

Newsletter

October/
November 2025

Another Live Music Event Success at Knightswood Community Centre with The Big Band and Singergie Choir



The Alderman Big Band with Lisa and the Singergie Choir conducted by Lynne (Ali's substitute) hit the right notes with the full house audience. The hall was grooving, shaking and swinging to their fabulous sound. There was music and songs for everyone including an Elvis Compilation, Bay City Rollers, VE Day Medley, Glen Miller, Beatles and Richard Rodgers.



This fabulous afternoon was finished off by the Choir and the Big Band doing a joint number of the Neil Diamond song Sweet Caroline which had the audience dancing in the aisles.



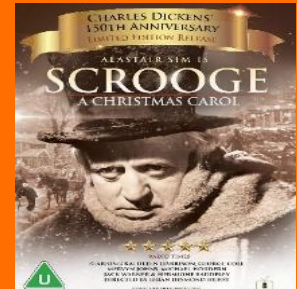
KNIGHTSWOOD
COMMUNITY CENTRE

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Knightswood Cinema Monday Movies December 2025



1st - The Ballad of Wallis Island

8th - The Phoenician Scheme

15th - Scrooge (1951)

**Tea, coffee and biscuits
at 12.30pm (£1.00
donation)**

Films start at 1.00pm.

**No cost come along,
booking is not required.**

Three Years of Hope and Recovery

North West Recovery Communities have been in Knightswood Community Centre for the last 3 years, on looking for a location those years ago, we approached Gordon, Gary and the team at the Community Centre and were welcomed into the space with no prejudice or judgment on what we were trying to achieve in the community of Knightswood and local areas. Over the past 3 years we have worked in partnership with the Community Centre in delivering different events such as the cinema day held on a Monday afternoon, the big band days where our volunteer team help out with serving tea & coffee to the seniors, helping to break down stigma and providing a service to the community of Knightswood.

At our Recovery Café we look to provide a safe space for people to come along who are looking to either access recovery or maintain their recovery goals through peer support. We support people with all types of recovery pathways from alcohol, drug addiction, mental health or social isolation. We are happy to invite family members along who have suffered through a loved one's addiction and can provide support to them through partnership and working with different services in Glasgow.

We hold a men's meeting on a Wednesday evening 5pm – 6.45pm, this group is a men only group where we practice mindfulness and share on our recovery and come together for recovery connection and a light snack which is provided.



Staff and Volunteers at a training week in Aviemore

Our café opens from 11am-3pm every Thursday where we provide recovery groups on all different topics with the support of **With You**, and **City Writes**. We provide a free lunch for all participants; this is provided by the Knightswood Community Café. At our café we have numerous services from Glasgow and beyond, bringing people they support to the café for connection in a recovery setting. We pride ourselves on having a welcoming and recovery focused environment for all that attend. At North West Recovery Communities we work from a recovery system of care model, which means that

we work in a person-centered way to signpost the person who would be at the centre of their care plan to different services that could support their recovery needs. We believe that anyone can Recover and that Recovery is possible for everyone.

“We would like to thank Knightswood Community Centre for their ongoing support in helping us achieve our goals within the North West of Glasgow and we hope to be there for many more years to come providing recovery to the surrounding communities.”

(Tam, Recovery Development Worker)

With You has been working in partnership with North West Recovery Communities for over 10 years. They have staff based at all the local recovery cafes and co-facilitate the Knightswood recovery cafe. With You offers free and confidential support without judgement to individuals 16+ who are experiencing challenges with drugs and/ or alcohol. With You is a positive place where individuals can connect with others



Recovery Café in Knightswood Community Centre

and to receive expert help and support. They work with individuals on their goals whether that is staying safe, making small changes or stopping a harmful habit altogether.

They deliver evidence based psychosocial interventions such as harm reduction advice and support, relapse prevention, recovery planning, goal setting, emotional and practical support. With You also deliver a 12-week therapeutic group work program on topics such as triggers, cycle of change, stress management techniques, coping strategies, relapse prevention and mutual aid partnership groups. There is also a member of staff based at Knightswood every week as a safeguard who can take referrals and offer support to the individuals attending the café.

City Writes puts on weekly workshops at Knightswood Community Centre, these are a rolling programme as below:

Anxiety and Early Recovery: A four-week course where participants learn about the causes of anxiety and ways to manage anxiety.

Music, Mindfulness and Creative Writing: This is six sessions that covers recovery topics such as Change and Expectation whilst looking at music such as David Bowie and Paul Weller. Each week participants can also try out some creative writing exercises.

Ten Years of Successful Community Management

The Centre was managed and operated by Glasgow Life until October 2015 when it was transferred to community management by Glasgow City Council. The Centre has been operated for over ten years by Knightswood Community SCIO. There are ten Trustees in the Charity, and it employs one part-time and five full-time staff members.



