

TLC'S GOOD NEWS NEWSPAPER



FREE

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from Together Leading Communities

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RIDING GROUP FOR DISABLED GLASGOW RECEIVE FUNDING AWARD



PRIMARY CLASS ENJOY RIDING OUTSIDE
ALONG THE TULLIALLAN SENSORY TRAIL

Glasgow Riding for the Disabled Association (RDA) is an inspiring charity based at Sandyflat stables within the Summerston area of Glasgow close to Maryhill Park. It boasts a state-of-the-art Andrew Bown surface on their large Indoor arena and a well-maintained Outdoor arena. When you walk into the stable areas, where they have 16 horses including a Clydesdale horse and Jazz the pony, you get an overwhelming sense of calmness. Watching the horses trot around the arena with the volunteers and staff caring so lovingly for them, you immediately get the sense that this

is such a special place. During our visit to the stables where we met with staff and volunteers, there was a session ongoing with a young disabled child who was clearly feeling so happy and free as he was carefully supported around the arena with the well-trained volunteers. All horses are well trained to be used in any class and kept fit by volunteers and staff. They are ready all year round to provide fun and enjoyment in every lesson.

RDA were absolutely delighted to receive funding from the Trades House of Glasgow Commonweal Fund recently to support essential

care for their calm and gentle pony, Jazz. The funds will allow Jazz the pony to continue her important work in the children's equine therapy sessions, where her friendly nature has such a positive impact. Jazz is also a favourite at a 'Tea with a Pony' event where older people can come along and spend time with Jazz and have afternoon tea in their café area. Marianne Prentice, Trusts and Foundations Fundraiser at RDA, said as she attended and event at Trades House to pick up their award;

"It was such a privilege to accept the Commonweal fund award on

behalf of RDA Glasgow group knowing the smiles and confidence RDA pony, Jazz brings to participants. Thank you to everyone at Trades House of Glasgow for their life-changing support and warm welcome".

The mission of RDA is to improve lives and to give people with disabilities the opportunity to learn to ride or drive a horse, providing therapeutic benefits that horse riding sessions bring, both mentally and physically, to people with long-term conditions in a pleasant, safe and supportive environment.

Cont'd on back page



EXCLUSIVE: A Miners Canary

New Scottish Mining Feature Film set to be produced locally putting Springburn "Centre Stage".....*read the full story on pages 2 and 3*

In conversation with Rose Reilly, footballing legend

Rose reflects on her early life and dream and determination to become an International footballer: "When I came across a hurdle I didn't jump over, go round it or under it – I just smashed through it!.....*continued on pages 12 and 13*



Neilston Blether

An ethical and inclusive approach to food.....*read the full story on page 17*



Fitzy's Feature

A Very Personal
Journey.....*page 18*

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TLC 'GOOD NEWS' EXCLUSIVE

New Scottish Mining Feature Film set to be produced locally putting Springburn "Centre Stage"



Frank McGowan and Diana Van Wijngaarden at pre-production

Margaret Fraser from Together Leading Communities Ltd was delighted to meet up with international screenwriter, Diana Van Wijngaarden and Scottish filmmaker Frank McGowan in Glasgow recently at the preproduction stage of 'A Miner's Canary'.

The Award-winning international screenwriter DIANA VAN WIJNGAARDEN visited Springburn to kick off the pre-production of a highly anticipated big budget feature film, which is set to capture the essence of a bygone era of mining in North Glasgow. A romantic historical drama, "A Miner's Canary", was picked up by Scottish producers after receiving an Honourable

Mention Award at the BIG APPPLE FILM FESTIVAL in the United States.

Promising to be a "compelling exploration of friendship, hope, and resilience", the script - which comes from the mind of writer and producer Diana Van Wijngaarden, weaves a rich tapestry combining historical truths and local stories, delving into the early life of young Edine Mackay and following her journey into adulthood, as she seeks a better life amidst the harsh realities of a dark and hostile environment, exploring the complexities of growing up, hardships, love and friendship.

The film will be directed by multi-award winning Scottish film-maker

Frank McGowan who is from Springburn. He showed Diana around the area including Springburn Park, Cowlares and Robroyston Park in Barmulloch. Pre-production activities included casting, cast readings, and location scouting.

Frank said: "I'm really excited to show Diana around Springburn, and to look back through the archives at some of the stories which still remain untold." He added: "Springburn was a mining village back in the day, and the birthplace of many innovations, including the steam railway and the first ever motorcar in the UK, which rolled off the assembly line up at Springburn Park."

Diana met with local people to share their personal stories and recollections from growing up in North Glasgow, and of 'days gone by'. Hailing from the Netherlands, Diana's journey to Glasgow has been marked by determination and a deep connection to the UK, particularly Scotland. After many wanderings, she now resides in the province of Zeeland.

Despite a lack of motivation at home and school, Diana's self-driven passion led her to teach herself

English at the age of nine.

Her diverse background spans beauty care, administrative work, museum volunteerism, and freelance journalism. She even worked as an educational counsellor at Museum De Bevelanden and has contributed to various literary projects, including children's and young adult collections.

Her dedication to storytelling earned her recognition and opportunities, such as working with publisher Narratio Publishing and regional newspaper DE BEVELANDER.

The collaboration between Van Wijngaarden and North Glasgow filmmaker McGowan is set to bring a much-needed boost to the Scottish creative industry. McGowan, who will direct and produce on the film, returns to the helm at BAD PONY MEDIA PRODUCTIONS after a hiatus since 2022. The screenplay was inspired by Diana's fascination with Scotland's rich history, particularly its heritage.

Not only appearing behind the camera, Diana recently appeared in front of the camera as actress Ben Flores in 'A Tale About Loss and Love' which garnered critical acclaim,

Frank McGowan and Diana Van Wijngaarden at BBC Scotland Studios



TLC 'GOOD NEWS' EXCLUSIVE

winning at CANNES FILM FESTIVAL, and earning "Best Soundtrack" at the CARPE DIEM FILM FESTIVAL in Barcelona. The film also received acclaim at the INTERNATIONAL INDIE FILM AND SCREENPLAY FESTIVAL and will be showcased at the ARTISALIVE festival in the USA.

Diana, who attended Buys Ballot College, where she honed her craft and developed her unique voice, said: "Scotland has always felt like a second home to me. The rich history, the resilience of its community, and the breathtaking landscapes have always inspired my work. I'm thrilled to bring 'A Miner's Canary' to life in the very place that inspired it."

For more information on "A Miners Canary", please contact the Bad Pony Media Films Press Office at 0141 483 2027 / 07950 919 487, or email press@badponymediagroup.co.uk.



BAD PONY MEDIA FILMS, founded in 2008 (originally as "Bad Pony Productions"), is a multi-award-winning, BAFTA-celebrated film, television, and multi-platform production company based in the heart of the MERCHANT CITY in Glasgow. With offices in CENTRAL SCOTLAND, LONDON, LOS ANGELES and NEW YORK, and a combined 30+ years of experience across the Scottish film, TV, and creative industry, they are passionate about showcasing the people, places, culture, history, and heritage of a modern, diverse, and eclectic Scotland – with a mission to engage, entertain, and inspire audiences, both at home and around the world while supporting home-grown Scottish talent of all ages.

More information is available online at www.badponymediagroup.co.uk, or use the hashtags #BadPonyMedia, #ScotlandGoesGlobal and #HollywoodMeetsGlasgow.



WORDS AT MIND, founded by writer DIANA VAN WIJNGAARDEN, is a creative publishing venture dedicated to the craft of storytelling through various media, including, but not limited to; literature, film, and mixed media. The company is renowned for its compelling narratives and artistic integrity, drawing from Diana's rich and diverse background. With experience spanning the beauty and care industry, freelance journalism, research and storytelling, Diana's expertise informs the unique and authentic stories produced by WORDS AT MIND. Her work includes celebrated poetry, drama, dark comedy, and collections of stories for children's and young adult.

Diana's body of work and more information are available from www.wordsatmind.com.

FRANK MCGOWAN is a multi-award-winning Scottish filmmaker and founder of Bad Pony Media Films. With over 20+ years of experience in the industry, McGowan has directed and produced numerous projects across all genres, including short film, television, and music video. A celebrated FUTURE 100 AWARD WINNER and finalist for this years' GREAT BRITISH ENTREPRENEUR AWARDS 2024 his passion for film and storytelling have earned him widespread recognition from the likes of BAFTA Scotland, as well as a recent OUTSTANDING ACHIEVEMENT FOR BRITISH CINEMA from the BFA for "Waiting for Liz" – a biopic of iconic film star ELIZABETH TAYLOR, starring CLAIRE MONIQUE MARTIN.

Follow Frank on Twitter and Instagram @glasgowfranko81, and visit his website <http://www.frankmcgowan-official.co.uk> for more information on current and past projects and productions.



St Vincent's Hospice 'Bowled' over by support at The Inaugural Clippens Inn sponsored Charity Day!

St Vincent's Hospice is 'bowled' over with the support and success of J G Fleming Bowling Club's recent Charity Day, where their generous efforts resulted in an outstanding £2,835 being raised in support of the hospice. This fantastic contribution is yet another testament to the dedication J G Fleming Bowling Club has shown over the past 20 years.

The Charity Day, held on 13th July 2024 at J G Fleming Bowling Club in Houston was a celebration of community spirit and generosity, bringing together the local community, businesses and JGF members.

President Bill McColgan at J G Fleming Bowling Club said;

"We would like to thank all the JGF members and the members of Anchor B.C., Bishopton B.C. and Kilbarchan B.C. who took part in the competition, and all those who donated raffle prizes, auction items,



Team at St Vincent's Hospice: Archie Fletcher, Susan McCowan and Ian McCowan

money donations and bought raffle tickets. Also thanks to the people of Houston, Bridge of Weir and surrounding areas for dropping into the club to buy raffle tickets and for purchasing goods from the St Vincent's Hospice pop up Gift Shop. I am sure everyone will agree with me when I say that the real winner of the charity day was St Vincent's Hospice who, thanks to everyone's amazing generosity will be receiving the magnificent sum of just over £2,835."

