



Trafalgar

THE
NEWSLETTER
OF TRAFALGAR
HOUSING
ASSOCIATION



TIMES

Winter 2024

Season's Greetings



Office Christmas Closure

Please note the office will be closed from **Tuesday 24th December 2024** and will re-open at 9am on **Monday 6th January 2025**.

Should you have an **EMERGENCY REPAIR** during this time please contact Bield, our out of hours service on **0800 783 7937**.

Trafalgar Housing Association

430a Dumbarton Road, Dalmuir, Clydebank G81 4DX

Tel: 0141 952 4676 Web: www.trafalgarha.co.uk

Men Matter Scotland



Men Matter Scotland is a suicide prevention and mental health charity based in a hub located at 20 Drumchapel Road (side door) G15 6QE. Men Matter Scotland's primary reason for existing is to prevent suicide in men. But beyond that simple fact, there are many additional reasons for existing. We exist to create a safe and supportive environment where men (mostly from the west of Scotland), who are traditionally stoical and tough, can allow this façade to drop which allows them to talk openly, honestly and freely about themselves and what their fears and issues are, without fear of ridicule or judgement.

We get men to share through a range of interventions:

- Creating opportunities that allow men to talk about their mental health and how they are feeling
- A peer-to-peer network created where men, who are shoulder to shoulder can talk, creating links and connections that continue to foster a sense of worth, importance and reason to live.
- Creating opportunities for men to improve their life skills and in-turn their life-chances
- Creating opportunities for men to connect and to feel connected. (MMS may be the only connection some of these men have in their life)
- Creating an environment that promotes possibility and focusses on the ill becoming better and stopping those that are on the brink of becoming ill, getting ill.

contact@menmatterscotland.org
0141 944 7900
Facebook : Men Matter Scotland



Golden Friendships

Scottish Charity Number: SC041924



Heating and Eating 2

In their efforts to help anyone struggling this winter, Golden Friendships charity will be serving a FREE 2 course meal every Tuesday night between 5.00pm and 6.00pm until the end of March 2025. Their hope is simply to help anyone who is not finding it easy at the moment. All are welcome to go along for some nice food, in a warm venue with friendly company.

Some dates for your diary

Free family fun at Golden Friendships in December.
No booking required for these nights; just turn up.

Golden Friendships
Charity Number: SC041924

FREE FAMILY FESTIVE FUN!

DECEMBER 2024

5TH	PANTO: SLEEPING BEAUTY 6PM
12TH	PANTO: GOLDILOCKS 6PM
20TH	SANTA'S GROTTTO 3:30-7PM

**18 NAIRN PLACE, DALMUIR,
WEST DUNBARTONSHIRE, G81 4AU**

Committee Meeting Updates

Our last Committee meeting was held on Wednesday 23rd October 2024 remotely over Microsoft Teams.

Items of interest discussed at our recent committee meetings:

- Election of Our Office Bearers
- Consolidated Action Plan Update
- Annual Assurance Report from Henderson Loggie
- Annual Assurance Statement

- Service Delivery Plan
- Housing Management Updates
- Health and Safety Updates

Where can I view the minutes from the Committee meetings?

The minutes from our Management Committee meetings can be viewed on our website at www.trafalgarha.co.uk under the 'Documents' section

Legionella Information

Legionella is a type of bacteria found naturally in freshwater environments, like lakes and streams. It can become a health concern when it grows and spreads in human-made water systems like showerheads, taps, hot water tanks and heaters. People can contract Legionnaires disease, which is a form of pneumonia, when they breathe in small droplets of water in the air that contain the Legionella bacteria. It can make you very ill. Symptoms are similar to the flu and the illness is treated with antibiotics.

Thankfully, catching Legionnaires disease in your home is rare. Most incidents of the disease are caught from faulty air conditioning systems or cooling towers. It is also not infectious so it can't be passed from person to person.

