



Trafalgar

THE
NEWSLETTER
OF TRAFALGAR
HOUSING
ASSOCIATION

TIMES

Summer 2024



PUBLIC HOLIDAYS

Office Closure

The office will be closed on the following dates:

Glasgow Fair

- Friday 12th July 2024
- Monday 15th July 2024

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

RUBBISH, LITTER AND BULK ITEMS

Unfortunately we have noticed an increased volume of litter, rubbish and bulk items being left across our estates.

Please be mindful when disposing of your general waste that it is secured in a tied rubbish sack and placed inside your black general waste bin. We have had the unfortunate incidents recently where used nappies and sanitary items have been left within our bin stores and on the kerb side. Not only is this extremely unhygienic and unsightly but this, along with other general waste and food items poses a serious health and safety to the children and residents in our communities and is a major contributing factor in attracting vermin. If your property does not have an allocated bin in please contact the association to discuss.

Trafalgar Housing Association provides a bulk uplift service on the last Friday of each month, please bare this in mind when planning on disposing of large bulk items such as furniture, white goods or even bulk cardboard boxes. Should these



items be left outside prior to the last Friday of the month the tenant is responsible for the removal of these items themselves and should not be left for any period of time leading up to the last Friday of the month.

Trafalgar has always taken a lot of pride in the presentation of our estate and it is in everyone's best interest to

ensure our estates stay clean and tidy and contributes to being an enjoyable area to live.

Please do not hesitate to contact our office should you witness anyone dumping any of these items as stated above as this is a breach of tenancy and appropriate action can be taken, if we are made aware at the time.

Stephen Boag – Housing Manager



All at Trafalgar Housing are delighted to welcome Stephen Boag to our staff team as the new Housing Manager. Stephen started with the Association on 28th May 2024 and comes with 20 years of housing experience working with West Dunbartonshire Council. Stephen is looking forward to meeting you all and working with our Trafalgar community.

Vandalism

We know that most of our residents take pride in their homes and our communities, so it can be extremely frustrating to find vandalism in our neighbourhood.



Unfortunately we have had several serious incidents of vandalism taking place recently on Trafalgar Street. We would, therefore, ask all our residents to be vigilant and cautious. If your property is vandalised or you feel targeted or harassed in any way please contact the Police immediately and then inform the office. If you witness any vandalism to your neighbour's property you should also report this to the Police.

We have several CCTV cameras in operation across our stock. These are being monitored and any relevant information passed to the Police.



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 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.

Enter our 2024 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 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!

If you want your back garden to be included in the competition then please contact the office and we can arrange for a visit to take place.

All entries will be judged in July/August 2024. The winner and our runners up will be announced at our next AGM in September and will receive a prize. Photos from the winning gardens will be printed in the Autumn edition of our newsletter.

Happy Gardening!



Residents Panel



As advised in our spring newsletter we are looking to re-instate our Residents Panel. This is a great opportunity for you to get involved in the association and help improve our standards of service.

The Residents Panel will discuss and give their view on different aspects of the association's services and performance and advise where improvements could be made. The panel may also be consulted on policies that affect residents and other service users.

We are hoping to hold the next Residents Panel meeting in July in the office, or via Microsoft Teams if preferable for you, and discuss the following topics:

- The role of the Residents Panel
- Close cleaning
- Ground Maintenance
- Tenant Satisfaction Results
- This a voluntary unpaid role that will allow you to meet your neighbours, enhance your skills and experience and positively impact your local community.

We appreciate that your time is valuable, so we'll make sure that we don't take up too much of it.

Our Residents Panel will meet monthly for around an hour/ hour and a half and if you attend in person we will supply tea and biscuits!

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

If you are interested and would like to attend one of our meetings before committing to join our panel please get in touch and we will arrange this.

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

Website: www.stepstones.org.uk

Address: Unit A10, Whitecrook Business Centre, 78 Whitecrook Street, Clydebank G81 1QF



West Dunbartonshire
Health & Social Care Partnership



Committee Meeting Updates

Our last Committee meeting was held on Wednesday 28th May 2024 remotely over Microsoft Teams.

- Health and Safety Updates
- Equalities Report from Research Resource

Items of interest discussed at our recent committee meetings:

- Consolidated Action Plan Update
- ARC Summary Report
- Quarterly Management Accounts to 31/03/24
- Five Year Financial Projections

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.

WDC Leisure Centre

Summer Break

Fun 2024



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 the very popular week long camps.

The 2024 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. Our popular pool lane sessions are also on each week day.

WDC funded free summer activities for school pupils:

- **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 12.00noon 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.

Full details can be found on the WDC Website:

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

West Dunbartonshire

Community Foodshare

Together we can make a difference

Scottish Charity Number: SC044248

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.



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.

Email: contact@menmatterscotland.org

Tel: 0141 944 7900

Facebook: Men Matter Scotland



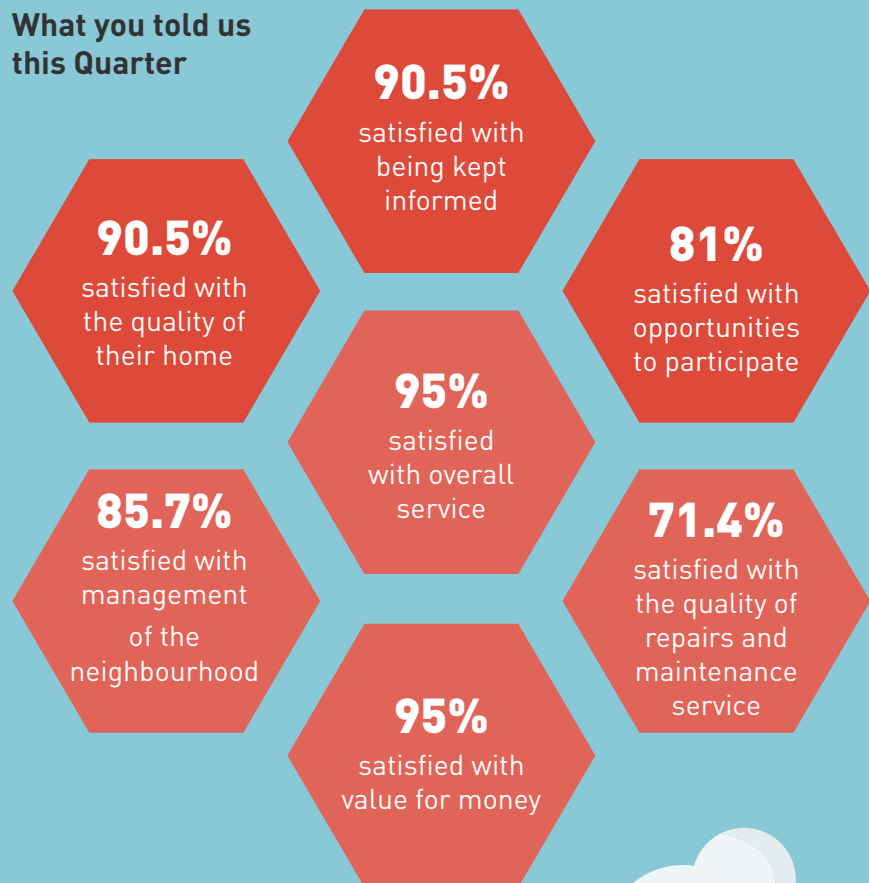
Trafalgar Housing Association Quarterly Tenant Satisfaction Results

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 Phil 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

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



PUZZLE CORNER

Can you find the 10 differences?

JUST FOR FUN!



**NO-
CHURN**

VANILLA ICE CREAM

Ingredients

- ½ a 397g can sweetened condensed milk
- 600ml pot double cream
- 1 tsp vanilla extract

Method

Put the condensed milk, cream and vanilla into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid (ideally overnight or longer).

**NO-
CHURN**

CHOCOLATE ICE CREAM

Ingredients

- 200g dark chocolate (at least 70% cocoa solids), chopped into small pieces
- 500ml double cream
- 340g can sweetened condensed milk
- 1 tsp vanilla extract
- 3 tbsp organic cocoa powder, sifted
- 50g milk chocolate chips

Method

STEP 1

Melt the chocolate in a heatproof bowl set over a pan of just-simmering water, ensuring the bowl doesn't touch the water, or do this in the microwave in 20-second bursts until smooth and glossy. Leave to cool slightly. Pour the cream, condensed milk and vanilla into a second bowl and beat for 3 mins using an electric whisk until slightly thickened and the beaters leave a trail in the mixture when lifted across the bowl. Be careful not to overwhip, as you don't want the mixture to be too stiff – as soon as the beaters leave a trail, it's ready.

STEP 2

Gently fold the melted chocolate and cocoa powder into the cream mixture until thoroughly combined, ensuring the spatula is reaching the bottom of the bowl so all the chocolate gets mixed in. Fold in most of the chocolate chips, reserving a small handful. Scrape the mixture into a 1-litre freezerproof container, then scatter over the reserved chocolate chips. Cover and freeze for at least 6 hrs until firm but scoopable. Will keep frozen for up to a month. To serve, scoop the ice cream into chilled bowls or ice cream cones.

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 15). 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 are looking to re-instate our Residents Panel. This is a great opportunity for you to get involved in the association and help improve our standards of service.

The Residents Panel will discuss and give their view on different aspects of the association's services and performance and advises where improvements could be made. The panel may also be consulted on policies that affect residents and other service users.

We are hoping to hold the next Residents Panel meeting in May in the office, or via Microsoft Teams if preferable for you, and discuss the following topics:

- The role of the Residents Panel
- Close cleaning
- Ground Maintenance

- Tenant Satisfaction Results

This is a voluntary unpaid role that will allow you to meet your neighbours, enhance your skills and experience and positively impact your local community.

We appreciate that your time is valuable, so we'll make sure that we don't take up too much of it.

Our Residents Panel will meet monthly for around an hour and a half and if you attend in person we will supply tea and biscuits!

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

If you are interested and would like to attend one of our meetings before committing to join our panel please get in touch and we will arrange this.



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