

# Newsletter

April 2023

## Hot Soup Cinema Club

### Full Houses, Great Food and Great Films

Knightswood Community SCIO received funding from the National Lottery to run the Hot Soup Cinema Club. This is a partnership project involving the SCIO, Ignite Theatre, Knightswood Connects, The Caravan Project and the North-

West Recovery Communities.



Over 100 people attend this free cinema weekly event as part of a group or as individuals. They enjoy a hot bowl of soup and sandwiches followed by a film in a warm and relaxing environment.

The Hot Soup Cinema Club targets anyone who is maybe feeling vulnerable, lonely, isolated, or just needing to get out of the house. The Cinema Club can give people the opportunity to meet old friends or to make new ones. This is a FREE event so the cost will not be a barrier to attending.

**Email Louise to book a place:**

[louise@ignitetheatreglasgow.org](mailto:louise@ignitetheatreglasgow.org)

For information call 0141 959 9419



0141 959 9419

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

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

### Next four films are:

Monday 1 May,  
Matilda the Musical

Monday 8 May,  
The Queen starring  
Helen Mirren

Monday 15 May,  
Charade starring Audrey  
Hepburn/ Cary Grant

Monday 22 May,  
A Man Called Otto  
starring Tom Hanks

**Soup and Sandwiches**  
12noon to 12.45pm

**Film Screening Times**  
1.15/ 1.30pm

**There has been an exciting and varied selection of movies over the past three months at the Hot Soup Cinema Club.**



Downton Abbey: The New Era, Fisherman's Friends: One and All, Mrs Harris Goes to Paris, Top Gun: Maverick, The Lost King, Matilda the Musical, Where the Crawdads Sing. There was even an appearance of Tom Cruise (a.k.a. Ian from the Caravan Project) just before the film Top Gun. So, if you are free on Monday afternoons, please come along to the Cinema Club and have a tasty sandwich, delicious soup, and see a wonderful film.

### **Building Upgrades- Investing for the future**

In the last few months Knightswood Community SCIO has been investing in upgrading the fabric of the building as well as furniture and fittings.

The roof above the Chaplet Room/ Lapidary Workshop has been relined and made watertight along with all the skylights. Two windows and frames have been replaced, one next to the stairs on the first floor and the other in the Locksley Room. The internal hot radiator pipes that run throughout the building are now insulated. One hundred and twenty new comfortable chairs have been bought for the upstairs rooms. Three new fixed roof projectors have been purchased for the Bankhead, Kestrel and Chaplet Rooms. This will enable groups who book these rooms to connect their laptops to do presentations and online talks.

Gary Gentles (Centre Manager) said that 'all these ongoing improvements make the Knightswood Community Centre such a great venue for local groups, organisations and residents to come together and to use our wonderful resources.'

Our Café is open for business and has an extensive Menu

# Knightswood Community Cafe

## Breakfast – served all day

	Sit In	Takeaway		Sit In	Takeaway
<b>Breakfast Rolls – Soft or Crispy</b>					
• Potato Scone, Hash brown or Fried Egg	£2.00	£1.70	• Toast and Butter	£1.50	£1.25
• Links Sausage, Scrambled Egg or Black Pudding	£2.50	£2.10	• Toast and Butter/Jam	£1.75	£1.50
• Bacon or Square Sausage	£2.75	£2.30	• Toast & Beans	£3.00	£2.50
• Quorn Sausage or Plant Based BLT	£3.00	£2.50	• Toast & Spicy Beans	£3.50	£3.00
			• Toast & Scrambled Egg – 3 Eggs	£3.50	£3.00
• 5 Piece Breakfast – Sausage, Bacon, Fried Egg, Potato Scone and Beans	£5.00	£4.20	• Toast & Scrambled Egg – 5 Eggs	£4.50	£3.75
• 7 Piece Breakfast – Sausage, 2 Bacon, Fried Egg, Black Pudding, Potato Scone and Beans	£7.00	£5.90	• French Toast	£3.50	£3.00
• Big Breakfast – 2 Eggs, 2 Bacon, 2 Link Sausages, Square Sausage, 1 Potato Scone, 1 Black Pudding, Beans, 2 Toast & Butter	£10.00	£8.40	• French Toast & Maple Syrup	£4.00	£3.40
			• French Toast, Bacon & Maple Syrup	£5.00	£4.20