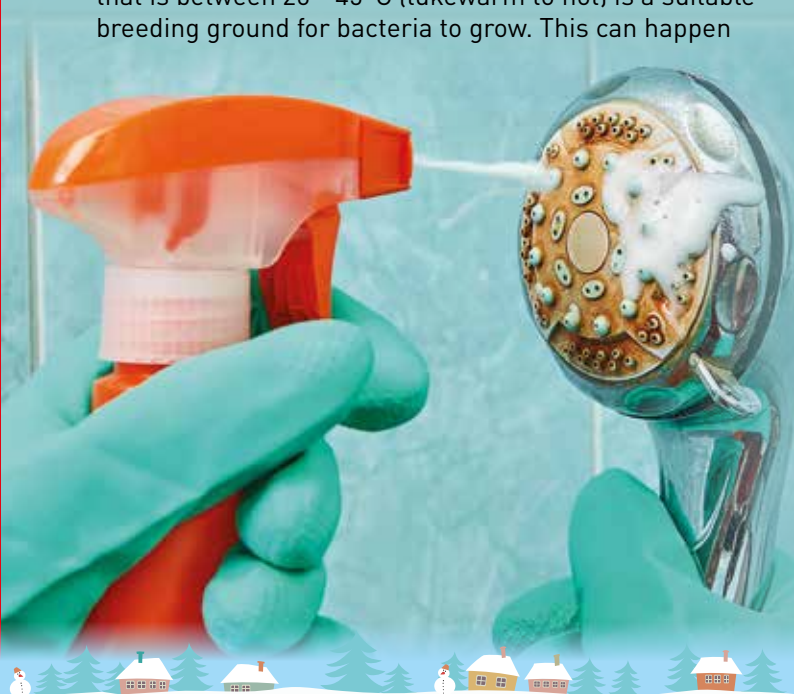
However, there is a possibility that when certain conditions exist in the home it increases your risk. Water that is between 20 - 45°C (lukewarm to hot) is a suitable breeding ground for bacteria to grow. This can happen

in large water tanks in lofts that are not used much, or pipes that go to a tap that is hardly ever turned on. The likelihood of Legionella being in your home is very low as most households do not store huge amounts of water and water is used regularly so it's not standing still in pipes. However, here are some tips to make sure the water in your home is safe.

It is worth noting that all Trafalgar's properties have mains fed water i.e. there are no stored water tanks and all heating systems are combi boilers that provide instant hot water. These are too hot for bacteria to survive.

How to Reduce the Risk of Legionella Bacteria Growth

- If you move into a new home or your home has been lying empty for at least a week, for example, if you've been on holiday, then you should flush out your water.
- If you aren't using showers or taps regularly, make sure you flush them through at least once a week.
- To flush out your water you need to run the water in all showers, baths, wash basins, sinks and taps continuously for at least two minutes, beginning with the sink taps. You must do both hot and cold taps.
- When turning taps on, turn them on slowly so that you don't splash water, as this might release water droplets into the air.
- When flushing showers, remove the shower head and lower the hose into the bath. If you're unable to remove the head, wrap it in a towel or facecloth to make sure there is no spray. Legionella can grow and multiply on grime, scale, algae and rust. Make sure you clean and descale all your taps and showerhead every three months or when there is an obvious build up by using a nylon brush or diluted bleach.



Have you turned your heating on yet?

As we move closer to Winter and with energy prices potentially increasing by 10%, there's never been a better time to ensure that you have your household energy in check.

Community Links Scotland are working with Trafalgar Housing Association to provide FREE energy related support to their tenants. Our West Dunbartonshire Energy Advice Service will help you to ensure that you have a comfort in your home at a cost you can afford.

Why don't you make some no-cost changes in how you use your energy? These simple changes include:

- The recommended temperature for your living area is 18°C to 21°C. If you reduce the temperature by 1 degree, you won't notice any change in the comfort level, but you can save up to **£85** per year.
- Turn off your appliance when it's not being used. Switching off your appliances from standby can save you **£40** per year.
- Washing clothes at 30°C could save you around 57% of the energy used each year. And wait until you have a full load before putting on a wash!
- Energy efficient lighting helps lower electricity bills. If you are able to replace the bulbs in your home with LED equivalent lights, you will reduce your energy usage without reducing the quality of light.
- Keep your oven door closed as much as possible. Make sure the glass door is clean so you can see what is going on without opening the door.
- Don't overfill your kettle! Only add the amount of water that you require. By doing this, you can save up to **£26** per year.
- Don't leave the taps running continuously while you brush your teeth, shaving or washing.

- Try to take a quick shower (4 minutes maximum) and you can save up to **£50** per year.

There are loads of other no-cost changes that you could make that will save you money.

As part of our support, we will also help you seek to access eligible assistance such as:

- Warm Home Discount
- Priority Services Register
- Energy Grant Funding Support

We are also working in partnership with the Fuel Bank Foundation to allocate emergency fuel vouchers support to households who have a prepaid meter and are in danger of falling into self-disconnect and have no other avenue of assistance open to them.

If you have concerns around your energy billing, we can engage with your energy supplier on your behalf to resolve any issues.

Our support can be provided by in-home visit or remotely by phone or video call. We will also be providing drop-in energy surgeries with Trafalgar Housing Association over the winter period.

We would be delighted to help you to reduce your energy usage and costs. Why don't you get in contact with us to arrange for energy support.

Telephone – **0141 952 4382**

Email – energy@comlinks.org.uk



COMMON CLOSE SAFETY

FIRE SAFETY

The landings, stairs and close doors should be kept clear to avoid obstructions in the event of an evacuation due to a fire or other emergency situation.

The close is your only means of escape in the event of a fire.

A fire started in a common close could kill you and your family. Even a small bag of rubbish can create enough smoke to fill a whole close. Items left in a common close are often deliberately set on fire.



KEEP IT CLEAR

- Get rubbish, old furniture, etc. out of the building.
- Do not block routes with bikes, prams etc.
- Make sure storage areas are kept locked.
- Do not store flammable materials or liquids in the close.
- For advice on uplifting items contact the Association.



If fire does start dial 999 and ask for the Fire and Rescue Service, giving as much information as you can.

Only make your way outside if you are sure you can safely leave the building. Otherwise you should stay inside your flat and:

- Do not open the door. Hot smoke rises and will rapidly enter any open door.
- Keep doors closed to prevent smoke filling your house.
- If possible, get everyone together in the same room, preferably to the front of the building, closing all doors behind you.
- All occupants should remain together in this room. If you can, open a window.

When the Fire Service arrive, let them know how many people are in your flat, and if you are safe. This will greatly assist them in dealing with the incident.

- If required, position wet towels to prevent smoke entering through any gaps in the door frame.
- You will be advised when the Fire Service has extinguished the fire and cleared smoke from the common stair.

CLOSE CLEANLINESS

The common close is a shared area and must be treated with respect by tenants. Uncleanliness within the common close can attract vermin/pests and affect the quality of life for tenants.

Trafalgar Housing Association have the common areas of the close cleaned on a weekly basis however, each tenant must also play their part in maintaining cleanliness standards by observing the following rules:

- Don't leave rubbish bags and food waste within the close, put it in the bin.
- If you drop and/or spill anything in the close, clean it up.
- Don't allow pets to pee or poo in the close, if an accident happens clean it up.
- Report any unsafe conditions immediately by phoning the office on 0141 952 4676

Good Neighbour Award

WINNER – LORRAINE ASHCROFT

We were delighted to award this quarters 'Good Neighbour Award' to Lorraine Ashcroft

Ken Crilley who nominated Ms Ashcroft said:

'since the Covid 19 Pandemic struck she kindly offers to do my shopping..also anything I need for my home. She also takes me to dentist and hospital..she is invaluable and worth her weight in gold.'

Congratulations and thank you to Ms Ashcroft for being an invaluable neighbour! To continue her kindness, Ms Ashcroft requested that her £50 voucher be donated to a local school who will put it to good use. Your kindness and generosity really is greatly appreciated.

Nominate your Neighbour for an Award

Is your neighbour one in a million? Do they make a difference to your life or the lives of people in your community?

This is a chance for you to say 'thank you' to a neighbour who goes out of their way to help you and others, someone who shows kindness and consideration.

The winner of this award receive **£50 worth of vouchers** and a certificate. We would also like the winner to be featured in an article on the award and why they won it in our next newsletter.

If you would like to nominate your neighbour for this award please send an email to admin@trafalgarha.co.uk or write to our office at:

Trafalgar Housing Association
430a Dumbarton Road
Dalmuir, G81 4DX
Clydebank

In the email or letter please include the name of the person that you would like to nominate, the reason why you think they should win the award and their address.

Unfortunately, we cannot accept nominations from relatives or anyone living in the same property.





Keep Your Estates Tidy This Christmas

We appreciate that Christmas can be a busy time of the year for most people, and with this we can generate more waste than at other times of the year.

Whether it's making space for the new by disposing of the old items we already have or the Cardboard boxes,

gift paper, food/ food packaging etc. – it can all add up!

It is important that our residents plan ahead and think of how these items can be disposed safely and responsibly.

Recycling Collection Dates (Blue and Brown Bins)

Dalmuir Area

Wednesday 4th
December 2024

Wednesday 18th
December 2024

**Saturday 4th
January 2025***

Wednesday 15th
January 2025

Radnor Park Area

Tuesday 3rd
December 2024

Tuesday 17th
December 2024

Tuesday 31st
December 2024

Tuesday 14th
January 2025

General Waste Collection Dates (Black/green bins)

Dalmuir Area

Wednesday 11th
December 2024

**Saturday 28th
December 2024***

Wednesday 8th
January 2025

Wednesday 22nd
January 2025

Radnor Park Area

Tuesday 10th
December 2024

Tuesday 24th
December 2024

Tuesday 7th
January 2025

Tuesday 21st
January 2025

***Tenants in the Dalmuir Area please note the change to your bin collection days for both Christmas and New Year.**

Bulk Uplift day will be **Friday 20th December**. All excess bulk should be left outside on Thursday 19th December and placed next to the bin areas – careful not to block access to wheelie bins! A further uplift will be carried out on Wednesday 8th January 2025. **Please do not leave any bulk out over the festive break.**

West Dunbartonshire Council also provide a chargeable uplift service, for items that cannot wait until the last Friday of the month, you can contact them on **01389 738282**

You can also take your items to West Dunbartonshire's Recycling Centre at Erskine Ferry Road, Old Kilpatrick, G60 5EU

Energy Advice Surgeries

The Community Links Energy Advice Team will be hosting energy advice surgeries in our office on the following dates between 10am and 1pm.

- **Tuesday, 21st January 2025**
- **Tuesday, 18th February 2025**
- **Tuesday, 18th March 2025**

A member of the team will be available during these times to provide advice and support for any energy related matters. Including, but not limited to, coping with bills and increasing costs, issues with suppliers and energy usage advice.



Trafalgar Housing Association

Quarterly Tenant Satisfaction Results

(3rd Quarter – October to December)

Every quarter the Association carries out tenant satisfaction surveys to obtain your views on the services we provide.

This information is reported back to the Scottish Housing Regulator and it will help us to continuously improve our services and ensure that they are designed and delivered to meet your needs and expectations.

We would like to say thank you to each person who has taken the time to provide us with feedback to help drive improvement on the services that we provide.

What you told us this Quarter



Paying your Rent



We know this is a challenging time for everyone, however we must remind all tenants that rent is due on the 27th of each month.

Rent money collected allows us to deliver the services we provide – repairs, planned improvements to your properties, and keeping the area clean and tidy.

Paying by Direct Debit is the simplest and most convenient way to pay your rent. Once it is set up your rent will be collected on the same date each month. Rent can also be paid by bank transfer or by using an AllPay card. Please contact the office if you require information about any of

these payment methods.

If you are struggling to pay your rent the first thing you should do is contact us at the office on 0141 952 4676 and speak to Stephen or Samantha in Housing Management. We are here to help and can either assist you directly or make referrals to other agencies that can support you.

Doing nothing won't make the problem go away – please get in touch as soon as possible and we will do everything we can to help you.

We are also working with the **Citizens Advice Bureau** to offer advice and

support for our tenants. If you have anything you would like advice on, then please contact us and we will make a referral to Liz at CAB who can assist you with a wide variety of concerns including –

- Applying for benefits
- Carrying out a benefit check to find out if you may be entitled to benefits
- Debt and Money Advice
- Moving onto a Pension
- Consumer Advice

Liz will hold appointments via telephone or in our office. Contact us now if you would like a referral.

Trafalgar Evening Surgery

Staff are planning to hold an evening surgery in our office on Dumbarton Road in early January 2025. We plan to have staff from maintenance and housing management in attendance to discuss any issues or queries you have. Jim Percival from the Community Links Energy Advice Service will also be available for you to talk to for any help and advice towards your

energy costs or issues. Staff will also be interested to hear your thoughts on our rent increase options for 2025/26 which you will have been advised of by then.

If this is a success then it is something that can be held on a more regular basis for all tenants and residents.

Information and Support



Clydebank Women's Aid are a confidential organisation which provides information, support and refuge, if needed, for women, children & young people who have or are currently experiencing domestic abuse. You do not have to come into refuge to get support.

For further information and support call **0141 952 8118**.

A woman will be on the other end of the line from 10am - 4pm Monday to Thursday

10am – 1pm Friday

For more information visit the Clydebank Women's Aid Website on: <https://www.clydebankwomensaid.co.uk>

Tel: **0141 952 8118**

Email: collective.clydebankwa@gmail.com

SCOTLAND'S 24HR DOMESTIC ABUSE HELPLINE: 0800 027 1234



Join our Management Committee

We are actively looking for local residents from Trafalgar Street/Dumbarton Road area and the Terraces/Radnor Park area to join our Management Committee.

You will join a fantastic group of members, take part in making important decisions for the Association and play your part to make a positive impact for your community

This is a voluntary unpaid role. New members will be provided with necessary equipment and comprehensive training. Meetings take place in the evening once every 4 weeks and are currently conducted remotely using Microsoft Teams.

How do I join?

If you wish to join the Management Committee you must firstly become a General Member of the Association (see page 9). If you apply you could be invited on to fill any 'casual vacancies' that exist. However, you would then need to be formally elected at the next AGM (Annual General Meeting) which takes place every September.

If you are interested in this opportunity please visit our website at www.trafalgarha.co.uk and download an application form and recruitment pack from the 'Get Involved' section of our website.

Have you thought about becoming a housing association committee member?

It's a great way to volunteer in your community and help change it for the better.

Local housing associations provide affordable rented housing for a wide range of people who need it. They provide quick, efficient repairs and other services, and some are also involved in building new homes.

Community based housing associations often provide all kinds of other services to support local people – such as benefits and fuel advice, help with getting into

employment, and places for people to hold meetings and community activities.

Housing association staff members are paid professionals, but associations are run by voluntary committee members, and usually the majority live in the local area.

Here are some of the benefits of serving on the committee...

Benefits for you

- Gain confidence, build a sense of achievement, improve your self-esteem and have a new sense of purpose.
- Develop your understanding, skills and knowledge, add to your CV, and potentially open new career paths.
- Be involved in a stimulating and mutually supportive environment where your views are heard.
- Meet new people, develop friendships, and socialise with others with a shared commitment.
- Attend social & networking events, as well as training courses, to build up your skills.
- Open up opportunities to apply to serve on important national/regional bodies in the housing sector.
- Become a part of one of the most important and effective movements for physical and social improvement that has happened in Scotland over the last 40 years.
- Get personal satisfaction from giving something back to the local community whilst making a real difference.
- Broaden your horizons and have fun along the way!

Benefits for the association and the wider community

- You'll help to raise awareness of the Association's work both within the local community and beyond.
- The time and energy you commit to the Association will directly contribute to its work in improving the quality of life for tenants and the wider community.
- You can help to ensure good quality housing and services.
- As a voluntary committee member you'll join hundreds of local people and other volunteers who play such a crucial role in taking forward the work of community controlled housing associations in Scotland.



Glasgow and West of Scotland
Forum of Housing Associations



supporting
social
employers

BECOME A GENERAL MEMBER OF TRAFALGAR FOR JUST £1



Anyone can become a General Member of the Association as long as you are aged 16 or over and meet the requirements set out in our rules which are available to view online at: www.trafalgarha.co.uk/becoming-a-general-member.

Membership costs just £1 and you will remain a member for as long as you reside within the area.

By becoming a member of the Association you are eligible to vote at the AGM, which takes place every September. This will allow you to influence how the Association operates.

To become a member of Trafalgar Housing Association please fill out the information below, cut out this application form and return it to our office.

