

Newsletter

June/July 2023

Author Returns after 64 Years

The Last of the Lucky Childhoods

Iain Winton back to his Knightswood's roots.



Iain outside the Centre promoting his new book.

Iain has lived in Sutherland Shire, a suburb south of Sydney, with his wife of over forty years; he has two married daughters and five grandchildren. Sutherland Shire has great weather with surf beaches, sparkling waterways and four spectacular national parks.

Iain was one of the original 'ten-pound poms' and was 'like a fish out of water' when he arrived in Australia so he 'joined the Surf Club' as it was a real good way to learn to become an Australian



**KNIGHTSWOOD
COMMUNITY CENTRE**

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www.knightswoodcentre.co.uk

HOT SOUP CINEMA CLUB Family Films

Monday 10 July,
The Bad Guys

Monday 17 July,
Raya and the Last Dragon

Monday 24 July,
Minions: The Rise of Gru

**Everything No Cost
Drinks and Sandwiches**
12noon to 12.45pm

Film Screening Time

1.00pm

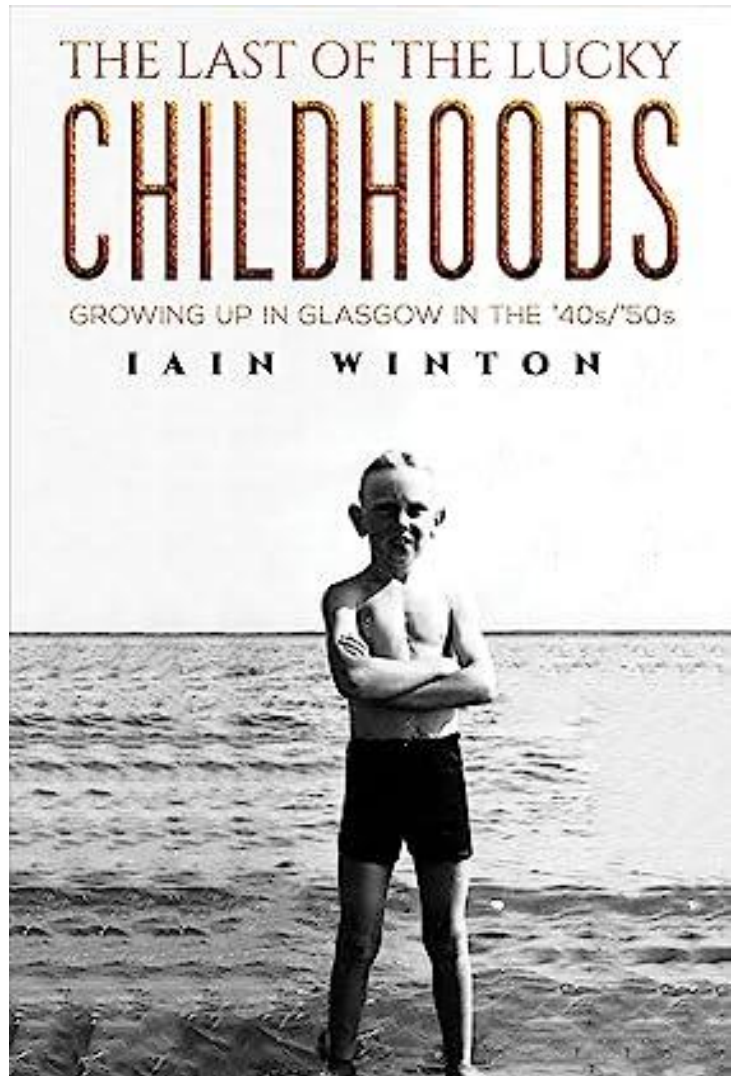
Email Louise to book a place:

louise@ignitetheatreglasgow.org

Although he has been 'down under' for sixty-four years, he has never forgotten his roots and his early life in the 1940s/ 50s in Glasgow. Iain has written a book about life growing up in the area titled 'The Last of the Lucky Childhoods'. Iain started life at Scotstoun Primary before heading to nearby Bankhead when the family moved to Knightswood.