## Snacks

	Sit In	Takeaway		Sit In	Takeaway
<b>Soup</b>			<b>Filled Salad Rolls</b>		
• Soup of the day with a Roll and Butter	£3.00	£2.50	• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese, Vegan Cheese	£3.00	£2.50
• Soup and Half Sandwich	£5.00	£4.20	Add Cheese or Coleslaw for 50p		
• Soup and Sandwich	£7.00	£5.90			
<b>Sandwiches/Toasties/Paninis/Wraps</b>			<b>Baked Potato</b>		
All served with a Side Salad and Coleslaw			All served with a Side Salad and Coleslaw		
• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese	£4.00	£3.40	• Bolognese, Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Beans, Cheese or Coleslaw	£6.00	£5.00
Add Cheese for 50p			Add a second topping for £1.00		
Add Chips for £1.00					

## Main Meals

	Sit In	Takeaway		Sit In	Takeaway
• Salt and Pepper lightly battered Fish Supper with Peas	£6.00	£5.00	• Beef Burger with Chips and a Side Salad	£6.00	£5.00
Add a Second Fish for £3.00			• Chicken Burger with Chips and a Side Salad	£6.00	£5.00
• 2 Mini Tempura Chicken Fillets with Chips and Salad	£6.00	£5.00	• Veggie Burger with Chips and a Side Salad	£6.00	£5.00
Add 2 extra Mini Fillets for £3.00			Add Cheese for 50p		
• Tempura Chicken Wrap with Chips, Salad and Spicy Mac Sauce	£6.00	£5.00	Add Bacon for £1.00		
• Bolognese and Cheese Wrap with Chips and Salad	£5.00	£4.20	• 4 Halloumi Fries with a Side Salad and Garlic Dip	£4.00	£3.40
• Macaroni Cheese and Chips	£6.00	£5.00	• 9 Halloumi Fries with a Side Salad and Garlic Dip	£7.00	£5.90
• Bolognese Pasta Bake and Chips	£6.00	£5.00	• Fish Finger Bap with Chips and a Side Salad	£5.00	£4.20
• Shortcrust Pastry Chicken Pie topped with Southern Style Gravy and Chips	£5.00	£4.20			
• Shortcrust Pastry Beef Pie topped with Beef Gravy and Chips	£5.00	£4.20			

## Chips and Dips

	Small	Large		
<b>Chips</b>			<b>Dips</b>	
• Chips	£1.00	£3.00	• Spicy Mac Sauce, Peri Peri Sauce, Garlic Dip or Chilli Dip	£0.50
• Chips and Cheese	£2.50	£4.50	• Jug of Gravy	£1.00
• Chips with Gravy, Curry Sauce or Coleslaw	£2.00	£4.00		
• Chips with Two Toppings	£3.00	£5.00		
• Roll and Chips	£1.50			
• Onion Rings	£1.50	£2.00		

## Kids Meals – All £3.00

- Chicken Nuggets
  - Cheese Pizza
  - Macaroni Cheese
  - Fish Fingers
  - Chicken Burger
  - Beef Burger
- All served with Chips



@knightswood\_community\_cafe



Knightswood Community Centre Cafe



**KNIGHTSWOOD**  
COMMUNITY CENTRE

Have You Expertise  
in:  
Finance, Accounting  
Legal, Admin,  
Community  
Development

**Make a difference** in  
your community, and  
become a Trustee at  
Knightswood  
Community Centre

We are a  
community-led  
organisation set  
up as a Scottish  
Charity

Can **you** join us as we take our exciting  
next steps forward?

