



NORTH news



One Vision: A New North Glasgow - a great place to live, learn, work, visit and invest.

ISSUE 47

Double Award Success for Sheltered Housing Support Service

THE work of the Sheltered Housing Support team at ng homes has been recognised with not one but two Scottish Care Awards. The team won the Housing Support Provider of the year award for the second time in three years and Manager Karen Johnson was also singled out for special recognition winning the award for Management and Leadership.

The awards were presented at Scottish Care's Annual Care at Home & Housing Support Conference and Exhibition which seen over 200 delegates attend including care providers, local authorities, NHS and the Scottish Government.

The event, now in its tenth year, is the only one of its kind in Scotland specifically for the homecare sector and the title of this year's conference was 'Reshaping Homecare: Enhancing Innovation and Potential'.

Delighted Sheltered Housing Manager for ng homes Karen Johnson said: "To win both these awards is a testament to the team we have at ng homes. We aim to deliver customer service excellence in all that we do. Tenants are at the heart of our organisation and we encourage them to be involved in all aspects of the service."

The main aim of the service is to deliver high quality housing support that enables tenants, with differing needs, to live independently in sheltered or very sheltered housing and other settings.

Chairperson of ng homes John Fury said: "We are committed to providing first class services that are efficient, effective and responsive to our customers' needs. These awards are great testimony to our staff team working in our Sheltered Housing complexes and special praise must go to Karen on her individual award - well done everyone!"



Pictured with Michelle McManus are Chairperson of ng homes John Fury, Sheltered Housing staff Lochie McLean, Elizabeth Frew and Chris Quail, Sheltered Housing Manager Karen Johnson and Mears Group Regional Director for Scotland & Northern Ireland Theresa Cull

The awards, which were presented by TV talent show winner turned actress and presenter, Michelle McManus, are decided by an independent expert judging panel.

The Housing Support service within ng homes

has four sheltered complexes and one very sheltered complex and provides care support for 170 tenants.

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Friends of Eastfield Park P8



Pitstops P10-11



Judy Murray - Tennis on the road P21

Comments, Compliments & Complaints

A number of compliments and tokens of appreciation were received during this period with customers thanking us for the following:

- Thanks for your assistance in arranging a GEMAP appointment
- Thanks for the excellent service received from the handyperson
- Thanks for being there when I needed help and I was ill
- Thanks for help with repairs and anti social issues.
- Thanks for your help with Homewrapper and my mutual exchange application

ng homes recognise that from time to time some things can go wrong and our aim is to rectify matters and improve our service.

Our Complaints Handling Procedure was developed by the Scottish Public Services Ombudsman in partnership with the housing sector.

A copy of a guide to our complaints procedure is available at our offices or you can phone us and ask us to send you one out.

MAKING A COMPLAINT

If you would like to make a complaint you can do so in the following ways:

Email: Complaints@nghomes.net

Telephone: 0141 560 6000

Online: www.nghomes.net

Post/Visit:

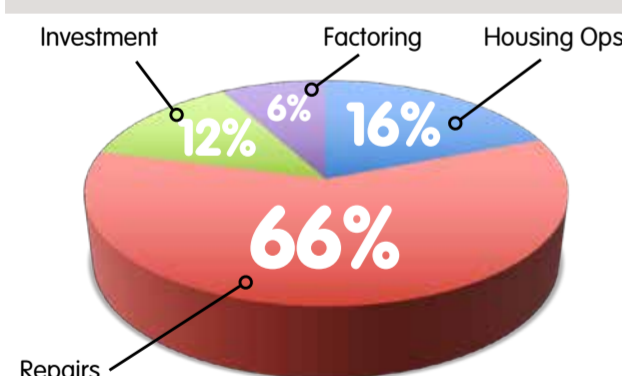
Ned Donaldson House, 50 Reidhouse Street, Springburn, Glasgow, G21 4LS

Saracen House, 139 Saracen Street, Possilpark, Glasgow, G22 5AZ

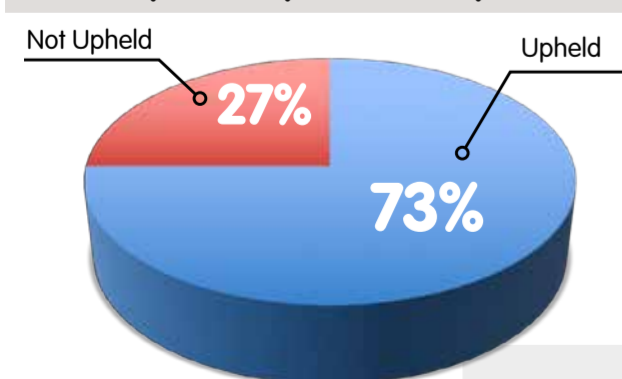
Complaints January - March 2016

Number of complaints responded to during the period = 133.

Service Area



Complaints Upheld/Not Upheld



95% of complaints were responded to within our target timescales.



Scottish Government Justice Leaders meet Possilpark residents

A meeting of officers from the Scottish Government's Building Safer Communities visited Saracen House in May to meet with local members of the community, community organisations and a range of public organisations to explore issues and activities within the Possilpark area. The event which was attended by around 70 people included a community walkabout led by local residents and some discussions from providers across housing, health, education, community and local businesses.

The collaborative leadership event was all about highlighting issues and looking at examples of good practice and opportunities for partnerships to develop.

Speakers on the day included Dr Lyndsay Crawford from Balmore surgery, Michael and Gerry Facenna from Allied Vehicles and representatives from the Thriving Places initiative. The event included participative workshops to highlight areas for future development.

Gill Scott from the Scottish Government highlighted the event in her recent blog:

"With thanks to ng homes, I had the opportunity to attend the third Building Safer Communities study visit to learn more about Christie in practice. There was an overwhelming sense of community spirit and a high level of engagement from the community. Residents spoke about their desire for Possilpark to reach its' full potential' particularly creating an environment that supports young people to be aspirational.

It was great to hear from people with a real investment in the local community. Allied Vehicles, owned by the Facenna brothers, is the biggest local employer. The brothers were brought up in the Possilpark area and talked about their desire to give something back to their community by turning Ashfield stadium into a real asset providing opportunities for young people. They have invested £2 million and created a charity and have an ambition to do more to create a community asset that can drive inclusive growth.

One resident talked about running the local kayaking club which has become self-sufficient. Parents are charged a nominal fee and there is some fund raising which goes toward maintaining the Club. This has been a great success with around 30 children involved. The next challenge is to source an affordable minibus to take community members for weekend kayaking trips."

Regeneration in terms of housing was viewed positively and members of the community are keen to be involved in the decisions that impact on them.

On reflection Gill ends her blog by saying: "I need to consider how Building Safer Communities can benefit local communities, how can we ensure that this is truly an assets based approach? What is my role within Scottish Government to support Possilpark to thrive?"

The full blog can be found at: <http://www.bsc.scot/blog/archives/06-2016>

Sudoku easy medium

Our readers are having lots of fun with our brain teasing sudoku games. The game is played on a nine by nine grid that is sub-divided into 3x3 grids. Some of the squares already have some numbers. The idea is to fill all the squares with numbers 1 to 9 so that each number only appears once in each column and each row and also in each of the sub-divisions.

			4			8	9	1
5			6					
	1		3	8	2			4
3				4		2		
	7				4			
	2		5					8
7		2	5	3			1	
					8			5
2	4	5			1			

			6	3			1	
	6		7			8		
1			2	9	7	4		
5							2	
		7	8	4	9			
	9							7
	8	3	9	2				1
		9			8		7	
	1		5	4				

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Double Award Success for Sheltered Housing Support Service

Residents Mr & Mrs Biggar and Margaret Lynch were guests at the awards event. Margaret said: "The staff are brilliant and they really deserve this award. They make a difference to people's lives here every single day. I love living here and I think they do a great job. We were also delighted for Karen to win the leadership award, it was a lovely surprise for her to win and it really made our night."

Mrs Biggar added: "We moved here just over a year ago and we are so glad we did. The staff are marvellous, they do so much for you. Our social life is better now than before we moved in."

To win the award ng homes demonstrated how it manages staff training and development, flexible working arrangements, equality and diversity and how the service is making a difference to the people it supports. The Management and Leadership award

was presented to Sheltered Housing Manager Karen Johnson who has been instrumental in a review of the allocations policy for Sheltered Housing and has developed a number of policies for the service. Karen also led the service through a review and redesign, has facilitated the introduction of Better Futures to the team and she has been an essential partner in Age and Isolation events run in partnership with Age Scotland.

CEO of ng homes Robert Tamburrini said: "What a fabulous achievement. I am proud of our Sheltered Housing Support Team, they work really hard, and go that extra mile for our residents, Karen and the team thoroughly deserve this success."

Hawthorn Sheltered Housing Resident Margaret Lynch with Support Officer Chris Quail and Manager Karen Johnson.



School Uniform Clothing Grant & Free School Meals

Summer Holidays are here—which means one step closer to school going back in August. Many a "fun" day has been spent in midsummer looking for school uniform deals. For many, summer is an expensive time, entertaining kids off school, whilst also paying to kit them out for the year ahead means going through the pennies at a rate of knots.

Are you eligible for help?

But are you eligible for some help with school uniform and school meals across the term? Some children will be entitled to a clothing grant of £47 to cover their uniform, it's worth checking if your children are entitled. The table below can help you work it out. It is important to note that figures in the table below could be changed by HMRC and also that students who are 16 before 1 June and who are eligible to apply for an Education Maintenance Allowance will NOT be entitled to a Clothing Grant for the next session beginning in August. However they may be entitled to Free School Meals.

How to Apply

- You must have a bank, building society or Credit Union account for the funds to be paid into. – If you don't already have one, Epic 360 can help you to open an account, this includes supporting people who don't feel they have enough ID or that a bank may not give them an account.
- The payment will be paid to the child's legal guardian, this is the name the application should be made in.
- An application form for both clothing grant and free school meals can be downloaded from Glasgow City Council's website. This then needs to be printed off – if you have no printer or are not comfortable asking a friend or family member, your local library or even your child's

school could help you to print this off.

