

TLC'S GOOD NEWS NEWSPAPER



FREE

ISSUE 02: JULY 2024

from Together Leading Communities

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TLC 'GOOD NEWS' – A NEWSPAPER TO 'WARM THE SOUL'

TLC Good News Newspaper was formally
launched in Saracen House

**YOUR FREE
GOOD NEWS
NEWSPAPER**
**WE WANT YOUR
GOOD NEWS SO
SEND US YOUR
STORIES!**

A newspaper to 'warm the soul' was the description given by attendee Evelyn Gibson as the first edition of TLC Good News newspaper was formally launched in Saracen House by Lord Provost of Glasgow, Jacqueline McLaren to a large crowd in Possilpark on Tuesday 18th June.

The FREE monthly newspaper, which will initially cover Glasgow and Renfrewshire, is produced by Together Leading Communities Ltd, a company with community at the centre of its approach. The concept of producing the paper was from company founder, Margaret Fraser with the high-quality design and

layout of the paper produced by co-director, Julie Layden.

Lord Provost, Jacqueline McLaren, was highly impressed with TLC Good News newspaper and said:

"The launch of this new platform is a fantastic way to highlight the extraordinary and inspirational stories coming from the heart of our local communities. It is wonderful to see the commitment of TLC Good News to sharing positive and uplifting stories which champion those who make a real difference, every day, to many in their community. Congratulations to all those involved, and I wish them the

best of luck with their venture."

The TLC Good News first edition has brought together a wide range of stories of the amazing work of individuals, groups and local businesses are carrying out in their communities. It also highlights the courage and resilience of individuals who have overcome personal challenges and make a huge positive impact on their communities. An example of this is the courageous story of Cor Hutton, who is a quadruple amputee, and the founder of Finding Your Feet charity. Despite her life changing experience, she has a 'no limits' attitude and successfully completed the Machu Pichu trek,

with some of her staff, to raise funds for Finding Your Feet.

Other stories included 'In Conversation with Karen Dunbar, Rapping Grannies from Possilpark, St Mirren Foundation 'Menopause Goals – Celebrating the second half' and many more.

Tony Fitzpatrick, ex footballer, is a regular Feature writer and shared his first article – These boots are made for running! His view of the newspaper is that 'there is nothing so powerful than an idea that comes at the perfect time and there is no time like the present for this!'

Cont'd on page 2



A Local Hero who walked on the Wilderness side!

From Springburn to the Himalayas....the Inspiring story of National Hero, Tom Weir.....*read the full story on page 17*

In conversation with Gerry Facenna

Gerry reflects on his early life, his dream as a young boy to succeed, followed by his determination to become an entrepreneur.....*continued on pages 12 and 13*



Pinkston Water Sports celebrate 10 years

Pinkston Watersports is Scotland's only artificial whitewater course and community paddlesport centre with a clean water basin.....*see page 3 for details and page 4 for a chance to win tickets!*



Fitzy's Feature

Is there a Doctor in the house?.....*pages 18 and 19*

IF YOU HAVE A STORY TO TELL OR WISH TO PLACE AN ADVERT PLEASE CONTACT US!

news@togetherleadingcommunities.com



www.togetherleadingcommunities.com

Margaret Fraser said;

“Having worked at the heart of communities for over 30 years, I have been privileged to have an insight into the many wonderful, inspirational and at times unseen stories and kindness taking place constantly in our communities. The aftereffects of the Pandemic, ongoing cost of living crisis, national and world affairs continue to have an impact on the psyche of individuals with 24/7 news coverage. As I continue to work closely supporting people and local organisations, I feel that there is a need to bring a stronger focus on community kindness, volunteering, community connections and support that people are showing with and for each other despite some of their own personal challenges.

I would like to thank Lord Provost for supporting the launch of the paper and also to Gerry Facenna at Allied Vehicles for his support. A huge thanks to our Feature writer, Tony Fitzpatrick, designer Julie Layden and all of those who have contributed to the first edition.”

Allied Vehicles were the first to step up to support the production of the 24 page newspaper and were on hand at the launch to see the final result. Gerry Facenna, owner and founder of Allied Vehicles, said:

“I've known Margaret for many years and her commitment to the community and kindness is an inspiration for us all. I was delighted to support the Good News Newspaper – it's lovely to see the positive stories in print!”

The energy in the room for the Launch of TLC Good News, which was attended by community members, businesses and groups, was certainly at a high level and they were keen to give their verdict on the newspaper.

Printed copies of the newspaper have been distributed across Glasgow and Renfrewshire and a digital version is available on TLC website and on various social media platforms.

www.togetherleadingcommunities.com

YOUR FEEDBACK

“Lots of great positive and amazing stories. I love the fact that every story is positive about people and places”

“Visually stimulating and varied stories”.

“Love the size, colours, print size and love the layout and pictures. I'm dyslexic and find it easy to read.”

“Really attractive and draws you in right from the front page. Excellent and shows everyone is relevant to the community.”

“The front page and layout of the paper is first class, the colours make a huge difference and a great variety of stories, something for everyone”

When asked what they would like to see in future editions they said:

“More of the same please. Also, including notable folk from 'days gone by' and 'local heroes”

“Any positive and good information about what's going on in communities – I like that it goes across a wide area – we can learn from each other”.

“It would be good to see a bit on events happening in local areas covered by the newspaper”.

“Consider small snippets of 'home/personal safety' or scam awareness from Police Scotland Engagement events”.

“A crossword please and maybe a sudoku grid”.

“What's happening locally and achievements of local people”.

“Stories from different cultures including food and traditions”.

We have taken the feedback above and included some of this within this edition. We will continue to highlight stories across Glasgow and Renfrewshire so please send your stories to us for sharing, or send your ideas in to news@togetherleadingcommunities.com



Gerry Facenna (Allied Vehicles), Julie Layden (TLC), Margaret Fraser (TLC), and Lord Provost Jacqueline McLaren at the launch of TLC 'Good News' newspaper
Photographs by Stewart Campbell



Frank McGowan, Executive Producer of Bad Pony Media Productions with Margaret Fraser and Spirit of Springburn members at the launch of TLC Good News Paper



Feature writer, Tony Fitzpatrick, Lord Provost and Possibilities at the launch



Attendees at the launch celebrating the First Edition of TLC 'Good News' newspaper

Pinkston Water Sports making a splash as they celebrate 10 years... and you are all invited!!

Pinkston Watersports is Scotland's only artificial whitewater course and community paddlesport centre with a clean water basin. It is the ideal place to take part in a wide range of water-based activities and is just 5 minutes from Glasgow city centre within easy reach by bus and car parking available.

It is a charity and social enterprise and their objectives include; to increase participation in sport, provide recreational facilities and organisation of activities to improve and promote wellbeing, quality of life and education. It is an experience not to be missed and activities are supported by high quality and highly trained staff. The range of activities that this gem of a place carries out is phenomenal and can be enjoyed by kids, adults, family and group sessions. You can see this from their

amazing impact report for the last year.

For groups, Pinkston is also a fantastic location to support Swift Water Rescue Training and help to recreate realistic rescue scenarios. The course is managed by their well-trained staff team in the adjacent office and the course is quickly and easily adjusted to suit group training requirements at all times throughout your exclusive visit.

Pinkston is 10 this summer and are celebrating with a fun Gala Day that is family friendly and FREE. They are offering free watersports, free climbing wall, free bungee trampolines, free arts and crafts, fun spectator events including duck racing – there will also be an opportunity to build your own cardboard boat to race! There will even be free birthday cake! There will be a range of stalls and food trucks too.



10
YEARS

Parking is also free and next to the Centre – the day will run from 10-4 and is a 'not to be missed' day out.

So, why not come along for a great day out and bring your friends!! You will be sure to return to take part in their amazing activities.

Check out their website: www.pinkston.co.uk



Pinkston Watersports

September 2022 - August 2023



Pinkston delivered 832 youth club spaces for school children from the North and Northwest of Glasgow; areas identified as suffering high levels of deprivation for £1 and £2

Pinkston hosted 8 National and International events

Number of disability or additional support sessions 90+

Number of Clubs 29+

Number of community groups 205

Number of school visits 131

Number of rescue service user groups trained 40+

Number of uniformed groups 73

Number of holiday camps 740+

Pinkston is open
4940
hours each year!

Number of young
people visiting Pinkston
annually is now well over
50000+

100% said Pinkston Watersports was a worthwhile experience
(98.2% want to come back)

DEVELOPING PEOPLE

100% said they felt more active and wanted to continue with playing more sport after their session

98.2% said their confidence increased following their session: In water skills / In speaking up in the group / Increased use of positive language

95.7% said they learned something new

94.5% said Pinkston Watersport supported their leadership and team building skills In empowering the group: In problem solving / In conflict resolution / Improved listening skills

IMPROVING MENTAL HEALTH & WELLBEING

100% said they felt happier and more confident after their visit

100% said they felt more active and wanted to continue with playing more sport after their session

94.5% Think their mental health and wellbeing was improved after their session(s)

89.1% Agreed their physical health and wellbeing was improved

92.7%

said Pinkston Watersports brings the community together

ENVIRONMENTAL

Excellent Water Quality record – pro active approach – regular testing
We work with a 'leave no trace' ethos –
50% recycling achieved / Community Litter Pick Hub established onsite.
Wet suits are all recycled
Office equipment and furniture is all 'upcycled' / consumables now delivered by electric vehicles.

SOCIAL

Pinkston is a community within a community actively promoting positive culture and personal development always with respect for all
Living Wage Employer
Fully Accessible facilities – and watersports for ALL
Positive Behaviour Policy driving and creating a positive environment in which to develop skills at your own pace – confidence, kindness, independence, strength and respect

Sign up now for Neighbourhood Watch Scotland's 'Neighbourhood Alert' scheme

Neighbourhood Watch provide resources, projects and networks that support volunteers and communities to work together to prevent crime, raise awareness around safety initiatives and community resilience, and connect neighbourhoods.

Neighbourhood watch has become more accessible through their secure, online messaging platform called 'Neighbourhood Alert'. Anyone can sign up to Alert, and in Scotland, they currently have 31,500 people who've registered.

When registering for Alert, you are able to choose who you'd like to receive information from; Neighbourhood Watch Scotland, Police Scotland, Scottish Fire and Rescue Service or the Local Authority and the service is completely FREE.

Alerts can be sent regarding crime prevention, safety, advertising community events and a whole host of other things. The system is secure and because the information is coming from trusted providers, it's accurate. It's also targeted, meaning users only receive information pertinent to them and their local area.

You can use the QR code below to sign up. More information can be found on page 9.