St Vincent's Hospice Community, Corporate & Event Manager, Emma Donald, shared heartfelt appreciation for J G Fleming Bowling Club's continued support, saying;

"We are so grateful to J G Fleming Bowling Club and their members for their incredible commitment over the last 20 years. Their generosity and the funds raised at this year's Charity Day will have a direct impact on our ability to deliver essential care and support to those facing life-limiting illnesses.

Community support like this is vital to our mission. It allows us to continue offering our services free of charge, ensuring that those in our care receive the best possible support during their most difficult times. We extend our deepest thanks to J G Fleming Bowling Club and all those who participated in the Charity Day for their generosity and dedication."



Emma Donald – Community, Corporate & Events Manager with J G Fleming Bowling Club and Jackie Gilmour from The Clippens Inn



St. Vincent's Hospice is a Scottish Registered Charity and provider of specialist palliative care for individuals and families affected by life-limiting illnesses.

Its team of dedicated staff care for and support patients, and their families, from an in-patient unit set in beautiful countryside in Howwood, and in people's own homes in Renfrewshire and the adjoining areas of North Ayrshire. Their aim is to enhance the quality of life and offer comfort during difficult times. The generosity of community partners and supporters are vital in providing these vital services to those who need them most.

They undertake a wide range of fundraising events including the 'Strictly' event highlighted below.

Thank You Thursday!



skfitness
simply keep fit

St Vincent Hospice say THANK YOU to SK Fitness for their amazing efforts in organising such an incredible fundraising event! SK Fitness took on the ambitious task of hosting a '24 Hours of Fitness' challenge, which included an exciting mix of fitness and golf activities.

The energy and commitment from both the organisers at SK Fitness and participants were fantastic, and the event was a resounding success. Their efforts have made a meaningful difference, and the funds raised will go a long way in supporting the vital services to those in need for both @StVincentsHospice and @BeatsonCancerCharity

Thank you once again to SK Fitness, the participants, and everyone who supported this event – your support, energy and enthusiasm are truly appreciated!

You can support SK Fitness' fundraising efforts below, giving them a final boost:

<https://donate.giveasyoulive.com/.../sk-fitness-and...>

#ThankYouThursday #FundraisingHero #StVincentsHospice #HospiceCare
#FitForACause #24HourChallenge #CommunitySupport
#YourLittleHospiceWithTheBigHeart

Celebrating Success: Shopmobility Renfrewshire wins Tom Hillier UK Award 2024

It was cheers all round as Renfrewshire Shopmobility were successful in winning in a top UK award in July.

The Tom Hillier award was named after the founder of the National Federation of Shopmobility (NFSUK) who died in 1991. It is awarded in recognition to a local Shopmobility Centre that has been particularly helpful and effective. The award is open to all Shopmobility Centres across the UK, with nominations coming from the people who use such centres.

Shopmobility Renfrewshire services include rental of mobility equipment, provide repair and maintenance services, arrange social inclusion events and advocate on behalf of members. Therefore winning this prestigious award is evidence of their vital work and the supportive and friendly manner in which they carry out their services.

Chair of Shopmobility Renfrewshire, Cllr Kenny McLaren said;

"We knew we were in the running for the Tom Hillier Award but were

excited and humbled to become the first Shopmobility Centre in Scotland to win this UK award",

One of their key volunteers, Tommy Higgins, travelled down to Birmingham with his wife to collect the award on behalf of Shopmobility Renfrewshire. He said;

"It's an absolute first for Scotland and we're incredibly proud to bring this to Renfrewshire."

Karen Millar, Shopmobility Renfrewshire's Office Manager and Fundraising Officer said;

"Exciting times are ahead as we continue our development plus it helps enforce the positive message that we're doing a great job helping those with mobility challenges and disabilities across Renfrewshire, with human rights and equalities at the heart of our business. We would like to thank everyone, our networks, staff, partners, volunteers and those organisations which support us like Horizon Car Parks in Paisley". She went on to say;

"It's been a challenging journey for sure to be respected enough and win



Tommy Higgins of Shopmobility Renfrewshire receiving the Tom Hillier Award

this award. As we all know mobility disabilities are real and not invisible – let's keep it that way. Hopefully we will have started the long cultural journey to break down barriers creating equality and human rights for those with mobility challenges and disabilities – many who live in poverty."

Shopmobility Renfrewshire is based on the ground floor of the

Paisley Centre Car Park in Storie Street, Paisley and is open between 10am to 4pm on Mondays to Fridays and 10am to 3pm on Saturdays (closed on Sundays). You can call ahead to book a scooter/ wheelchair by calling 0141 889 0441 or by email to shopmobilitypaisley2019@outlook.com.

Shopmobility Renfrewshire helps improve lives of residents who have mobility challenges

Shopmobility Renfrewshire are now including the refurbishment and sale of used mobility scooters within its services. They are occasionally gifted pre-loved mobility scooters and wheelchairs to their premises. Any scooter or wheelchair they receive as a donation is thoroughly checked by an experienced technician to determine if it is working well and highlight any repairs that may be required. Once the work is carried out and passed by the technician, the items are then ready to be passed on to people who experience mobility challenges and disabilities. All items are guaranteed for a set period after sale. The charity currently has a stock of free-to-hire manual wheelchairs and electric scooters.

If anyone has a mobility scooter they are willing to donate to Shopmobility Renfrewshire, they will make sure it is in full working order and sold on to generate income for their charity. The charity currently has a stock of free-to-hire manual wheelchairs and electric scooters for which they charge a nominal fee of £1 overnight for a wheelchair and £5 for a scooter.

The service helps people in Renfrewshire communities get around to participate in cultural, economic, and social events within their communities.



Jenn from JH Digital with members of Shopmobility Renfrewshire Team

You can contact them on:

0141 889 0441 or visit their website <https://www.shopmobilityuk.org>

Opening times – Monday -Friday (10am-4pm) – Saturday – 10am -3pm)

Located at The Paisley Centre Car Park, Ground Floor, 41 Storie Street, Paisley

'QUEER LIVES: THE BARRIERS FROM CRADLE TO ELDERLY CARE, AN ORAL HISTORY'

STORY SUPPLIED BY RACHEL KELLY, QUEER LIVES HERITAGE

We are delighted to announce that Glasgow's Southside+ Stories (GSS) has received funding to deliver an exciting oral history project documenting the historic barriers faced by individuals from Scotland's LGBT+ communities. This exciting oral history project will offer opportunities for queer people to record their memories and raise issues around queer experiences of longstanding and current barriers to life, education, employment, wellbeing, health care, and elder care services.

The project is supported by The National Lottery Heritage Fund and was devised by GSS with the aim of highlighting past struggles, celebrating positive achievements to address barriers, and to recognise where barriers still exist, and hopefully, provide insights into how these may be overcome in the near future.

GSS hope to recruit local volunteers to work on the project, including jobseekers, young carers and people with disabilities, who are often unable to access a career

in the heritage sector, and people with an interest in queer history. Volunteers will receive training and be supported to work with GSS and its heritage experts to research the history of queer lives in Scotland. The project will create a unique digital oral history archive of interviews that will be presented as an open collection on the project website, and trained volunteers will continue to add more recorded interviews to that collection over time.

Catherine Green, Chair of Glasgow Southside Stories says:

"GSS meetings and events have provided tantalising glimpses into how lived-experiences of queer people have changed since the mid-twentieth century. Whilst some of those barriers appear to have been fought and addressed, queer people still experience the mental repercussions of alienation, loneliness and victimisation. This project will record those lived-experiences, fears, and concerns across the living generations of queer people. We are deeply

grateful to The National Lottery Heritage Fund and National Lottery players for their financial support, and to the many groups and

individuals who are and will support the project as it progresses."



If you would like to record your lived-experiences or volunteer with the project, please message us or email gss-queerlivesheritage@outlook.com

GSS is a volunteer-led community interest group that trains and works with local volunteers, including disadvantaged and marginalised individuals and groups, the elderly, young people, and people who have a bit of spare time and want to get involved with local projects, to provide them with opportunities to support local projects or gain work experience in community and heritage sectors that they would not otherwise have access to. GSS has egalitarian and inclusive values and is not affiliated to any political party.

Together Leading Communities Ltd signs the Scotland Loves Local Pledge

How you can support Scotland Loves Local:

Always think local first. Before automatically turning to online giants or travelling further afield, think about whether everything you buy can be sourced locally, whether you're shopping, heading for a family day out, enjoying a meal with friends or looking for a service supplier.

Encourage others to sign the Scotland Loves Local Pledge. Together we can show the tremendous support for the people and businesses in our communities - and champion the need to support them.

Choose the Scotland Loves Local Gift Card whenever you can. It is a fantastic way of locking money into your community and is incredibly versatile. As a gift for family and friends. Shops, restaurants, hotels, attractions, salons, the Scotland Loves Local Gift Card offers unbeatable local choice with tangible support for local. Just the ticket for birthdays, anniversaries, Christmas....and any other occasion you can think of!



The Scotland Loves Local Gift Card is a gift to the entire community; treating someone to the fantastic products, services and experiences on offer in their area, and at the same time protecting local jobs and ensuring the community prospers.



From struggles to success...

Inspirational story of Niamh Gilmour as told by her mother, Katie Gilmour

From a baby and toddler our daughter, Niamh, was ahead of her milestones - apart from walking - but that was more because she loved being carried everywhere!

Her dad Donald and I used to marvel at how bright and observant she was, how interested she was in everything and the way she would light up a room - we never imagined she would ever struggle. But struggle she did - this clever, quick-witted girl couldn't read properly until she was 10.

Primary school was tough, her writing was illegible, and she struggled with even very basic reading. We raised concerns, but her teachers kept telling us that all was fine, she was just a little behind her peers and that they weren't worried. That was until she went into P4 where her teacher labelled her as lazy and she was continually being punished for not performing well in class. She would lose 'golden time' and be given detention for not passing spelling tests. It was heartbreaking seeing her spelling tests marked 0/10 and must do better.

