

FREE



CLYDESIDER

OUR COMMUNITY'S POSITIVE PRESS

ISSUE 30 Winter 2024



Pedalling Heritage in the Park

INSIDE: BEST CHRISTMAS EVER...CRAZY DAISYS ON SCREEN...SAVE A LIFE...

POETRY COMPETITION WINNER: HALLOWEEN UP MA CLOSE

By Derek Johnsen

**Guisin' roon the neighbours doors,
Dodgin' awe the party goers,
Trick or Treat wis jist a joke,
Tae get some sweeties in yir poke.**

**Dookin' apples on the floor,
Bitin' wan, maybe more,
Pass the parcel wis great fun,
Even better if ye won.**

**Jam covered treacle scones,
Ye wirnae allowed tae use yir hauns,
Hinin' from ma mammys pully,
Winner had tae eat the whole thing fully.**

**Faces covered wi' jam an butter,
Screamin' like a mad wee nutter,
Winner gets a small surprise,
A Mars bar, the best wee prize.**

WELCOME

It feels as if another year has just flown by!

And it's been a busy one for our volunteers who have not only shared the stories of some interesting local 'people, places, and outside spaces' in the magazine but have also been involved with our first volunteer-led film-making project.

We'll share more about that project and their films, in the new year but having just seen a sneak preview of the almost final cuts, I think you'll be impressed – I know I am!

And there'll be plenty more Clydesider film content next year as we launch our 'Clydesider TV' channel over on YouTube. We're very excited to bring this new community media space to West Dunbartonshire and involve our community as we develop it. If you want to find out more, follow us on Facebook or Instagram or email Caroline@clydesider.org and we'll add you to our Clydesider TV mailing list.

We'll still be publishing four issues of the magazine. Our focus for 2025 is 'Community Activists and Activism' as we want to shine our spotlight on the local heroes making change happen in every community in West Dunbartonshire.

So, if you have a friend or neighbour going that extra mile please get in touch, we'd love to hear their stories.

Turning to this final issue of 2024, it has turned out to have quite a creative focus.

We have features on the Crazy Daisys film, created by local filmmaker Sara Jane Kirkwood and filmed on location in Clydebank and the Picturing Our Past photo exhibition created by local groups and displayed in Stirling Castle; plus take a browse round Clydesider's Community Exhibition held in Dalmuir Barclay Church and join our young reviewer Ben Pryde at '13' the Clydebank Musical Society Juniors latest musical extravaganza.

There is also an array of creative contributions in poetry, prose, photos, reviews and cartoons for you to enjoy and, if you want to get creative at home, check out Natalie MacDonald's Clydesider Christmas Stars – and please send us a photo of your creations.

I just want to say a massive thank you to everyone who has been part of the Clydesider family this year – our staff and volunteers, our advertisers, funders and community partners – and wish you all a peaceful and relaxing festive season.

See you all in 2025!

Amanda Eleftheriades-Sherry
Editor

Clydesider Creative Mission Statement

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



ABOUT CLYDESIDER

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

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

Follow us on Facebook, YouTube and Instagram. If you would like to get involved and contribute to Clydesider please email jenny@clydesider.org



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A big thank you to our fantastic team of volunteers who are all a true joy to work with. We would also like to thank our advertisers, members and funders. Your support helps us shine a light on the inspirational stories and creative talents in our communities.

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* COVER PHOTO BY CAROLINE FINN

HELP IS AT HAND AT OKFP

Winter can be a tough time for many families, pensioners and people living alone.

The cost of heating a home, paying household bills and what feels like ever-increasing food prices takes its toll whether you're in work or not – and that's before you count the cost of Christmas.

So, if you're feeling the pressure of the cost of living it's worth popping into Old Kilpatrick Food Parcels (OKFP) in the Napier Hall, Old Kilpatrick.

The local charity provides the only FREE food pantry in West Dunbartonshire which is open five days a week and helps an average of 500 households a month to make their money go further.

Maureen Cummings, the charity founder, explained: "We started OKFP during the pandemic and provided pre-made parcels with store cupboard basics.

"But when the pandemic ended, we wanted to let people using our service decide what they wanted in their bag, so we became one of the first food pantries in West Dunbartonshire."

Now people can visit Napier Hall any weekday between 12 – 2pm and choose what items they want in their bag.

Maureen added: "Visitors can choose five items from a wide range of store cupboard essentials, plus fresh bread and chilled items when available and can stock up from the pantry once a week.

"We also have a food waste area which is filled daily. Visitors can help themselves to this fresh produce and items close to the use by date, as often as they like. Plus, our Chatty Café is open from 12 – 4pm and is donation-based.

"There are no criteria for using any of our services. If you are under any financial pressure or needing help, you'll find it here."

The charity has a large team of volunteers who help support the food pantry and, thanks to funding from Working4U and the National Lottery Community Fund, they have created two new positions to run the service.

Angela Paul started volunteering with the charity in 2021. In 2022 funding from Working4U created a part-time position which Angela secured and the following year further funding from the Scottish Government provided not only job security but also Level 2 SVQ training in Customer Service overseen by Working4U.

This August, a grant from the National Lottery Community Fund saw Angela promoted to full-time manager of the food pantry and she is currently studying for her Level 2 Customer Service SVQ.

Maureen said: "We were delighted to be able to keep Angela in this position, she has been an integral part of the service and helped with the growth of the food pantry and our move to Napier Hall. She is much-loved by her team of volunteers."

To find out more about OKFP's services or to donate, check out their website www.okfp.org.uk



COMMUNITY NEWS

Library Project Shortlisted for Award

A library project that helped empower and inspire confidence in young Clydebank women is shortlisted for a Scottish Library and Information Council (SLIC) Excellence Award.

The annual award recognises excellence in library services and focused on libraries demonstrating a wider positive impact on the communities they serve.

West Dunbartonshire Libraries was nominated for its innovative activism project, in partnership with the Young Women's Movement (YWM).

A group of 14 young women aged 12 - 17 years old, worked with artist and photographer, Nicola Stead to explore how photography is used as an agent of change in visual representations of women and girls.

In response to a range of feminist issues discussed during the workshops, participants made protest signs re-imagining a fairer Scotland for young women and girls and explored how their words and bodies could be used to create powerful messages of activism and resistance.

Acting as both photographer and subject, the participants were able to take control of their own representation, defining their sense of self and their community.



Reconnect with Nature

By Natalie MacDonald

Interested in outdoor learning? Then become a member of WD OWL.

West Dunbartonshire Outdoor Woodland Learning (OWL) group is calling for new members to join its growing community of educators and practitioners committed to outdoor learning.

Membership is open to teachers, early years practitioners, and organisations delivering outdoor education in the area – and it's free.

Members can access free or subsidised

courses, skill-sharing events, and networking opportunities.

The group, part of the OWL Scotland network, is also seeking volunteers to join its committee, help expand its efforts and shape future outdoor education initiatives in the area.

If you're passionate about the outdoors and want to make a difference, this is your chance to get involved.

To find out more join the WD OWL Facebook group, or email wd_owl@hotmail.com or visit owlscotland.org

King's Award for Local Charity

A local charity set up just four years ago has received the prestigious King's Award for Voluntary Service.

Old Kilpatrick Food Parcels (OKFP) was initially set up during the pandemic to deliver prescriptions to vulnerable families. From there it has grown to provide essential food aid to over 37,000 people.

The King's Award for Voluntary Service recognises outstanding work by local volunteer groups, and this is the first time in eight years a community group in West Dunbartonshire has received this honour.

Representatives of OKFP will receive an award crystal and certificate and two members of the group are invited to a garden party for all 281 recipients at Buckingham Palace.

Founder Maureen Cummings couldn't hide her pride at the news. "Our committee is absolutely honoured beyond belief that our charity has been recognised in this way.

"It is a testament to the incredible work and dedication of over 150 volunteers who have given up their time to help others over the past four years. We are very proud of our OKFP Family."



CLYDESiDER NEWS

Do You Know Where to Go?

Money is tight for most, particularly at this time of year.

So, as part of our Cost of Living multi-media project we worked with our volunteers to create a series of info-cards sharing information on local support services.

There are details of where and when you can find free (or cheap) food, hot meals, pre-loved goods and household items, plus support and advice with benefits and debt or life's many challenges.

We were delighted to launch our 'Did You Know' info-cards at Marie McNair MSP's Cost of Living event last month providing nearly 5,000 info-cards to local charities and groups.

This is the first strand of our Cost of Living project, funded by the National Lottery Community Fund. Keep an eye on our socials for plenty more to come in the new year.



Clydesider TV...Coming Soon!

We will be bringing a new Community Media format to WD next year with the launch of Clydesider TV.

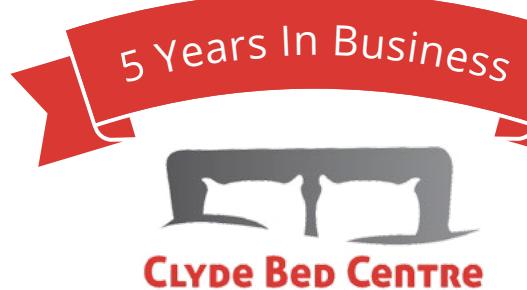
Thanks to new funding from the National Lottery Community Fund, we will be creating a digital media space which, like the magazine, will be for and by our local community.

It will be a space to showcase the positive stories, creative talents, local nature and heritage on film and shared via our YouTube channel and social media platforms.



We will be offering training for local creatives and community groups interested in learning how to create their own short films.

And in the new year we will be hosting a series of workshops to spread the word. If you're interested in finding out more, please email caroline@clydesider.org and we'll send you details nearer the time.



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Cycling for All

Words by Jenny Watson, Photos by Caroline Finn

Around 13 years ago, I was involved in a creative arts group based in Levengrove Park. Through this group I met a wonderful man named Andy Binnie.

During our meetings Andy would often share snippets of information he had learned about the park. It was fascinating to learn a place I had only known for great ice cream and the strange red dragon-like 'ride' in the play park (that I would often cling on to for dear life to save from falling off), was rich in history.

The arts group thought it would be great if we could share that information with the public.

So Andy got to work researching and the rest of the group started designing a guided walk around the park, which was launched on 30 May 2012 - the park's 127th anniversary of being gifted to the public by local shipbuilders, John McMillan and Peter Denny.

During all the researching and planning, Andy always talked about making the park and the walks as accessible as possible for those with limited mobility or who didn't live close by.



And 13 years later, Friends of Levengrove (FoL) have fulfilled one of Andy's dreams.

Working with Cycling Without Age Scotland (CWAS) they have brought trishaws to the park. Their volunteers provide rides allowing older people and those with limited mobility an opportunity to enjoy the beautiful vistas.

This was made possible by a lot of hard work by the Friends and funding from The Dr A.K. Glen Trust Fund, which enabled the group to buy two bikes and a storage container to keep them in.

Peter Robinson, a member of Friends of Levengrove and a trained Trishaw Pilot, told me "CWAS provide the training. This covers many things from how to operate the bikes – this is done by the Pilots - to helping people on and off them safely.

"The first Pilots were trained by September 2023; we are known as the Cycling Without Age Levengrove Chapter."

The Trishaws can carry up to two passengers at a time and there is a whole team of volunteers trained to provide adventures around the grounds.

"People can tell us where they would like to go in the park but most often leave it to the Pilot to decide.

"We go to all the points of interest in the park. We learned the information about those places from a leaflet that was designed when the park was refurbished," Peter told me.

