

10 YEARS

10 Years of CLYDESIDER

Our Community's Positive Press

Autumn 2026 | Issue 37





Dunbartonshire accountants with 20+ years of experience

**You focus on your *business*...
We'll take care of the *numbers*.**

- Corporation Tax Returns
- Payroll & Bookkeeping
- Self-Assessments
- Annual Accounts
- Make Tax Digital
- VAT Returns

Call for a FREE consultation now:

+44 7359 328264

443 Dumbarton Road, Dalmuir, Glasgow, Clydebank G81 4DU

Welcome

We are so excited to bring you Clydesider's 10th anniversary edition and share our journey over the past decade.

And this issue is packed full of journeys – some of these are personal to our volunteers, while others are stories of groups and organisations.

Many of these are near the beginning – Eva Miller, Niamh Friel and Jill Clark each reflect on their personal milestones and explorations.

While Suhaila Ahmed interviews her sister Thuraya about the start of her creative journey and Katie McGroarty shares an exciting new database she recently launched for local creatives.

It's a real privilege to be publishing these articles by and about young women in WD – they are already an inspiration to future generations of local artists, historians, journalists, poets and writers!

This issue also features inspirational women who spotted a gap in their community and decided to do something about it.

A Vale mother tells Clydesider volunteer Jennifer Carr how she turned frustration at the lack of opportunities for her neurodiverse son into a new business venture offering supported work opportunities and community spaces alongside a feel-good coffee.

While at the other end of West Dunbartonshire two local businesswomen share why they felt some flower power was needed in Duntocher and the difference it is making to the community.

We're not alone in celebrating landmark birthdays this year, as two remarkable youth charities Tulloch Trust and Haldane Youth Services are 30 and 20 respectively – our volunteer Laura Giannini finds out more...

And Clydebank Asbestos Group reveal how a conversation from a hospital bed led to a joint enterprise which has put over £1 million...and counting, into the pockets of local pensioners!

All these journeys start with a few people supporting an idea and making it a reality... with plenty of ups and downs along the way.

None of us know what the next 10 years have in store for ourselves, or the individuals and organisations featured in this issue. One thing we can be sure of is that each of us trying to create change will have a ripple effect that makes a positive difference to others, many of whom we will never meet.



Amanda
& The Clydesider Team



Clydesider
Instagram

Clydesider Creative Mission Statement

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

Clydesider Credits

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



About Clydesider

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

Clydesider community magazine, Clydesider TV, 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.



**Regulated by IMPRESS, The
Independent Monitor For the
Press CIC**

IMPRESS, 16-18 New Bridge Street,
London, EC4V 6AG

T 020 3325 4288
E complaints@impressorg.com
W www.impressorg.com

Contents

8	Making Media with a Difference by Team Clydesider
14	Serving the Community by Jennifer Carr
16	Duntocher Flower Power by Patricia Laws
18	Pride in Our Place by Jenny Watson
20	Youth Birthday Celebrations by Laura Giannini
24	Creative Clydesider by Suhaila Ahmed
26	Making Local Artists Visible by Katie McGroarty
28	A Long Way From Home by Niamh Friel
30	Trust in Tulloch by Laura Giannini
32	Meet Our Volunteer: Gail by Team Clydesider
33	I Always Have Something to Say - Now I'm a Journalist! by Jill Clark
34	Archaeology & Me by Eva Miller
36	Mushroom Spotting by Harvey Smart
38	A Daughter of the Rock by Rob Williams
39	Reviews & Recomendations by Mary Irvine
40	Clydesider Community Directory
42	Clydesider Community Diary
44	Clydesider Photo Competition
45	Puzzle Page by Steven Hastings



Sponsored Editorial

2Rivers Children's Book Festival 2026

What childhood books and stories live on in your imagination - or in your life?

Did 'Paddington' inspire a travel adventure to deepest, darkest Peru? Or the 'Horrible Histories' lead you in search of Groovy Greeks? Perhaps Robert Macfarlane's 'Lost Words' instilled a love of the natural world, or 'Frank & Bert' helped you find a good friend.

Books have that strange power to transport us to different times and places and they are never quite so magical as when we are young.

So as part of the National Year of Reading 2026 we're delighted to bring back the 2 Rivers Children's Book Festival to Dumbarton (and Balloch), and this year it's even bigger and better than last!

Kick-start your October week break with a day of FREE literary fun alongside our exciting line-up of Scotland-based children's authors, illustrators and storytellers.

For younger audiences (and their accompanying adults) there are several events, including picture book writers Alison Murray, who will introduce you to her new book 'Cat's Halloween', and Morag Hood, who will take you on an underwater adventure with 'Seahorse is Furious and There's Nothing You Can Do About It'.

Comic book and graphic novel fans won't want to miss sessions with The Phoenix Comic regular,

Adam Murphy. Or you might want to wind down the day with stories and lullabies by award winning illustrator, Jill Calder, and harpist Pippa Reid Foster.

Taking on board feedback from last year's Festival we are introducing a range of YA authors and storytellers.

These will include award-winning author, actress and playwright Manjeet Mann who will host an interactive session blending lively discussion and hands-on creative writing exercises; Gill Arbuthnott will focus on her brilliant new non-fiction book 'All in the Mind'; and acclaimed author and spoken word poet Chris McQueer will bring his expertise to a session for aspiring young writers!

We also have creative drop-in activities led by Dumbarton's Clifftop Projects and the Glasgow Zine Library.

And there will be more creativity and community storytelling from Joanne Marr, who will host two inclusive storytelling sessions, and the multi-talented former Scots Scribe Susi Briggs who's session will be BSL interpreted.

You can also pick up a book - or several - to enjoy at your leisure courtesy of Moonlight Rainbow Books' pop-up children's bookshop which will be in Dumbarton Parish Church Hall from 11am - 3pm (quiet hour 12.30 - 1.30pm).

All this will be happening in one day - October 12 - across various locations in Dumbarton and one in Balloch.

And thanks to funding from the National Lottery Community Fund and the Scottish Books Trust, it won't cost you a penny!

Most events need to be booked in advance to allow us to manage capacity and all under-14s need to be accompanied by an adult.

Check out our website for details and any other questions you may have at 2riversfest.co.uk or our Instagram page @2riversfest_dumbarton



Community News

Big Milestone Celebrations

Clydebank Asbestos Group and Unite Retired Members helped local pensioners claim over £1million in life-changing disability benefits!

They were treated to a civic reception at the Golden Jubilee Hotel by Provost Karen Conaghan to celebrate their success.

The project helped people apply for the Pension-Age Disability Payment (previously known as Attendance Allowance) which is tax free and not means-tested.

The idea came from a conversation in a hospital bed between Sammy Morris, a committed member of the Unite Retired Members' Branch, and his friend of 40 years Tommy Gorman who volunteers at Clydebank Asbestos Group (CAG).

Sammy was astounded to discover he was eligible for Attendance Allowance – and Tommy helped him make a successful claim.

The pair wanted others to find out more about this under-claimed benefit, so CAG delivered training to Unite Retired Members Glasgow and Renfrewshire Branch.

Then branch members were informed about it via letters, emails and phone calls and the team started helping people apply.

Four years on and the partnership has helped 163 people secure £1,025,800 – and they've no plans to stop!

Sons Take the Lead in Football Safety

Dumbarton Football Club is the latest Scottish club to sign up to the Football Safety App to help make matchdays safer and more welcoming for younger supporters.

The new technology is a real-time reporting tool designed to stop any form of abuse or unacceptable behaviour in and around sporting venues.



Clydesider News

Local News Campaign Gains Support

Local MSPs are supporting Clydesider in backing a national campaign to establish a Scottish Local News Fund.

The Scottish Beacon, a collaboration of independent media organisations in Scotland, launched the initiative with an Open Letter after Scottish news publishers were excluded from the first year of the UK Government's new Local News Fund, worth £12million over two years.

Welsh publishers, by contrast, can apply to the UK fund while also benefiting from a dedicated Welsh Government Local News Fund but Scotland has neither. At Clydesider we believe trusted and reliable local media outlets are needed more than ever as fake 'news' and AI are increasing division and hatred in communities like West

Dunbartonshire.

In July we contacted local MSPs Marie McNair (SNP), Jackie Baillie (Scottish Labour) and west of Scotland Scottish Greens MSP, Ross Greer, asking for their support.

They all pledged to champion the campaign, and a cross-party motion has since been lodged by Labour's Katherine Sangster MSP with the backing of both Jackie Baillie and Ross Greer. A Local News Fund for Scotland would help sustain local independent media publications, so if you enjoy reading the magazine please add your name to the Open Letter which can be found on the Scottish Beacon website.

Rockvale Rebound

Clydesider is delighted to be partnering with local charity, Rockvale Rebound to provide positive local news stories for their free local talking newspaper service for people who are blind or have a visual impairment.

The weekly news service has been produced by volunteers since 1981. The volunteers record local news stories on to CDs or USB drives and provide them free of charge to people who would struggle to read print newspapers.



Digital Departure

We are sad to bid farewell to another Clydesider this month as Petra Kotkova, our Community Media support worker heads off for an exciting new job with BBC Guernsey. Petra joined us last year and, in that time, has transformed our digital spaces, bringing her own cheerful sparkle to our social media platforms. She has also written several articles for the magazine and created content for Clydesider TV, although she will be missed by the team, we're delighted to have been part of her local media journey and look forward to seeing where it leads.

The award-winning software links to a 24-hour control room and allows players, officials, supporters and staff the ability to anonymously raise issues without fear of retaliation.

Cameron Watson, Executive Director at DFC said: "We are keen to attract a younger demographic to games and one way to do that is to ensure we have an environment that is safe and inclusive.

"This app puts another level of security straight into the pocket of supporters and shows our commitment to making our club a safe and accessible environment for all.

"Supporters can report any safety concerns they have directly from the stands, including offensive language, any form of verbal abuse or safety concerns."

The Football Safety App is free to download via the App Store or Google Play. For further information, visit:

www.footballsafetyapp.com



Welcome to Dalmuir Pharmacy

Our services include:

- Free prescription collection & ordering via our app
- Free NHS Scotland Pharmacy First services – ask in store for details
- Private services including weight management and travel vaccinations

Scan our QR code to save our contact details and view all our links

DalmuirPharmacy.co.uk
0141 952 1285



770/772 Dumbarton Road Dalmuir G81 4BY

Making Media with a Difference

By Amanda Eleftheriades

"Every conflict is in part a battle over the story we tell, or who tells and who is heard."
Rebecca Solnit, activist and writer

Since Clydesider Creative started in 2015 with the aim of doing media differently, we have created media spaces and community activities where the voices and experiences from our communities can be heard, understood and respected.

This all began in 2014 with a handful of friends meeting in a flat in Bowling.

Only one came from a media background, the others brought expertise in recovery, mental health, welfare rights, creativity and conservation and all had a passion for the local community they had lived and worked in most their lives.

As we shared the idea, we were quickly

joined by others offering their own skills, knowledge and time.

We met sporadically in community centres and libraries – articles, poems, photos, music, cartoons and lots more ideas were shared as our numbers grew.

Despite the enthusiasm it took over a year to secure a small grant to cover the initial print and start-up costs.

Another nine months passed until finally in September 2016 10,000 copies of Issue 1 were delivered – Clydesider magazine had arrived!

And suddenly we're 10 years old...a selection of our highlights from the past decade are included in this feature – they are many and varied and I'm proud of every one of them.

But the thing that gives me most joy and pride are the people who have been part of this incredible journey – our volunteers, staff, advertisers, funders and wider community.

They have all helped in so many different ways, giving generously of their time, talents and resources, so together we have been able to make Clydesider so much more than a magazine.

I'm excited to see what the next 10 years bring...

By Amanda Eleftheriades

Rebecca Solnit, activist and writer

This all began in 2014 with a handful of friends meeting in a flat in Bowling.

As we shared the idea, we were quickly

I'm excited to see what the next 10 years bring...



Billy McGeechan

Whether it be poets or storytellers, authors or artists, Clydesider has brought these people to the fore in their community.
So, I take my hat off to all in the production of Clydesider and look forward to the next decade.

