



Trafalgar TIMES

THE
NEWSLETTER
OF TRAFALGAR
HOUSING
ASSOCIATION

Summer 2025

TRAFALGARS 35TH ANNIVERSARY

**- What we
are doing
so far..**

- We would like to upgrade the play park in Trafalgar Street as part of the 35th Anniversary. Please let us know any suggestions you have. Please note we may chat to children in the park to get their ideas as well.
- We are arranging for a commemorative bench for our late Director Paul McShane to be situated in the park.
- Following a suggestion we are arranging for hanging flower baskets to be put up in both the Trafalgar and

Terraces areas in the coming months to brighten up the community.

- We will have a monthly prize draw for a £35 voucher of your choice – Asda, Omniplex Cinema, TenPin Bowling etc. Please let us know if you do not wish to be included in this draw. This will start in July and run until the end of our 35th year in February 2026.



Office Closure Dates

Please note the office closure dates below for the summer period.

Friday 18th July 2025 & Monday 21st July 2025

Should you have an **EMERGENCY REPAIR** during these times 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 increase in the volume of litter, rubbish and bulk items being left across our estates.

Please make sure when disposing of your general waste that it is secured in a tied rubbish sack and placed inside your black general waste bin. There have been some 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 risk to children and residents in our communities and is a major contributing factor in attracting vermin. If your property

does not have an allocated bin please contact the association to discuss.

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

Should these items be left outside prior to the last Friday of the month, tenants are responsible for the removal of these items themselves and they should not be left for any period of time leading up to the last Friday of the month.

Trafalgar and our residents have always taken a lot of pride in the presentation of both our estates and



it is in everyone's best interest to ensure they stay clean and tidy and are enjoyable places to stay.

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.

Committee Meeting Updates

Our last Committee meeting was held on Wednesday 21st May 2025 in our office in Dumbarton Road and remotely over Microsoft Teams for those unable to attend in person.

Items of interest discussed at our recent committee meetings:

- Qtr 4 Management Accounts
- CAP Update
- Loan Portfolio
- Five Year Financial Projections
- ARC Return
- Directors Report
- Internal Audit Reports



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.

We are always looking for new members to join our Management Committee to take part in important decisions. Recently this has included deciding the future of Trafalgar Housing Association in our Options Appraisal. We are delighted to confirm that the Management Committee voted in favour of remained independence for the Association.

COMMUNITY TRANSPORT



West Dunbartonshire Community Transport have been providing health appointment transport for citizens of West Dunbartonshire from 1st April 2022 for citizens who cannot use public transport.

If you feel you or someone else can benefit from the service, the patient will need to register themselves and meet the following criteria:

- Patient is able to get in and out of a private car
- Patient cannot use public transport

For further information and bookings email wdctag@gmail.com or phone Alan on **07990 825754** to arrange an initial conversation.

You can also check out **West Dunbartonshire Community Transport Action Group** on Facebook.



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 2025 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. This still gives you 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 wish your rear garden to be considered please send some pictures in to us on admin@trafalgarha.co.uk or we can arrange a time to visit.

All entries will be judged in July/August 2025. The winner and our runners up will be announced at our 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!

West Dunbartonshire Community Foodshare

Provides emergency food aid parcels to anyone who requires it.

Self referrals or agency referrals.

Delivered to your home.

By calling **01389 764135**, Tuesday to Friday;
FREEPHONE **0800 345 7050**

By texting HELP to **07483 373031**;

Through email wdcommunityfoodshare@outlook.com

Facebook page for up to date information <https://www.facebook.com/West-Dunbartonshire-Community-Foodshare-695908630505272/>



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

Residents Panel Update

Topics covered at our meeting in April and June included Trafalgar's 35th Anniversary, the Options Appraisal, and the initial consultation on the Allocations Policy.

Our next meeting date is scheduled for 14th August 2025.

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 and to ensure your voice is heard. 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 every 2 months 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**.



10 summer wellbeing Tips to Help You Enjoy the summer Season

We explore ten essential summer wellbeing tips that can help you stay healthy, rejuvenated, and make the most of the summer season.

1. Stay hydrated

As temperatures rise, it becomes crucial to keep your body well hydrated. Increase your water intake, drinking little and often. You can include refreshing beverages such as infused water, herbal teas, or freshly squeezed juices. Avoid excessive consumption of sugary drinks and alcohol, as they can lead to dehydration.

2. Protect your skin

While sunlight is essential for our overall health, overexposure to harmful UV rays can damage our skin. Remember to wear sunscreen with a high SPF, cover up with lightweight clothing, and use hats and sunglasses to shield yourself from the sun's rays. Don't forget to reapply sunscreen regularly, especially if you're spending prolonged periods outdoors or swimming!

3. Embrace healthy eating

Summer is the perfect time to indulge in fresh, seasonal fruits and vegetables. Opt for light, nutritious meals that incorporate a variety of colorful produce. Include hydrating foods like watermelon, cucumbers, celery and strawberries in your diet. Additionally, be mindful of your portion sizes and try to avoid heavy meals that can leave you feeling sluggish.

4. Stay active

Take advantage of the pleasant and mostly drier weather, and engage in outdoor activities. Whether it's going for a swim, cycling, hiking, or playing a sport, find activities that you enjoy and get moving. Regular exercise not only improves physical health but also boosts mood and reduces stress.

5. Practice sun safety

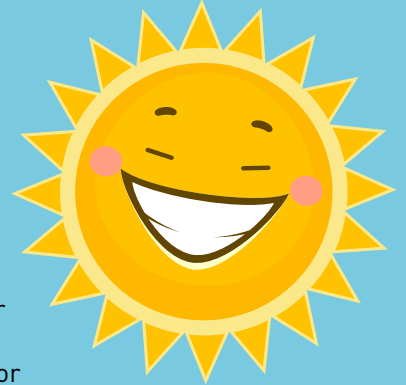
When spending time outdoors, it's crucial to take precautions to prevent heat-related illnesses. Stay in shaded areas during peak hours of sunshine, and wear lightweight, breathable clothing. Remember to listen to your body and take breaks when needed.

6. Prioritise restful sleep

Adequate sleep is essential for your overall wellbeing at all times but particularly in the summer months when warm nights can make it hard for us to get the sleep you need. Create a cool, comfortable sleep environment, use light bedding, and consider using a fan if needed. Stick to a consistent sleep schedule to help regulate your body's internal clock.

7. Practice mindfulness and relaxation

Summer is an excellent time to slow down, unwind, and practice mindfulness. Find moments to relax, whether it's through meditation, deep breathing exercises, or simply spending time in nature. Allow yourself to fully enjoy the present moment and savour the beauty of summer.



8. Take time out

We know the school year can be extremely hectic and full of expectations for both parents and children, so it is important you allow yourself time to decompress in the summer break. For some this can be rest and relaxation; whereas others may prefer to reset by doing something they enjoy. Prioritising recovery is important as it is harder to build healthier habits when stressed.

9. Stay socially connected

It's a great time to engage in social activities with friends and loved ones. Plan outdoor gatherings, picnics, or barbecues, but remember to follow local guidelines for safety. Social connection and spending quality time with friends and loved ones is essential for our mental and emotional wellbeing.

10. Stay positive and grateful

Lastly, maintain a positive mindset and practice gratitude. Embrace the joys of summer, appreciate the beauty around you, and focus on the things you are grateful for. A positive outlook can enhance your overall wellbeing and help you make the most of these warmer, sunnier months.

Summer is a season that offers ample opportunities to put your wellbeing at the top of your to-do list! By following these ten essential summer wellbeing tips, you can ensure that you stay healthy, happy, and fully embrace the joys of the summer season. Remember to take care of your body, mind, and soul, and savour the enjoyable experiences that summer has to offer.





Leisure Centre Summer Fun 2025

The West Dunbartonshire Leisure Summer programme 2025 runs from Friday 27 June 2025 - Thursday 14th August 2025.

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

The 2025 Summer programme caters for children from pre-school to juveniles. It includes all your favourite activities such as mini movers, bounce busters, Friday night pool fun sessions, baby bubbles, pool inflatable sessions and juvenile gym sessions. The popular pool lane sessions are also on each week day.

Full details can be found on the website below:

<https://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/holiday-programmes/meadow-vale-clc-summer-2025-programme/>



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 12.00am 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 £1.50 is available for all West Dunbartonshire school pupils during the School holiday outwith the free session times. A valid WD Leisure Card is required.

Faifley Upcycling

Every Tuesday 10-12 at
Faifley Parish Church.

Free clothing for children and adults, uniforms, household goods, curtains, bedding, and small furniture

Donations accepted at the same time

Full details and enquiries on Facebook "Faifley Upcycling"



Trafalgar Housing Association

Quarterly Tenant Satisfaction Results

(1st Quarter – April to June 2025)

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



M.I. Housing Services Ltd carry out the Association's Satisfaction Surveys

The surveys help the Association to identify areas of tenant concern and make appropriate service changes. The feedback also tells us what you think we are doing well!