The school pretty much gave up on her and we tried our best at home but it just wasn't clicking - until against the school's wishes we got her assessed at the Orthoptic Clinic at Glasgow Caledonian University where she was diagnosed with Meares-Irlen Syndrome. This meant the brain was not deciphering what the eye is seeing and the black and white contrast of text is too harsh for the eye to process. She was also diagnosed as being severely dyslexic.

Following her diagnosis, Niamh was prescribed with glasses with coloured lenses and the difference was incredible with over 80% improvement in reading speed and comprehension. As amazing as that was, it wasn't a miraculous fix.

We changed schools and she now had to learn to read and write properly, almost from scratch. Despite her trying harder than I've

seen anyone try, she never quite caught up with her peers.

We were so proud of her determination and, knowing how hard it was for her, we never put any pressure on. Secretly, we worried what the future would hold for our amazing girl who just couldn't get down on paper how incredible her mind was. We broke our hearts when she tried so hard and the results just didn't reflect the effort she put in and weren't what she had hoped for. She struggled at times with how easy it appeared to be for everyone else when it was so hard for her. We told her that she wouldn't see it now, but that she would look back when she was older and appreciate the lessons she was learning. It was a cold comfort to a distressed 16-year-old - but it was all we had.

I remember her coming home in tears one night from her part time job in McDonalds because she'd been given the job of writing down the number plates of cars that were being sent to park and wait for their orders. She got every number plate wrong and it caused absolute chaos. The mix of her not wearing her coloured glasses to work, out of fear of being different, the bright car lights and just sheer panic that she'd get them wrong led to the inevitable.

The next day, she went back to work with her head held high. She'd had her cry in the safety of our home and to the outside world she was strong and confident. It would have surprised her colleagues and classmates that she wasn't always the 'sunshine girl' that lit up the room. She only ever let her guard down with us.

She loved her wee job in McDonalds, but Niamh had decided fairly early on that she really wanted to be a nurse, however was terrified that she wouldn't make it to University. We encouraged her to try and arranged for additional tutoring - and she amazingly, with super-human effort, passed her Highers with pretty decent grades.



Sadly, she didn't quite meet the criteria for University. She needed Higher Maths which she hadn't chosen as a subject, having struggled at Nat 5, but thankfully there was an alternative route. She could go to College for a year to study an HNC in Healthcare Practice, which she did and was then able to apply to University.

And now.... 4 years later, our amazing girl is a Nurse. I could burst with pride at the sheer determination she has shown, when at times it seemed impossible. The academic side of University has been tough for her and she has had to work

really hard to overcome the gaps in her learning. Things like spelling and punctuation will always be challenging for her, but she has found tools and mechanisms to help her overcome this. By giving it her all, often studying through the night reading and re-reading textbooks and journals, she held her own all through University with B's and even some A's. She shone brightest in her nursing placements achieving straight A's across the board.

After a well-earned holiday, Niamh will formally graduate in November, but before that she starts her career as a newly qualified nurse in October having been offered her dream job.

I know she will be an amazing nurse - and it turns out we were right - the fact that she has had to work doubly hard to reach her goal has made her appreciate it even more.

We are so proud of you Staff Nurse Gilmour!

TLC are grateful for Niamh and her parents for sharing their story with such a positive outcome. It is such an inspiration to others, and we are sure you all share in congratulating Niamh and wishing her every success in her future career as a Nursing Professional. We will share her graduation photograph in the next issue of TLC News.



The Thin Blue Paw Foundation is a national dog welfare charity which protects, celebrates and rehabilitates both serving and retired police dogs from across the United Kingdom. To find out more about their amazing work and how you can support go to <https://www.thinbluepaw.org.uk> - you can find them on Facebook and Instagram.

They wished Retired Police Dog, Luna, from Police Scotland a very Happy 12th Birthday. Luna retired with her handler PC McBride in 2022 and was presented with the Thin Blue Paw Lifesaver Award, after saving the lives of 38 people during her career.

Luna and her handler saved the lives of vulnerable missing people, elderly people, suicidal individuals and victims of crime. Thank you both for your service. Happy Birthday Luna!



Buddie Blooms...Saying it with beautiful flowers

Buddie Blooms Florist was founded on the 1st March 2020 by Cheryl McIntyre and James Gilchrist as an independent family run online florist and delivery service operating in and around the Renfrewshire area. We all recall only too well that this was a year when our lives changed dramatically with the Pandemic, also affecting many businesses. Cheryl recalls her first step into setting up the family business during this time.

She had left her job in a florist to branch out (pardon the pun) with her family business. She said

“Having left my job, we started with a £100 note and a dream. Not really knowing if it was going to work, we built a big hut out the backdoor and faced many hurdles over the initial days and weeks. But we just soldiered on and built our business from scratch making everyday bouquets, wedding flowers and funeral arrangements. Then it just

rocketed after the first year and we knew we could no longer sustain working from the hut in the backdoor.”

The friendliness of this family business is a key element in the reviews of those using their service and is key to its growth, together with the care, love and detail that goes into the stunning bespoke bouquets. It is no wonder then that they quickly had to find new premises to cater for the demand. They have had to move twice since they first started trading to new premises to their studio where they currently operate.

They are all online and deliver all over the Renfrewshire area and offer a pickup and collection service between 9am and 10am. You can also check out their amazing 'envelope arrangements' on their website.

Cheryl explains: “The whole ethos in establishing Buddie Blooms is

simply that we love what we do- and when you love what you do - you never work another day in your life - and we love it. We will never sit in a shop till 5pm waiting on orders all flowers are pre ordered and bought fresh everyday. That's what sets us different from the rest. We listen to what people want and deliver exactly what they ask for - and we have zero waste as we know exactly what we are buying”

Flowers signify love, care and affection and we all know the feeling of receiving an unexpected bouquet of flowers...the delight and gratitude of such a gift has an instant impact on our overall well-being. So, if you want to tell someone you love them, appreciate them or thinking about them during difficult times, or just want to brighten up their day - then say it with flowers! Cheryl and James at Buddie Blooms are always there to make sure you give the perfect gift with their stunning bespoke floral arrangements.



Cheryl with another beautiful bouquet



Cheryl supporting Accord Hospice



Family business! Cheryl and James with children James and Lucy

Stunning modern bespoke arrangements at

www.buddieblossflorist.co.uk

Products and services:

www.buddieblossflorist.co.uk

Congratulations Tony!

TLC Ltd wish to congratulate Tony Fitzpatrick on receiving a Fellowship from West College Scotland at a graduation ceremony held on 17 September 2024. He has been recognised for his 50 plus years in Renfrewshire ad a player, manager, CEO and ambassador of St Mirren FC. He is also recognised for his impact on the local community and students through his work with legacycomps. Tony is so passionate about helping people within the community which is the reason he started legacycomps.com. This venture continues to help so many individuals and organisations.

CONGRATULATIONS TO THE SUMMIT SAINTS



Mark and Donald heading out to Kilimanjaro

Congratulations to Mark Brooks and Donald Gilmour for successfully completing the self-funded and arduous climb to the summit of Mount Kilimanjaro in aid of the St Mirren FC Charitable Foundation.

Donald said it was the hardest physical challenge he has undertaken. On the morning of the summit attempt they trekked up 600m to 4500m. Then they left at 11 p.m. to climb to the top at 5895m taking around 8 hrs. Donald, an ardent St Mirren Fan and Director of Clarity Accounting (Scotland) Ltd, said of the final climb; "Every step I was gasping for breath, coping with temperatures of minus 12 and altitude sickness. At times, I was hallucinating. I had to dig into reserves I didn't know I had, and when those ran out, I had to find some more"

They wished to thank everybody in their group, including the guides and

porters, and those back home who have donated. All proceeds go to St Mirren FC Charitable Foundation for the incredible work they do. You can find out more about their challenge and donate on their Just Giving page: www.justgiving.com/campaign/summitsaints - donations open until 31st October!



Completing their climb!
Football tops and tutus!!

You can donate on their Just Giving page: www.justgiving.com/campaign/summitsaints

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or email: **info@possibilities.org.uk**

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info@possibilities.org.uk

When given a diagnosis of cancer, whether personally or of a loved one, it often sets in motion overwhelming feelings of shock, disbelief and fear. It is during some of our darkest moments that people find the courage and strength to carry on and to help others. The two stories featured highlight this and how through the strength of these two women and their projects, others are helped through their journey. The gratitude of individuals, families, businesses and the community is clearly seen by their donations.

The Revive Clinic C.I.C secures support from UnLtd - delivering social change in our community

THE REVIVE CLINIC C.I.C, FOUNDED BY CAROL DEVLIN FROM GLASGOW SECURES SUPPORT AND FUNDING FROM UNLTD TO HELP BUILD LASTING SOCIAL IMPACT

The Revive Clinic C.I.C is proud to announce our award from UnLtd, the UK's foundation for social entrepreneurs.

The award's funding and tailored business support will significantly help The Revive Clinic C.I.C to create a positive social impact for those who have had a cancer diagnosis.

The Revive Clinic will be Glasgow's first Cancer Exercise Specialist training facility, which will offer free strength-based exercise classes to individuals who have had a cancer diagnosis.

Based in Tradeston Glasgow, The Revive Clinic aims to provide a safe environment, for those who have had a cancer diagnosis, to participate in resistance training under expert observation.

Research has shown that if individuals who have had a cancer diagnosis, participate in 150 minutes of moderate exercise and two resistance training sessions a week, this can not only reduce their treatment related side effects, but can also reduce the risk of their disease recurring by up to 40% in some cases.

The reason Carol Devlin founded The Revive Clinic is significant. Carol, who lost her own mother 4 years ago to secondary breast cancer, comes from a background in Radiotherapy & Oncology.

Having previously worked as a Therapeutic Radiographer in Scotland's largest Cancer Centre, she recognised there was very limited information exploring the effectiveness of resistance training for cancer patients. That's where her curiosity for exercise as a rehabilitation and treatment option for cancer came from.

Since then, she has spent years studying and working within the field of cancer related exercise to make it to this day.

