

Newsletter

January/
February 2026

Knit-Wits Over 25 Years of Patterns and Needles. (You can't pull the wool over these ladies eyes!)

The Knit-Wits group meets in Knightswood Community Centre every Tuesday from 1.30 to 3.30pm come hail, rain or shine in the Hermitage Room. It is £3 per week which includes a hot drink and usually cake.



(Three enthusiastic knitters enjoying a chat and a cuppa.)

Knitting can help reduced stress and anxiety, the repetitive, rhythmic motions of knitting act as a form of "active meditation" that slows the heart rate, lowers blood pressure, and reduces cortisol levels.



KNIGHTSWOOD
COMMUNITY CENTRE

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Knightswood Cinema Monday Movies March 2026

**2nd Rear Window 1954
(Hitchcock)**

9th Four Mothers

16th I Swear

23rd Springsteen

30th Calendar Girls

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

**Films start at 1.00pm. No
cost come along, booking
is not required.**

Helen the groups organiser states “when you finish a piece of knitting, it makes you feel satisfied and gives you great pride. Overall knitting helps boost self-confidence and combat feelings of low self-worth”.



The Knit-Wits group helps reduce loneliness and isolation, you can make good friends which gives you a sense of belonging. Gail a group member says “we share tips, skills, and give each other encouragement, which makes it easier to learn the craft and stick with it.

Knitting as a hobby, some people think is old fashioned, but it can be therapeutic, youthful, political, even subversive. It can be anything you want it to be. Some

(Helen says “come and join us and meet new friends”.)

people knit in honour of refugees or Holocaust survivors.



(A laugh and a blether are essential components of a knitting group.)

Knightswood Community Centre Youth Forum Embraces Creativity in the Great Plates of the Northwest Project

Celebrating local heritage and artistic expression through ceramics

The Centre's Youth Forum was thrilled to be invited to participate in the Great Plates of the Northwest Project, a collaborative initiative delivered by Make it Glasgow and Glasgow Life's Live Well Artist in Communities Programme.



Some of the young people's wonderful designs that will be used to create their own personalised ceramic plate.

Throughout the project, young people from the Youth Forum enjoyed engaging with local artists, delving into the themes of clay storytelling, local heritage, belonging and identity. Drawing upon these inspirations, they went on to design and craft their very own ceramic plates, each one a unique work of art reflecting their individual stories and creativity. Using a variety of techniques including; collage, drawing, image making and the application of artwork. The participants produced a collection of distinctive and inspiring plates. The process not only encouraged artistic exploration but also fostered a sense of community and pride in their local area. The plates are now complete and are off to the kiln.

Keep an eye out for the announcement of the upcoming exhibition, where these wonderful creations will be showcased for all to admire!

Thyroid UK Support Group at Knightswood Community Centre

A Thyroid UK Support Group is now meeting in Knightswood Community Centre. The group will meet monthly in the Talisman Room on Wednesdays 19:00-21:00 on **18th February, 25th March, 22nd April, 27th May, 24th June**

Living with thyroid or autoimmune illness can be lonely, confusing, and exhausting — especially when symptoms are invisible and answers feel hard to come by.

This monthly support group offers a steady, welcoming space for people living with conditions such as **Hashimoto's, Graves' disease, thyroid eye disease, and related autoimmune issues**. There is no fixing, no rushing, and no pressure to explain yourself.

We come together to:

- Share lived experience without judgement
- Make sense of symptoms that don't always show up in blood tests
- Learn how stress, the nervous system, and autoimmune illness are connected
- Build agency, understanding, and steadiness in the body

This is a **peer-supported, trauma-aware space** rooted in compassion, nervous system safety, and the understanding that healing is not just medical — it is relational and embodied.

You do not need a referral.

You do not need to have the right words.

You just need to come as you are.

Facilitator Bio – Emma Toms

Emma Toms is an Integrated Wellness Coach, IEMT Practitioner, SSP Provider, and Reiki Master Teacher based in Glasgow. She brings both professional training and lived experience to her work, having navigated her own recovery from autoimmune illness. Emma specialises in nervous system regulation, stress-related illness, and trauma-informed support. Her approach blends modern neuroscience with somatic and restorative practices, alongside a deep respect for the body's innate wisdom.

She facilitates community groups because she believes something simple and old-fashioned still matters: people heal better when they are listened to, believed, and not alone.

