

# Newsletter

August 2022

## Knightswood Community Centre needs You!



Knightswood Community Centre is **not** operated by Glasgow City Council or Glasgow Life. Managing the Centre and staff is the responsibility of the voluntary Charity Trustees of Knightswood Community SCIO (KCSCIO). It was formed in

2013 as a Scottish Charitable Incorporated Organisation with the aim of managing and operating Knightswood Community Centre.

Please join KCSCIO to support this great community run venue. Full membership of KCSCIO is open to any individual aged 16 or over who supports the broad purposes of the organisation (and has paid their annual membership fee of £3). Existing members will have the opportunity to pay their fee by calling into the Centre on **Tuesday the 13th September from 10-11am and 2-3pm, or Monday 26th September from 12.30-1.30pm**. For those unable to renew their subscription at these times alternative arrangements can be made.

*KCSCIO's charitable objects are to advance citizenship and community development among the Knightswood community and provide social, cultural, recreational, and educational facilities.*



## KNIGHTSWOOD COMMUNITY CENTRE

0141 959 9419

[enquires@knightswoodcentre.co.uk](mailto:enquires@knightswoodcentre.co.uk)

[www.knightswoodcentre.co.uk](http://www.knightswoodcentre.co.uk)

All full members are invited to KCSCIO's members' meetings including the Annual General Meeting (AGM) where they can exercise full voting rights.

KCSCIO is governed by a board consisting of up to 12 charity trustees elected by full members of the organisation attending the AGM. **The next AGM is at 7.30pm on Wednesday 12th October 2022.**

**OSCR**

Scottish Charity Regulator

[www.oscr.org.uk](http://www.oscr.org.uk)

Registered SCIO

SC044148

KCSCIO will also improve the conditions of life for people in the Knightswood community, particularly through the operation of Knightswood Community Centre (KCC). KCSCIO's main aim is to manage and operate KCC for and behalf of the people of Knightswood with the objective to strengthen Knightswood's sense of community through the provision and programming of affordable and accessible social, cultural, recreational, educational, health and fitness services and facilities. The goal is for Knightswood Community Centre to be clearly identified and truly recognised as the centre of the community in Knightswood.

## Café update



As you will be aware Knightswood Community Scottish Charitable Incorporated Organisation (KCSCIO) sought Expressions of Interests (EOI) from appropriate businesses and individuals with a view to them operating the Centre Café. We received four EOIs and the Trustees met last month to discuss the practicalities of re-opening of the café.

The kitchen at present does not have crockery, utensils, cooker, fridges, freezers, or a dishwasher. Before the café reopens it is essential that these items are purchased. The cost to re-equip a commercial kitchen, like ours, with equipment is approximately twelve thousand pounds.

KCSCIO has been now being given the opportunity to apply for a grant to re-equip the Centre's kitchen. We are now waiting on that grant decision before interviewing any potential café operators and progressing the reopening of the café. It is envisaged that the Café will re-open early in 2023.

## Easy Exercise Class

**Come along and join this great group. New members most welcome, no need to book just come along on the day.**



Starting back **30<sup>th</sup> August 2022**, Tuesday 2.30pm – 3.30pm. Cost £3.50 per session.

The Easy Exercise Class is for seniors who want to keep active. Keeping moving in your later years is an important part of maintaining a healthy lifestyle, both physically and mentally. It helps to keep your bones and muscles strong at a time when your body begins to lose some of its strength, as well as reducing your risk of developing many diseases. It's also important to break up your sitting time as much as possible, including reducing screen time such as watching TV or sitting looking out of the window.

The Knightswood Easy Exercise class is open to both males and females. There is no age limit to who can come along and participate. Do you use a walking stick or frame? That's not a problem, you can still participate. The session has some seated and standing types of movement to help build and maintain your balance, flexibility and co-ordination. There is age-appropriate music that you can sing along to as you exercise. The sessions are fun and enjoyable with lots of laughter. Why not come along and try a session and make some new friends as well.

Contact Brian: Email: [brianbrian2@hotmail.co.uk](mailto:brianbrian2@hotmail.co.uk) or turn up on the day.



The Caravan Project is a great charity that organises 6-night caravan holidays at Craig Tara Holiday Park, Ayr for families living with challenging circumstances in Glasgow.

The project provides everyone accessing their respite holidays with a range of additional initiatives to ensure their holiday is as affordable as possible; free passes for every family member to the entertainment complex, a big bag of fruit and veg and a discount card which can be used to access some discounts around the park

You can find their office in Knightswood Community Centre, Monday-Friday. Their 2022 holidays are now FULLY BOOKED.

