



# Trafalgar TIMES

THE  
NEWSLETTER  
OF TRAFALGAR  
HOUSING  
ASSOCIATION

Summer 2023



## Public Holidays – Office Closure

The office will be closed on the  
following dates:

**Glasgow Fair:** Friday 14 July 2023,  
Monday 17 July 2023

Should you have an **EMERGENCY  
REPAIR** during this time please contact  
**BIELD** on **0800 783 7937**.

**Trafalgar Housing Association**

430a Dumbarton Road, Dalmuir, Clydebank G81 4DX

Tel: 0141 952 4676 Web: [www.trafalgarha.co.uk](http://www.trafalgarha.co.uk)



# Message from the Director:

# We really need local residents for the Management Committee!



If you are reading this you probably stay in one of our properties so this particular article should be important to you.

You will see elsewhere in our newsletters and on our website that Trafalgar achieves great performance results, has rent levels well below the national average and gets excellent tenant satisfaction results. Whilst we don't and can't take things for granted these welcome indicators are no guarantee that Trafalgar can or will remain independent for ever.

When we were formed in 1990 there were 8 community based and controlled housing associations. There are now only 5 as the tenants from 3 associations transferred voluntarily to a larger association based elsewhere. The most recent association to transfer no longer has a local office.

We operate in a heavily regulated sector and one of the many things we have to do in order to remain independent is have a minimum of 8 people on our committee. Currently we have 9 members, 6 of whom are tenants.

We are keen to recruit local residents to be involved to ensure the best chance of retaining local control and independence yet be held accountable for service levels.

In order to be on our management committee you have to be a shareholder. Almost anyone over 18 can apply to be a shareholder, they don't need to be a tenant. It could be someone living elsewhere, a child over 18 living in one of our houses and more than one shareholder per household could apply.

We believe that our tenants and people with a strong local connection are the best people to do this. If you are interested, or know someone who could be please contact me via the office, I would be glad to hear from you.

*Paul McShane*

0141 952 4676

[Paul.mcshane@trafalgarha.co.uk](mailto:Paul.mcshane@trafalgarha.co.uk)

## Paying your Rent



We know this is a challenging time for everyone, however we must remind all tenants that rent is due on the 27<sup>th</sup> 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 Housing Management or send an email to [hm@trafalgarha.co.uk](mailto:hm@trafalgarha.co.uk). 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.

# 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](http://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](http://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

We are seeking help from the residents of Trafalgar Housing Association (tenants and owners) to get involved and join our Residents Panel to help improve the standard of our service.

The Residents Panel discusses and gives their views on different aspects of the Association's services and performance and advises where improvements could be made and is also consulted on policies that affect residents and other service users.

Our residents are at the heart of the Association and we love to hear your opinions on the work that we do. As residents you experience our services first hand therefore there is no one better to provide us with feedback.

If you would like to get involved, please contact us on 0141 952 4676 or email [admin@trafalgarha.co.uk](mailto:admin@trafalgarha.co.uk)



# Enter our 2023 Garden Competition

## Calling our green fingered gardeners!

A reminder that our annual Garden Competition will take place again this year. This year's gardening competition will be judged by Stephen MacDonald, our clerk of works in July/August time. There's still time to get those plants in full bloom!

All garden areas of all shapes and sizes will be considered - we love to see our tenants take pride in their garden areas!

All entries will be judged in July/August 2023. The winner and our runners up will be announced at our next AGM and will receive a prize. Photos from the winning gardens will be printed in the Autumn edition of our newsletter.

Happy Gardening!



## Good Neighbour Award

### 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](mailto:admin@trafalgarha.co.uk) or write to our office at:

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

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.



# CLYDEBANK Information and Support

## WOMEN'S SAID



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 9:30 - 4pm Monday to 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](mailto:collective.clydebankwa@gmail.com)

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



## CARING FOR YOUR DOG DURING WARM WEATHER

Dogs lose heat through panting, can only sweat through their paws, and are at high risk of getting heatstroke. Follow our top tips to keep your dog cool in the heat.