**SCAN THE QR CODE
ABOVE TO SIGN UP FOR
NEIGHBOURHOOD WATCH**

COMMUNITY SHOP BOOST FOR LINTHOUSE

Residents can now shop for low-cost goods in heart of community

A MAJOR low-cost shopping boost has been delivered for families with the opening of our community shop.

The fantastic new development has come about in association with Good Food Scotland, which is part of the Feeding Britain network.

The trail-blazing development aims to offer affordable items exclusively for residents in the G51 postcode area which covers Govan.

For membership costing just £1 a month, shoppers can access a wide range of food and household products at lower prices than can be found in supermarkets.

It has a prime, new location at 1121 Govan Road in premises owned by Linthouse Housing Association; prior to it becoming a shop it was a café.

The creation of the shop is a "game changer" in combating hunger locally and was yet another way LHA was working with partners to tackle the crippling cost of living crisis.

Chief Executive Irene C McFarlane said: "This is a hugely important development in delivering food dignity for the community we serve. The community shop is in a prime location which is easily accessible for local people.

"We readily acknowledge the partnership we have forged with Good Food Scotland and Feeding Britain to make this community shop a reality and to deliver low-cost

shopping for as many people as possible."

Linthouse also acknowledges vital financial support and staff time provided by BAe Systems through its "community investment" work.

Initially the shop will be open each Thursday from 10am to 1pm but it's hoped to extend these hours in due course if, as expected, the shop proves highly popular.

Items which can be purchased include household goods, fresh meat and dairy, frozen produce, pet food, hygiene items, sweet treats, baby essentials, laundry products and much more.

Good Food Scotland has a deeply impressive track record in helping communities access low-cost food with its stated mission "to end hunger in Scotland."

Its Chair Chris Stephens said: "I'd like to thank the many partners who are working to assist the community with the launch of the shop. Case studies have shown that people are already making substantial savings by enthusiastically using it."

Andrew Forsey OBE, National Director of Feeding Britain who, like Chris attended the shop's launch, added: "Almost 250 years after one of the country's first co-operative shops was created, barely a mile along Govan Road, the Linthouse Community Shop will revive this spirit by bringing affordable, high-



Community Shop Opening
Photograph by Martin Shields
[www.martinshields.com]

quality goods to the heart of the community.

"Crucially, this service will help residents stretch their budgets further and keep on top of household bills, without having to rely heavily on food banks. We are immensely grateful to Linthouse Housing Association for their support which has made the Community Shop possible."

Other Linthouse contractors namely Timetra, CCG and the Bell Group also provided valuable support to the project.

For more information contact: Pauline Gilgallon, Development Manager at Good Food Scotland 07719 053552.

COMPETITION TIME...

We have a Taster Session for Two* at Pinkston Watersports to give away. All you need to do is send us on the answer to the question below:

How old is Pinkston this year?

Send your answers to: news@togetherleadingcommunties.com

*The Taster Session for Two can be used for either paddleboarding or kayaking and Pinkston offer family and kids sessions as well as those for only adults. Restrictions: You must be a minimum age of 7 and be fit enough to take part (swimming ability is not required however as buoyancy aids are always worn). Included in all taster session are wetsuits and buoyancy aids etc., all participants need to bring with them are shoes they don't mind getting wet, something to wear under their wetsuit and a towel

**Pinkston
Watersports**

Home Energy Scotland: supporting families across Glasgow and Renfrewshire

Thousands of households in Glasgow have benefitted from FREE energy advice in the past year. Home Energy Scotland tackles fuel poverty and climate change by helping people reduce their bills and carbon footprint. More than 15,000 homes in Glasgow have been given help ranging from basic tips and advice to assistance in claiming emergency fuel vouchers in the last 12 months.

The service is delivered in Glasgow by The Wise Group, on behalf of the Energy Saving Trust, and is funded by the Scottish Government. Wise Group Chief Executive Sean Duffy said:

This service is vital for the health and wellbeing of many thousands of people every year. The huge increase in energy bills in recent times has seen many individuals and households fall into fuel poverty. We are still seeing huge numbers of people having to make the dreadful decision whether to feed or heat themselves because they simply can't afford to do both. No one should ever have to make the decision to heat or eat, but tragically this is a real fact of life. The Wise Group's Home Energy Scotland team has quite literally saved many lives and helped to keep

families warm and safe."

Mr Duffy added that, although the winter months naturally see the biggest demand on the service, the help and advice is available all year round. Therefore, now is a good time for anyone worried about their fuel bills to get in touch as it gives plenty of time to put the advice into practice before the really cold weather sets in overwinter. He explained;

"Whether you want advice on reducing your bills, how to obtain grants or access fuel vouchers, do not feel you should wait until winter. The more help and advice you receive now, the easier the winter months will be."

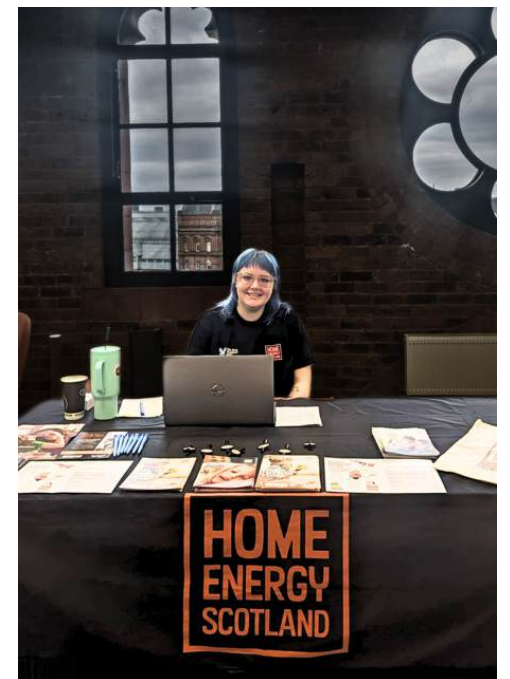
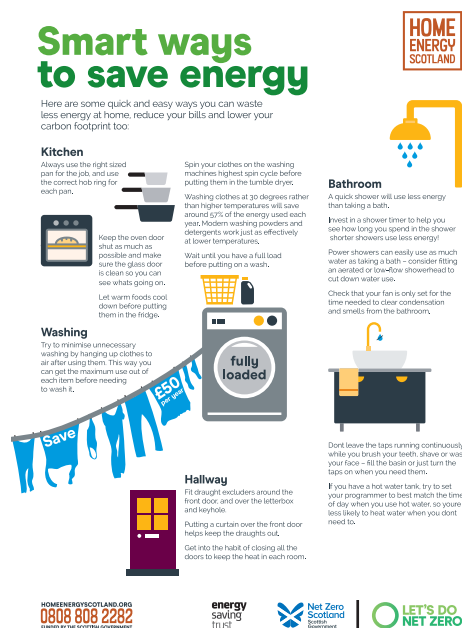
The Wise Group's Home Energy Scotland service has helped more than 16,000 homes in Lanarkshire, more than 9,000 in Renfrewshire and East Renfrewshire and 4,000 in Dunbartonshire in the past 12 months.

Anyone needing help and advice can contact Home Energy Scotland on **Freephone 0808 808 2282** between 8 a.m. and 8 p.m. Monday to Friday and from 9 a.m. to 5 p.m. on Saturdays.

Get in touch by email at adviceteam@sc.homeenergyscotland.org



HES Outreach Executive, Linda, hosts a drop-in advice session at Spirit of Springburn for local residents, sharing her top-notch energy-saving expertise



HES Outreach Executive, Siobhan, attends a drop-in event at The Wise Group where she shared the latest energy saving tips

Sewing2gether All Nations supporting women and families

Sewing2gether All Nations started off in 2018 as a grassroots operation and successfully gained charitable status in 2023. Based in Mossvale Community Church in Paisley, they provide a variety of activities for women such as creative upcycling workshops, life skills training, language café and practical support to refugees and asylum seekers who wish to practice English and build new friendships. The aim is to improve the health and wellbeing of families they engage with.



Their sewing and creative workshops transform textiles and discarded fabrics into new garments and products. By using preloved garments they seek to 'uncover the value that was there all along', taking an item that has been labelled as damaged, useless or unwanted and

giving them a new lease of life with all their flaws. They would welcome donations of unwanted clothing, bedding and curtains.

Through their sewing workshops, they teach sewing machine skills to make new items such as homeware, clothes, toys and gifts or repair and alterations of garments and provide step-by-step demonstrations. The workshops also support socialising and telling their personal stories the various cultures taking part.

Another important service they provide is through their All Nations Welcome Café which is a weekly drop-in sessions for members of the refugee and asylum seeker community in Renfrewshire. This is a friendly space where people can practice conversational English, games and activities and advice and support. There are free refreshments and children are welcome. These operate on Thursdays between 10 – 12 noon.

If you work, support or live near families you think may be interested in attending then contact; sewing2getherallnations@gmail.com

GIVE A DOG A BONE...AND AN ANIMAL A HOME!



Give a dog a bone charity was set up in 2013 by Louise Russell who had the wonderful idea to tackle loneliness in older adults whilst at the same time help the rising number of dogs in animal shelters.

This very thoughtful act of community kindness recognised loneliness issues of older adults and the way that 'furry friends' can unlock our hearts. Of course, this works two ways as our dog is showered by love in comfortable and safe surroundings.

enjoy the outdoors with regular walkies in all types of weather. What is there not to love about these most faithful companions who we talk to and who give us the most amazing eye contact as if they are hanging on to our every word?

Louise quickly recognised that for some older adults the cost of adopting and caring for a rescue pet was a barrier for them and the charity provided some financial support to help them to rehome and provide some support with pet food.

friendly space where visitors can enjoy a free cuppa and biscuit, chat to others, enjoy the company of companionship dogs or bring along their own canine companion.

Their aim is to reach more retired people in their area and offer companionship and they offer weekly 'Group Dog Walks'. The Glasgow group dog walks take place in Queen's Park every Tuesday at 11 a.m. meeting at the public benches outside Langside Hall.

Everyone is welcome to join, if you have a friend or family member who; has a dog and would love the social interaction of meeting new friends. Also, if they don't have a dog but love animals and would love the social interaction. Join in our free Group Dog Walks

Give a Dog a Bone reached their 10-year milestone in November 2023 and from an initial idea has had far reaching benefits and the impact of their work is clearly seen in the high numbers of smiles and waggy tails!!

It is clear that the ripple effects of their services support the vital community connections as people are developing friendships and looking out for each other and, of course, caring for their furry friends.