However, if you would like to receive more information about these holidays, apply for a 2023 holiday, or support their charity please get in touch at:

Email: [office@caravanproject.co.uk](mailto:office@caravanproject.co.uk)

Twitter: @caravanproject

Facebook: @caravanproject

Phone: 0141 482 9604

## Personal Profile

### John Cowan (Facilities Team)



John lives in Garscadden and was born in 1959. His father was from Glasgow and his mother Stranraer. He has worked in the Centre since Knightswood Community SCIO took over the running of the Centre in 2015. He married his wife Eleanor in 2007 and it will be there fifteenth wedding anniversary this year. “Not a date to forget” jokes John. He has a daughter, a stepdaughter and stepson as well as three granddaughters.

When John left school, he wanted to be a chef, but life took him down a different path and he became an electrician. He worked for a variety of big companies before moving to British Telecom in 2000.

John’s second home is Tenerife. He owns a half share in a flat with his friend in Costa Adeje. He has been going to Tenerife for over 20 years and has many friends there and he says, “when retirement comes, I will be topping up my winter tan.”

When John was a young man, he was a keen footballer, playing in the Scottish Junior Football league for Drumchapel Amateurs. He had trials for bigger clubs in Scotland and England, but it never worked out. John is now an enthusiastic bowler (outdoors and indoors) playing for the West of Scotland and Glasgow Bowling Association. He has won a host of bowling competitions and cups. He loves all sports on TV and enjoys reading sports autobiographies. The last book he read was *Leading* by Alex Ferguson.

John’s latest project has been landscaping his back garden which he started during the Covid pandemic. In his job, he enjoys meeting lots of different people every day and in typical John humour he laughs that “payday is also something to look forward to.” John is planning a holiday later in the year. Guess where? He is going to the biggest island in the Canaries: – *Tanarrific Tenerife!*

## Personal Profile

### Sandy Reid (Facilities Team)

Sandy was born and lived in Ayrshire for 12 years. He came to live in Knightswood in 2014.

He has been working in the Facilities Team at Knightswood Community Centre for nearly seven years. Sandy married his wife Tina forty years ago in Gairbraid Parish Church in Maryhill. They have 3 children and 8 grandchildren. “Christmas can be a very busy time” jokes Sandy.



Over the years Sandy has had many different jobs, he worked with Propworks, helping to set up productions and events with TV and film companies, touring throughout Scotland. He was a boilerman with Glasgow District Council and worked in the fish delivery sector travelling all around the west coast.

His hobbies are horology (watches), fishing and model car collecting. Sandy loves Scottish Music, groups like Runrig, Gaberlunzie and the Corries. He is looking forward going to see Peat And Diesel at the Kelvingrove Bandstand. Sandy says, “they are a fantastic folk-rock band from Stornoway on the Isle of Lewis, Boydie their lead singer is crazy and charismatic, I can’t wait.” Sandy enjoys books particularly non-fiction, he is at present reading the Marching Powder written by Australian author Rusty Young, about life in San Pedro prison in Bolivia. Sandy loves the north and east coast of Scotland, he is a member of the National Trust and Historic Scotland and often takes his grandchildren on daytrips to castles, towers, abbeys, and gardens.

Sandy enjoys his job in Knightswood Community Centre “particularly meeting a wide range of people from all walks of life.”

## Knightswood Community Centre Programme August 2022

Monday	Description of Activity	Time or Date Starting Back
<b>Boogie Babies</b>	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Heather on 07535959967 to register. Booking is essential.	22 <sup>nd</sup> August 10.00 am– 11.00am
<b>Westbourne Bridge Club</b>	For competent players, new members welcome	1.30pm - 4.30pm
<b>Knightswood Walking Group</b>	Health walk for an hour - everyone welcome	1.30pm – 2.30pm
<b>Mulholland School of Dance</b>	Stage & freestyle dance class for 2 years and over	4.30pm-6.30pm
<b>Fit 'n' Fun @ Step to Health</b>	Have fun at this fitness class for adults	5.45pm-6.45pm
<b>Yoga with Tracey</b>	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
<b>Youth &amp; Community Theatre</b>	All welcome from 8 years and over	22 <sup>nd</sup> August 7.00pm-9.00pm
<b>Tuesday</b>		
<b>Zumba with Kirsty</b>	Fitness with fun	10.00am – 11.00am
<b>Pilates with Eilidh</b>	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
<b>Local History Group</b>	History talks and lectures (Every two weeks or twice a month)	13 <sup>th</sup> September
<b>Skills Development Scotland</b>	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
<b>Nit Wits Knitting Class</b>	Everyone welcome	23 <sup>rd</sup> August 1.30pm – 3.30pm
<b>Art for All</b>	Art club - all welcome	2.00pm – 5.00pm
<b>West of Scotland Lapidary Society</b>	Stonecutting & polishing - all welcome	2.00pm – 5.00pm
<b>Easy Exercise</b>	Exercise class for the older adult	30 <sup>th</sup> August 2.30pm – 3.30pm
<b>First Class Learning</b>	Afterschool Maths and English Tuition with Louise	4.00pm – 5.00pm
<b>Mulholland School of Dance</b>	Gymnastics / Dance for 2 years and over	5.00pm – 7.00pm
<b>Weight to Go with Nikki</b>	Weigh In and Chat	6.00pm – 7.00pm
<b>UKTC Taekwon-Do</b>	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	6.30pm-7.30pm
<b>Yoga with Eilidh</b>	Yoga – Options for all levels - beginners welcome	7.30pm – 8.30pm
<b>Camera Club</b>	For over 18's - beginners welcome	6 <sup>th</sup> September
<b>Shall We Dance</b>	Ballroom Dancing for Beginners	6 <sup>th</sup> September 7.30pm – 9.30pm
<b>Wednesday</b>		
<b>Fit 'n' Fun @ Step to Health</b>	Have fun at this fitness class for adults	9.30am-10.30am
<b>Singergie Choir</b>	Brand new community choir, no auditions and no fees	10.00am –12.00pm
<b>Zumbini with Asley</b>	Exciting music and movement for children aged 0-5. 6 weeks blocks phone Ashley on 07988816767 to book	24 August 10.45am – 11.30am
<b>Wednesday Friendship Club</b>	Friendship Club for the over 60's varied programme of activities	7 <sup>th</sup> September
<b>West of Scotland Mineral &amp; Lapidary Society</b>	Enamelling Group	2.00pm - 5.00pm
<b>Shona Campbell School of Dance</b>	Tap and modern dance classes	17 <sup>th</sup> August 4.30pm-8.30pm
<b>WW Reimagined</b>	Wellbeing Workshop from Weight Watchers	5.30pm