I would like to apply for membership of Trafalgar Housing Association and I have enclosed £1.00 for one share.

Name: _____

Address: _____

Telephone: _____

Email: _____

I would like to hear more information about joining the Management Committee YES / NO

Join Our Residents Panel

After a long break we have resumed our Residents Panel and held our first meeting on 10th October 2024 in our office on Dumbarton Road with some sandwiches, tea and cakes.

Topics covered were the Ground Maintenance Contract, Close Cleaning, CCTV, Tenant Satisfaction and feedback from the AGM.

Our next meeting is scheduled for Tuesday 5th December 2024 in our office where the main topic due to be discussed is our Rent Increase for 2025/26.

We are always looking for new members and all tenants/residents over the age of 16 are welcome. This is a voluntary unpaid role; but one that is very important to the ongoing success of the Association. It can also allow you to meet your neighbours, enhance your skills and experience and positively impact your local community.

We appreciate your time is valuable, therefore the meetings will be quarterly and we will try to make them at a time that suits you.

If you are interested in joining our Residents Panel please email us at admin@trafalgarha.co.uk, or you can call us on **0141 952 4676**.





CHOCOLATE SNOWBALL TRUFFLES



Ingredients

- 20 digestive biscuits
- 125g butter
- 200g condensed milk
- 2 tbsp cocoa
- 125g desiccated coconut
- desiccated coconut for rolling

Method

1. Put the digestive biscuits in a plastic bag and bash with a rolling pin until you have crumbs.
2. Put the butter and condensed milk in a pan over a low heat, until the butter melts. Allow to cool slightly.
3. Add the biscuit, cocoa powder and desiccated coconut to the melted butter mixture and stir to combine.
4. Form the mixture into truffles about the size of ping pong balls (dipping your hands into water between making each ball will help prevent the mixture sticking to your fingers).
5. Put the desiccated coconut into a plastic bag, then gently drop the truffle balls in a few at a time and carefully roll around until they're completely covered.
6. Chill the truffles until ready to serve.



Wool Wrapped Christmas Tree Ornaments

What you need

- green wool
- pom poms in various sizes and colors
- glitter pom poms are optional but certainly fun
- cardboard
- scissors
- white school glue

1

Cut the triangles out of cardboard (this may need adult help as cardboard can be quite tricky to cut). Tie the wool to the triangle, somewhere in the middle. You can add some glue to secure the wool before continuing. Start wrapping the wool all around the triangle – ensuring you wrap it around all 3 sides of the triangle.

2

When you are happy with how the wrapped tree looks like, finish up by tying the wool in a knot and secure it with some glue. You can add more glue in order to glue on the pom poms (if you were super generous with the white before, there might be enough already).

3

If you want to make this into an Christmas ornament just tie some wool to the back/top of your Wool Wrapped Christmas Tree and you are ready to go.

