

TLC'S GOOD NEWS NEWSPAPER



FREE

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from Together Leading Communities

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WELCOME TO YOUR COMMUNITY 'GOOD NEWS' PAPER

Welcome to the first edition of TLC - Together Leading Communities

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

Are you weary with reading and listening to bad news? Do you want to hear more about all the amazing 'good news' stories in your local area? – then this monthly newspaper is for you. Let's share the love in our communities and get that community spirit up to the top of the scale!!

Like me, you will know that there are so many fantastic people making a huge difference to their neighbours and community through their kindness and support for each other.

This paper, initially covering Glasgow and Renfrewshire, will

highlight these amazing stories and also tell of the courage and resilience of people overcoming personal challenges with positive outcomes.

Keep reading to discover what will be included in this 'good news' paper.

This monthly newspaper will put a spotlight on all that is good within our communities and share many inspirational stories. It includes a 'Kindness Page' – what acts of kindness has a neighbour, organisation or business carried out that has made a difference to you or someone you know?

Our 'One to Watch' will feature an individual or group. This may be a personal achievement, setting up their businesses or maybe something creative in the community. We will highlight the 'Community' side of local businesses. Many of whom provide special offers to community members, donate to local charities or help individuals. If that's you then please let us know.

We will look for readers' stories too, inspirational, funny, happy, so tell us the good news or celebrations in your community.

Sports pages will cover a range of local sports. From Speedway, local

and junior football clubs, swimming, cycling – let's hear what is going on.

We will also have pages devoted to creative arts – there is so much talent in our communities so why not shout about it?

A page will be devoted to young people so we will be looking for stories from individuals, community groups or schools.

The 'Blast from the past' section will have a focus on stories, memories, pictures and history from our seniors.

So Give us a call – and tell us all!!

MARGARET FRASER, EDITOR



Finding Your Feet

A woman of courage and resilience brings hope and friendship to so many.....*read her inspirational story on page 12*

In conversation with Karen Dunbar

Karen Dunbar caught up with us recently to talk about her life, career, community and 'hundreds of stuff'.....*continued on page 6*



GLASGOW TIGERS ROAR INTO ACTION

A great day out for all the family at one of the best Speedways in the UK with newly refurbished hospitality.....*see page 22 for 2024 fixtures and page 8 for a chance to win tickets!*



Fitzzy's Feature

These boots were made for running.....*page 19*

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

news@togetherleadingcommunities.com



www.togetherleadingcommunities.com

Scotland Fashion Week Launch: Unheard Voices

Divine Tasinda is a wonderful example of a young person who has developed her passion to benefit the community through establishing her own social enterprise. Divine was a 16 year old student at Springburn Academy when she first presented her idea to teach dance to a panel at social landlord, ng homes through a collaboration with Firstport.

Divine said: "It has been a dream of mine to teach dance to young people, particularly in North Glasgow where I grew up. When I was young, it was difficult for my mother to pay for dance classes for me so I was self taught. I wanted to share my passion with other young people so the funding and support from ng homes helped me to establish my own company, Three 60, with some others. I was 16 then and in the past 8 years we have now established another company, House of Kungi and through this we have supported many others to become entrepreneurs. It was through our collective efforts that we were determined to bring under represented artists to showcase their

work and developed Scotland Fashion week – Unheard Voices – which will become an annual event."

Divine brought together a unique variety of fashion design, music, art and photography to the community of Possilpark and further afield to launch Scotland Fashion Week – Unheard Voices in April 2023. This exciting and vibrant event brought together 10 new fashion designers from across Scotland for a week long programme. The goal was to support under-represented young people to develop their own businesses and social enterprises by highlighting the creative talent already in place and to inspire others. The event was launched at a large community space at Saracen House in Possilpark and opened by Lord Provost of Glasgow, Jacqueline McLaren who praised the efforts of Divine and the group. She said:

"It really shows the talent in the north of the city which we have and want to keep. I would like to extend our sincere thanks and appreciation to the organisers and sponsors for their time and support in getting this fantastic event off the ground".



Thomas McAlister from UnLtd Scotland also praised the efforts of the organisers adding:

"It's wonderful to see social entrepreneurs like Divine creating solutions to local problems. We think House of Kungi will help showcase local talent and inspire other young people in to taking social action. Ideas like this are evidence that enterprising people are at the heart of so much positive change in local communities. We hope UnLtd Scotland's tailored package of cash awards and support will help to

develop many sustainable businesses that will deliver long lasting social impact. Our vision is for a future where social entrepreneurs flourish, in and with, their communities implementing sustainable, locally embedded solutions."

If you are interested in finding out more about UnLtd support to entrepreneurs then contact Thomas McAlister, Social Entrepreneurship Support Manager, UnLtd Scotland at thomasmcalister@unltd.org.uk

FUNDING FUTURES PROGRAMME

UnLtd have opened applications for the Funding Futures Programme.

This programme is open to 16- to 30-year-olds living in the UK, supporting them to tackle financial exclusion in their communities. Funded by the Co-op Foundation, Phoenix Group and the Millennium Awards Trust, and delivered by UnLtd, the Funding Futures Programme will harness the power of youth to find solutions for those who have been sidelined by the financial system.

Through funding and tailored support, the programme will give young people the power to make their communities fairer places to live.

The deadline to apply for the programme is Sunday, 30 June 2024.

The Funding Futures Programme will support young social entrepreneurs to

create opportunities for people to learn, work and improve their standard of living. Award Winners on the Funding Futures Programme will be able to access tailored support alongside funding including: Financial literacy resources: support to help strengthen their financial literacy skills and to improve the financial resilience of their social venture. Peer-to-Peer learning: regular opportunities to connect with fellow social entrepreneurs working to reduce financial inequalities, to share the journey and learn from each other's experiences. Access to a Support Manager, pro-bono consultancy, upskilling workshops, expert advice and guidance.

Apply now for The Funding Futures Programme:

www.unltd.org.uk/awards/funding-futures-programme

FUNDING
FUTURES
PROGRAMME

POWERED BY

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Co-op
Foundation

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MILLENNIUM
AWARDS TRUST

Young social
entrepreneurs
with big ideas for
a better future.

Unlock the power
and apply for
funding today.

FUNDING
FUTURES
PROGRAMME

YOUNG PEOPLE TAKING THE LEAD

Football legend, Tony Fitzpatrick, affectionately known as 'Mr St Mirren', is well known for his successful footballing career as a premier league player with St Mirren FC. His career also included two terms at Bristol City FC and Scotland's National Team where he captained the under 21 side against Italy.

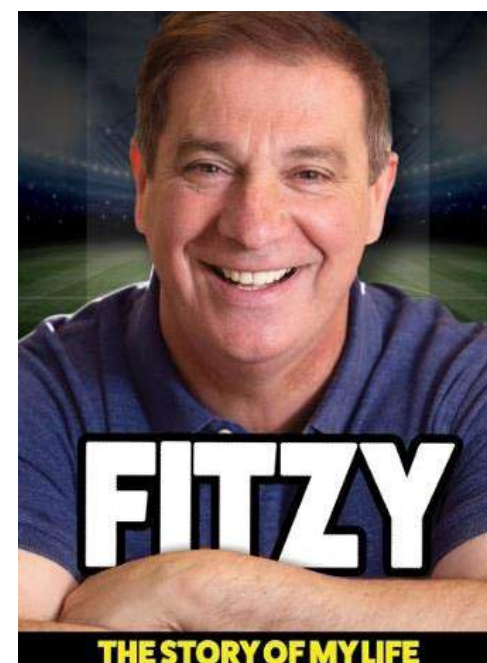
Tony is a local hero in Paisley having been devoted to his beloved club for over 50 years as a Player, Manager, CEO and Ambassador of St Mirren Football Club. Tony was only 19 years old when he was made Captain of St Mirren by the then Manager, Alex Ferguson. Lifting the Scottish Cup in 1987 as club captain was the highlight of a career with St Mirren which spanned a period of 14 years and 458 appearances for the Paisley 'Buddies'.

Tony was born and brought up in Possilpark in the North of Glasgow

and his dream was always to be a footballer. As a teenager, he signed up for Possil YM and it was during this period that his life took many different turns. In his book Fitzy – the story of my Life, Tony gives an honest and heart-rending account of his life growing up in poverty, experiencing violence and personal loss. His remarkable story is one of determination, courage, resilience, and faith which highlights that even through the most challenging and life changing experiences there is always hope and we can change our lives for the better.

Over the past few years Tony has worked with local schools and the community in North Glasgow as an inspiration to young people to follow their dreams through telling the story of Babakoochi bear through his childrens book 'The Dream – you can do this'. He is also a 'Mental Fitness' coach and supports people to explore ways to improve their mental wellbeing.

We are delighted that Tony will join TLC'S Good News Newspaper with his regular column, Fitzy's Feature, where he will give some insights in to



his wide ranging experiences and also highlight many other good news stories across our communities.

Good Clean Fun

WRITTEN BY AMY RODGERS

Good Clean Fun is an alcohol-free club night that was initially started for people in recovery from substance misuse.

We provide a safe space for people to socialise, dance and build a recovery community around them. We believe that substance misuse is not simply a problem that lies with the individual, but rather a community and societal problem and needs community based response.

Our events are open to the whole community: including friends and families of those with an issue and we welcome anyone else who is curious about having a sober dance.

We position our nights as not merely a consolation prize for people who cannot drink safely, but rather as a positive and desirable alternative to standard club nights.

Our nights celebrate recovery.

Community events need not be "good enough": our nights are high quality with a lot of thought and care put into the music, the food, the sound system, the drinks and the overall atmosphere.

Here's what some attendees had to say:

"The club nights [Good Clean Fun] put on are amazing. You're surrounded by like-minded people and it makes you feel at ease knowing everyone else is sober.

It's a safe space. Even when I used to go out to clubs and drink, I don't think I ever felt completely free. But here, I can totally let go.