I was delighted to hear this, as that leaflet was created from all the research Andy carried out all those years ago!

While talking with Peter, I learned that the bikes are named after Dr Glen and Andy Binnie as Andy had gone on to become one of the early Friends of Levingrove members.

This really is a touching tribute to a man who adored the park and always championed its importance in our community.

Rides can be tailored to times and comfort preferences of the voyagers, with blankets provided for warmth if needed.

You can find the Volunteers near the Grove Café on Wednesdays between 10am – 2pm (weather dependent).



Anne Marshall a Levingrove Chapter volunteer shared: "Being a volunteer for the trishaws is one of the most rewarding things I've ever done.

"You meet lots of people and it's a great pleasure to take them around our beautiful park. The passengers really enjoy

being escorted in the comfort of a trishaw as many are unable to see the whole of the park on foot.

"They can sit back, relax and enjoy the views and have a chat.

"The feedback we receive is very encouraging. It is a pleasure and a privilege to be involved with the trishaws."

The group are always looking for new volunteers to join and train to become a pilot. And

if you have any information or stories about the park, pay them a visit, they love to hear these too.

To find out more contact CWASLevingrove@gmail.com or check out their Facebook page: *Cycling Without Age Scotland - Levingrove Park*

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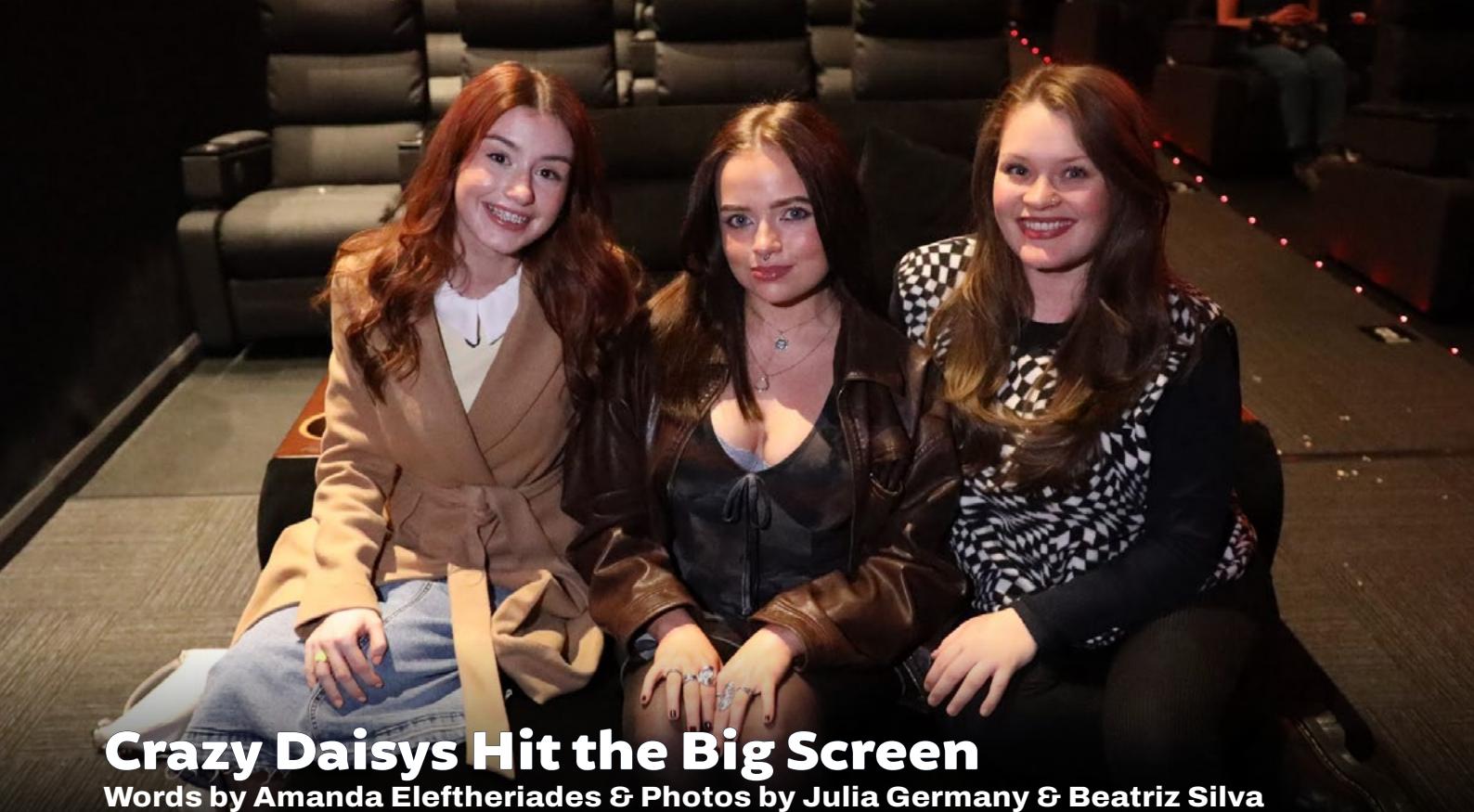
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Crazy Daisys Hit the Big Screen

Words by Amanda Eleftheriades & Photos by Julia Germany & Beatriz Silva

Daisies are beautiful, tough wee flowers which pop up and survive in some of the most challenging places.

In 'Crazy Daisys,' a new short film written and directed by Clydebank filmmaker Sara Jane Kirkwood, the Daisys in question are a group of young women just starting to blossom and find their way in the world.

Filmed in and around Radnor Park with the support of the local community, the life challenges faced by the friends will be all too familiar for many young (and not so young) residents.

The 14-minute short focuses on the highs and lows of what seems to be a typical weekend for the Daisys - Abbie, Doris, Chloe and Olivia.

It highlights their struggles to find even low-paid work, a safe place to live, pay bills, escape abusive relationships, avoid a criminal record, and simply survive where drink and drugs are a way of life.

Sara Jane explained her thinking behind the film. "Young people in Clydebank

have to face so much and yet they just get on with it.

"I grew up in Clydebank - a town officially dubbed the worst place in Scotland to be a woman.

"It was all the stuff I've seen growing up. There are places where you can send a text and get cocaine delivered faster than you can get a library book, there are so few decent jobs for young people and West Dunbartonshire has the highest rates of domestic abuse in Scotland.

"The film shows all this but there's also a sense of hope, and that came through when we were doing the filming.

"It's been made on an absolute shoestring - we got a small EU arts award to get us started and then put a call out for help and were overwhelmed by the response from the local community, businesses and the film industry."

The Golden Jubilee Hotel provided much needed crew accommodation, the local Co-op kept the cast and crew fed and watered, youth charity Y

Sort It provided locations and a base during filming, and the Omniplex Clydebank offered their venue for a private screening. Further support was received from the Central Radnor Park Tenants and Resident Association, Media Dog, Film Vehicle Scotland, law firm Brown & Winters and Alison Edgar MBE.

Radnor Park's high flats bring their own identity to the film and the reality of some scenes got a little too close for comfort for some residents.

Sara Jane recalled the police were called out several times during the filming of a scene where one of the Daisys is attacked by her violent partner and on another occasion the council's Anti-Social Behaviour unit were called as worried neighbours thought something untoward was happening.

For executive producer, Natalie Arle-Toyne, the authenticity of the film was crucial. She said: "Narratives like Crazy Daisys are not just stories, they're an urgent call for visibility.

"Scotland's cultural landscape is rich, diverse, and full of



untapped talent. Sara Jane's script was in equal measure darkly hilarious, touching and uplifting.

"I genuinely believe local voices like Sara Jane's can spark change, and I feel deeply grateful to have been so welcomed into her incredible community."

And a casting call for actors to play the Daisys uncovered local talent in the shape of Evie McColgan, she was joined by Abbie Miller, Chloe Hodgson, and Olivia Adams all from similar working-class communities.

All the extras and many of the backstage crew were also from the local area.

So, when the private screening of the film was held in the Omniplex Clydebank last month it needed two showings as everyone who helped create the short was excited to see their production.

Afterwards we caught up with three of the Daisys to see what they thought of the film.

Evie said: "It was really

refreshing to see it on the big screen and see the struggles people go through in places like Clydebank - it's not spoken about enough, we need more of it."

And Chloe, who is from Glasgow's East End, agreed: "Usually when you see Scotland in films or on the TV it's the highlands and islands - all the touristy areas, but we're real people and our communities are real, so it's good to see people like us on camera for a change."

For all three it was their first time in a big screen production, and they found it a fun, if rather "weird" experience.

"I was doing musical theatre before this," said Evie who has just started studying at the Royal Conservatoire of Scotland. "It was strange to see myself on the screen, but it was exciting."

The young actors praised the support off camera. Abbie said: "There were loads of people working away behind the scenes, we couldn't have done it without them all."



And Chloe added: "Visually it looks amazing, Kirsty the cinematographer has done a brilliant job."

The young stars all have exciting plans, while the next stop for the film is the festival circuit, which starts early in the new year.

Sara Jane is hopeful these little seeds will be the start of something bigger, and pitches are being made to TV studios for a drama series exploring the complexities of life for young women in working class communities.

For now, she's enjoying catching up with childhood friends who travelled from all over the country to enjoy the private screening with her.

"There are people here tonight I've not seen in 30 years - they grew up here and are saying we're the original Daisys."

"The funny thing is, the older generation also see themselves in the Daisys - so maybe this is just the start of a whole new daisy chain."

STEPPING UP FOR NEURODIVERSITY!

If you haven't heard already, we were recently awarded £178,887 from The National Lottery Community Fund to support our work with neurodiverse people who have common mental health challenges. This led to the recruitment of three much-needed additional staff who are now at the final stages of the recruitment process. This will ensure that we can offer more timely person-centred one-to-one support and group opportunities to those neurodiverse people aged 16 years and older, who live in West Dunbartonshire. At the same time, we will develop partnerships with existing communities and service providers to improve the support services that are currently offered in West Dunbartonshire. To find out more visit www.TNLCommunityFund.org.uk



Disability Confident? You bet!

Needless to say, we are delighted with the new staff that have been recruited. As well as this, our recruitment campaigns in the past few months have led to us filling vacancies with seven new full and part time staff, three of whom have lived experience of mental health challenges. As members of the Disability Confident Scheme, we are delighted that we can put our plans and values into action.

#peersupport #disabilityconfident

New Stepping Stones Men's Group in Clydebank

Talking of Peer Support Workers, we are keen to announce the recruitment of our two latest recruits, Jim and James, as part-time Peer Support Workers who have been tasked with establishing a Men's group in the Clydebank area. We were able to commence this group with the support of West

Dunbartonshire Community Mental Health and Wellbeing Fund.

We developed this idea as we wanted to develop peer support groups that were more in tune with our groups plan, which basically states that we will address the lack of services for harder to reach population groups, ensuring equity of access.

Around 35% of our referrals come from men, so it is important that we try and develop services for groups that historically have more challenging health inequalities.

We are delighted to report that there has been a really good response to the group and the group have already planned their activities into the new year. There is space for more, but if you are interested you know where we are!

To find out more and how to contact us, please visit us on www.stepstones.org.uk, or by phoning us on 0141 941 2929.

John White, Operations Director





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Picturing Our Past in Stirling Castle

by Amanda Eleftheriades-Sherry. Photos courtesy of Inclusive Images & HES

Local photo enthusiasts from community groups across West Dunbartonshire had their photography displayed in Stirling Castle for a three-month exhibition.