Safety Precautions - Locations of Shut Off Valves for Gas and Water



- 1. Always carry a torch**
- 2. Phase 1 and Phase 2 – 426 to 434 Dumbarton Rd, 2 – 8 Trafalgar St.**
 - a. Water main stopcocks are located in the old Gledhill storage tank cupboards.
 - b. Gas shut off valves are located beside the meters and are located inside corner kitchen base units.
 - c. Electric meters are located in the entrance lobby and mains switch is located in adjacent distribution boards.
- 3. Phase 3 – 12 to 20 Trafalgar St**
 - a. Water main stopcocks are located in electric meter cupboards or in pipe chase in bedroom wardrobe nearest front door.
 - b. Gas shut off valve located beside meter in electric meter cupboard in hall.
 - c. Electric meter in hall cupboard.
- 4. Phase 4 – 22 to 30 Trafalgar St**
 - a. Water main stopcocks under kitchen sinks in all properties except upper flats located at foot of stairs.
 - b. Gas shut off valves located in external meter boxes.
 - c. Electric meter in hall store cupboard in all properties, except upper flats isolation switches at foot of stairs.
- 5. Phase 5 – 438 to 448 Dumbarton Rd (cottages)**
 - a. Water main stopcocks located in hall store cupboard.
 - b. Electric meter located in hall store cupboard.
 - c. Gas meters located externally
- 6. Phase 5 – 450 – 456 Dumbarton Rd, 32 & 34 Trafalgar St**
 - a. Water main stopcocks located in meter cupboard in hall nearest front door except 32a, G/1, G/2, 34a, G/1 and G/2 located under sink in kitchen.
 - b. Gas shut off valves in meter cupboards in hall except 32a, G/1, G/2, 34a, G/1 and G/2 which are located externally.
 - c. Electric meter in hall cupboard nearest front door.
- 7. Phase 6 – 480, 482 Dumbarton Rd & 36, 40, 42, 46, 48, 52, 54, & 58 Trafalgar St - Main Doors**
 - a. Water mains stopcocks located under kitchen sinks.
 - b. Electric meters located in hall cupboard.
 - c. Gas meters located externally.
- 8. Phase 6 – 38, 44, 50, 56, & 60 Trafalgar St (flats)**
 - a. Water main stopcocks located in meter cupboard in hall.
 - b. Gas meters in cupboard in hall.
 - c. Electric meters in cupboard in hall.
- 9. Phase 1 & 2 Terraces Houses**
 - a. Water main stopcocks located under kitchen sink.
 - b. Gas meters located externally.
 - c. Electric meters located in under stair store.
- 10. Phase 1 & 2 Terraces Flats**
 - a. Water main stopcocks located in hall store nearest front door.
 - b. Gas and electric meters in same store.



WORD PUZZLE Game

E	I	S	N	O	W	F	S	O	C	N
K	O	S	E	K	A	L	P	O	P	O
S	L	I	G	W	F	S	O	B	A	G
A	E	L	F	E	L	K	C	S	N	O
N	G	H	T	T	G	I	N	G	E	S
T	A	D	E	D	A	E	R	B	R	O
C	M	R	E	L	S	T	O	C	A	T
A	I	K	I	O	L	L	I	P	O	H
P	R	E	S	S	P	R	O	M	P	G
B	R	D	E	N	T	U	C	E	W	I
S	A	H	T	A	H	O	U	S	E	S

1.Santa 2.Spruce 3.Present 4.Elf 5.Sock 6.Snowflakes 7.Houses 8.Deer 9.Gingerbread 10.Bag 11.Lollipop



Find 15 objects in the picture



USEFUL TELEPHONE NUMBERS



TRAFALGAR HOUSING ASSOCIATION 0141 952 4676

EMERGENCY REPAIRS (OUT OF HOURS)

Bield 0800 783 7937

MENTAL HEALTH SERVICES

Breathing Space 0800 838587

CARA
(Challenging & Responding to Abuse) 01389 738595

Goldenhill Resource Centre 0141 941 4400

Primary Care Mental Health Team 01389 828203

Riverview Resource Centre 01389 812070

Stepping Stones 0141 941 2929

Samaritans 116 123

Vale Centre for Health and Care 01389 828200

WEST DUNBARTONSHIRE COUNCIL

Emergency Homelessness 0800 197 1004

WDC Main Number 01389 737000

WD Carers Centre 0141 941 1550

WD Mental Health Forum 01389 742294

WD Welfare Rights 0800 980 9070

POLICE

Emergency 999

Non- Emergency 101

OTHER USEFUL NUMBERS

Lomond & Argyll Advocacy Service 01389 726543

NHS 24 111

West Dunbartonshire CAB 0800 484 0136

West Dunbartonshire Advice Service 01389 776929

West Dunbartonshire CVS 0800 484 0136

Old Kilpatrick Food Parcels 07368 496836

West Dunbartonshire Community Foodshare 0800 345 7050

Crisis Counselling 0141 812 8474

Dumbarton Council on Alcohol - Clydebank 0141 952 0881

Alternatives - Clydebank 0141 951 2420

Women's Self Injury Helpline 0808 800 8088

Trauma Counselling Line 0808 802 0406

Women's Aid Clydebank 0141 952 8188

Y Sort It 0141 941 3308

Trafalgar Housing Association, 430a Dumbarton Road, Dalmuir, Clydebank G81 4DX
Tel: 0141 952 4676
www.trafalgarha.co.uk



When you have finished with this magazine please recycle it.



SCAN ME