### PROVIDE SHADE AND WATER

- Provide constant access to shaded areas inside and out.
- Ensure there is always cold, clean, fresh water available.

### WALKIES

- Head out in the early morning or late evening when it's cooler.
- Don't run or cycle with your dog when it's hot.
- Avoid pavements. If the ground is too hot to touch with your hand for a few seconds, it's too hot for paws!

### KEEPING COOL

- Prevent sunburn by using pet-safe sunscreen on ear tips and nose.
- Brush your dog regularly to keep their coat thin and free from mats or knots.
- Use frozen toys, paddling pools or water sprinklers to entertain and cool your dog down.

### REMEMBER:

**Dogs can die in hot environments.**

See: [rspca.org.uk/dogsinhotcars](http://rspca.org.uk/dogsinhotcars)

Never leave pets in vehicles, caravans, conservatories or outbuildings in warm weather.



### HEATSTROKE CAN KILL.

Know the signs of heatstroke and contact a vet immediately if you spot them: heavy panting, excessive drooling, lethargy, drowsiness, uncoordinated movements, a state of collapse and vomiting.



## Medical Adaptations

If you or a member of your household are struggling to live in your own home because of a medical condition and think there is any equipment or alteration that could be made within your property to make life easier, you can contact your GP and ask for visit from an Occupational Therapist.

They will come out and visit you at home and make recommendations to the Association of what work could be done to assist you.

**The Association receives Government funding every year to carry our medical adaptations so please don't suffer in silence.**

If you would like further information contact the Association's office.

# Anti-Social Behaviour Don't Sit Back and Suffer



We are asking residents to be considerate of each other by thinking about how noise from your home could be causing problems and upset to others and we would ask that you are considerate of your neighbours and respect each other's safety and right to live in a peaceful home.

If you are experiencing any problems of continuous anti-social behaviour we would urge you to contact the Association or the Housing Manager and we will make every effort to assist you.

All complaints received will be dealt with in a sensitive and confidential manner. Not reporting anti-social behaviour can make it look like there are no issues. Where we are able to prove someone has breached their Tenancy Agreement, we will be able to take action to resolve the issues in most cases as long as we have supporting evidence. To assist us in investigating, please be sure to:

- Where possible, discuss the problem with your neighbour first and try and resolve it with them;
- Keep a clear written account of all incidents including dates, times, the names and addresses of any witnesses;

- Phone the Police if the matter is serious and get a Police incident number;
- Provide as much detail as possible in any complaint, of what happened and how it affected you;
- Contact the Police at the time of the anti-social incident and thereafter report to the Association

## We promise to:

- Take all complaints seriously;
- Keep you up to date regularly with the progress of your complaint;
- Take appropriate action as quickly as possible in line with our policy;
- Where we cannot resolve the complaint we will help to provide you with appropriate advice and assistance.

If you have been threatened or feel unsafe in your home please call Police Scotland on 101 or if it's an emergency 999. You can also report crime anonymously on **0800 555 111**, or use the anonymous form available on their website <https://crimestoppers-uk.org/>

## Committee Meeting Updates

Our last Committee meeting was held on Wednesday 24<sup>th</sup> May 2023 remotely over Microsoft Teams.

### Items of interest discussed at our recent committee meetings:

- Consolidated Action Plan Update
- ARC Summary Report
- Annual Audit Report
- Quarterly Management Accounts to 31/03/23
- Five Year Financial Projections
- Health and Safety Updates
- Tenant Satisfaction Results
- Directors Report

### 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](http://www.trafalgarha.co.uk) under the 'Documents' section



## Get extra help to balance your budget

If you get Universal Credit, tax credits or other qualifying benefits you could be entitled to five family payments including Scottish Child Payment.