Organised by Inclusive Images, a local social enterprise which supports people to share their stories via the medium of photography, the exhibition was the culmination of a three-year project funded by Heritage Lottery Fund Scotland.

The 'Picturing Our Past' project focused on the local social, cultural and industrial heritage of de-industrialised Scotland.

Local groups represented in the exhibition included mental health and recovery organisations Stepping Stones, Alternatives and Work Connect plus Unity Enterprises, Neighbourhood Networks, Improving Lives and Golden Friendships, which provide a range of support services in West Dunbartonshire.

Charlie Eleftheriades-Sherry, founder of Inclusive Images,

said: "Over the past three years it has been a real privilege and a pleasure to work with so many people who had felt excluded from their history and heritage.

"The combination of participatory photography workshops, heritage talks from local and national experts plus visits to historic sites, helped the participants recognise that history and heritage belongs to us all.

"Working closely with HES throughout this project has been a pleasure, the support and kindness they showed participants on visits to Stirling Castle was thoroughly appreciated by everyone.

"And through participants sharing their views in our end of project report, has helped highlight the barriers - physical, financial and psychological - which still exist, and an understanding of how to continue to improve access to Scotland's heritage."

Throughout the project Inclusive Images worked closely with the Learning & Inclusion team at Heritage Environment Scotland (HES).

Craig Fletcher, Head of Learning and Inclusion at HES said: "One of our key aims at HES is to strive to make our historical environment more accessible, which the Picturing Our Past exhibition achieves brilliantly through its community outreach and by being hosted in the iconic Stirling Castle.

"People feel empowered to experience the heritage on their doorstep, and also share it so they are helping shape how we tell history, and effectively Scotland's story."



Throughout the project many participants were astounded to discover so much about the history and heritage of Dumbarton, the Vale and Clydebank.

One participant commented: "I never knew anything about Dumbarton's history, even though I was born, bred and lived all my life here. They never taught us any of this in school."

And another said: "When you see all the great things that people created here in the past, it makes you feel really proud."

Feedback from participants and groups was used to create an end of project report which highlighted the varied barriers to access heritage and cultural venues and how these could be challenged in the future.

A representative from Stepping Stones mental health charity, said: "It opened people's eyes and got them thinking about what had happened in their community and in Scotland in the past, going out and capturing it on camera was really good for them as it gives them a purpose to get out of the house."

A short film about the making of the project can be viewed on the Inclusive Images Youtube Channel.



MARIE MCNAIR
MSP for Clydebank and Milngavie

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Hospital Campaign Group Celebrations

Words & Photos by Steven Hastings

The Vale of Leven Hospital Watch celebrated its 20th anniversary this autumn with an information and entertainment event in Lomond Parish Church.



The group was created 20 years ago to protect our local hospital.

I went along to their thank you celebrations for the local community, and was met by chairperson Jim Moohan.

Beth, a young piper, played 'Highland Cathedral' down the aisle to start the event.

There was a large turnout and Jim welcomed and thanked everyone for their support.

He said: "Be in no doubt if you hadn't been with us that hospital would have collapsed, that's not a statement I make lightly, the facts speak for themselves."

Various events were remembered including 'Hands around the Vale' to try and save the A & E but unfortunately, the department was closed in 2006.

Jim explained: "It's the main artery of any hospital, to lose ambulances, consultants, surgeons, doctors and other staff. It's a slow decline, you can't go back up the way."

A 24-hour vigil was organised where a bedsheets 'borrowed' from the hospital was signed by 5000 people, then taken to Holyrood to highlight the need for essential life care in our local communities.

Jim said: "We don't get involved in politics; we just like to shake the politicians up as best we can."

Rev. Ian Miller, a member of the group, spoke about the great job done by the group despite government doubts our hospital would survive.

And he thanked Jim for his work over the last

year.

The Vision for the Vale, a plan to update existing services and help the community, was seen as a step forward.



After the group's concerns were heard a number of GPs created an out-of-hours overnight service in the hospital which is still around today.

The aims for Vale Hospital Watch going forward: more stability, a high level of clinical care, more investment, and infrastructure to be protected.

The hospital staff were thanked as without them nothing would happen and Jim thanked everyone for coming, saying he is sure if asked the community would help again.

We were treated to more music from Beth this time on the guitar, plus singing from Rosie, saxophone from Zac and guitar from Alex.



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Where Are All the Butterflies?

Words & Photos by Jim Duncan



This year we had a cool and wet start to Spring, and you may have noticed the lack of insects throughout the area.

Most noticeable was the near absence of butterflies.

Species usually a common sight, such as large and small whites, small tortoiseshell, gatekeepers, ringlets, peacocks, and meadow browns, were down to the point of having almost disappeared.

Bee populations were also down, the flowery margins that were usually alive with these pollinators was eerily quiet. Same as the hoverflies, moths and aphids, they either appeared very late or not at all.

Buddleia bushes, with their fragrant mauve flowers usually festooned with butterflies, moths and many other insects, sat naked of their normal visitors.

On an outing to the Salttings earlier in the year I counted eight orange-tips and one

peacock butterfly.

Balloch Park gardens produced just one green-veined white and a small copper.

Other sites I regularly visit were low in numbers of damselflies, dragonflies, hawkers, and darters with no sightings of butterflies at all, either down to the wet spring, climate change or both.

In mid-July on a visit to Levengrove and Havoc Meadows, during the 'Big Butterfly Count' - a nationwide citizen science survey aimed at helping assess the health of our environment which has rapidly become the world's biggest survey of butterflies - I only managed to see a comma, small copper, meadow brown, peacock, and a lovely holly blue.

The wildlife charity Butterfly Conservation recently published the results from its annual 'Big Butterfly Count' which ran from July 12 – August 4, declaring a national 'butterfly emergency' with the

results of this summer's count revealing the lowest numbers on record.

The charity also warned it is not only this year's weather contributing to the lack of butterflies as 80% of butterflies in the UK have declined since the 1970s, with habitat loss, climate change and neonicotinoid pesticide being the main problems.

So, what can we do to help all pollinators?
If you have a garden, you can plant colourful flowers that provide nectar for the adults or if you have less space, plant them in a window box or large pots.

Put your flowers in a bright, sunny spot that's sheltered from the wind. Watching your flora bloom and delighting in pollination can be a highly rewarding experience and will create a buzzing haven for these vital pollinators.

These plants are great to have in the garden - lavender, borage, marjoram, fleabane, and helianthus (sunflowers),

this towering plant will certainly catch a honeybee's attention!

If you have fruit which looks past its best just put it out in the garden and you will find butterflies and birds will enjoy it.

A recent study found rotting fruit usually contains much higher levels of salts and amino acids (proteins) than nectar, which may help with egg production and survival of long-lived adult butterflies, such as a comma.

It needs to make it right through the winter in hibernation, and the females need to be ready to lay eggs as soon as they emerge in spring.

Butterflies are key biodiversity indicators as they react very quickly to changes in their environment, therefore if numbers are falling - then nature is in trouble!



SPONSORED EDITORIAL

JOIN OUR MANAGEMENT COMMITTEE HELP SHAPE THE FUTURE OF SOCIAL HOUSING IN FAIFLEY

Knowes Housing Association Ltd (KHA) is a community based social landlord committed to its mission of providing good quality affordable housing and services which meet the needs and aspirations of the community we serve. The Association owns and manages 1,055 properties and provides factoring services to 562 customers situated mainly in the Faifley area of Clydebank.

We currently have vacancies on our Management Committee and we are looking for people who share our purpose, vision and values and who are passionate about the provision of good quality affordable housing to our customers. We are particularly interested in hearing from local residents who understand the area and would like to contribute to the continuous improvement of the community and environment.



In return we can offer you:

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- A supportive environment where your views are heard
- An opportunity to meet new people and develop friendships with others with a shared commitment
- Appropriate IT equipment and training

If you are interested in joining our team, please email asweeney@knowes.org attaching your Curriculum Vitae. If you would like to arrange an informal discussion regarding what is involved in being a committee member at Knowes HA, please telephone 01389 877752 and ask to speak to Amy.

CREATIVE SPOTLIGHT



Clydesider Community Exhibition BY THE CLYDESIDER TEAM

Sharing stories is part of life but we all have different ways we enjoy communicating.

For some, it's the written word – factual or fictional. Others find their stories through the lens of a camera, in the rhyme of a poem or in a carefully crafted song.

And there are many people who find creativity is the perfect medium to share their interests and passions.

At Clydesider we're keen to hear stories from as many in our communities as possible so in 2022, thanks to funding from the National Lottery Community Fund, we embarked on our Community Media & Creative Storytelling project.

Over the next three years we worked with a wide range of local community groups, offering six-week projects to creatively delve into the stories which matter to them.

We have worked with carers, older people facing isolation, young people with additional

support needs, new Scots, neuro-diverse teens, people struggling with poor mental and physical health, women's groups, people facing financial challenges and geographical community groups.

Once the storytelling topic, creative medium and product is agreed, our Creative Lead, Caroline Finn, appears with her magic box of creative materials and the group work together to share their story.

The artwork created has been as diverse as the participants.

Over the past year these included Maggie's Yarn Buddies' feltwork tapestry celebrating the community of Dalmuir, the Vale Trust's heritage photobook and exhibition, Empowering Women's creative exhibition for International Women's Day, a welcome guide for new Scots created by Moments of Freedom, Easter craft gifts produced by Dalmuir Barclay Church's art group and a Members Welcome Booklet created with Stepping Stones mental health charity.

There is one final project still in progress with Improving Lives' Art for Anxiety group. They are working with local creative facilitator Nathalie Friel to explore how art and creativity can help mental wellbeing.

Our Community Exhibition, now in its second year, was an opportunity to celebrate this wonderful creativity and diversity in our communities and for each group to display their artwork and share their stories in person.

In addition to the creative storytelling exhibits there was a section displaying the poems, photos and stories produced by our volunteers for the magazine, plus a range of community stalls and free creative activities to enjoy.

There was also a TV screening our Take a Minute Heritage videos, funded by the Heritage Lottery Fund.

And with over 80 visitors dropping in throughout the day, the event appears to have been a popular success.



“Great exhibition! Really shows off all of the excellent work that goes into the magazine.”



“Some lovely stuff on display showing the real talent of people in West Dunbartonshire”



“My sister and I found the films very informative and exciting. Looking at many places that brought back fond memories, we loved watching them.”



“Looking at this wonderful exhibition fills me with pride and HOPE for every Clydesider. I personally am so grateful for what Clydesider has done for me making me a published poet.”



KEEPING WELL IN WD



BECOME A LIFE SAVER BY LAURA GIANNINI

What is the best thing you could do on a rainy night? How about learning to save a life?

That was exactly what Maureen Cumming and husband Gordon, co-founders of Old Kilpatrick Food Parcels, thought.

So, they invited Heartstart Lomond Rotary and partner Helensburgh and Local District CPR/Defibrillator Association along to Napier Hall in Old Kilpatrick, the base for OKFP's food pantry and Chatty Café.

And many of their team of 40 staff and volunteers joined them to learn Cardiac Pulmonary Resuscitation (CPR) and how to use an Automatic Electronic Defibrillator - the AED unit we see in many of our public spaces.

Heartstart projects in Argyll & Clyde began in 1997 following the Heartstart Scotland Campaign to equip all emergency ambulances with lifesaving defibrillators. £40,000 raised in West Dunbartonshire.

