

Newsletter

December 2023

Four New Trustees join the Knightswood Community SCIO New Chairperson is Alex Fleming

Knightswood Community SCIO has now got four new Trustees. Alex Fleming, Shona Campbell, Steven Gray and Ronda Gray (no relation).



Alex Fleming is the new chair of Knightswood Community SCIO. Alex was born in Whiteinch and has lived in Yoker for 40 years. He graduated from University of Strathclyde in Metallurgy and has worked in the

industry with big companies like Babcock for most his adult life. He is now retired and when not looking after his four grandchildren, Alex and his wife Jacqui like to go on city breaks to places such as York or Chester. Alex has a wealth of experience chairing committees and in management. He is looking forward to the challenge of his new role in Knightswood Community Centre.

Free Live Music in Knightswood. Celine Donoghue and friends return to the Centre on **Tuesday 23 January at 1pm**. This Ceilidh is part of Glasgow Life's Celtic Connections Communities Programme. Book early to avoid disappointment.



**KNIGHTSWOOD
COMMUNITY CENTRE**

0141 959 9419

enquires@knightswoodcentre.co.uk

www.knightswoodcentre.co.uk

Knightswood Cinema Monday Movies 2024

8th January, A
Haunting in Venice

15th January, Double
Indemnity

22nd January, Belfast

29th January, King
Richard

**Tea, coffee and biscuits
at 12.30pm. Films start
1.00pm. Everything
free, just come along
no need to book.**

New Trustees of Knightswood Community SCIO

Rhona Gray has stayed in Knightswood (off and on) for over 32 years. She has participated in a range of activities in the Centre including keep-fit and step classes. She has been running a professional cat-sitting business for eight years. Rhona's favourite holiday destination is Cornwall with its quaint villages and wonderful beaches.



Rhona Gray new SCIO trustee



Shona Campbell has been involved in teaching dance classes in Knightswood Community Centre for the last 39 years. She currently runs the Shona Campbell School of Dance. She recently completed a six-day sponsored cycle ride from Vietnam to Cambodia raising £2,520 for the Cash for Kids Charity. Shona says it was an 'experience of a lifetime but she doesn't want to see another bike until next year'. Shona runs a successful soft furnishing business called West End Fabrics.

Shona Campbell new SCIO trustee

Stephen Gray has stayed in Knightswood for over 30 years. He has recently retired from his refurbishment and maintenance job with Marks and Spencer where he travelled all over Scotland. Stephen's hobby is fishing, and he is hoping to get some serious 'line' time come the Spring. A favourite holiday destination for Stephen is the Northumberland coast where he has spent so many wonderful days visiting the villages of Seahouses and Beadnell. I am sure he will get some fishing done on his next trip.



Stephen Gray new SCIO trustee



The Knightswood History Group

Tuesdays 10.30am to 12noon

Syllabus for January and February 2024

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|-------------|---|
| 16 January | Oral History recording of wartime memories with photos. |
| 30 January | Steven Reid - Mary Queen of Scots. |
| 13 February | Alan Kennedy - Criminality in Glasgow. |
| 27 February | Anne Nicoll - Richard III: Dreyfuss? Despot? |

January Programme 2024

Monday	Description of Activity	Time
Boogie Babies	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to register. Booking is essential.	10.00am – 11.00am
Kinder Moves Baby Massage	4 weeks blocks contact tracykindermoves@gmail.com	10.00am – 11.00am
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	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	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	7.00pm-9.00pm
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)	10.30am 12.30pm
Pilates with Eilidh	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
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
West of Scotland Mineral & Lapidary Society	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones and gems - new members 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
UKTC Taekwon-Do	Taekwon-Do classes all ages – children 3 years+, teenagers and adults	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	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	9.30am-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	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

Please check our website for Centre Groups/Clubs exact dates for starting back in 2024 at: www.knightswoodcentre.co.uk or call 0141 959 9419

Wed. Cont.	Description of Activity	Time
West of Scotland Mineral & Lapidary Society	Enamelling Workshop - heat fusing of glass to the surface of metals to craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm
Shona Campbell School of Dance	Tap and modern dance classes	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	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	7.30pm – 9.30pm
Thursday		
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	11.00am -3.00pm
Skills Development Scotland	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
West of Scotland Mineral & Lapidary Society	Enamelling Workshop - heat fusing of glass to the surface of metals to craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm
UKTC Taekwon-Do	Taekwon-Do classes for children 3 years+, teenagers and adults	4.00pm – 7.00pm
West of Scotland Mineral & Lapidary Society	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones and gems - new members welcome	5.00pm – 8.30pm
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	9.30am-10.30am 11.00am- 1.00pm
Shona Campbell School of Dance	Tap & Modern dance class for over 2's	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)	6.30pm- 8.30pm
AI - Anon Meeting	Self-help group for friends and family of alcoholics	7.15pm - 9.15pm
Alcoholics Anon	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm

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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	Baked Potato		
Sandwiches/Toasties/Paninis/Wraps			All served with a Side Salad and Coleslaw		
All served with a Side Salad and Coleslaw			• Bolognese, Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Beans, Cheese or Coleslaw	£6.00	£5.00
• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese	£4.00	£3.40	Add a second topping for £1.00		
Add Cheese for 50p					
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		
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
 - Macaroni Cheese
 - Fish Fingers
 - Chicken Burger
 - Beef Burger
- All served with Chips



@knightswood_community_cafe



Knightswood Community Centre Cafe