## **We are looking for Trustees**

For more information please visit:

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

Or phone the Centre on 0141 959 9419

KCSCIO is governed by a board consisting of up to twelve charity trustees elected by full members of the organisation attending the AGM. Full Membership is open to anyone over the age of sixteen who supports the broad purposes of the organisation and who has paid the annual £3 membership fee

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 Links 0141 954 7554 to register. Booking is essential.	10.00 – 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>Knightswood Violin Group</b>	This is a course for keen classical violin players wishing to improve their playing	2.00pm – 4.00pm
<b>First Class Learning</b>	Afterschool Maths and English Tuition with Louise	4.00pm – 5.00pm
<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	7.00pm-9.00pm
<b>Art Drawing and Painting Class</b>	Art and drawing class for all levels. Contact Johanna Logan 07900152725	7pm to 9pm
<b>Alcoholics Anonymous</b>	New Group (If alcohol is causing you problems, you are most welcome)	7.30pm - 9.30pm
<b>Healing Heather Sound Therapy</b>	Restorative sound therapy helps your feel calm, relaxed, and more alive	7.30pm - 9.30pm
<b>Tuesday</b>		
<b>Zumba with Kirsty</b>	Fitness with fun	10.00am – 11.00am
<b>Local History Group</b>	History talks and lectures (Every two weeks or twice a month)	<b>Sept. Restart</b> 10.30am 12.00pm
<b>Pilates with Eilidh</b>	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
<b>Sweaty Mama</b>	Pre and Post Natal fitness classes to enjoy fun and effective workouts in a relaxed and safe environment	1.00pm – 2.00pm
<b>SDS</b>	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
<b>Knit Wits</b>	Knitting Class Everyone welcome	1.30pm – 3.30pm
<b>Art for All</b>	Art club	1.00pm – 4.00pm
<b>Mineral &amp; Lapidary Society</b>	Stonecutting & polishing - all welcome	2.00pm – 5.00pm
<b>Easy Exercise</b>	Exercise class for the older adults	<b>16<sup>th</sup> May Restart</b> 2.30pm – 3.30pm
<b>First Class Learning</b>	Afterschool Maths and English Tuition with Louise	4.00pm – 6.00pm
<b>Mulholland School of Dance</b>	Gymnastics / Dance for 2 years and over	5.00pm – 9.00pm
<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	7.30pm – 9.30pm
<b>Shall We Dance</b>	Ballroom Dancing for Beginners	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>	Community choir, no auditions and no fees – new members very welcome	10.00 –12.00pm
<b>Linkes</b>	English for Speakers of Other Languages with Creche – 0141 954 7554	10.00 – 12.00pm
<b>Zumbini with Ashley</b>	Exciting music and movement for children aged 0-5. 6 weeks blocks phone Ashley on 07988816767 to book	10.45am – 11.30am

Wednesday Cont.	Description of Activity	Time or Date Starting Back
<b>Wednesday</b>		
<b>Friendship Club</b>	Friendship Club for the over 60's varied programme of activities	1.30pm – 4.00pm
<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	4.30pm-8.30pm
<b>WW Reimagined</b>	Wellbeing Workshop from Weight Watchers	5.30pm – 7.00pm
<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>WKKA Scotland</b>	Karate class for 5 years old and over	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	7.30pm – 9.30pm
<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	12noon -2.00pm
<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 – 7.00pm
<b>Zumba Fitness</b>	Fitness with fun	6.30pm - 7.30pm
<b>Shall We Dance</b>	Dance lessons for adults	7.00pm - 9.00pm
<b>Dog Training Club</b>	Obedience training from the very experienced trainer Jim McIntosh	5.30pm - 9.00pm
<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 -11.00am
<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>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>	<b>All adults welcome</b>	7.30pm - 9.30pm
<b>Saturday</b>		
<b>Ignite Theatre</b>	Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years	9.30am-10.30am 11.00am- 1.00pm
<b>Girotondo Italian School</b>	Italian classes for children	10.00am – 12noon
<b>Shona Campbell School of Dance</b>	Tap & Modern dance class for over 2's	10.15am- 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)	6.30pm- 8.30pm
<b>Al - Anon Meeting</b>	Self-help group for friends and family of alcoholics	7.30pm - 9.30pm
<b>Alcoholics Anonymous</b>	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm