lego fun in Alexandria Library every second Saturday, drop-in 10am - 12noon, bring your own set or use the library Lego

CLYDEBANK LADIES CHOIR

Mon 7.30pm - 9.30pm, Dalmeir Barclay Church, 1 Durban Ave, Dalmeir, G81 4JH

FREE ADULT MUSIC CLUB - learn drums, piano, guitar, ukelele. Wed 1pm - 3pm Awestruck Academy, 36 Sylvania Way South, Clydebank 0141 4357116

MAGGIE'S YARN BUDDIES

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

CRAFT GROUP - Bi-weekly from September 9, Mon 2pm - 4pm, Tower Centre, Kilbowie St Andrews Parish Church, Clydebank

COUNTING ON CRAFTS - (numeracy & crafts) Weds 1pm - 3pm in Dumbarton Library. Contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

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 Dalmeir Barclay Church. Contact elizabethpitts@btinternet.com or dotcraig@hotmail.com

LENNOX EVANGELICAL CHURCH Dumbarton - Arts & Crafts workshop - Mondays 1.30pm - 3.30pm

KILMARONOCK OLD KIRK TRUST

Autumn meetings first Wed of the month & Heritage Tours available at Kilmaronock Kirk, Gartocharn. To book contact Janet Beveridge kilmaronockgt@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

PRAISE BAND - musicians and singers wanted, Thurs 6.30pm - 8pm, Dalmeir Barclay Church

CENTRE 81 - Mondays

Yoga, 10am - 11.15am £3. Story Sense 9.45am (from walking to age 4) & 10.45am (from birth) **Tuesdays** Pilates, 10.30am - 11.30am £3; Tai Chi 2pm - 3pm. Circuit Training, 6pm - 7pm £3. **Thursdays** Chair Yoga, 10am - 11am £3; 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

SUPPORT & WELL-BEING

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

QUIT YOUR WAY - Free smoking cessation clinics at Clydebank Health Centre, Mon 9.15am - 12noon, Vale Health Centre, Wed 11am - 2pm & Dumbarton Health Centre, Thurs 9.15am - 11am. Book an appt on 0800 9168858 or www.nhsggc.scot/your-health/quit-your-way

GARDENING - soft landscaping, Phoenix Centre, Tues 9.30am - 12noon. Contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

FREE REIKI AND MEDITATION CLASSES - every Thurs 1.15pm - 3pm, Hub C.E Centre, Kilbowie Rd, Clydebank 07515 962066

BALLOCH WALK IN THE PARK - Wed 10.20am - 11.20am. Contact Fiona on 07843 842323 or email fiona@trustinthepark.org. or visit <http://trustinthepark.org/walk-in-the-park/>. Meet at Balloch iCentre.

IMPROVING LIVES GROUPS

Art for Anxiety meets Mon, 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
Writing Group Tues 11am - 12noon

PHOENIX CENTRE - Cocaine Anon Fridays 7.30pm - 9pm

EMPLOYABILITY & ADVICE

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
The Recycle Room, Drumry - 2nd Wed of each month, 10.30am - 1.30pm
Contact Clare Sweeney on 0141 941 1550 or clare@carerswd.org

WDC THRIVE - supports 16 - 24 year olds take next steps after school. Next session starts September 9. Contact Eilish McAleer@west-dunbarton.gov.uk for more information.

SALVATION ARMY EMPLOYMENT PLUS SERVICE

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

SEND DETAILS OF EVENTS AND ACTIVITIES HAPPENING FROM EARLY DECEMBER TO JENNY@CLYDESIDER.ORG BY NOV 6 TO BE INCLUDED IN THE NEXT ISSUE

ADULT LITERACY - Tues 1pm - 3pm in Dalmuir C.E Centre; Thurs 10am - 12noon in WDC office Church street, Dumbarton & **Adult Literacy and Computing** Wed 10am - 12noon in Alexandria Library. Contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

ENGLISH AS A SECOND LANGUAGE - Thurs Dumbarton Library 10am - 12noon. Fri 10am - 12 noon in the Phoenix Centre, contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

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, Whitcrock first Wed of month, 11am - 1.30pm

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

FAMILY & YOUNG PEOPLE

PHOENIX CENTRE - Baking Buddies Mon 10.30am - 12noon; **Mini Youth Group (P1-3)** Tues 3.30pm - 4.30pm **Youth Club (P4-7)** every Thurs 6pm - 7.30pm 50p per child & **Baby Massage** on Wed 11am - 12noon. **Breastfeeding Support Group** Wed 1pm - 3pm. **Phoenix Fun Toddler Group** Thurs 10.30am - 12noon.