It is to the credit of the charity staff and volunteers that they have been recognised by many awards which have been celebrated by their community members and those they have helped over the years.

Founder and Chief Executive, Louise Russell, has won the Pride of Scotland, TSB Community Hero award, the People's Pet Awards, Special Recognition award, and was awarded Medallist of the Order of the British Empire (BEM), for her continued work tackling loneliness for older adults and homelessness for animals.

These awards and ceremonies are testament to their outstanding work in helping raise awareness of the charity and introducing Give a Dog a Bone to new audiences.

You can read the many heartwarming stories of connecting older adults with their rescue dogs, community spaces, group dog walks, online shop, become a sponsor, fundraise or donate on their website:

www.giveadogabone.net

The King's Birthday Honours 2023

Louise Russell, Founder and Chief Executive of Give a Dog a Bone and an Animal a Home, is awarded Medallist of the Order of the British Empire (BEM).

This award celebrates Louise's services to Charity and to Tackling Loneliness and Isolation in Older People in Scotland. It is awarded for a 'hands-on' service that has made a significant difference.



When we welcome a dog into our homes, they quickly become a beloved member of our family. They make us smile every day, follow us around the house, give us the most enthusiastic tail-wagging welcome when we come home and help us to

For some older adults, caring for a dog full time was not an option for various reasons so the set up their community spaces which operate in Shawlands, Troon and Alloa to bring them together. This service for over 60's provides a welcoming and



David & Kilo

"Kilo is a lovely addition to my life! I'm 83 years now, and his company is wonderful. My income is State Pension only, so the funds I receive from GADAB are a great help. In dog years, he and I are nearly the same age as he's about 13."

Each month, we provide a financial helping hand so older adults like David can afford their pet companion.

You can support us by visiting www.giveadogabone.net/support-us or use your smartphone's camera to scan the QR code above



COMPETITION WINNERS: JUNE 2024 Thank you to everyone who took part in our competitions and we are pleased to say the winners are:

Speedway Tickets: Tammy McLean, Kate Cooper, Brian Cooper and Monica Loughran

Prize Draw for newspaper feedback: Tracey Pender - £25 Primark Voucher and Margaret Elliot - £50 Amber Regent Voucher

Turning learning into 'Fun' using the Comic strip technique...Rossie Stone, shares his journey in raising awareness and supporting others through Dyslexia with Dekko

Rossie Stone, Founder and Director of Dekko comics tells the story of his struggle with dyslexia at school and how he turned this challenge into personal success.

Through his work in the 'Dekko technique' and the founding of his Company, Dekko Comics, he has supported thousands of young people and families. This has included education benefits, increased self-confidence and support in helping others with dyslexia in overcoming their personal challenges.

Rossie poses the question; Are you someone who found school difficult? Or do you know someone who has, or even is, struggling currently? – and goes on to say.

“For as long as I can remember, I have been someone who feels as if he thinks differently and struggles with conventional word-based learning. I struggled throughout my school career with processing information through textbooks and listening to the teacher in class. I was always good at art and drawing. In school, where 90% of the information was almost entirely word-based in how you learned, art and drawing was not seen as an 'intelligent' subject.

I started to believe that there was something wrong with me, that I was a duff learner or, what hurt most of

all, that I was stupid. I was diagnosed with dyslexia and as a result had low confidence and disengaged, particularly around exam times.”



Rossie Stone of Dekko Comics showing a selection of comic projects

He continues:

“It wasn't until I got to my final year at High School, where I got fed up putting hours and hours into my revision and still getting bad results in my exams, that I decided that if I was going to fail anyway – I might as well enjoy it. So, I turned my revision notes into comic strip stories. These were fun to make, but to my surprise – they were even more fun to read! I now had an entertaining visual and point of

narrative to follow, remember and contextualise all my revision with.”

The diagnosis of Dyslexia was a self-embracing discovery for Rossie after years of disappointment and low grades, despite a supportive school environment, and this is when it changed for him. Through his unique learning style, he ended up getting his first Grade A in an exam for an academic subject and it continued from there. Since then, after graduating from school and then art college, he decided to make his revision technique into a business that could help others in the way it helped him.

Dekko Comics was founded in 2016 and Dekko's practice grew from a technique of turning wordy information and education into entertainment. He knew if it worked so well for him, then this 'Dekko technique' could play a significant part in helping others.

Over the years, Rossie has raised awareness of dyslexia and produced vital learning resources across education, environment and mental health. He has delivered TED talks about his experiences and has received a number of accolades and awards for his work. His work is helping to revolutionise the educational curriculum and his workshops and talk take him throughout the country and beyond.

He won the trophy for 'Amazing Artist' at the National Dyslexia awards in 2022 with judges describing him as 'multi-talented' and a 'true ambassador' for people with dyslexia.

In accepting the award, Rossie said: "I'm very proud to win this award. It has taken a lot of hard work, time and dedication to ensure Dekko Comics are accessible to as many children as possible world-wide. Winning this award has reminded me that it was only because of my own struggles with dyslexia that I came up with the business idea for Dekko Comics in the first place.

Our aim is to make reading and learning accessible and enjoyable to

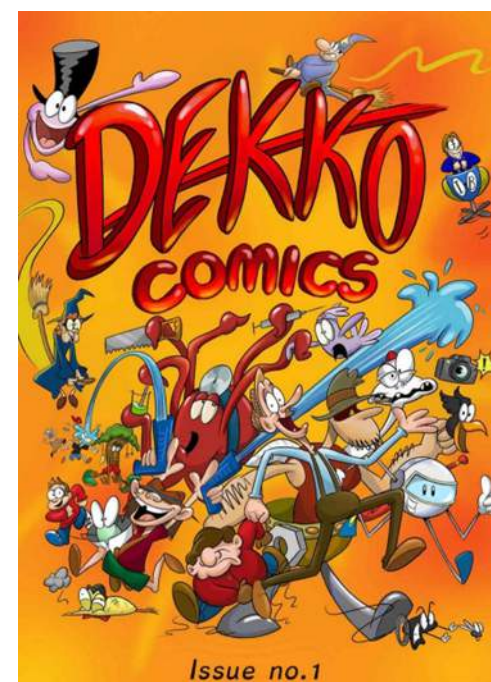
all children, particularly those who are dyslexic so that we can help build confidence.”

Over the years, Rossie also worked with social landlord, ng homes, primary schools and after school classes where he carried out workshop and produced comics with local children; Young Green Champions and 'The Journey of the Big Carbon Footprint' (which went on to win an award at Keep Scotland Beautiful Climate Challenge awards). He also worked with Tony Fitzpatrick to turn his book 'The Dream, You Can do this' into a comic strip with local kids. His most recent comic in North Glasgow explained the rules of Chess in a fun manner- 'Become a North Glasgow Chess Master' was delivered to schools and community alongside chess classes.

Rossie continues to develop his work through the media of video and animation and you can find more information about Dekko comics on

www.dekkocomics.com

Rossie receiving the 'Amazing Artist' Trophy at the National Dyslexia Awards 2022



Issue 1 of Dekko Comics



Rossie giving an inspirational talk on Sky TV

Find out more about Dekko Comics at www.dekkocomics.com for fun educational comics, videos, posters, activities and more

Finding Your Feet 'Machu Pichu' challenge is a huge success

In our last edition of the newspaper, we highlighted the amazing work of Finding Your Feet and the incredible impact of their work.

In June 2024, 29 FYF Fundraisers including Cor and Nicola from the team took on the Inca Trail to Machu Pichu. This was clearly going to be quite a challenge on the 26 mile, four day Peru trek that included three summits and altitudes of up to 4,200m above sea level. As the team said 'it's not easy for anyone even before taking into account the prosthetic legs'.

The photographs on their website show the extent of the challenge and from the smiles on their faces you can see the camaraderie of all taking part with their goal of supporting their 'Troopers'.

All of the heroic fundraisers made it to the picturesque Lost City of the

Incas raising over £65,000 for amputees in the process. A big well done to all involved.

And now for their next fundraiser: **'It's a Knockout'**

Finding Your Feet's
It's A Knockout!

23rd August 2024

12:30PM – 5PM

St. James Park, Greenock Rd, Paisley, PA3 2LB



**NATIONAL THEATRE OF SCOTLAND
ARTIST(S) DEVELOP RESIDENCY**

ARTISTS IN COMMUNITY

National Theatre of Scotland is offering a residency for an artist(s), who is interested in creating a community driven project with the users of **Possibilities** a voluntary organisation in North Glasgow that promotes healthy living.

The residency will last six months, during which the artist(s) will spend 1 day per week at the Possibilities centre.

Deadline to apply is **Tuesday 20 August 2024**

To apply and for more info visit
nationaltheatrescotland.com/residencies-24-25

National Theatre of Scotland is core funded by



National Theatre of Scotland, a company limited by guarantee and registered in Scotland (SC234270), is a registered Scottish charity (SC033377).

'Creative Connections' comes to North Glasgow...through national culture collective programme

The national Culture Collective programme was originally created as a pilot project in response to the Covid-19 pandemic. The Scottish Government allocated funding through a Creative Scotland targeted fund from 2021 to 2023.

The priorities of the fund were to establish a network of creative practitioners, organisations and communities, working together to create a positive difference locally and nationally in response to Covid-19.

Each unique project was designed and driven by the community in which it was rooted, playing an important part in shaping the future cultural life of Scotland. The projects were well received with one of the participants saying;

"I have made lasting and supportive friendships and feel more involved in the community at large. My confidence in my abilities has increased and I take more joy in the world as I view it with a creative eye. Having access to specialist materials and guidance on how to use them has really increased my self-esteem."



Community members with artwork

After two years of funding, the Scottish Government has allocated a 'legacy fund' for projects to continue until June 2025 with some taking part in a range of areas in North Glasgow with a variety of themes.

The free project, in the North of Glasgow is called 'Creative Connections' where a team of nine freelance artists will be working with community partners; Tron St Mary's, Barmulloch Community Development Company, and North Glasgow Integration Network. The programmes will positively impact on building social connections across age groups and cultures, develop and nurture artistic talents, allow for sharing of stories and help build peer support groups. Projects being delivered include digital music production, drama, singing, poetry, painting, jewellery making and sculpture.

Tron St Marys have two projects ongoing focussing on visual arts and singing and drama across a range of age groups.

North Glasgow Integration Network projects will take place in Springburn Parish Church and includes yoga, meditation and drama activities. Participants across a variety of cultures are also undertaking a crochet project and will leave their crocheted work around the community with positive words and sentences for people to read and reflect on.

Barmulloch Community Development Company are developing two projects, including digital music using iPad and free software.

If you wish to find out more about the organisations taking part and how you can be involved in this project or some of their other programmes, then check out their websites below.



North Glasgow Integration Network Creative Arts Group

SIGN UP TO

Neighbourhood Watch SCOTLAND

We aim to ALERT you to:

Local crimes and emerging trends

Information on safety, resilience and community wellbeing

Guidance on online safety and doorstep scams

Approved Secured by Design products and recommendations

Advice on how to secure your property and belongings

Sharing best practice to protect you, your family and community

**Neighbourhood
Watch** SCOTLAND
Safer Neighbourhoods Stronger Communities

Sign up to Alerts to register ➔

www.neighbourhoodwatchscotland.co.uk

Barmulloch Community Development Company: www.bcdcglasgow.co.uk

Tron St Mary's: www.tronstmarys.org.uk

North Glasgow Integration Network: Find us on Facebook - [NorthGlasgowIntegrationNetwork](https://www.facebook.com/NorthGlasgowIntegrationNetwork)

Spirit of Springburn want to hear from you!

Spirit of Springburn consists of a group of committed individuals from across the community who are working to improve communication and services across the area. They are based in the Community Hub within Springburn Shopping Centre and as you can see from the range of outcomes and activities they are making a positive impact in the community.

Following on from a substantial consultation event in 2019 – 'Our Springburn – Shaping the Future', they are now carrying out a consultation to bring this up to date. You can follow the link in their facebook page – <http://www.facebook.com/spiritofspringburn> to get details of the original consultation documents.

You can access and complete the survey using the QR code on the flier or you can get a hard copy of this at their base in Springburn Shopping Centre – so make sure and have your say.

Spirit of Springburn provide a range of services and drop in facilities including; Community Fridge, Heritage Group, LGBTQ+ Networking, support and information on services.

They are organising their annual Community Street Festival on Saturday 24th August from 11 a.m. to 4 p.m. The festival last year drew crowds of 5,000 and they are expecting this year's to be even busier. Another date to put in your diary and enjoy the live entertainment and stalls.



Emma Porter and Helen Carroll looking for your views on the future of Springburn

SPRIT OF SPRINGBURN PRESENTS...

SPRINGBURN COMMUNITY STREET FESTIVAL

LIVE ENTERTAINMENT
LOCAL MUSIC AND DANCE

FREE ENTRY

+ WORLD FOOD TASTING, STALLS, PRIZES, FACE PAINTING, PUPPET SHOW & MUCH MORE.

SATURDAY 24 AUG 2024

LIVE BROADCAST ONLINE VIA FACEBOOK

ALL DAY - 12PM UNTIL 4PM

SPRINGBURN WAY, GLASGOW, G21 1TS

SHARE YOUR PICS • WIN PRIZES! #SPRINGBURNCOMMUNITYSTREETFEST

Spirit of Springburn Community Empowerment

SPRINGBURN NEEDS YOU!

WHAT WE'VE DONE SO FAR...

- Provided more than £4,000 fuel support to local people.
- Over 10,000+ food parcels + food saved from landfill.
- FREE Annual Street Festival (attended by over 5k).
- New business forum, health & wellbeing forum, heritage group, community meals + more local events.
- New BENCH green-spaces project w/ sensory garden.
- Free Mon-Fri drop-in sessions, support and signposting.
- TALISMAN demolished, Springburn Railway Station Bridge repaired + much more positive action in the community!

WHAT COMES NEXT?

YOU DECIDE!

Fill in our survey now! Scan QR code, or pop into Springburn Community Hub for a paper copy and a chat!

@SpiritofSpringburn
#OurSpringburn #SpiritofSpringburn #LocalPlacePlan

Glasgow Chinese dance group perform during the opening ceremony of the Edinburgh Festival

The Edinburgh Festival Carnival officially kicked off on July 14, featuring a contingent of over 200 overseas Chinese and international students coordinated by the Chinese Community.

For 18 years, the Edinburgh Arts and Culture Committee has organised large-scale Chinese performance shows and hosted the opening ceremonies of Edinburgh International Festivals. This year, the Glasgow Chinese Recreation Centre was also invited to perform at this major event!

The group of women from Glasgow Chinese Recreation Centre particularly enjoy dancing and see this as a great way to keep fit and socialise with each other. Therefore, they were delighted to be invited to take part in the opening ceremony and were so excited about travelling to the capital city for this magnificent event.

GCRC Vice Chair, Mary Lam, said:

"The opening ceremony of the Edinburgh Festival was full of joy and happiness. I would like to thank the organisers for their hard work, day and night. I would also like to thank President Jing for inviting us to perform. It was a pleasure and ended successfully".

The group made a striking appearance in the festival parade, showcasing the richness of Chinese culture. Enthusiastic crowds lined

the streets, frequently stopping to watch and applaud.

After the parade, the performance group took the stage at Princes Street Garden, where they presented alongside traditional dragon and lion dances, martial arts demonstrations, and various ethnic dances.

Performance groups included the classical dance, Tibetan Reba drum dance, and Dai dance teams from Edinburgh; the classical dance team and Yao dance teams from London; and the Yangko dance team from Glasgow.

The last performance was highly successful, drawing a lot of foreign audiences who joined in, creating a lively atmosphere.

This performance not only highlighted the inclusiveness of Chinese culture but also brought immense joy to the audience.

They were captivated by the diverse and vibrant performances and applauded continuously, appreciating the unique charm and rich heritage of Chinese culture.

Glasgow Chinese Recreation Centre are a registered charity who promote positive integration between cultures and generations.

They introduce Chinese culture to the local community through events and activities to impact positively on social inclusion.

You can follow them on Facebook.



Dance group from GCRC preparing for the event



GCRC members in Parade at Edinburgh Festival

格拉斯哥 華人康樂中心
Glasgow Chinese Recreation Centre
EVERY TUESDAY
12pm - 2pm
Starting on 18th June
Get up - Get out - Get dancing
£2.00
New friends - New dances - New fun!
Tea, Coffee & Biscuits provided
1st Hour - Basic Ballroom / Latin Class
2nd Hour - Tea Dance / Practice
Contact: Mary Lam 07449-648753
Woodside Halls 36 Glenfarg Street Glasgow G20 7QE



Large numbers attended the event



Costume parade and dancing groups at Edinburgh Festival

In Conversation with Gerry Facenna from Allied Vehicles



Gerry Facenna of Allied Vehicles

Gerry Facenna is the founder and owner of Allied Vehicles in Possilpark. Since its formation over 30 years ago, it is still very much a family business owned by Gerry and his three sons. His oldest son, Gerry Junior, is a KC in London and his two other sons, Peter and David operate as senior directors within the company. The company has grown from its early days with a team of 8 into a £320 million company with 760 staff and its footprint firmly stamped in Possilpark. It is the UK's leading manufacturer and supplier of adapted and special purpose vehicles making a huge difference to people's lives. The Allied Vehicles Group trading brands include – Allied Mobility, Cab Direct, Minibus Centre, Allied International, Allied Autocare and Mobility Solutions. We also have branches in Wigan, Coventry, Rugby, Edinburgh, and Aberdeen.

Behind this company is the inspirational story of Gerry Facenna, who was born and bred in 223 Saracen Street, Possilpark. Gerry reflects on his early life, his dream as a young boy to succeed, followed by his determination to become an entrepreneur, his positive attitude and work ethic in building up the company.

Gerry has created a firm legacy in Possilpark, and he has always been clear that he wanted to maintain a manufacturing industry and jobs in the area where he grew up. He is proud of the business he has built up with his boys which is customer and staff focused.

Community is very important to Gerry, and he has given back in so many ways; through supporting employment and apprenticeships, investing and developing Glasgow Tigers Speedway and establishing Allied Vehicles Charitable Trust where they donate a total of £20,000 each month to mainly local charities. Gerry is keen to inspire young people to have a dream, positive attitude and ambition through schools and apprenticeships projects to inspire them to succeed in whichever area of life they choose.

Can you tell us a bit about your early life growing up in Possilpark?

I was born and grew up in Saracen Street with my two sisters and one brother. My dad had a small garage in Ashfield Street and at weekends I would work alongside him – I looked forward to that every week. I also liked to play a bit of football and was in a team for a while. I left school at 15 and couldn't wait to get to work.

What dream did you have as a child and what was it that motivated you to realise your ambition?

I wanted to have a business in the motor trade and got my motivation from working in my dad's business at Ashfield Motors. My dad had a great work ethic, he worked hard and wanted his business to do well. So, I could see that dream in my head, not for greed, but the challenge and ambition to grow. I always believed I could build my own business.

How did you start out your business and what challenges did you face along the way?

My brother and I were very young when we inherited my dad's family business in 1965 when he sadly passed away. At that time, we dealt in car sales and the repair side of things, and we worked around the clock to provide the best service for customers, providing a large breakdown service with thirty-three trucks that operated twenty-four hours all over the UK. It was hard work – we were on call seven days a week. We went on to having bodyshops and car dealerships including Ford and vehicle leasing, we even got into boats.

We did well and then the recession in the late 1980's affected the business and we had to start again. With a loan from our two sisters, we set up Allied by selling black wheelchair facility Taxis and carrying out repairs from a small workshop and six people. This led us into Wheelchair Accessible Vehicles and allowed us to grow the

company to the size it is.

What are you most proud of in your business?

I am proud of the fact that it is a family business and a lot of our staff have been here for a long time – we have many sons and daughters of our older team here. My sons are crucial to the running of the business, and they have that growth mindset and philosophy that makes us world leaders. It's also important to us that we have manufacturing in Scotland and are based in north Glasgow.

Can you tell us a bit about your staff and how you support and involve them?

Mine and my sons' philosophy is to keep to your principles, work hard and look after people. That is really what it is all about – keeping positive and having positive people around us.

Some of the staff have been with us for decades, people want to come and work here, and we want to be the first choice of employer.

You are clearly committed to your local community, both economically and socially. How important is the Charitable Trust to you and your staff?

I see myself as being firmly part of this community and we are committed to the area. Over the years, we have supported a variety of community projects. When we launched the Allied Vehicles Charitable Trust in 2022 this gave us more opportunities to support our local and wider communities. We set up a committee of staff to take this forward and we allocate £20,000 each month to the Trust.

Can you tell us about your passion for the speedway and why this is important to you?

The speedway is such an important part of Glasgow's sporting history. It was running at a loss and in danger of going under, as was Ashfield FC who used the stadium.

It would have been a tragedy for Glasgow to lose two such historic



Remember to check out remaining games for the season at www.glasgowtigers.co.uk

We are looking for your 'Good News' stories

We hope you enjoy the newspaper and reading the positive stories. When you are finished with the newspaper, then please pass it on to someone else or leave in a public place such as a bus or a café. You never know when someone needs a bit of 'good news' to uplift their day. Digital copies are available on our website each month as 'page turners' - www.togetherleadingcommunities.com

sporting institutions. We wanted to give something back to the community and saw an opportunity to help both the Glasgow Tigers Speedway and Ashfield Football Club. It needed heavy investment to improve the facilities for fans and we are delighted now that it is a major sporting landmark in Glasgow.

Finally...some quick fire questions? If you could go back in time, when would it be, and who would you want to have a conversation with?

My Dad...

If you could write a brief 'post it' note to your younger self – what words would you put on it?

“You can because you think you can”.

What film/tv show could you watch over and over again?

Yellowstone

Gerry with Cerebral Palsy Scotland Dragon Boat Race event at the shores of Loch Lomond, Balloch Castle



Allied Vehicles are Award Winners

Allied has received a high number of awards from industry and sector associations with recent examples including;

S1 Jobs Awards 2024 – Recruitment Campaign of the Year – Winner - Glasgow

Business Awards 2023 – Best Performing Large Business and Business

Resilience – Winner - Family Business United – Community Support and Involvement Family Business of the Year 2023 – Winner

Current careers opportunities within Allied can be found at:

<https://careers.alliedvehiclesgroup.com>



Investing in the Local Community



230 Balmore Road,
Glasgow, G22 6LJ

0141 336 3211 charity@alliedvehicles.co.uk





In our last edition of the newspaper, Babakoochi shared his dream and asked you to create your very own vision board with **your** dream. As you know, Babakoochi is a happy wee bear and the activity for this month is to make your own Happiness or Gratitude Jar.

You can make a **happiness jar** of things that you are happy for...and you can also make a gratitude jar for someone else, maybe your friend, mum or dad, grandparents or brother or sister. We will show you below how to make your jar and give you some ideas of what you may want to put in the jars.

If you are making a jar for yourself, you can think about things that make you happy. It could be happy memories – like playing with your friends, things you like to do and places you like to go, hobbies that you have, your favourite food or toy, your pet, jokes, pictures, footballer or singer – anything you like. Anything that makes you smile or laugh!!

If you are making a happiness or gratitude jar for someone else, then you can think of things that you are grateful to that person for. For example, for being a good friend, things you like about them, what kind of things you share together, fun times that you have had, buying you toys and clothes, going on holidays or days out, taking you to after school or football clubs. Think about all the things they do and put these in your **gratitude jar** to say Thank You.

So, now it's time to create your happiness or gratitude jar.

WHAT YOU'LL NEED:

- ★ Choose a jar from your house (For example, an empty coffee or jam jar. Wash it in soapy water and take any labels off).
- ★ Gather scraps of paper (coloured paper is good as it will make a lovely rainbow effect in the jar). Or you can use coloured post it notes to use for writing out what you are going to put in your jar.
- ★ Choose a collection of coloured pens and some stickers for decoration.
- ★ Prepare a piece of card and a piece of string, ribbon or wool to use as a label for the jar.
- ★ Take your pen and start writing on your pieces of scrap paper or post its. Fold them up into small pieces ready to put into your jar.
- ★ Decorate the jar and be as creative as you wish. Label it up and finish off with a ribbon.



Find 7 differences and color the picture



Use a pencil or pen to mark an 'X' or circle the differences. There are 7 to find - can you find them all?

PUZZLE PAGE

SOLUTIONS ON PAGE 16

SUDOKU:

HOW TO PLAY -
FILL IN THE PUZZLE SO THAT EVERY ROW ACROSS, EVERY COLUMN DOWN AND EVERY 9 BY 9 BOX CONTAINS THE NUMBERS 1-9

			1	6		9		
		9				5		7
		5	2				4	
7				9				
	6				1	3		8
5		1						3
	8			4			9	5
		3						4

EASY

6		4		8			7	
		9		7		3		
		2	4	5				
	6	3					2	
4	7				5			
	9					6		
					1			
						4	8	2
5					4	7	1	

MEDIUM

	3	5		6		9	1	
			3	4		7		
	1			2				
		2		5		3		
			8					
					7		6	4
				8	6	2	9	
6	5							7
			4				3	

HARD

CROSSWORD:

HOW TO PLAY -
DECIPHER THE CLUES AND FILL IN THE GRID

1		2		3		4			5	6		7		
							8							9
10								11						
12					13									
14		15			16		17							
				18										
19						20		21			22			23
24										25	26			
									27					
28								29						
	30						31							

- Across
- 1 Beautiful (8)

5 Moves through water (5)

10 Unconventional (7)

11 Pilot (7)

12 Pollen gatherers (4)

13 When the living is easy (10)

14 Otherwise (4)

16 Artificial sparkler (10)

19 Corridor (10)

22 Yorkshireman (4)

24 Preceding wedlock (10)

25 Precious stones (4)

28 Shining (7)

29 Hollowed inward (7)

30 Bovine mammary gland (5)

31 Austrian Alpine resident (8)
- Down
- 1 Farewell (7)

2 Plunder (5)

3 Paradise (4)

4 Lie (7)

6 Restaurant worker (8)

7 Marriage (9)

8 Opera by Bizet (6)

9 Current of air (6)

15 Pendent (9)

17 Large island in the Channel (1,1,1)

18 Computer information store (8)

19 Thin and translucent (6)

20 Expels (6)

21 Disorder (7)

23 Oriental (7)

26 Fill with high spirits (5)

27 Untie (4)

CODE BREAKER:

HOW TO PLAY -

Each number in the Codeword grid represents a different letter of the alphabet.

In this puzzle, 23 represents S and 3 represents Z, so fill in S every time the figure 23 appears and Z every time the figure 3 appears.

Now, using your knowledge of the English language, work out which letters should go in the missing squares.

As you discover the letters, fill in other squares with the same number in the main grid and the control grid.

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

	2		21		11		26		18			
6	12	16	16	22	23	S	9	21	7	7	23	
	16		6		21		10		22			
	6	26	22	21	7	1	4	25	24	12		
	26				5		12		17			
3	12	26	15	23		9	7	22	6	3		
	11		4		15				25			
23	22	19	6	17	23	12	16	23	12			
	12		7		21		15		2			
6	2	17	21	22	8	15	13	23	8	14		
	12		20		21		21		23			

Karen Dunbar pops into Lodging House Mission for a Natter!

Karen Dunbar brought lots of smiles and laughter to the faces of those attending the monthly Chinese meal prepared and served by staff and volunteers at Lodging House Mission.

There was well over 100 people along for the delicious meal prepared by Amber Regent Restaurant and supported by volunteers from Chinese Cultural Welfare Society Scotland(CWSS).

The monthly meals are always welcome at the homeless drop-in centre and there was a real sense of joy as those coming along enjoyed the food, pool and games and sat down to have a natter with Karen.

She really lifted their spirits and they were clearly delighted to see her. She also joined in a game of pool with some of them, although we didn't let on she is actually quite a champion at pool!

One of the attendees brought a lovely gift of a Chinese fan to give to members of the CCWSS to say Thank You for the monthly meals.

It was a lovely afternoon and support organisations were on hand with staff and volunteers from Lodging House Mission to give one to one support as required.



Karen Dunbar with Angela from Lodging House Mission



An Audience With
Chewin' The Fat Star

**KAREN
DUNBAR**

2024 TOUR

GLK PROMOTIONS

07728742266

SOLD OUT

JUNE 14TH HOWDEN PARK THEATRE LIVINGSTON

JULY 11TH VENUE 38 AYR

JULY 18TH DUTHAC CENTRE TAIN

JULY 19TH THURSO BRITISH LEGION

JULY 20TH ORKNEY THEATRE

JULY 21ST SOUND HALL LERWICK

AUG 1ST CORRAN HALLS OBAN

AUG 2ND QUEENS HALL DUNOON

AUG 3RD GOLDEN LION HOTEL STIRLING

AUG 4TH BLANTYRE MINERS WELFARE

AUG 8TH GLYNHILL HOTEL RENFREW

AUG 9TH TUDOR HOTEL AIRDRIE

AUG 10TH DENNY CIVIC THEATRE DUMBARTON

AUG 24TH LANARK MEMORIAL THEATRE

AUG 31ST VOLUNTEER HALL GALASHIELS

AUG 29TH CAOL CENTRE FORT WILLIAM

SEPT 12TH KINGS PARK HOTEL RUTHERGLEN

SEPT 14TH BATHGATE REGAL THEATRE

ALL DETAILS @GLKPROMOTIONS.COM

PUZZLE SOLUTIONS

SUDOKU

EASY									MEDIUM									HARD								
4	5	8	1	6	7	9	3	2	6	5	4	1	8	3	2	7	9	4	3	5	7	6	8	9	1	2
1	2	9	3	8	4	5	6	7	1	8	9	6	7	2	3	5	4	2	6	9	3	4	1	7	5	8
3	7	6	9	5	2	4	8	1	7	3	2	4	5	9	8	6	1	8	1	7	5	2	9	6	4	3
8	1	5	2	3	6	7	4	9	8	6	3	9	4	7	1	2	5	1	8	2	6	5	4	3	7	9
7	3	4	5	9	8	2	1	6	4	7	1	2	6	5	9	3	8	7	4	6	8	9	3	5	2	1
9	6	2	4	7	1	3	5	8	2	9	5	3	1	8	6	4	7	5	9	3	2	1	7	8	6	4
5	4	1	8	2	9	6	7	3	3	4	8	7	2	1	5	9	6	3	7	4	1	8	6	2	9	5
2	8	7	6	4	3	1	9	5	9	1	7	5	3	6	4	8	2	6	5	1	9	3	2	4	8	7
6	9	3	7	1	5	8	2	4	5	2	6	8	9	4	7	1	3	9	2	8	4	7	5	1	3	6

CROSSWORD:

Across: 1 Gorgeous, 5 Swims, 10 Offbeat, 11 Aviator, 12 Bees, 13 Summertime, 14 Else, 16 Rhinestone, 19 Passageway, 22 Tyke, 24 Premarital, 25 Gems, 28 Radiant, 29 Concave, 30 Udder, 31 Tyrolean

Down: 1 Goodbye, 2 Rifle, 3 Eden, 4 Untruth, 6 Waitress, 7 Matrimony, 8 Carmen, 9 Breeze, 15 Suspended, 17 I o W, 18 Database, 19 Papery, 20 Evicts, 21 Anarchy, 23 Eastern, 26 Elate, 27 Undo

1	J	C	3	Z	U	M	T	L	8	K	B	Q	P	E	V
14	Y	O	N	H	F	X	W	A	I	S	G	D	R		

CODE BREAKER:

	2	C		21	A		11	P		26	R		18	F					
6	T	12	E	N	N	I	S	9	B	A	7	L	L	S					
	16	N		T			21	A		10	Q		22	I					
	6	T	26	R	22	21	A	7	L	J	U	25	D	12	E				
	26	R						5	M		12	E		17	H				
3	Z	12	E	R	O	S			9	B	L	7	22	I	T	3	Z		
	11	P			4	U			15	O							D		
23	S	I	19	X	T	17	H	S	12	E	N	S	12	E					
	12	E			7	L			21	A		15	O			2	C		
6	T	2	C	H	A	22	I	8	K	O	13	V	S	3	S	8	K	14	Y
	12	E			20	W			21	A		21	A			23	S		

A Local Hero who walked on the Wilderness side! From Springburn to the Himalayas...

The Inspiring story of National Hero, Tom Weir

Scottish climber, adventurer, photographer, environmental campaigner, naturalist, author, and broadcaster best known for his long-running television series Weirs Way, writer in Scots Magazine for 48 years.

Tom Weir was born on 29th December 1914 and brought up in Springburn in Glasgow, firstly in a one room and kitchen with an outside toilet at 310 Springburn Road and later lived at 41 Adamswell Street. He grew up without his father, who before the war was a locomotive fitter, and was killed in 1916 at Gallipoli when Tom was only two years old. His mother and grandmother were left to bring up Tom, his brother Willie and sister Molly. Willie went on to live in Robroyston and Molly went on to become famous as a film and television actress, including playing the character Hazel the McWitch in the childrens' programme, Rentaghost.

During his early years, his mother went to work in the Cowlares Locomotive works as a wagon painter - carriages were painted by brush in those days. In an interview in his later years, Tom recalled his early days in Springburn which was the highest point in Glasgow, and from there he could see the hills on a

clear day and he knew 'that's where he wanted to be'. He described Springburn as being 'the locomotive empire of the world'. On his rounds as a milk boy at the age of 12 there would be an 'avalanche' of men at 7.30 in the morning answering the loud horns to go to work in Cowlares, Hydepark or the Caley. It was a teeming community and employment was in building and servicing locomotives.

As a young boy, Tom had a dream of living in a wee hut, surrounded by rivers, lochs and mountains. He would read books about great explorers. He could see the Campsie hills and wanted to explore and felt that they were waiting out there for him to do just that. As a keen cyclist, he would cycle to the campsies and go on to climb a variety of hills. Seeing the country and talking to people opened up an idea in his mind to become a writer and then a photographer and he started to write short stories of his travels.

Tom was called up in 1939 at the start of the second world war to join the Ayrshire Yeomanry. He was then transferred to the Gunners as part of the Royal Artillery surveyors' unit and served in Italy for a period. After the war he worked as a surveyor for the Ordnance Survey. In 1950 he gained a place on the first post-war expedition to the Himalayas and later to the mountain regions of Nepal. Further expeditions included eastern Greenland, Northern Norway, Atlas mountains of Morocco, Middle East including Iran, Syria and Kurdistan. He was small of stature at only 5 foot tall, but his determination, passion, adventurous spirit led him to great heights.

He is best known for his love of Scotland and opening this up to the masses. His first published book, Highland Days, described the joys of walking and climbing in the



Tom Weir [Photo Credit: STV archives]

highlands. He was stationed there for much of the second world war prior to modern roads being built.

His most significant work was through the television series, Weirs Way, which was first aired in 1975 where he brought the highlands into our living rooms and encouraged more people to enjoy the wilderness. The programme featured his travels around Scotland exploring its landscape and natural history, at times with his wife Rhona, meeting its people with whom he had formed many friendships over his years of travel. In each programme, he would delve into the social history, physical geography and life and times of people in the area, both past and present. He was appointed MBE in 1976. He also won Scottish Personality of the Year Award in 1976 for Weirs Way.

In 2000, he was awarded the inaugural John Muir Lifetime Achievement Award by the John Muir Trust, in recognition of his environmental work.

Tom finally settled in Gartocharn, West Dunbartonshire with his wife Rhona. He died in the Sunningdale Retirement Home at Balloch on 6th July 2006 where he spent the last three years of his life.

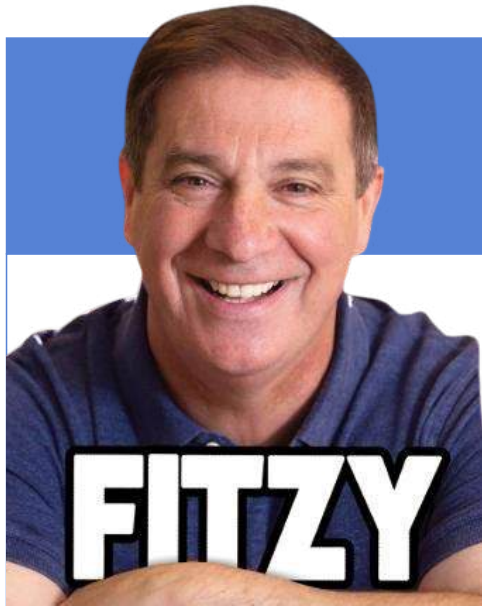
Tom Weir has been recognised for his outstanding contribution in bringing the love and beauty of Scottish countryside, mountains and hills that attracted so many people to explore and enjoy. At Balmaha, on the West Highland Way route, is a bronze statue of Tom Weir which was unveiled in a ceremony in 2014 to mark 100 years from his birth. Hundreds of people came along to pay tribute with some wearing the trademark 'red bobble' hat worn by Tom as a tribute. They were joined by his 94 year old widow Rhona at the ceremony. It is a regular stopping point for walkers from all over the world as they take on the West Highland Way challenge. The West Highland Way was officially opened on 6th October 1980 and Tom was one of the very first to walk the WHW which is a route of 96 miles from Milngavie to Fort William.

Tom's legacy lives on and you can access a wonderful and heartwarming interview by the late and great Magnus Magnusson.

Tom Weir at 70
Scan the QR code to watch.



Margaret Fraser with Tom Weir's Statue



FITZY'S FEATURE: Is there a Doctor in the house?

The phone rings in the St Mirren office and it's answered by Sir Alex Ferguson's Secretary. 'Hello St Mirren Football club. How can I help you?'

'Yes, Good afternoon, It's Doctor McClure's Secretary here!' says the rather posh voice at the other end of the phone. Could you put me through to Mr Alex Ferguson please, the Doctor would like to speak to him?' 'Could you tell me what it's about?' asked the secretary.

'Mr Ferguson had asked the doctor to give him a call. It's about the young lad Tony Fitzpatrick' said Dr McClure's secretary. There's a short delay and the unmistakable dulcet tones of Alex Ferguson come on the line. 'Alex Ferguson here'.

'Yes, Mr Ferguson if you would be good enough to hold, I will put you through to Dr McClure'. There is a short silence until the Doctor comes on the line - 'Hello Mr Ferguson'. 'Please call me Alex!' Said Fergie.

'Right, Alex it is. It's about my patient Tony Fitzpatrick who's one of your players, I believe. The young lad has been suffering from pleurisy, but I'm pleased to say he is over the worst of the illness now'. said the Doctor.

"What this is about Doctor, is that I have just taken over as manager of St Mirren FC and I've still to see Tony play in a game. We've got a friendly match scheduled for Wednesday night and I wondered if he was fit enough to play in it' said Alex.

'I don't see that as a problem. In fact, young Tony has just left the surgery and I gave him a thorough examination. Yes. I would say he's definitely fit to play football.' - 'That's great news', answered Alex. "Glad I could be of assistance. Well,

all the best with your new club and I will look out to see how young Tony gets on. Nice speaking to you Alex Goodbye".

Now as far as Fergie believed - he was having a conversation with my doctor, but what he didn't know is that it wasn't Dr McClure who phoned him, it was my dad impersonating the good doctor, and my mum was the posh Doctor's Secretary.

The reason for the subterfuge was that Fergie's arrival at St Mirren was announced a month before and, unfortunately for me, I was diagnosed with pleurisy just as he had arrived at the club. His arrival could not come at a worse time for me as I was laid up in my bed as Fergie was casting his eyes over the players he had inherited. But fortunately for me, he was taking his time before deciding who was going and who was staying.

I was literally out of training for at least six weeks before I started again. I had sneaked in because the 'real doctor' had not signed me off to start again. My Doctor would never had allowed me to train, never mind play in a match, and as bad luck would have it, the first Tuesday nights training I returned for was a night Fergie wasn't there and Davie Provan, one of the coaches, was in charge.

Davie Provan pulled me aside in the dressing room and says: 'Thearyou've had pleurisy. You sure you're okay to train and play in a wee game among ourselves tonight? 'I'm fine'. I lied. I didn't want to miss any more training nights and end up with people asking if they remember a wee guy called Tony Fitzpatrick that used to play there!

So, I played in that game on the Tuesday night and then in another short-sided game on the Thursday. I was dead on my feet after these games, but I wanted to show the new coaches what I could do and I ran around the park like a madman. I must have done alright as one of the coaches Eddie McDonald pulled me aside after the Thursday night's

training and said: 'You're like a wee dynamo out there. You'll love the new manager.'

Since I was back at training again, I also had to make appearance at my day job as a painter and decorator, so I started back the following Monday. When I arrived at Cowan & Stewart's in the west end of Paisley that morning, I was told to head for Love Street to do a bit of painting work on the stadium. More ominously, one of my bosses Watty Flemming, said that Alex Ferguson wanted to see me when I got there. My mind was racing on that walk from the west end of

'I'm fine, I can play no bother', I reply. Fergie looks at me, and to be fair, I was looking rather pale.

'I'm not so sure, son. You don't look that well and I wouldn't be happy playing you in case it sets you back. I think I should really speak to your Doctor and ask him if he thinks your fit enough. What's his name and I will get the Secretary to call him so I can have a word with him.' Fergie lifts the phone off the hook and I panic.

There's no way Dr McClure is going to say I am fit to train, never mind play in a full game. He doesn't



Above: Alex Ferguson taking a call from Dr McClure (aka Mr Fitzpatrick Senior)

Paisley to the stadium. I knew my contract with the club was due for renewal and because I had missed a month of training and Fergie had never seen me play, I expected the worst and being told to get myself a new set of paint brushes to use them at the ground instead of playing for St Mirren.

I eventually find myself walking along the carpeted corridor to the Managers office in the stadium. I take a few deep breaths in, knock on the door, and I hear the voice shout 'Come In! I open the door and see Fergie sitting behind his desk. He motions to the chair in front of his desk and says. 'In you come son, sit down, sit down'. I take the seat and Fergie asks: 'How are you, Tony? We've got a friendly game against Celtic on Wednesday night and I just wanted to know if you think you are fit enough to play after being unwell for so long'.

even know I've gone back to training or even to my work. in fact, he specifically told me I wasn't to exert myself until he said I could. Out of nowhere an idea comes into my head and I blurt out; 'It's okay I'm going to see Dr McClure this afternoon anyway and I'll get him to call you'. 'Right then, you get him to phone me and if he gives his permission you can play on Wednesday night and after the game I'll have a chat with you', says Fergie.

I can't get out of Fergie's office quick enough and I head straight to my mum and dad's house and I tell them what I'd done. Of course, I don't have any appointments with Dr McClure that afternoon. My Dad's reaction was typical YA F***** eejit. How are you going to get out of this one? But, at the same time, he's hatching a plan to do just that, and after a few more minutes

FITZY'S FEATURE: Is there a Doctor in the house?

of his rant at my stupidity, my dad goes calm and reveals his ploy to get me off the hook and onto the park on Wednesday night.

Right, Mary'. He says to my mum. 'We'll go next door to Jenny Little's, and ask to use her phone. You pretend to be the Doctor's secretary and I will kid on I'm Dr McClure', 'Oh God you know I hate telling lies Fitzy' my mum says trembling. 'Never mind that Mary, if Tony's to play on Wednesday this is the only thing we can do'. My mum and dad and I troop along to

Jenny Little's, who was one of the few people in the street who had a phone. We explain we need to call St Mirren and give her a handful of coins to pay for the call.

When my mum first lifted the phone, she was a bag of nerves and I don't know how she pulled it off pretending she was the Doctor's secretary. But my dad, he played a blinder and sounded just like a doctor. So that's how Fergie ended talking on the phone to my dad thinking he was my doctor and giving the ok for me to play in the

Wednesday night game.

Although Celtic beat us 5-1, I scored St Mirren's only goal and my performance seemed to impress both Fergie and Davie Provan. I was named in the team for the next League game against Brechin at Love Street on 11th January which we won 6-1 with both my mum and dad attending the match. After we got home a big sigh of relief was had by all. I will never forget the expression on my Mum's face when she got introduced to Alex Ferguson after the game!



A young Tony Fitzpatrick with now Sir Alex Ferguson

LEGACYCOMPS IS A WINNER FOR COMMUNITIES

St Mirren FC legend Tony Fitzpatrick is giving back to the community with his Legacy Comps Prize Bonanza competition website.

The former Buddies player, manager, CEO and current club ambassador launched his new business venture in July 2022 to help those in need and create an even bigger legacy off the football pitch.

Legacy Comps Prize Bonanza is

an online prize draw that offers superb prizes with tickets from as little as £1.49.

They run an affiliation programme that helps fund donations and equipment to youth sport clubs, charities and general good causes and to date they have helped raise over £40,000.

Fitzpatrick exclusively explained: "When I decided I was leaving Saints as CEO, I really wanted to create a legacy outside the club.

I want to give back to good causes that deserve and need support, so every ticket that's bought will help me to do that.

As our logo shows 'We give from the heart and bring sunshine into people's lives'. It's so important to help those who are helping others, and I really believe Legacy Comps are doing just that."

All people looking to enter have to do is go to www.legacycomps.com and create an account for free then

choose a prize they would like to enter.

You can find Legacy Comps on social media platforms Twitter, Instagram, Tik Tok, YouTube and Facebook.

There is a chance to win CASH DAILY plus other amazing prizes.

The draws are live via Legacy Comps Facebook from Monday to Saturday just after 8pm!

Good Luck!





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STAR Project support to the community with Pantry Plus

STAR is an award winning and highly regarded community organisation based at Wallace Street in Paisley. Their unique wraparound approach makes people feel safe and accepted and more able to reach their potential.

We will be shedding a spotlight on their amazing work in the August

edition of TLC News. Their work is wide ranging and tackles the impacts of poverty, deprivation and the stigma attached. This has led them to establish their 'pantry plus' project and community fridge.

If you are struggling or know of someone who is in need, the contact details are outlined below.



Glenburn Baptist Church supporting the Community

Glenburn Baptist Church continues to carry out vital work in supporting local communities.

Their friendly and welcoming space is used to provide much needed support through their food pantry. The food pantry opens twice weekly on Thursdays from 10:30am to 11:30am and Saturdays from 10:30am to 11:30am.

They are reliant on donations from individuals, shops and organisations and the volunteers are on hand to uplift items, prepare the pantry and distribute food.

Alongside providing food, it gives people the opportunity to connect with others and find out what is going on in the community.

We met up recently with Pastor John Bryson, Volunteers Irene Stevenson and Ruth Henry who were clearing up after another busy day.

Ruth first came into contact with the Church when her daughter was only two weeks old and she was struggling to buy food. She has been helping out as a volunteer since then and is an important part of the pantry.

They are currently looking for donations of baby food and baby products such as nappies and they are always grateful for dry and tinned food products. If you would like to donate or find out more you can do using the details below.

Telephone: 07840540882

Email: secretary@glenburnbaptist.org.uk

Address: 91 Braehead Road, Glenburn, Paisley PA2 8NF



Pastor John Bryson with Volunteers Irene Stevenson, Ruth Henry and daughter Christabel

Clothed With Love give vital support to children and families

Clothed with Love sums up the ethos behind this volunteer led project who have come together to help impact the effects of poverty on children and families. They work in partnership with professionals, family support organisations, health visitors and nurseries to provide additional support to families.

They collect good quality donations of clothes, from new born children up to the ages of seven, baby essentials such as

moses baskets, cots, high chairs, baby baths, prams and buggies to gift alongside nappies and toiletries to local families. They package items into gift bags with clothes laundered, ironed and folded ready to be delivered.

They continue to look for donations which can be handed in at the Mossy Café. You can contact them by phone or email and will also find them on Facebook or X. All Donations gratefully received.

Mossvale Community Church,
60 Greenock Road,
Paisley PA3 2LE

Tel: 0141 848 6216

Email: mossvalecommunitychurch@gmail.com



ORGANISERS of the inaugural Johnstone Cup hailed the event as a huge success after raising more than £4k for St Vincent's Hospice

Six local teams - Thorn Athletic, Johnstone Burgh, Roselle, Gladstone, Glynhill and Elderslie - brought the Thomas Shanks Public Park to life as they competed in the unique event to lift the trophy for the first time.

The sun shone on the competitors and hundreds of spectators turned out to watch Renfrew outfit Glynhill eventually coming out on top after beating Johnstone Burgh on penalties in a dramatic final shootout.

A glitzy night of fundraising followed at the Glynhill Hotel and Spa, compered by Jed McCabe of Legacycomps, where yet more funds were raised for the deserving local charity.

Organiser Marcus Gillespie, along with event partners Legacycomps and Thorn Athletic, were delighted with the final sum raised and hope the competition can become an annual event on the calendar.

Gillespie said:

"It turned out a fantastic day and night and we are grateful for everyone's support. The football event ran smoothly with great talent on show and the teams playing in good spirits. The good weather helped and there was good support for the event."

We would like to thank everyone who contributed in a variety of ways and our team of volunteers who helped out across the park during the event."

Ex-St Mirren legend Tony Fitzpatrick from partners Legacycomps Prize Bonanza said:

"It was a magnificent day for something that was just starting off. St Vincent's is a cause close to all our hearts and it was great to play our part."

Mark McGee, chairperson of Thorn Athletic, said: "It was brilliant to see all the football pitches in the town's public park being used simultaneously for the first time in many years and all in a positive way to support a local good cause."

Families enjoyed bouncy castles, football games, live music and updates from daytime host and DJ Kevin McLaughlin throughout the morning and afternoon.

McLaughlin said: "There was a great atmosphere during the day and everyone gave generously. It was great to see."

The organisers visited the Hospice days after to present the cheque and Community, Corporate and Events Manager at St Vincent's Hospice, Emma Donald, said: "We are so grateful to Marcus for organising The Johnstone Cup with Thorn Athletic and LegacyComps on behalf of the Hospice. It was a great event."

"It costs over £6,000 for a full 24 hours care at the Hospice and we can't do what we do without the generosity and support of our local community and people like Marcus, Mark at Thorn Athletic and LegacyComps. Thank you so much for your continued support."

For further information you can contact Marcus on 07930954147.



From left to right: Jed McCabe, Kevin McLaughlin, Tony Fitzpatrick, Marcus Gillespie and Mark McGee







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THE MEN'S SHED - STANDING SHOULDER TO SHOULDER

The Men's sheds movement started in Australia in the 1980's as a way to improve the health and wellbeing of older men. The slogan for men's shed is 'Shoulder to Shoulder', shortened from 'Men don't talk face to face, they talk shoulder to shoulder' and was adopted after the 2008 Australian Men's Shed Association conference. The movement has grown substantially, and you will find sheds across the world and Scotland is very much a part of that. The Scottish Men's Shed Association is a registered charity and supports those wishing to set up sheds within the community. It is not affiliated to any other UK Men's Shed Association and works exclusively 'in Scotland for Scotland'. They provide vital information and assistance, advice on funding and a forum to learn from others through networking events.

The 'Shedders' are men from all walks of life, all age groups and with a variety of life and work experiences. If you have had the pleasure to visit – or even better – be part of a Men's shed, then you will know that they are a friendly and welcoming lot and encourage new members. The sense of camaraderie is palpable with lots of banter, laughs, learning skills and, for some, teaching the skills they have from a previous trade.

The benefits to 'Shedders' are immense and show improvements in physical and mental health, a sense of pride, improved self esteem and confidence and the added pleasure that volunteering brings when they see how their products make others happy.

Are you a Shedder?

We would love to hear from other shedders, so please send in your stories or any particular successes you may want to highlight.

If you want to find out where a Men's Shed is located near you then you can go on to Scottish Men's Shed Association on their website <http://scottishmsa.org.uk> and follow the link to 'Find a Shed'.

Springburn Men's Shed operate out of Springburn Park Village where they have worked together over the years to construct and maintain a space that includes a social area, woodworking and metal fabrication space and a pensioners lunch club. They carry out a wide range of work across the community including woodturning, pyrography, handyman service and bespoke support to local schools and organisations. They built a Santa's sleigh for Robin's house Children's Hospice which is used each year, they refurbished garden furniture for Marie Curie Hospice, both of which were gratefully accepted and brought so much joy.