Better Thyroid Health

Thyroid UK

Are you... **exhausted?**
Do you... **feel cold or hot all the time?**
Is your... **skin extra dry?**
Is your... **hair coming out a bit more than usual?**
Have you... **put on weight that just won't shift or lost weight for no reason?**
Do you... **feel a bit dizzy sometimes?**
Do your... **joints hurt?**

These are *just some* of the symptoms of thyroid disease

DO YOU HAVE QUESTIONS TO ASK?

We provide **information** and **resources** to promote **effective diagnosis** and **appropriate treatment** for people with thyroid disorders in the UK

Venue: Knightswood Community Centre (Talisman Room)

Time: Wednesday 25th March 7.00 to 9.00pm

refreshments available

FOR MORE INFORMATION CONTACT:

Thyroid UK, Unit 8, Lufkins Farm, Great Bentley Road, Frating, Colechester, Essex. CO7 7HN
Registered as a Company Limited by Guarantee in England & Wales No. 6254073

Registered Office: Unit 8, Lufkins Farm, Great Bentley Road, Frating, Essex. CO7 7HN Registered Charity Number: 1125270

Date updated: 11/03/24 (V2.2)
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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 February 2026 – May 2026

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	Sit In	
Links Sausage, Scrambled Egg or Black Pudding	£2.75	
Bacon or Square Sausage	£2.75	
Quorn Sausage or Plant Based BLT	£3.00	
5 Piece Breakfast – Sausage, Bacon, Fried Egg, Potato Scone and Beans	£5.00	£4.50
7 Piece Breakfast – Sausage, 2 Bacon, Fried Egg, Black Pudding, Potato Scone and Beans	£7.00	£6.50
Big Breakfast – 2 Eggs, 2 Bacon, 2 Link Sausages, Square Sausage, 1 Potato Scone, 1 Black Pudding, Beans, 2 Toast & Butter	£10.00	£9.40

• Toast and Butter	Sit In	
• Toast and Butter/Jam	£2.00	£1.50
• Toast & Beans	£2.50	£2.00
• Toast & Spicy Beans	£3.50	£3.00
• Toast & Scrambled Egg - 3 Eggs	£4.00	£3.50
• Toast & Scrambled Egg - 5 Eggs	£5.00	£4.50
• French Toast	£4.50	£4.00
• French Toast & Maple Syrup	£5.00	£4.50
• French Toast, Bacon & Maple Syrup	£6.50	£6.00

Snacks

Soup

• Soup of the day with a Roll and Butter	Sit In	
• Soup and Half Sandwich	£3.50	
• Soup and Sandwich	£5.00	
	£7.00	

Sandwiches/Toasties /Wraps

All served with a Side Salad and Coleslaw	
• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese	£4.50
Add Cheese for 50p	
Add Chips for £1.00	
PANINIS	£8.50

Filled Salad Rolls

• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese, Vegan Cheese	Sit In	
Add Cheese or Coleslaw for 50p	£3.50	

Baked Potato

All served with a Side Salad and Coleslaw	
• Bolognaise, Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Beans, Cheese or Coleslaw	£7.50
Add a second topping for £1.00	

Main Meals

• Salt and Pepper lightly battered Fish Supper with Peas	Sit In	
Add a Second Fish for £3.00	£7.50	
• 2 Mini Tempura Chicken Fillets with Chips and Salad	£7.50	
Add 2 extra Mini Fillets for £3.00	£7.50	
• Tempura Chicken Wrap with Chips, Salad and Spicy Mac Sauce	£7.50	
• Bolognaise and Cheese Wrap with Chips and Salad	£7.50	
• Macaroni Cheese and Chips	£6.50	
• Bolognaise Pasta Bake and Chips	£7.50	

• Beef Burger with Chips and a Side Salad	Sit In	
• Chicken Burger with Chips and a Side Salad	£6.00	
• Veggie Burger with Chips and a Side Salad	£7.00	
Add Cheese for 50p	£7.00	
Add Bacon for £1.00		

Chips and Dips

Chips

• Chips	Small	Large
• Chips and Cheese	2.00	4.00
• Chips with Gravy, Curry Sauce or Coleslaw	3.50	5.50
• Chips with Two Toppings	3.00	5.00
• Roll and Chips	4.00	6.00
• Onion Rings	2.50	
	£1.50	£2.00

Dips

• Spicy Mac Sauce, Peri Peri Sauce, Garlic Dip or Chilli Dip	£0.50
• Jug of Gravy	£1.00

Kids Meals

• Chicken Nuggets	• Macaroni Cheese	• Chicken Burger
• Cheese Pizza – £4.50	• Fish Fingers	• Beef Burger
All served with Chips		



@knightswood_community_cafe



Knightswood Community Centre Cafe

March Programme 2026

Monday	Description of Activity	Time
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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