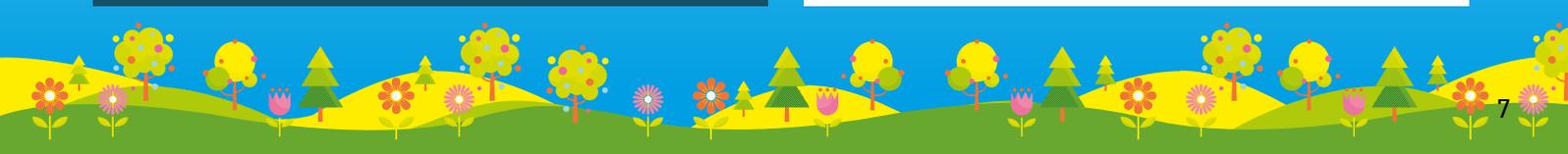


A payment of £100 every 4 weeks for each eligible child until they turn 16.

Go to [mygov.scot/fivefamilypayments](http://mygov.scot/fivefamilypayments) or call **0800 182 2222**



The Scottish Government's new cost of living website provides information and support for families [gov.scot/costoflivingsupport](http://gov.scot/costoflivingsupport)



# 10 Tips for Keeping Cool in Hot Weather

Heatwave got you feeling hot and bothered? There are plenty of ways to beat the heat without leaving a fan on all day and night. Save some energy, money, and still be cool and comfortable with these hacks:

## 1. Have a stash of your own iced sweet treats

For staying at home or for going out for a picnic, now is the perfect time to prepare some ice-cool treats. You'll need some ice-lolly moulds to pop in the freezer overnight (you can get creative with leftover yoghurt pots and tubs if you don't have any!) and you can freeze smoothies and fruit juice into a refreshing ice-lolly!

## 2. Drink up

Hydration in hot weather is really important: water keeps your body temperature from overheating. Storing jugs or water bottles in the fridge for refreshments can give you an instant cold drink when needed.

## 3. Take a dip, or a run

Nope, not exercise! Run your wrists under a cool tap for a minute or so. It might not sound like much, but it can cool the blood running through your veins and help you feel cooler overall. Fill a tub with some cold water and

dip your feet in, feet help regulate our body temperature so again cooling down just that small area of your body can help overall.

## 4. Ice ice baby

Give a regular fan a chilly boost by putting some ice in front of it, and it will help cool down the room quicker. Don't have a fan or saving electricity? A spray bottle filled with cold water can give you refreshing spritzes throughout the day.

## 5. Can't stand the heat, get out of the kitchen

Literally - go outside for BBQs and outdoor cooking! Cooking indoors means turning on hobs or the oven, both of which heat up your home. Cold pasta, salads, sandwiches, crudites and dips are light summer dishes that save switching on any hot elements.

## 6. The early bird skips the warm

Need to feel the burn but don't want to get burnt? Exercising or strenuous

activity early in the morning, which is the coolest part of the day, can stop you from overheating and dehydrating. But if you have to move around at the hottest time of day, a wet towel around your neck or a wet bandana or hat on your head will do wonders keeping you cool and keeping off the sun.

## 7. Protect your skin

If you're likely to catch some serious rays it's best to protect your skin and layer up with sunscreen. Make sure you use a high SPF factor to protect against UVB. Did you know the star rating measures the amount of UVA protection? The higher the star rating, the better.

## 8. Lay low in the shade

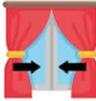
As hot air rises, the upper floors of a home can be warmer than the ground floor, so the lowest floor can be a cool refuge in hot weather and preferable one not facing the sun. Chilling out under a tree combines the benefits of staying low to the ground, being in the shade and the water released by trees into the air that absorb heat.

## 9. Not-hot water bottle

Feeling hot and sticky and can't sleep? Go one better than the cool side of the pillow and flip your hot water bottle: fill it with cold water, or store it in the fridge, before taking it to bed to keep you cool and conked out.

## 10. Windows of opportunity

Open your windows to seize the cooler air of the night and early morning to get a fresher breeze circulating around your home. Close windows and curtains during the daytime, especially those facing the sun.