I think the community aspect of the events is amazing; you feel so much joy. Amy (Founder of Good Clean Fun) knows how to put on a good club night. They tweak the set-up each time to make it a more chill environment.

Sometimes I can feel like the odd one out by not drinking in standard clubs, so I'm glad there's now a space where I can go where everyone is on the same level."

Panda McGlone, 32, graffiti artist

"My sister has been struggling to get sober for the last 7 years and it's been hard to watch. We used to love partying and going out dancing



Check out their website www.gcfglasgow.com to find out more about upcoming events and what to expect, read their blogs and sign up for their newsletter

together so I've struggled to know how best to show my support for her during times when she is sober...we've been a bit stuck thinking of fun stuff to do together.

There's plenty of options to do during the day or during good weather like walks etc but not much to do in the evening.. or something that's a bit more exciting and fun!

The Good Clean Fun parties have been great for this – it's given us a place to let our hair down, relax and spend time together in a fun and safe way for her. And it has introduced me to her sober friends which has helped me have a bit more understanding of what she's going through.

I'm really pleased I can be involved in her new sober life in this way."

Doreen, 52, charity shop manager



You can find out more about Good Clean Fun on their website, blog and Instagram.

www.gcfglasgow.com



FOR THE LOVE OF A DOG!

What started off as a wee day out with a local community group began a long campaign to bring the story of a brave wee dog to the people of Glasgow

What started off as a wee day out with a local community group began a long campaign to bring the story of a brave wee dog to the people of Glasgow.

Jean Dallas, from North Glasgow, was part of a community group visit to Scottish Fire and Rescue Services museum and heritage centre in Greenock when they came across 'Wallace the Fire Dog' who was embalmed in a case in pride of place at the Museum.

Wallace, believed to be a cross between a collie and a setter, was 'adopted' by Glasgow Fire Brigade in 1894 after he followed a horse-drawn fire engine taking part in a lifeboat demonstration. It is said that he was an intelligent dog and made his home at the Central Fire Station in College Street and would run alongside the brigade to fires.

The legend that Wallace instinctively knew the location of a fire and led the way was quashed when onlookers noticed that the driver of the leading vehicle would

signal ahead to the dog which way to turn. Wallace would then glance back and the coachman would point his whip in the direction they were going to turn the corner. Even so, Wallace was seen to embody the fire service motto, "Aye Ready". At the time, Wallace was even more famous than Greyfriar's Bobby in Edinburgh and on hearing of his heroic efforts, one female 'fan' gifted Wallace rubber boots after hearing that the stone sets in the roads made his feet sore!

Such was his fame in Glasgow, his final illness was reported on a daily basis in both the Scotsman and Glasgow Herald newspapers. When Wallace died in 1902 his body was embalmed and put in a glass case and he would go on to sit on guard in the foyer of the North Glasgow headquarters at Cowcaddens. Her Majesty the Queen said she was fascinated by the story of the famous fire dog when she saw Wallace during her opening of Strathclyde Fire Brigade's headquarters in 1990. Since 2012 he has been on display in the Fire Museum and Heritage Centre in Greenock.

Jean and the group were so touched by the story of Wallace that they wanted to let others know about this 'Brave wee Dug'. So, they worked alongside Saracen Primary School, Scottish Fire Rescue heritage staff and others to tell the story of Wallace. It captured the attention of the children who got busy making poems and writing stories about Wallace.



Wallace at Greenock Fire Museum



Wallace with the Fire Crew 1894



Jean Dallas and Margaret Muir

The group of women, with Jean Dallas taking the lead (pardon the pun!) decided to campaign to get a sculpture of Wallace and for it to sit in a prominent place so his memory and brave actions would live on through his story. They felt that - if Edinburgh has Greyfriars Bobby, why shouldn't Glasgow celebrate Wallace the fire dog? What started as a way to teach children about the city's heritage has grown arms and four legs. Now everyone wants to see Wallace remembered with a monument fitting his heroic status. Contact was made with Scottish Prison Service (Barlinnie) and their metalwork section got together and made an amazing sculpture of Wallace.

The story didn't end there though. The pandemic resulted in a delay with communication lost for a time and the Wallace sculpture went missing. Jean's determination knew no limits and with support from

Margaret Muir at the 'Croft' project at Barlinnie and Margaret Fraser from Together Leading Communities a mission was put in place to track down Wallace!

Margaret from the Croft project managed to trace 'Wallace' where he had been placed with Scottish Prison Service dog handler section in Livingston for safe keeping. An official handover of the Wallace sculpture took place at a community event at Saracen House in Possilpark in December of last year. It was an emotional event as Jean got first sight of the sculpture and they were delighted with this wonderful replica of Wallace with his wee blue boots. Staff from SFRS and Heritage Trust, Scottish Prison Service were there to cheer them on alongside many members of the community.



Jean Dallas with SFRS staff and Wallace sculpture



Dave Adam / SFRS Heritage Trust with Jean, Wallace and Community supporters

Dave Adam, chair of SFRS Heritage Trust said:

“Wallace the famous Fire Dog who was adopted by Glasgow Fire Brigade over 120 years ago as their mascot, has entered Glasgow Folklore. So much so that when he died in 1902 the Firemen of Glasgow had the dog preserved by a taxidermist and put on display at the Central Fire Station in Glasgow. Wallace can now be seen at the Fire Museum and Heritage Centre in Greenock where is a prime exhibit and is seen by many, including international tourists who come to the museum from the visiting cruise ships. The production of this statue, driven by Jean and her dedicated group of ladies in Glasgow will help keep the history and heritage of this famous dog alive for generations to come”

Jean has raised over £1,500 so far to have the sculpture of Wallace situated in his rightful place and to undertake further work with local schools and the community to have Wallace's story told as part of Glasgow's heritage. She said:

“This wee dog was very famous in his day for his brave antics and there are books written on his adventures and he is well known throughout the world, yet many people in Glasgow don't know about him. We always said that if Edinburgh has Greyfriars Bobby then 'Wallace the Fire Dog' should have his rightful place in history. We are so happy to see him back in Glasgow and we will now work with others to have his sculpture prominently placed in Glasgow.”



Scottish Fire and Rescue Service
Museum and Heritage Centre
The Old Fire Station Dalrymple
Street
Greenock
PA15 1LY

To book a visit
Call: 01698 300 999
Email:
museum@sfbheritagetrust.org

PAY IT FORWARD ... with random acts of kindness

Pay It Forward Day is a global celebration of kindness that takes place every year on April 28th. It encourages people to display small random acts of kindness to others. It could be friends, families, co-workers or complete strangers. However, we don't need a specific day to show kindness to others and is something that can be carried out at any time.

The concept was based on the book 'Pay It Forward' by novelist Catherine Ryan Hyde and later made into a movie in the year 2000. It was based on a young boy's school assignment of a social experiment to encourage people to engage in small acts of kindness. The simplest way to define “pay it forward” is that when someone does something for you, instead of paying that person back directly, you pass it on to another person instead.

By carrying out acts of kindness for others, we can create a ripple effect of positivity and connection that can change lives. It doesn't take a lot of time, money, or effort to pay it forward, but it can make a big difference in someone's day or even their life.

The fact is that we never know the impact that a kind gesture, helping hand, positive comment or a smile can make to someone. I am sure that most of us have experienced a time when we have felt low or come across a specific challenge and a

ourselves. This can be seen in our communities every day of the week, and has been very evident through the Pandemic and cost of living crisis where acts of kindness and compassion of neighbours, volunteers and community agencies were a lifeline and, at times, a life saver to people.

The power of kindness cannot be underestimated and research shows that the benefits of showing and being in receipt of a kind act is good for our mental health. It reduces stress, improves emotional well-being and even benefits our physical health.

At a community level helping others helps to increase social connections and a sense of purpose and examples of this are clearly evidenced by the range of projects within this newspaper.

Volunteering is a great way to 'Pay it Forward' and is also a great way to make new friends, increase a sense of belonging and connect with our communities. There are many opportunities to volunteer with some of the projects highlighted in the TLC newspaper or you can contact a local group or volunteer centre.

Small acts of kindness such as donating, lending a helping hand or volunteering supports community bonding. If someone has recently done something kind for you, why not pay it forward? Do something kind for someone else in return.

If you're not sure how you can pay it forward, here are some great ideas:

- Buy the coffee or meal for the person behind you in line
- Pay a compliment to at least three people you see.
- Send a positive text message or whatsapp to five people on your contact list.
- Send a friend a thank you card, bouquet of flowers or a box of chocolates.
- Offer free babysitting or dog walking for a friend or family member.

- Donate to a local charity – clothes, books, baby food, food, funds
- Help an elderly or infirm neighbour or family member with shopping
- Saying hello or striking up a friendly conversation with someone
- A smile and a Thank You is always appreciated too.

A lovely quote that sums this up well:

“Kindness is spreading sunshine into other people's lives regardless of the weather.”

Please contact us with any acts of kindness you have 'paid forward' or have received as a 'pay it forward act' and we will highlight some of these in our next newspaper to give ideas to others.

In conversation with Karen Dunbar



We are delighted that our very own 'National Treasure' Karen Dunbar caught up with us recently to talk about her life, career, community and 'hundreds of stuff' that she has been working over the past few years. She reflects on some of the personal changes and projects that she has been involved in through the Pandemic and beyond. Known for her television appearances on Chewing the Fat and the Karen Dunbar show, theatre performances and her wonderful renditions of Tam O Shanter, Karen has many more strings to her bow. Karen is now an 'entrepreneur' having set up her own social enterprise 'Beats Therapy' delivering RAP workshops across the community and has also been back on the road with her 'Audience with' performances across Scotland. At the same time she has gone back to her roots as a DJ with regular gigs in Glasgow. So, over to you Karen...

When did you first realise that you wanted to be an actor/comedienne and what was your journey like?