Heartstart teaches basic emergency skills in the community and schools. It is also supported by local NHS trusts and Save a Life for Scotland.

Lomond Rotary affiliated to the scheme in 1997

to deliver Heartstart Emergency Life Support skills free of charge as part of its Community Service project.

They have worked with emergency services, schools, churches, community centres and taxi companies.

“We will go anywhere we are asked to teach this most important life skill,” Sheenah Nelson, Heart Start Co-ordinator at Lomond Rotary told me.

Sheenah is a teacher by profession and a qualified CPR/AED trainer. She dedicates much of her free time to the free delivery of courses in the use of AEDs.

In partnership with Helensburgh Local District CPR/Defib Association they have placed 200 PADs (Publicly Accessible Defibrillators) throughout Helensburgh and West Dunbartonshire. To date this has saved 48 lives locally.

“It is important we deliver the know-how to as many people as possible. No-one knows when or if they may need to use CPR to save a life.

“Imagine if it were someone you knew and you could save them because you'd given a few

hours to learn CPR and how to use an AED. Imagine how'd you'd feel if you couldn't, then decide if coming along for two or three hours is worth it."

Helping deliver the training to the large group in Napier Hall was fellow Heartstart trainer Sue Palmer, Secretary of Helensburgh and Local District CPR/Defibrillator Association.

She said: "We have used the AED 72 times on adults and 15 times on children. That says it all doesn't it?"

Sue is also extensively involved in the delivery of CPR/AED sessions. "I particularly enjoy teaching in schools. Children are enthusiastic about learning how our sessions really can save lives.

"I know of a couple of occasions where a child recognised the heart attack before the adults and saved the patient. What a boost to self-esteem!"

Sue added: "We work with the slogan 'small skills save lives' and teach CPR for adults, children and infants.

"We also teach how to recognise a possible cardiac arrest and what to do if someone is choking.

"Practical skills which could save a life in any everyday occasion: a picnic, a Christmas dinner, a party, on a bus. Who can say? But wouldn't it be good to know that you could save them?"

Also present was Peachy Trainer who helped raise funds for the first defibrillator in Bowling six years ago.

He said: "Sadly the battle to raise funds is continuous. It is hard to believe but we've had the AED stolen twice! Once it was returned damaged, once it just disappeared."

A kind donor offered funds to buy a third AED.

"It is very sad to think someone would destroy life-saving equipment. These machines have no monetary value on the market. They are no use except to try and save a life.

"We didn't want to have to lock up the machines, we know every minute counts, but what can you do against wanton destruction?"

Despite Mr Trainer's reservations the Bowling AED is now locked. Codes for any locked AED are available by phoning 999 or 112.

Tom Neufeld of the Beechwood Residents Association had a similar experience: the AED they raised money to buy was also stolen. "It makes no sense. It's like throwing the lifebelts installed along the riverside into the river for no reason.

"A stupid waste and possibly a fatal one."

Mr Neufeld and his colleagues also raised more money, and a new machine is now installed in Beechwood and another in Ladyton Community Centre.

"The AED has been taken to the scene three times already. That could be three lives saved."

The training organised by OKFP lasted just two hours. In that time participants learned how to do CPR on the adult, child and infant mannequins.

Tricia, an OKFP volunteer and retired doctor, was at the session to refresh her first-aid skills.

She said: "Everyone should know how to do CPR. You never know when you could need it. Even as a doctor I remember my first CPR on a child - the rush of adrenaline is huge; you are so charged."

And Fiona, another OKFP volunteer, added: "I just want to know I'll be able to jump in and save someone if I ever need to. Just after I signed up, I was in Glasgow and the woman in front of me collapsed. You just never know when or where you might need to know how to help."

It all seems simple – so does flying a plane when you know how, right?

Simple to save a life. You'd want someone to know how if it were you or yours needing help, wouldn't you?

If, after reading this, you or your organisation, club, group or company is interested all it takes is an email to sheenahnelson123@gmail.com

PHOTO COMPETITION - SHADOWS & SILHOUETTES



WINNING ENTRY

by David Allan

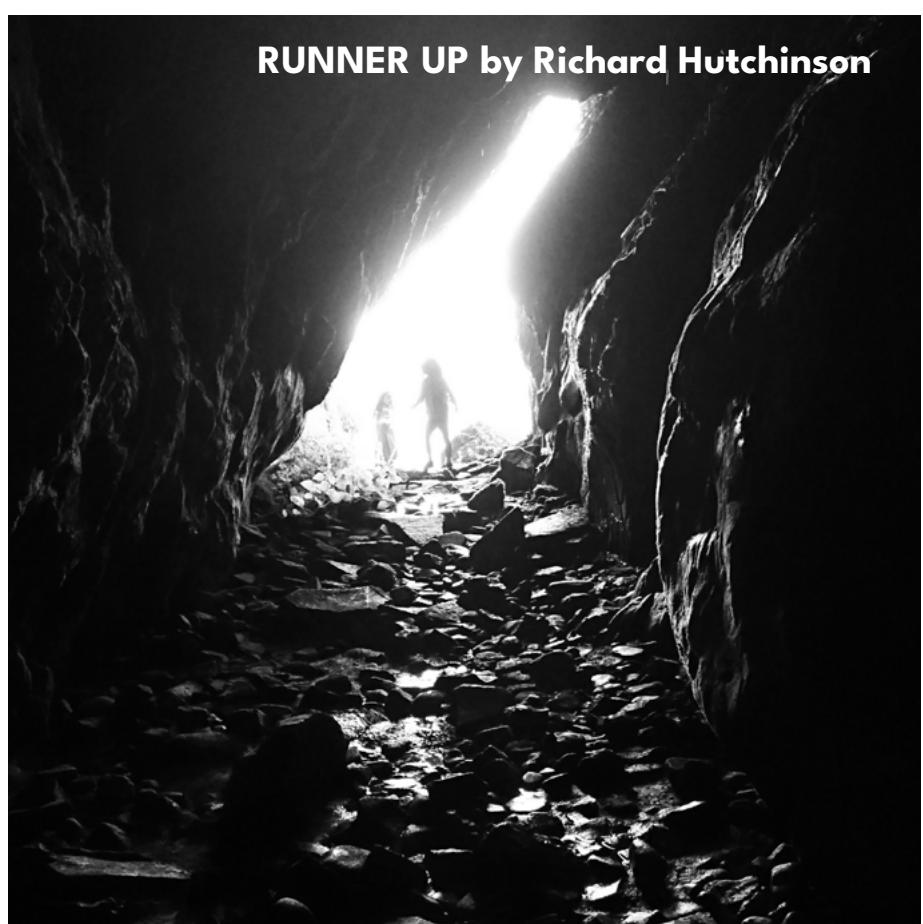
Thank you to
everyone who entered
the competition.

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

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

FOLLOW CLYDESIDER

RUNNER UP by Richard Hutchinson





RUNNER UP
by Donna Brown



COMPETITION ENTRY
by Lily McBride

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Gardening Creatives

Words by Amanda Eleftheriades & Photos by Caroline Finn

Local community gardeners took time out from their raised beds and plots to get creative.

The volunteers at Beardmore Community Garden worked with Clydesider's Creative Lead, Caroline Finn, and used natural elements from the gardens to make their own colourful monoprints.

Volunteer gardener, Rose Dorman, said: "There's so much beauty to be found in nature, from seed heads to the bright autumn leaves. Working with Caroline gave us all time to really enjoy that beauty and everyone had so much fun making their own prints.

"It was such a good workshop. We were all trying it for the first time and everyone had a go at doing the printing, it wasn't something that felt too difficult or that you had to be creative to try."

Fellow volunteer Ronnie, a retired greenskeeper, agreed. He said: "It was excellent. I did something like that when I was at school, art was my best

The volunteers have worked hard to transform the former industrial site in Dalmuir, into a community space packed with fruit & veg plots, flowers, polytunnel, and even a compostable toilet.

Rose said the creative activity encouraged a good turnout from the volunteers and it is something they might try again.

"We would love to do something like this on a regular basis, I think it would encourage more people to come down to the garden, find out what we're doing and get involved."

For now, the group's artwork will be on display in their polytunnel and shed for all to enjoy.

The Clydesider creative drop-in was assisted by a grant from WDC Community Chest Grant Scheme and the National Lottery Community Fund.



subject back then but I usually only get to do drawing now."

THE SNAIL IN THE BOTTLE

By Florence Boyle

One of the most important Scottish legal cases of the 20th century is *Donoghue v Stevenson*, and Mrs Donoghue one of its most famous litigants.

Anyone who studies Scots Law will come across it as it set case law worldwide. But it also has an unexpected local connection.

On a night out with a friend in August 1928, Mrs Donoghue ordered a ginger beer floater at the Wellmeadow Café in Paisley. The ginger beer was made by a local manufacturer, Mr Stevenson.

Neither Mrs Donoghue nor the café owner noticed, until it was poured, that there was a decomposing snail in the bottle.

In the following few days Mrs Donoghue was diagnosed with gastroenteritis and admitted to hospital. Following her recovery, she began legal proceedings to secure damages.

As the law stood, she could only sue the person she had a contract with (the café owner) but it was clear he had no knowledge or responsibility.

Mrs Donoghue knew a solicitor through her brother, a Mr Walter G Leechman, he was a solicitor who would take a case on a no-win no-fee basis. He had fought similar cases, and failed, but this time he was prepared.

As expected, the case failed in the Scottish courts but within weeks Leechman appealed to the House of Lords.

Mrs Donoghue's counsel argued a manufacturer who puts a product on the market had a duty, to ensure it was safe. The Law Lords agreed it was a duty owed by any 'good neighbour' and Mrs Donoghue won her case.

At the time of this victory

Leechman was living in Bowling, in what had been the Burrell family home, having moved into the area around 1910, initially living and running his practice in Old Kilpatrick for some years before moving to Bowling.

Mrs Donoghue's success means that today consumers worldwide enjoy protection from dangerous products which aren't fit for purpose and this landmark victory was secured by a local man.

Born in 1870 in what is now Bishopbriggs, Leechman was a rebel and a maverick, known as much for his socialist politics as his legal abilities. He stood as a parliamentary candidate (always unsuccessfully) for the infant Labour Party in Mid Lanark, Maryhill, Kelvin and Springburn constituencies. It was the era of protest and civil resistance.

And he was not averse to creating trouble of his own.

On a visit to the House of Commons in 1913, Leechman, his wife Barbara and his friend, another Dunbartonshire figure, former MP Robert Cunningham Graham, refused to sign an undertaking that they would keep quiet and not interject in proceedings. Leechman objected to having to provide such an undertaking and his high-volume protest was heard in the chamber and caused some amusement among MPs. Police officers eventually escorted Leechman from the public gallery.

In March 1914 police sought to break up a Glasgow meeting which was due to be addressed by the suffragette leader Mrs Pankhurst. Pankhurst had previously been arrested and charged across the UK with incitement to riot. As the police sought to detain her before the meeting started, a riot broke out, women threw chairs and there were several injuries before Pankhurst was physically dragged out by police to a waiting car.

Leechman was part of a deputation who met with the Lord Provost calling for an

enquiry into the circumstances of Mrs Pankhurst's arrest.

Mrs Donoghue may have been one of Leechman's more sympathetic clients but informed by his politics, his passion for the underdog, his belief that everyone deserved good legal representation he was the go-to lawyer for insurrectionists, protestors and rebels.