 <p>Look out for those who are most at risk: the elderly, young children, babies and those with underlying health conditions - help them to keep themselves cool and hydrated.</p>	 <p>Stay cool indoors - Learn how to keep your home cool, see gov.uk.</p>
 <p>Close curtains in rooms that face the sun to keep indoor spaces cooler. Remember, it may be cooler outdoors than indoors.</p>	 <p>If going outdoors, use cool spaces considerably.</p>
 <p>Drink plenty of fluids and avoid excess alcohol. If you are leaving the house, take a bottle of water.</p>	 <p>Never leave anyone or any animal in a closed, parked vehicle.</p>
 <p>Try to keep out of the sun during the hottest part of the day - 11 in the morning to 3 in the afternoon.</p>	 <p>Walk in the shade, apply sunscreen regularly, wear a wide-brimmed hat and light, loose-fitting clothing if you go out in the heat.</p>
 <p>Avoid exercising during the hottest parts of the day. Try and exercise before 11am or after 3pm if you can.</p>	 <p>If you are going into open water (rivers, lakes and the sea) to cool down, take care and follow local safety advice.</p>

# Frozen Banana Lollies

## Ingredients

- 2 bananas
- 4 large strawberries
- 100g natural yogurt
- 200g dark chocolate
- 1 tbsp hundreds and thousands

You will also need:

- 4 wooden lolly sticks

## Method

### STEP 1

Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.

### STEP 2

When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.

### STEP 3

Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.

### STEP 4

Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.

### STEP 5

The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.



# Rainbow Fruit Ice-Lollies

How to make easy rainbow popsicles - these simple homemade fruit ice-lollies are fun to make and perfect for kids.

- Prep Time 10 mins
- Freezing 3 hrs
- Total Time 3 hrs 10 mins
- Servings: 6 ice-lollies

## Ingredients

- blueberries
- red grapes
- strawberries or raspberries
- tinned peach slices
- green grapes
- sugar free lemonade

## Instructions

Prepare the fruit - wash the blueberries, grapes and strawberries/raspberries, slice the grapes and the strawberries. Drain the peach slices and cut into small pieces.

Fill your ice-lolly moulds with fruit in the following order; blueberries, sliced red grapes, strawberries or raspberries, tinned peach pieces and green grapes. Make sure you fill them quite tightly so the fruit doesn't move around too much when the liquid is added.

Pour over the lemonade to fill the moulds. You might need to tap the

ice-lolly mould gently on the counter to

release any air trapped beneath the fruit, then top up with more lemonade until all of the moulds are full.

Carefully add a lolly stick to each mould, taking care not to disturb the rainbow layers too much.

Add the lid, then pop the ice-lolly mould into the freezer until completely frozen through. This may take a couple of hours or overnight, depending on your freezer.



# COMPLAINTS (QUARTERLY FIGURES)

This is a summary of our complaints figures for the year 2022/23. We have currently had no Stage 2 complaints.

## What is a Stage 1 and Stage 2 complaint?

A **Stage 1 Complaint** is when we will give you our

decision within five working days or less, unless there are exceptional circumstances.

A **Stage 2 Complaint** would be a situation where you remain dissatisfied after stage 1 and/or any complaints that clearly require investigation, and so are handled directly at this stage.

	QUARTER 1		QUARTER 2		QUARTER 3		QUARTER 4		Total
	CATEGORY		CATEGORY		CATEGORY		CATEGORY		
	STAGE 1	STAGE 2							
Received	2	0	1	0	4	0	2	0	9
Resolved	2	0	1	0	4	0	2	0	9
Unresolved	0	0	0	0	0	0	0	0	0
Total number of days to complete	12	0	1	0	4	0	2	0	19
Average number of days to complete	6	0	1	0	1	0	1	0	2.1