Carol Devlin, founder of The Revival Clinic C.I.C, said:

"As someone who has experienced cancer on both a personal and professional level, it's been a lifelong dream to open a Cancer Exercise Facility, as I know how much of an impact something like this can have on the lives of individuals who have had a cancer diagnosis.

Carol is committed to providing this unique service and is seeking support with donations, grants and funding to allow the purchase of more essential kit to carry out their sessions and expand their service.

For more information, you can contact: Carol Devlin, Director, The Revive Clinic:
carol@revive-scotland.co.uk



Top: Launch of Revive

Bottom: Carol getting ready for opening

Cancer Card and Comfort Box... providing caring and vital support through challenging times

Cancer Card charity was founded in 2021 Jen Hardy MBE, a stage 4 cancer patient and former IT professional with extensive experience in systems development.

Cancer Card was born out of Jen's deep understanding of the challenges faced by those navigating the complex world of cancer care.

Jen's personal journey, from the shock of her diagnosis to the struggle of finding the right support, shaped the charity's mission: to ensure that no one faces cancer alone, regardless of their background or circumstances.

She said that it was this lack of centralised information and support that led to the creation of the Cancer Card. This provides a free, simple and accessible online one-stop-shop of support services, advice and information to anyone affected by cancer.

The charity now offers a comprehensive online directory of local and national cancer support services, making it a crucial resource for those navigating the complexities of cancer care in Scotland. The initiative aims to ensure that every cancer patient, regardless of their financial circumstances, has access to essential items that can improve their quality of life during treatment. You can find their 'support directory' on their website:

www.cancercard.org.uk

The Comfort Box initiative, inspired by Scotland's Baby Box, delivers packages containing items such as digital in-ear thermometers, wool blankets, and travel mugs to help cancer patients manage their treatment and stay comfortable.

In the first four months of 2024 alone, Cancer Card distributed over 400 Comfort Boxes to patients across Scotland. Each box costs the charity £50 to produce and they are distributed to patients free of charge.

An additional 50 boxes funded by Allied Vehicles will be delivered

through partnerships with Maggie's Centres and cancer treatment wards in hospitals, as well as being available directly through the Cancer Card website.

The Allied Vehicles Charitable Trust is delighted to announce that Cancer Card, a Scottish charity dedicated to supporting individuals and families affected by cancer, has been awarded a grant of £2,500 to support their Comfort Box scheme.

With these funds, we can provide 50 additional Comfort Boxes to newly diagnosed cancer patients, offering them not only practical items but also a sense of comfort, hope, and reassurance during their cancer journey. This support is crucial in helping patients feel cared for and empowered as they navigate the challenges of treatment."

Gerry Facenna, founder of Allied Vehicles, expressed his pride at the

provide emotional support to cancer patients during an extremely challenging time. We're pleased to support to such a great cause."

The thoughtfulness and care that goes into the 'Comfort boxes' has a comforting effect on those receiving them.

The Cancer Card charity is a small charity with limited resources, and as much as they would like to donate to all those living with cancer, they rely on donations from individuals, businesses and others.

Jen went on to say: "Earlier this summer I was immensely proud to receive an MBE in the King's Birthday Honours List. However, I am even more proud of the feedback from fellow cancer patients on how Cancer Card has helped them.

For many, Cancer Card has eliminated altogether the daunting task of trawling through a myriad of information, allowing people more time to focus on their treatment and spend time with their loved ones. I'm hoping the Cancer Card Comfort Boxes can be another great way to help anyone dealing with cancer treatment.

The Cancer Card Comfort Box is just one small part in a much larger and complex jigsaw, but one which can provide much-needed support". If you wish to support the Cancer Card charity or need support then you can find information on their website by scanning the QR code below.



Jen Hardy MBE, is the founder of Cancer Card



Conveying her thanks to the Trust for the donation, Jen Hardy said:

"The generous grant from the Allied Vehicles Charitable Trust is invaluable in supporting our mission to ensure that no one faces cancer alone.

Cancer Card donation:

"Cancer touches every family, and the work Cancer Card does is so important; not just in distributing these items through the Comfort Box programme, but also helping to



In Conversation with Rose Reilly MBE - Footballing Legend

HOW A WEE LASSIE FROM STEWARTON WENT ON TO FOOTBALLING GLORY WINNING THE WORLD CUP AND VOTED 'BEST FEMALE FOOTBALLER ON THE PLANET'



Rose Reilly who was voted 'Best Female Footballer on the Planet'

Rose Reilly MBE epitomises the word 'Legend' which is defined as 'a notable person whose deeds or exploits are much talked about in his or her own time'.

Rose was born in Kilmarnock on 2nd January 1955 and brought up in Stewarton, East Ayrshire. From the age of three years old it was her dream to play football. She said; 'there was no logical reason for it, my older brothers were not really in to football and in those days it wasn't a sport for girls'. Rose was unstoppable and despite many setbacks she was determined to follow her dream - to be able to play her beloved football.

She went on to play for Stewarton Thistle Ladies when she was 9 years old and this led her way in to Women's Football. During her career she scored in the first ever international match with Scotland v England, won the treble of Scottish Cup, League Cup and the first League championship and earned 10 caps. She played at the highest level in France and Italy, won numerous trophies across three countries, including twice winning the Serie A and during seasons 1978-79 where she scored 43 and 45 goals respectively, including the Italian Cup.

She played with ACF Milan for four years and went on to play for Italy in the world cup and scored in the final. In the 1978-79 season she won championship titles in both Italy and France, playing for Lecce on a Saturday night and then flying to France to play for Reims on Sunday afternoons. Rose eventually retired aged 40 having won eight Serie A titles, a French title, four Italian Cups and 4 golden boots. She was inducted into Scottish Sport Hall of fame in 2007 and Scotland's Football of Fame. She received a special Professional Football Scotland Merit Award in 2011, being the first female to receive this honour and was awarded an MBE for services to Women's Football. Rose had a sports centre named in her honour in East Ayrshire, and in 2022 a pub in Govanhill was also named after her.

Rose sat down with Jed McCabe, during one of his 'chit chat' sessions and shared her amazing life story.

How did you first get into football?

I started playing when I was about 3. My mum asked me what I wanted for Christmas and I said a football, but I got a doll instead. I ended up swapping with a wee boy giving him my doll for his football! I used to sleep with my ball - I was in love with it and also afraid that my mum would take it off me. My dream was always about football even though I got no encouragement, as it wasn't known for girls in those days to play football.

I started primary school in Kilmarnock at 4 and a half and our playground was separated into boys and girls. I saw boys playing football at lunchtime and I would go into their playground and play football. I got punished every day with the belt when I got back in to class by the headteacher. Although it was sore, I would just stare at the teacher and eventually the headmaster said "you're not going to learn" and I replied - "No, it's you that's not going to learn - I just want to play football".

You played for a while with a local boys team - how did that come about?

I was playing football with the boys and the football manager asked if I wanted to play for the official boys team. He said I would have to get my hair cut short and change my name to 'Ross' to be able to play. Also, I would have to take my football strip to the house as I couldn't use the boys changing room. I went to the local barber and said my mum told me to get my hair cut short (I lied) - mum was furious and never did pay for that 'dodgy haircut'.

I was so excited about being officially in a football team. It was the first step in my football career. In one of the games I scored 8 goals and there was a Celtic scout there and he said; "I'm going to sign that wee number 7 right away". He was told I was a wee lassie and said "no, the one that scored the goals" - I was gutted when I couldn't play and couldn't understand why I couldn't just play football.

You went on to play for a Women's team - how did that come about?

When I was 6 years old I went to Stewarton Thistle Ladies team and asked when I could play. They said "we don't take wee boys ...it's a girls team" - and I said "but I am a wee girl". So, definitely some gender issues here. I went on to play for Stewarton Thistle Ladies when I was nine years old as Rose Reilly. We were really pioneers of the game and, although women's teams were sprouting up all over Scotland, the SFA didn't recognise us and wouldn't let us play in official grounds.

I remember that it was quite daunting at first playing with Stewarton Thistle Ladies as it was the first time I had been in a dressing room, as I couldn't go in the dressing room with the boys club.

It was also the first time I had seen older women in a state of undress and could see they all had the big bras and my first thought was - they all must be mummies!

How did your football career develop?

I went to high school and was expelled for playing football. So, no future career or education for me - it was all about my beloved football. I was around 15/16 at the time when one of my coaches saw my ability as an all-round top athlete and I was shortlisted for the Commonwealth Games. After a week training session the coach said that I had to stop playing football.

My mum and dad were overjoyed that I was picked for the shortlist as there was a future in athletics and no football in football. But after a week in training as an athlete, I gave



Rose Reilly, aged 9 years old, shows the other children what she can do with a football

it up and returned to my football. I went on to play for Scotland on the first ever Scotland v England game, and the team agreed to meet up in Glasgow to pick up our transport to get to Greenock for the match. The minibus didn't turn up and we had to hitch a lift in a furniture lorry.

So, there we were – Scotland Ladies team sitting amongst standard lamps and furniture to get to Greenock for the game. Although we lost 3 – 2, I scored one of the goals despite a ban on women's football by Scottish Women's FA along with team-mates Edna Neillis and Elsie Cook for criticising the national body,

Tell us about your ambition for an International career – how did it become a reality?

My dad used to read the newspaper, and I would be down on my knees on the floor reading the back sports page. I could see AC Milan and I wondered if they had a Women's team.

One of the names in the Daily record was Stan Shivas, so I went up to the office and asked the receptionist to speak to Stan Shivas. She asked if I had an appointment and I said 'yes' – although that was a lie. I got into his office where this majestic looking figure sat in a suit with a cigar in hand looked up and said – 'Can I help you'. I replied – 'I'm Rose Reilly and I want to become a professional footballer'. He asked if I had friend that could go with me and I said that my best football friend from Glasgow, Edna, would also be up for it.

He said he found a team in France that would take us over for a trial sponsored by the Daily Record. He flew us over to the friendly game

and we were signed at half time. When I got back home, I told my mum and dad that I was away to France to become a professional footballer. Myself and Edna played in France for Reims for 6 months even though we didn't know the language, but I was looking for something else semi-professional.

After a certain game I got told that ACF Milan wanted to buy me so I signed for them. I didn't tell my parents, who still thought I was in France, as we had no house phone at home. I always remember when plane landed in Milan and as I walked across the tarmac, I felt at home, it was like a mother's embrace and that's when my love affair with Italy started.

What was it like?

It was amazing – from starting playing in my local 'red ash' pitch in Stewarton to the majestic San Siro stadium. When I arrived in the dressing room, I sauntered off on to the football pitch and went to one goalmouth saying – 'I'm going to score here' and walked to the other goal and said – 'I'm going to score here' – I was taking control of the pitch. Looking up at the dimension of the place I would close my eyes and see two goalposts – that's what football is! That's when I started playing for the Italian National Team.

I had no communications with my team-mates so used to speak to myself in the mirror and write home to my parents via air mail letters. One day when I was out walking by a newsagent, I saw a pink daily football newspaper and bought a dictionary and learned the language from there and speaking with locals.

When playing in Italy, I got notification from SFA that I was banned for life with no reason given and no official letter. When this got to the ears of the Italian FA, they asked if I would play for Italy and would give me Italian citizenship, so that's how I started playing for Italy.

You won numerous trophies in your career across three countries – how does that make you feel?

It has been a tremendous journey and winning the 'Golden Boot' was a professional honour as a lot of hard work went into this. I used to train on my own, in the midday sun, refine my skills and get stronger. I



Rose holding the Women's World Cup with Italy in 1984

have great respect for my passion – the game of football – giving a lot in and getting back a lot.

For a while, I played in Italy in the Saturday and had to fly to Paris on the Sunday to play, so had my football bags set out – one bag for France and one for Italy, I was living my dream. One of my highlights was playing for Italy in the final against West Germany and I scored one of the goals and made the other two happen.

When I put on my Italian shirt it was a Scottish heart beating under an Italian jersey. Being voted the best female player on the planet – that was a dream come true and I thought... not bad for a wee girl from Stewarton.

You overcame many obstacles during your journey – can you tell us more about these?

I had to overcome the barriers of a female trying to follow my passion for football and the challenges of many females overcoming the barriers from the SFA alongside other women players.

When I was in Italy, I had a serious life threatening illness as I got hepatitis after eating raw seafood and was in isolation in hospital for 15 days. The doctor said to me 'that's your football career over, you will never play again'. I just thought, no way! Everybody told me that when I was a wee girl and that feeling came surging through me again.

I was determined and fought my way back to health and when I managed to get the football pitch again and saw the goals, I knew I had made it – the strength for my inner self came to the fore and I was back again.

Why did you give up Italian lifestyle?

I got a phone call to say that my mum had a severe stroke and didn't have long to live. I had married the year before and had a baby and we all returned to Scotland. My mum was paralysed and said 'don't leave me Rose' and I made a promise.

Nine years later I was still there and my feeling was, I can get my career back, but I cannae get my mammy back.

A wonderful moment was when I was attending a busy tribute night from Stewarton Initiatives with local kids singing 'fitba crazy, fitba daft' and then I was told that they had something for me. They unveiled a plaque that said – Rose Reilly Football Centre.

It was emotional and that night I went passed the cemetery behind the sports centre to say 'thank you' to my mum and dad'.

Finally, what advice to any young person?

I don't like giving advice, but I would say never give up and follow your dreams. You don't have to be what your mum and dad want you to be. Everyone wants their kids to be something, you just be what you want to be and do your best. If you want to be a cleaner, then be the best cleaner and that should be good enough for you. Whatever makes you happy, whatever your focus in life, that should be enough.

Rose is an inspiration to others and continues to challenge structures and campaign for women's football. She is currently Ambassador for Celtic FC Women's team.



Rose Reilly playing for Italy

KID'S CORNER

WE ARE LOOKING FOR YOU TO CREATE A MASCOT OR SUPERHERO CHARACTER FOR OUR YOUNG PERSONS PAGE IN TLC NEWS

Be as creative as you can and think about some of the character's strengths or superpowers such as: Kindness, Courage, Helping someone, helping the environment, Happiness or Friendship.

The winning artist will win a prize of a £50 voucher and will be featured in our young persons page in future newspapers.

You may also wish to do this as a school group/after school club or kids club and if so, the winner will receive a £50 voucher and a further donation for the school or club.

Please get the permission of a parent or appropriate adult and send on to news@togetherleadingcommunities.com along with your contact details.

We are also looking for stories from young people. It can be about something you like to do, or a club or sport you enjoy, some way that you have helped someone, someone has helped you or a particular place you like to visit to share with others.

Is there anything you would like to see on your page?

We look forward to hearing from you.

TLC News Team

CAN YOU FIND ALL THE COUNTRIES?

LHBECANADAXPVX
UNITEDKINGDOMRN
BCIETHHGARNBPNF
VHNSYHAEGIYDZNI
UJDGYQARLCNNNGL
KGILXCHINALHZIE
RJAUSTRALIAIIDR
ATSNNJPOSAIDMKH
IDISDAPAYBNDBEN
NFLMJAREGNKDA
A
ENMYXBCHILEEBAX
AFGHANISTANIWR
PQSPAINAHLYEJK
ZNI
RBTDENMARKKX
RNF
AFDKLAIBNAHK

AFGHANISTAN AUSTRALIA BRASIL CANADA CHILE CHINA

DENMARK FRANCE INDIA ITALY JAPAN KENYA NIGERIA

POLAND SPAIN THAILAND UGANDA UKRAINE UNITEDKINGDOM

ZIMBABWE

PUZZLE
TIME

Spot 10 differences



PUZZLE PAGE

SOLUTIONS ON PAGE 23

SUDOKU:

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

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

EASY

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

MEDIUM

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

HARD

CROSSWORD:

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

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

Across

- 9 Hair cleaner (7)
- 10 German measles (7)
- 11 Chatter (7)
- 12 Anxious (7)
- 13 Emphasize (9)
- 15 Astonish (5)
- 16 Decent (11)
- 20 First prime minister of India (5)
- 22 Chinese revolutionary leader (3,3-3)
- 24 Type of chair (7)
- 26 Poorly matched (7)
- 27 Demolish (7)
- 28 Cooking vessel (7)

Down

- 1 Sterile (7)
- 2 Largest desert (6)
- 3 On an upper floor (8)
- 4 Depression from lack of company (10)
- 5 Make beer or ale (4)
- 6 Spain and Portugal (6)
- 7 Last (8)
- 8 Walked like a duck (7)
- 14 Put out (10)
- 16 Practise (8)
- 17 Wrist band (8)
- 18 Indefinite person (7)
- 19 Fishermen (7)
- 21 Yet to arrive (6)
- 23 Squalid (6)
- 25 Supporting ropes (4)

BRAIN TEASERS:

THANKS TO QUIZMASTER
ROBERT CAMPBELL FROM GOVANHILL

ODD ONE OUT: Spot the odd one out and why:

1. New England - New Hampshire - New Jersey - New York
- 2 . Monopoly - Ludo - Scrabble - Snakes & Ladders
3. Red - Green - Black - Yellow
- 4 . Baxter - Baker - Holloway - Guinness
5. Matisse - Rembrandt - Vermeer - Van Gogh
6. Piccolo - Clarinet - Tuba - Oboe
7. Dolphins - Bulls - Panthers - Bears
8. Apache - Huron - Montana - Souix
9. Goldfinger - Diamonds are Forever - Moonraker - Goldeneye
10. Flying Scotsman - Orient Express - Golden Arrow - Flying Cloud

WHAT'S THE CONNECTION: What links them together:

1. Irving Berlin - Bob Hope - The Queen Mother - George Burns
2. A clown - A drunk - Rudolph - Comic Relief
3. A drum - A carpet - A loser - An egg
4. Grenoble - Innsbruck - Oslo - Vancouver
5. Sandman - Bojangles - Brightside - Blue Sky
6. Home - Brain - Heart - Courage
7. Live & Let Die - The Man with Golden Gun - The Spy who Loved Me - Moonraker
8. Identity - Supremacy - Ultimatum - Legacy
9. New Mexico - Arizona - Alaska - Hawaii
10. Gladius - Zweihander - Claymore - Nodachi

Forces friendly employers receive ERS awards

The Lowland Reserve Forces' and Cadets' Association (RFCA) is a Government agency that works with the Ministry of Defence to support and promote the Reserve and Cadet Forces in the Lowlands of Scotland.

Lowland RFCA supports thousands of Reservists and Cadets across Scotland. Their work supports, connects and promotes the work of the Armed Forces across their professional, community and recreational networks and is demonstrated through the Employer Recognition Scheme (ERS).

Twenty-one Forces-friendly employers from across the Lowlands of Scotland have received a top award from the Ministry of Defence for their outstanding support for the Armed Forces Community. The Employer Recognition Scheme (ERS) Silver Award is the second-highest badge of honour available to organisations that employ and support Reservists, service leavers, Veterans and their families.

Each Silver Award winner has signed the Armed Forces Covenant, a commitment to supporting Defence through services, policy and projects. Those receiving Silver Awards this year include Allied Vehicles Ltd, Amber Regent Restaurant, DMI Fire and Security Ltd, Veterans Foundation and Veterans Housing Scotland among others. The employers recognised by the ERS Silver Award have gone above and beyond with their support through engaging with initiatives such as employing veterans, supporting individuals transitioning out of the Armed Forces into a new career and providing flexibility for Reservists with regard to training and mobilisation.

14 Scottish employers from the Lowlands have received the Gold Employer Recognition Scheme (ERS) Award from the Ministry of Defence for their outstanding support for the Armed Forces. These include, amongst others, St Mirren FC Charitable Foundation, NG Homes, Fares4Free, Aggreko and the Glasgow Academy.

This year organisations of all sizes, from all sectors and from across the UK have been successful. In total, 33 sectors are represented from Healthcare and Education to Recruitment and Food and Beverage.