I knew from as young as I can remember that I wanted to be 'on the telly'. I didn't know what doing though! I thought I'd maybe be a singer as folk said I had a good voice and I loved to sing. But I just knew inside of me that one day it would happen (which was strange because I came from quite a poor, working-class background so it felt like being an actor was something only posh rich folk could be - lol!)

What are some of your personal highlights and what did you enjoy most?

It's hard to beat my experience of performing at the 2014 Commonwealth Games. 40,000 people packed into Parkhead Stadium and I was the first face on camera to welcome the world to Glasgow: what a privilege! but then there was also a wee charity gig I did in Ayr. Maybe around 70 folk in a church hall where I sang

and told some stories. my dad was there and it was a night I felt he was really proud of me...

Your career took a different turn during the Pandemic. Can you tell us more about this and how it has changed your outlook?

As most of us know, the start of the pandemic was a very confusing and scary time. At first I thought it'd maybe last a few weeks but as things transpired I could see we were in for an unprecedented experience. I had a lot of live work lined up for the year and within a few days of the lockdown my gigs started to get cancelled. After a few weeks I had hardly any work in front of me. I'd had an idea a few years before to do music workshops with community groups and so I wondered if this could be done on zoom - and it could! I got some support from housing association, my home's community department and it was all systems go.

I started to run RAP writing workshops online with people who were stuck at home. it was an absolute life saver for me! it took off

so well that I registered it as a social enterprise (called Beats Therapy) and it takes up half of my working life now. who knew so much good could come out of such a dark time?!

Can you tell us more about Beats Therapy and your RAP workshops and what have been some of your highlights from this?

The workshops are really easy: a group of folk writing a Rap! We start off with a chat about who we are and what we'd like to talk about then get an idea of the group's musical taste. Then we write a few lines, make them rhyme and put them in order and voila! you've got a rap! There's been so many highlights in the 3 years I've been doing this... one group in Possil hadn't been out for weeks. We made the rap but we also made friends with each other. Cut to a year later and we all met at a big day out in Springburn Park and performed the rap live on stage! That memory is hard to beat...and of course the BBC documentary Karen Dunbar School of Rap with the 'Rapping Grannies' from North Glasgow.

A lot of the work you do is now directly within communities where you see first hand some of the stresses and anxieties people face. Do you have any particular methods that you use to maintain your mental fitness?

My mental wellbeing is a primary focus of my life, mainly because I realise how important it is to limit stress levels as much as possible. My main support is my friends. I have a few folk who I can tell anything to and they'll listen without judgement (and sometimes give me advice - but only if I ask for it lol!). I also try to move my body by walking or going to the gym. it's really important for me to get out in nature too.

What work have you got on over the next year?

I do a live interview called An Audience with Karen Dunbar that tours around Scotland and I love it. I get to meet lots of different people, tell stories about myself and have a laugh. I also love to DJ and I've got a few gigs coming up around Glasgow and running Beats Therapy too will take me up to Christmas lol!

Finally....some quick fire questions? If you were stuck in a lift with three other people - who would you want them to be?

My mum (she died in 1992 so I've got loads I'd like to ask her and tell her), Shirley Bassey (my mum and I were huge fans and she'd keep us entertained!) and a lift engineer lol!

If you had to waken up to one song in the morning - what would it be?

ohh... Chants D'Auvergne

If you had to take one book with you on a long journey - what would it be?

The Idiot by Fyodor Dostoevsky

If you want to find out more about Beats Therapy and RAP workshops contact:
beatstherapy@icloud.com

KAREN DUNBAR'S SCHOOL OF RAP...Featuring the Glasgow Grannies!!

Scottish comedian and actress Karen Dunbar has turned her hand to something rather unexpected – teaching people to rap!

Throughout the Pandemic Karen worked with many groups to help them tell their stories through RAP (Rhythm and Poetry). However, never one to stand still, Karen got together with Producer/Director, Rachel Coburn to work on a documentary for BBC Scotland that has been widely praised through local and national media.

Karen Dunbar's School of RAP shared the stories of five wonderful women from North Glasgow, Jean, Maggie, Susan, Betty and Wilma. Also known as 'The Gallus', they reflected on their lived experiences such as love, loss, illness, loneliness and the impact of the pandemic. They took part in the RAP workshops that included them writing their own pieces for the RAP and putting this to music.

The common themes that arose were of Faith, Family and Friendship and this was certainly the case when the workshops were finished, as although not all of the ladies knew each other before they started, they now have a special bond that links them together. One of the group, Susan, sums it up when she says:

“Taking part in the rap workshops has been a godsend. It's nice to feel you belong – social contact is essential – I haven't laughed so much for a long time. It's an adventure. There are peaks and troughs but you have to just think – aye, I can do this”.

The documentary filmed their journey with their life stories and

workshops through to the performance before a live audience including their families and community members. The ladies were both nervous and excited at the prospect of performing and were helped throughout by Karen and Amy Rew from the Glasgow Girls Club.

A special event was organised at Saracen House to celebrate the achievement of the women. Guests were treated to a delicious meal from Courtyard Pantry, a special viewing of the documentary followed by a Q&A session with the RAP stars, actor Karen Dunbar, BBC Producer and Director Rachel Coburn.

Karen said:

“This is a story about community and friendship and family, and about how rap, poetry and spoken word can empower people to tell their own stories – no matter who they are or where they come from. This one though, was so emotional and inspirational. You can see in my face on the programme how much I loved it. To hear them talk with so much honesty, that rawness – it's dead special”.

Producer Rachel Coburn said, “Making this documentary with Karen, Amy and The Gallus has been a total joy and a privilege. I really appreciate the trust the women put in me to tell their stories with dignity, and it was great to highlight the work Karen and Amy are doing through the rap workshops – the power and importance of community arts initiatives shouldn't be underestimated. The bonds we've made on this wee journey will live on – I can safely now say I've got five new adoptive grannies!”



Karen and The Gallus

Left to right: Wilma, Betty, Jean, Karen, Maggie, Susan & Amy

Although the documentary is no longer available on BBC I Player – you will be able to view excerpts on You Tube and recommend the one below.

Jean's Love of Life – Loop – Karen Dunbar's School of RAP



Investing in the Local Community



BALMORE
kindergarten



230 Balmore Road,
Glasgow, G22 6LJ

0141 336 3211 charity@alliedvehicles.co.uk



Pollok Credit Union 30 years on and a lifeline to the community

Credit Unions are a vital resource to local communities, particularly in light of many banking institutions closing and community members wanting that face-to-face connection.

Pollok Credit Union first opened its doors on 8th November 1993. It was established initially in the Pollok area of Glasgow to address the need for a local and ethical banking service to counteract the blight of rogue money lenders and loan sharks.

The arrival of Pollok Credit Union (PCU) was met with widespread interest and soon people were making their way to Pollok Community Centre to become a member. Among PCU's hardworking and devoted founding members who made this growth happen was Christine Garrity. She is well known for her work in Pollok as well as Leithland Community Centre, devoting 29 years of service as a volunteer and director of PCU. She has been instrumental in growing it into the largest community-led credit union in Glasgow, serving over 24,000 members over 3 decades across branches in Pollok, Maryhill, Possilpark and Royston.

Christine has been recognised this year in the King's Birthday Honours list and has been awarded a British Empire Medal (BEM) following three decades of service to the people of Pollok and beyond. PCU Chair, Shaun Quinn, said;

"We are really proud of the work and commitment Christine dedicated to the credit union and

wider community service; it is lovely to see this work being properly celebrated and recognised. It's fair to say we are all extremely grateful and proud of Christine, and while she may not be looking for all the attention coming her way, we sure think she deserves it".



Christine Garrity at Glasgow City Chambers

PCU continues to provide high quality services to communities across Glasgow and provides face to face support to help people join. It supports a 'Junior Savers' in the Glasgow's South side with local primary schools and has now joined up with social landlord, ng homes and local primary schools to deliver a similar project with children in North Glasgow. Pupils will learn financial skills and be trained as tellers, cashiers, and managers of each individual school bank.

The project will also reach out to parents and the wider community with a range of money management

workshops delivered by the PCU and community partners on areas such as; saving on a budget, affordable credit, dealing with debt and healthy cooking on a budget.

Jim Garrity, Operations Manager of PCU said:

"We are delighted to take our workshops into schools and local communities as we feel financial education is important, particularly in these difficult times. Pollok Credit Union is a local community-based savings and loan organisation owned by members who live and work within 'G' postcode area. Banking services include benefits or salaries paid into the account, benefits paid in and withdrawal, direct debits and standing orders and a debit card can be issued to withdraw funds. We also have an online portal and mobile app for online transaction and for use to apply for membership and loans. We set up business accounts for upcoming entrepreneurs, new businesses and for local organisations who need a Banking facility. So, why not become a member and reap the benefits."

If you want to find a credit union in your local area across Glasgow and Renfrewshire then you can check this out on www.pcu.org.uk or you can



Safe

Since 1993, Pollok Credit Union has been providing flexible and affordable loans and savings to communities in Glasgow. We are FSCS-protected and we automatically provide our members with savings and loans insurance.

Affordable

We offer the most competitive loan interest rates available. Not only are we an empathetic and flexible lender, your repayments are calculated using a decreasing balance model. This means that, unlike banks, the more you pay off, the less interest you pay! We also won't stand in your way if you want to pay off your loan sooner.

Ethical and Community-owned

As a member-owned, non-profit organisation, we put our members first. You can rest assured that the profits we make are re-invested back into your credit union, not shareholders and fossil fuels.

What We Offer

Loan Products

- Holiday
- Home Improvements
- Car
- Special Occasions
- Secured
- Unsecured

Benefits

- Free Life Insurance
- Savings and Loan Insurance
- Build Your Credit Score
- Mobile Banking



Pollok | Maryhill | Possil
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COMPETITION TIME...

We have 5 sets of 2 Speedway tickets to give away. All you need to do is send us on the answers to the questions below:

How many laps are there in one race?

What is the name of Glasgow Speedway Stadium?

What is the name of Glasgow Tiger's Mascot?

Send your answers to: news@togetherleadingcommunities.com

Great things happen when great people make it happen!!

The Springburn women that don't make a Drama out of a Crisis!- they just get on with it and Make it Happen!

In 2019 a group of mums from Springburn who initially met through taking part in climate challenge activities with social landlord, ng homes, started a free service for children and families to enjoy a healthy breakfast together in a local community venue before going to school. When the kids went off to school, the mums would go back to the centre for a cuppa and a gab, organise other activities such as physical exercise and clothes swap shops in the community. As the numbers coming along to the breakfast club increased so did their reputation for 'getting things done' and the mums, grans and carers were always on hand to help anyone in need.

Things changed when they were contacted by a local parent who was in crisis. He didn't know what to do as his wife, who was a breastfeeding mum, was hospitalised due to seizures and separated from her baby. He had little money to buy formula milk and no one that he could turn to for help. That is until these amazing ladies sprung into action. After contacting a number of local food banks they quickly realised that this isn't something that food banks would provide. They made contact with a local supermarket and made sure that this particular wee baby had the formula that it needed and provided other assistance to the family whilst they were in need.

The mums were shocked by the situation and started talking about it in the breakfast club and the realisation that there was no such thing as a baby food bank yet they could see a desperate need for these wee babies to have the vital food and other essentials that they need. As mums they were well aware of the cost of formula, nappies, wipes and other items and the stress that this puts parents under when they are struggling financially.

So, they made it happen and North Glasgow Baby Food Bank was launched. They put a call out on social media for stage 1 baby formula, baby food for babies age six months and over, baby wipes, nappies of all sizes, breast pads and baby toiletries. They were inundated with donations and were overwhelmed with the kindness of people. They set up a referral system for families and local agencies and were inundated with requests.

When the Pandemic struck in March of 2020 and thereafter the cost-of-living crisis, this service is even more vitally important. As requests increased so did the donations coming from a range of sources including housing associations, businesses, football clubs, fundraisers and individual donations.

Such was the need and their impact that they changed their name to the Glasgow Baby Food Bank to take in the city of Glasgow as a whole. More than four years on and they have larger premises, support with a vehicle as they continue to carry out 'swap shops' across the area and have received many accolades for their impact.

Over the years they were double winners for Glasgow Community Champions (2021) which included

Public Service Award and the Lord Provost special recognition award. They also received a Group Champion of the Year award (2022) from Tenant Participation Association Scotland (TPAS).

They were recipients of the Spotlight Awards (2022) with the judges saying:

"We celebrate the ingenuity, compassion and resourcefulness of the co-founders for creating a unique service which meets the needs of those who are all too often left to struggle with little or no support. The Glasgow Baby Food Bank and its dedicated volunteers could teach us all a few lessons in the benefits and beauty of voluntary service to foster stronger, healthier and happier communities."

Baby Bank spokesperson said:

"We are a group of ladies who have started this project up for vulnerable families who are struggling to make ends meet. We are not in any way judgemental to anyone's situation and are very understanding and compassionate to every situation we come across.

The most important thing we value is being totally confidential, hence why we will be doing a referral scheme with other organisations for peace of mind to our in need families.

To our donators, we want to say that without your support we could not carry out the amazing task of helping families out. Thank you much, it is gratefully appreciated.

Helping one person out may not change the world, but it could change the world for one person."

Glasgow Baby Food Bank is completely volunteer run and continue to look for donations. They are currently looking for donations of Aptamil Stage 1 and Cow and Gate Stage 1 Milk, as well as large size nappies. They will also gratefully accept cash donations to allow them to keep their premises

Find them on facebook or email direct to babyfoodbank@gmail.com.



Glasgow Baby Food Bank Limited
babyfoodbank@gmail.com



Glasgow Baby Food Bank volunteers ready for action

A BLAST FROM THE PAST!

They say that everyone has a story in them and we want to hear yours! In particular, we would love to hear what life was like for some of our seniors as you were growing up. What was your key memories, experiences and feelings from your life?

Some questions to get you started....

What are your earliest memories?

What do you remember about the place you lived as a child?

What were your favourite toys and games?

What kind of holidays did you go on?

As a child, what job did you want to do when you were grown up? – did you do that job or what did you do?

Who was your idol when you were growing up?

What hobbies did you have?

Who were your top music or film stars?

What was the first record you bought?

What kind of clothes did you wear as a teenager?

What age did you start work and what was your first pay?

What things have you been most proud of in your life?

What special moments did you have?

What challenging times did you have and how did you cope?

What did things cost?

What are some of the biggest changes you have seen throughout your life – good and bad?

What piece of advice would you give to your younger self or to a young person today?

We want to hear the funny, heartwarming, interesting stories and any memories and anecdotes

that you want to share with us and you can do this by e mailing us at news@togetherleadingcommunities.com.

You can also use these questions as part of a group activity to get conversations going and have some fun along the way.

Do you remember?

Coin operated Television sets – frustrating when money ran out before the show had ended!!

Coin operated electric meter with money collected by meter man who collected due amount and gave back remainder coins to householder.

Party line telephone – shared with a neighbour.

Listening to top 20 chartshow on the radio and with your cassette player at the ready to record the full record before the DJ started talking.

Getting paid weekly in a brown paper pay packet with notes and coins – with pay details written on the outside for all to see.

Rag and bone man who came round the streets collecting clothes and giving a balloon on a stick in return for garments. Were you one of the kids who took out clothes you shouldn't have?

Chip vans coming round the streets... the smell was delicious! Followed by the Alpine ginger van.







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How Good a Telephone Neighbor Are You?



If you have party-line telephone service, you know how important it is to be a good telephone neighbor. Using a party-line, you are sharing telephone time and equipment with one or more of your neighbors. Naturally, you want good telephone service. Everyone does. On a party-line, the dependability of your service depends a lot on how you use your telephone.

Merchants House supporting charities

The Merchants House in Glasgow is an impressive building situated at the corner of George Square and West George Street. It is one of those buildings that we pass by regularly without much thought of its history. However, it really is a hidden treasure in the heart of Glasgow with its stunning Victorian exterior and its interior steeped in history.

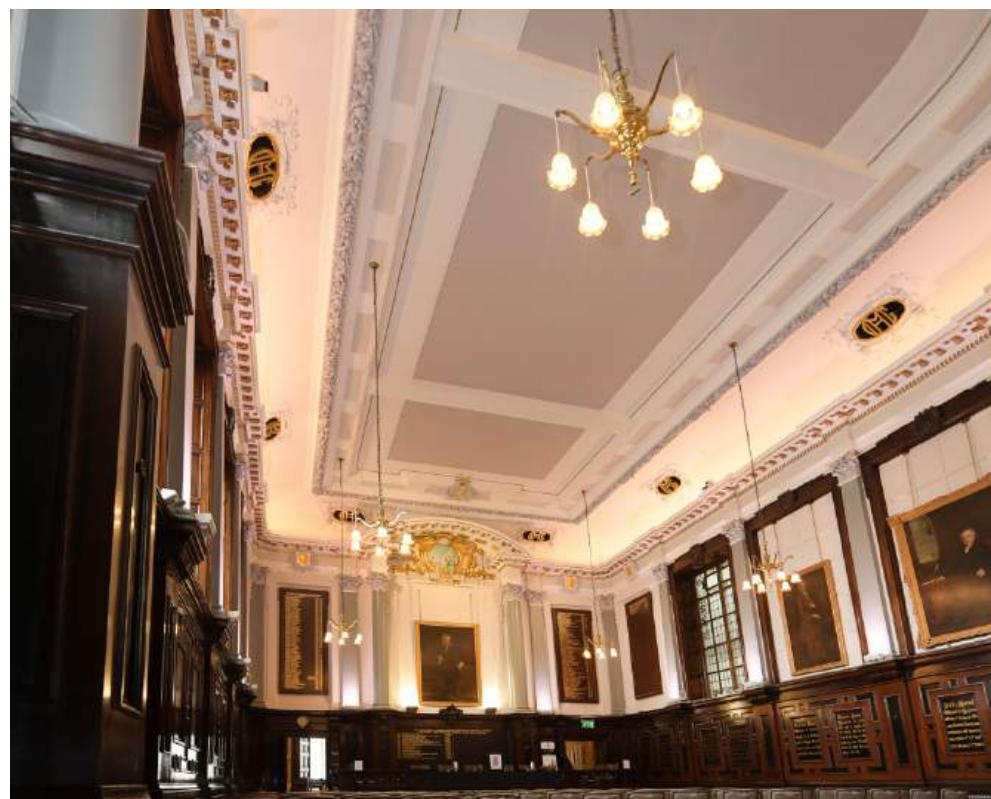
Designed by John Burnet, the building opened in 1874 as the home of The Merchants House. It contains the fine Merchants' Hall, embellished with stained-glass windows and many portraits. The two storeys added in 1907-1909 by J J Burnet are topped by a domed tower on which is perched a ship on a globe, a reminder of the importance of sea trade to Glasgow's prosperity. It is a magnificent piece of architecture and if you want a closer up look at the globe then you may want to wait until the next Christmas Winterfest where you will get a bird's eye view from the big wheel!!

Last year, Merchants House participated in Glasgow 'Doors Open' Days Festival and welcomed many visitors to view the inside of

this impressive building. They explored the historic venue, including the Grand Hall, Directors Room and Lord Dean's Room and viewed some of the beautiful original features including stained glass windows, marble stairwell and even a door from the first Merchants House which was originally located at the Briggait.

The Lord Dean gave a series of short talks and visitors also got to delve into the archives, as there were lots of documents and photos relating to the history of the house. Visitors commented that they had a wonderful time viewing this magnificent building and hearing of the good work it continues to deliver.

The Lord Dean of Guild, Andrew McFarlane, is the city's second citizen, immediately after the Lord Provost and this is a role in which is elected annually by members with the Lord Dean serving for two consecutive years. The Lord Dean is engaged in a daily basis on the civic life of Glasgow and welcomes special visitors, takes part in a wide range of civic events including acknowledging accomplishments.



Merchants House is a prominent charitable organisation and “seeks to make a positive impact on lives and experiences of individuals and charities”. Over the past five years alone it has donated more than £2.5 million to support local charities and individuals in need. Grants include support across social, health and education. They also manage the distribution of some restricted funds.

Some of their previous awards have included donations to homelessness charities, food banks, Mens Shed projects, family support groups and much more across Glasgow and Renfrewshire.

Grant applications are now closed. However, these will be advertised on their website and within this publication when they are reopened.

<https://merchantshouse.org.uk>

Lord Dean of Guild Andrew McFarlane said:

“At the Merchants House of Glasgow, our mission is to make a positive impact on the lives and experiences of the people of Glasgow and the west of Scotland. Through these grants, we aim to empower local charities who are addressing critical issues in Glasgow”.

The Merchants House is also available for events with a variety of venue spaces. The magnificent Grand Hall can accommodate up to 200 people and is ideal for conferences, award ceremonies, private functions and wedding ceremonies with all details taken care of. For more information on this you can make an enquiry online or call 0141 221 8272.



FINDING YOUR FEET A WOMAN OF COURAGE, RESILIENCE BRINGS HOPE AND FRIENDSHIP TO SO MANY

There are simply not enough words to describe Cor Hutton and her incredible journey through the most devastating of tragedies that would forever change her life.

June 2013 started off like any other month for Cor. She was happy with life having a loving family, four year old son Rory which kept her busy, a busy but good job, exciting holidays and regularly took part in fitness challenges. That changed quickly as she was rushed into Intensive care at RAH in Paisley with pneumonia, major organ failure and sepsis. With a 5% chance of survival Cor was surrounded by her frantic family as the hospital staff fought to save her life. As a result of her worsened condition, the decision was taken to amputate Cor's hands and feet. She underwent many months of operations and skin grafts overcoming numerous challenges along the way. Her courage, determination and positive mental attitude is an inspiration to so many.

She expressed her incredible journey of this part of her life in a book which she wrote titled 'Finding Your Feet' which is also the name of her charity. The book lays bare her initial diagnose through to surgery, prosthetics and having the first double hand transplant in Scotland. It also tells her story through the eyes of her parents, brothers, close family and friends. As Cor said in the book:

“Fighting for my life and losing my limbs wasn't really in my plans for the future strangely enough!! So, when it happened, I had to find the will to live, the motivation to learn everything again and the strength to carve out a life for myself, when it all seemed impossible. My book looks back at the hurdles and trials I faced, the people and characters that gave me the tools to fight and tells my story in their words. Sometimes traumatic, sometimes emotional but never without the therapy of a big smile and some



Dr Cor Hutton MBE BCAC
Quadruple Amputee, Single Mother, Activist, Charity Founder And World Record Holder, Inspirational Speaker

banter, I know that, with a bit of effort, you really CAN do anything. There is NO magic wand.”

Cor highlights the vital importance of social connections and support, positive mindset, continually challenging yourself and maintaining a 'sense of humour' in overcoming adversity. She felt so strongly of the need for both

physical and emotional support for amputees that within a year of her recovery she established 'Finding Your Feet' charity.

Within months of losing her limbs she held her first fundraiser by walking a mile through Glasgow city centre on her prosthetic legs to raise awareness of the charity. This was just the beginning of her many physical challenges. She was the first female amputee to summit Ben Nevis, complete the London Triathlon and was the first female amputee to climb Kilimanjaro.

She continues to challenge herself and support others to do the same and this year she is taking part in Machu Pichu walk on 20-28th June and It's a Knockout competition on 23rd August in St James playing fields, Paisley to help raise much needed funds for the charity. You will see details on how you can support or donate and also support the 10th Anniversary of the charity in the following page.



Cor's Trek to Machu Picchu

You might have thought she'd peaked after reaching the summit of Kilimanjaro, but Founder Cor Hutton, quadruple amputee and double hand transplant recipient, is celebrating the ten-year anniversary of Finding Your Feet by trekking to Machu Picchu. She'll be accompanied by a team of 31 fundraisers to conquer the 7-day Inca Trail on their way to one of the seven wonders of the world – covering 26 miles and reaching 4,125m above sea level. They'll also be exploring the ruins in the Sacred Valley and learning about the culture along the way.

Visit www.findingyourfeet.net to donate to Cor's JustGiving page for the Machu Picchu Trek.



About Finding Your Feet



Finding Your Feet (FYF) charity was founded in 2014 and is a lifeline for members and their families with strong support of Cor and the team of staff and volunteers. The strong impact of the charity on the community is testament to their positive, supporting, friendly and encouraging outlook which mirrors Cor's positive attitude.

The charity provides opportunities for their Troopers (amputees) to engage in activities which challenge their expectations of themselves and those that others may have of them.

They deliver clubs around Glasgow, Paisley, Lanarkshire, Dundee, Edinburgh, Ayrshire, Fife, Aberdeen, Inverness and

Dumfries! These include Swimming, Skiing, Climbing, Gardening, Crafting, Yoga, Fitness and our most popular 'Ampu-teas' session where our 'Troopers' meet up for a coffee and chat. They have Counsellors for anyone who needs additional support and an online support forum which offers 24/7 peer support for amputees around the UK and beyond. All of the activities they provide are free of charge.

FYF have helped over a thousand amputees throughout the country through weekly catch-ups, fitness classes, counselling or online support groups.

Email: info@findingyourfeet.net

Tel: 0141 258 4868

A message from Finding Your Feet

There have been ups and downs, and the last few years have been particularly hard to raise funds. Each and every time, though, you all pull us through and keep the service alive – and good thing too, because many amputees have told us that they wouldn't be here today without Finding Your Feet.

So here's to ten years of raising awareness, making friends, hospital visits, providing opportunities like sailing the seas or climbing mountains, and, above all else, being there for those who need it most.

You will find the range of services and personal stories and a variety of ways to donate to the charity to keep this vital work going, including a merchandise shop on the website - <https://findingyourfeet.net>

You will also find contact details including those for referrals.

Thank you to Cor, the staff team and volunteers for the amazing work you do and we wish you all the very best for your new fundraising challenges.

Renfrewshire Social Enterprise Celebrates the King's Award for Enterprise

The team at Scotland's Bravest Manufacturing Company (SBMC) celebrated winning the King's Award for Enterprise at their factory last week. The Erskine-based Social Enterprise was selected in the "Promoting Opportunity" (through Social Mobility) category last year and can proudly display the emblem on its premises, on its paperwork and any promotional material it uses until 2028.

The team, seen here below with guests including the Lord Lt for Renfrewshire, Col Peter McCarthy who, acting on behalf of His Majesty King Charles III, presented a Royal Grant of Approval that was signed by His Majesty, and a commemorative piece of crystal.

Mr Tom Arthur, Minister for Community Wealth and Public Finance also spoke at the event which welcomed representatives from

major companies local authorities and other MSPs.

SBMC is a Social Enterprise that opened in 2018 in Erskine. A division of Royal British Legion Industries, it was launched to enable veterans and others with disabilities to regain their independence through employment and training. Robert Lappin, Assistant Director at SBMC underlined the importance of their work:

"In buying from SBMC, customers are contributing to the Social Impact that we generate each day. We are hugely proud that this impact has been recognised at the highest level and we hope this encourages more customers, public and private, to do the right thing and buy social".

Since its launch it has supported many veterans who still bear physical or psychological wounds to this day.

Despite these experiences, they have contributed to a thriving enterprise. The business has grown to become a major supplier of road signs all over Scotland including to major infrastructure companies such as Bear Scotland, Amey and to many local authorities the length and breadth of the country. It also provides commercial signage, health and safety signage and bespoke

solutions for discerning, independent businesses including hospitality and sporting venues.

Phone number: 0141 471 0830

Website: www.scotlandsbravest.org.uk

Twitter: ScotsBravest

Facebook: [scotlandsbravestmanufacturing](https://www.facebook.com/scotlandsbravestmanufacturing)





Babakoochi Bear is a hero! Armed with his 'peace pole', he goes on many travels all over the world. When he places the peace pole into the ground and says 'May Peace Prevail on Earth' the rainbow comes out of the top of the peace pole and covers him and transports children to their dreams. Babakoochi has a big Dream – his dream is to become a top footballer. So when he is transported through the rainbow, he thinks about his dream and plays it out over and over in his head. He is a happy wee bear and his message to all children is to ask them to think about your Dreams. Is it to be a footballer/dancer/train driver/artist/teacher/tv star? – whatever it is, the message from Babakoochi is – You Can Do This! You can think about your dream or your goal in the sections below, take a picture and send it on to us to be in with a chance to win a Babakoochi book and a £25 gift voucher. What is your dream? You can draw it on the next page. Be as creative as you like!



CAN YOU FIND ALL THE WORDS BELOW?

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

ADVENTURE BABAKOOCHI BEAR DREAMS EARTH FAMILY
FRIENDS HAPPINESS HEALTH HOPE JOY MAGICAL PEACE
RAINBOW RESPECT WELLBEING

To enter our competition please ask your parent or carer to send it on with contact details together with your name and age to:
news@togetherleadingcommunities.com
WE WILL PUBLISH IT IN OUR NEXT EDITION!



To help you in thinking about your dream and keeping it close, you can use a 'Vision Board' where you gather pictures/cut outs from comics or magazine or you can draw your own pictures. You can also create a bigger vision board using large paper and coloured pens and keep it where you can see your dream every day.



DIFFERabled

Continuing to provide vital support to communities and businesses alike... and their new logo that tells its story!

DIFFERabled are a charity based in North Glasgow, established in 2014 by a couple of parents who were facing challenges through navigating life with autistic children.

Now operating across Scotland, they offer support and educational opportunities that empower, enlighten, and promote neurodivergent understanding and inclusivity in society.