His circle included Red Clydesiders like John Maxton, Manny Shinwell and local Clydebank MP David Kirkwood. In 1919 he represented the George Square rioters, in 1921 following an armed attack by Sinn Fein in Glasgow, in which one policeman was killed and another seriously injured, Leechman represented some of the defendants. He also visited and represented the legendary John MacLean.

Whilst maintaining his substantial legal practice Leechman found time to speak around the country to advocate for the cause of socialism. A local newspaper advert in February 1920 invited readers to a join him for a pleasant Sunday evening, hosted by the Vale of Leven branch for the Independent Labour Party with the added drawcard of a musical interlude provided by Mr Miller a piano concertina player.

Leechman raised his family in Old Kilpatrick, his sons travelled to Glasgow for their education. One of his sons, James, like his father became a solicitor and, also like his father supported the Labour Party. In 1964 James was appointed Solicitor General for Scotland in Harold Wilson's government.

Leechman died in 1943 on a visit to his daughter in Perthshire, he was survived by his second wife Margaret who remained living in the area until her death, and his adult children.



HERITAGE SPOTLIGHT



AN ELEPHANT IN THE ‘HENHOUSE’

WORDS BY BRIAN WRIGHT

PHOTOS COURTESY OF WEST DUNBARTONSHIRE COUNCIL ARTS & HERITAGE SERVICES

A local building demolished some 45 years ago continues to demand attention on social media platforms to this day.

Sadly, however, the reason for this continuing interest is generally one of derision. It is a completely unwarranted assessment, yet one which prompts the casual observer towards ridicule rather than consider there may be a deeper truth.

For 121 years, Dumbarton FC played out of Boghead Park on the edge of town.

Until their closure in May 2000 those football grounds had the historical significance of being Scotland’s oldest in continuous use.

My own father worked in various prominent positions with the Club at Boghead Park from 1972 until 1990 and is

included in the Club’s Hall of Fame.

I am currently authoring an online project on the early history of Scotland’s football grounds; something which has attracted considerable academic interest.

One thing this project has achieved, is to crystallise a long-standing frustration over how this one derided aspect of Boghead Park was generally regarded.

I’m referring to its “Hen House”.

I use that term reluctantly, because it encapsulates my very irritation.

It was initially coined by media as a supposedly lighthearted, yet deep-down demeaning, reference to the football club’s principal building.

Over the years, that use (together with another, “The Post Box”) became so common that even home supporters accepted it; albeit, blinding themselves to the slur.

Ironically, the Dumbarton crest contains an elephant. Ironically, because this is where Dumbarton’s “elephant in the room” (or, should I say, Elephant in the Hen House) comes into play.

No-one was ever prepared to question the term and its tone or, moreover, its total lack of understanding. Not even an otherwise reflective Club History.

Very similar structures at Airdrieonians’ old Broomfield Park and Third Lanark’s Cathkin Park were nationally viewed with an affection never considered for Boghead.

Why should that be?

And, I find it particularly frustrating that the Airdrie example continues to enjoy a parallel online presence to Dumbarton's whilst retaining a very, non-parallel, positive response.

These two buildings varied a little in scale and design, however their purpose and use was essentially the same, as anyone with experience of both would testify.

As I spend time gathering knowledge and understanding with my historical project, social media continues to regurgitate that long-standing pattern of ridicule.

"The smallest main stand ever in Scottish football history?" "An 80-seat curio!" "No wonder they call this the Hen House!"

I have been quick to answer these and support my response with extensive evidence. Yet even today it resurfaced on Facebook. More disappointingly, however, I have had to respond to similar posts on the football club's own social media outlets.

So, here is the truth, and with it an appeal for a much more appreciative understanding of the building's place in Scottish football history.

Until around 1930, the standard Scottish football ground consisted of three elements: a public grandstand of covered seating (with first-come paid access on matchday; extensive terraced slopes for the standing spectator and, significantly a 2-storey detached private clubhouse.

This stand-alone clubhouse generally consisted of changing facilities on the ground floor; with a directors' room, small kitchen, office, and external balcony seating on an upper level often accessed by an external staircase.

Its seating was exclusively for club officials and ticketed guests, equivalent to the modern-day Directors' Box because that is essentially what it was.

And, whilst there may have been a small number of seats made available for interested businessmen there was absolutely no payable public access on matchdays.

In 1920, following a resurgence in fortunes, Dumbarton FC updated to such a "modern" two-tiered style.

A prior series of cabin-style clubhouses had existed next to the entrance at the north corner of the grounds. However, a 1913 rotation of playing area meant the need to access the field via a lengthy pathway cutting unsatisfactorily through the spectating terrace.

The new clubhouse was therefore relocated much more conveniently at pitch-side.



Newspaper reports of its opening against Rangers in October 1920 described the building as Boghead's "new pavilion stand". Directly across the playing field sat the grounds' 500-seat public-access grandstand.

Those improved playing fortunes were unfortunately short-lived, and Dumbarton was relegated in 1922.

Whilst a majority of Scotland's prominent clubs began to evolve their grounds throughout the 1920s to incorporate both public seating and clubhouse facilities into a single integrated grandstand, relegated Dumbarton had neither the need, nor the means, to make such a change until regaining its top-division status during the 1970s.

Thus, the removal in 1979 of a lingering example of Scottish football history.

If Boghead's 1920 Clubhouse is to continue in the public eye, then I hope it will become appreciated for what it was, and no longer be unreasonably disparaged.

As it happens, there is an example of the two-tier football clubhouse which continues to flourish in full use to this day.

Fulham FC's 1905 Craven Cottage.

With ground-floor changing rooms and external staircase leading to office, hospitality suite and balcony seating, its format was exactly as at Boghead.

So I ask: would anyone dare refer to Craven Cottage as a "Hen House"?

Our Favourite Festive Decorations

by the Clydesider Team

Tree of Life

No money for a tree we went to the woods to collect a fallen branch. One to pot and stand in a corner opposite our open fireplace. This year we were lucky. We found a branch resembling the tree of life.

There were also some smaller twigs with red berries still attached. These could be intertwined with their stronger brother.

Once potted we decorated it with red and green tissue paper collected from a local fruiters. Our 'tree' was occasionally illuminated by two small torches hidden amongst the branches, the gleam covered with red tissue paper.

Mary Irvine

Let There be Light

A Christmas decoration that means the world to me is a collection of jam jars.... yes, jam jars. Add a little tealight and, hey presto, you have a little lantern. I remember my lanterns are SO special. I remember vividly painting them with specialist glass paint. Back in the nineties, this involved a trek into Glasgow to Millers Art Store. Who remembers Millers? Or Nash's? We came back with a collection of bright colours: yellow, white, blue, green, red.

I was tempted to create a set of patchwork, stained glass jars: so do-able, colourful and effective. Combined with the tealight would have created a bright rainbow of colours reflected on the wall. Gorgeous!

But no, I chose NOT to do that. Instead, we all suggested ideas: snowmen, holly, Rudolph, and bells were the first suggestions, then the Baby Jesus, angels, Mary and Joseph, the star...

So, our jars were duly painted: and nowadays, in the way they were painted, I can see which jar belonged to which daughter.

It is fascinating: I can see their style, their personality and, not only that, I can see my style and my personality.

But, most of all, if I close my eyes, I can see and feel all the love and laughter, fun and dedication we had on that special wee day: our own scene from a Christmas movie, in the days before the world knew about Hallmark Christmas movies.

Patricia

Party Suzy

I first met my wife's family for Xmas in 1989.

This is when I found out about their family Xmas tradition, to this day it's still part of my Xmas!

The "Party Suzy" a centrical anaemic plastic segmental serving dish for snacks and nibbles. It's just not Xmas without this at my wife's parents' house! Every year the same...

Peanuts salted & dry.

Crisps: Salt & Vinegar and Cheese & Onion.

Never an olive or sun-dried tomato

Keep the Xmas family tradition going "Party Suzy".

John Donnelly



Turtle Baubles

About 10 years ago I decided to turn Christmas baubles into the Teenage Mutant Ninja Turtles (Hero Turtles in the UK when I was a kid). I needed different coloured ribbon for the bandanas and some wee googly eyes.

Most importantly I had to find some green baubles, this task was not easy at first but I ended up having a few, plus a lot of other colours and sizes, as you couldn't just buy green.

I attached the ribbon and eyes; they looked great. I can never remember which colour bandana belongs to which turtle. I had a wee green bauble so made a tiny turtle with a red bandana. He might be Rafael (I googled it, I was right this time!).

Not sure if it was that year or the next but as I had red baubles, I made Elmo and the red character from Angry Birds. They were fun to make and I put them on my tree every year, proud that I embellished them myself. I've made other decorations over the years but never a TV character bauble again... yet.

Steven Hastings



Handmade With Love

Stashed away in 'the big cupboard' there's a box with old-fashioned Victorian-style decorations, another with battered mini crackers and slightly dog-eared glittery polystyrene boxes which have seen better days, a bag of traditional red and silver baubles and tinsel garlands, a few individual decorations picked up at craft fayres and fêtes, plus my little tubby fairy who clings precariously to my tree every year.

They are all part of my Christmas magic - but not my favourite decorations.

This accolade goes to a little collection lovingly made as presents by my nieces and nephews. There are two plastic baubles filled with mini chocolates now well past their best-before date, three wooden tree circles hand-painted with a Christmas tree, a snowy mountain and a slightly more abstract scene, plus a tree-shaped card decorated with cloves and star anise which smells of Christmas. This little selection always brings the biggest smile when I rediscover them each year.

Amanda Eleftheriades-Sherry



Traditions come in many shapes and sizes. For my family, it's these guys. They first joined us a little over 30 years ago. My sister made the small one at nursery and the bigger one was bought by my mum sometime later. Their cheeky wee faces remind us every year of the magic we felt at Christmas time as children.

Christmas truly begins when my mum sends us a photo with the caption 'The Boys are Back in Town!'

Jenny Watson



A Wee Moose

While shopping in a quirky Melrose independent shop last December, my friend Jane bought this wee 'moose aboot the hoose' as a surprise Christmas decoration gift. I've kept him out all year.