Minister for Veterans and People, Alistair Carns said:

“Our Armed Forces Community make incredible sacrifices to keep the nation safe, and it is only right that they are welcomed and valued in the workplace when they leave service.

This scheme aligns with this government's determination to renew the nation's contract with our Armed Forces. They must also advocate the benefits of supporting those within the Armed Forces community, by encouraging other organisations to sign the Armed Forces Covenant and engage with the Employer Recognition Scheme.”

Since the introduction of the Armed Forces Covenant, over 10,000 large and small organisations have signed up. By becoming a Forces-friendly employer you can benefit from the unique skills and experiences that members of the Armed Forces community can bring to your organisation.

To find out more about the AFC you can email: lo-info@rfca.mod.uk or visit www.lowlandrfca.org.uk.



ERS Silver Awards presented by Naval Regional Commander for Scotland and Northern Ireland, Brigadier Andy Muddiman ADC, on behalf of the Defence Secretary at City of Glasgow College



LOWLAND RFCA
RESERVE FORCES' & CADETS' ASSOCIATION
CONNECTING DEFENCE WITH SOCIETY

If you want to support or get involved with the Reserve and Cadet Forces, get in touch with us. We provide specialist help to business owners and community leaders who seek to engage with Defence people in their networks. Scan the QR code to find out more.



Neilston Blether...an ethical and inclusive approach to food!



Blether is a project designed and developed by Propagate CIC, a worker led collective that specialises in local, community and sustainable food projects. They work mostly across central and Southwest Scotland, working collaboratively to co-create equitable, healthy and resilient food systems. They are open to innovative partnerships from grassroots groups and businesses to public sector organisations.

One of their innovative approaches was the setting up of the 'Blether' project based in Neilston Main Street. The idea for the project came from staff and volunteers who work closely with the community and identified a gap in service around access to food. This highly successful project is used by between 40-60 people a day. As the project reached its first-year anniversary on 19th September, one of the founder members, Cat Train, explained the reason behind the project. She said:

"It was evident that there was nothing like this in the area. We would talk to people in the community and some of them lived alone and didn't cook for themselves, others didn't want to purchase large amounts of food that would end up being wasted. For example, we have had people come in and take one or two potatoes rather than a full bag. We felt that there was a need to access food in a dignified way, avoid food waste and to 'mend a broken food system'. We are very clear that this is not a 'food bank' but a place where



people are welcomed in and enjoy healthy, nourishing and organic food choices if they wish".

There is no joining fee for the shop and no referrals and there is a donation option for people to pay what they can.

Blether's focus for its first year has been providing free food to the community collected from local supermarkets including 5 co-op shops, Tesco Barrhead and Marks and Spencer store. In their first year Blether redistributed 26 tonnes of food to the community, some of which would otherwise be sent to landfill. The shop also has an 'apothecary' full of locally grown herbs and herbal remedies which the community can access. Food grown in the 'Incredible Edible Neilston' planter is harvested and available for people to access in the shop.

Any food that is not able to be handed out is then turned into living soil that is used in the nearby growing space known as Incredible Edible Neilston. This community garden produces a variety of fruit, veg and herbs which are in turn available from the Blether shop for free, bringing everything full circle.

Blether receives donations from its users, but in order to cover running costs, and ensure dignity is at the heart of the project, we have in recent weeks opened an organic grocery in the space. We are selling fruit and vegetables grown in local organic farms, the closest being Neilston's own Left Field Market Garden operated by Locavore CIC. In addition, they sell affordable organic dry loose goods and a variety of organic goodies from Green City Foods.



The amazing Blether volunteers



The Neilston Blether Shop



The shop is based at 103 Main Street, Neilston. The Community Fridge is opened Monday to Saturday from 2-4pm and Sunday to Friday from 9-9:30pm; with the shop mostly open Thursday 4:30-6:30pm and Saturday 11am-4pm. But keep an eye on social media for opening times!

In addition to the shop itself, there are many other activities such as sharing recipes, explaining the variety and use of herbs, monthly meals in a local church and local foraging walks.

It is clear that this amazing project is not just providing nourishment physically, but also nourishing souls with the friendliness, compassion

and social connections which is so important.

Congratulations to Blether on their first anniversary and to the staff and volunteers who are making such a difference!

You can find out more about Blether, Propagate and Incredible Edible Neilston using the links below:

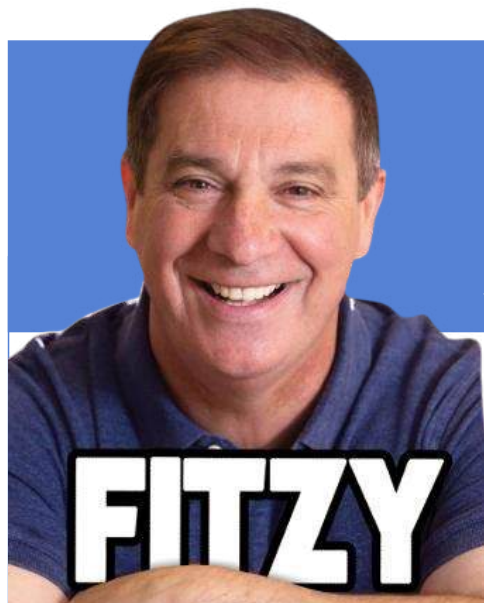
Propagate Rethinking Local Food
www.propagate.org.uk

Incredible Edible Neilston
[facebook/incredibleedibleneilston](https://facebook.com/incredibleedibleneilston)

Blether
[facebook/Neilstonblether](https://facebook.com/Neilstonblether)



The first Incredible Edible Neilston Harvest Festival



FITZY'S FEATURE: A very personal Journey... and how *The Promise Together Again* would help others

I always imagined that some 'would be' comedian would start by a joke by asking "have you heard the one about the dyslexic footballer who'd spent hours kicking a ball about in the playground instead of being in class?" Well that was me, I left school at 15 yrs old without a qualification to my name but went onto become – believe it or not – an author of Childrens books.

I will share a funny wee story with you. I remember my Mum and Dad being shocked, but delighted at the same time, when I handed them my last report card from school. My mum proudly shouted out to my dad – "have you seen Tony's report card from the school?". – "No, I never looked, it's a waste of time – the boy's not interested in school or his education", my dad answered back – shaking his head and taking a big draw from his cigarette. "No look", said my mum passing over my report card to him. My dad nearly swallowed his cigarette as he looked at the report card – 7 A's. No, this cannot be right, A for maths, A for English, the list goes on. My dad was completely shocked.

"Well, there it is in black and RED!" my mum proudly says with the biggest smile on her face.

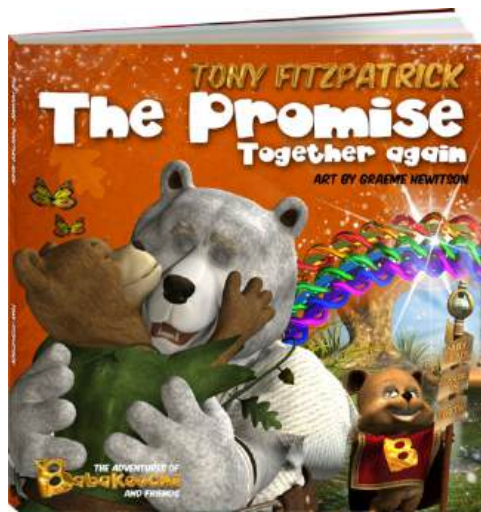
"Tony, well done son, we are so proud of you. I am not going to lie, I never knew you had that in you, neither did your mother if she is being honest". My dad went into his trouser pocket and pulled out a £1 note. "Here son, go and get yourself some football stickers, you deserve it". I took the £1 and shot off down to Bill the newsagents and got myself some football stickers. When I returned my dad was there waiting on me. His face was like thunder, he was so angry. He gave me a slap around the ear, you wee lying so and so – your mother Just

called the school and they told her all the A's you got on your report card were for being Absent from all the subjects."

I started writing BABAKOOCHI stories not long after I was diagnosed with suffering from glandular fever, a horrible illness. I could hardly get off the chair, crawling to the bathroom etc. I honestly thought I was dying. As I got better during the days of my recovery the ideas that had been on my mind for years started to become a reality. I'd always wanted to write a book, helping people cope with loss and bereavement.

The reason I would like to share this sad, but in the end a really positive, story with you all is as follows.

My son Tony junior passed away with leukaemia after fighting bravely for two years. Tony was 6 years old when he passed away. When Tony was born I gave him the nickname BABAKOOCHI Bear as he had so much hair on his head and Body he looked like a wee bear cub.



On the morning Tony passed away, as we were leaving Yorkhill hospital going through the front door, I noticed in the sky straight ahead of us was the most stunning Rainbow I had ever seen in my life. It was a double Rainbow. The colours were so vibrant it looked as if the colours were pulsating, and the strange thing was every time I was looking up at the Rainbow a great peace had come over my mind and body. I just had left my son in the hospital, and you can imagine the pain and devastation I felt in me as I left Tony behind. But here I was feeling a peace that I had never felt before.

Tony loved football. He would walk around the hospital wards kicking a small football about as he went through the corridors, even when he was restricted with a long stand and the IV drip treatment being put into his arm. Nothing held him back.

So, the ideas kept coming into my mind, BABAKOOCHI Bear, The Rainbow, the long stand at the hospital. Then the words started to flow from my mind to tell our story.

BABAKOOCHI would be a superhero with his magic Peace Pole. When he placed the Peace Pole into the ground and said the words 'May Peace Prevail on Earth', a beautiful double Rainbow would radiate out of the Peace Pole making a Rainbow gateway.

BABAKOOCHI would walk children, or adults, through the Rainbow gateway to deal with their loss, or bereavement. He also had other principles – care of the environment, good citizenship, health and wellbeing, and most importantly Respect for himself and others and the planet we live on.

Where others are suffering, BABAKOOCHI brings joy, hope, and happiness. He wants to change the world through the hearts of Children.

The Promise Together again would be the title of the book. I always believed when Tony passed, we would be together again someday.