Janet Adeshiyan



Being a Clydesider volunteer for two years now has been such a rewarding journey. It has given me the opportunity to give back to my community while also growing personally through new experiences, wonderful outings, and meaningful connections. Meeting people from different communities,

Steven Hastings

The Clydesider staff are very caring and disabled access is always thought about, from where we have our meetings to going on outings. Clydesider gives local people a voice and highlights things you might never have heard of.

A Clydesider Poem by Steven Hastings

At first it was Zoom with chat at the core,
Then surprise, turns out I'm a volunteer.
We then had goodies dropped off at our door,
As we could not meet for Christmas that year.
Over 5 years Clydesider have helped me
I'm always learning, always having fun
New articles and now short films to see
Thank you Clydesider, thank you everyone

Jill Clark

Jenny for a chat. I liked the sound of it and started volunteering. I enjoy the volunteer meetings because everyone is so welcoming, and I love writing articles. In the future, I hope to keep writing for the magazine and maybe get involved with Clydesider TV too.

Our Ten Year Highlights and Numbers

+350 people attended our creative story-telling, community media or heritage skills workshops in the past 5 years

Hosted **10** Community Gatherings, Exhibitions, Screenings & Events

Organised **1** Heritage Festival with **48** events attended by **+1000** people

Generated over **£1,090,000** including **£826,368** grant funding from **18** funders

Delivered **38** multi-media consultancy projects for **16** community organisations

12 employees, **32** freelancers & **9** Board members – **83%** from WD

1 of 8 independent media organisations from across Europe selected to join the Engaged Journalism Accelerator

37 full issues; **4** Covid mini-mags and **1** Creative Summer Special published

255,000 copies distributed by volunteers & staff

15,000 readers for each issue & over **8,000** followers on our digital channels

130 short films created by Clydesider staff & volunteers for Clydesider TV

Over 100k views of our most watched film – a short about Renton winning the 'world cup' in 1888!

+500 volunteers contributed editorial content to Clydesider magazine

+750 people contributed poems/photos to our social media or helped with distribution

+50 volunteers have gone on to employment, further education or additional volunteering



We are Dalmuir Park Housing Association

What's missing? It's U!

Are U passionate about your local community?

Would U like to make a difference?

Are U someone who shares these principles:



If so, then what are you waiting for? Become a Board Member today by contacting us on 01419522447 (option 2) or send an email to admin@dpha.org.uk and put the U in Dalmuir Park Housing Association!

2016

Launch of Issue 1 with an evening of music, poetry and creativity

2017

Run youth media training for Y Sort-It - articles and photographs published in Issue 3

Employ a p/t advertising rep and editor thanks to funding from Firstport

2018

After much TLC to floors, walls and electrics, we move into our own premises, a tiny former rent office in Old Kilpatrick we lovingly dub the 'Hobbit House'

We're one of 20 Scottish social enterprises chosen to join the School of Social Entrepreneurs Trade Up programme and one of eight European media organisations selected for the Engaged Journalism Accelerator

The National Lottery Community Fund gives our 3-year creative story-telling project the thumbs up

2019

Host our first Creative Café event with a Community Marketplace, creative story-telling workshops, pay-what-you-can Cafe and Pop-up Newsroom

Engaged Journalism Accelerator takes us to Amsterdam, Birmingham, Berlin and Budapest to learn with community journalists from across the globe

Our Editor delivers a workshop to an Engaged Journalism Conference in Berlin, sharing our learning with journalists from Europe, USA and India. Two volunteers join us at the event and Gil Paterson MSP puts a motion to the Scottish Parliament congratulating Clydesider!

Host our Focus on Change Community Gathering exploring our local heritage, creativity and environment

2020

Set up Community Response Network (CRN) to keep local organisations connected through the pandemic

Creative Cafes move online and we host a week-long virtual creativity and well-being festival

2021

Co-ordinate WD's first Scottish Mental Health Arts Festival contributions

Our Creative Cafes head Out & About as Covid restrictions ease

2022

Launch our 'Claim What's Yours' campaign to challenge stereotypes and stigma associated with poverty and raise awareness of local support

Our new Community Media & Creative Storytelling project begins. We deliver 6-week workshops so people under-represented in the media can share the stories that matter to them

Employ our first Modern Apprentice who creates our first 'Take a Minute' local heritage films

2023

Our first Community Exhibition displays the creative work of over 50 people

Produce a year of Take a Minute films and continue our Heritage Network thanks to funding from the National Lottery Heritage Fund

Involved in exciting new collaborations with the Scottish Beacon and the Queens Nursing Institute for Scotland

2024

Our volunteers create a series of short films, leaflets and info-cards to highlight Cost of Living support in WD

Share Clydesider's journey at the inaugural Scottish Indy News Week conference

2025

Launch Clydesider TV YouTube channel and film-making with local volunteers

Start 'In Peace & Revolution' multi-media heritage project celebrating community activism in WD

A new Heritage Lead, Community Media Lead and Community Media support worker join the team

First Clydesider Summer School with tasters in photography, film-making, podcasting, writing & interviewing

2026

With our Heritage Network and volunteers we host WD's first Heritage Festival – 48 events over 31 days attended by 1,000 people -celebrate the area's fascinating past

We have a digital overhaul and launch our lovely new website – www.clydesider.org

Start our volunteer-led community mental health and well-being multi-media project

Celebrate our 10th anniversary in print, in film and in-person with the hundreds of people who help us do media differently!!!

Sponsored Editorial

Community Links Scotland



REGENERATION SERVICES

Could you help shape the future of West Dunbartonshire?

Local charity, Community Links Scotland, is seeking new volunteers to join our Management Board.

For nearly 25-years, Community Links Scotland has been supporting people, communities and local organisations in West Dunbartonshire to create positive change.

Based in Clydebank, we work to tackle poverty, reduce isolation, strengthen communities and help people build more secure futures.

Alongside our local services, we also support charities, housing associations and community organisations across the West of Scotland to develop projects, secure funding and strengthen community-led initiatives.

Within West Dunbartonshire we deliver practical support for local people. We provide free energy advice and advocacy, wellbeing activities, arts and heritage programmes, home Starter Packs and household support for people experiencing financial hardship, poor wellbeing or social isolation.

Over the last three years, our local programmes have directly supported more than 1,600 people across West Dunbartonshire.

Projects such as Healthy Pathways provide opportunities for local people to connect, learn new skills and improve their wellbeing, while our West Dunbartonshire Energy Advice Service helps residents navigate rising energy costs, reduce bills and access financial support.

Everything we do is built around helping people remain connected, confident and able to thrive within their community.

Our Board works alongside a dedicated team of seven staff who deliver community support, energy advice, wellbeing activities and development services, helping ensure local people receive practical support when they need it most.

As the organisation continues to grow and respond to local needs, Community Links Scotland is now looking for new Board members from West Dunbartonshire to help

shape our future.

Chairperson, Sephton MacQuire, has been a board member for the last 16 years and says: "It's great, we get to support the great staff and work that directly benefits communities. It's amazing to see and be a part of work happening and feels great to give back to the community."

"We meet regularly throughout the year and hold meetings where we are guided through the work of the organisation and discuss current and upcoming projects."

Treasurer, Anne McQueen, joined the board three years ago.

When she was first approached about joining the board Anne felt unsure, she said: "I didn't think I'd have the right experience or knowledge, but I thought I'd give it a try and it's been great. The organisation could benefit from a good mix of members, so it would be great to welcome new faces."

"I worked in the NHS for most of my career, but when I retired, I wanted to keep active and found it a great place to use my natural skills, plus the training provided helped me to do my best for the organisation."

"Being a part of the group is so rewarding and satisfying, and we always have some lovely tea, coffee, and goodies at our meetings"

No previous Board experience is required. We welcome applications from people of all ages, backgrounds and experience, who are passionate about West Dunbartonshire, looking for an opportunity to contribute in a relaxed and friendly environment and interested in helping guide a well-established local charity. Full training and support will be provided.

Board members will attend approximately six meetings each year and have the opportunity to contribute to work that makes a genuine difference to communities across West Dunbartonshire.



CLS BOARD MEMBER VACANCIES

About the Role

Community Links Scotland Board Members play a key role in shaping the organisation's strategic direction, ensuring strong governance, and supporting community-led projects. We are interested in recruiting individuals with skills, experience, or an interest in:

- Community development and regeneration
- Energy advice and fuel poverty
- Mental health & Wellbeing
- Supporting local community groups
- Sustainability and climate action

No previous board experience is required, training and support will be provided. We are committed to building a diverse and inclusive Board that reflects the community of West Dunbartonshire.

Time Commitment

- At least 1 meeting every 2 months at our offices in Clydebank
- Occasional involvement in sub-groups or events
- Some preparation time to read papers before meetings

Why Join CLS?

- Make a meaningful contribution to local community-led change
- Help deliver projects in West Dunbartonshire that improve places and lives
- Gain valuable governance and leadership experience
- Work alongside a passionate and supportive team

Get Involved

If you've ever wanted to use your skills, experience or enthusiasm to support positive change in West Dunbartonshire, we'd love to hear from you. For an informal chat speak to our Director, Stephen, on 0141 952 4382 or email info@comlinks.org.uk



Serving the Community

Words by Jennifer Carr
Photos by Harvey Smart

As with most good ideas, necessity is the mother of invention – and sometimes, literal mothers are too.

When Angie Davies' son Jack, who has autism, was preparing to graduate from high school, she was left frustrated after a meeting with the school's transition team.

"His options coming out of high school were really few and far between and I didn't think that was okay," Angie tells me as we sit outside the Spectrum Coffee café, a stream of customers coming and going all the while.

"I remember driving home from Kilpatrick and I was ranting the whole way about how unfair it is."

Later while taking her dog for a walk, pondering Jack's future, and then grabbing a coffee with her husband, the two concepts melded in Angie's mind and "before you know it, I had this whole plan."

And in January this year her plan finally came to fruition, as Spectrum Coffee - West Dunbartonshire's newest autism-friendly coffee spot - opened its doors at Unit 19 on the Vale of Leven Industrial Estate.

For Angie, going from being self-employed as a make-up artist to running a hospitality business has come with its own unique set of challenges.

"I've had my own business but that's been just me. You have all these plans about how it's going to go and in reality, that is so far from the truth.

"Although my strict need for routine for my son and myself has been really contradictory - I like to pivot and make changes quickly, but at the same time, I like to have a plan."

A key part of that plan has been to offer a space

where autistic and neurodivergent individuals can gain valuable work experience while also providing them with adjustments and accommodations they might not get among the wider workforce.

"I feel that everybody's got a right to want to work," Angie explains.

"There are so many young people who want to work, they just don't have an accommodating workspace, and I really think there's a basic right to meaningful employment.

"Obviously, there are so many statistics saying so many disabled people are out of work claiming benefits, but I think it's very unfair, because there's just not work available that's going to suit them."

Understandably, the high-pressure, unpredictable hospitality industry isn't necessarily the best fit for autistic persons looking for work.

So Angie was keen to implement workarounds for her employees and young volunteers to help make their work experience as comfortable and enjoyable as possible.

"We have a supported service session, and we've got three young people who come in to utilise that, one being my son.

"He was a guinea pig, and if there were any tweaks to be made they were made for other people, which was very nice of Jack to volunteer."

Angie explains how the supported service session works.

"Basically, we are closed to the public and I have four tables booked at fifteen-minute intervals. The young person knows who's they're going to be serving and it just gives them a fair crack at the whip, a fair opportunity to do a bit of meaningful employment.

"It also gives the customers coming in a really good experience, because not only are they making a difference, but they're also getting to learn about autism.

"No two autistic people are the same. One day, you could be served by Jack, who is very matter of fact, but gets the job done. And the next day, you can be served by Kirsty, who is so empathetic. And, obviously, it's about spreading awareness as well.

"Customers really appreciate the fact they've been given an opportunity to come in for a special session, and are part of a young person's journey."

So far, Angie has been overwhelmed by the café's popularity and is eager to share stories of how it has helped her young staff members, including her son.

"I know the difference it's making. When Jack first came in for a service shift, he was very robotic. The next week I heard him say "hi, welcome." And it was still robotic, but there was definitely a bit more emotion, and he waited the appropriate amount of time for the person to reply before getting to business.

"I was very proud, this is making the differences.

"And Mirin, when I walked into the kitchen, she would walk out. She wouldn't even look at me, she was terrified.

"But she's so involved. She got called in today because one of the chefs is off sick, she's coming to help cover. She was on my TikTok yesterday, running down the street with a Lomond Eats bag.

"That's not the Mirin who started, literally, just a few months ago. It's just crazy. And Mirin's mum has also been very vocal about the changes in her daughter, and how thankful she's been given a chance."

Being autistic myself, all of this certainly rang a bell with me.

When I started looking for my first job, I deliberately avoided anything in the hospitality industry as I knew I would find it too stressful.

Looking back now, I can see how I would've benefited from a place like Spectrum Coffee and why it's continued prosperity would be a great boon to young autistic and neurodivergent people in the West Dunbartonshire area, and many others besides.

"I'm really keen to support as much of the community as physically possible," Angie says.

"Obviously, we've got a great space. If you can come to us and use it, feel free. We've got a peri-menopause group that come once a month, an ADHD support, a women's support group. I will happily open my doors and let community groups and social clubs use it free of charge."

There are more big plans and big ideas hopefully on the horizon for Spectrum Coffee, with Angie enthusiastic about implementing things like cookery courses and charity events.

She, and I, are confident with the continued love and support of the local community, the café will go from strength to strength.

Next time you find yourself in the mood for a coffee, why not go down the Spectrum and see the difference you can make.





Duntocher Flower Power

Words by Patricia Laws
Photos by Chris Laws
and Harvey Smart

If you go down to Duntocher today, you're sure for big surprise, if you go down to Duntocher today you'll hardly believe your eyes...

It's true... those of us who live here can hardly believe our eyes.

Our village has been transformed for the better: we have flowers and plants everywhere you look: bright, colourful and uplifting...

The village feels much more cheery and friendly. It feels loved.

And it's all thanks to two business owners who already

invested in Duntocher by opening their business here: Anne-Marie Fitzpatrick, from the Ironing Station and Suzie McSwiggan from Gingerbread Dreams gift shop and their band of helpers: Hugh Hassan or Hassy (as he is widely known in the village) and Steven Maxwell who waters the many planters lovingly arranged on Main Street.

Anne Marie's mum, Kath Stewart, is justifiably proud of her daughter and of Suzie.

"The place is beautiful", says Kath. "I've never seen Duntocher look so beautiful"

I have to agree... neither have I!

Kath is not alone in her praise.

"The reaction has just been amazing," beams Anne Marie. "Folks in Duntocher absolutely LOVE it. They have popped into both our shops and left Suzie and I donations for the flowers...she smiled. "It's magic. It's brought the whole

community together." Suzie explains: "It's not just ladies who love it. An old man gave me a donation just this morning and thanked me... but it's a real team effort, we couldn't have done it without Hassy and Steven."

"It all started with the flower towers which we asked the council to bring down from the top of Chapel Road as they were full of weeds."

"We planted our first tower up and Anne Marie and I bought this giant container ourselves and put it between our two shops... it all snowballed from there."

Anne Marie tells me Douglas McAllister, our local MP, has been very supportive and has helped them locate a third flower tower for Davies Square: "Councillor William Rooney has also been instrumental in helping us procure some litter bins for the main street."

Flower power was a movement in the Sixties: members campaigned for peace and love and

harmony... Here in Duntocher, flower power has just grown and grown.

Anne Marie says: "From the original planter by Suzie and me, it has spread right along Main Street."

"Look! We have flowers on the railings, hanging baskets, window boxes...we've managed to get most of the other businesses on board. We'd really love to get everyone involved though..."

I look along the street. As far as the eye can see, there are flowers. Quite a sight!

Anne Marie credits Suzie for knowing exactly what to plant and the artistic arrangement of plants.

"I enjoy it..." Suzie says. "Especially us all working together. Two ladies, Patricia and Angela, who did some weeding at the Queen Mary Building, suggested a bench there so we actually have two benches now... and people are stopping to sit and take photos."

I ask about the pots lining the staircase down

to the Fore Park. Suzie says: "Oh you've noticed those. They're new. They've only just been done. It's hydrangeas. They'll come up every year."

"Some of the planters have perennial plants in them... do you see that Acer over there? It's gorgeous and we can underplant it with bedding plants."

I smile to hear that plans are afoot for the future: they want to do Christmas tree square in Old Street and to paint those railings (someone was already doing this as the magazine went to press).

"We have a big responsibility," states Anne Marie seriously. "We need to keep it going, there's no going back now ...maybe we can appeal for some volunteers and more donations..."

As I leave Anne Marie, the flowers smile back at me.

Duntocher has always had a big heart but these flowers show the very heart of Duntocher is still beating on...

Clydebank  A Real  Est: 1881

Clydebank Co-operative
Grocery Stores

Clydebank  A Real  Est: 1881

Sylvania Way Non Food / Express Grocery

2 Sylvania Way South
Clydebank, G81 1EA
0141 952 2000

Kilbowie Road Grocery

393 Kilbowie Road
Clydebank, G81 2TX
0141 435 7700

Faifley Road Grocery

258 Faifley Road
Clydebank, G81 5EH
0141 435 7711

GWR Grocery

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

Dalmuir Grocery

8 Dunn Street
Clydebank, G81 4BQ
0141 435 7705

Hardgate Grocery

580 Kilbowie Road
Clydebank, G81 6QU
0141 435 7727

Parkhall Grocery

138 Duntocher Road
Clydebank, G81 3NQ
0141 435 7706



Pride in our Place

By Jenny Watson

They may be small, but the communities of Balloch and Haldane have always known they are mighty.

How could they not be when they are the cradling arms of Loch Lomond?

With around 5500 residents, Balloch welcomes an average of four million visitors each year, and the tourists are greatly welcomed, apart from maybe the days when the shelves are emptied at the supermarket, and there's no milk left!

We all know about the various plans circulating over the past 10-plus years for what could be built in Balloch and, despite the opinions on the big one, most agree something is needed to enhance the beauty already there for both residents and visitors alike.

From that thinking, Haldane & Balloch Community Council

(HBCC) and Loch Lomond South Community Development Trust (LLSCDT) were formed.

Both with the aim to hear from those who live there on what they feel would be better for the area. Together they began working with community members on a draft place plan proposal.

But what does this mean?

Lynne Somerville of BHCC / LLSCDT, explained: "The Balloch and Haldane Local Place Plan is a vital opportunity for our community to shape the future of the area we call home.

"It gives local people a strong voice in setting out our shared ambitions for Balloch, Haldane and the surrounding area, protecting what makes our community special while identifying where change and investment are needed."

With funding from the National Park, BHCC & LLSCDT were able to bring in planning consultant Nick Wright, to help work on the plan proposal.

Chatting with Nick at one of the plan presentation days, he told me working on this has surprisingly been quite different from other plans he has worked on, as it wasn't about potholes and jobs being needed; it was more about places where visitors go and locals' aspirations for the area.

"An existing plan for Balloch was created in 2014, so it was quite out of date.

"A lot of effort has been put into Callandar over the years but Balloch, as the other main gateway, it just hasn't had that same effort. Yet as an international destination, we know it could have a lot to offer."

After over a year of conversations and consultations with the local communities, the plan has now been registered with Loch Lomond & Trossachs National Park and WDC.

"What I've loved about helping the community to produce this plan is the passion that people have for their local community and its world-beating location on Loch Lomond. And who can blame them? The view of Ben Lomond across the water is stunning.

"And, as local people have said, capitalising on Balloch's location is the key to making it an even better community to live in, with more opportunity for everybody," Nick added.

The next step is to put the plan into action, and while that won't happen quickly, it is a good starting point.

You can find out more about the plan at:

planballochhaldane.net



Looking to kick-start your start-up?

Whatever stage your business is at, Business Gateway West Dunbartonshire offers free advice, professional resources and 1:1 support.

- ✓ Local advisers
- ✓ Expert consultancy
- ✓ Workshops
- ✓ Access to funding
- ✓ Networking

Get free business support

Online | In person | In your community.

For more information visit
bgateway.com/west-dunbartonshire
or call 0141 530 8696

 [here to help](#)

 **business gateway**
West Dunbartonshire



Youth Birthday Celebrations

By Laura Giannini

Coincidences are always interesting. Sometimes they seem like a sign; sometimes like a psychic link. So, what are the chances of writing about the birthdays of two organisations set up to help the youth of the area in the same issue?

That is what we have here. That the two are linked is perhaps less of a stretch.

Tullochan Trust (see page 30) is 30 years old; Haldane Youth Services are 20 this year.

Twenty years in which they have grown from a single project created with the support of Fiona Stuart and Tullochan Trust.

The first project Hop Skip and Jump was a response to the need for P4 to P7 youngsters to have a place to go, things to do.

Here they enjoyed music, art, drama for fun days. It was such a success it is still going strong.

In fact, it grew.

As the kids needed things to do in the off-school days a new project, Ur-Turn, was born.

Carolyn Mackie - volunteer turned youth worker, and current Project Manager, says: "HYS has grown entirely from the needs voiced by our community and by the young people who use our services.



"This remains one of our greatest strengths.

"We listen, we are told what is needed, and the whole organisation works together to respond and provide it."

A quick run-down of the history bears this out.

The original club, HYS began in 2006 with the formation of a Committee of local people, some of whom are still there today. By 2009 HYS was working over five days with more than 50 regular attendees.

The little club born of a pressing need became a real organisation.

According to national data Haldane was an area of deprivation with marked levels of anti-social behaviour amongst older youths and in families.

This concern prompted the first

co-ordinator, Clare Davis and project assistant Ross McPherson to launch a Breakfast Club. This too proved to be a major success and is still on the go, as is its follow-up the Lunch Club.

I spoke to four of the young participants. They were all enthusiastic. "It's great to have breakfast every day with friends," was one comment that seemed to echo the consensus.

"I'd like to come every day," was another repeated opinion.

"I love toast with lots of butter, and I'll be having cake later, because it's my birthday," another told me.

Along with the concept of each development, each new project or service, another fact emerged - one of continuity.

Jodie Mullen started as a service user, then continued to attend as a volunteer. Now two years on HYS are helping her work towards qualifications she needs to achieve her ambition of working as a child support worker.

"I just love coming here, I love working with young kids. Being here, seeing them happy makes me happy too."

That seems to embody the attitude of all those I spoke to.

Nor is Jodie alone. Both Youth Workers came through the same route. Jack Martin started with HYS as a service user.

"Back then it was tough times in Haldane. It was amongst the bottom 5% of most deprived areas in Scotland.

"For guys like me, HYS clubs were all we had to help keep us on the straight and narrow." He says it with a smile, one that says I'm happy with my choices.

Jack's colleague Chloe at the Breakfast Club echoed the pathway and the sentiments.

"The breakfast and lunch clubs really make a difference. They don't cost parents anything and give the kids a good start to their day. It's hard to concentrate if you're hungry."

Did they find it difficult to transition from one of the group, a friend, to the supervisory position?

"It is something you have to get into your head, move back from friendships, but for a lot of the young people it's a good thing. It helps them to open up knowing you've been where they are.

"Coming through all the stages gives you a really good perspective of the needs and difficulties," Jack agrees.

Understanding the changing or growing needs of the community they operate in and for, as well as the social trends that affect the young people and families is the driving force, the true imperative that moves HYS forward.

Families said they needed support for younger children and the Mini-Hoppers project was created for Primary 1 to 4, while Project 7 helps with the transition to high school for P7 youngsters. After the pandemic - with so many having missed the essential social transition in school, the club was opened to include S1 and S2s.

HYS is a very dynamic organisation.

Another example? U-Turn, a group for young people 15+. When the attendees wanted to organise an outing to YouthBeatz in Dumfries they were faced with the need for funds. They came up with the idea of sponsored activities and took part in the Kilt Walk to raise the money to go which the young people decided would go into a communal pot shared between all in the group.

HYS is currently looking into expanding the group to include



18+ so they have continuity.

"It's important we give both the young people and the families as much continuity as possible. A social vacuum is difficult to deal with, risky even," Carolyn explains.

As Jack Martin tells me at Breakfast Club: "The young people of the area have a real every day need of alternative things to do, to help protect and support them away from the always available, even pushed, negative behaviours.