He remembers the old Knightswood Community Centre on Dykebar Road (now offices for Wheatley Homes) where his dad was one of the first wardens. Last month Iain returned and was shown round the old building bringing back a plethora of memories of the Knightswood Pipe Band, the orchestra, cubs, scouts and youth exchange trips to Holland and Finland. Iain's recollections of the fifties will resonate with everyone in Glasgow, he has a wonderful turn of phrase and brings his 'lucky' childhood to life. Iain recalls:

'The streets were still for kids and we knew how to make our own fun, though some of the mischiefs we got up to may not be classed as fun nowadays. If we were poor, we didn't realise it; if we were ill-treated, we thought of it as normal. Kids didn't complain in those days (or they got a 'slap across the lug'). Kids knew their place, we just got on with life and enjoyed it to the fullest.'



You can get a copy of Iain's wonderful book *The Last of the Lucky Childhoods* on Amazon or from Knightswood Library.

Knightswood Community Centre has now purchased a new online booking system for our lets called Hallmaster. The Hallmaster online booking system will provide a reliable and easy to use online reservation system for existing and new customers.



This means groups will be able to see availability and make a booking request at any time of the day, plus will automatically have an account where they will be able to see their bookings. Existing Centre groups have already been set in the system. Once a password has been set up, groups will see all the dates and times of your confirmed bookings from 1st July 2023 to 30th June 2024.

The Centre will be rolling out the Hallmaster bookingsystem in stages and will be in contact with groups soon with more information. The next stage is to have a link from our website and go live to the public with Hallmaster on the 1st of August 2023.

Knightswood Community Centre Café Summer Opening Hours June, July and August 2023

Monday: 9am to 4pm

Tuesday: 10am to 6pm

Wednesday and Thursday 10am to 3pm

Friday 10am to 2.30pm

Saturday from 9am to 2pm



**To book a table, special event, takeaways contact Susan
on: 07710 674568 or Email: k.cafe@yahoo.com**

Knightswood Community Cafe

Breakfast – served all day

	Sit In	Takeaway		Sit In	Takeaway
Breakfast Rolls – Soft or Crispy					
• 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
• 5 Piece Breakfast – Sausage, Bacon, Fried Egg, Potato Scone and Beans	£5.00	£4.20	• Toast & Scrambled Egg – 3 Eggs	£3.50	£3.00
• 7 Piece Breakfast – Sausage, 2 Bacon, Fried Egg, Black Pudding, Potato Scone and Beans	£7.00	£5.90	• Toast & Scrambled Egg – 5 Eggs	£4.50	£3.75
• 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	£3.50	£3.00
			• French Toast & Maple Syrup	£4.00	£3.40
			• French Toast, Bacon & Maple Syrup	£5.00	£4.20

Snacks

	Sit In	Takeaway		Sit In	Takeaway
Soup			Filled Salad Rolls		
• 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			
Sandwiches/Toasties/Paninis/Wraps			Baked Potato		
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	• Bolognaise, 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		
• Bolognaise 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
• Bolognaise 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			
Chips			Dips		
• 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
- All served with Chips
- Macaroni Cheese
- Fish Fingers
- Chicken Burger
- Beef Burger



@knightswood_community_cafe



Knightswood Community Centre Cafe

Knightswood Community Centre Programme July 2023

Monday	Description of Activity	Time or Date Starting Back
Boogie Babies	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to register. Booking is essential.	4 Sept. Restart 9.30 – 11.30am
Westbourne Bridge Club	For competent players, new members welcome	1.30pm - 4.30pm
Knightswood Walking Group	Health walk for an hour - everyone welcome	1.30pm – 2.30pm
Knightswood Violin Group	This is a course for keen classical violin players wishing to improve their playing	4 Sept. Restart 1.30pm – 3.30pm
First Class Learning	Afterschool Maths and English Tuition with Louise	4.00pm – 5.00pm
Mulholland School of Dance	Stage & freestyle dance class for 2 years and over	4.30pm-6.30pm
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	7 August Restart 5.45pm-6.45pm
Yoga with Tracey	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
Youth & Community Theatre	All welcome from 8 years and over	21 August Restart 7.00pm-9.00pm
Art Drawing and Painting Class	Art and drawing class for all levels. Contact Johanna Logan 07900152725	14 August Restart 7pm to 9pm
Tuesday		
Zumba with Kirsty	Fitness with fun	10.00am – 11.00am
Local History Group	History talks and lectures (Every two weeks or twice a month)	12 Sept. Restart 10.30am 12.30pm
Pilates with Eilidh	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
Sweaty Mama	Pre and Post Natal fitness classes to enjoy fun and effective workouts in a relaxed and safe environment	1.00pm – 2.00pm
Skills Development Scotland	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
Knit Wits	Knitting Class Everyone welcome	1.30pm – 3.30pm
Art for All	Art club	1.00pm – 4.00pm
Mineral & Lapidary Society	Stonecutting & polishing - all welcome	2.00pm – 5.00pm
Easy Exercise	Exercise class for the older adults	2.30pm – 3.30pm
First Class Learning	Afterschool Maths and English Tuition with Louise	4.00pm – 6.00pm
Mulholland School of Dance	Gymnastics / Dance for 2 years and over	5.00pm – 9.00pm
Weight to Go with Nikki	Weigh In and Chat	6.00pm – 7.00pm
UKTC Taekwon-Do	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	11 July Restart 6.30pm-7.30pm
Yoga with Eilidh	Yoga – Options for all levels - beginners welcome	7.30pm – 8.30pm
Camera Club	For over 18's - beginners welcome	5 Sept. Restart 7.30pm – 9.30pm
Shall We Dance	Ballroom Dancing for Beginners	7.30pm – 8.30pm
Wednesday		
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	9 August Restart 9.30am-10.30am
Singergie Choir	Community choir, no auditions and no fees – new members very welcome	10.00 –12.00pm
Linkes	English for Speakers of Other Languages with Creche – 0141 954 7554	30 August Restart 10.00 – 12.00pm
Zumbini with Ashley	Exciting music and movement for children aged 0-5. 6 weeks blocks phone Ashley on 07988816767 to book	10.45am – 11.30am