All staff, volunteers, and board members at DIFFERabled bring their own lived experience to their role, from their own neurodivergence or from within their own family; giving the work that they do an authentic and personal approach. They are friendly, welcoming, and supportive, instantly putting people at ease with their positive and compassionate attitude.

If you are unfamiliar with the terminology of neurodiversity, it includes those with a developmental or learning condition, such as autism, ADHD, dyslexia, Dyspraxia amongst others. It's important to note that a diagnosis is not required to engage with their service.

DIFFERabled has created a wonderful network of support for parents/carers and neurodivergent people of all ages, offering peer

- A face looking forward and upward to symbolise progression
- The Māori word for Autism is Takiwatanga, meaning "in their own time and space", which is represented by the circle
- Purple/ Indigo is known as the colour for inclusivity, with a spiritual representation

- A shooting star represents hope within the community, with gold / yellow being the colour commonly connected to Neurodivergence
- The brain is in abstract form, to represent how neurodivergent people think differently when navigating the world
- A rounded and friendly text partly maintains the original brand colour, allowing continuity



DIFFERabled put a lot of thought into their new logo

support groups, information sessions and access to wellbeing therapies across Glasgow. They have a training programme which is free to parents / carers / neurodivergent people and runs throughout the year: a programme that aims each participant to develop their own personal "toolbox" of supports and strategies; supporting themselves, the family, and the neurodivergent people in their life.

The design of their new logo clearly defines how the organisation has developed over the years and you will see from the image of the logo that a lot of thought has gone into this.

DIFFERabled offer parent and carer led peer support groups across Glasgow, providing a safe space

where everyone is accepted, understood, and encouraged to share and support one another. Each group allows for informal discussion on any relevant subject such as sleep issues, benefit guidance, education support, friendships, and sensory information.

The Adult neurodiverse friendship group is set up to enable like-minded people to connect with one another in a safe, accepting, and supportive environment. There is a mix of ages from 18 to 60 years old where participants shape the group and choose the activities and topics. This group is currently running from the School of Health & Wellbeing, University of Glasgow, Clarice Pears Building, 90 Byres Rd, Glasgow, G12 8TB. People can join at any point and

there is no pressure to attend every time, but it is essential to book a place prior to each meetup.

Differabled have recently begun offering high quality training to a wide range of organisations. Director Debbie Best advises:

'We can only create real change by raising awareness of the different Neurotypes and create knowledge and awareness within our communities, to enable us to become Neuro Affirmative and embrace 'difference'.'

If you would like to find out more about DIFFERabled, or to engage with the service, please visit their website:

www.differabledscotland.co.uk

The Prestigious national 2024 SURF Awards for Best Practice in Community Regeneration are now open

The SURF Awards are delivered in partnership with the Scottish Government, with additional support from Creative Scotland, Scottish Procurement Alliance, Institute of Employability Professionals and Scotland's Towns Partnership.

The purpose is to highlight, celebrate and share the achievements of initiatives that address physical, social and

economic challenges in communities across Scotland.

The 5 categories this year are:

- Community Led Regeneration
- Creative Regeneration
- Improving Scotland's Places
- Removing Barriers to Employability
- Housing and Regeneration

The deadline for applications is 5pm on Monday 2nd September.

You may be interested in applying for an Award or you may know a project who might be interested in applying or who deserves an Award.

You can download all of the application materials and find out more about the Awards here: www.surf.scot/surf-awards/surf-awards-2024.

We ask that you download and read the Information Paper with the full criteria.

Please share with those you think might be interested. Alternatively, you can nominate a project by completing an application form on their behalf as a nominating party.

Top Glasgow Restaurant connects with Homeless Charity with Food and Friendship

Top authentic Chinese restaurant, Amber Regent, is located in West Regent Street in the centre of Glasgow. It is well known for its delicious food, relaxed atmosphere, modern décor and friendly staff and is also a popular stop off for celebrities when making a visit whilst they are in Glasgow.

Owner Andy Chung has been in the restaurant business for around 50 years opening his first restaurant in Byres Road. He was also the first to provide a Chinese home delivery service in the 1970's!

During his time in the restaurant business he has changed the food choices from more basic foods to the more traditional cuisine which is a very popular choice with diners. The restaurant is now mainly managed by Andy's daughter, Christina, who is very popular with customers with her great sense of humour and friendliness.

Although Andy is semi-retired, he continues to make a huge impact to the people of Glasgow through within

his role as Chairman of Chinese Cultural Welfare Society Scotland. He is at the forefront of the annual Glasgow Chinese New Year celebrations and also provides regular food support and donations to older people and others who are impacted by poverty. One of the main areas of Andy's focus is the provision of a 'hot meal lunch' to homeless charity Lodging House Mission, which has been a regular monthly feature for the past four years.

The hot lunches are organised by Andy and Joanne who is Vice Chair of CCWSS and Christina from Amber Regent. They work together with their staff and volunteers to prepare, cook, deliver and serve a delicious sit down meal to more than 100 people each time at the Lodging House Mission Charity based in the East End of Glasgow. They dish out a variety of curry, rice, chips, vegetarian option and much more to those to those who are homeless, some of whom live regularly on the streets. In serving the meals, they treat everyone with dignity and respect and have got to know many of the people in the welcoming and friendly environment supported by staff and volunteers from Lodging House Mission.

Manager, June Macleod, said "We are so grateful for the support Amber Regent gives us. The food is



wonderful, and everyone loves it! Chicken curry, fried rice, chips, beef, and noodles with prawn crackers – what's not to love! It is definitely a day we all look forward to." June outlines the work of LHM below.

LHM360 is a Glasgow based charity dedicated to providing a safe space for those who are homeless, socially excluded, and vulnerable. We are open Monday to Thursday 8:30am until 3pm closing at 2pm on a Friday and typically see over 100 people a day. Breakfast is served from 8:30am until 10am and lunch is at 12pm until 2pm (1.30pm on a Friday). There is always a hot option and there will be a vegetarian dish on offer too. The food we offer is free.

In addition to food, we also have a suite of activities each week, chosen to suit the current demographic, thus subject to change. Engaging in activity is a great way for us to build relationships and confidence whilst fostering trust. There are set activities that we hold weekly such as: Choir, Bingo, Quiz, and Swim and Sauna.

There are also regular local trips as well as special trips such as: Edinburgh Dungeons, Mallaig/Fort William Harry Potter train, Paintball,

Go-Karting, and Theatre.

We feel it is important to give people a reason to get up in the morning and activity provides us with that.

We also have an Intervention Worker who provides support to our client group on a range of topics such as: Emotional support, Benefits guidance, and Prison/Hospital visits or correspondence.

Chaplaincy is also something we offer 4 days per week, in a variety of formats such as: 1 to 1, small groups, and Worship.

We have a clothing store for emergencies as well as toiletries. Additionally, we provide free Wi-Fi and computers for people to use, and the use of a telephone.



E enquiries@lhm-glasgow.org.uk
T 0141 552 0285



Possibilities sponsored 'Walk 'N' Wheel' a huge success and a whole load of fun!

Possibilities are a fabulous group of staff and volunteers who have been working across Possilpark for 35 years. They provide disabilities access, support and respite to people in the community within their purpose-built centre that has a sensory room, café, large meeting spaces, outdoor bespoke and fully accessible gym and laundry services and cook and care meal delivery service.

Their weekly activities cut across all age groups and cultures and include a range of fun classes, IT and financial support, craft workshops and a variety of social activities and family breakfast clubs.

As the demand for their services increase they continue to look at ways to fundraise and get the community involved – and are always at the ready to think of different ways of having FUN-raising funds.

Melanie Fyfe, Manager of the Centre, said:

“We are so grateful to have the wonderful Rita Ferguson as one of our board directors, she was the driving force behind this event as well as bringing in a lots of sponsors. Being a wheelchair user, Rita came up with the idea to have the 'walk n wheel' so that the

fundraiser was fully inclusive with all ages and abilities taking part. It was such a great success”

The Walk n Wheel was the most recent of a variety of fundraisers and the walk was from Saracen Cross to Hamiltonhill Claypits Local Nature Reserve. Those taking part in the walk included staff, volunteers and members of Possibilities, teachers and kids from Hamiltonhill Nursery and elderly residents from Hawthorn House who showed amazing determination and positive spirit to complete the walk.

Board member, Rita Ferguson, said:

“It was such a fabulous event, with people coming out of their houses, cheering and singing. It was just amazing and we have raised £1,600 in donations so far”

After the fundraiser, walkers n wheelers came back to Possibilities centre to enjoy the newly built adaptive garden furniture donated by Glasgow Tool Library and constructed by their volunteers as part of their National Lottery Community Fund Award.

The planters with sensory flowers and wheelchair-accessible picnic

benches encourage people to



Setting off from the Centre



On their way!



Starting Point: Millenium Square, Possilpark

socialise, participate in outdoor games and just enjoy being outdoors. The furniture has already been used for outdoor meals during the summer and Possibilities say a big Thank You to Glasgow Tool Library for their work.

Isn't it great when a plan, people and organisations come together for their local community!

You can find more details on Possibilities by visiting www.possibilities.org.uk. You can also search for them on Facebook and Instagram.

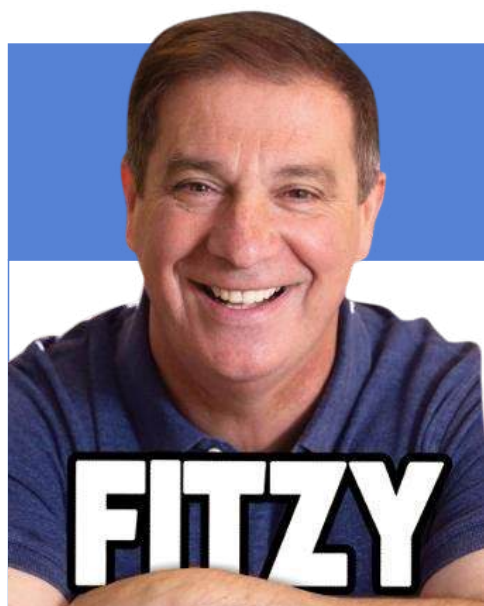
Information on Glasgow Tool Library can be found at www.glasgowtoolibrary.com.



Board Member Rita Ferguson at starting line



Finishing Line: Hamiltonhill Claypits



FITZY'S FEATURE: These Boots Were Made For Running!!

We all have hopes, dreams, goals and ambition in life – if you don't, then it's never too late to change your mindset.

I was no different from any other young person – my chosen journey was to become a professional football player. Many obstacles would stand in my way – being told from an early age that I was too small, not strong enough and not got the ability to make it. In short, from professional football coaches, school teachers, some family members and some people in my community in Possilpark, I was told on many occasions to give up on my dream of becoming a professional football player.

I did at times feel very down and had many thoughts of giving up on my dreams with negative thoughts running through my head – you're too small, not strong enough, you'll never make it.

Many a night I would lie in my bed not able to sleep and tossing and turning – then a positive thought came into my mind. I said to myself – close your eyes Tony and I would I would imagine myself standing in the players tunnel at Hampden. There I was – ready to run on to the field of play at the Scottish Cup Final. As I run out the tunnel on to Hampden park I could smell the freshly cut grass, I could hear the crowd chanting and singing my name. I would commentate to myself – “Fitzpatrick's on the ball – Fitzpatrick beats one man – he beats another two men –he must score!” Just as I was ready to put the ball into the net my mum or dad would come in to the room and waken me out of my dream-like state. “Tony are you okay son? You were shouting something are you having a bad dream again?”.

Then one time, my dad asked me what I was dreaming about and somehow I got the courage to say “I was dreaming about playing at Hampden in the Scottish Cup Final and I was about to score the winning goal. I want to be a professional footballer Dad”. I was waiting for the usual response when I said these words out loud. Usually it would be laughter or something like – don't be daft, you'll never be a professional footballer, get these wee notions out of your head.

But my dad looked straight in to my eyes and said “How serious are you about being a pro footballer Tony?” I answered “Dad, it's my dream – my ambition and means everything to me”. He gave me a serious look and said “Are you willing to work hard and sacrifice. I mean not going out with your mates drinking and getting up to stuff – and practice, practice, practice.” I promised him that I was serious and would do anything to reach my dream. He told me that he would get me up early the next day as we were going a special trip. I had hardly slept thinking about what it could be. I got wakened up at 7 a.m. the next morning and it was blowing a gale and my dad turned to my mum and said “I'm taking Tony down to Paddy's market to get him some boots”. If you don't know what Paddy's market is then ask your granny or granda or someone of a certain age. Paddy's market was a long walk in the pouring rain from Possil, down shipbank lane, behind the old High court (I knew that building as my dad had been in there a few times – enough said!)

I thought maybe I would get Puma or the West German captain's boots that I fancied – I always had a great imagination – still have”.

My dad was rumbling through the stalls – loads of boots – wellies, womens boots but I couldn't see any new boots. Then I saw a pair of boots – they weren't new but they were adidas boots and looked like new. As I was trying to get his attention, a big smile came over his face as he held up a pair of mans working boots, steel



Tony Fitzpatrick and Billy Abercrombie celebrate winning Scottish Cup

toe caps and real leather and he told me to try them on. They were too big for me, covered my ankles and were rigid with no flexibility. I was really upset that dad got me working boots to play football – I would rather keep my sandshoes!

When we got home dad said “these boots aren't for playing football – they are for running”. He reminded me that I said I would sacrifice and train hard to be pro footballer. He took a bunch of old newspaper, rolled them up and stuffed them into the toecaps of the boots, put heavy woollen socks on my feet and then the old boots. He then told me that he would get me up at 6 a.m. every day when I was to put the heavy boots on and run from Possil to Stobhill hospital and back to build up my leg muscles and stamina. I was to take the Friday off to let my legs rest up before my game with Possil YM on the Saturday. Then after school he would take me for sprint training in Sighthill with the boots. He said once you take off these heavy boots and put on your football boots for training you will feel like you are flying...and you know he was right!

Those heavy boots from Paddy's market were the making of me. When it came to fitness and strength I could run for 90 minutes and more.

It also gave me a strong mindset as psychologically I did take a lot of slugging from my mates and people in the scheme, but it made me more determined to reach my goal of playing professional football. As my



dad always said; “To make it in any sport or life, you have to be determined, have desire, be prepared to sacrifice, work hard and practice, practice, practice.”

And this applies to both physical and mental fitness. In my next feature I will speak more about mental fitness. We are encouraged to work on physical fitness – running, going to the gym, diet, etc but we don't work enough on the mental fitness side. I will share with you some advice on how to change your life through changing your mindset and not just for sport, but for any dream you may have.

Remember my dream of running out on Hampden Park? – well I did that as Captain of St Mirren FC under Manager, Alex Ferguson, and lifted the Scottish Cup in 1987. I believe that my mental fitness also played a big part in that. It can for you too – whatever you want to achieve!

So, don't miss the next 'Fitzzy's Feature'.

MENOPAUSE GOALS: CELEBRATING THE SECOND HALF

St Mirren FC Charitable Foundation is at the forefront of a groundbreaking programme in supporting women through their challenging menopause symptoms. Menopause Goals – celebrating the second half has had life changing results for the first cohort of 25 women undertaking this 12 week pilot programme which was evaluated by University of Glasgow.

The concept of this pilot programme was the result of feedback to Gayle Brannigan, CEO of the Foundation, from women who had taken part in some of the foundations other programmes such as 'Football Fans in Training' health and well-being programme and Changing Room mental health support group. There was an increase in women identifying menopausal symptoms as impacting on their physical and mental health and impacting on their day to day lives.

Gayle took this feedback to Corrie Campbell from SFA and together they began to look at how to devise a community programme. They ensured that they had expert guidance and support through the recruitment of menopause expert Maria Anderson to develop the programme exploring issues such as definitions of menopause, cortisol

and stress, menstrual cycle, gut health, hormones and HRT, together with areas to help such as improved nutrition, exercise, cold water therapy and mediation. The programme was then set in place with this partnership and the pilot was funded by St James Place Charitable Foundation with the aim of reducing participants symptoms by 10 per cent.

Glasgow University carried out an evaluation of the programme and the target of 10% was kicked way out of the pitch with women reporting the following positive improvements in symptoms on completion of the programme; night sweats – 92%, hot flushes – 73%, irritability – 165% , sleeping – 79%, anxiety 151%, brain fog – 87%, tiredness – 92%, joy – 91%.

One participant summed up her experience when she said:

“I'm lucky as I work in a place where we have a menopause strategy with awareness sessions organised. I also talk openly with some of my colleagues who are menopausal women. However, I wasn't prepared to feel so much better about myself after 12 weeks in a group of complete strangers. I've been involved with a few projects with St Mirren Charitable Foundation but this one by far has had the biggest impact on me... a course designed by women for

women and delivered in a straightforward way.

It made every one of us in that room understand what was going on in our bodies at this time, but also that we weren't alone and that it was OK to talk about such things, and more importantly that we deserve to be heard and to be able to take time for ourselves and that is OK.”

to be collated. We could see the difference in them each week and by the final week every one of them walked through the door happier, laughing and joking, looking incredible and comfortable in their own bodies. It was such a privilege to be part of this and we are now looking to take this forward to many other women”



First cohort of women undertaking Menopause Goals – Celebrating the Second Half
St Mirren FC Charitable Foundation

Another said:

“This programme has to be extended out and made available to the thousands of women outside this group. Menopause is an epidemic that will never go away yet women are left to suffer and given the wrong information leading to real misery. So Thank You Menopause Goals and the amazing ladies. I know I'm better equipped to take the next step to having an easier journey and I really hope the next generation get it too...they deserve it.”

Gayle Brannigan, CEO of the Foundation said:

“This has been one of the most impactful programmes the Foundation has undertaken. It required the women to be open and honest and to participate in some very uncomfortable conversations and attend consistently for their data

Maria Anderson and Scottish FA recently successfully delivered train the trainer at Hampden to the first 10 clubs who will be delivering the newly developed resource.

St Mirren are now delivering the new 8 week programme alongside these clubs so that as many women as possible across the nation get access to Menopause support for free.

They will be recruiting in July for a new course to begin after the summer holidays.

You can hear for yourself the powerful story of one participant, Norma on the YouTube link below:

Norma's Story – “I feel more like the old me” – Power of Football

If you want to find out more please visit www.smfcfoundation.co.uk. You can also find them on Facebook, Instagram and X.

From left to right: Maria Anderson, Corrie Campbell and Gayle Brannigan



North Glasgow ABC Boxing Club gets a winning decision from Allied Vehicles Community Trust

North Glasgow ABC are a Boxing Scotland affiliated Club that provides boxing activities to the local community in Ashgill Recreation Centre (ARC) in Milton. They run a variety of classes from age 8 upwards.

North Glasgow ABC, established in 2009 and situated in Milton, is led by local man Jocko Reid and is a cornerstone of the community. The club has continued to provide a vital outlet for local youth, steering them away from crime and towards personal development. As a critical resource in an area marked by poverty, North Glasgow ABC remains essential for community vitality and offers training for all age groups.

They cater for up to 60 people every week with a range of skills in training

and boxing sessions. Jocko is an inspirational figure for the kids who come along to the boxing training sessions and is clearly passionate about helping them improve their fitness, confidence and self esteem, He said:

"I love it when I see a wee kid giving their all – as long as they come out and give their best – win or lose. When they win we will celebrate with them and if they lose we will commiserate and pick them up again. We also look out for the older ones to pass them on to employment opportunities locally."

The club has also trained up many talented boxers who have successfully competed at national and international competitions and we will feature them in a future edition of this newspaper.

They operate on a voluntary basis and rely on funding and donations for equipment, sportswear and travel to competitions. For some time, they had been trying to raise funds for a minibus to help travel for boxers to competitions and training. and one of the team, Kimberley Guthrie, organised a Go Fund Me page. She said: "We are aiming to raise funds to get a mini bus. This club is a huge part of the community, the work Jocko puts in behind the scenes, devoting his life to the club and the community is admirable"

When Gerry Facenna, owner and founder of Allied Vehicles, heard about this he was moved to action and made a transformative donation of a minibus to North Glasgow Boxing, a local club which is also part of the ARC, that has been a cornerstone of the Milton community since 2009. This vehicle will enable the club to transport its young athletes to competitions and events beyond Glasgow, significantly extending its reach and impact.

Jocko Reid, who has been leading North Glasgow Boxing Club since its founding, said: "We are over the moon that Allied has provided this bus for us, and it has made a huge difference to the club. Our boxers can now go to events and sparring sessions weekly and as a team. A big thank you from me and from everyone at North Glasgow ABC."

Glasgow's Lord Provost, Jacqueline McLaren, attended the handover of the minibus, saying: "The minibus is knock-out. This generous donation by Allied Vehicles will prove a real game-changer giving North Glasgow Boxing Club's talented athletes the opportunity to travel as individuals and teams to bouts and competitions. The club is a marvellous Milton institution that's played an integral part in improving and strengthening community life. This minibus puts them firmly on the road to greater things."

Allied Vehicles Charitable Trust was also proud to announce a further donation of £2,600 for the creation of a sensory area at the Ashgill Recreation Centre (ARC).

This dedicated space will be designed to support children with autism and other additional support needs, marking a significant step forward in community inclusion.

Christine Donnelly of the Ashgill Steering Group expressed her gratitude: "We can't thank the Allied Vehicles Charitable Trust enough. This funding will be a huge benefit to kids, and their families, in Milton who have additional support needs, helping them feel more included. This will be the first place in Milton to have such a dedicated resource. Thank you so much on behalf of all at Ashgill Recreation Centre."

Gerry Facenna, who grew up in North Glasgow, shared his enthusiasm for the projects: "Having grown up in this area I am deeply committed to supporting our local communities; the children will benefit immensely from the new sensory area at the ARC in Milton. It will be great to see these young people get the essential resources that they need to enjoy a more inclusive environment."

The Allied Vehicles Charitable Trust is an initiative through which Allied Vehicles Group donates £240,000 a year to charities in communities around its Possilpark, Glasgow headquarters and further afield. Funding applications from organisations for a share of the £20,000 monthly figure are considered by a staff committee and are paid out every month. Read more at:

www.alliedvehiclesgroup.com

You can find out more about North Glasgow ABC Boxing Club and read about their clubs and championship successes on their Facebook and Instagram pages.



Top: Jocko Reid with Boxing Club Members

Bottom: Jocko Reid, Gerry Facenna & Lord Provost

GLASGOW TIGERS ROAR INTO ACTION

It was motorbikes at the ready as League Champions Glasgow Tigers made their debut once again in their vibrant red and white colours at Peugeot Ashfield Stadium in Possilpark.

With an amazing line up for the coming year with Chris Harris returning to number one position, they also have Steve Worrall and Leon Flint as their second and third. Other

riders include James Pearson, Paul Starke, Lee Complin and Ace Pijper to complete the team. Glasgow Tigers boss, Cami Brown said they are 'super hungry' for success as defending league champions and are motivated to bring back more silverware this year as they compete against teams across the UK.

Glasgow Tigers Speedway is a great day out for all of the family as seven

riders compete in each team over 15 heats. Speedway is said to be one of the most spectacular motorsport events as the bikes race around the tracks with no brakes, and a 500cc engine that runs on methanol fuel. With each race lasting for four laps, the noise and smell of the track as the riders accelerate from the tapes faster than a Formula 1 car is quite the experience and fans come from across Scotland and the UK to follow their team.

Glasgow Tigers Speedway ground at Peugeot Ashfield Stadium in Possilpark is recognised as one of the best in British Speedway thanks to major investment from the Facenna family some years ago. This investment has continued with the refurbishment of the track and hospitality areas and is a great day out for all the family. The owners are keen to encourage new fans, children and their families to enjoy this exciting sport and mascot Roary is ready to welcome them at the stadium.

So why not give Speedway a try and check out the fixtures below.



Glasgow Tigers Supporters' Group (GTSG) is run by fans with official endorsement from Glasgow Tigers Speedway owners and promoters. also run the Growlers Club for young fans aged 5 to 16 years.

GTSG raise funds throughout the season to support the Club and riders and provide annual trophies and Scottish gift bags for the riders when Ashfield hosts a test match or national event. Events are organised off-season and travel to away meetings including the British GP at Cardiff.

All fans are welcome to join the group. Annual membership cost is £5 for Adults and £1 for under 16s. Membership forms can be obtained from the GTSG stand at the start of the home terracing, or you can email us at the.gtsg@gmail.com

The Growlers Club will enjoy its 16th season in 2024. We invite our young fans aged 5 to 16 years to join us. Members have access to exclusive activities at Ashfield, including photo shoots with the riders and behind-the-scenes events such as track walks and a visit to the referee's box. Members receive a copy of the Growlers newsletter throughout the season and birthday and Christmas cards signed by the team.

Annual membership cost is £5. Membership forms can be obtained from the GTSG stand or the Growlers leaders. Growlers Club can be contacted at growlersclub@hotmail.co.uk

Glasgow Tigers in action



YOU CAN WATCH THE GLASGOW TIGERS LIVE AND ON DEMAND ON BSN NETWORK		
2024 SCHEDULE		
Date/Time	Meeting	Competition
03/05/2024 7:30 pm	Glasgow Tigers - Workington Comets	Cab Direct Championship
10/05/2024 7:30 pm	Glasgow Tigers - Plymouth Gladiators	Cab Direct Championship
24/05/2024 7:30 pm	Glasgow Tigers - Redcar Bears	Cab Direct Championship
02/06/2024 2:00 pm	British U21 Final	Individual Event
16/06/2024	British Youth Championship Round	Individual Event
21/06/2024 7:30 pm	Glasgow Tigers - Berwick Bandits	Cab Direct Championship
19/07/2024 7:30 pm	Glasgow Tigers - Scunthorpe Scorpions	Cab Direct Championship
26/07/2024 7:30 pm	Glasgow Tigers - Poole Pirates	Cab Direct Championship
02/08/2024 7:30 pm	Glasgow Tigers - Edinburgh Monarchs	Cab Direct Championship
23/08/2024 7:30 pm	Glasgow Tigers - Oxford Cheetahs	Cab Direct Championship

GLASGOW TIGERS SPEEDWAY

Action-Packed, Family Friendly Motorsport



Never been to Speedway?

Scan the QR code to claim your FREE New Fan Ticket*

Kids
under 12
are
FREE!



★★★★★ **Fridays at 7.30pm April to October****

📍 Peugeot Ashfield Stadium, 404 Hawthorn Street, Glasgow G22 6RU

🌐 www.glasgowtigers.co.uk

☎ 0800 916 0046



*Terms and conditions apply. ** See our website for full fixtures list.

One to Watch – From Fernhill to Footballing glory!

On this month's 'one to watch' we are featuring Callan McKenna from Fernhill near Glasgow. Callan's football journey started when he was five years old and went to a football class with his pal for the first time. He was playing outfield position at the time so was meant to be scoring a goal when the ball got booted up and he was so scared that he caught it...and from that day he stayed in the goalie position where he could 'throw himself about'.

Callan first started playing with an East Kilbride team at the age of seven and his talent as a goalkeeper was quickly spotted and he moved to Scotland Boys club a year later. This was followed by a move to Hearts

youth club at the age of 8, moving on to seasons at Celtic and Hibs.

He then went on to Queens Park youth team at the age of twelve and signed his first professional contract with them at the age of 16 in July 2023.

Callan, who has also played for Scotland at under 17 and under 18 levels, was transferred to Premier League AFC Bournemouth earlier this year from Queens Park, beating off interest from other premier league clubs including Manchester United.

Queen's Park's Former Head of Goalkeeping, Glen Johnson, gave his thoughts on the 6'3 player in Goalkeeper.com, saying;

"Working with him, building those foundations in, you start to see the personality of a goalkeeper come through and it was apparent we had a special goalkeeper on our hands. He was training with the first team and didn't look out of place. I've had goalkeepers previously that I've worked with that have stepped up from youth team football into the first team environment. As we know, it's an unforgiving environment, it's sink or swim sometimes. With Cal though, every question that was asked of him, he just dealt with...I think he's got that mentality where things don't faze him. That's not necessarily something that you can coach. It's ingrained into a person's personality, in my opinion"

So, a big well done to Callan who has shown that personal dedication, training, determination and commitment to reach his 'goal' literally!.

Callan's love of football started from a young age and his dedicated mum Claire, who works for the NHS, was always on hand to take him to training and games on evenings and weekends no matter what the weather was like and how far they had to travel. This is the part of footballer's career that is so vital- to have that important person through

'thick and thin' is such a huge commitment. Callan is extremely grateful for the love and support of his mum and says; "we are very close, she keeps me humble and is there to pick me up during the tough times and keep me grounded when things are good".

Callan's story highlights the vital part that community and youth football plays in developing our young people both physically and mentally. It also shows the tremendous amount of work taking place across our communities from mini kickers, junior teams and grassroots football teams. These are often delivered and supported by dedicated parents, grandparents, volunteers and community coaches who give up so much of their time. Whether that be coaching, cheering and encouraging kids from the sideline, fundraising, washing kits or travelling to games, they are always there. So, the next time you pass a football pitch, sometimes in the roughest of weathers, just give a thought to all of those people who help the kids with their fitness, playing as a team – and just maybe for some – being a part of making their dreams will come true!

If you have a story you want to share then we want to hear from you!



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 such as Twitter, Instagram, Tik Tok, YouTube and Facebook.

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



Tony Fitzpatrick and Jed McCabe

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

Good Luck!