

Reaching new heights



North Glasgow Housing Association has agreed an investment package for future development with one of Scotland's leading banks.

Clydesdale Bank will provide £17.5 million through its Glasgow Financial Solutions Centre (FSC) to support investment plans, maintenance and ongoing management.

The bank has worked with the association since it started in 1979. It was also a key player in the Association's recent transfer of nearly 3,000 properties and 70 staff from Glasgow Housing Association following the successful ballot of tenants.

North Glasgow HA Chief Executive Robert Tamburrini said: "We will invest money in regeneration, helping to deliver many benefits for the local community including learning and employment opportunities.

North Glasgow HA's track record in delivering top quality homes is known throughout the city and beyond

"We are delighted with the support we have received from the team at Clydesdale Bank in

ensuring a smooth and effective transfer process and we look forward to working closely with them in our aim to build a new North Glasgow."

Stephen Fleming, business development partner at Clydesdale Bank pictured above with Mr Tamburrini, said: "North Glasgow HA's reputation and track record in delivering top quality homes and services to its tenants and residents is known throughout the city and beyond.

"We place a high value on our close relationship with the communities in which we operate and we are pleased to be able to support the Association in their ambitious plans for North Glasgow."



New look and new office entrance for Possilpark

P4



Operation reclaim is a roaring success for all young people

P8



North Glasgow's NEW JOBS INITIATIVE "A BEACON"

Kick Start Futures is now being developed to a higher level.

Local people now have the opportunity to achieve an SVQ Level 2 in facilities management thanks to the success of the Association's programme.

The trainees on the programme are all local people who have successfully completed industry certificated training activities including high pressure water jetting, scissor lifts and boom, strimmers, mowers.

Since the project started last year a total of 40 local people have taken part.

John Devine, Head of Business Development at North Glasgow HA said: "It's great that the Association can now develop the Kick Start Futures Programme further and provide this opportunity for local people to gain an SVQ level 2 in Facilities Management. This element of the programme will be in partnership with City Building's Training Department."

A Kick Start Futures training and jobs initiative led by North Glasgow Housing Association has been held up as "a beacon" of success by MP William Bain.

The Glasgow North East representative at the Westminster Parliament presented skills certificates to the first intake of recruits at the Association's offices in Springburn.

The partners in the £500,000 employment initiative were the Scottish and UK Governments, Scottish Council for Voluntary Organisations (SCVO), Community Initiative to Reduce Violence (CIRV) and Falkirk Sporting Solutions.

Robert Tamburrini, Chief Executive of North Glasgow HA said: "It's great to see local people benefiting from this initiative. The training and the work experience over the past six months these young people have had will stand them in good stead in the jobs market."

MP William Bain told the young recruits: "A lot of young people in Glasgow and other areas of Scotland are finding it really hard to get work and that is why the Future Jobs Fund, which this project has been partly funded through, is so important.

"It has been helpful to find out what has been happening on this course because it lets us take back to Westminster that investing in this sort of thing is great. It changes lives, it transforms communities, it gives you money to spend, it gives you confidence and the skills you are going to need.

"This is a beacon of what we ought to be doing and I can certainly take this to Westminster and say to the Government not to cut funding for programmes like this."

"We will try and use your real story and say to the Government don't let our young people down and give them a chance and that's all they need to shine because you are the future."

WE'VE GOT THE FACTOR

Hot on the heels of around 3,000 GHA tenants transferring to North Glasgow Housing Association at the end of March, a further 723 home-owners have now chosen us as their supplier of management services.

A series of meetings throughout April, resulted in 376 blocks/closes out of 448 (84%) voting to change to North Glasgow HA.

Stevie Nugent, (Head of Investment) who represented North Glasgow HA at the meetings is delighted at the response from home-owners in North Glasgow.

He said: "Of 932 potential customers, 723 (almost 80%) voted to transfer to North Glasgow HA. This demonstrates that local people clearly recognise and respect North Glasgow HA's successful track record and commitment to the communities we serve.

"We are grateful for their trust and now look forward to delivering quality services at prices that are affordable and good value for money."

Services for home-owners will be delivered through our registered subsidiary company North Glasgow Management Services Ltd, who on a day to day basis will:-

- **ARRANGE** all planned, reactive and cyclical maintenance and any home visits on request.
- **COMPLETE** quality control checks for all completed common repairs before authorising contractor's invoices
- **CARRY OUT** repairs to common property, emergency repairs within 4hrs, urgent repairs within 3 days and routine repairs within 10 days
- **PROVIDE** direct access to admin & technical officers, an emergency 24 hour call centre,

building insurance in a block policy, free contents insurance where applicable, optional contents insurance if you don't qualify for the free service, advice and support on grants and loan schemes, debt management and welfare benefits advice, concierge services where applicable and a dedicated email address

- **ORGANISE** stair cleaning, common lighting repairs, back court maintenance, de-littering and bulk uplift
- **MAINTAIN** communal TV aerial systems where applicable

John Fury, who is a new customer of North Glasgow Management Services, said: "It made sense for me to change because we share many things and services in common, they are my neighbour, they have an excellent reputation and they seem to make a difference in the local community."

Crafting better lives...



Seeing furniture being assembled at first hand out on the shop floor.



George Gaffney explains one of the processes undertaken at the RSBI factory.



Committee members marvel at the work carried out by May McCann.

MEMBERS of North Glasgow HA's Management Committee paid a visit to RSBI in Springburn recently and were so impressed with the quality of work on display they wanted to place orders to furnish their own homes there and then!

Royal Strathclyde Blindcraft Industries (BlindcraftRSBi) is Europe's largest supported employment facility, manufacturing a wide range of office and educational furniture, storage solutions, kitchen units and doors and timber kits for houses and schools.

Chairperson of North Glasgow HA Pat Kenna said: "What a wonderful factory tour. I and my fellow committee members really enjoyed our visit and were highly impressed with the skilled craftsmanship. We were so pleased to meet with some of the workers, who were very welcoming, and there were some great examples of how working at RSBI has helped change employees' lives."

The committee members met May McCann, who has been blind since birth and who last year celebrated 50 years working at RSBI. They also got the chance to meet Barry Ward, who won a gold medal in the 2008 Special Olympics for relay running.

George Gaffney (RSBI's Head of Manufacturing) led one of the tours. He said: "Most people don't realise what a great facility we have here in Springburn. I was delighted to welcome North Glasgow HA's Management Committee and show

them around the factory."

Committee member and local Councillor Ellen Hurcombe said: "We've seen bunk beds, sofas, bedroom furniture and even timber frame kits for houses being made here today. This facility is unique and that's why it's important when contracts are put out to tender that they are reserved under Article 19, which allows contracts to be reserved for supported factories and businesses, where more than 50% of employees have disabilities."



RSBI's head of manufacturing George Gaffney meets one of the groups prior to the tour of the factory.

Robert Tamburrini, Chief Executive of North Glasgow HA, said: "RSBI have supplied the Association with high quality furniture for our offices as well as providing the timber frame kits for our recent development at Broomfield Road. It's great for our committee members to see at first hand the dedication and effort that goes into the high quality products RSBI make and, more importantly, to get the chance to meet the people who make them."

North Glasgow Management Services is in the process of setting up Owners Forums where home-owners will have a regular opportunity to meet and discuss important common issues. If you would like to know more about the Owners Forum, please contact Eileen McGovern on 0141 560 6000 or e-mail: owners@northglasgowha.com

If you are a home-owner in North Glasgow and would like to find out how to change your factor to North Glasgow Management Services, please contact Stevie Nugent on 0141 560 6000 or e-mail: factoring@northglasgowha.com

All home-owners currently receiving services from North Glasgow Management Services will soon receive an updated Handbook containing lots of useful information, so look out for it popping through your letterbox.

TENANTS PRIZE DRAW WINNERS

Tenants who adhere to the Association's regulations and tenancy agreement and pay their rent on time are entered into a quarterly prize draw in which a random computer program selects the winners.

The quarterly prize draw was suggested by tenants themselves and is just one feature of the Association's Tenants Rewards Scheme which also aims to recognise good neighbours with rewards of DIY vouchers and those who keep their gardens tidy and other incentives to help the community environment.

The latest draw has been made and the delighted winners are:

Mr Leonard James McLaughlin, Syriam Street, Springburn

Miss Maria Handley, Crowhill Street, Parkhouse

They each win £50 shopping vouchers.



Mr McLaughlin with Housing Officer Marjorie Robertson



Tenant Maria (left) with Margaret McKinnon Housing Officer



Renovated Possilpark reception area and interview rooms

We have revamped the Possilpark office and given it a major facelift.

And we've started a similar overhaul of our Springburn office.

The transformation of the two offices amount to a complete makeover and the design remit was to create a user friendly atmosphere.

At Possilpark, the public reception area and the interview rooms are now very modern and the staff and meeting rooms have also been completely changed.

It is the first major change to the offices in

Possilpark since 1996. The alterations, and those being carried out in Springburn, reflect the changes that are happening with North Glasgow HA as an organisation as it grows following the recent stock transfer.

Architect Murray Russell said: "One aspect of the new office design in Possilpark is the use of low energy lighting strips which make the office much brighter and more cost effective to run.

"Our Springburn office is also going through a major transformation and we hope to achieve the same results there."

Robert Tamburrini, Chief Executive of North

Glasgow HA said: "The new Possilpark office provides a much more open and friendly public space for the Association's customers as well as greatly improving the working conditions for the Association's staff."

The main door of the new office is now 252 Saracen Street.

The office was designed by Murray Russell Partnership and Arka Design Studio and the construction work was completed by Morris & Spottiswood with Ewing Somerville Partnership responsible for the safe completion of the project.

DIGITAL TV Switchover Help Scheme

People served by the Black Hill transmitter will begin to switchover to digital during June. The traditional TV signal will be switched off in the STV Central TV region and replaced with a digital TV signal. This is not a concern for most but some may find it harder to make the switch than others.

The Switchover Help Scheme set up by the Government is run by the BBC. Its purpose is to make digital TV easy for older and disabled people by converting one TV to digital in the run-up to digital TV switchover in their region.



WHAT DOES THE HELP SCHEME DO?

The Switchover Help Scheme aims to reach out to all eligible people, and ensure that those who need help get it, so that no-one eligible need be left behind without access to television after switchover.

YOU ARE ELIGIBLE FOR HELP IF YOU:

- are aged 75 or over,
- have lived in a care home for six months or more,
- get or could get, disability living allowance,
- get or could get attendance or constant attendance allowance, or mobility supplement,
- are registered blind or partially sighted.

WHERE CAN I GET FACE TO FACE ADVICE ON THE SWITCHOVER?

Digital UK has been working closely with charities to organise local advice points during switchover. These will be staffed by trained volunteers and are open to everyone. To find out where your local advice point or roadshow will be, visit www.digitaluk.co.uk or call 08456 50 50 50.

Focus on your area

Would you like to meet regularly with others in your area to discuss any issues affecting where you live? If the answer is yes then we would like to hear from you.

Focus Groups are currently running in:

- CENTRAL SPRINGBURN
- PETERSHILL
- CARRON CRESCENT
- CARRON MULTI'S
- GALLOWAY STREET
- WELLFIELD
- POSSILPARK

The Association would like to setup more focus groups to engage with our tenants and find out the issues that are most important to you and how we can help.

For more information about the focus groups contact Paul or Lynne if you live in Springburn or Balornock on 0141 560 6000 or Irene or Janice if you live in Possilpark or Parkhouse on 0141 336 1300

Lynne Cooper, Senior Housing Officer, said:

"So far tenants have raised a number of important issues which will be followed up by the Association. We've also had representatives from Strathclyde Police and Land and Environmental Services along to the focus groups so it's a good opportunity to hear from other service providers too."