John Cowan opening the Centre for the first time November 2015

Gary Gentles (Centre Manager) explains:

“When local people are involved in managing and running of a community centre, they develop a greater sense of pride and investment in the facility. This connection to the building as a shared asset strengthens the overall community identity and encourages more people to use and support it. A busy Centre with diverse usage is less vulnerable to security risks and ensures the venue is used to its full potential for the benefit of the community, as required by its charitable status.”

Full Membership of Knightswood Community SCIO is open to any individual aged 16 or over who supports the broad purposes of Knightswood Community SCIO (and who has paid their annual membership fee).

BBC Prime Time for Ignite Arts!

Six young people from Ignite Arts were part of this year's BBC Children in Need show on Friday 14th November 2025. These amazing young people featured in a two-minute



short film on BBC One sharing the real stories of children who have been supported by the Emergency Essentials fund. This inspiring project featured Zoe Henderson, Omarihelha Kafere, Aria Cairns, Archie McLeod, Leah Karim, and Jon Wolfendale. The group was supported by dedicated staff members Suzanne Bell and Amanda-Jane Prow.

Young people with Ignite Arts getting a wonderful experience with the BBC



Young People and Staff from Ignite Arts with the BBC filming crew

Amanda (General Manager of Ignite Arts) said “we’re so proud of the young people who took part in the film, and it highlights how vital BBC Children in Need’s support is for charities, families, and young people across the country. Congratulations to all involved for helping to raise awareness of such an important cause and for representing Ignite Arts with such enthusiasm and compassion”.

If you want to watch the short film, click on this [link](#)

Knightswood History Group



The group is open to all interested adults and has over thirty members who meet in the Community Centre from 10.30am to 12.00 noon on Tuesdays, usually twice a month. This local history group was first started through the University of Strathclyde's outreach programme.

If you have an enthusiasm for history and other areas of human interest why not join this interesting and friendly group. Membership is open to all interested adults and currently the annual fee is £25 per year for this session 2025/26 or £3.00 per talk.

Syllabus Jan 2026 – May 2026

January 13th - The Floating Church at Sunart-Alex Ritchie

January 27th - Jessie Stephen-Scottish Suffragette-Anabel Marsh

February 10th - Handel's Messiah -Evolution and Performance-Stephen Doughty

February 24th - The Police Museum-Alistair Dinsmore MBE

March 10th - An Introduction to Glasgow Cathedral-Bobby Keys

March 24th - The Quirky West End-Ann Laird

April 7th - History of the Mines and the Social History of the Mines in Knightswood and Drumchapel-Eric Flack BEM

April 21st - The Buried Cities of Pompeii and Herculaneum on the Bay of Naples-Jim Walker

May 5th - A.G.M.

May 19th – Trip.

Knightswood Community Cafe

Breakfast – served all day

Breakfast Rolls – Soft or Crispy

- Potato Scone, Hash brown or Fried Egg
- Links Sausage, Scrambled Egg or Black Pudding
- Bacon or Square Sausage
- Quorn Sausage or Plant Based BLT

Sit In

£2.25
£2.75
£3.00
£3.25

- 5 Piece Breakfast – Sausage, Bacon, Fried Egg, Potato Scone and Beans
- 7 Piece Breakfast – Sausage, 2 Bacon, Fried Egg, Black Pudding, Potato Scone and Beans
- Big Breakfast – 2 Eggs, 2 Bacon, 2 Link Sausages, Square Sausage, 1 Potato Scone, 1 Black Pudding, Beans, 2 Toast & Butter

£5.00

£7.00

£10.00

- Toast and Butter
- Toast and Butter/Jam
- Toast & Beans
- Toast & Spicy Beans
- Toast & Scrambled Egg – 3 Eggs
- Toast & Scrambled Egg – 5 Eggs
- French Toast
- French Toast & Maple Syrup
- French Toast, Bacon & Maple Syrup

Sit In

£2.00
£2.50
£3.50
£4.00
£4.00
£5.00
£4.50
£5.50
£6.50

Snacks

Soup

- Soup of the day with a Roll and Butter
- Soup and Half Sandwich
- Soup and Sandwich

Sit In

£3.50
£5.00
£7.00

Sandwiches/Toasties/ Wraps

- All served with a Side Salad and Coleslaw
- Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese
- Add Cheese for 50p
- Add Chips for £1.00

£4.50

PANINIS

£8.50

Filled Salad Rolls

- Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese, Vegan Cheese
- Add Cheese or Coleslaw for 50p

Sit In

£3.50

Baked Potato

- All served with a Side Salad and Coleslaw
- Bolognaise, Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Beans, Cheese or Coleslaw
- Add a second topping for £1.00

£7.50

Main Meals

- Salt and Pepper lightly battered Fish Supper with Peas
- Add a Second Fish for £3.00
- 2 Mini Tempura Chicken Fillets with Chips and Salad
- Add 2 extra Mini Fillets for £3.00
- Tempura Chicken Wrap with Chips, Salad and Spicy Mac Sauce
- Bolognaise and Cheese Wrap with Chips and Salad
- Macaroni Cheese and Chips
- Bolognaise Pasta Bake and Chips

Sit In

£7.50
£7.50
£7.50
£7.50
£7.50
£6.50
£7.50

- Beef Burger with Chips and a Side Salad
- Chicken Burger with Chips and a Side Salad
- Veggie Burger with Chips and a Side Salad
- Add Cheese for 50p
- Add Bacon for £1.00

Sit In

£6.00
£7.00
£7.00

Chips and Dips

Chips

- Chips
- Chips and Cheese
- Chips with Gravy, Curry Sauce or Coleslaw
- Chips with Two Toppings
- Roll and Chips
- Onion Rings

Small

£2.00
£3.50
£3.00
£4.00
£2.50

£1.50

Large

£4.00
£5.50
£5.00
£6.00

£2.00

Dips

- Spicy Mac Sauce, Peri Peri Sauce, Garlic Dip or Chilli Dip
- Jug of Gravy

£0.50
£1.00

Kids Meals

- Chicken Nuggets
- Cheese Pizza – £4.50
- All served with Chips

- Macaroni Cheese
- Fish Fingers

- Chicken Burger
- Beef Burger



@knightswood_community_cafe



Knightswood Community Centre Cafe



December Programme 2025

| Monday | Description of Activity | Time/ Start Back (SB) Date |
|--|--|----------------------------|
| Boogie Babies | Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to book | 10.00am -11.00am |
| Knightswood Community Cinema | Tea and Coffee at 12.30pm (£1.00 donation) New Films every week (Free) Last Day 17 th July) | 1.00pm – 3.00pm |
| 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 |
| 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 | 3.30pm-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. |
| Born to be Alive Yoga | Yoga Core Connection | 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 | Community 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 for 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 – 7.00pm |
| Born to be Alive | Kettlebell Bootcamp | |
| Born to be Alive | Yoga Course | 7.30am-8.30pm |
| Shall We Dance | Ballroom Dancing for Beginners | 7.30pm – 8.30pm |
| UKTC Taekwon-Do | Taekwon-Do classes all ages – children 3 years+, teenagers and adults | 6.30pm-7.30pm |
| Camera Club | For over 18's - beginners welcome | 7.30pm – 9.30pm |
| | | |
| Wednesday | | |
| Fit 'n' Fun @ Step to Health | Have fun at this fitness class for adults | 9.30am-10.30am |
| Born to be Alive | Cardio Kick Box | 10.00am – 10.00am |
| Singergie Choir | Community choir, no auditions and no fees – new members very welcome | 10.00 –12.00pm |
| Zumbini with Ashley | Exciting music and movement for children aged 0-5. 5 weeks blocks phone Ashley on 07988816767 to book | 11.00am – 11.45am |
| 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 |

Check our website for Festive Holidays & New Year start back dates and times at:
www.knightswoodcentre.co.uk or call 0141 959 9419

| Wed. Cont. | Description of Activity | Time |
|------------------------------------|--|-----------------------------------|
| 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 |
| Born to be Alive | Barefoot Boot Camp | 6.00pm – 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 | | |
| Physio Led Pilates & Yoga Class | An Emma Steenson class for all levels please email to book a place at: steensonpilates@hotmail.co.uk | 10am-12.00noon |
| 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 |
| 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 Normal Times (4.00 – 7.00pm) from Thursday 21 August | 4.00pm – 7.00pm |
| Mineral & Lapidary Society | West of Scotland Mineral & 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 |
| Barefoot Bootcamp | Improve your core connection, full body strength, balance, stability, mobility and flexibility. A class suitable for beginners and beyond. | 6.00pm - 7.00pm |
| Shimmers Line Dancing | An adult class for experienced dancers | 7.45pm – 9.45pm |
| Friday | | |
| Born to Be Alive | Retro Aerobics | 10.00 –11.00am |
| Aye Can Dae | Fun & Fabulous Wellbeing Workshops Adults with Additional Support Needs | 11.00am - 2.00pm |
| Born to Be Alive | Yoga Relax and Unwind | 11.30 –12.30pm |
| Born to Be Alive | Chair Yoga | 1.30pm – 2.30pm |
| Alderman Big Band | For Musicians with an interest in jazz and swing | 2.30pm – 4.30pm |
| Mulholland School of Dance | Competition Dance Class | 4.00pm – 8.00pm |
| Shining Light | Spiritualist Church meetings - All welcome | 7.00pm - 9.00pm |
| 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 | Adult class for advanced/ experienced line dancers | 10.30 – 12.30pm |
| Table Tennis Club | For advanced players | 12.30 – 3.30pm |
| Sunday | | |
| Foundation Dog Training | Dog training using positive reinforcements techniques (booking essential and times may vary) | 6.00pm- 8.00pm |
| 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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