We are keen to get feedback from our tenants and offer various survey methods to enable you to participate, including postal, online, face to face and telephone interviews. If you would like the questionnaire in large print, please let us know. If English is not your first language, we provide multilingual tools to allow you to share your feedback with the Association. Please let us know if you have a preference on how you would like to participate.

We can assure you the information you provide will be treated as confidential and will only be used on behalf of the Association and regulated business.

To help the Association continue to provide a high level of service, we would be grateful if you could assist by participating in the surveys when contacted.

Everyone who provides a response to the monthly repair survey is automatically entered into a random prize draw with the winner receiving a £20 Asda voucher!

If you ever have an urgent enquiry or feedback you can contact the office at any time during normal office hours on **0141 952 4676** or email us at **admin@trafalgarha.co.uk**

If you would like some information on how to become more involved in decision making at Trafalgar please contact the office and we would happily discuss this with you at a time that suits you.



Repair Satisfaction Survey Winners

We would be grateful if you could answer the short repairs satisfaction survey should you get contacted by MI Housing as this helps us to improve our service. By taking part in this survey you will automatically be added in to our monthly prize draw to win a £20 Asda voucher.

Our winners for January to April are as follows.

- January - Joanne Gillespie
- February - Dawn Watson
- March - Caroline McGowan & Douglas Cameron
- April - Agnes Graham





The UK's biggest mutual exchange service,
with over 400,000 registered users

Over
200,000
live adverts

Over
10,000
swaps

successfully completed in the last six months



HomeSwapper is **free** for our tenants to use and is available 24 hours a day, every day of the year. With easy registration and search tools, instant messaging and the unique Multiswap tool, it will help you find the swap that's right for you.

Free
HomeSwapper App

How to use HomeSwapper

- 1 Visit www.homeswapper.co.uk and click register. You can register with Facebook if you like.
- 2 Tell us about the home you want, and the home you've got - make sure you upload photos!
- 3 We'll find matches for you, or you can run your own search to find exactly what you're looking for.
- 4 Contact your matches and chat to the current tenant using the in-system messaging.
- 5 Once you've agreed a swap, ask your landlord for the paperwork.

Keep a note of your login details here:

Username

Password

If you need help

Email the helpdesk
tenants@homeswapper.co.uk



Facebook
HomeSwapperOfficial

Find out more at
www.homeswapper.co.uk

You
said...

We
did...

You
said...

The trees in the back of the communal gardens on Dumbarton Road are too big and are blocking light coming in to the rear of the property and shading the whole of the back court. They are also causing a lot of leaf and branch debris in the garden area.

We
did...

We have reduced 9 Hornbeam trees in the rear communal gardens of 426 - 434 Dumbarton Road by 30%. This should hopefully increase natural light in to the garden areas and rear of the properties, and also reduce the leaf branch debris.



You
said...

The cars speed up and down Trafalgar Street and we need additional traffic calming measures. There is a lot of mess left by the binmen after bin collections. The grass across the road on Crown Avenue does not get cut and looks untidy.

We
did...

We invited local Councillor Lauren Oxley in to the office to discuss all of your issues raised. She will put these forward to the council and we will advise an update once we have one. We have also invited Cllr Oxley to attend our AGM in September so she can discuss the issues with you.



REFRESHING BERRY SMOOTHIE

INGREDIENTS

- 1 small ripe banana
- Apple Juice or Water
- About 140g blackberries, blueberries, strawberries or raspberries (or a mix)
- Runny honey

METHOD

- Slice the banana into your blender or food processor and then add the berries of your choice and mix until smooth (keep some berries for a garnish)
- While it is still mixing add the juice or water to the consistency you like
- Pour into a glass and garnish with some berries on top and drizzle with honey

Sit back and enjoy!

How well have you read our newsletter?

WIN a £10 Asda voucher

Read our newsletter, answer the below questions and send them in to us by Friday 18th July and you could win a **£10 Asda voucher**. Answers can be handed in to the office or emailed in to admin@trafalgarha.co.uk

1. What anniversary is Trafalgar celebrating this year?

.....

2. What is the potential prize for completing our repairs survey?

.....

3. What day of the month is the bulk uplift service operated?

.....

4. What is the address to nominate our "good neighbour" to?

.....

5. What % of tenants are currently satisfied with being kept informed?

.....

Name:

Address:

.....

Telephone:



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

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www.trafalgarha.co.uk



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this magazine please recycle it.



SCAN ME