"If we get it right, you will always remember your youth worker."

And HYS always welcome volunteers - Carolyn is always available for a chat on what they need and what to expect.

She adds: "Haldane Youth Services may not reach everyone, some refuse what's offered, some try and leave, but I think the whole community knows we are here for them.

"Like me, those of us who work and volunteer in our projects have a passion for young people and really believe the best thing we can do is give our youngsters a good base for their future life."

Sponsored Editorial



Self Directed Support with Improving Lives

Are you or someone you love struggling to get the support you need to live an independent life?

Perhaps you find it difficult to get washed and dressed or can't get out of the house by yourself.

If so, maybe our Self Directed Support (SDS) team at Improving Lives can help you get the support you need.

For just under two and a half years Improving Lives' dedicated SDS team has been providing expert support and advice to people in West Dunbartonshire who are disabled or have a long-term illness.

We help them access funds and support organisations which allows them to live as independently as possible.

Self Directed Support is a way of providing assistance or care that allows individuals to have more control and choice over the support they receive.

It helps people to make decisions about their own care, so it fits their specific needs.

This might include help with daily tasks like personal care, managing your home, or even support for social activities also respite for carers.

The key is - you have more say in deciding what kind of support best fits your life.

Our SDS team guides people through the whole Self Directed Support process, from explaining the options available, helping each person choose which support package best suits them and, if required, provide support for those awarded SDS to find a suitable Personal Assistant.

Over the past 28 months we have successfully guided hundreds of local people through the SDS process, many of whom also joined the various support groups at Improving Lives. We have also guided people to groups and organisations who provide more specialised support for their particular needs and requirements.

Below is a selection of feedback comments from some satisfied clients:

'I found your explanation of the SDS process clear and helpful. I appreciated the time taken to outline the options

and the support your service can offer'

'Thanks for your support this morning, even someone just listening to me makes a huge difference. You discussed lots of options regarding my dad and his care and groups he could attend which is great'

'I was very impressed with the help that I got from the SDS team. I was struggling to get my head round the idea of SDS, trying to speak to my local council has not been easy. I left the office on a high as I now have the life assessment which is the first time I had seen the document. I can complete this document with my father and get him the support he deserves'

If you or your loved one needs support to live a more independent life, contact our SDS team:

Tel: 0414 248 2550

Email: sdsimprovinglives@gmail.com

Web: improvinglives.co.uk

Look us up on Facebook: Improving Lives SDS Service



Clydebank Housing Association is pleased to support Clydesider Magazine



"Offering our community more than a home"



Caring for our Existing Tenants

- Welfare rights service
- Tenancy sustainment service
- Hygiene/cleaning packs
- Emergency pet supplies
- 93% tenant satisfaction
- Excellent customer care
- Bike storage in estates
- Wide range of community benefits from all contracts
- High level of quality communications
- Regular, popular events
- World kindness day celebrations
- Electric charge points in estates
- Support to residents groups & local groups
- 24/7 Tenant Portal
- Access to Centre81!



Caring for our New Tenants

- Starter pack (pictured)
- Gym81 voucher
- Café81 voucher
- Decoration voucher
- Welcome card from the Chief Executive



- Gym81 (£10 a month!)
- Weekly bingo
- Free and low cost classes
- Free bike repairs
- Community garden and raised beds
- Gardener on hand for advice
- Activities throughout the year for all ages and abilities



2-16 Braes Avenue, Whitecreek
G81 1DP 0141 533 7070



@clydebankha

T: 0141 941 1044 WhatsApp: 07415 401581

E: info@clydebank-ha.org.uk

Scottish Charity No. SC 033962. Registered in Scotland at 77-83 Kilbowie Road, Clydebank G81 1BL



Rightio Plumbing & Heating

01389 819441

We work in **Dumbarton, Alexandria, Clydebank and all surrounding areas.**

COMPETITIVE RATES

- ✓ Fast Response
- ✓ All Work Guaranteed
- ✓ Flexible Appointment Times

12 Month

Guarantee on labour!

Excludes blockages

OAP Discount

Available upon request at time of booking

Subject to eligibility

Same-Day Emergency Response

Subject to engineer availability



650921

OUR SERVICES

- ✓ Boiler Breakdowns
- ✓ Boiler Servicing
- ✓ Radiators & Pipes
- ✓ Tanks & Cylinders
- ✓ Toilets & Taps
- ✓ Leaks & Bursts
- ✓ Showers
- ✓ Clearing Blockages
- ✓ Pipework Replacement
- ✓ Gas Safe Certified

Nationwide Coverage • Local Engineers • Trusted Across the UK

Creative Clydesider

Interview with Thuraya Ahmed by Suhaila Ahmed

I feel very lucky to have the opportunity to interview my sister, Thuraya Ahmed, who will be attending the University of Edinburgh this September. Although I am incredibly proud and excited for her as she begins this new chapter, I know I will miss her very much when she moves away.

Thuraya has been drawing since 2015, and over the years, I have watched her grow into a truly talented artist with so much potential. Her creativity, dedication, and passion for art continue to inspire me, and I am excited to see where her talent takes her in the future.

I wish her all the best as she begins this exciting journey at university. I know she will achieve amazing things, and I can't wait to see what the future holds for her.

What first made you fall in love with animation, and what keeps that spark alive today?

I have always been fascinated by animation! I grew up watching cartoons, animated movies, and I especially loved Japanese animation. Animation gives characters such emotional depth and allows for endless artistic expression, which I find really interesting. When I'm watching a live-action movie or show, I'm aware that actors are just performing roles, but in animation, even though the medium itself is not real, characters' emotions and experiences are real within



their world! What keeps the spark alive today is the incredible animation projects being released every year. Recent films like Spiderman: Beyond the Spiderverse and KPop Demon Hunters are amazing examples of how powerful animation can be. The endless creative possibilities and storytelling in animation make it impossible for me to get bored with it. I'm also constantly inspired by the talented artists in the animation industry who bring these incredible projects to life.

With AI becoming more capable how do you feel about the future? Has it changed the way you think about your career or creativity?

I'm certainly worried about AI, but I truly believe that it will never be capable enough to create meaningful and high-quality animation. Recently, there have been many successful indie animated films and shows that prove that people will always appreciate animation created by real and passionate people over AI-generated work. Even if major studios embrace AI, artists who don't will always find ways to share their human-made animations. The rise of AI has totally changed the way I think about my career and has made me more anxious about the future, but it would never affect my creativity or my love for animation.



When you're feeling stuck or doubting yourself, what inspires or motivates you to keep creating? Is there a person, film, artist, or idea you always come back to?

Whenever I'm feeling stuck, I always look at the work of the many artists that I follow on social media. Some of my biggest inspirations are Sophie Li, Emily Xu, Francesca Fedele, and Kat Tsai, among many others. I also get instantly motivated whenever I revisit Studio Ghibli films such as Whisperer of the Heart, Howl's Moving Castle, or Kiki's Delivery Service!

As you prepare to move to Edinburgh, what are you most excited about?

I'm very excited about living in such a beautiful city, as well as meeting and becoming friends with other students who love art and animation as much as I do! I also look forward to studying animation in depth and developing personal projects that I could share with others.

What kind of projects would you like to be involved in?

I would love to work on feature animated films because they are the most fulfilling projects to be a part of. I also enjoy freelancing for TV shows or indie animation projects. What's exciting about an animation career is that you can work on films, TV shows, commercials, music videos, and so much more. This variety makes it an incredibly exciting field to be in.



Clydebank Co-operative
Funeral Directors
Always here for you in your time of need

Clydebank **GO**
A Real **GO**
Est. 1881

11 Hume Street Clydebank G81 1XL

24 hour service
0141 952 1573

www.clydebankfuneral.co.uk

Making Local Artists Visible

By Katie McGroarty



Many factors go into visibility for those in the arts.

Having money helps - whether that's disposable income to support artistic practice outside a nine-to-five, or enough financial security not to need one at all. Time poverty is another barrier: when bills go up but wages don't, people work longer hours and have less time for their practice.

Carers and people with dependants often have other priorities that come before applying to every open call. Disability can also affect how much energy someone has to make work that becomes publicly visible.

And then there's access.

While I can't fix the cost-of-living crisis or magically enable a universal basic income or free childcare, I have enough experience in art to know I could improve access, even a tiny bit.

In 2022, I was working at Generator Projects gallery in Dundee revamping their community space. I'd done my Masters in Dundee and then started working, teaching life drawing and other drawing classes in the city.

When I was programming projects or sitting in meetings where others were programming, we had to find artists to commission, and it was the same names coming up all the time.

People would say "they would be great for that!"

And often they would be great for that, but we knew they'd be great for that because they can afford a website or can afford to dedicate time to making canvas or graphics for their work, or they can come to every opening at the gallery situated in the more affluent west end of Dundee.

We often had open calls with a simple form for artists to fill in, then would programme the responses to appear in a spreadsheet.

We kept the spreadsheets private, as they were just for us to consider each artist's response, but - I thought, if I made a public spreadsheet; everyone could consider the artists.

So, in January 2023, the DAD (Dundee Artists Database) was born.

A free to use, free to search, free to be a part of, to benefit from. A digital Yellow Pages - no subscription fee, never take a penny off you, totally voluntarily ran and totally voluntary to join.

As an extra benefit, the DAD provided us with a black and white list of artists to point at and use as evidence if organisations who'd drummed up a reputation for nepotism claimed their pals were the only artists available.

The DAD is also a living record of what's going on in Dundee creatively: who's doing what and why, what are artists responding to.

Artists often respond to the world, and then history is rewritten to paint those in power in a kinder light. With a living record of what artists are working on, it's a bit harder for history to be rewritten.

Around the same time as the DAD launched, my soon-to-be good friend Hayley Jane Dawson started the Scottish Working Class Network.

With just 12% of people in the arts coming from working class communities, their Instagram platform attempted to raise visibility of these artists and level the playing field.

Myself and Hayley became fast friends, and together we launched the Scottish Working Class Database in May 2026.

Same idea as the DAD but this time nationwide, again to benefit and connect artists but also make it easier for them to find some visibility and, hopefully, paid opportunities. It would provide a database for institutions, arts organisations to look at when trying to programme events or projects.

Shortly after, I created the Edinburgh Creative Database with the help of Edinburgh's Embassy Gallery. This is where I did my undergraduate degree so it felt fitting Edinburgh would be one of the first regional databases, especially considering in the run up to the Fringe when the city gets flooded with fantastic creatives, but local artists rarely see the benefit.

In late July 2026, I launched the West Dunbartonshire Creatives Database, with the help of Clydesider Creative CIC.

The Vale is where I'm from, so of course West Dunbartonshire was going to be one of the top regional databases on my list.

The WDCD is the same format as the DAD, ECD and SWCD. So if you're an artist from West Dunbartonshire just scan the QR code and follow the links to add your details.

And if you are looking to commission artwork or artists - please keep checking the database and do support the many talented creatives who live here in West Dunbartonshire!



Sponsored Editorial

Board Member Vacancies



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 1056 properties and provides factoring services to 562 customers situated mainly in the Faifley area of Clydebank. We have 22 members of staff and an annual turnover of £5m.

We currently have vacancies on our Board of Management, 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.

This is not a paid position, but all expenses associated with attending meetings will be

reimbursed. Experience in the housing sector is not a requirement as training and support will be provided. The commitment we require from you is one evening meeting per month which can be attended in person at our office or from your home via Zoom.

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

KHA is an equal opportunity employer. We celebrate diversity and are committed to creating an inclusive environment for all employees.

A Long Way from Home

By Niamh Friel



The familiar bustle of Chalmers St bus station greeted me as I stepped off the 1A bus sometime after 2pm.

This one had come on time.

I couried into the furthest corner of the far-left bus shelter, the old faithful spot, and awaited the 11 to Mountblow. I debated if I should check the timetable.

'It'll come when it comes,' I thought

Despite being away again, this time for nearly five months, there was a comfort in knowing some things hadn't changed.

I looked to my right as a wave of blue ties and white shirts flooded the shelter and the rain started lashing in typical west coast fashion.

As they recalled their day, I heard echoes of my own voice and it dawned on me how much time had passed since I last wore that tie.

As a conversation unfolded next to me, the harsh yet mumbled sounds took several minutes to form words in my ears and with that, the air around me shifted from the realisation that I had been gone *that* long.

An unsettling distance had formed between me and the landscape around me, suddenly I was the observer hidden in plain sight, overlooked and adrift like a feather in the wind.

There was little else for it, I had to admit that I was no longer coming home, I was just passing through.

Time is a strange thing. It moves and yet, it stays still. I change and yet, the world around me does not.

Outwardly, both Clydebank and I maintain traces of our old selves however, inwardly, only one of us has transformed so absolutely that there remains no evidence of the past.

As I sat in the dreary bus shelter and watched passersby move like clockwork, striking up predictable conversations about the state of the weather and the young ones' fantastic grades, I began to reminisce about the events that had led up to my apparent estrangement from my hometown.

Since I was a wee girl, I'd always had an affinity for what was just beyond my reach, paired with a youthful ignorance regarding the impact it may have on my sense of self or belonging. I never knew who I was anyway, and I had no intention of finding her in Clydebank.

'Anywhere but here,' I'd beg myself.

There was something about the concept of 'putting down roots' that had once felt more akin to wilful surrender in a place I did not want to belong to.

Yet, the unexpected weight of sadness and the uninvited pang of regret made themselves known as I witnessed the town I once called home move on without me.

Although I could hardly trade the wealth of

experiences I had acquired from travelling, it was then that I faced the internal price I had paid for discovering myself across the pond.

While I felt like an outsider, I took comfort in knowing I would always be welcomed back with open arms and whatever figurative space I did occupy in this town, it would remain reserved until I returned from my wandering.

Perhaps there would yet be time for me to find a version of myself that felt at home in this place, or maybe I am bound to remain on the outside looking in at a world I barely knew to begin with.

Time will tell, as she always does.

Just then, I was torn from my daydream as a train announced its arrival from the station above me and with it, the 11 bus pulled round the corner and for once, I hadn't paid attention to how much time had passed in between.

Image:

Stephen Sweeney

Chalmers Street interchange, Clydebank

CC BY-SA 2.0



MARIE MCNAIR MSP

Member of the Scottish Parliament for
Clydebank and Milngavie Constituency



The Scottish Parliament
Pàrlamaid na h-Alba

NEED HELP OR ADVICE?

Every day I help constituents with their problems. I will always do everything I can to support you.

As your local MSP you can contact me by email or phone. I also regularly hold Advice Surgeries across the Constituency where I am available to listen and help. You can book an appointment by emailing or calling me.

Email: marie.mcnair.msp@parliament.scot

Tel: 0141 737 8010

The cost of this advert has been met from parliamentary resources. Promoted by Marie McNair, c/o unit 11 Clyde Street Business Centre, Clydebank, G81 1PF.



Trust in Tullochan

By Laura Giannini



There is so much to celebrate at Tullochan.

Its mission is to help young people by providing practical opportunities to learn and this has been their guiding star over the past 30 years.

Tullochan Trust was born in 1996 in a manner reminiscent of the mythical phoenix, at the funeral of the much-decorated Brigadier Alastair Pearson - known locally as the Colonel.

His daughter Fiona Stuart and an un-named mourner, who donated the original funding, felt helping local youth was the most appropriate way to honour the Colonel who often said too many fell through cracks in the systems.

With the determination of those who get things done, a practical framework was put in place and Tullochan Trust was born.

Now, 30 years and over 15,000 young people later, the Trust has grown into a very active, versatile, productive and practical organisation and, in the way of many kids, has a grown-up name - just Tullochan.

A visit to Tullochan's base for a chat with Kai, 17, Lewis, 23, and Ruari, 19, shows how the organisation helps develop resilience and self-confidence, offers varied work environments to gain skills and qualifications and provide help entering employment.

Rhona Blue, Funding and Communication Officer and Zoe Bennett, Youth Development Worker, joined us.

Firstly, there's the Common Good Cafe offering hot rolls, cakes and drinks. All three young men had worked there.

Lewis, a man more inclined to do than to talk, said he'd particularly enjoyed the cashing-up and accounting work, "though meeting and greeting and customer care were also good."

Ruari added: "I really liked the knife skills and the

prep work. I think I'm going to work there as a volunteer - till I find a job, anyway."

The cafe also teaches practical awareness of a work environment: hygiene when storing and handling food, health and safety with boiling water, oil and sharp knives.

"I also got a First Aid certificate," Ruari told me. "It's really important to know what to do if someone cuts themselves. But best of all is baking. I make great scones."

Zoe explained the certificates are work-place recognised REHIS qualifications. "It's important the young people know there is a standard recognised in the real world."

"I got a hygiene certificate," Kai announced proudly.

"Yeah, me too," said Ruari. "I got a job interview, as well. I didn't get the job, but I'm glad I got the interview. That's a good sign. They wouldn't waste time if they thought I was useless."

His response shows how Tullochan nurture the young people in the face of a negative outcome. Attributes that, with my old manager's hat on I'd say, are as important as certificates.

"I went for a job as a gamer-in-residence," Lewis lifted his head. "I'm really good. I'll show you," he offered and did.

First, he gave me a run-down of different online game formats, to me totally incomprehensible, then seeing my blank face said kindly "I can do old ones too."

He then demonstrated patience, hand-eye coordination and tactics on Jenga files.

"We do woodworking as well," Kai said. "I'm making a planter, and I've already made a birdhouse."

"I did one, too," Ruari chimed in. "I put it up on a tree in

Levensgrove Park. I'm proud of that because I've always been scared of heights, but I wanted to give it a try."

What else does Tullochan offer?

"We do gardening," Ruari offered. "We've got cabbages, lettuces, carrots, onions and potatoes, in the planters just now."

"I like it 'cos it's calming. Sometimes your head is just buzzing with a load of jumbled thoughts, and you go out and potter about with the planters, or just walk on the grass and it sort of quietens your head," Kai explained



Is there anything more?

Rhona said: "Tullochan host a monthly pop-up clothes sale with end-of-line clothing and accessories from the Debenhams Group. This includes brands such as Coast and Karen Millen sold for £3 - £10 per item.

"Using these we offer retail-based skills opportunities: lay-out and display, colour coordination, marketing including social media and photography, customer services, cash control."

"Some of our young people have gone on to jobs in the retail sector," Zoe added.

"We hold the events here, in the base. It means participants can work on displays, take photos, lay out the clothes and accessories. Then, once the planning is done, we clear the meeting room, layout the rails, display the clothes and accessories. Participants each have their area or task: meet and greet, customer services, cashing-up.

"The last pop-up was a wedding fayre at Dumbarton F.C, it went very well. Customers get some great bargains and proceeds go back into the base. A win-win, as they say."

And plans for the future?

New Kitchen Manager Karin has exciting ideas for the cafe and they are welcoming new CEO Amanda Black back to Tullochan.

Rhona added: "We're always changing, trying to find the best way to help young people with what they need now, in today's world.

"Our young people are what Tullochan is all about - giving them the best chance to grow and develop into the best they can be."



Meet Our Volunteers: Gail

By Team Clydesider



How did you get involved with Clydesider?

I was initially involved with other community projects (The Leamy Foundation, Loch Lomond Food Bank) back in 2016 and was introduced to Amanda and Charlie through those. I took part in my first workshop in July 2016 in Benview Centre in Dumbarton and have been involved on and off since then.

What do you enjoy about being part of the camera club?

I like that there's often a message or theme to follow, which can lead you to look at your surroundings in a different light. You also learn a lot about the others in the club and it's a great way to get people to open up and talk about themselves in a completely pressure free environment. It's a great resource for people who would like to be more involved within their community.

When did you become interested in photography?

I can't pinpoint when I was first interested, as it feels like something I've gravitated towards for my whole life. From Polaroids and disposable film cameras when I was younger,

to my dad buying me my first digital camera in Glasgow in my early teens, to now owning my DSLR (plus a Polaroid and a film camera too), I've always had the means and the drive to document things through images. My phone camera roll is full to the brim as well – I just love being able to look back at a moment captured and have the memories of that time come flooding back in.

Do you have any advice for people thinking about volunteering?

Do it! I know it can seem daunting to go for these things when you're not sure of the people or the work expected of you, but my experience of the last 10 years (off and on) has only been positive. Everyone I've come into contact with who has been involved with Clydesider over the years have been nothing but lovely and positive and will make you feel welcome and at ease. You really will get a lot out of it, and I'd recommend it to anyone.

What's your favourite biscuit?

I try not to eat too many, but I'll never turn down a Viscount and on the odd occasions I have a cup of tea instead of a coffee, I've got to have a Hobnob to dip!

I Always Have Something to Say - Now I'm a Journalist!

By Jill Clark



In my first article for Clydesider, I wrote about my life with cerebral palsy, my Changing Places campaigning and how I was studying for a Certificate in Foundation Journalism.

I am delighted to say that I have now passed the course!

Receiving my certificate was a proud moment and marked the beginning of an exciting new chapter. It showed me that all the hard work and determination had been worthwhile.

Why journalism?

I have enjoyed writing from a young age, and a few years ago I did a creative writing course which gave me a taste of journalism.

Through my campaigning and blog, I realised I wanted to take my writing further. I also feel that being a journalist gives me another way to get my voice, and the issues I care about, heard.

I heard about the course through a friend. The Certificate in Foundation Journalism is an NCTJ qualification, and I studied it through Ability Today, an organisation that provides training and opportunities for disabled people.

The course was completely online, with classes every Thursday morning for nine months. I then completed the units at my own pace, taking just over two years to finish the qualification. Throughout that time, I was very well supported by Ability Today and the NCTJ tutors.

One of the things I enjoyed most about the course was getting to try different types of journalism.

I particularly liked doing interviews, writing news articles, comment pieces and reviews, as well as writing a colour piece. I also enjoyed making a video, which gave me the chance to try something different from written journalism.

Two pieces particularly stood out for me. I really enjoyed writing a colour piece about travelling to Florida, as travel is something I enjoy writing about. I was also proud of creating a video about The Advisory Group, where I volunteer.

I didn't realise at the beginning just how difficult the course was going to be. I didn't pass every unit first time, and there were moments when I questioned whether journalism was really right for me.

However, I overcame the challenges, kept going and pushed myself to finish the course. Looking back now, I am glad I didn't give up.

Looking to the future, I would like to work as a freelance journalist, continuing to write for Clydesider magazine and taking any other opportunities that may come my way.

In the past, whenever I finished a course or project, I would worry about what was next and whether I would have something else to do.

This time feels different. Instead of worrying, I feel positive and excited to see what the future brings.

Who knows? Maybe one day I will even be reading the news through my communication device. It certainly isn't something you see every day, but I hope it will inspire others to believe that anything is possible.

ARCHAEOLOGY & ME

By Eva Miller



Growing up in West Dunbartonshire, I was aware of our industrial past.

My family had a huge impact on my passions without me realising it. My uncle studied history at Glasgow University and my maternal grandmother is a vocational genealogist, so growing up I was always surrounded by historical records and would debate with my uncle on historical issues.

My great grandmother and I would have oral history talks every Sunday, discussing what life was like in West Dunbartonshire and the social issues people faced.

And my paternal granny kept a collection of postcards and personal letters from World War One. She had a copy of the newspaper declaring the outbreak of war. Every time I visited, I would make her show me the collection and we would go through it together.

In primary school she let me take her sacred book of postcards and letters to a school 'show and tell'. I remember that feeling of excitement as I showed the class my granny's collection and their surprise.

It seems quite fitting that my

archaeology degree specialises in material culture - the study of historical objects and artefacts.

And I still get the same feeling of excitement as I did as a young girl when I get to discuss the hidden histories of people we now have access to thanks to objects.



So many individuals in history have been removed from written sources for various reasons, most of them intentional. Objects are the one thing that can tell us about everyone in society - they are made to last.

And whether I'm interpreting a

glass bottle from Dixon's glassworks to the museum staff at the Burrell Collection or talking about my granny's collection, I am driven by the same belief: that objects have stories to tell and everyone deserves to have their history remembered.

I first discovered archaeology doing historical research of the Plantagenets after a trip to London, where I first heard about the 'boys in the tower' from a tour guide - one of history's many unsolved mysteries.

I learned about the excavation of Richard III's remains 527 years after their initial burial and started asking questions about the field of archaeology.

After years studying history, it felt like there was a piece missing.

As much as I loved history, I wanted to be doing more - I wanted to work on projects in my local

community, I wanted to leave a legacy, I wanted to have a support network of people - what I really wanted to do was be in the field.

A couple of years later I was applying to university, my heart set on Glasgow University as its Scottish history and

Archaeology departments are legendary.

But what should have been an exciting and happy time was stressful and discouraging. We had to inform our school of our university choices, and I was strongly discouraged from studying archaeology by my teachers (except from my history teacher).

Looking back, I strongly believe assumptions about archaeology are based on the media - people picture Indiana Jones and his theatrical treasure hunts and think that's what we must do.

I would hope teachers could move beyond these media stereotypes and support young people navigating their academic prospects.

Thankfully, my mind was made up and there was no unconvincing me to study archaeology, but I worry other individuals are unsupported, especially in a small town.

It is the main reason I work with local organisations and our local MP to bring engagement opportunities for archaeology to West Dunbartonshire so young people can explore the field and be involved.



A question I get asked countless times is 'what's the most exciting or expensive thing you found'?

For me, the value of an archaeological find is in the meaning of the object to me and the experience of finding it. Not the monetary value.

My most exciting find was a 16th century glass bottle that me and my best friend excavated together - the first thing we had ever found outside the classroom.

It was a crisp, cold, rainy day up in Glencoe.

We were both freezing and covered in mud. She had called me over to look at something in our trench that she wasn't sure about. She thought it looked black with the lack of sun in the trench and was brainstorming what it could be.

She was indecisive and decided it could just be a rock in her way. I went over to help her dig around it to get a clearer view.

After what felt like a small eternity waiting in anticipation, we pulled out the bottle and celebrated.

We felt like we had found the crown jewels. In that find we had poured three years of theory into a single moment.

Even though it was one of many glass bottles found in those trenches, that moment made us feel like archaeologists and gave us an insight into what our futures could look like.

This was priceless.

I also worked closely with Archaeology Scotland on their Adopt-a-Monument programme, helping



record and research the historic graveyard in Old Kilpatrick Kirk.

My placement involved researching and documenting one of the oldest functioning burial grounds in the local area whilst supporting community-led efforts to protect and preserve the site for future generations.

For me, archaeology is about more than excavation and discovery.

It is about uncovering the forgotten stories, reconnecting people with their heritage and ensuring local history remains accessible to the communities it belongs to.

Through both research and public engagement, I hope to continue exploring how archaeology can strengthen identity and bring overlooked histories into public view.

Working on one of the oldest surviving burial grounds in my local area gave me a new perspective on the landscape I grew up in.

It reinforced that archaeology isn't just about distant pasts and for me, it certainly hasn't been all about famous discoveries - but it is about understanding the stories embedded within my own community.



Mushroom Spotting

By Harvey Smart

By now hopefully you have seen our video series *Mushroom Spotting* on Clydesider TV where we explore the wide and wonderful world of fungi.

I first wrote about my passion for mycology in the magazine nearly four years ago when I first started working for Clydesider. Wow, time sure does fly! As it's our 10th anniversary issue, I thought it was a good time to revisit one of my own personal milestones.

We've had a pretty warm summer (for once) which has been a huge boon for fungal growth in our woodlands here in West Dunbartonshire. As the tree canopy shifts from green to fiery yellows and oranges, now is the perfect time to get out with a camera, basket, or just an inquisitive eye.

Fungi come in all shapes, sizes and colours, not just the classic toadstool shape. While many mushrooms have the classic gills, which act as reproductive surfaces producing billions of spores, they can take many more varied and fascinating forms, like these aptly named Hedgehog Mushrooms that instead have the soft spike underneath their caps.



A prized culinary mushroom, they are also known in France as *Pied de Mouton* (Sheeps Foot). They can often be found growing among Beech, Birch and Oak trees.



Others, such as this *Black Footed Polypore*, instead have pores that produce spores.

Fungi need two things to thrive - food and water. In fact most mushrooms are made up of around 90% water, so they need a lot of it. Our forests here in the West of Scotland during the autumn months, when a thick blanket of damp, fresh fallen leaves cover the ground, provide the perfect habitat and sustenance for hundreds of different species. When you're walking through woodland, keep your eyes on the ground to spot some of these smaller but beautiful species.

These *Amethyst Deceivers* (pictured left) grow in large numbers among Beech and Oak trees.

Like many types of fungi, they are *mycorrhizal*, which means they share a symbiotic relationship with a host tree. The fungus provides minerals to the tree and in return receives sugars from the tree. Fascinatingly, the fungal filaments can also create a network (colloquially known as the *Wood Wide Web*) across an entire forest, allowing resources to be shared, particularly from older trees to younger, more vulnerable seedlings. Members of this network can also use it to communicate, warning of dangers such as insects or drought.



Some of the forms fungi can take can be quite bizarre, like this *Wrinkled Club*, that looks strikingly like a coral you might find on a tropical reef.

They can also be microscopically small, like tiny mushrooms growing on a small leaf.



So, where can you find these incredible organisms?

The short answer: almost anywhere.

We're lucky enough here in West Dunbartonshire to be surrounded by woodlands where, at the right time of year, you're almost guaranteed to stumble across something special.

Now, true foragers are notoriously protective of their secret spots - and I'm no exception! But without giving away the crown jewels, two of my absolute favourite locations for finding a rich variety of fungi are Balloch Park and the Overtoun Estate in Dumbarton. As a general rule of thumb, keep an eye out for older, native woodlands, particularly areas rich in mature Oak, Beech, and Birch.

If you're inspired to step into the woods this season, you don't need expensive gear. In fact you don't need anything but your own two eyes! But bringing along a magnifying glass and field guide wouldn't hurt!

One more thing - do **NOT** go around eating mushrooms you find! Many edible species have lookalikes that can make you violently ill or worse. Be 100% sure before you think about foraging for food.

Happy hunting, and here's to another ten years of exploring Clydesider's wild back garden!



Check out
Mushroom
Spotting
on
Clydesider
TV!

CLYDESIDER MEMBERSHIP

clydesider.org/#/portal/signup

Supporting Membership

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

£4
per month
or £40 per year

Friendship Membership

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

£6
per month
or £60 per year

Community Membership

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

£10
per month
or £100 per year

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

Name:

Address:

Email address:

- ☐ Supporting: £4pm or £40pa
- ☐ Friendship: £6pm or £60pa
- ☐ Community: £10pm or £100pa

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





A DAUGHTER OF THE ROCK

BY ROB WILLIAMS

This is the story of a ship born in the shadow of Dumbarton Rock in the yards of William Denny and Brothers - a ship with an illustrious history and fascinating provenience.

In August 1941, Convoy OG71 was making its way from the UK to Gibraltar. Among the ships *SS Aquila*, carrying 21 members of the Women's Royal Naval Service (Wrens) and a naval nurse en route for deployment. In the early hours of August 19, the convoy was attacked by a 'wolfpack' of German U-boats - the first time the Kriegsmarine had used this tactic.

At 03.10 *Aquila* was struck and the ladies perished, the biggest single loss of Wrens in the war. The tragedy caused an outcry and forced the government to end transporting military personnel on civilian ships.

In response, all members of the Wrens donated a single day's pay towards a new ship dedicated to convoy protection and taking the fight to the enemy.

The ship - a Black Swan class sloop - ordered from William Denny's shipyard in April 1940 was laid down in February 1941 and launched August 11 1942.

It was the Second Sea Lord, Admiral Sir William Whitworth, who suggested the name *HMS Wren* as "an encouragement to the Wrens who were already doing excellent service."

She was launched by Mrs Vera Laughton-Mathews, Senior Officer of the Wrens, and previously editor of the *Suffragette Magazine*.

Over 300 Wrens from Greenock, Glasgow and Helensburgh paraded at the occasion, followed by a celebratory luncheon.

In time honoured custom a bottle was broken over the bows of the new ship and as Mr Denny observed "it occurred to me that a locally built ship should be christened, not with an alien product, but with a locally distilled liquor," adding "their Lordships at the Admiralty were all familiar with the wine of Scotland!"

On behalf of the Admiralty, Vice Admiral Troupe ended proceedings saying "the reputation of the Wrens could not stand higher in Scotland as they released a man for active service."

In February 1943, having completed trials, storing and work-up, *HMS Wren* was commissioned into the Second Escort Group based at Gladstone Dock in Liverpool and commanded by renowned Captain F.J. 'Johnnie' Walker.

The group was highly trained and roamed the North Atlantic and Bay of Biscay employing Walker's innovative tactics in combating the wolfpack menace.

HMS Wren is credited with assisting in the destruction of five German U-boats, defending the Arctic Convoys and

supporting the Allied landings on Normandy on June 6, 1944.

She survived the war and went on to serve in the Persian Gulf, Indian Ocean and Mediterranean before being scrapped in Rosyth in 1956.

Throughout this time, she retained the affectionate, close affinity with the Wrens. Whenever she entered a port where Wrens were present, she would signal: "Your ship is in port. Come and visit!"

Mrs Laughton-Mathews was a frequent guest onboard and recalled Commanding Officer, Lt Cdr S J Woods RNR, telling her that, on return to Liverpool following one of their famous "kills", the highlight was when "a squad of Wrens marched along the quayside, eyes righting proudly, as they honoured THEIR ship."

In remembrance of the ladies whose sacrifice had prompted the bond between the ship and the Wrens, a brass plaque was proudly displayed in the sickbay - a reminder of *HMS Wren's* provenience.

And in a corner of the National Arboretum stands a granite plinth. Dedicated and unveiled in 2009, it is known as the *Aquila Memorial* and

contains a time capsule recording the names of the Wrens and naval nurse lost in the sinking of the *SS Aquila*. Atop the plinth is a cedarwood sculpture of a wren, dedicated to all who served in the Women's Royal Naval Service.

HMS Wren was a Dumbarton ship, as William Denny said, "built by Scotsmen." Like many of her compatriots she had to leave to make her impact on the world.

But she had an illustrious wartime career, gained a unique place in the hearts of the Wrens and continued her distinguished service after the war had ended.

She was, very much, a redoubtable **Daughter of the Rock**.



Old Bloke Goes Campervanning by Paul Murdoch

Review by Mary Irvine

Been wondering what our Old Bloke has been up to lately?

Remember he went running? Then he went swimming. (It took me quite a while to recover from THAT photo.) I did enjoy the recipes he shared - very tasty.

Well, he is still around, this time campervanning...

Visualise a relaxing gentle yet exciting meander through the beautiful countrysides of the UK, France and Spain to meet friends.

This campervan, and I use the word guardedly, is described by the Old Bloke as more of a converted ice cream van with an awning best not even left to the imagination.

Putting that to one side one could be hopeful everything ran smoothly and a good time was had by all involved. All I hear you ask?

Sorry, forgot to mention, Old Bloke was the driver. He had passengers - his wife, a daughter, two dogs and his in-laws.

I don't wish to divulge too much of the plot, which doesn't always do much for international relations, but the mix of characters does lead to situations in which only OUR Old Bloke could find himself - lurching on from one near disaster to another but, as usual, he muddles through and, eventually, everyone loves him.

From motorway mishaps and campsite disasters to outdoor toilets, exploding tempers and dogs with a talent for destruction, this laugh-out-loud travel memoir captures the glorious madness of life on the road.

Written in Paul's warm, honest and hilariously self-deprecating unique style, this is a story about family, freedom and discovering that adventure rarely goes to plan - especially when you're an old bloke in a glorified biscuit tin on wheels.

The book is available from Neetah Books at £7.99 plus £2.99 p/p and from Caffeinated Escapism bookshop in Alexandria.



CLYDESIDER COMMUNITY DIRECTORY

Local Support Services

DUMBARTON DISTRICT WOMEN'S AID - Confidential Domestic Abuse Helpline Office hours - 01389 751036, 24hr Helpline 0800 027 1234

GLASGOW & CLYDE RAPE CRISIS - Support line 08088 000014

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 info@alternativeswd.org

WD COMMUNITY MENTAL HEALTH - Mon - Fri 8.45am - 4.45pm Alexandria & Dumbarton: 01389 812070 or Clydebank 0141 941 4400. Out of Hours Team - please call 111

WD ADDICTION SERVICES - Mon - Thurs 8.45am - 4.45pm, Fri 8.45am - 4.15pm Alexandria & Dumbarton: 01389 812018 or Clydebank: 0141 9414400

OVERDOSE RESPONSE TEAM Greater Glasgow & Clyde - 7 days a week – 10am to 10pm, anyone can make a referral Freephone 08088 008011

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

BRITISH TRANSPORT POLICE – Text 61016 to discreetly report non-urgent crimes or anti-social behaviour on trains and at stations.

SCOTLAND ECONOMIC ABUSE HELPINE – 0343 841 0132

BIPOLAR SCOTLAND SUPPORT GROUPS – Online & In person meetings for Bipolar Support. Contact 0141 560 2050 or www.bipolarscotland.org.uk

MENTOR SCOTLAND - Peer to Peer mental health and wellbeing support group. Contact admin@mentorscotland.org or 07470 461685 www.mentorscotland.org

WD CITIZENS ADVICE BUREAU - Information and advice service Freephone - 0800 4840136 Mon, Tues & Thurs 8.30am - 4.30pm, Wed 10am - 4.30pm, Closed Fri. 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 0141 952 4382 or energy@comlinks.org.uk for more information

WD KINSHIP CARE SUPPORT - information, advice and activities for kinship carers and their families, 0141 2373303 or 07490720123

Yours for Free (or nearly free) in WD

FOOD FOR THOUGHT - Emergency food aid. Opening hours vary, best to phone first to check. Unit 14A Artizan Shopping Centre, Dumbarton, G82 1LL. 01389 743908 admin@foodforthoughtwestdun.co.uk

WEST DUNBARTONSHIRE COMMUNITY FOODSHARE - Emergency food aid plus Fuel Poverty project; School Holiday Brunch Bags; School Uniform Bank; Baby Bank & Xmas Toy Bank. Call 01389 764135 or freephone 0800 3457050 Mon - Fri 10am - 4pm for delivery

OLD KILPATRICK FOOD PARCELS COMMUNITY PANTRY - Tues - Thurs 11am - 1pm & OKFP Chatty Cafe Tues - Fri 11:30am - 2:30pm, Napier Hall, 12 Dumbarton Rd, Old Kilpatrick, G60 5LW

WEE CHATTY CAFE - Tues - Sun 10am - 2pm Erskine Ferry Road, Old Kilpatrick G60 5EU

DALMUIR OLD KILPATRICK CHURCH COMMUNITY PANTRY & CAFE - Thurs 6.30pm - 8pm & Fri 11am - 1pm, 1 Durban Ave, Dalmuir, G81 4JH

DALMUIR OLD KILPATRICK CHURCH DROP-IN TOTS TO TEENS - Clothing for kids. Fri 11am - 1pm

LOMOND COMMUNITY PANTRY - Thurs 1pm - 7pm & Fri 10am - 4pm. £4 for 10 items. Available to anyone in the community in need of support with provisions. 101 Main Street Jamestown G83 8AZ

FAIFLEY FOODSHARE FOOD PANTRY & FAIFLEY UPCYCLING - FREE Food Pantry Tues, 1:30pm - 2:30pm, Faifley Parish Church, 164 Faifley Rd, Clydebank

THE 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 - 1pm. Musical Tops music group, Fri 10am - 11.30am, Sylvania Way South, Clydebank 0141 941 1353

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

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

SOUP CLUB - Community Lunch. Mon 12noon - 1.30pm St Patrick's Church Hall, Dumbarton

PHOENIX CENTRE COMMUNITY CAFE – Tues, Wed & Thurs 12 - 1.30pm & Weds Breakfast Club 8am - 10.30am. Phoenix Centre, Castlehill, Dumbarton. All donation based.

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

WESTBRIDGEND CLOTHING BANK - Free recycled clothes, open Mon & Tues 11am - 2pm in Community Flat, 1 Lomond Court, Dumbarton elaine_41@hotmail.com

Y-SORT IT - Youth Clubs offering a safe place to meet friends, have a FREE MEAL, charge phones and access WIFI: Bonhill - Tues: 8 - 9yrs 3.15pm - 4.30pm, 10-11yrs 4.45pm - 6pm. Clydebank - Wed 8 - 11yrs 3.15pm - 4.30pm. Faifley - Thurs 8 - 11yrs 3.15pm - 4.30pm. Clydebank DIY Club – Thurs 12yrs+ 6pm-7.30pm. Friday Night Youth Café for 12yrs+ 6pm - 8pm 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 Opening hours vary, keep an eye on Facebook for updates.

KILBOWIE ST ANDREW'S PARISH CHURCH - Warm space, free food/hot drinks Wed 10.30am - 1.30pm. Tower Centre, Kilbowie St Andrews Parish Church

BEN VIEW - Breakfast Club Tues 9.15am - 10.30am. Family Food & Fun - free two course meal, games, crafts, for families with children under 16, Thursdays 3.15-5.15pm. Lunch club for over 65s in G82 & G83, (small cost for this) Mon - Fri. 11.30am - 2pm. BFFS toddler group 9.15am – 10.45am. Ben View Resource Centre, Strathleven Place, Dumbarton G82 1BA

CENTRE 81 - Cosy Afternoons Fri 12noon - 3pm. Free tea/coffee and soup. All welcome. No booking needed, just turn up!

To be included in our Issue 38 Clydesider Community Diary and What's On, email jenny@clydesider.org by Nov 2 2026

WHAT'S ON...

17 Sept Food & Mood Cookery Wellbeing Session 1pm - 3pm. The Living Room @ Dalmuir Community Cafe, Overtoun Court High Rise Flats Dalmuir G81 4AH. Small intimate class. Limited spaces available. Booking essential. Call 01389 734 500 or email Glynis@alternativeswd.org

27 Sept Dumbarton Rocks Festival – great local food, music and entertainment for all the family – see Facebook page for details

28 Sept Drum Circle 7pm - 8.30pm at Kilmaronock Old Kirk, Gartocharn. £5. For more information contact francrumley@koko2.onmicrosoft.com

30 Sept Sketch 'n' Stroll - Kilmaronock Old Kirk, Gartocharn. 10.30am - 12.30pm. Free but ticketed. Please book via Eventbrite

30 Sept 'The Full Monty' by Dumbarton People's Theatre at the Denny Civic Theatre runs to Oct 3 – tickets available from members of via Ticketsource

2 Oct We Will Rock You Tribute Night. £10 per ticket. St Patricks Church Hall, Dumbarton. Contact Christine on 07955 941489 for tickets

5 Oct Andrew Graham – 'A Short History of Singers: Clydebank Museum sewing machine collections: history and stories' 7.30pm. Dalmuir Old Kilpatrick Church, Durban Avenue, Dalmuir. £3 entry for non CLHS members

Oct 12 2Rivers Book Festival, various locations across Dumbarton & Balloch see www.2riversfest.co.uk for details

2 Nov Elspeth Crocket 'Into the Cauldron' (Mary Queen of Scots story continued) 7.30pm. Dalmuir Old Kilpatrick Church, Durban Avenue, Dalmuir. £3 entry for non CLHS members

3 Nov Restorative Gong Bath. 7pm – 8.30pm at Kilmaronock Old Kirk, Gartocharn. £5. For more information contact francrumley@koko2.onmicrosoft.com

16 Nov Stuart Baird – 'Building the Erskine Bridge' 7.30pm. Dalmuir Old Kilpatrick Church, Durban Avenue, Dalmuir. £3 entry for non CLHS members

21 Nov Alexandria Christmas Market & Lights Switch On, 12pm – 5pm. Alexandria Main Street

EDITORIAL
Call Amanda on 07913029234
email amanda@clydesider.org

CLYDESIDER TV
Call Kevin on 07471426303
email kevin@clydesider.org

ADVERTISING
Call Charlie on 07502460273
email Charlie@clydesider.org

ADDRESS
48a Erskine view,
Old Kilpatrick G60 5JG

WEBSITE
www.clydesider.org

CLYDESIDER COMMUNITY DIARY

Creative, Heritage & Leisure

DALMUIR OLD KILPATRICK CHURCH

Indoor Bowls every Thurs 10am - 2pm, Arts & Crafts Drop-in every Thurs 6.30pm - 8pm

HEALTHY PATHWAYS

Free drop-in craft session every Tues, 11am - 1pm Community Links offices at 63 Kilbowie Road. All materials provided. Contact Laureen on laureen@comlinks.org.uk

TULLICHEWAN CRAFT DROP-INS

FREE Family Craft Drop-In - every Sat 1pm - 3pm; children must be accompanied by adult. FREE Adult Craft Drop-In - every Sun 1pm - 3pm at Tullichewan Community Flat, 2/1 McGregor Walk, Alexandria. Enquiries to Jean Mackay 07927 433 615

CIRCLE DANCING TASTER SESSIONS

First three Mondays of the month at St Kessog's Church Hall, Balloch Road, G83 8LQ. 09.45am - 11.45am Contact Manie on 07730487529/emanirao@icloud.com for specific dates.

CRAFT GROUP

Bi-weekly Mon 2pm - 4pm, Tower Centre, Kilbowie St Andrews Parish Church, Clydebank

MAGGIE'S YARN BUDDIES

Meet Wed 10.30am - 2.30pm in the Improving Lives Hub, Dalmuir

BEN VIEW

Drop-in knitting group. Thurs 12.30pm - 2pm. Materials supplied

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

FRIENDS OF LEVENGROVE PARK

Meet last Wednesday of the month at 6pm in the Training Suite in the Park.

DUMBARTON CINE & VIDEO DIGITAL CLUB

Meet Tues 7pm - 9pm and every Wed 1pm - 3pm in Concord C.E Centre

JEWELLERY GROUP

Fri 1pm - 3pm in Improving Lives, Dalmuir

LOMOND FOLK CLUB

Free, friendly folk club every Mon 8pm, Loch Lomond Hotel, Balloch Road, Balloch. Join in or just sit and listen

CLYDEBANK LADIES CHOIR

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

CLYDEBANK DISTRICT CHOIR -

Tues 7.30pm - 9pm. The Hub, 405 Kilbowie Road, Clydebank G812TX. Contact wilmamacnicol@btinternet.com

BIG HAPPY NOISE CHOIR

Try out FireCloud's community choir for fun, informal singing. Thurs 7.30pm - 8.30pm at St Eunan's Church Hall, 1 Gilmour St, Clydebank. Free entry/donations welcome.

CLIFFTOPS ART HUBS & CREATIVE SESSIONS

Varying sessions to try your hand at something new and creative! Check Clifftop Project's Facebook & Instagram for info.

COMMUNITY CREATIVITY GROUP

Thurs from 24 September 12 noon-2pm. The Concord C.E. Centre, St Mary's Way, Dumbarton G82 1LJ. Contact Glynis@alternativeswd.org 01389 734500 for details.

SINGING FOR WELLBEING!