BEN VIEW BUDDIES - 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, to reserve a space email youth@benviewcentre.org.uk or call 01389 733030

GUILD bi-weekly Tues 1.30pm - 3.30pm from Sept 3, Tower Centre, Kilbowie St Andrews Parish Church, Clydebank

WHAT'S ON

SEPT 14

Ben View Fundraiser in Dumbarton Masonic Social Club from 8pm. Entertainment provided by The Skababs, plus buffet, raffle & tombola. Tickets £10

SEPT 14

VoLA Class of 76 Reunion in the Dilly Bar 7.30pm - midnight, tickets £10

SEPT 17

Foraging Walk around the Saltings with medical herbalist Jean Senior, 2pm - 3.30pm. Meet Erskine Ferry Road car park, Old Kilpatrick. Booking essential <https://tinyurl.com/WDCRangerevents>

SEPT 19

Meditative Sound Journey. Sound 'bath' designed to reduce stress and anxiety promote relaxation, 6pm - 7pm at the Cutty Sark Centre, Bellsmyre. Tickets £15 Tickets available from <https://www.tickettailor.com/events/thesonicden>

SEPT 27

OKFP Fish Supper Friday fundraiser, 7pm - 11pm at Napier Hall. Live entertainment from the Karaoke Clowns, bingo and raffles. £10pp - book by text or call 07916 310806

OCT 1

Start of 8 week course designed to improve the lives of family members affected by a loved one's addiction. C.R.A.F.T stands for Community Reinforcement and Family Training, it is a fully accredited, FREE course, held in Alternatives office in Dumbarton, 1/3 Quay Street from 6pm - 8.30pm. Contact Ellie on 0141 9512420 or 07507 091135 to register

OCT 4

Gartocharn Village Quiz. Kilmarnock Millennium Hall.

OCT 5

Sketch n Stroll Urban Alexandria, 10am - 12noon. Meet Alexandria Library and enjoy a guided art stroll with Maeve Dixon focussing on the town's streets and architecture; materials provided, accessible route. Contact Maeve 01389 772148

OCT 7

Clydebank Local History Society talk with Eric Flack on Local Coal Mines. Dalmuir Barclay Church at 7.30 pm. Members free or £3 non-members; £20pa membership

OCT 9

Lennox Heritage society talk with Robert Ryan - 'Ancestry: an Exploration of Who We Really Are'. Robert delves into the best methods of exploring the family trees of each of us. Doors open at the Concord Centre at 7pm for tea and biscuits, lecture starts at 7.30pm. £2pp and 40p for refreshments

OCT 11

Evening of Mediumship at the Denny Civic Theatre with mediums Kirsty McGregor-Burns, Elaine McCulloch and Alice Harley. Doors open at 6.30pm, demonstrations start at 7pm. Tea/coffee and home baking available for a small cost plus a prize raffle. Contact Lisa on 07917225276 or Louise on 07881100083. Tickets £12pp

OCT 21

Clydebank Local History Society talk with Alasdair Jamison about the Battle of Mugdock in AD 750. Dalmuir Barclay Church at 7.30 pm. Members free or £3 non-members; £20pa membership

OCT 25

OKFP monthly fundraiser enjoy a fabulous 12 piece live band: Smokin' at Tiffany's at OKFP Napier Hall, Old Kilpatrick, 7pm - 11pm. BYOB, buffet and raffles. Book by text or call 07916 310806. Tickets £10 pp

NOV 1

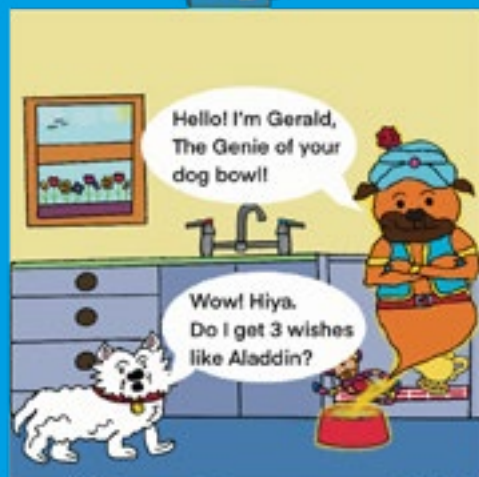
Clydesider Community Exhibition, Dalmuir Barclay Church 11am - 2pm. Enjoy a showcase of the creative storytelling artwork and community media projects completed by Clydesider volunteers and community partners. There will also be free creative activities, community information stands and access to a pay-what-you-can community cafe. This is a free event, attendees are invited to bring an in-kind donation for the Church's food pantry

NOV 4

Clydebank Local History Society talk with Iain Murray about the history of shipbuilding on the Clyde. Dalmuir Barclay Church at 7.30 pm. Members free or £3 non-members; £20pa membership

NOV 29

St Andrew's Ceilidh fundraiser with live music from The Midges at OKFP Napier Hall, Old Kilpatrick. Book by text or call 07916 310806



Gerald gave a quick wink with a head bob to make Baxter's wish come true.

If you ever meet a genie be careful what you wish for, make no bones about it!

Anagrams of Scottish Places

BY STEVEN HASTINGS

Rearrange the words below to discover 10 Scottish place names, a few are in West Dunbartonshire while some are a bit further away.

1. BEAR NEED
2. HALL COB
3. LIT GRINS
4. CHART RAG ON
5. HE DIG BURN
6. GLEN HE BRUSH
7. A LOST CAST
8. BUM ON DART
9. RARE RUDE CHAT
10. BECKY LAND

'Best Christmas Ever' Writing Competition

In our one-off writing competition, we're looking for some festive prose – fact or fiction.

So, share your fond memories of a special Yuletide or let your imagination take you on a festive adventure and conjure up your perfect Christmas.

Entries should be NO MORE than 150 words, your original work and all entrants should live, work or be part of a group in West Dunbartonshire.

The winning entry will be published in our Winter issue, receive £25 and a collection of books by local authors – perfect pressies for friends and family, or a treat for yourself.

We will also publish a selection of entries on our social media over the festive period.

To enter send your entry to clydesidercomp@gmail.com by Wednesday November 6.

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.

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

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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.

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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.
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