- Once the form is completed it can either be posted to - Glasgow City Council, PO Box 29347, Glasgow, G20 2BY
- Or it can be handed in (not posted to!) – City Centre Service Desk, 45 John Street, Glasgow, open 9am – 5pm Monday to Friday
- The closing date for applications is 31st March 2017.
- Forms can be downloaded from - www.glasgow.gov.uk/index.aspx?articleid=17885

Making the Money Go Further

It pays to do some research before starting to shop for uniform, a check for the best deals means stretching the money further. Money Saving Expert's website pulls together a round up of prices & vouchers codes which can make the money stretch a bit more. As an example, M&S currently have a voucher available through the sites VoucherCodes & My Voucher Code which offers

20% off school uniform in store. VoucherCodes & My Voucher Code can be accessed online at www.vouchercodes.co.uk or downloaded as an app. There are other voucher code sites available, so it's worth checking about.

It's also a good idea to check for good deals in independent local stores, The Magpie's Nest (47 Burleigh St, Govan) is selling brand new school wear for £1 an item—that's a deal that would be hard to beat.

Want to refer to Epic 360?

We accept referrals and self referrals. The easiest way is to go to the website www.epic360.co.uk and click on the blue button.



Are you in receipt of:	Clothing Grant	Free Meals
Income Support or Jobseeker's Allowance	YES	YES
Working Tax Credit and the yearly income for your household (before tax) is less than £15,050 but is £6,420 or above for the tax year 2015/16	YES	NO
Working Tax Credit and the yearly income for your household (before tax) is less than £6,420 for the tax year 2015/2016	YES	YES
Housing Benefit or Council Tax Reduction	YES	NO
Child Tax Credit only and the yearly income for your household (before tax) is less than £16,105 for the tax year 2015/2016	NO	YES
Income related Employment and Support Allowance	NO	YES
Asylum Seeker receiving support under VI of the Immigration and Asylum Act 1999	YES	YES
Note: If you receive Housing Benefit or Council Tax Benefit and Child Tax Credit or Universal Credit (and your yearly income before tax is less than £16,105) or you receive income-related Employment and Support Allowance, you will be entitled to the clothing grant and free schools meals	YES	YES

Thriving Places

New activity in Ruchill and Possilpark

Thriving Places has been working alongside local residents to help shape and influence their community. A number of grassroots initiatives have taken place, including clean-ups around Hamiltonhill area, an open mic night in Possilpoint Community Centre, singing classes in Ruchill, resident-led Metafit classes and a monthly meal in Bardowie Gospel Mission. These activities are largely led by local people who have the skills and passion to make things happen. If you have an idea that you want to get off the ground to make the community great, get in touch!

Contact: Alistair Mitchell via email: amitchell@nghomes.net



Residents asking questions

As part of the Thriving Places initiative, the community connector has been working with residents of Hamiltonhill to ensure that they can find out about the plans for the Canal area of Possilpark. A meeting was held on 24th May, with representation from Councillors, MSPs, Scottish Canals, NHS and Queens Cross Housing Association. There was a fantastic turnout from local residents, and more events are planned for the future to continue the conversation – watch this space!



Better Futures

Housing support services

Housing Support services are provided to vulnerable people, with the goal of improving their quality of life by providing a stable environment to enable independent living.

The Housing Support Enabling Unit

The aim of the Unit is to offer support and assistance to providers of housing support in the voluntary, private and Registered Social Landlord sectors. It does this by:

- collating and disseminating information
- providing a central point for enquiries
- organising training events
- identifying issues of common interest or concern
- gathering information on the impact of changes to funding arrangements

The Housing Support Enabling Unit is a joint initiative of Coalition of Care & Support Providers in Scotland (CCPS) and the Scottish Federation of Housing Associations (SFHA). The first video for Better Futures is now finished and up on their website here: <http://www.ccpscotland.org/hseu/information/better-futures/>

New Activate Course

For the past 4 years ng homes has partnered with Glasgow University to provide the 'Activate' community development programme. During this time over 100 people have successfully undertaken the 10 week programme which focuses on areas such as the values and principles of community development, anti-discriminatory practice, power and participation, local and global links, group work, learning for change and monitoring and evaluation.

Participants include residents, volunteers, members of ethnic groups, ng homes Board/Staff, members of community and public organisations such as Scottish Fire and Rescue Services, Police Scotland and Scottish Ambulance.

Regeneration Manager for ng homes Margaret Fraser said: "We are committed to working with the University of Glasgow in developing community activists through this programme and we are looking forward to new courses being delivered in the community."

ng homes are currently recruiting for an Activate course which will start shortly within the community. If you are interested in taking part please contact Community Support Officer, Clare Bird on 0141 560 6000.

Garden Maintenance Service

ng2 now provide a garden maintenance service to tenants in addition to the services provided by Land Engineering and Glasgow City Council. On average the garden maintenance team tidy up 76 gardens a day! That work includes cutting the grass and the hedges and a general tidy up of the gardens.

The seven-strong team is led by Supervisor George Scott who said: "The service is still being refined at the moment but it is likely that tenants who receive

this service would benefit from their gardens being maintained every ten days during the summer season. There are also plans in the winter months to carry out hedge reductions."

Tenants who receive the service are reminded that if their lawns are contaminated with dog mess then the team will be unable to cut the grass until it has been removed.



Mrs Kelly from Balornock is delighted with the service the team provides and said: "I enjoy gardening myself but am unable to cut the grass and the hedges now so I appreciate the work the team does and I can still do my bit to look after my plants and flowers"



Mrs Roy



The garden maintenance team



Ms Lyna Alkheteeb



Ms Catherine Chisholm

SAFER SUMMER ADVICE FROM



Scottish Fire and Rescue Service's summer campaign has just kicked off with ACO Robert Scott, Director of Prevention and Protection warning of a Zero Tolerance approach against secondary and rubbish fires, as it puts our communities at great risk.

With the majority of these fires being deliberate and reckless, it puts pressure on firefighters when genuine emergencies arise and places lives at risk.

The ACO also appealed to parents, carers and young people to Join Scotland's fight against fire as the school holidays kick off – a traditionally busy time of year for firefighters.

"As a result, our firefighters work extremely hard to engage with the public and promote safety messages in order to keep our communities as safe as possible.

"We would ask parents and carers to help us also by discussing summer fire safety with young people. Together we can work towards a fire free summer."

Deliberate Fires

During the summer as the schools break-up, we often see a rise in the number of deliberate fires across Scotland. These include refuse and wheelie bin fires, fires in stairwells or derelict buildings, as well as grass and countryside fires made worse by hot and dry conditions. If you're a parent or guardian, you can help reduce the number of deliberately set fires by discussing fire safety with young people.

Many outdoor fires are started deliberately or are due to careless, reckless or irresponsible behaviour. If you suspect someone of acting irresponsibly, contact Police Scotland on the non-emergency number 101 or Crimestoppers on 0800 555 111.

Switch off before you set off

If you're leaving your home for an extended period of time this summer for a holiday, remember to 'switch off before you set off'.

It's always better to turn off all non-essential appliances and remove plugs before leaving your property. If you have gas, turn off the supply at the mains (unless you have gas powered appliances which need to be left on). Likewise, turn water off at the mains too. A leak from a water tank or pipe may short out electrical wiring and start a fire.

Make sure not to leave glass items in the windows of your home as the sun can be magnified through these and start a fire when you're not there.

In case there is a fire, reduce the spread by closing all internal doors and check that smoke alarms are working so that neighbours will be alerted as soon as possible. Let your neighbour know you're going to be away and if you can, leave a key with them.

For more information visit www.firescotland.gov.uk

Meet the Board

In our last issue we launched this regular feature where we interview board and committee members who volunteer with ng homes.

In this issue we hear from **Board Member Agnes Wilson** from Balornock who as well as being Chairperson of the Area Committee is also on sub committees relating to staffing and audit as well the boards of ng2 and ng property.



What was your early life like?

I lived in a room and kitchen in a tenement in Maryhill with my parents and shared a room with my sisters. My father was a miner and my mother looked after the elderly. I remember quite vividly there was a street party in Rolland Street for the Queen's Coronation in 1953. When I was 10 we moved to Cadder to a house with a back and front door. The area has changed a lot since then.

How did you get involved at ng homes?

I was first involved on the area committee for the City Council and we used to meet up the top of the flats at Red Road. Then GHA took over and I was on the committee of the Red Road Balornock Local Housing Organisation. The houses transferred to ng homes in 2011 and I have been volunteering with them ever since.

As a Board Member what do you find the most challenging?

I think the most challenging thing will be to keep doing all the things we do for the community given the pressure on budgets. I think we also do a lot for our sheltered housing residents and I'd like to think that would continue to.

What's the best feeling you've had as a volunteer board member?

I'd have to say when I saw the transformation of the area at Balgrayhill flats, it looks absolutely stunning and it made me feel great that we had made such a huge difference to the local environment. I was also on a tour across North Glasgow recently and there are lots of areas that are looking really good compared to when I knew them years ago.

What do you wish people knew about ng homes?

I want as many people as possible to know that we are more than a housing association. We run events and projects for people of all ages, many of them free, and I think we should shout louder about all the good things going on in the area that we and our partners are involved in.

Tell us about some of the people you have met through ng homes?

I've met lots of people, both board and staff members and its only when you get to know people and build relationships that you work really well together and that benefits everyone in the area.

What's your personal philosophy on what should be done about social housing?

I think everyone is entitled to a house regardless of their circumstances and more houses need to be built to combat homelessness.

What do friends/family say when they find out you volunteer at ng homes?

They usually say where do you find the time. I'm on a lot of committees and the management board so it is a lot but I really enjoy it as you get to have a say and make decisions that can benefit where you live.

What might someone be surprised to know about you?

Oh I've done quite a lot I suppose. I have nursed the elderly and the young. I worked for an accountants but I think the one thing folk might be surprised about is that I used to fit kitchens with B&Q!

What would you say to someone who is thinking about volunteering?

If you think you can do something for your community, go for it! I'd like to see younger people get involved in volunteering, I really enjoy it when college students get involved in what we are doing and I'd encourage anyone of any age to give it a try.

How would someone describe you?

I'd like to think they'd describe me as friendly, approachable and interested in what they've got to say.

What's your favourite movie?

Oh it has to be Calamity Jane. I like anything with Doris Day in it, I have all her movies. Actually my granddaughter has all her movies too.



What have you always wanted to try?

A parachute jump - I can just imagine the freedom all around you as you fly through the air. It must be a great feeling.



Who taught you to ride a bike?

My big sister Nan taught me to ride a bike at the cemetery in Cadder! She gave me her bike too.

What was your favourite bedtime story?

Well I shouldn't really say this but I used to listen to my big sisters talking about their love lives when they thought I was asleep under the covers - they were great bedtime stories!

Who do you admire most as a leader?

My husband John. He is an accredited clock and watchmaker and Fellow of the British Horological Institute. It's a dying skill and it has taken him to some wonderful places over the years.

What food did you used to like but not now?

Chicken, I used to eat it a lot but I don't touch it now. You hear so many stories about our food and there's always one about chicken every so often so I just steer clear of it.



What is the last thing in your life that went according to plan?

My granddaughter Nicola's graduation from university. She passed all her exams and she's now working as a Design Engineer. I'm so proud of her, she also teaches young people with learning difficulties.

Is there anything else you'd like to tell us?

I'd like to say that pulling down houses is easy but planning and building them is harder. I think there should be more planning done before deciding to demolish buildings.

Your Housing Services Team

Possilpark and Parkhouse Team

<p>Janice Ellison Housing Manager</p>	<p>Karen Kelly Senior Housing Officer</p>	<p>Gordon McFarlane Housing Officer</p>	<p>Lynn Bennett Housing Officer</p>	<p>Liz McMillan Housing Officer</p>	<p>Danielle McEneaney Housing Officer</p>
<p>Lesley McConnochie Housing Officer</p>	<p>Amanda Milne Housing Officer</p>	<p>Danielle Quinn Housing Officer</p>	<p>Donna McDougall Housing Assistant</p>	<p>Margaret McKinnon Housing Assistant</p>	<p>Valerie Reid Housing Assistant</p>

Springburn and Balornock Team

<p>Irene Dalrymple Housing Manager</p>	<p>Jeanette Glen Senior Housing Officer</p>	<p>Bola Akintoye Housing Officer</p>	<p>Terri McChesney Housing Officer</p>	<p>Andrea Campbell Housing Officer</p>
<p>Chris Farren Housing Officer</p>	<p>Pamela Hutchison Housing Officer</p>	<p>Gail Hamilton Housing Officer</p>	<p>Jackline Chege Housing Assistant</p>	<p>Ashley McIntyre Housing Assistant</p>

Multi-Storey Flats Team

<p>Sharon Hazlett Housing Manager</p>	<p>Geri Anderson Senior Housing Officer</p>	<p>Greg Richardson Senior Housing Officer</p>	<p>Gemma Lee Housing Officer</p>	<p>Alison McLean Housing Officer</p>	<p>Lynne Leslie Housing Officer</p>
<p>Catherine Mather Housing Officer</p>	<p>Anne Sheeran Housing Officer</p>	<p>Sharon Brooks Housing Officer</p>	<p>Yvonne Kinnear Housing Officer</p>	<p>Amanda Ewing Housing Assistant</p>	<p>Joy Henderson Housing Assistant</p>

Wanted – Friends of Eastfield Park



ng homes are continuing to work with the community to develop activities around Eastfield Park in Springburn. Over the past year we have carried out consultation and activity events within the park to ask people their views on the condition of the park itself and to organise activities and practical changes to the park.

A large community event held during Spring break was very popular with a number of information stalls, sporting activities, mounted police, chip pan fire demonstration and litter picking with Keep Scotland Beautiful, Clean Glasgow and community volunteers.

The event was key in bringing together a group of residents to establish 'Friends of Eastfield Park' with the support of ng homes Regeneration Team and Glasgow City Council Officers. An Inaugural meeting for 'Friends of Eastfield Park' was held recently at the Ron Davey Enterprise Centre and was attended by 18 people. Helen presented the findings from previous consultations around the park and highlighted the success of similar groups around the city and there was a genuine desire to move forward with 'Friends of Eastfield Park'.

The group have been involved in the planning

of a large community event within the park on 30th June to celebrate 'The Big Lunch' to once again bring the community together for fun activities. These included Gladiator Assault course, rugby and football skills, face painting, art activities and family picnic areas.

If you would like to find out more about plans to bring the park into increased community use or to get involved in 'Friends of Eastfield Park' then please contact Margaret Fraser, Regeneration Manager, ng homes on 0141 560 6000.



Welcome to Your Community

ng homes Housing and Regeneration Teams joined forces to hold the second of a series of 'Welcome to Your Community' events to welcome new tenants into the area and meet with their neighbours and local organisations.



The event was held at Saracen House in June and was attended by over 30 people from across North Glasgow. The informal setting together with a hot lunch allowed space for residents to meet with each other and some of the community who are already involved in community activities. This gave them the opportunity to hear first hand the wide range of activities and services available within the wider community. A number of organisations also attended the event displaying useful information such as Police Scotland, Scottish Fire and Rescue Services, Epic 360 and Young Peoples Futures.

It was clear from the smiles and comments from people that this was a worthwhile event. One new resident to the area said: "I actually really enjoyed

today's information and I was amazed at all the organisations in and around Possilpark. It gives me a lot of inspiration and motivation for such a lovely community that I am now registered with".

Another said: "It was really enjoyable, meeting and having lunch with people from other nations. It's a great idea for the community and the staff and information stalls were very helpful. Thank you all."

Following on from the event those attended will receive regular information on community activities and the Welcome to Community events will continue to be delivered during the year.

If you would like to find out more please contact a member of ng homes Regeneration Team on 0141 560 6000.



ng homes Regeneration Activities and Events

Event	Venue	Time	Contact
Little Rascals Parent and Toddler Group	Possilpoint Community Centre 130 Denmark Street, G22 5LQ	Mondays and Thursdays 9.30am – 11.30am	Gillian Halliday ghalliday@ng2works.com 0141 560 6000
Ruchill Metafit	Ruchill Community Centre 671 Bilsland Drive G20 9NF (all ages but children need to be accompanied by adult)	6.30pm -7pm	Alistair Mitchell amitchell@nghomes.net
Connecting Ruchill	Ruchill Community Centre 671 Bilsland Drive, G20 9NF (adults only 16+)	6.30pm – 8pm	Alistair Mitchell amitchell@nghomes.net
Multicultural social event	Possilpark Parish Church	Wednesdays 9.30am – 2.00pm	Michael Kam mkam@nghomes.net 0141 560 6000
Chancers group	Possilpoint Community Centre 130 Denmark Street, G22 5LQ	Wednesdays 11am – 2.30pm	Gillian Halliday ghalliday@ng2works.com 0141 560 6000
National Play Day event	Keppoch Campus Stoneyhurst Street Possilpark	11am – 3pm	Clare Bird cbird@nghomes.net 0141 560 6000
Inner Circle Mens Group	Possilpoint Community Centre 130 Denmark Street, G22 5LQ	Thursdays 11.30am – 2.30pm	Gillian Halliday ghalliday@ng2works.com 0141 560 6000
Song, Shimmy, Sausage Roll	Saracen House	Friday 29th July 1pm – 4pm	Claire Alexander calexander@nghomes.net 0141 560 6000
Song, Shimmy, Sausage Roll	Saracen House	Friday 26th August 1pm – 4pm	Claire Alexander calexander@nghomes.net 0141 560 6000
Song, Shimmy and Sausage roll	Saracen House	Friday 30th September 1pm – 4pm	Claire Alexander calexander@nghomes.net 0141 560 6000
Oriental Exercise	Tron St Marys 128 Red Road Balornock, G21 4PS	Fridays 10am - 12pm	Michael Kam mkam@nghomes.net 0141 560 6000
Parkrun	Springburn Park (meet at monument in centre park, G21 3UB)	Saturdays 10am	http://www.parkrun.org.uk/springburn/
Just Come Along Parent Support Group	Westercommon Courtyard 2 Westercommon Road	25th July 29th August 26th September 1.30pm – 2.30pm	Alistair Mitchell amitchell@nghomes.net Open to all parents from Ruchill, Possil and North Glasgow who have a child on autism spectrum or with additional support needs.
Summer School programme	Keppoch Campus Stoneyhurst Street Possilpark	11/12 July 19th July 25th/26th July 1st/2nd August 11am - 3pm	Primary School Children Registrations necessary Clare Bird cbird@nghomes.net (places limited)
Springburn Park Gala Day	Springburn Park	24th July 12pm-4pm	http://heyevent.uk/event/bpmntuz3spr3ka/ summer-festivals-2016-springburn-park
Possilpark Gala Day	Possilpoint Community Centre	13th August 12pm-4pm	Ann Lawrance (Project Manager) PossilPoint Community Centre 130 Denmark St, Glasgow G22 5LQ Tel: (0141) 336 8883 Email: ann@youngpeoplesfutures.org.uk

Summer Programme activity – Peugeot Ashfield Stadium.

For further information on this please contact Robert Docherty on rodocherty@nghomes.net or 0141 560 6000

Summer Camp programme at Keppoch Campus – Primary School children:

We have a variety of opportunities to volunteer. If you are interested in volunteering please contact Clare Bird on cbird@nghomes.net or 0141 560 6000.

Please also continue to check our website for updates on: www.nghomes.net

[ngsportslegacy](https://www.facebook.com/ngsportslegacy)

If you would like to be kept informed of events and activities please contact info@nghomes.net with your e-mail address and telephone number and a member of staff will respond.



Free fun football, sports and activities for 5-12 year old boys and girls

Days: Wednesday, Thursday and Friday
Dates: 13, 14, 15, 20, 21, 22, 27, 28 and 29 July — 3, 4 and 5 August
Times: 1-3pm
Staff: SFA qualified coaches and coaches from Partick Thistle FC and Clyde FC. We will also have experienced coaches from other sports.
Venue: Peugeot Ashfield Stadium, 404 Hawthorn Street, G22 6RU

Pitstops Aiming to Change Lives

The new Pitstops Project in North Glasgow is aiming to make a real difference to the lives of unemployed people in the area.

The Big Lottery funded partnership between ng homes and School of Hard Knocks recently recruited a group of unemployed males to take part in their 9-week rugby-based personal development course, based at the Peugeot Ashfield Stadium, and Greg Cann, ng homes' Project Manager, believes Pitstops can be the first steps in helping participants get their lives back on track. He said:

"Through our partnership with School of Hard Knocks, we've run a number of different courses in recent years, and all of these have helped the housing association in the application for Big Lottery funding which led to Pitstops. The project is a personal development programme, which follows the School of Hard Knocks methodology of using rugby to help unemployed adults, teaching them life skills and personal development skills through sport."

"But it's not only about getting people a job, it's also about increasing their self-esteem and confidence. We look at what prevents individuals from holding down a job or a relationship.

We spend a lot of time working on that and finding out what they feel is holding them back, whether that be skills like numeracy or something like mental health. Citizenship is a big part of what we do. It's about teaching people to be part of the community. We have a commitment to creating a new North Glasgow."

Figures released earlier this year showed there are currently 171,000 people unemployed in Scotland. However, Pitstops plan on attacking

this, and are looking to run courses for men and women in the north of Glasgow over the next three years. These courses will help people achieve qualifications, find work, go to college, start volunteering and get fit.

Andy Meharry, who has been in work ever since he took part in the first rugby-based course in 2013, urged others to get involved. He said:

"Taking part was life-changing for me. I got back into work, made friends for life and have been involved with the charity for years now. If you're unemployed and looking to change your life - sign up, you won't regret it."

George Bennett did just that and he has just completed the first Pitstops project, and admits the

"The staff are so supportive and a lot of the boys on the course have really benefitted. It's changed my life."

training has helped him. The 53-year-old said:

"The first week was scary. It was hard, but it's been worth it. "It's been the first bit of training I've ever done in my life. It's helping me give up smoking, which I didn't think would ever happen. I'd been smoking for about 35 years, so it is hard to stop."

"I'd tried before, but since I've been on the course, I've not smoked. Getting out of the house has really helped me, I feel so much healthier.

The staff are so supportive and a lot of the boys on the course have really benefitted. It's changed my life!"

The Pitstops project is supported by a wide range of partners. As well as School of Hard Knocks, the project has close links with Glasgow

Kelvin College who provide education, IT and physical assessment support; Job Centre Plus, Jobs & Business Glasgow & Skills Development Scotland who support employability input; Epic 360 and Scotcash who help with financial literacy; Police Scotland, The British Army and the Royal Navy who provide teamwork and leadership input. Additionally, Barry Docherty from Character Matters, Tony Fitzpatrick and State of Mind (Rugby Union) have provided input to various personality and health modules on the course.



Pitstops Team training at the Peugeot Ashfield Stadium



Learning at Glasgow Kelvin College



Pitstops participants with project staff



The Pitstops team meet ng homes Chairperson John Fury



George Bennett: "It's the first bit of training I've ever done and it's changed my life!"

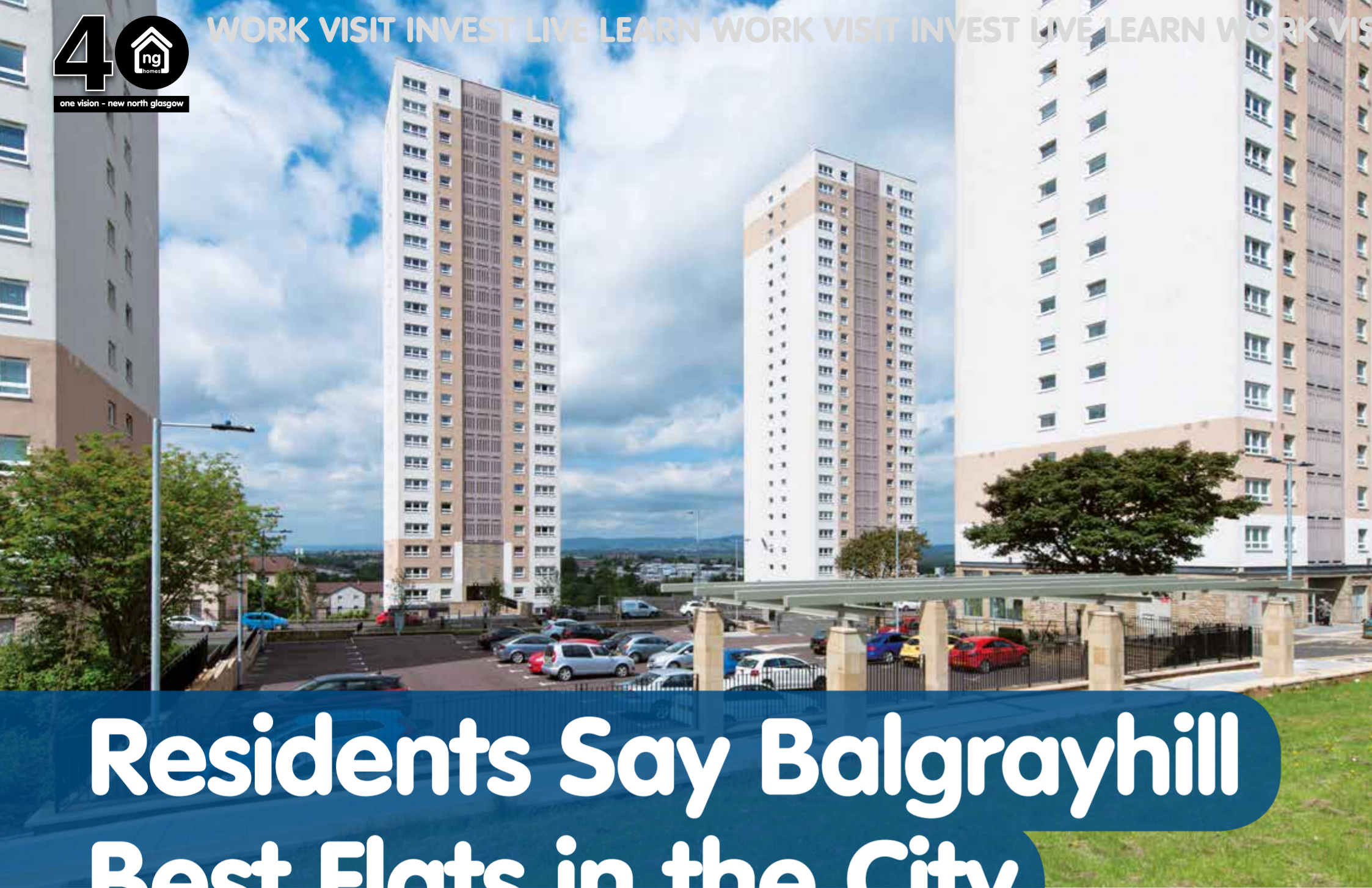


Some of the group at Glasgow Kelvin College

INTERESTED?
If you would like to get involved in the next Pitstops course running September-October 2016, contact staff in the ng Regeneration department on 0141 630 4254



The Pitstops Group with the Royal Navy at Pinkston Watersports.



Residents Say Balgrayhill Best Flats in the City

Residents car parks at Balgrayhill in North Glasgow have benefited from major investment which has seen the number of parking spaces increased and much needed environmental improvements carried out.

For over 40 years the car parks were seen as unappealing and underused slotted in between the multi-storey blocks on Balgrayhill Road and below the blocks hidden away on the other side of the road at Viewpoint Place.

The old car parks were one storey high and the basement levels have been closed up since the 1980s due to anti-social behaviour.

ng homes working with contractor Mackenzie Construction demolished the concrete car parks, upgraded the drainage areas and installed additional external lighting. Three new surface level car parks with additional bays were created, CCTV coverage was increased, paths and walkways were upgraded, street furniture was added and repairs were carried out to retaining walls.

As the work on the car parks nears completion many residents in Balgrayhill have commented on the difference the work has made to the area including: John Watt from Viewpoint Place who said "What a transformation! I was born and bred in Springburn and remember how the car parks used to be. It is a big improvement. I think it will look really smart when its finished. One of the first things I did when the car park opened was take a picture!"

One of the many improvements at the flats is that residents can now access the block from the same level as the car park. Mr Watt continued: "Before if anyone parked in the old car park they would have to walk a fair distance and upstairs to get into the block. Now the new lifts on our blocks

go all the way down to the car park so we can go straight into the block from the car park which makes things a lot easier."

The car parks are covered by cameras which are operated by ng homes 24 hour concierge service adding to the feeling of safety and security in the community.

Balgrayhill Road resident Helena Murphy is delighted with the work and said: "The new car parks look stunning and so do the flats. I'm delighted with what's been done, the whole place looks really good. When my friends or family visit or even pass by they say these are the best flats in the city."

Chairperson of ng homes, John Fury who also lives in a multi-storey property in the Carron area of Springburn said: "We are committed to the multi-storey properties in North Glasgow and with these new car parks our tenants, residents and the visitors who use them will agree that they are a massive improvement to what was there before."

The 4 blocks at 22/42 Viewpoint Road and 178/198 Balgrayhill Road have seen over £4M invested in them since they transferred to ng homes in 2011. Work has included upgrades of all communal landings, foyer areas and front entrances, improved disabled access, new improved energy efficient lighting, new wall and floor finishes, anti-graffiti paint finishes, all communal doors treated and re-painted and replaced where required, new ironmongery and new communal main security doors have also been fitted. The passenger lifts have also been refurbished with new lift carriages, new architraves and lighting, new lift call buttons and new gearless technology installed.

The foyers which used to be exposed to the elements are now enclosed and community



spaces have been created where residents can meet. The entrance areas outside the buildings have been upgraded to a high standard as have the internal landings. As well as the improvements made to the common areas each flat has also benefited from both external and internal wall insulation.

ng homes is responsible for 14 multi-storeys in the area and the 4 blocks at Balgrayhill are located at the highest point in the city overlooking Springburn Park. With two 26-storey blocks containing 200 flats and two 25-storey blocks containing 192 flats almost 400 families live in the striking tower blocks which were officially opened by the late Prime Minister Harold Wilson in 1968.

Senior Housing Officer for the area Geri Anderson said: "We continue to listen to our residents so we can keep improving. We would like to thank everyone in the Balgrayhill area for their patience whilst the work is being carried out and we are sure everyone will agree that the new car parks make a big difference to the area."

If you would like more information on the work at Balgrayhill please contact ng homes on 0141 560 6000 or e-mail info@nghomes.net



African Challenge Scotland visit Springburn Fire Station



African Challenge Scotland (ACS) Children and Youth Club recently visited the Scottish Fire and Rescue Services at The Springburn Station.

African Challenge Scotland (ACS) continues to promote safety and security awareness within the ethnic minority in our community, thanks to the Scottish Fire and Rescue Services Springburn Glasgow. Over twenty children and youth members of the ACS visited the Scottish Fire and Rescue Services Springburn Station Glasgow on 11th June, 2016. The exercise which lasted over an hour involved fire and rescue orientation and a practical session.

Ugwuanyi Stephen Okwudili, African Challenge Scotland Project Manager said that "the visit was informative, and fun". He appreciated knowing about the fire service

network in Glasgow and the fire safety measures taken during building and road constructions. It is quite different from what we have in Africa where we have different agency taking care of chemical spills, road accidents, and water rescue."

Walter Nana, African Challenge Scotland youth, really enjoyed the event and said that "he will become a fireman to save lives". He said that "the staff were very nice to us, they showed us what to do when there is a fire incident". According to Walter, what he enjoyed most was the practical session where he communicated with walkie talkies, and practiced how to pump water and he enjoyed seeing the hydraulic rescue cutters used to rescue and extricate victims of road traffic accidents by cutting through vehicle structures.

Manika Diarra, another youth enjoyed seeing herself in the full uniform of a fire fighter and said "The staff were so nice that they allowed us to put on their safety overalls and helmet. I will apply for an internship with the Scottish Fire and Rescue Service after my forthcoming SQA examination. Thanks to African Challenge Scotland and Scottish Fire and Rescue Services for this Opportunity".
Ronier Deumeni, African Challenge Scotland President said: "We will continue to promote safety and security awareness to our young people and guide them to be successful and well integrated citizens. We thank Scottish Fire and Rescue Services for the opportunity and our partner ng homes for their continued support."

AFRICAN CHALLENGE SCOTLAND
THE ENERGY TO TRANSFORM LIVES FOR THE COMMUNITY 2016
 CLIMATE JUSTICE CONVERSATION TO INSPIRE AND ENGAGE COMMUNITIES

SPEAKER:
PROFESSOR TAHSEEN JAFRY
 DIRECTOR FOR CENTRE FOR CLIMATE JUSTICE
 GLASGOW, CALEDONIAN UNIVERSITY

MONDAY 1ST AUGUST 2016
TIME: 3PM TO 6PM

SARACEN HOUSE
 139 SARACEN STREET POSSILPARK GLASGOW G21 4BP

email: africanchallengescotland@yahoo.co.uk
 website: africanchallengescotland.co.uk
 tel: 07958062528

FIRST BUS NO: 75, 7 & 63 FROM GLASGOW CITY CENTRE

African Challenge Scotland Safety Workshops a Big Hit with Young People



AFRICAN CHALLENGE SCOTLAND
THE ENERGY TO TRANSFORM LIVES FOR THE COMMUNITY 2016
NORTH GLASGOW CLEAN UP
COMMUNITY Cleanup

AREAS INCLUDE: AROUND VULCAN STREET, NEGROMES HOUSING ASSOCIATION, UP TO BALGRAYHILL ROAD FLAT VIA SHOPPING CENTRE

TUESDAY, 2ND AUGUST 2016
TIME: 11AM TO 2PM

MEETING: RON DAVEY ENTERPRISE CENTRE
 10 VULCAN STREET SPRINGBURN GLASGOW G21 4BP

FOR MORE INFORMATION CONTACT:
 africanchallengescotland@yahoo.co.uk
 TEL: 07958062528

FIRST BUS NO: 88, 10 & 90 FROM GLASGOW CITY CENTRE

THE first in a series of workshops delivered by Police Scotland and African Challenge Scotland aimed at educating young people on keeping safe has proved a great success in North Glasgow.

The workshops take place on Saturdays at ng homes' Ron Davey Enterprise Centre in Springburn and the first one which focussed on the dangers of knife crime and contact with strangers was attended by 45 participants and formed part of the Young Start Fund programme delivered by African Challenge Scotland.

Sergeant Caroline Harden of Police Scotland who delivered the workshop said: "It is extremely important that Police officers engage with young people and keep them informed. This series of workshops, including knife crime and stranger danger, provides an excellent opportunity for the young people to meet Police Officers and be actively involved in group discussions around a range of topics, which will advise them on how to keep safe".

During the event, Police Scotland showed a short film which featured a young man on a night out and how the decision he makes early on turns his life and those around him upside down. Some of the young actors in the film had been affected by knife crime in the past and up until the film was made they had no previous acting experience.

The film was produced as part of No Knives Better Lives (NKBL), a Safer Scotland national initiative which works with local organisations to

provide information and support. The campaign aims to raise awareness of the consequences of carrying a knife whilst encouraging young people to make positive life choices by providing information on local activities and opportunities.

Between 2009 and 2014, the national NKBL delivery team supported partners in 11 local authority areas to run local NKBL campaigns. In April 2014 a more flexible delivery model was introduced whereby access to the NKBL support programme was made available to all 32 local authority areas in Scotland. A total of 18 local authority areas are now involved in the initiative.

Statistics published in September 2015 by the Scottish Government's Violence in Knife Crime Unit state that the number of young people under 19 convicted of handling an offensive weapon has fallen by 82% from 811 in 2006/07 to 146 in 2014/15.

African Challenge Scotland whose young people take part in the workshops is a Scotland-wide voluntary organisation based in North Glasgow. Its aims are to help build more successful integrated communities, relieve poverty, advance education and promote cultural and sporting links between the African community in Scotland and the Scottish people.

Covinette Sobze, aged 10, really enjoyed the event and said: "The workshop was very good fun and I have learned many things on the day. One of the important things was not to follow a stranger which is very important for a young person"

Police Scotland Supt Stewart Carle said: "Police Scotland supports African Challenge Scotland's series of workshops for young people. We are looking forward to participating again in the successful African Challenge Scotland Multi-cultural Summer 2016 Programme being hosted in Glasgow between the 1st and 6th August 2016."

President of African Challenge Scotland, Ronier

Deumeni said: "At African Challenge Scotland we want to develop better opportunities for our youth and children and to make sure that they are safe and therefore such programmes are very important to widen their knowledge and understanding of the Scottish system. It was great, fun and very informative. Thank you to Police Scotland and also to our partner ng homes and to Young Start Fund".

To find out more:

African Challenge Scotland
 Mob: 07958062528
 Web: <http://africanchallengescotland.co.uk>
 Email: africanchallengescotland@yahoo.co.uk
 twitter: @acscotland
 Facebook: African Challenge Scotland

Police Scotland
 Web: <http://www.scotland.police.uk/keep-safe/young-people/supporting-children-and-young-people/keeping-your-child-safe-from-knife-crime>

No Knives Better Lives
<http://noknivesbetterlives.com/young-people>

ng homes
 Website: <http://nghomes.net/>
 Media Centre: <http://mediacentre.nghomes.net>
 Twitter: @ng_homes
 Facebook: ngsportslegacy
 Tel: 0141 560 6000



AFRICAN CHALLENGE SCOTLAND
connecting communities

THURSDAY 4TH AUGUST 2016
TIME: 2PM TO 6PM

SARACEN HOUSE
 139 SARACEN STREET POSSILPARK GLASGOW G21 4BP

FOR MORE INFORMATION CONTACT:
 africanchallengescotland@yahoo.co.uk
 TEL: 07958062528

FIRST BUS NO: 75, 7 & 63 FROM GLASGOW CITY CENTRE

AFRICAN CHALLENGE SCOTLAND
THE ENERGY TO TRANSFORM LIVES FOR THE COMMUNITY 2016
Family Fun Day

FRIDAY 5TH AUGUST 2016
3PM TO 6PM

10 KAY STREET SPRINGBURN GLASGOW G21 1JY

TABLE TENNIS, FACE PAINT, HANDBALL, BOUNCY CASTLE, AFRICAN MUSIC, JUDO, AFRICAN PRODUCTS, BADMINTON, WRESTLING, INFORMATION STALLS & MUCH MORE

FOR MORE INFORMATION CONTACT:
 africanchallengescotland@yahoo.co.uk
 TEL: 07958062528

FIRST BUS NO: 10, 88 & 90 FROM GLASGOW CITY CENTRE

AFRICAN CHALLENGE SCOTLAND IMPACT AWARDS

AUGUST 6TH 2016 @ CROWNE PLAZA GLASGOW

AFRICAN CHALLENGE SCOTLAND IS PLEASED TO ANNOUNCE ITS THIRD EMPOWERMENT EVENT FOR THE BME COMMUNITIES. BUILDING ON THE SUCCESS OF LAST YEAR, WE WILL BE RECOGNISING & AWARDING & CELEBRATING INDIVIDUALS & ORGANISATIONS THAT REALLY MAKE A DIFFERENCE TO PEOPLE'S LIVES IN SCOTLAND.

GOLD AWARD PACKAGE
 10 VIP SEATS // 3 COURSE MEALS // 2 CHAMPAGNE // COMPLIMENTARY HALF PAGE ADVERT IN PROGRAMME
 LINK FROM EVENT WEBSITE TO SPONSOR'S WEBSITE // COMPANY LOGO ON PROMOTIONAL ITEMS & PRINTED MATERIALS LOGO INCLUDED IN ALL E-MAILING // SPONSOR PRESENCE ON SCREEN & ACKNOWLEDGE DURING AWARD CEREMONY PRESENT AN AWARD DURING AWARD CEREMONY
 CHAMPAGNE RECEPTION // RAFFLE PRIZES

KING OF AFRICA PERFORMANCE // AFRICAN PERFORMANCES AND DANCE

PARTNERSHIP SPONSORSHIP PACKAGES AVAILABLE
 PLEASE CONTACT US ON 07958062528 OR EMAIL: AFRICANCHALLENGESCOTLAND@YAHOO.CO.UK
 AFRICAN CHALLENGE SCOTLAND 151 BALGRAYHILL ROAD, GLASGOW G21 3AN

Concierge Here to Help

Mrs Cameron from Parkhouse suffers from COPD and also developed a slight fracture of her spine. To help ease her pain she ordered a mechanical massage and heat therapy reclining chair from the Internet.



Unfortunately when it arrived her family members were either at work or on holiday so she couldn't get it set up. Mrs Cameron takes up the story: "I thought, what am I going to do to get this chair assembled? I also had an old 2 seater sofa which I now no longer required. I looked out the window and saw the Concierge van just park up and I shouted out the window and asked for their help. If you don't ask you don't get I thought."

Pleurisy also affects one of Mrs Cameron's lungs which is another reason she got the chair as it heats up and it helps to ease her symptoms. Mrs Cameron continued: "The concierge staff were fantastic, not only did they assemble my new chair but they also took the old sofa away and all the boxes the chair came in. Mrs Cameron said she wouldn't hesitate to ask for the concierge's help again and added: "It's a great service and great to know they are there if you need them."

Mrs May Newlands has lived in the multi storey block at Croftbank St in Springburn for 46 years and was one of the first tenants along with her husband Peter. Living on the 20th floor Mrs Newlands has only good things to say about the concierge service which this year celebrates its 21st birthday. Mrs Newlands said: "Its only over the past 20 years or so that the concierge service was introduced and I would give them an A1 for service. When I was ill they would always check if I needed anything, I feel safe and secure knowing they are here and only a phone call away."



The block at Croftbank Street was refurbished in the last few years and it was named after May's husband Peter Newlands who had been involved in the area committee for many years. May said: "Before my husband passed away the Concierge were very helpful making sure I could get to hospital to see him."
"I don't know what life would be like without the Concierge service, I honestly don't think I could live here without them."

Multi-cultural social activities are building, bridging and bonding residents in Possilpark

A weekly activity programme at Possilpark Parish Church aimed at bringing neighbours together across ages and cultural groups has been developed by ng homes. The activity is held every Wednesday from 9.30 and 2.00 p.m and is open to all age groups. Each week there is a light breakfast and lunch available which is prepared and served by community volunteers in a friendly and informal setting. Over the past four weeks a variety of activities have taken place such as a Cooksafe demonstration with Scottish Fire Rescue Services, art classes, informal language workshops, music, light exercise, dance, table tennis and general conversations.

There has been a real mix of intergenerational activities taking place with a sharing of skills, building of friendships with neighbours. Cultural Officer for ng homes, Michael Kam, said: "It is obvious that the momentum of this programme

is growing rapidly. People who have experienced the beauty of this event have recommended it to their friends and the mixture of cultures is promoting community integration. We would like to encourage neighbours across all ethnic groups to come along".

Local volunteer, Bob Moir, is a regular attendee and played Scottish songs on his squeeze box and demonstrated some songs and nursery rhymes to help with spoken English. There has been informal mandarin and English language easy conversation exchanges. After the summer break there will be a more formal ESOL classes formed followed by lunch and social activities.

New people are always welcome to this friendly community activity. If you would like to find out more please contact a member of the Regeneration Department on 0141 560 6000. This activity is funded through the Scottish Government's, Build, Bridge, Bond programme.



Community Street Party



On August the 27th Maryhill Burgh Halls will be hosting a Community Street Party in and around the iconic Victorian Hall. There will be a whole host of exciting events and activities including performances by local and national musical stars, workshops and activities for people of all ages with a photography competition and a unique treasure hunt, being just some of the experiences on offer.

There will also be stalls for local community groups promoting what they do and heritage tours, talks and timewarped upcycling too. Keep your eyes on their website (www.maryhillburghhalls.org.uk), find them on Facebook <https://www.facebook.com/maryhillburghhalls> and follow them on Twitter (https://twitter.com/maryhill_halls) for all the latest information and on how you can get involved.



Scotcash is a not for profit, social enterprise aimed at helping people who find it difficult accessing mainstream financial products and services. We offer help to open basic bank accounts with RBS, Barclays or Virgin Money; and work with several Credit Unions to open Credit Union savings accounts. Scotcash also offer an ethical alternative to borrowing from high-cost lenders - our loans are affordable, manageable and start at just £50.

We have been very pleased to have had the support of ng homes since we opened in 2007, and work in partnership with them to help the people of North Glasgow. We have an outreach office in ng homes Springburn office with a Scotcash Adviser based there 5 days a week, offering appointments for loans, RBS basic bank accounts and Credit Union savings accounts.

Since our Springburn outreach opened in October 2011, we have provided 1664 loans for £800,000, and in the past year alone we have provided 455 loans for £200,000, saving customers £225,000 in interest payments compared with more expensive borrowing options.

We also have an Adviser based in ng homes Saracen House on Thursdays and Fridays who can also deal with loans, RBS basic bank accounts and Credit Union savings accounts to make our services even more accessible for those in the area.

Customer Case Study

Alice, an ng homes tenant from Springburn and single mother of 2, came to Scotcash after our service was suggested by a family member who was already a Scotcash customer. Alice had been to high-cost lenders in the past and always found herself very stressed around Christmas, as she struggled with the extra festive expenses.

Alice said: "I suffer from anxiety and felt very nervous about discussing my finances but after a short time, Tricia made me feel relaxed and at ease".

Alice now borrows from Scotcash for Christmas every year and doesn't have the worries she once had in the past. Through Scotcash she has also opened up a Credit Union savings account that she keeps for emergencies.

Pitstops Course

Scotcash are collaborating with ng Sports Legacy on the Pitstops employability course - we will be providing a financial workshop on banking, savings and responsible borrowing. We hope this will equip course participants with the knowledge to take control of their finances!

EPIC 360

Among the organisations we partner with to help provide advice and support is EPIC 360, a lottery-funded financial capability project run with support from ng homes and GEMAP. They provide help for people who feel they have "more month than money" and their service is available to anyone in Glasgow.

For more information or to enquire about making an appointment, take a look at our website - www.scotcash.net - or call our friendly staff on 0141 276 0525, they will be only too happy to answer any questions!

£500 over 52 weeks	Scotcash	Provident
Loan	£500.00	£500.00
Admin Fee	£30.00	-
Weekly Repayment	£12.85	£17.50
Number of Repayments	52	52
Total Amount Repayable	£697.71	£910.00
APR	**108.2%	*272%
Total Saving	£212.29	-

* Loan featured on www.providentpersonalcredit.com at May 2016
** Rates may vary (All loans subject to status, terms and conditions apply.)
121.5% Scotcash Representative APR



ORIENTAL EXERCISE IS THE RIGHT FIT IN NORTH GLASGOW

ORIENTAL exercise classes run by ng homes are proving popular with Scottish and Chinese people as they work together to get fitter in North Glasgow and also taking part in a recent class was newly elected MSP for Maryhill and Springburn Bob Doris.

The weekly sessions take place on Friday mornings at Tron St Mary's Church at Red Road in Balornock between 10am-12noon and they are led by ng homes' Cultural Officer Michael Kam who is well skilled in Oriental Exercise.

Michael said: "We show people how to practice oriental exercises that support health and wellbeing and its great to see Scottish and Chinese people helping each other in the classes and we were all delighted to meet our new MSP Bob Doris."

Bob Doris MSP, pictured above said: "It was great fun taking part in the oriental exercise club. I'd encourage others to check it out and give it a try. If I can do it, then I suspect most folk can. It was also a great opportunity to meet other members of the community and I am very grateful for the efforts of Michael at ng homes and to Tron St Mary's Church for making this activity available in our community. I was delighted to recognise everyone's efforts in Parliament. I'm keen for more people to know about some of the great activities available across our constituency".

The sessions are well attended by both Chinese and Scottish people and local resident Agnes Cooper said: "I have been attending the exercise classes since the beginning, everyone is really friendly and I enjoy the company."

Hongping He, a Chinese resident living in Springburn said: "I really enjoy the oriental exercises and I hope it continues for a long time, its a great way to make friends and keep fit."

Oriental Exercise is an alternative way to work out but ultimately achieves the same end result of building good health. It does not require intense exercise but instead emphasises the way to have strength in blood vessels and the nerve system in order to keep blood flowing normally and smoothly in the body.

"Tai Chi Chuan" is a very popular morning exercise among Chinese people. However, the complicated steps of Tai Chi Chuan and long hours of practice discourage beginners and they find it difficult to maintain the exercise consistently.

The classes are particularly good for elderly people but people of all ages are welcome. Some improvements can be seen after a



short period of time but like all fitness regular and repeated practice pays dividends.

ng homes Board member Agnes Wilson who lives a short distance from the Church said: "We are delighted with the popularity of the Oriental exercise classes and we would like to thank Tron St Mary's Church for all their help. Health and wellbeing is so important and these classes provide a great opportunity for people to improve their health and make new friends."

Tron St Mary's Church which was the setting for a scene in Ken Loach's award-winning movie The Angel's Share, plays a vital role in the community and has recently embarked on a community growing project in the church grounds and wider area.