SPSO Complaints Breakdown	Contractor	Staff	Other
Q4	1	1	0
22/23	8	1	0

SPSO Complaints Breakdown	Upheld	Not Upheld
Q4	1	1
22/23	4	5



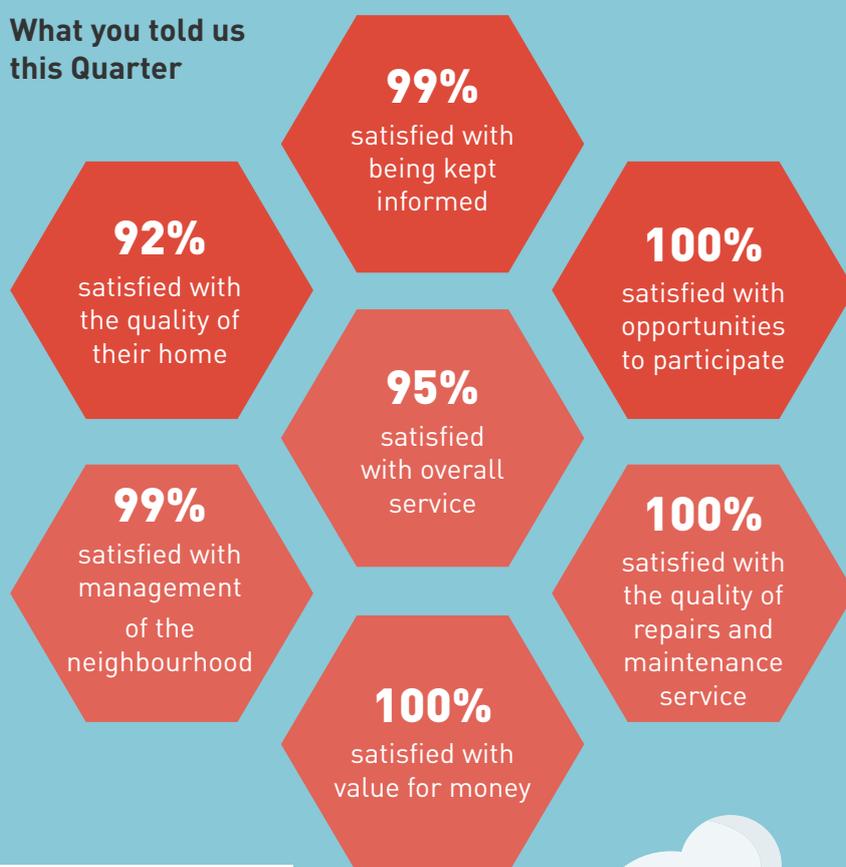
# Trafalgar Housing Association Quarterly Tenant Satisfaction Results

As advised in our spring Newsletter Research Resource carried out an in-depth satisfaction survey in April 2023.

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

Tenants were selected at random by Research Resource and we would like to thank the 177 tenants who participated and provided us with feedback to help drive improvement on the services that we provide.

## What you told us this Quarter



# Trafalgar receives National Lottery Community Funding for our tenants

Following on from the good news about our Winter Hardship Fund in the last newsletter we are delighted to announce that, in partnership with Dalmuir Park Housing Association, Trafalgar has been successful in securing grant funding of £20,000 (split between both associations) from the National Lottery, Cost of Living, Community Anchor Fund. With this funding we hope to help our tenants and families through unprecedented and difficult times. It is thanks to you for participating

in current and previous projects that made another joint funding application with DPHA a success. We asked all tenants if they wished to be considered for this cost-of-living assistance. Options included Food Vouchers, Cash Payments, Food & Household Essential Bags and Bedding including Duvet Sets. Due to the high level of response, once again Trafalgar has made the decision to top up our share of the grant funding to ensure that all our tenants receive the assistance they requested.



Trafalgar HA would like to thank The National Lottery Community Fund for giving us the opportunity to help our tenants and have a positive effect on their lives during these difficult times, and also Dalmuir Park Housing Association for their help in coordinating it all.

## Water Safety

The warm weather is here and as tempting as it is to take a dip in the local waters to cool off we have to advise that swimming in the River Clyde and the Clyde and Forth Canals is not recommended.

The River Clyde is an extremely dangerous place to swim even on the best days. There is debris that flows down the river, pollution and undercurrents that could make it difficult for swimmers to swim.