Mon 10.30am - 12noon enjoy a sing-a-long and a cuppa Kilbowie St Andrews/Waterfront Churches (alternate weeks)

Support & Well-being

QUIT YOUR WAY

Free 1-1 smoking cessation clinics at Clydebank Health Centre, Tues 9am - 12.30pm, Clydebank Library, Tues 1.30pm - 2.30pm (group) & 2.30pm - 4pm (1-to-1), Vale Health Centre, Wed 12.30pm - 4pm & Dumbarton Health Centre, Thurs 9am - 12noon. Book appt on 0800 9168858; find out more www.nhsggc.scot/your-health/quit-your-way, telephone consultations outside these times also available

SPEAK THEIR NAME

Suicide bereavement social support charity. Alternate Mondays 6pm - 7pm at the Central Alexandria Tennant and Residents Association. Contact Glasgowandwestspeaktheirname@mailbox.org for more info. Speak Their Name does not provide professional counselling

DALMUIR OLD KILPATRICK CHURCH

WD Boccia Group Tues 1pm - 3pm; Girls Brigade - Tues 6.30pm - 7.45pm; Savage Martial Arts with Jack Leckie Tues 5pm - 7pm; Bowls Thurs 10am - 2pm; AA - Tues 7.30pm - 8.30pm; Brownies Fri 5.15pm - 6.45pm; Guides Fri 7pm - 9pm

BIPOLAR SCOTLAND SUPPORT GROUPS

Online & In person for Bipolar Support. Contact 0141 560 2050 or www.bipolarscotland.org.uk

PHOENIX CENTRE

Baby Massage on Wed 11am - 12noon; Phoenix Fun Toddler group Thurs 10.30am - 12noon; Youth Club (P4 - P7) Thurs 6pm - 7.30pm; Engage Youth group for S1+ Thurs 7.30pm - 9.30pm 50p per child; Zumba class 25+ Thurs 10.30am - 12noon £4/£5

BALLOCH WALK IN THE PARK

Wed 10.20am - 11.20am. A free, all ability health walk, led by trained volunteers Contact Fiona on 07843 842323 or email fiona@trustinthepark.org. Meet at 'The Square', opposite The Waterhouse Inn, Balloch

IMPROVING LIVES GROUPS

Art for Anxiety Tues 12.30pm - 2.30pm. Autism Support & Discussion group Wed 3pm - 5pm. Men's Fishing Group Thurs & Sun 9am. Adult Literacy in partnership with Working4U Tues 10am - 12noon. Walking group Wed 9.30am. Breakfast & Blether every day 9am-10am. Improving Lives, 627 Dumbarton Road.

ADHD SUPPORT GROUP

Tues 6pm - 7.30pm in Improving Lives, Dalmuir

CENTRE 81 FITNESS CLASSES

Varied classes age 16+ from £3 - check Facebook page or call 0141 5337070 for details

WEST DUNBARTONSHIRE EPILEPSY SUPPORT GROUP

Meet 1st Mon of the month 10am, Management Suite, Clyde Shopping Centre & 2nd Thurs 7pm at Improving Lives, 627 Dumbarton Road, Dalmuir

BRAIN INJURY EXPERIENCE NETWORK

Community based support for Brain Injured people. Meetings and outings third Wed of the month. Visit BIEN FB: <https://www.facebook.com/BIENetwork/>

ROCKS IN THE STORM

Family Bereavement group - Alternatives Office, 1/3 Quay Street, Dumbarton Mon 6.30pm - 8.30pm - support group for family members who have lost a loved one to addiction

POSITIVE FUTURES

6 week anxiety management course starts Wed April 15 10.30am - 12.30pm call 0141 9412929 or email admin@stepstones.org.uk to reserve a space

MENTOR SCOTLAND GROUPS

Walk & Talk Thurs meet 10.30am Ben View, Dumbarton; Peer Support for Men & Women (16+) Fri Drop-in from 5.30pm with Structured Talking Groups at 7pm, Ben View, Dumbarton; & Cold Water Therapy Tues from 8pm Duck Bay,

COMMUNITY CONNEXIONS

Alzheimer Scotland groups - Quiz/Bingo & a cuppa every Tues from 1pm - 3pm; Tea Blether on first Wed of the month from 12 - 1.30pm; Carers Café on last Thurs of the month from 2.30pm - 4pm; Friday Fun Day with a cuppa from 1pm - 3pm.

INTO NATURE

Free wellbeing sessions for adults at Knowetop, (end of Castlehill Road) Dumbarton. Thurs 11am - 3pm. Volunteer Sessions Tues 1pm - 4pm & Thurs 10am - 1pm - help out with practical work on site, learn new skills, meet new people & get fitter. Boots and waterproofs available to borrow. Open to anyone, no minimum commitment. For more info contact Claire 07898 593 629 or knowetopproject@gmail.com

GOLDEN FRIENDSHIPS

Mon, Thurs & Fri Karaoke 12 - 3pm & Wed Lunches 12.30 - 3.30pm (£5)

Employability & Advice

TULLOCHAN

Mon: Employability 14 - 25yrs 1.30 - 4pm

ADULT LITERACY

Mon in Clydebank, Wed Alexandria Library and Concord C.E Centre, Dumbarton. Contact CLD@west-dunbarton.gov.uk or 01389 738775 for more information.

English for Speakers of Other Languages (ESOL)

Classes are available in both Clydebank and Dumbarton for more information contact Eric Makeham on cld@west-dunbarton.gov.uk or 07900052290

WDC THRIVE

Supports 16 - 24 year olds from West Dunbartonshire take next steps after school; new groups start September. Contact Amy. cowie@west-dunbarton.gov.uk for details.

WDC COMMUNITY SURGERIES

Speak to WDC Communities Team about any matter concerning your community. They will be in WDC Libraries: Alexandria, Tues 10am - 12noon and Thurs 1pm - 3pm; Dumbarton, Thurs 1pm - 3pm; Clydebank, Wed 10 - 12 noon and Dalmuir, Thurs 10 - 12noon. Plus community venues:- Centre 81, 11am - 1.30pm first Wed of the month; Dalmuir Barclay Church, 11am - 2pm last Fri of the month; Faifley White Church, 1pm - 2.30pm last Tues of the month; Hope Community Church, 12 - 1.30pm second Fri of the month; St Augustine's Church Hall 11 - 2pm Fri. yourcommunity@west-dunbarton.gov.uk

Family & Young People

PHOENIX CENTRE

Mood Boosting Mon 1pm - 2.45pm - women's group focused on self care, free, no booking required

BEN VIEW YOUTH GROUPS

Baby & Toddler group Fri 9.15am - 10.45am. P1 - P3 Weds 3.30pm - 5.45pm; P4 - P6 Weds 6pm - 7.30pm; P7 & S1 Weds 7.45pm - 9.15pm at Ben View Resource Centre, Strathleven Place, Dumbarton G82 1BA, to reserve a space email youth@benviewcentre.org.uk or call 01389 733030

THE SALVATION ARMY COMMUNITY

Musical Tots toddler group with music, fun and refreshments Fri 10am - 11.30am, Sylvania Way South, Clydebank 0141 941 1353

TULLOCHAN YOUTH ACTIVITIES

Mon: Employability 16-25yrs 1.30-4pm, Tues: Timber Transitions 14 - 25yrs 9am-12pm; Furniture Fix 14-25yrs 1pm-4pm, Weds: Personal Development 14 - 25yrs 1pm - 4pm & Wellbeing Wednesday 16 - 25yrs 5pm - 7pm, Thurs: Green Skills 14 - 25yrs. Plus varied certificated courses running throughout the year. Free meals/packed lunches provided + public travel expenses reimbursed. Contact info@tullochchan.org, 07931228462

AWESTRUCK MUSIC SCHOOL

Free guitar & piano lessons ages 8yrs - 24yrs. 36 Sylvania way south, Clydebank. See Facebook page for more information

PATCHWORK PONIES

Pat and chat sessions every Thurs and Sun 12.30pm to 1.30pm at Overtoun House; free for all to enjoy. For more information see Facebook.

FROM FEAR TO LOVE WORKSHOPS

by Trauma Informed Parenting and Creating A Trauma Informed Classroom Workshops for school staff. These are offered online each month, fully funded with CPD. Visit www.traumainformedparenting.uk/workshop-booking to find out more.

BABY & TODDLER PLAY GROUP

Wed 2pm - 4pm Tower Centre, Kilbowie St Andrews Church

To be included in our Issue 38 Clydesider Community Diary and What's On, email jenny@clydesider.org by Nov 2 2026

Clydesider Photo Competition Planes, Trains & Automobiles

Thanks to everyone who entered, our volunteers and staff all enjoyed looking at these great photos - it was tough picking a winner!



WINNER: Harry Kielty



Tracie Clark



Moira Sen



James McGrouther



Gordon Campbell



Basma Ahmed

Scan the QR code to check out John and Jill choosing the winner on Clydesider TV!



The Clydesider is 10, Amanda asked the gang to design a wee cake. Dave has a bright idea, Dumbarton Rock made from a big rock bun. Add a wee Dumpling for Duncryne Hill, it won't take long to bake. Add the Clyde, the Leven and the Loch, with a few more bits it will be done.



Look at the mess, flour everywhere, their sponge came out burnt, inside it was raw. Eddie made the Titan Crayon with icing, to add to the cake. Gerald the Genie will help them out, he says "it's Nae bother at a". He'll use his magic and bob his head, as he gives his body a wee shake.



The cake looks awfy braw but as if by magic it appeared. Lots of stuff on it from the maid of the loch to talents all around. From music makers, poets and kilt walkers as the crowd all cheered. Here's to another 10 years and more of good news, film and sound.

The Clydesider 10th Anniversary Wordsearch

by Steven Hastings

To create this wordsearch I asked Clydesider Staff and Volunteers to give me words they associate with The Clydesider. The word that came out on top was community and our community includes all of you reading this right now. Some of the other words reflect how welcoming and caring Clydesider is to staff, volunteers and beyond.

The words can be found in the grid going Left, Right, Up, Down & Diagonally. Words with a / between them can be found in the grid separately.

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

Clydesider TV, Community, Deadline, Expression, Good Friends, Heritage, Inclusion, Laughter, Learning, Positivity, Support, Volunteers, Adventure, Amanda, Edits, Life/Changing, Mental Health, Red and Blue Lines, The Hobbit House

Mud

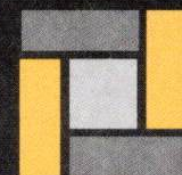
Washing off the wheels of your bike
after hours of fun in the dirt
Probably got hurt
Got back up again and tended to those knees
Then straight back out to feel the cool breeze
From the tops of the trees
Which we climbed so high
We could almost touch the sky

Getting dark
Time to leave the park and head back
For a quick drink and a snack
Before getting undressed
Bath and bed
And reading books by torchlight
Under the cover at twilight
... Night Night

Claire Morrison


Clydesider
Poetry
Competition
Winner

Cameron Ceramic Tiling Ltd
Tiling services & bathroom fitting



Scott Cameron

07780 728 925

scott.cameron1975@gmail.com
Facebook: Cameron Ceramic Tiling



**Threads
Wool Shop**

Knitting

Sewing

Embroidery

Tel: 01389 761385
fankledthreads@gmail.com
143 Glasgow Road
Dumbarton
G82 1RQ



T. SCULLION
JOINERY & GENERAL BUILDERS

MOBILE: 0794 981 8628
EMAIL: TVSCULLION@GMAIL.COM

**GTS
TYRES**
DUNTOCHER

Mobile Roadside Assistance



07936947340



Unit 13, Milton Douglas Rd
Duntocher, Clydebank G81 6BY

**Support Local, Shop Local,
Use Local.**

Quality services, local expertise, and
friendly faces -
all in one place.

To advertise,
call **Charlie on 07502460273** or
email **Charlie@clydesider.org**



MON-SUN

01389 521928

68 Dumbarton Rd,
Duntocher G81 6DN



Wed-Sun

To Book:
01389 521928

TIP TOP

BARBER SHOP

01389 721066
115 Main St, Alexandria G83 0NX



Dumbarton Foot Clinic
Alan Mckirdy DPodM MRCPod
Podiatrist / Chiropodist

104 Glasgow Road
Dumbarton
G82 1JW

Phone: 07780 437349
email: dumbartonfootclinic@yahoo.com
Web: www.dumbartonfootclinic.com

**THOMAS
McKENDRICK**
HAIR SALON

8 Agamemnon Street, Clydebank G81 4DY
Telephone 0141 561 5321
www.thomasmckendrick.co.uk

**KILBOWIE
TYRES**

NEW & PART WORN TYRES
INC TOA HACKNEY TYRES

UNIT 12, NORTH AVENUE
CLYDEBANK BUSINESS PARK
CLYDEBANK, G81 2DR

T: 0141 952 4447

E: kilbowietyres@mail.com

Find Your Perfect Bed At



CLYDE Bed Centre

***Celebrating
7 Years In Business***

*Thanks for all your support,
business & 5★ reviews!*

STORAGE



MATTRESS



HEADBOARD



FABRIC



**High Quality Beds,
Mattresses &
Bedroom Furniture At
Very Low Prices**

Over 220



Reviews

Google   Yell™



OPEN 7 DAYS

**Clydebank Business Park,
Clydebank, G81 2DR**

Tel: 0141 952 2200

www.clydebedcentre.co.uk



YouTube