Katie Kennedy



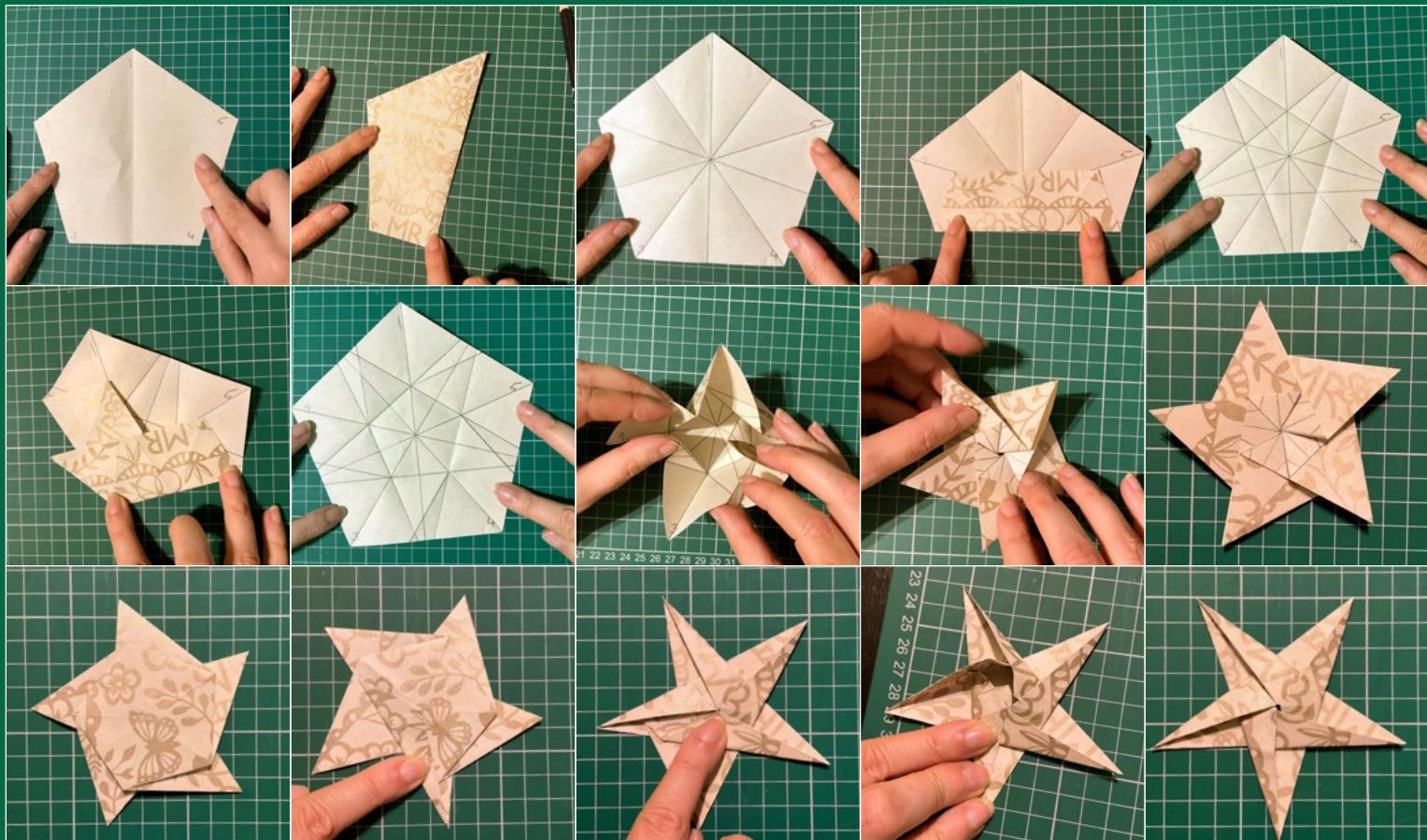
CLYDESiDER CHRiSTMAS STARS



GUIDE BY
NATALIE
MACDONALD

Christmas decorations needn't be expensive. In fact, making your own can be lots of fun. I made these origami star decorations using old copies of Clydesider!

Here are some step-by-step instructions for making a five-point origami Christmas star. It's very easy to make and requires just a few folds.



MATERIALS NEEDED:

- A pentagon-shaped piece of paper (feel free to use the template provided)
- Paper trimmer or scissors
- Pencil (optional, for tracing the template)
- Paint, glue and glitter to decorate your star



INSTRUCTIONS:

1. PREP THE PENTAGON:

- Trace the Pentagon: Place the pentagon template on the back of your decorative paper and trace.
- Cut Out the Pentagon: Carefully cut along the traced lines to get a perfect pentagon shape.

2. CREATE THE CREASE LINES:

- Fold in Half: With the patterned side facing down, fold the pentagon in half by matching two opposite corners. Crease well, then open.
- Rotate and Repeat: Rotate to the next corner and repeat, folding each of the five corners to create a crease from each point of the pentagon. After five folds, your pentagon should have a crease radiating from each corner to the opposite side.

3. CORNER FOLDS:

- Align Bottom Corners to Creases: Take the bottom two corners of the pentagon and fold them up to meet the creases that run from each corner.
- Match the Centre Line: Ensure the centre line stays aligned for a sharp crease.
- Rotate and Repeat: Rotate the pentagon to the next corner and repeat, folding all five corners.

4. FOLD TOWARD THE CENTRE:

- Fold Up from Left and Bottom Corners: Starting at the left side, fold up from the left side and from the bottom, making sure the fold lines meet in the middle.
- Fold Out to the Left: Fold the creased part out to the left to set the shape.
- Rotate and Repeat: Go around the pentagon and repeat for each side. You should see a distinct shape forming.

5. PULL EDGES TOWARD THE CENTRE:

- **Grab and Fold Straight Areas:** Locate the straight edges between each of the points and fold each one inward toward the centre. Repeat for all five edges.
- **Form the Star Shape:** Press down gently to help the folds align, and the paper should collapse into a five-point star shape.

6. FINALISE POINTS:

- **Flip the Star Over:** With the star shape now visible, turn it over.
- **Fold Each Point to the Centre:** Start at one point, folding it toward the very centre of the star to create a sharp point. Rotate and repeat for each point.
- **Complete the Last Fold:** For the final point, open the first fold slightly to tuck it underneath, then press everything down to secure.

7. DECORATE YOUR STAR!

- Paint your star. You can use acrylic paint, if you want. I used a can of spray paint (do this outside, or in a well ventilated area). Leave to dry. Paint both sides of the star.
- Add some glitter and sparkle! I used mounting spray, but you can use PVA glue too (just be careful not to apply too much). Then - carefully - sprinkle your glitter. Leave to dry.
- Thread your star onto some string or colourful thread, ready to hang from the tree. I used a gold metallic thread, then hung my stars from the fairy lights!

And your origami Clydesider Christmas Star is finished! Give the star one last press to ensure neat creases, and it's ready for display.

**Why not save this year's wrapping paper
and get started on next year's decorations!**

And if you get a bit lost, there are lots of good tutorials freely available on YouTube.



Waiting for Santa

By Natalie MacDonald

Christmas Eve, on Grandpa's knee I sit,
In my elephant PJs, bright and snug and warm.
Thumb in my mouth, I'm determined, ready to commit -
To catch a glimpse of Santa, riding through snowstorms.

Morecambe and Wise, with a leggy lady off the telly,
Tap dance across the screen, and laughter fills the room.
Mince pies in our bellies, full of sugar and dough,
They smile and whisper, "Santa's almost here!"

The tinsel shimmers, and the little tree stands tall,
A cosy corner decked in red and green and gold.
They coax me off to bed, but still I stubbornly stall -
Gonna spy on Santa tonight!
Time to catch him in the act!

But soon my eyes grow bleary, heavy with deep sleep,
And Grandpa's soothing cuddles lull me fast asleep.



Best Christmas Ever ...

Thanks to everyone who entered our short writing competition, we loved all your festive entries!

COMPETITION WINNER BY MEGAN GROSS

I have it.. I've always had it. The magic of Christmas. It feels like every Christmas song you've ever heard, a glowing golden light, satin red ribbons tied neatly in a bow. It is a green velvet dress and my hair tied up in curls that mum says is like spun golden thread. It's making paperchains on the living room floor.. In the old house, where time stood still. It is the feeling of being with family and finally having everyone in the same room, laughing, sharing stories. The room is the fullest it's ever been and so is your heart, you feel so lucky to look around and have everyone you love right there. It feels like the twinkling stars on the path when the ground has iced over and everything feels like magic. It feels like a treasure, so incredibly special, that I'll keep with me forever.

BY DEREK JOHNSEN

In 1964 I was 10 years old. In the local hardware shop window, my mum spotted a musical jewellery box with a rotating ballerina. She dropped lots of hints to the family about how much she liked that box.

I saved up my pocket money and collected loads of empty ginger bottles to cash in towards my goal. Eventually, I had enough to buy my mum that jewellery box, which I didn't tell anyone about. I wrapped it in Christmas paper and hid it.

On Christmas day my mum opened my present first and she was delighted with it, opening and closing the lid a few times to get the full effect.

Then she opened my brother's present – the identical jewellery box.

Then she opened my dad's present. Guess what? Yes, a third identical box.

At 10 years old I was annoyed, but I could see the funny side.



BY JOHN MCMAHON

I cherish this time of the year, it's my favorite season of them all ...

I love circling potential Christmas presents in the Smiths catalogue, when it arrives on the doormat I used to believe I could get whatever I circled. I now know Santa doesn't work like that. I love the build-up to Xmas Eve all the lights and seeing deflated snowmen in gardens and then the big day comes...

-Christmas Eve-

I don't sleep. I imagine Santa Claus coming down the chimney and munching on the apple pie and milk we have left for him and carrots for Rudolph. I sing seasonal songs in my head and eventually fall asleep.

I wake up and tentatively make my way towards my presents I watch as the family open their presents (pure magic) last year my wife said why do you get so excited, I mean you are forty-five!

ONE CARROT FOR SANTA CLAUS BY PENNY ROSS

My big sister Holly was born on Christmas Eve, beside a motorway. I'm Penny, born on 29th February in hospital, to my mum's relief.

I was nine when Mr Blobby got Christmas Number One and I questioned Santa's existence so never left him anything. All I received was a wee selection box, apparently because my dad only worked part time.

The following December, to Holly's amusement I gave Santa something. Mum and dad wouldn't eat raw carrots, I counted 24.

Next morning, in the kitchen; only 23 carrots, 'Santa exists', I squealed! Holly and I received gold bracelets and I got a TV for my bedroom.

I'm an auntie now, my nephew Ross is 4. I'm at Holly's house celebrating her birthday.

Wee Ross left two mince pies for Santa. Rudolph gets enough carrots! 'Santa' prefers rosé wine these days, I'm laughing now as I wheel myself back to Holly.

Heaven on Earth

By Billy Scobie

I am born
With the memory of Heaven
In the deep night sky.

A distant star,
Window in some high, celestial
tower,
With smiling, dark-haired angels
Looking down with love,
Beautiful as Queens of Hearts.

I am born
Of the water of the River Clyde,
Silent-flowing sister of the Rock.

For the first six years of my life I lived
in Clyde Street, Dumbarton.

Shortly after we left, all the houses in
the street were demolished...

The present usurps the past... the
future expels the present...

Such is the flow of time.

And yet...

Some instinct tells us that each and
every moment... each place, every
experience... remains somehow
alive... forever real... eternally
secure...

That old clock still chimes... tiny
particles of dust still sparkle in the
sunlight... the postman lifts the
letterbox...

But mostly Love... Love in little
deeds... in tender words... in
glowing eyes...

Love lives on... and on...

REVIEWS & RECOMMENDATIONS

A Greek Love Affair by Mary Irvine

*'Why don't you go
live in Greece and
visit us?'*

That was asked of me, maybe in jocular fashion, when I was in the habit of flying out to Greece whenever the opportunity arose, including leaving Friday evening and returning Monday morning. Flights were a lot cheaper then. Over the years I'd made many Greek friends, so accommodation was not a problem.

I thought seriously about the question. Why not? I was 40,

A job, no problem, I'd find one when I got there.

I fulfilled my dream. I went to live and work in Athens.

'A Greek Love Affair' is all about my journey, solving all the problems, professional and personal. The book covers finding a job, dealing with Greek bureaucracy, adjusting to a different culture/language / social life and making decisions

but, having finished the novel, I found it was too 'close'. I re-wrote it in the third person but retained the first person for the extracts from the letters. This book should have been the first written, but I didn't know it existed.

Thanks are due to my friend for retaining the letters, a record of what was, and still is, a very important part of my life.



had a good job, flat, car, a reasonable social life but I had a dream. What was stopping me?

'I wouldn't, not at your age,' was one person's response to my announcement.

But I could do it, just for a year.