Tom Bennett, Secretary and 'go to person' at the Men's shed said:

"Some of our Shedders are skilled workers who retired and, overnight, lost a lot of friends and social life. They miss the working

environment and the banter. Our members cut across all age ranges and backgrounds and they see the Shed as a great place to connect with others, relax, learn new skills and make friends. We encourage new members to get involved."

As they say in their strapline – 'The Kettle's always on' – and they will need plenty of teabags and biscuits to keep up with the demand for their services!

They are open Tuesday, Wednesday and Thursday from 10–3 p.m.

Monday to Friday at their Petershill Community allotment Mondays and Fridays.

If you want to get involved with Springburn Men's Shed then contact – info@springburnmensshed.org or check out their Facebook @spmensshed – Twitter (X) @park_shed – Alternatively, pop in and see them at Springburn Park Village, 100 Belmont Road, G21 3AY.



Springburn Men's Shed presenting to pupils at Springburn Academy



Springburn Shedders

Paisley Men's Shed help to connect socially isolated individuals within their friendly and welcoming space where men meet up, exchange knowledge, learn new skills and make friends. Following the example of Men's Sheds that were successfully established in Foxbar and Barrhead, the Paisley Men's Shed was established in 2018 with the support of local charity, STAR Project. In March 2019, the shedders were delighted when St Mirren FC Charitable Foundation made the generous gift of land and 2 containers in the grounds of the SMiSA Stadium to establish a Shed to call their own.

Their shed has become a real community hub and has a wonderful intergenerational feel that supports the passing down of skills and knowledge from retirees to younger members. There are also lots of laughs and relaxation in the lovely space that the shedders

have worked to develop. The people of Paisley often donate tools and equipment, which the Shedders use in their efforts to build things required to help the community. Chair of Paisley Men's Shed, Archie McAulay said: "Men's Sheds are basically community spaces for men to connect, converse and create. For us, it's that local men can benefit from regular social interactions, new and improved skills and regular, active participation in activities they enjoy."

They always welcome new volunteers and have many tasks such as woodworking, gardening, painting, donation collecting, greeting new members and keeping the space clear.

They operate every Tuesday (10 – 1) and Thursday (12 – 3), and you can pop in to find out more. They are always looking for new members, so why not drop by? Find them on Facebook or get in touch with STAR Project at paisleymensshed@star-project.org.uk, call them on 0141 889 5850.



Paisley Men's Shed Group



Paisley Men's Shed Group

Joining the Men's Shed was the best thing I ever did!

How an ex-veteran connected with Men's Shed

When Mick French made his way to the Men's Shed in Springburn Park it was almost as if he had come 'full circle'.

He had started off his working life in the Park's Department and his 'bothy' was bang in the middle of the Shed area, now known as the boathouse. He was at a low point in his life, and it was his wife and a friend who suggested that he go along to the Men's Shed. They had heard so many positive things about it that they felt it may just be what he needed. When he got there, he felt instantly at ease and he now says that it is the best decision he made.

Mick had served a long military career, first serving with the 15th parachute regiment in 1978. He said that it was at that time when he bumped into an old schoolmate from Royston who told him that he had joined up and said that Mick should try it. Mick asked what it was all about, and his mate said – "It's great, you jump out of aeroplanes!". Mick's reply was – 'That's for me' and joined up. He was mainly interested in the fitness aspect and from there he progressed into the 144 Parachute squadron and then on to the 123 parachute squadron as a Medic. His tours of duty included Bosnia, Kosovo, Macedonia and Iraq before he left the army in 2005. He said that he served alongside some of the most skilled surgeons during his tours of duty. He returned to his home and family in Balornock and, in time, joined the Scottish Ambulance Service as a paramedic. As he settled back into civilian life, he was diagnosed with PTSD as a result of his tours of duty.

He continued working in the ambulance service during the pandemic and it was around 2021 when his employment ended. Being the type of person that was always working and keeping busy, this left a void that was made worse shortly thereafter when he was diagnosed with throat cancer. He underwent

chemotherapy treatment at the Beatson and continues to attend. He is full of praise for the staff at the Beatson and is grateful for their care.

It was at this point that he started to become aware that his mood was going down and he gave himself 'a bit of a talking to'. In the paras he was trained to push himself to the limit, both physically and mentally. Despite his diagnosis, he had been maintaining a good fitness regime and he knew he had to do something positive to improve his mental fitness. He said;

"Joining the Men's shed is the best decision I made, I come down here three days a week and I get to use my previous skills and I focus mainly on wood carving and wood burning (pyrography). I had always enjoyed woodwork at school and when I worked with the Parks Department in my early days I trained as a tree surgeon, so it's great to get back to my roots-literally!"

Mick, alongside other Sheddors, have an important part to play in passing their skills on to younger people and others in a work environment setting that is often absent when life changing events occur.

Mick has been coming along to the Men's shed for around two years and we asked him what it was about the Sheddors that he would recommend to others. He said;

"Shoulder to shoulder sums it up, everybody has their problems, that's the way it is and we support each other. Sometimes, people want to talk and mix, and sometimes they want their own space, and that's fine too. There is a great camaraderie with Sheddors and I know that I would have struggled if this wasn't here. It's important to keep a positive mindset, even when times are tough. I would highly recommend it and I think that GP's should direct to Men's shed."

Mick is also involved in supporting Veterans and Armed Forces charities and events. It is his desire to fundraise to have a lifesize 'Tommy' statue within the memorial garden to recognise those who have paid the ultimate price for their country.

We wish him well on his cancer journey and recovery and for his continued commitment to his local community.



Mick French from Mens Shed



Men Don't Talk – Paisley Arts Centre: 14th November 2024, 7:30pm

Three men find banter, bird boxes and biscuits in a fictional men's shed, which celebrates companionship, camaraderie ... and custard creams. Clare Prenton's poignant, hilarious, moving and thought-provoking play, Men Don't Talk, explores the myth that 'men don't talk'.

Written following cups of tea, cake and spirited conversations with real 'sheddors', the play welcomes audiences into a friendly fictional shed, inspired by real mens' stories.

Presented in conjunction with the Scottish Mens Shed Association, the play has been praised in the Scottish Parliament for promoting the benefits of this growing mental health and wellbeing movement - vital in Scotland today.

Produced by Genesis Theatre Productions and part of the Scottish Mental Health Arts Festival. Supported by The National Lottery through Creative Scotland's Touring Fund and An Tobar and Mull Theatre. Presented in Partnership with The Scottish Mens Shed Association and Luminare. - Running Time: 75 minutes approx

Age restriction: Age 14+

Content warning: The play tackles the subject of mens mental health in a poignant and light touch way. Themes include grief / loss, PTSD / Military experience, divorce, substance misuse, depression / social isolation, men's health (prostate cancer).

For more information on the tour, please visit: www.genesis theatre productions.co.uk

One to Watch: A Young man's passion for music - David Whitelaw following his dream as Singer, Songwriter

In this edition we are highlighting up and coming musician, David Whitelaw. We caught up with David last year when he was playing in a Shettleston community hall in a memorial service for a local volunteer, Alan Gibson, who taught guitar classes to the community. It was a cold winter night, but all of those who came in to celebrate the life of their dear friend had their hearts thoroughly warmed by David's performance as he played guitar and sang songs from Alan's favourite artists. David was a popular choice with his easy-going manner and soon had people singing along. We asked David to tell us a bit about his interest in music and his dreams for the future.

He said; "My earliest memories of music as a very young child, was being in the car with my mum and dad and songs being played on CD. The music varied between 60s right through to electronic dance music, for some strange reason the Beatles was always my favourite, I think it was the harmonies and such melodic



sounds, plus my Gran was a big Beatles Fan and seen them live in Glasgow in the 60s".

His dad always had a Guitar in the house that he played a couple of songs from time to time and David became quite interested learning, but his hands were far too small at the time and lost interest. When he started high school, his dad suggested he go for professional lessons on a musical instrument and he chose to play the drums and took lessons at Riverside Music college in Busby, Glasgow. David said:

"I took lessons for 3 Years and became competent on the drums and played in some live group performances within the college, I loved the process and the buzz of performing live – I was hooked. Roll on COVID, at home bored, I missed my music fix, so with the help of YouTube, I Picked up my dad's guitar and taught myself the guitar (with a little basic help from my dad). There began my love for the Guitar."

"Being dyslexic, I never got much from reading music theory etc, it was easy for me to watch a youtuber actually play, and I easily picked it up from there. After a year or so playing in my bedroom, I would sing along with the songs and realised I could actually hold a tune. I was now also hooked on the music of The Beatles and I loved their harmonies and

David Whitelaw aged 6 years (Music in my blood and didn't know it yet!)

sound. In fact, most of my acoustic music set lists which I play today have Beatles classics in it!"

As his efficiency on the guitar was good, I went on to take some vocal Coaching which helped to improve and refine his vocal skills. Taking music studies at High school also helped him greatly, achieving gradings of A for Higher and also a B for Advanced Higher Music Studies. He was the only singer who played an instrument, Guitar, whilst performing saying "I now realised as to how much of buzz I get when performing live and engaging with an audience who like music and fully appreciate what you are doing whether its 3 people or 53 People."

Now, his acoustic cover sets could be described best as Brit Popish through the years and modern classics, such as the the Beatles, Van Morrison, Paul Weller, Paolo Nutini, The Killers, Bob Dylan, The Proclaimers, Oasis Arctic Monkeys, Deacon Blue and Gerry Cinnamon to name a few. He also writes and performs some of his own songs that go down well.

His first paid gig was in July 23 and since then, through word of mouth and getting my name known via social media etc, he has now played over 38 paid Live performances in various bars and venues and has helped out with various charities.

He rehearses with a band down in Irvine on a weekly basis as the singer and rhythm guitarist. The band is just starting out and trying get a set list together for possible gigs and have still to name their band.

Good news for David – having Just left high school this year, he has now



David performing at a gig

accepted an unconditional offer of admittance to study an HND in Music at Paisley college in August 2024 on full time basis – and he can't wait to get started.

David feels that Music is his passion and vocation, and whatever happens in the future, he is confident that he will be in the music industry in one shape or another.

David is a great example of a young man who has a dream and puts his passion into achieving it. He is clearly devoted to music, practising, taking gigs and backing that up with taking his HND in Music. We are sure that we will be hearing more about David Whitelaw in the future!

You can view some of David's videos on his social media links: Youtube – @Davidwhitelaw12 or search David Whitelaw Musician on Facebook.

