

Newsletter

March 2024

Knightswood Community Garden has lift off!

Phase 1 of the Knightswood Community Garden is complete. Community volunteers have been busy clearing the ground. Four raised beds have been purchased and installed and four tons of soil and compost was delivered.



Volunteers from the Green Gym, the Community Garden and the Eco Trust working hard filling the raised beds with soil and compost.



**KNIGHTSWOOD
COMMUNITY
CENTRE**

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Knightswood Cinema Monday Movies 2024

8th April – Wonka

15th April – Scrapper

22nd April – Anyone
but You

29 April – Fisherman's
Friends (2019)

**Tea, coffee and
biscuits at 12.30pm.
Films start 1.00pm.**

**Everything free, just
come along no need to
book.**



A secure metal shed has been built by volunteers and some garden tools have been bought. The core group of volunteers are in the process of planting seeds and shrubs. The Knightswood Community Garden is starting to make life better by connecting people, the first seeds have been sown to grow fresh vegetables, shrubs and flowers. Eleven volunteers have been involved to date.

Volunteers busy cleaning up and clearing the ground behind the Knightswood Community Centre.

The garden will enhance the neighbourhood's aesthetics and in the future, will offer people a place to relax and meet others. This project gives volunteers an opportunity to get active outdoors where they can learn practical gardening skills from each other.



The newly installed raised beds

Elaine C Smith wows the Knightswood Community Centre audience with a performance second to none. Anecdotes, jokes, songs and an array of stories about her fascinating life. There was not a seat to be had on Monday 25th March.



Elaine meeting young people for Knightswood Youth and Community Theatre

Elaine is one of Scotland's favourite comedians and performers. She has a long history of entertaining throughout the country with 7.84 and Wildcat Theatre Company, the Steamie, Shirley Valentine, I Dreamed a Dream, and who can forget her as Mary Doll in Rab C Nesbit and a most recent favourite Christine in Two Doors Down. Christine made a five-minute appearance on stage at the beginning of the second half, much to everyone's delight. The audience were on their feet applauding at the end of the night. The event was made possible by organisations working together; Knightswood Community Centre and SCIO, Glasgow Life, Glasgow International Comedy Festival and of course Elaine. She performed free and donated the show's profits to local foodbanks.





The Knightswood History Group

Tuesdays 10.30am to 12noon

April Syllabus 2024

- | | |
|----------|--|
| 26 March | Colin Campbell - Glasgow Cathedral |
| 09 April | Tara Jonnell & Peter Jones - Steam/Water Scottish Textile Mills |
| 23 April | End of Syllabus Event, Lincoln Hall |

April 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 any Centre Groups updated time and dates 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 |

Please check our website for any Centre Groups updated time and dates at: www.knightswoodcentre.co.uk or call 0141 959 9419

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