Plans were started. A year's unpaid leave of absence from the Sixth Form College where I worked, was granted. An apartment in Piraeus rented. I wanted Athens but that would come. Legalities – I almost became on first name terms with the Greek Embassy staff.

about relationships - one in particular.

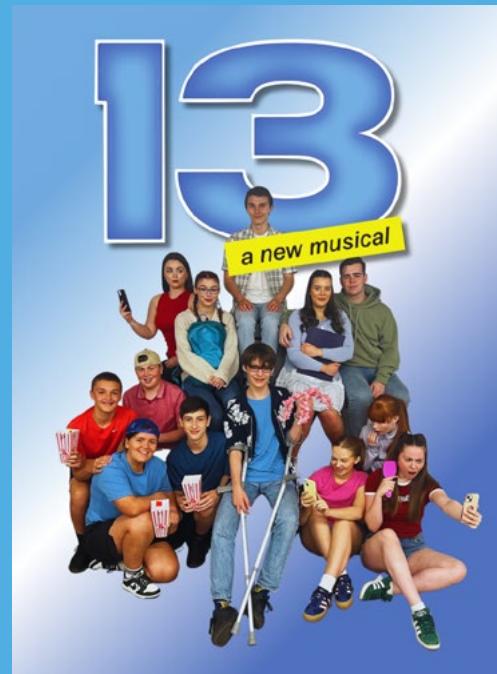
While in Athens I wrote a daily diary, in the form of letters which I sent to my friend, Linda. A few years ago she returned the letters. Without reading I duly filed them away. While clearing out files earlier this year I came across the letters and thought I would read them. They encompassed a huge part of my life, a whole gamut of emotions returned.

I tried several ways to form them into a novel, but none worked. The penultimate one was written in the first person

Several friends and acquaintances refer to my decision as 'doing a Shirley Valentine' which is annoying as S.V and I were each on a journey to retrieve our independence, to rediscover our identity. There were highs and lows, but I followed my dream and I don't regret any of it!

P.S. I eventually returned to the UK 16 years later ...

'A Greek Love Affair' is available as an eBook, paperback, hardback from Amazon, Universal Book Link, Kobo, Apple Books, Barnes & Noble.



'13' A Teenage Drama

Review by Ben Pryde & Photos by Kevin Rodgers

Having had no knowledge of the synopsis of '13', I had no idea what to expect when I entered Clydebank Town Hall for the performance.

It's safe to say I was blown away by the crude humour, excellent choreography and outstanding musical scores produced by the CMS Juniors.

I was expecting a high-quality performance from seeing the extraordinary production of 'The Wiz' last November and this year's Juniors performance met, and even exceeded, my expectations.

The fantastic performance speaks volumes to the direction of both Jamie Lee Aitken and Benjamin Collins and choreographer, Iona McHugh - who all have bagfuls of experience in all aspects of musical theatre.

With a run of five shows it's clear to see how dedicated every one of the 53 cast members are to their craft, ensuring they learn from mistakes in rehearsals, and even opening night, to improve their performances and delight the audiences who make their way to the Town Hall.

'13' takes the lead character, 13-year-old Evan Goldman - played by the wonderful Euan Reid, out of his idyllic life in New York City when his mother and father divorce, moving him to a quiet town in Indiana, leaving Evan to balance trying to be popular and staying true to his beliefs. Evan meets Patrice (played by

between either him and most of the school or just Patrice and the other outsider, Archie (depicted by Struan Welsh).

Peer pressure proves too much and Evan uninvites Patrice, leaving her devastated and angry.

More high school shenanigans ensue, told through 18 musical numbers by the CMS cast.

After much teenage angst Evan ends up having his bar mitzvah with just Patrice and Archie, realising he would rather have a couple of true friends than a lot of fake ones.

This stellar cast of young actors pulled off some amazing shows this year. I was in awe of all the cast expressing their own creativity and in roles that can resonate with young people reliving their teenage years in the drama, cliques, feuds and edgy comedy that unfolded.

I have no doubt I am not the only one intrigued by what CMS will bring to the table next year and how the new batch of Juniors will make these roles their own and, again, astound audiences.



CMS veteran Evie McColgan and they hit it off, but he quickly realises Patrice is an outsider frequently ostracised by the 'popular ones' - led by Brett (portrayed with an excellent performance by Ben Baldasara).

To gain popularity at school, Evan invites everyone to his bar mitzvah but when Brett learns Patrice is invited, he forces Evan to choose

COMMUNITY GARDEN SPOTLIGHT

10 YEAR CELEBRATIONS FOR BELLSMYRE! WORDS & PHOTOS BY HARVEY SMART

This summer saw 10th anniversary celebrations for Bellsmyre community garden.

Since taking over the derelict plot of land on Whiteford Avenue a decade ago, the gardens have expanded dramatically, growing from a small community garden to a highly successful model for similar projects across West Dunbartonshire.

As well as growing their own space the local community gardeners have shared their knowledge and provided materials,

support and training for the likes of CATRA gardens in Alexandria, Knowetop in Castlehill and Beardmore Gardens in Dalmuir.

They are now also developing eco-friendly techniques - saving money and increasing their growing season.

Recently they replaced their diesel generator with solar panels, supplying them with power for their tools and appliances. As there are no mains electricity or water connections on site the excess energy charges

two large lithium-ion battery banks.

"We were using maybe a grand a year in diesel, plus it's a lot easier, cleaner and quieter," Martin Love, chairman of the project, explains.

The solar panels were provided by the owner of a local business that sells them for a living. His donation is a testament to the positive impact the gardens have had on the community over the past 10 years.





Martin adds: "He had a wee girl who would come in for strawberries, about a year old - she's probably about Primary 3 now. I'll never forget that."

Her dad was so grateful to the gardens for supplying her with fresh strawberries over the years that he provided the panels free of charge.

"He gave us the solar panels and we bought the batteries ourselves. They're absolutely brilliant," Martin beams proudly.

When I visit the site on a rare sunny day in September, the batteries are full, despite the draw from a cement mixer and vibrator, which are being used to build raised garden beds out of concrete, which they supply to other gardens. These will last far longer than the wood ones which tend to rot after years of exposure to the elements.

The growth of the gardens can only be owed to the graft of Martin and fellow volunteers, with most of the guys there today having backgrounds in

the trades.

"After retirement, I needed something to do. I grew up in the area so it's good to give something back to the community," one comments.

"I've known Martin for years," another tells me. "I just bumped into him one day and that was it. I got press-ganged!"

A lot of hard work has gone into building the gardens into what they are today, complete with polytunnels, woodworking shop, and more than 60 raised beds of their own, from which much of the fresh produce is sold to the local community to fund new projects.

"We do everything ourselves," says Martin. "With doing the beds, selling the flowers and the veg, we make enough to keep ourselves going."

The crew hope that the new solar panels will allow them to keep growing inside over the winter, despite the reduced sun and shorter days.

"We need to wait and see what the winter is like. If we get enough energy over the winter, we'll maybe do hydroponics, so we can have salads and that going. But you need heat and lights."

Beyond the next growing season, Martin wants to encourage more young people to get involved.

"We're all getting to that age where all the ailments start to happen" he says, gesturing to the guys sitting around the table, sipping cups of coffee.

"We need more young blood in. But if they're working they can only come in on weekends."

"The few sponsors we have aren't willing to give money to fill a job. They'll give for basic things, but they don't want to provide 20 - 30 grand a year for somebody to come in and run it."

"If we could get that, that would be ideal."

Photography Tips & Techniques – Frosty Photos

By Harvey Smart

For this issue's photo competition, we have chosen the theme 'Frozen in Time'.

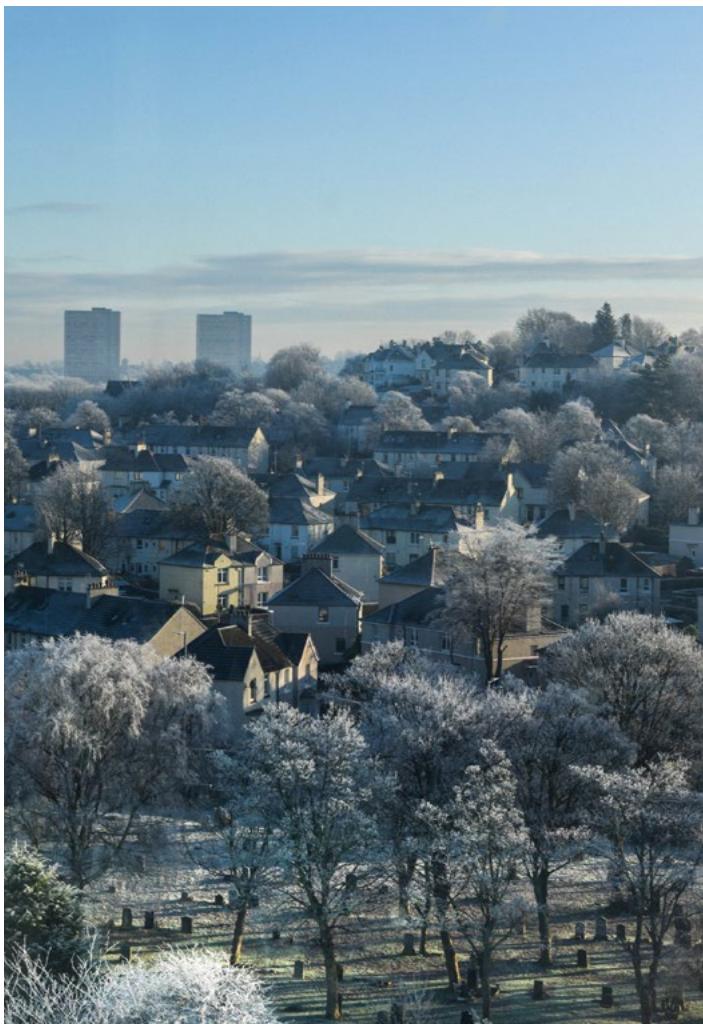
Winter's frosty embrace provides a great opportunity to get some truly stunning and otherworldly pictures if you're brave enough to venture out into the cold.

Here are some tips to help you get the most out of this icy landscape.

We are also open to alternative interpretations of the theme, so if you'd rather share an image of a place, building, person, outfit or even a hairstyle which conjures up that feeling of being 'frozen in time' we'd love to see those as well!

Unique Perspectives: Experiment with different viewpoints to create striking compositions. Often, a thin dusting of snow or frost can completely change a landscape. Try getting high up to show off this serene frozen world.

Get Closer: Ice can form incredibly complex structures and crystals on everyday objects. Use a macro lens or mode on your phone camera to get up close to see these beautiful creations.