The story would be told through Two bears – Father, and son. Saber the father bear and Theo the son. Through BABAKOOCHI being given the great gift from the supreme Life force – The Peace Pole, he was able to let Saber the father – who had lost his son Theo to illness to walk through the Rainbow to spend another day with his son.

A wonderful gift we would all like to have. A chance to be able to spend some time with our lost loved ones again. Telling them how much we loved and valued them. We should all remember, that now while we have the chance to tell our family and friends how much they mean to us while we can, before it's too late.



Let me share some of the great positives that have come through sharing Tony Junior's story. I have shared this story in schools and to others in the community to open up to feelings of loss in all its forms.

Through the book sales of 'The Promise Together Again', we managed to support a village in Malawi called Ngwezu. We helped build a childrens land, a crèche for younger children and also a chicken house. There is a portrait of Tony Jnr on the wall of the Crèche to honour him. Patrick, who does so much work for the village, told me that they are even using BABAKOOCHI as part of the language now. People when coming from other nearby villages to trade for eggs from the chicken house etc, shout out BABAKOOCHI instead of saying Hello or Goodbye. Incredible how the loss of one so young can have such a positive impact on the lives of people.

It makes me feel so proud. I know Tony Junior will be smiling down on all of us. Tony Junior lives on to this very day in hearts and lives of people. I hope you have enjoyed the story of BABAKOOCHI and the moral of the story is "Always Believe Anything is Possible".



The kids paint Babakoochi on the creche wall with Mulanje mountain in the background

LEGACY COMPS 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 £55,000 to charity with over £250k won in prizes.

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

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

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

All people looking to enter have to do is go to www.legacycomps.com and create an account for free then choose a prize they would like to enter.

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

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

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

Good Luck!



Drumchapel's Warm Welcome Café...

THE FRIENDLY AND WELCOMING SPACE THAT PROVIDES NOURISHMENT FOR THE BODY AND SOUL

Drumchapel's Warm Welcome Café runs once a week on Tuesday's from 11am-2pm within Drumchapel St Andrews and Yoker Church (next to 10 o'clock shop). It is a FREE gathering and is open to all in the community to come in and get a range of soups, rolls, scones, fruit and hot drinks. The Team are always on hand to welcome people in for a bit of banter and the atmosphere is friendly with lots of laughter and smiles. The café was set up by the fantastic team of volunteers to help bring people together in a lovely warm environment and address the loneliness of some people within the community.

Jan Smillie, one of the café's organisers said; “The space is

for people of all ages and backgrounds where they can come in have something to eat, meet people and make new friends and have a sense of belonging. We are aware that people are often affected by stress which in turn can affect our mental health and this can be helped by eating well and making social connections. The café offers both of these and we urge people to join us on Tuesday's”

The cafe is accessible as there is a ramp into the building and toilet area and there is plenty of space in the hall. Although based in a Church, it is open to everyone regardless of any religious or non-religious beliefs. You can find them on Facebook on Drumchapel's Warm Welcome Café.

A message from the Team and those who attend regularly: Please come and join us, you will love the friendliness and the food. We look forward to seeing you on Tuesday's from 11am-2pm.

Meet the Team on Tuesday's at the Warm Welcome Cafe



Paisley Buddie is new sponsor of his Beloved St Mirren Football Club

Local businessman, Paul McGrath, has become the new sponsor of St Mirren Football Club through his family business, Consilium Contracting Services.

Although they have been on a sponsorship journey with the club for many years, they are now proud to announce that they are the main sponsors of St Mirren Football Club for a minimum of 2 seasons. This makes them the first Paisley born, owned and based family business to sponsor the club in 40 years, since Grahams Buses. Paul is keen to note that the Graham buses sponsorship eventually led to the Scottish Cup win in 1987. "Can history repeat itself? – we believe it can", says Paul.

Consilium founder and owner, Paul McGrath, hails from the Glenburn area of Paisley, having lived as a child in a tenement property at 2 Moorfoot Avenue.

He reflects on his happy days living there with his family before they had to move due to severe subsidence round the area when the flats had to be demolished and the area rebuilt. He said:

"We lived 3 up – so we didn't literally have the earth coming up under our feet as those in the bottom flats did!!"

Well, his feet are now firmly on the St Mirren stadium ground, and he says, 'as a lifelong supporter of St Mirren, it really is like a dream come true to become the main sponsor'. He is thankful to the club commercial Manager, Campbell Kennedy, for helping this dream to come true.

We asked Paul about his most memorable and happiest moments as a St Mirren Fan, he said it was the 1987 Scottish Cup win. Although he wasn't there, he said the impact on the town and his school was incredible. He said;

"I was literally going into Primary 7 just after we won the cup and the School was plastered with Well Done St Mirren signs etc – it was something extremely special for everyone in Paisley and Renfrewshire regardless of who they supported – and we all felt it."

As a wee boy, his hero was Gunni Torfason who signed in late 80s not long after the Scottish Cup win from none other than Tony Fitzpatrick.

He said: "I absolutely loved Gunni and one of my highlights was the game in 1989 when we won 2 –1 against Hearts. One of my friends sent me on a picture of me aged 13 in the crowd celebrating Gunni's goal – what a match!!

Fast forward onto the League Cup win in 2013 where I took my very young kids to Hampden to see them play. That was, and always will be, special with them being so very young and experiencing something so monumental.



Picture of the young Paul at the St Mirren v Hearts cheering on his favourite player, Gunni Torfason

Not long after that, I met another one of my heroes, Tony Fitzpatrick and we are now good friends".

Paul went on to highlight more recent successes with the championship wins and seeing the crowds rise again and continuing to do so over the last few seasons and, of course, the European celebrations in Paisley have been a surreal and different experience.

He goes on to say: "The proudest and most significant for me and all of the McGrath family is, without doubt becoming Main Sponsors of the club, and is augmented by the fact it's goosebump stuff for me and the family. I only wish my dad was alive to have been part of it all – and it all started in our socially rooted upbringing in Glenburn, Paisley.

In a promotional video for the sponsorship, Paul said: "Our logo looks fantastic on the jersey. It has been important to me to have our patron St Mirren holding a prominent place and so well received as it reminds people of our origins.



Paul McGrath, Mark McGrath and Callum McGrath with....Stephen Robinson and Team

Tony Fitzpatrick is a mainstay of the club and a pivotal figure in our 147 year history, so a key element of our promotional video.

You can watch the promotional video on You Tube – Consilium St Mirren sponsorship June 2024.

COMPETITION TIME...

Paul is currently asking for people to send on pictures of them wearing their shirts with the Consilium logo to:

saints@consiliumcs.co.uk

and has agreed to put a signed ball and 2 tickets for a home game (excluding old firm) up as a competition to TLC for a favourite picture, which will be selected randomly and drawn the first week in November.

Tony and Paul during the promotional video – Come On You Saints!



Sponsors, Consilium, were established in 2014 from a deep passion for social housing. They are committed to delivering excellence in all their projects, ensuring that they provide the best quality to their clients. With their roots firmly planted in Paisley, Renfrewshire, they have grown to become a versatile and dedicated team. Their mission is to be the preferred choice for social housing contracting services, offering comprehensive solutions that prioritise safety, reliability and customer satisfaction.

Their vision is to be a leading player in the industry setting the standard for excellence in multi-trade and electrical services. Visit their website at www.consiliumcs.co.uk

Sensory packs launched at the SMiSA Stadium

St Mirren FC Charitable Foundation, in partnership with St Mirren Football Club, were proud to formally launch their sensory kits for supporters with additional needs at the match with Hearts on 21st September 2024.

The initiative is part of the Foundation and club's ongoing commitment to creating an inclusive and welcoming environment for all fans. This project came about as a result of recent fan surveys and feedback from staff and was heavily supported by Foundation Trustee, Carla Manini Rowden, due to her expertise in this area. This is a wonderful example of the Foundation and Club working together to support fans. The sensory kits, which are available free of charge on match day, are designed to support fans who may experience

sensory overload or anxiety in busy environments. Each kit includes noise-cancelling headphones, disposable inner ear plugs, tangle fidget toys, fidget cubes, fidget spinners, magic cubes, stress balls, mini football activity books and colouring markers.

St Mirren FC Charitable Foundation CEO Gayle Brannigan expressed the foundation's



Sensory kits: contact St Mirren FC Charitable Foundation

enthusiasm for this new initiative: "The Foundation are committed to supporting St Mirren FC to make the SMISA stadium a more welcoming place for all our supporters. These sensory kits will provide Buddies who may find the match day experience overwhelming with the resources they need to ensure that every Saints fan can attend home games and enjoy the atmosphere, regardless of their needs".

St Mirren Chief Operating Officer Keith Lasley adds, "We are delighted to be working in partnership with St Mirren FC Charitable Foundation on the launch of sensory kits. It is important that we recognise the needs of all supporters, and we really hope this addition will enhance the match day experience of those with additional needs at The SMiSA Stadium".

The sensory kits can be collected from designated points at the stadium, and fans are encouraged to reserve one in advance to ensure availability. Fans are also requested to return the kits after the game.



Gayle Brannigan, CEO St Mirren Foundation, and Keith Lasley, Chief Operating Officer, St Mirren FC, with players launching the sensory kits

For more information on how to reserve a sensory kit, please contact the team at the St Mirren FC Charitable Foundation via email at foundation@stmirren.com



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- It is illegal to buy or give fireworks to anyone under the age of 18**
- It is illegal to use fireworks in the street or other public places
- If you are worried about an animal call 03000 999 999

www.firescotland.gov.uk








Paisley Youngsters kept Fit & Fed

A £10,000 grant from the Merchants House is helping keep young people in Paisley Fit & Fed

STORY SUPPLIED BY MERCHANTS HOUSE OF GLASGOW

Fit & Fed is a programme of holiday camps for children and young people in Paisley, delivered by the St Mirren Foundation. It has already provided food and fitness fun for 5,000 youngsters this year.

Each day participants have access to 6 hours of high-quality sports coaching and the opportunity to try out a range of other positive activities which aim to help improve physical and mental health and well-being, as well as to encourage the children and young people to develop their confidence and communication skills.