Scottish Canals also strongly discourage swimming in their canal network. Boat movements and lock operations can cause the water depth to change and create strong currents below the surface; and the confined space of the channels can reduce visibility for swimmers and other water users, including motorised vessels.



#RESPECTTHEWATER

### STAYING SAFE IN AND AROUND SCOTLAND'S WATERS

#### Stop and Think, Spot the Dangers

If you are thinking of being near or entering the water, have you considered the following?

Scotland's Waters can be very cold even in the summer which can lead to Cold Water Shock  
For more information: [watersafetyscotland.org.uk/coldwatershock](http://watersafetyscotland.org.uk/coldwatershock)

Keep off all frozen waters, they may not be able to handle the weight of a person

Check for any **signage** or **flags** which could warn you of potential dangers

**Alcohol/drugs** and coastal or inland waters don't mix - they can reduce coordination and impair judgement and reaction times

The **depth** of the water may hide **underwater ledges, hidden currents and unseen items**

Be aware of other water activities that may pose a threat to you

If it is safe to enter the water, ensure you have a safe way out

If you are at the coast have you considered **rip currents, offshore winds and the tide?**

#### Stay Together, Stay Close

It is better to go near the water with a friend or family member

**Float** – If you are in trouble in the water, float until you feel calm...then think what to do next

If you fall into water, fight your instinct to swim until cold water shock passes

Lean back, extend your arms and legs

If you need to, gently move your arms around

Float until you can control your breathing

Then call for help or swim to safety

#### In an Emergency, Call 999

If you see someone in trouble **DO NOT** enter the water

Look for a throw line or life ring to help whilst you wait on the emergency services

#### Call 999 or 112

For inland waters ask for the Fire and Rescue Service

For coastal waters ask for the Coastguard

**TOP TIP:** Thinking of taking part in a planned activity?

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.



# Cycle Sheds

Last year one of our residents suggested we look into getting cycle sheds for our tenants to provide a safe place for those in flats to store their bikes. This will also help improve the Health and Safety in the closes where some tenants store their bikes. We took this suggestion on board and looked for possible grants and suitable cycle sheds.

We applied to Cycle Scotland for a grant and are delighted to announce that we were awarded just under £30,000 for 5 storage sheds – 4 in Trafalgar Street and 1 on Spencer Street. Unfortunately, we then experienced a lengthy delay due to planning permission issues from West Dunbartonshire Council. After hitting many 'brick walls' we contacted our local councillor Lauren Oxley who worked with us and WDC to get planning approval. This was finally approved in May 2023 and the bike sheds installed on 26th June 2023. We will be in touch with the eligible tenants shortly to let you know how you can request a space and how we plan to allocate spaces.



We have put a lot of time and effort into deciding where best to place these sheds to ensure that those in our tenement flats get the best use. Each bike shed will hold 6 bikes and will lock securely.





West Dunbartonshire  
Health & Social Care Partnership

# Stepping Stones

Stepping Stones is a registered charity and user led organisation that provides a range of support services for people who experience common mental health problems. Available services are Support Work; Person Centred Therapy; Guided Self-Help; Peer Support; Peer, Wellbeing and Therapeutic Groups.

The services at Stepping Stones are available to people who reside in West Dunbartonshire and are aged 16 years and older. These services can be provided in the form of one to one support and/or group support.

#### Services Offered:

- Bereavement Support
- Counselling
- Loss & Grief Support
- Stress, Anxiety and Wellbeing Support



#### For more information contact:

Main Telephone Line & 24 hour voicemail facility: **0141 941 2929**

Mobile Phone – Texting and Callbacks: **07848 042521**

Email: [admin@stepstones.org.uk](mailto:admin@stepstones.org.uk)

Website: [www.stepstones.org.uk](http://www.stepstones.org.uk)

Address:

**Unit A10  
Whitecrook Business Centre  
78 Whitecrook Street  
Clydebank  
G81 10F**

## West Dunbartonshire Community Foodshare

**Open Monday - Friday 10am - 4pm - 01389 764135  
FREEPHONE 0800 345 7050**



West Dunbartonshire Community Foodshare offer a wide range of services to West Dunbartonshire residents in need.