COMPETITION CORNER

£50 in shopping vouchers goes to James Murray of Balglass Gardens, as the winner of the competition in the last issue. James was the sender of the first all correct entry.

The answers were: 1. Councillor Jim Coleman; 2. £38; 3. Falkirk FC; and 4. Councillor Gordon Matheson, Leader of Glasgow City Council.

Runners up, Jay Clyde of Carron Place, and Mrs M. Shevlin, Walnut Place, Parkhouse, each receive £25 in vouchers.

WE'VE ANOTHER £100 ON OFFER

and the answers are all in this edition. Usual rules apply.

1. Students from which Dutch university visited North Glasgow HA?
2. Which local manufacturing firm did the Management Committee visit?
3. What do residents of Kemp Street shelter housing play?
4. What was designed by architect Murray Russell Partnership and Arka Design Studio?

Send your answers on a card or the back of a sealed down envelope to:

**North News Comp No. 5, Ned Donaldson House,
50 Reidhouse Street, Springburn, G21 4LS.**

Draw will be made on 27th July 2011 and the sender of the first all correct entry wins a £50 shopping voucher.

The next two all correct entries get £25 in vouchers each.

Editor's decision is final.

JUST FOR YOUNG READERS

We have a special competition for readers aged under 12 years.

All you need to do is draw a picture of a house. It could be your own house, a storybook castle or something from the future.

You can use pencil, pens, crayons or paint on a piece of paper no bigger than A4 size – that's about a half page of this newsletter.

Send your entries to the address above.

Winners will receive vouchers so they can buy some summer goodies.

Entries need to be in by 27th July 2011 and a special judging panel will select the winners. Editor's decision is final.

GET ON THE PROPERTY LADDER

There is now only one shared equity property remaining at Broomfield Road and its ideal for a first time buyer.

You pay for the majority share of the costs (normally between 60%-80%) and grant funding pays the balance of the costs. You will have full title to the property and you can increase your equity over time.

For more information please contact Eileen or Stevie on 0141 560 6000 or pop into our Springburn office for a detailed brochure.

North Glasgow Housing Association currently has a LOCK-UP AVAILABLE FOR RENT at 89 Kippen Street.

If you are a tenant or resident living in the Parkhouse area and are interested in renting a lock up please contact Mary Ellen Hannigan or Margaret McKinnon at North Glasgow Housing Association, 252 Saracen Street, Glasgow G22 5LF on 0141 336 1300 for further information.



STILL GOING STRONG...

For over 20 Years the Alive and Kicking project in Red Road has provided vital services and support for disabled, elderly and lonely people living in the area.

They deliver meals to people who, for whatever reason, cannot visit the project and they provide a range of activities including line dancing, keep fit and entertainment for members.

At the centre you can take part in keep fit classes, get involved in the concert party or meet up and make new friends. Members have the option to go on holiday four times a year as well as day-trips.

There's a café which is a vital meeting place, an advice centre and the Red Road Young 'Uns perform in variety shows.

Jean McGeough (pictured above) is a member and also a volunteer at the centre, she said: "This is the best place in the world for me, I love it. I go to the keep fit, I'm just back from my holiday in Spain and I'm in the concert party, I love every minute of it. Alive and Kicking is vital to this community and I hope its here for a long time to come."

The project has in the past won the Lord Provost's Award and the Evening Times Local Heroes award.

If you would like to join Alive and Kicking or make a donation to help this vital community facility with its running costs please contact: **Ann Marie Robertson or Eulalia Stewart on 0141 558 0329.**



Appreciation Expressed



Praise from Ursula

Caring is the starting point for Customer Service Excellence and all of our staff strive to show that day in and day out.

It often goes without the recognition it deserves but a resident from the Carron Senior Village has tried to put that right.

Ursula Murray has lived in the sheltered housing there since 2006 but in recent times her mobility has deteriorated.