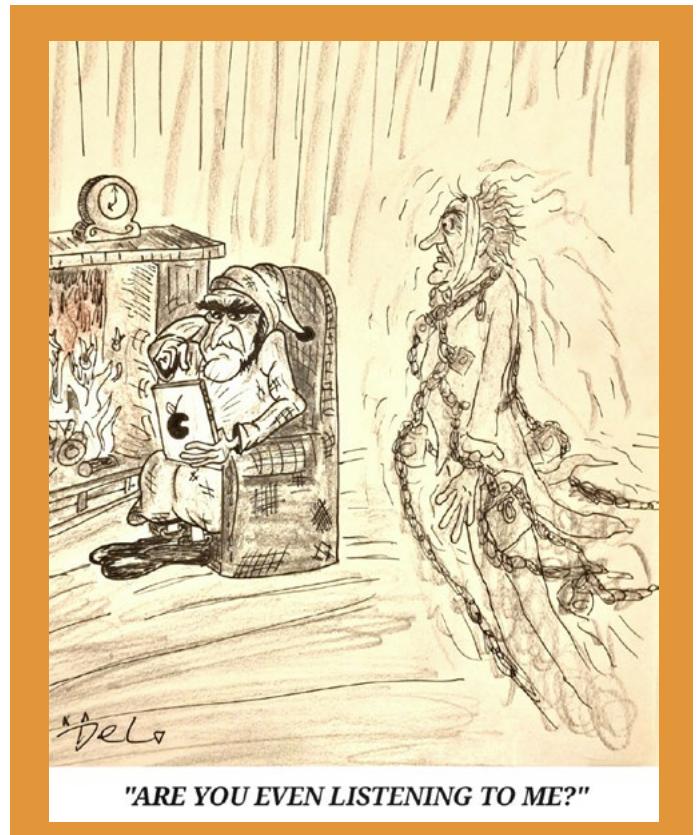


Weather & Mood: Think about the weather and the mood it conveys. A sunlit frosty landscape can create a feeling of peaceful serenity, while a cold winter fog can create a mood of mystery and uncertainty. Use this to your advantage when composing your shots.

Lighting Conditions: Daylight in the middle of winter can be a precious resource. With short days and long nights, you often need to make the most of the conditions you have. You may have to use longer exposures to compensate for the lack of light. On those rare sunny days, snow and ice can also reflect the sunlight, which makes getting the correct exposure a challenge.

Finally and most importantly, dress warmly! Wrap up and protect yourself from the elements. Wear gloves if possible - you'll have a hard time taking pictures with frozen fingers.

Get out and make the most of the cold!



"ARE YOU EVEN LISTENING TO ME?"

CLYDESIDER PHOTO Competition

Theme: Frozen in Time
Prize: £25

Closing date: Feb 14
Email entries to:
clydesidercomp@gmail.com

CLYDESIDER POETRY Competition

Theme: Love
Prize: £25

Closing date: Feb 14
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

£5
per month
or £50 a year

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

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

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, Erskine House, Clydebank G81 2DR, 0141 2373303

CONTACT CLYDESIDER

PHONE: 01389 381110 (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

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, no referral required; Mon & Fri 10am - 3pm; Tues & Thurs 10am - 3.30pm & Wed 10am - 2pm, 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 & Xmas Toy Bank Mon - Fri 10am - 4pm, 01389 764135 or freephone 0800 34570500

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 11.30am - 1.30pm, Trinity Church Hall, Alexander Street, Renton, G82 4LT

THE SALVATION ARMY

COMMUNITY CAFE - (donation only) & Employment Plus, free use of Chromebooks to Job Search, update CV & improve IT skills. Weds & Thurs 11am - 1.30pm, Sylvania Way South, Clydebank 0141 941 1353

IMPROVING LIVES HUB -

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

FOOD FOR THOUGHT

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

SOUP CLUB -

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

SOUP CLUB -

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

PHOENIX CENTRE

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

SOUP SPOT -

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

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 & community laundry, 137 Onslow Rd, Clydebank G81 2PW or therecycleroom1@gmail.com Open 7 days a week, check Facebook for daily opening times.

KILBOWIE ST ANDREW'S

PARISH CHURCH - Warm space, free food/hot drinks Wed 10am - 2pm, Tower Centre, Kilbowie St Andrews Parish Church

BEN VIEW -

Breakfast Club Tues 9.15am - 10.45am. Family Community Meal Sun 5pm - 6.30pm. Both FREE Ben View Resource Centre Strathleven Place, Dumbarton G82 1BA

GOLDEN FRIENDSHIPS -

FREE Community Meal, Tues 5pm - 6pm, 18 Nairn Place, Clydebank

AWESTRUCK ACADEMY -

Soup, sandwiches, hot drinks & recreational activities Thurs 11am - 2pm 36 Sylvania Way, Clydebank

CENTRE 81 -

Cosy Afternoons - every Fri 12 - 3pm Enjoy free tea/coffee, soup & WiFi in a cosy setting. All welcome! No booking needed - just turn up.

TO BE INCLUDED IN OUR ISSUE 31 CLYDESiDER COMMUNITY DIRECTORY EMAIL JENNY@CLYDESiDER.ORG BY FEB 14 2025



CLYDESiDER COMMUNITY DiARY

CREATIVE, HERITAGE & LEISURE

DALMUIR BARCLAY CHURCH

Indoor Bowls every Mon 10am - 2pm, **Community Choir** fortnightly Wed (from Jan 14) 1pm - 2.30pm & **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 first Saturday of the month, drop-in 10am - 12noon, bring your own set or use the library Lego

CLYDEBANK LADIES CHOIR

Mon 7.30pm -9.30pm, Dalmuir Barclay Church, 1 Durban Ave, Dalmuir, 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, Dalmuir

CRAFT GROUP - Bi-weekly 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 - Jan - Mar fortnightly talks, 7.30pm in Dalmuir Barclay Church. Start 20 January. £3 entry for visitors. Contact chair@clydebankhistory.org for more information.

LENNOX EVANGELICAL CHURCH Dumbarton - Arts & Crafts workshop - Thurs 10.30am

KILMARNOCK OLD KIRK TRUST

Autumn meetings first Wed of the month & Heritage Tours available at Kilmarnock Kirk, Gartocharn. To book contact Janet Beveridge kilmarnockgt@gmail.com

CENTRE 81 - Mondays

Yoga, 10am - 11.15am £3.

Tuesdays Pilates, 10.30am - 11.30am £3; 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

FRIENDS OF LEVEN RIVER VALLEY

- Meet second Saturday and last Tuesday of every month (weather permitting), litterpicking and occasionally other activities e.g. clearing Himalayan balsam. Check Facebook page or email levenlitterpickers@outlook.com for details

CLYDEBANK DISTRICT CHOIR

- Tuesdays 7.30pm - 9.20pm, The Hub, 405 Kilbowie Road, Clydebank G812TX. No auditions or need to read music. Contact wilmamacnicol@btinternet.com

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 9am - 12.30pm, Vale Health Centre, Wed 11am - 3pm & Dumbarton Health Centre, Thurs 9am - 12noon. Book an appt on 0800 9168858 or find out more www.nhsggc.scot/your-health/quit-your-way, telephone consultations outside these times also available

PHOENIX CENTRE - Cocaine Anon Fridays 7.30pm - 9pm

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. Last walk Wed 18 December and returning in the New Year on Wed 8 January

FREE WELL-BEING SESSION

- meditation, exercise, relaxation 11am - 2pm Awestruck Academy, 36 Sylvania Way South, Clydebank 0141 4357116

IMPROVING LIVES GROUPS

Art for Anxiety meets Tues, 12.30pm - 2.30pm

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

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

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

Men's Walking group Mon & Tues 1pm

Writing Group Tues 11am - 12noon

WEST DUNBARTONSHIRE

EPILEPSY SUPPORT GROUP

- meet 1st Mon of the month 10am - 12noon, Clyde Shopping Centre, Clyde House 170 Kilbowie Road, Clydebank & 3rd Thurs 6.30pm - 7.30pm at Improving Lives, 627 Dumbarton Road, Dalmuir

MENTOR SCOTLAND GROUPS

- Men's Talking Group - Wed 7pm - 9pm Alexandria C.E Centre
Peer Support Drop-in - Fri 5.30pm - 10pm Ben View, Dumbarton
Women's Talking Group - Fri 7pm - 9pm Ben View, Dumbarton
Men's Talking Group - Fri 9pm - 10pm Ben View, Dumbarton
Health & Well-being Walk meet Sat 11am Ben View, Dumbarton

SEND DETAILS OF EVENTS AND ACTIVITIES HAPPENING FROM MID MAR 2025 TO JENNY@CLYDESiDER.ORG BY FEB 14 2025 TO BE INCLUDED IN THE NEXT ISSUE

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 January 27. Contact Eilish. McAleer@west-dunbarton.gov.uk and Amy.cowie@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

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, Whitecrook 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. **Phoenix Fun Toddler Group** Thurs 10.30am - 12noon.

BEN VIEW BUDDIES - **Ben View VIPs P5 activity group**, Wed 6pm - 7.30pm **Ben View All Stars P6/7 activity group**, Wed 7.30pm - 9pm **Ben View Bravehearts**

S1+ activity group, Sun 7pm - 8.30pm 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

TULLOCHAN YOUTH ACTIVITIES

Mon Employability Programme (16+) 11am - 2pm **Tues** Timber Transitions (16+) 9am - 12 noon; Furniture Fix Project (14-25s) 1pm - 4pm **Wed** LGBTQ+ Action Group (16-25s) 5pm - 7pm; **Thurs** Gardening & Landscaping (14-25s) 1pm - 4pm. Free meal or packed lunch are provided at Tullochan's groups & activities. To find out more contact info@tullochan.org or 07931228462

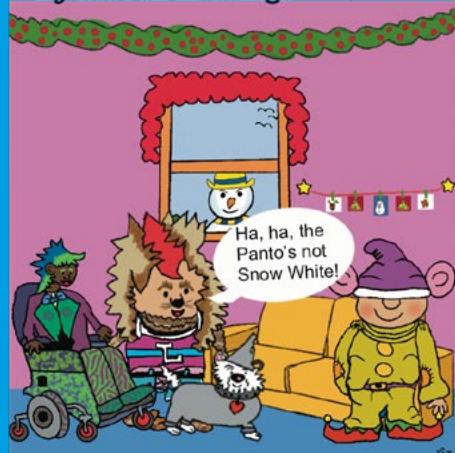
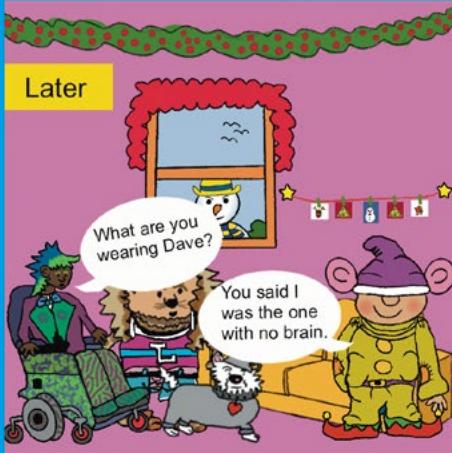


Wishing
Clydesider Readers
A Peaceful & Relaxing
Festive Season



CLYDE & BAXTER

By Steven Hastings



**With Gerald's help Albert the snowman is brand new.
They're both looking to see what the gangs up to.
Tonight's the dress rehearsal of their Pantomime.
But Dave's not arrived so they might not be on time.**

**Dave has arrived and ready to go.
But he's not dressed as a scarecrow.
The Panto is the Wizard of Oz.
Poor Dave is wearing the wrong clothes.**

**They'd rehearsed for a few weeks now.
But Dave was still confused somehow.
As Dopey he was going to go.
They'll just have to get on with the show.**

A Phenomenal Panto Puzzle

BY STEVEN HASTINGS

This wordsearch is about pantomimes. Oh no it's not! Oh yes, it is! The words from the list can be found in the grid, going Left, Right, Up, Down & Diagonally. Words that are split with a / can be found in the grid separately.

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

- Aladdin
- Bashful
- Buttons
- Captain/Hook
- Cinderella Doc
- Grumpy
- Happy
- Jokes
- Mother/Goose
- Oh Yes He Is
- Peter/Pan
- Snow/White
- Widow/Twankey

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