<b>NW Recovery Communities Men's Group</b>	For anyone promoting recovery in the community. Sit and share all men welcome	5.00pm - 7.00pm
<b>Yoga with Tracey</b>	Yoga from The Wellness Boutique - beginners welcome	6.00pm-7.00pm
<b>WKKA Scotland</b>	Karate class for 5 years old and over	17 <sup>th</sup> August 7.00pm-8.00pm
<b>Table Tennis Club</b>	For all levels of players	7.00 pm - 9.00pm
<b>Anam Crafts</b>	Advanced crafts group - please phone Jacqui 07426416221	7.30pm - 9.30pm
<b>Glasgow Classical String Orchestra</b>	A music group for amateur and proficient string players	14th September
<b>Thursday</b>		
<b>Fit 'n' Fun @ Step to Health</b>	Have fun at this fitness class for adults	9.30am-10.30am
<b>NW Recovery Communities</b>	Information Drop-in sessions and support	11.00am-2.00pm
<b>Glasgow Senior Citizens Orchestra</b>	New musicians/members welcome or simply listen and enjoy rehearsals	8 <sup>th</sup> September
<b>Skills Development Scotland</b>	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
<b>UKTC Taekwon-Do</b>	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	4.00pm – 6.00pm
<b>Zumba Fitness</b>	Fitness with fun	6.30pm - 7.30pm
<b>Shall We Dance</b>	Dance lessons for adults	1 <sup>st</sup> September 7.00pm - 9.00pm
<b>Dog Training Club</b>	Obedience training from the very experienced trainer Jim McIntosh	11 <sup>th</sup> August 7.00pm-9.30pm
<b>Alcoholics Anonymous</b>	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm
<b>Pilates with Eilidh</b>	Pilates for everyone. (Phone Eilidh 07841 832591)	7.30pm-8.30pm
<b>Friday</b>		
<b>WW Reimagined</b>	Wellbeing Workshop from Weight Watchers	9.30am
<b>Aye Can Dae Activities</b>	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am - 2.00pm
<b>Yoga with Eilidh</b>	Yoga – Options for all levels - beginners welcome	11.30am –12.30am
<b>Glasgow Senior Citizens Big Band</b>	For Musicians with an interest in jazz and swing	2.30pm – 4.30pm
<b>First Class Learning</b>	Afterschool Maths and English Tuition with Louise	4.00pm – 5.00pm
<b>Mulholland School of Dance</b>	Competition Dance Class	5.00pm – 7.00pm
<b>Shining Light</b>	Spiritualist Church meetings - All welcome	7.00pm - 9.00pm
<b>Sequence Dancing</b>	All Welcome for adults	7.30pm - 9.30pm
<b>Saturday</b>		
<b>Ignite Theatre</b>	Free drama class Minis 4 to 7 years and Juniors 8 to 12 years	20 <sup>th</sup> August 9.30am-10.30am 11.00am- 1.00pm
<b>Shona Campbell School of Dance</b>	Tap & Modern dance class for over 2's	20 <sup>th</sup> August 10.15- 1.15pm
<b>Shimmers Line Dancing Club</b>	Adult class beginners welcome	10.30am - 12.30pm
<b>Table Tennis Club</b>	For advanced players	1.00pm – 3.00pm
<b>Sunday</b>		
<b>Foundation Dog Training</b>	Dog training using positive reinforcements techniques (booking essential)	21 <sup>st</sup> August 6.30pm- 8.30pm
<b>AI - Anon Meeting Alcoholics Anonymous</b>	Self-help group for friends and family of alcoholics If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm