



# Trafalgar

THE  
NEWSLETTER  
OF TRAFALGAR  
HOUSING  
ASSOCIATION

## TIMES

Winter 2025

**FREE  
EVENT**

# WINTERFEST

FRIDAY 12 DECEMBER 2025

**HOT  
DRINKS**

**BURGER  
VAN**

**BAG PIPING  
SANTA**

**DJ**

**SANTA'S  
GROTTO**

**FACEPAINTING**

**AND  
MORE!**

**MEET  
SANTA!!!**



**FRIDAY 12 DEC 2025 – 5:30PM – 7:30PM**

**MEET AT BEARDMORE SCULPTURE**

**NEXT TO DPHA OFFICES, 631 DUMBARTON ROAD G81 4EU**

Trafalgar Housing Association

430a Dumbarton Road, Dalmuir, Clydebank G81 4DX

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



## OFFICE CHRISTMAS CLOSURE

Please note the office will close on  
**Tuesday 23<sup>rd</sup> December 2025 at 4pm** and will  
re-open at **9am on Monday 5<sup>th</sup> January 2026.**  
Should you have an **EMERGENCY REPAIR**  
during this time please contact Bield,  
our out of hours service on  
**0800 783 7937.**

## Policy Review Focus Group

We are looking for tenants to join our new policy review focus group.

The focus group would be sent new and existing policies to review and then provide feedback to staff about suggested amendments. Tenants would also be welcome to come into the office to review the policies if preferred.

We would welcome any tenants who would like to share their thoughts and feedback on our policies due for review and any amendments. Please contact the office on **0141 952 4676** or via email at **admin@trafalgarha.co.uk**

## Prize 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 winner for August was Victoria Cosgrove.

## 35th Anniversary Prize Draw

To celebrate our 35<sup>th</sup> Anniversary we have been holding a prize draw every month in which the winner will receive a £35 voucher for a place of their choice.

Our winners so far are as follows:

- ✱ June – Kellyann Duncan – £35 Asda Voucher
- ✱ July – Carol Cochrane – £35 Asda Voucher
- ✱ August – Mary Mullen – £35 Asda Voucher
- ✱ September – Elizabeth Murray – £35 Iceland Voucher
- ✱ October – Georgina Bainbridge – £35 B&M Voucher
- ✱ November – Mr & Mrs Mortimer – £35 Asda Voucher

## 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.





## Residents Panel

Topics covered at our August and October meetings included policy consultations, tenant satisfaction results, waste management, ground maintenance and feedback from a local councillor on a number of issues raised.

Our next meeting date is scheduled for January 2026.

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](mailto:admin@trafalgarha.co.uk), or you can call us on **0141 952 4676**.

## Men Matter Scotland

Men Matter Scotland is a suicide prevention and mental health charity based in a hub located Drumchapel. They run weekly groups, sessions and activities, facilitated on a peer to peer basis where men can meet in a safe and friendly place, talk openly, be listened to and feel supported without judgment within a confidential setting from people who are equal to you – your peers.

Men from all walks of life come together daily/ weekly to share their experiences, their struggles and their advice with one another. In our peer support network and groups you are able to talk to other men who have first-hand lived experience of similar situations. Men can come along, take part, have fun, get fit, meet new people.

Or men can simply come along, see what we are about and listen without any pressure to talk.

**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](mailto:contact@menmatterscotland.org)**

**0141 944 7900**

**Facebook : Men Matter Scotland**





# Trafalgar Housing Association

## Quarterly Tenant Satisfaction Results

(3rd Quarter – October to December 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





# 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

## Committee Meeting Updates

Our last Committee meeting was held on Tuesday 21st October 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:

- Annual Assurance Statement
- Qtr 1 Maintenance Report
- Arrears Report to 30<sup>th</sup> September 2025
- Feedback from a conference attended by one of our members
- 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.

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.





# 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.







# WINTER DRIVING

During the winter months, drivers face increased risks on the road. Cold temperatures, slippery surfaces, reduced daylight, and unpredictable weather conditions can affect visibility and vehicle control, often with little warning. These challenges highlight the importance of careful preparation and sensible decision-making to support safe travel for drivers, passengers, and members of the public.

Effective winter driving starts with vehicle maintenance. Tyres must have sufficient tread depth to maintain grip on icy and wet roads, and pressures should be checked frequently as colder air can reduce inflation levels. Brakes, lights, indicators, heating systems, and demisters should be tested regularly. Windscreen washer fluid must be winter grade to prevent freezing, and wiper blades should clear the glass effectively without smearing. Batteries are more susceptible to failure in low temperatures, making regular checks especially important. Ensuring fuel tanks are kept topped up helps prevent breakdowns and allows heaters to remain in use if delays occur.

Planning is a critical part of winter driving. Weather forecasts, gritting plans, and travel bulletins should be reviewed before setting out. If heavy snow, ice, or high winds are expected, adjusting start times, selecting safer routes, or postponing non-essential journeys may be necessary. Allowing extra time reduces the likelihood of rushing and supports safer operation of the vehicle. It is also important to ensure that locations being visited are accessible and safe to approach during adverse conditions.

Driving behaviour must adapt to seasonal hazards. Stopping distances can increase dramatically, with up to ten times the usual distance required on ice. Drivers should reduce speed, maintain a wider following gap, and operate pedals smoothly to avoid wheel spin or skidding. Harsh braking, sharp cornering, and rapid gear changes should be avoided. Particular caution should be taken on bridges, untreated rural roads, and shaded areas where black ice frequently forms.

Visibility can deteriorate quickly in winter due to fog, sleet, falling snow,

and early darkness. Windscreens and mirrors must be cleared fully before starting a journey — not just a small viewing patch. Drivers should use dipped headlights whenever visibility is limited, and ensure all lights remain clean to maximise effectiveness.

Safe manoeuvring, parking, and personal movement outside the vehicle remain essential to prevent slips, trips, and collisions.

Carrying suitable emergency equipment is best practice. Useful items include an ice scraper, de-icer, a torch, high-visibility clothing, warm layers, water, phone charger, snow shovel, and a first aid kit. These provisions help ensure that if a breakdown or delay occurs, help can be summoned and drivers remain safe until assistance arrives.

Winter driving demands additional awareness, preparation, and patience. By maintaining vehicles correctly, planning ahead, adapting driving techniques, and remaining alert to changing conditions, risks can be significantly reduced.





# Trafalgar Together

Trafalgar is launching a new community outreach project called "Trafalgar Together" which includes an Emergency Kitchen Cupboard for tenants in need of kitchen, toiletries or other household essentials. If you find yourself in need of some emergency supplies, you can visit the office or call for delivery to your door.

The staff at Trafalgar, along with a very generous donation from our contractor HiFlow have stocked the cupboard so far, and we will be asking local businesses for donations to help their local community. If any tenants feel they are able to help with donations then these can be dropped off at the office or collection arranged by phoning 0141 952 4676.

We are pleased that our pantry has already been able to help a handful of tenants with emergency food parcels and kitchen essentials. We appreciate this can be a sensitive issue; however PLEASE contact us if you are struggling and we will help you in any way we can.



## Trafalgar Together



We will be holding a community event on Wednesday 10<sup>th</sup> December 2025 in Singer Bowling Club from 10:30am – 2:30pm.

All staff will be available for any housing related enquiries from 10:30am. Free hot rolls, tea / coffee / soft drinks will be available from 11:30am followed by free entry cash prize bingo.

This is available to all tenants and

residents of Trafalgar Housing Association. If you don't fancy the bingo please attend for a hot roll and some company.

We look forward to seeing you all there.

Singer Bowling Club  
Boquhanran Road  
Queen Mary Gardens  
Clydebank  
G81 3BE



# All Together to Prevent and End Violence Against Women and Girls in West Dunbartonshire

Coercive control is when someone repeatedly behaves in a way that makes another person feel trapped, frightened, confused or dependent.

This can involve things like violence, threats, bullying, embarrassment, or manipulation. It is not always extreme, sometimes it is small things, like comments that make the person feel guilty or unsure of themselves.

Over time, the person may start to doubt themselves, ask permission for things they used to do freely, and change their behaviour and choices to avoid tension, being given the silent treatment or fights.

If someone controls who you speak with, who you see, isolates you from the people that love and care for you...

**THIS IS COERCIVE CONTROL.**

If you, or someone you know is going through this, there is support available.

I heard you on the phone to your mother again.

She just wanted a chat, not seen her in three weeks

Was she filling your head with lies about me as usual?

She doesn't do that, didn't say anything about you

She hates me and you know it, she is destroying our relationship and you don't care

That is not true, she just miss seeing me more often

If you truly loved me, you would stop speaking to that witch...

## Specialist Services



[www.wdhscp.org.uk/violence-against-women-and-girls/](http://www.wdhscp.org.uk/violence-against-women-and-girls/)

## Domestic Abuse Disclosure Scheme Scotland



<https://www.scotland.police.uk/advice-and-information/domestic-abuse/disclosure-scheme-for-domestic-abuse-scotland/>

If you don't have internet access, you can phone the **Scottish Domestic Abuse and Forced Marriage helpline** on **0800 027 1234** which is available 24/7 and can support and signpost or refer to local services. You can also communicate with them through **Text and WhatsApp** on **07401288595**.  
**In an emergency always phone 999.**





# CHRISTMAS CROSSWORD



HO  
HO  
HO

2

7

9

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10



# Kids Handprint Christmas Wreath

## You will need:

- Pen
- Cereal Box
- 6-8 green colored card; at least 2 different shades. The amount depends on how big your child's hand is.
- Red card (stickers or pom poms would also work)
- Scissors
- Glue
- Large round plate
- Small round plate/bowl
- Ribbon

## Method:

### Step 1.

Open out the cereal box and trace your child's hand onto the inside of the box to make a template. (*This is the hardest part about the whole thing... trying to get your child not to move!*) Cut out the hand template and set aside.



### Step 2.

On one sheet of green card trace round the large plate for the circle for your wreath. Place your smaller plate/bowl in the center of your wreath and trace. The thickness of your wreath will be determined by how big or small your child's hand is. If you are doing baby hands, you might want to go with a slightly thinner wreath.

### Step 3.

Cut out the circles.



### Step 4.

Using your hand template, trace and cut out about 20-25 hands out of the remaining green colored card (Splitting equally between the two shades.)

### Step 5.

Using the glue stick the hands on to the wreath template ensuring it is completely covered. Turn the hands over on half of them so the fingers and thumb aren't all facing in the same direction.



### Step 6.

Finish off by adding some 'red berries' out of the red card, stickers or pom poms.

### Step 7.

Add a ribbon at the top to hang it up.





# 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**  
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SCAN ME