Margaret Finlay, Family Support Worker at Tron St Mary's Church said: "We are delighted to host ng homes' Oriental Exercise classes, they are well attended and its great to see the interaction between the Chinese community and their Scottish neighbours. We have a Friday Friends group where people can take part in lots of activities including a walking group and some of the participants of the exercise class have joined the walking group too so we see many benefits of working in partnership with ng homes."

Oriental Exercise classes are open to everyone with no upper age limit. Contact 0141 560 6000 for more information or to book your place.

Life Changing Adaptation for Jacqueline

WHEN Springburn resident Jacqueline Connor's health deteriorated she was finding it difficult to do things many of us take for granted. Jacqueline called ng homes and spoke to Senior Housing Officer Karen Kelly who liaised with Social Work to try and get some adaptations made to Jacqueline's home.

Jacqueline said: "I have difficulty getting up and down the stairs and I now have new handrails which help a lot. The biggest

change though is that I have a walk-in shower, which, given my health issues is absolutely life changing and I can't thank Karen and the staff at ng homes enough!

Senior Housing Officer Karen Kelly said: "Its fantastic to see the difference this type of work makes to someone like Jacqueline's life. We are delighted that the new handrails and walk-in shower are making life easier for Jacqueline and we were only too happy to help."



Leah has perfect attendance

Leah Cavanagh, 11, has just finished primary school and she has never ever had a day off school since she started seven years ago. She even broke her pinky while at school, told nobody and came home for a 6 hour

wait in A & E. Head teacher at Saracen Primary Evelyn Gibson said: "Leah is the first in the school's history to have achieved this and we are proud of her and wish her and all our Primary Sevens well at secondary school."



Balornock Pupils Back on their Bikes thanks to ng2

PUPILS at Balornock Primary school were delighted when local social enterprise company ng2 fixed the lock on their bike shed after it had been vandalised over the May bank holiday weekend.

The school had been encouraging pupils to cycle to school and when the lock was glued shut they couldn't get access to their bikes.

When ng2 heard this they wanted to help and Handy Person Andy Lytle managed to free the lock and replace it with a new one.

Senior Supervisor David McIntyre said: "We were delighted we could help to free the children's bikes, with the warm weather we are getting now, its an ideal time for them to get out there pedaling."

Balornock Primary is a health promoting school as it strives to improve the health of school personnel, families and community members as well as pupils; and it works with community leaders to help them understand how the community contributes to, or undermines, health and education.

Head teacher Mrs McSorley said: "We would like to thank ng2 for acting so quickly to get our bike shed lock repaired. Their timing couldn't have been better as the pupils were keen to get back on their bikes especially as we had a range of activities on as part of Health Week."

Pupil John Bambrick echoed the feelings of all his friends when he said: "We are all happy and we really enjoy cycling to school so thank you ng2 for fixing our lock".



Pictured: Front Row l-r: Pupils Sophie Dunne, Tye Kerr, Stuart Gough, John Bambrick, Ben Marshall, Kenzie Stanley and Lewis Thomson. **Back Row** l-r: ng2 Handy Person Andy Lytle, Head Teacher Lynn McSorley, ng2 Senior Supervisor David McIntyre, Deputy Head Teacher Mrs Loretta MacNeil and Balornock Parent Council's Richard Porter

Queen Elizabeth University Hospital Travel Links

Getting to the Queen Elizabeth University Hospital and Royal Hospital for Children

By Bus By Subway By Train By Bike By Foot

Glasgow Central train station to QEUH by bus in under 25 mins!

Partick interchange to QEUH by bus in 10 mins!

Govan interchange to QEUH by bus in 6 mins!

Plan your journey

traveline scotland 0871 200 22 33 www.travelinescotland.com

Straight to the front door www.nhsggc.org.uk

Local pupils in North Glasgow get Money Wise



HOUSING Association ng homes have provided text books for young students at two local secondary schools in North Glasgow; All Saints Secondary and Springburn Academy.

The support is being provided in partnership with the Children's Safety Education Foundation (CSEF), which is educating secondary school pupils on how to manage their money, as part of a financial education programme.

The CSEF's 'Money-Wise' initiative aims to improve students' life skills and future employability by teaching them about all aspects of financial education over the academic year. The programme provides accessible and fun information on a topic many students struggle with and aims to equip them with the skills they need to succeed after leaving school.

Lynne Cooper, Assistant Director of Housing Services at ng homes visited Springburn Academy along with Board Member Margaret Thomson who said: "We play a positive role within the local community and we are committed to doing all that we can to help local people succeed. It was great to visit the school and meet the young people."

Lynne added: "Many of the students at

Springburn Academy and All Saints Secondary could potentially be our future customers or employees. Providing text books that show them how to set up bank accounts and pay bills will stand them in good stead not just as future tenants but it will also increase their prospects with future employers."

The S3 students in the PT Business Enterprise class were clearly impressed with the Money Wise lessons and teacher Steven Smith said: "Financial Education has never been more important and the Moneywise booklet, supported by ng homes gives our pupils a real head start in money management."

Business Enterprise Teacher Mrs McGloin said: "We will definitely be using the Money Wise programme as part of our Business Enterprise lessons and we are delighted that ng homes and CSEF are supporting us with the text books."

Michael Fitzgerald, Schools Liaison Officer for Children's Safety Education Foundation said: "In this ever changing world, learning life skills such as financial literacy is vital for our young people's development. The CSEF regards the partnership with ng homes in North Glasgow as key in helping to achieve this."



Active Schools and ng homes held the ng Athletics Classic recently at Crownpoint Sports Centre. Schools taking part were All Saints Secondary, St Roch's, St Mungo's and Springburn Academy. Overall winners for the second year in a row were All Saints pictured here with Board member Bailie Allan Stewart, Sport and Education Partnership Manager Robert Docherty and coaches. Robert Docherty said: "Congratulations to All Saints, well done to all the schools who took part and thanks to all partners involved in the ng athletics classic."



Judy Murray (centre) and ng homes Chairperson John Fury (extreme right) join in the tennis fun with Saracen Primary pupils.

Judy Murray brings Tennis on the Road to Keppoch Campus

JUDY MURRAY has urged people in Glasgow to call for better tennis facilities in the city.

The coach and mum of Wimbledon winner Andy Murray spoke as she brought her Tennis on the Road scheme to Possilpark.

Pupils from Keppoch Campus joined local would-be tennis coaches for a masterclass with world-renowned Judy.

Tennis on the Road focuses on training parents, carers, teachers and volunteers to bring the game to kids in deprived or remote areas of Scotland.

And Judy praised the city for its tennis efforts - but said Glasgow City Council should do more.

She said: "The key is to have access to tennis courts so that children can play.

"There are no tennis courts in the north of the city and Glasgow really needs to put pressure on the council to reinstate the tennis courts in Maryhill Park because public courts are the answer to making sure we have young people playing the game.

"Glasgow has done a great job in introducing tennis facilities around the city and the great thing about Glasgow is that the courts are free to access.

"But this really needs to be city-wide so that everyone has an equal chance."

Following a one-hour session where trainee coaches were given tips, pupils from Saracen Primary were then given tennis training.

Hula hoops, bean bags, hurdles and cones - all

in bright colours - were used to show youngsters tennis techniques they could pick up quickly.

Coaches were also shown how to engage young children and introduce the game in a way designed to make them keen to keep playing.

Judy and her fellow coach, Kris Soutar, demonstrated each move using tennis rackets and bean bags.

Children from Saracen Primary, which forms Keppoch Campus along with St Teresa's and Broomlea schools, have been taking tennis lessons for the past few weeks with funding from social landlord ng homes.

Teachers Amy Donachie and Sarah Hill were both on hand to watch their P3 and P4 classes take a masterclass from Judy.

Amy said: "We've never really done much tennis before. Because of the area the school is in the children don't really have much access to after school clubs or activities.

"Some of the pupils said they were a bit nervous to play tennis and they thought it wasn't really a sport for them."

Sarah added: "Our pupils have really taken to it though and have very much enjoyed it.

"We explained who Judy was and that she's Andy's mum and some of them were quite starstruck but they've handled it very well."

Part of Judy's aim with Tennis on the Road is to hook young people into the sport and encourage them to keep playing.

And the Saracen pupils vowed to do exactly that. Candice Henderson, in primary four, said: "My favourite thing about today was meeting a real tennis person and learning new tennis skills.

"This is the first time I've played tennis but I am going to keep playing at home. It's really fun and I don't want to stop."

Tennis on the Road uses games that Judy says she enjoyed playing with Jamie and Andy when they were little.

They use simple techniques with bean bags and rackets to build agility, balance and co-ordination.

Judy added: "Tennis is a bit of a difficult sport for people to start out in because it involves learning a lot of different skills.

"We take our roadshow into places where we wouldn't normally find tennis and make it sustainable by training coaches, teachers, parents and community group leaders who can encourage the game from the top down.

"There's a buzz around tennis at the moment thanks to Jamie and Andy's success.

"I want to make sure that this incredible period of excitement and success is not going to waste."

ng homes will be delivering tennis sessions across North Glasgow over the summer months as part of the Sported UK initiative. The sessions will be run by ng homes sports leaders and local volunteers so look out for our mobile tennis court in your area.

Residents Community Networking Brunch is well received in Possilpark



Following on from a series of community conversation events residents wanted to try out their own version of ng homes popular Community Networking Breakfast programme. They recognised that a large amount of local people regularly help out and volunteer within the community through a variety of projects from volunteering within housing committees, church groups, local organisations and good neighbour activities.

The Residents Networking Brunch was suggested to give people a space to come together to share information on community activities, look at ways they could work together

and get more people involved and to help shape future community activities and events. It was also felt that it would be a good way to make connections across age groups and cultures and meet new neighbours.

The first Community Brunch was facilitated by members of ng homes Regeneration Team and held at Saracen House, Possilpark in May with 26 people attending. The format was participative and there was a real energy around the room as people got to know each other and share their volunteering experiences which helped build community partnerships.

One of the residents said "We came up with the

idea of the Community Networking Brunch from a previous event held at Saracen House and it was a great event. We split into small groups with some conversation starters to get us to know each other a bit better and from there the conversations started. I met new people and was amazed at the amount of activity going on across the area – and a lovely lunch was supplied too."

The next Brunch will be held in August with the date still to be confirmed and is open to all. If you would like to come along to it please contact Claire Alexander or a member of ng homes Regeneration Department on 0141 560 6000.

A Pizza the Action at "Possibilities"

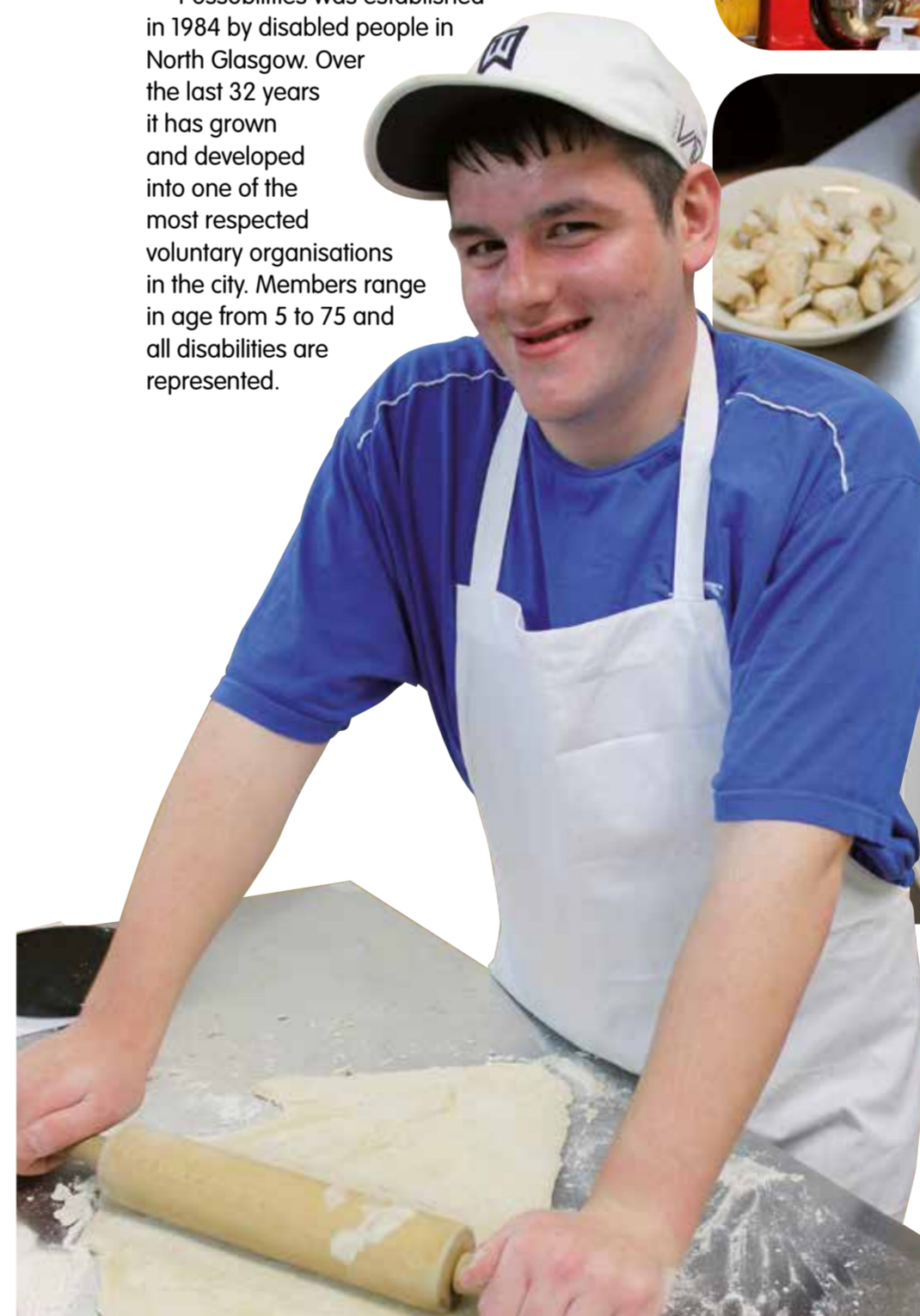
IT'S Tuesday evening and Possibilities in Closeburn Street is a hive of activity with pool tournaments taking place, table tennis matches on the go, video games challenges and in the middle of it all some of the members are trying to prepare and cook pizzas!

It's all in a day's work for Possibilities staff member Louise who takes it all in her stride on her last night before she finishes up for a much deserved holiday.

Every single member of the group makes you feel welcome and this is epitomised by the hospitality of young Jordan who takes great delight in showing people around the facilities and making them feel a part of the place.

The group cooking pizzas does it all from scratch, one half of the team prepare the toppings and the other half make the bases. Fun is the key element in all the activities tonight and you can see by the looks on the faces of these young pizza chefs that they are enjoying themselves.

Possibilities was established in 1984 by disabled people in North Glasgow. Over the last 32 years it has grown and developed into one of the most respected voluntary organisations in the city. Members range in age from 5 to 75 and all disabilities are represented.



Possibilities were able to create the cooking activity in their new training kitchen funded by Glasgow City Council. If you are interested in any of the services or wish to become a member of Possibilities please contact:

Possibilities Limited, 74 Closeburn Street, Glasgow G22 5ST
Telephone: 0141 336 3562 • Email: info@possibilities.org.uk



ng homes and Active Schools supported a Tennis Festival recently held at Gorbals Leisure Centre. Pictured here are pupils from Elmvale Primary school, with, Sport and Education Partnerships Manager Robert Docherty and sports leaders.

Sudoku answers

Easy

6	3	2	4	7	5	8	9	1
5	8	4	6	1	9	7	3	2
7	1	9	3	8	2	5	4	6
3	5	6	8	9	4	1	2	7
8	9	7	1	2	6	4	5	3
4	2	1	5	3	7	9	6	8
9	7	8	2	5	3	6	1	4
1	6	3	9	4	8	2	7	5
2	4	5	7	6	1	3	8	9

Medium

9	7	8	4	6	3	5	1	2
2	6	4	7	5	1	8	9	3
1	3	5	2	8	9	7	4	6
5	4	6	3	9	7	1	2	8
3	2	7	8	1	4	9	6	5
8	9	1	6	2	5	4	3	7
4	8	3	9	7	2	6	5	1
6	5	9	1	3	8	2	7	4
7	1	2	5	4	6	3	8	9

Partnership Award Win for ng homes and Scottish Fire and Rescue Service



WORK being carried out by ng homes and the Scottish Fire and Rescue Service to manage the risk of an ageing population in North Glasgow has been recognised with a UK wide award.

The Partnership Award which was won at the Alarm Risk Awards 2016 recognises excellence in public services and communities.

Over the past year ng homes has been working in partnership with Scottish Fire and Rescue Services (SFRS) to identify creative ways to engage with the community to mitigate risk and develop a collaborative approach within specific areas.

A key focus of their work is with Scotland's ageing population who have been identified as a particular 'at risk' group in terms of fire fatalities and casualties. The partnership also targets its resources around areas of 'unintentional harm', much of which is related to falls, particularly with the elderly group.

Regeneration Manager for ng homes Margaret Fraser said: "Around one third of our residents are within the over 50 age group, one which has been identified as being at particular risk. We also have a high number of multi-storey flats within our housing stock so our work is centred around prioritising prevention work to reduce fire fatalities and fire casualties, improving partnership working and developing best practice for both organisations."

SFRS Officer Fiona Herriot is seconded to ng homes and works with their frontline staff to ensure systems and processes match the strategic and community focus of the approach. Fiona delivered fire safety awareness training for housing and regeneration staff, including concierge who are on 24 hour duty at multi-storey flats.

Fiona said: "We had already undertaken various areas of working together in the community in terms of raising awareness and education about issues around fire. SFRS Area Manager for Glasgow George McGrandles said: "As the connections developed between ng homes and



Hawthorn Sheltered Housing Residents pictured here with SFRS Area Manager for Glasgow George McGrandles and SFRS Officer Fiona Herriot (seconded to ng homes) and Sheltered Housing Support Officer Chris Quail.

SFRS it was recognised that there was potential for a more innovative approach in terms of community safety and prevention of harm, both by fire damage and unintentional harm in relation to trips and falls. Working with ng homes we have also targeted community engagement messages around fire and unintentional harm to Build Safer Communities."

SFRS have provided valuable input to ng homes on specific areas including emergency access to new car parks at the multi-storey properties and the mechanisms and doors chosen for new close door entry systems. They have also supported ng homes community programme which sees 60 older people at a time visit their local fire station for 'Afternoon Tea' where they receive a talk on fire safety, tea and entertainment and have the option to sign up for Home Safety Visits.

The awards form part of the Alarm National Conference which is the highlight of the risk management year and they recognise the excellent work of risk and insurance professionals throughout public and community services across the country.

A spokesperson for Alarm said: "The Alarm Partnership Award highlights those creating efficiencies by doing more with less resource

and has become integral to public service organisations, this award therefore recognises the importance of partnerships in helping to achieve this.

Congratulations to ng homes and Scottish Fire and Rescue Service from all at Alarm on deservedly winning the Partnership Award for managing the risk of an ageing population."

Sheltered Housing Support Officer for ng homes Chris Quail said: "The Health and Safety of our tenants and residents is of primary concern and as an organisation risk management is a focal point of what we do. The association has a high profile for partnership working and we are delighted that our work with Scottish Fire and Rescue Service has been recognised with this award."

Also in ng homes category were Fire & Rescue Indemnity Company Limited and the Fire and Rescue Risk Group (FARRG) who were highly commended. Other participants included Essex County Council and Essex County Fire & Rescue Service, Supply Chain Resilience Working Group part of the Insurance London Consortium (London Local Authorities) and Thames Valley Police who were shortlisted for the Partnership Award.

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