www.knightswoodcentre.co.uk or 0141 959 9419 for more information

Knightswood Community Centre Programme July 2023

Wednesday Cont.	Description of Activity	Time or Date Starting Back
West of Scotland Mineral & Lapidary Society	Enamelling Group	2.00pm – 5.00pm
Shona Campbell School of Dance	Tap and modern dance classes	16 August Restart 4.30pm-8.30pm
WW Reimagined	Wellbeing Workshop from Weight Watchers	5.30pm – 7.00pm
NW Recovery Communities Men's Group	For anyone promoting recovery in the community. Sit and share all men welcome	5.00pm – 7.00pm
WKKA Scotland	Karate class for 5 years old and over	16 August Restart 7.00pm-8.00pm
Table Tennis Club	For all levels of players	6.30 pm – 9.30pm
Anam Crafts	Advanced crafts group - please phone Jacqui 07426416221	7.30pm – 9.30pm
Glasgow Classical String Orchestra	A music group for amateur and proficient string players	13 Sept. Restart 7.30pm – 9.30pm
Thursday		
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	10 August Restart 9.30am-10.30am
NW Recovery Communities	Information Drop-in sessions and support	10.00am-2.00pm
Glasgow Senior Citizens Orchestra	New musicians/members welcome or simply listen and enjoy rehearsals	7 Sept. Restart 11am -3.00pm
Skills Development Scotland	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
UKTC Taekwon-Do	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	13 July Restart 4.00pm – 7.00pm
Zumba Fitness	Fitness with fun	6.30pm – 7.30pm
Dog Training Club	Obedience training from the very experienced trainer Jim McIntosh	5.30pm - 9.00pm
Friday		
WW Reimagined	Wellbeing Workshop from Weight Watchers	9.30am -11.00am
Aye Can Dae Activities	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am - 2.00pm
Yoga with Eilidh	Yoga – Options for all levels - beginners welcome	11.30am –12.30am
Glasgow Senior Citizens Big Band	For Musicians with an interest in jazz and swing	2.30pm – 4.30pm
Mulholland School of Dance	Competition Dance Class	4.00pm – 7.00pm
Shining Light	Spiritualist Church meetings - All welcome	7.00pm - 9.00pm
Friday Sequence Dancing	All adults welcome	7.30pm - 9.30pm
Saturday		
Ignite Theatre	Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years	2 Sept. Restart 9.30am-10.30am 11.00am- 1.00pm
Shona Campbell School of Dance	Tap & Modern dance class for over 2's	19 Sept. Restart 10.00am- 1.00pm
Shimmers Line Dancing Club	Adult class for advanced/ experienced line dancers	10.30am – 12.30pm
Table Tennis Club	For advanced players	12.30pm – 3.30pm
Sunday		
Foundation Dog Training	Dog training using positive reinforcements techniques (booking essential and times may vary)	13 August Restart 6.30pm- 8.30pm
Al - Anon Meeting	Self-help group for friends and family of alcoholics	7.15pm - 9.15pm
Alcoholics Anonymous	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm

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