- Emergency Food - emergency food parcels can be delivered to anyone in need across West Dunbartonshire, our food packs include fresh, frozen, ambient, bakery and toiletries. Deliveries are made the next working day.
- School Uniform Bank - new uniforms, school bags, jackets and shoes can be provided to those in need. This is dependent on funding and colour/size availability.
- School Holiday Brunch Bag - During school holidays brunch bags containing a breakfast and lunch for each day that the school is off can be provided. These are for children who would normally have access to Breakfast Clubs and school lunches and for families struggling with the additional food costs during holidays. They are able to run this project due to funding from Cash for Kids.
- Fuel Vouchers - They have access to Emergency Vouchers, which are for Gas & Electricity Top Up Meters. The vouchers are for anyone who is struggling financially. To apply you must meet our eligibility criteria.

If you need access to any of the services please call the numbers provided

# West Dunbartonshire Leisure

West Dunbartonshire Leisure invites you to come along to one of their leisure centres which is packed full of activities for all ages and abilities including our very popular week long camps.

The 2023 Summer Break programme caters for children from pre-school to juveniles. It includes all your favourite activities such as 5 day camps, mini movers, bounce busters, Friday night pool fun sessions, baby bubbles, pool inflatable sessions and juvenile gym sessions. The ever popular pool lane sessions are also on each week day.

Free Juvenile Swim sessions for WDC resident school pupils between 11.00am and 3.00pm. A valid WD Leisure Card must be presented at reception.

Free Juvenile gym sessions for WDC resident school pupils between 12.00am and 4.00pm. A gym induction must be completed prior to gaining access to the gym, and a valid WD Leisure Card must be presented at reception.

Remember swimming for only £1.00 is available for all West Dunbartonshire school pupils during the School holiday outwith the free session times. A valid WD Leisure Card is required.

To find out more and book any of the activities please visit the below website.

<https://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/holiday-programmes/leisure-centre-holiday-programme/>



**Summer of FUN with WD Leisure**

- Free swimming 11am - 3pm all WD School Kids
- Free Gym 12yrs+ 12-4pm all WD School Kids
- £1 swims for all WD School Kids outwith free sessions
- Multi Sports, Gymnastics & Football Camps
- Summer Camps week and day passes 8-12yrs Meadow & CLC
- Swim School pre school & beginners
- Pool Inflatable & Fun Sessions 8yrs+Meadow
- Bounce Busters 5-8yrs Meadow & CLC
- Mini Activators pre 5's CLC
- Mini Movers pre school Meadow & CLC
- £6 family swim Vale Tuesdays
- Baby Bubbles Swimming pre 5's Vale Pool
- Half price Juvenile Inductions all sites



**Clydebank Leisure Centre**

**Summer Camps**

8-12yrs

£50 - week or £12.50 per day

17th - 21st July & 31st July - 4th August

9am - 3.30pm

Organised games, coaching and pool fun!

Book now via the APP or by calling 0141 951 4321

# Home Energy Scotland

Home Energy Scotland is an energy advice service funded by the Scottish Government which helps people in Scotland create warmer homes, reduce their energy bills and lower their carbon footprints. The service has no affiliation with an energy providers and will never cold call.

The Home Energy Scotland Team can:

- Provide practical tips and impartial advice for reducing the amount of energy you use at home to keep your bills low.
- Help you get benefits and tax credit checks so you're not missing out on additional funding.

- Direct you to help with financial support like debt, emergency funding and fuel vouchers.

If you or someone you know is worried about energy bills please contact the office on **0141 952 4676** for a referral to Home Energy Scotland. Alternatively you can contact them on Freephone **0800 808 2282**, send an email to [adviceteam@sc.homeenergyscotland.org](mailto:adviceteam@sc.homeenergyscotland.org), or request a call-back via their website at [homeenergyscotland.org](http://homeenergyscotland.org)



# 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



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