All children and young people attending Fit & Fed are provided with a healthy and nutritious main meal as

well as snacks and drinks each day and fun games and sporting activities, delivered by the Foundation coaches.

Workshops around key emerging issues for the children and young people are delivered including healthy lifestyles, decision making and visits from professionals such as the Police, Fire Brigade and third sector organisations.

A special visit from professional football players from St Mirren Women's team and Men's First team also took place.

Following last year's grant award, Merchants House Directors were recently invited along to experience the programme in operation. Not



only did they hear about the work of the St Mirren Foundation from CEO Gayle Brannigan, they were able to meet and speak with coaches, staff, counsellors and, of course, the young people enjoying football based games (one Director was brave enough to take a penalty!).

Gayle explained the Foundation's approach to supporting the local community and how Fit and Fed is just one of their programmes which aims to provide physical, mental and financial health support to all of the community, young and not so young.

St Mirren FC Charitable Foundation is the official charity of St Mirren Football Club, based within the SMISA Stadium, Paisley. The Foundation is committed to implementing positive change in the community they serve, providing a brighter and more hopeful future. Their work supports people of all ages, capabilities and backgrounds as they are entirely inclusive and fully aware, post pandemic, of the need now more than ever to help empower

people and rebuild more resilient and resourceful communities.

Find out more about Merchants House grants on our website. If you would like to support us in making a difference to the lives of people across Glasgow and the West of Scotland, why not consider hiring our venue for an event. As a not-for-profit organisation, all proceeds go to our charitable work.



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CHOOSE US!... say Scotland's Credit Unions

Choose Us...was the clear message delivered at an event held at the Scottish Parliament and opened by First Minister, John Swinney MSP on 3rd September 2024.

The event was hosted by Fulton McGregor MSP on behalf of the nine Credit Unions in the collaborative group; 1st Class, BCD, Capital, East Kilbride, Glasgow, Pollok, Scotwest, Thistle and Transport Credit unions. The purpose was to celebrate and showcase the pivotal work that credit unions across Scotland carry out every day in supporting people and supporting communities to thrive financially. Scotland leads the way in Great Britain for levels of credit union membership, with over 7% of the population being a member of their local credit union, amounting to total membership in the country of over 460,000 people holding savings of over £900 million.

Those attending the event heard first hand from some of the largest credit unions across Scotland and

how they support members from all walks of life, but particularly those that face financial hardship. The First Minister, during his opening remarks, said: "Credit unions play a crucial role in helping people in Scotland to build better financial futures. As we continue living through a cost-of-living crisis, access to affordable credit is a vital lifeline for individuals and communities.

My Government is committed to working closely with our credit unions to ensure that they can continue to grow and thrive in the years to come"

The range of credit unions attending highlighted the vital need for their services within local communities. In a climate where banks across communities are closing at an alarming rate, credit unions are proving to be a mainstay in providing local access, full financial services and an ethical approach to banking services.



Jim Garrity, Pollok Credit Union, John Swinney, First Minister, John Devine, CEO ng homes, MSP Fulton McGregor, and Gayle Adnyana of 1st Class Credit Union

Jim Garrity, Manager of Pollok Credit Union said; "Credit unions in Scotland have been a vital part of community life for over 50 years. We are not just financial institutions, but we are community focussed, member owned and our commitment to ethical lending and financial education makes us a valuable resource for many individuals and families"

The purpose of the variety of credit unions coming together for the event is collaborate with each other and promote credit unions in Scotland. They are clear that they can have a positive effect on the general economic outcomes of Scottish families.

Gayle Adnyana of 1st Class Credit Union, spoke on behalf of the credit unions and her message was...**Choose Us**. Her clear and passionate message set out the positive impact in partnering with credit unions. She said:

Choose Us...to support the Scottish Government aims to eradicate child poverty.

Choose Us...to work with employers as a payroll partner and help staff save as they earn.

Choose Us...to support health and wellbeing through our local services and ethical savings and reduce stress that goes along with financial worries.

Choose Us...to combat illegal money lending – with an estimated 250,000 people borrowing from illegal sources.

Choose Us...to help Scotland be global leaders for the credit union movement.

Credit Unions are here to help communities, industries and the population of Scotland and with more and more high street bank closures. For individuals, membership of credit unions have much to offer. To their communities, they say **Choose Us!**

As Community members Choose Us for...

- ☒ All your banking needs including salary/benefit pay ins and direct debit
- ☒ Access to low-cost loans at a competitive rate
- ☒ Savings account with great incentive
- ☒ Non-contributory life insurance for loans and savings
- ☒ Access to budgeting service
- ☒ Local face to face service with friendly staff
- ☒ Banking services for start-up businesses
- ☒ Online banking
- ☒ Mortgage services
- ☒ Employer deduction scheme

To find out more about credit unions in your area check out: www.pcu.org.uk

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

- Across:
- 9 Shampoo
 - 10 Rubella
 - 11 Prattle
 - 12 Worried
 - 13 Italicize
 - 15 Amaze
 - 16 Respectable
 - 20 Nehru
 - 22 Sun Yat-Sen
 - 24 Beanbag
 - 26 Unequal
 - 27 Destroy
 - 28 Steamer
 - 25 Guys

- Down:
- 1 Aseptic
 - 2 Sahara
 - 3 Upstairs
 - 4 Loneliness
 - 5 Brew
 - 6 Iberia
 - 7 Ultimate
 - 8 Waddled
 - 14 Extinguish
 - 16 Rehearse
 - 17 Bracelet
 - 18 Anybody
 - 19 Anglers
 - 21 Unborn
 - 23 Slummy
 - 25 Guys

BRAIN TEASERS:

- Odd One Out: 1. New England - it is not a US state - it's a region of 6 states; 2. Scrabble - the others use dice; 3. Green - the others are seas; 4. Guinness - the others are acting Stanleys; 5. Matisse - the others are dutch; 6. Tuba - it's a brass instrument - the others are woodwind; 7. Bulls - they are a USA basketball team - the others are American football teams; 8. Montana - the others are Native Indian tribes; 9. Goldeneye - the others theme songs were all sung by Shirley Bassey; 10. Flying Cloud - it is a ship - the others are trains
- What's the Connection: 1. They all lived to over 100; 2. They all have red noses; 3. They can all be beaten; 4. They have hosted the Winter Olympics; 5. You can prefix each with Mr for a song title; 6. What the Wizard of Oz characters wanted; 7. Roger Moore's 1st 4 James Bond movies; 8. The 1st 4 Jason Bourne books and movies; 9. Last 4 states to join the union; 10. Types of Sword

RIDING GROUP FOR DISABLED GLASGOW RECEIVE FUNDING AWARD

CONT'D FROM FRONT PAGE...

The 'Tea with a Pony' sessions are popular with residents from Fourhills Nursing Home. RDA staff and volunteers encourage others to book this activity which are costed at £10 per person. The feedback from those attending highlight the positive impact, saying;

“We love to meet all the horses, stroke and groom them”.

“We also love our tea and biscuits with the lovely volunteers, who answer all the questions we have about how the horses are cared for and what they do at the stables”.

“We love supporting a local charity who give so much to our local community”.

The centre also offer venue hire for riding clubs,pony clubs, and idnividuals. The facilities are used on a regular basis for RDA Dressage championship qualifiers and competitions, The Conference Room is also available to hire for meetings and other activities.

The aim of their classes is to teach new skills and foster independence by encouraging riders to take charge of their horse. Riding takes place in small classes indoors, the outdoor arena , depending on the

weather,and when the weather is particularly nice in summer classes use the Tulliallan Trail – a network of pathways with the grounds of the centre to experience the feel of riding in an open space. Activities allow riders to experience the physical, sensory and psychological benefits that riding offers, which in turn helps to increase confidence and self-esteem. The tea bar provides a space for parents and carers to share experiences while riders are in classes.

To maintain the operating costs of the venue and feeding and care of the horses, RDA has a strong fundraising strategy and hold an annual Summer and Christmas Fayre, including a Santa's Grotto, with this year's Christmas Fayre being held on Saturday 7th December. They welcome stalls and participation from organisations. They are also grateful for raffle prizes.

They are keen to attract more volunteers to help with adapted horse-riding and pony care sessions for their equine therapy sessions on weekdays, weekday evenings and weekend mornings. Volunteers do not require previous experience as



Wednesday afternoon class pictured with their cups and rosettes from the regional dressage competition

full inductions and training are provided and the charity is grateful for whatever time people can give. The minimum age to become a volunteer is 14 years old. The groupalso appreciate 'company volunteer days' as there is always a raft of tasks to be completed If you are interested in this wonderful volunteering opportunity, then please contact; volunteer@rdaglasgow.org for more information.

The centre is opened 7 days a week and deliver a variety of classes for adults, schools and for children.

They offer up block booking of sessions and details can be provided on contacting the centre.

Please dress for the outdoors with sturdy boots or wellies!

A variety of information and photographs of the stables and horses can be found on their website: <https://rdaglasgow.org>

You can also find them on facebook

Venue: Sandyflat Stables, Caldercuilt Rd, Glasgow G23 5NA - 0141 945 1369

High School class practice their riding skills in the outdoor arena



Please send us in your stories or ideas

Our aim at TLC News is to share the amazing, heartwarming and powerful stories across communities and to let our readers hear about all of the day-to-day amazing work that goes on. We can all learn and be inspired by others.

We want to share stories, experiences and celebrations across a wider area. TLC news is delivered on a printed and digital format and we want to reach as many people as possible – so please share on your social media sources. We update each edition on the news section of our website – www.togetherleadingcommunties.com

We want as wide a range of stories as possible and happy for you to send them to us direct at news@togetherleadingcommunties.com

These can be community, sporting initiatives, heritage, reminiscing, stories from young people and more. So please send in your ideas. When you are finished reading your paper, please pass on to others or leave in a public place where others can pick up and read.

The printed version of our newspaper, which is enjoyed by many, is reliant on support for advertisements which are available at a very reasonable rate. So, if you would like to advertise on our paper please e-mail to: mfraser@togetherleadingcommunities.com