Wardens Helen Watson and Louise Brennan have made sure that Ursula is still involved in the many activities arranged at the Carron community complex.

She took time to write to Chief Executive Robert Tamburrini to praise the level and quality of care she receives.

In her letter, Ursula says: "I am writing to let you know of my gratitude for the care and attention I have received from the wardens of the Carron Crescent complex – Helen Watson and Louise Brennan.

“I very much appreciate the high standard of care given by all your staff”

"Since my mobility deteriorated they have encouraged me with walking to the community hall.

"This is important for me to retain my independence. I very much appreciated the high standard of care given to me by all your staff."

Ursula is pictured with Helen Watson in her home and also on her way to the community facility, assisted by Helen.

Ursula said: "I do get assistance from a physiotherapy assistant but there is no doubt that the wardens support has been particularly helpful.

"I really enjoy living here and since we got the new heating system in I've built up a credit of £300.

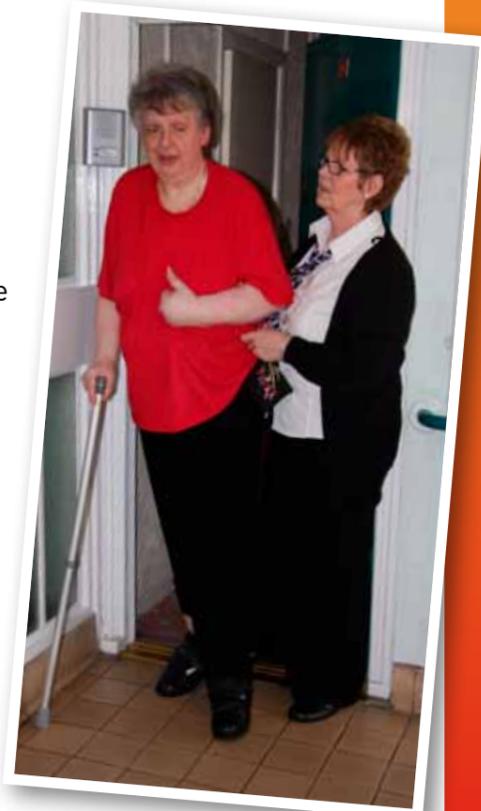
"I need my heating on almost constantly and I know people were worried when the new system was put in last year but their fears were unfounded. It's absolutely superb."

Chief Executive Robert Tamburrini said:

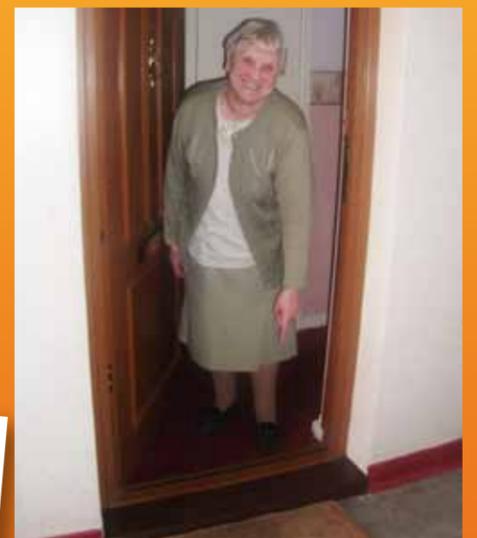
"I was delighted to receive such a lovely letter from one of our residents.

"For me, caring is the starting point for Customer Service Excellence.

"I wrote to both Helen and Louise to thank them on behalf of the Management Committee and their colleagues."



NO MORE COLD AIR...



Gourlay Street resident Betty McCaffrey is delighted with North Glasgow Housing Association as her new landlord after some immediate improvements.

Betty said: "Within days of North Glasgow taking over I had a new doorstep installed.

"They also put a weather bar at the close door to stop the rain and the draughts from getting in.

"As a result of these improvements, my house is much warmer now and so is the close now that the wind and rain can't get in."

By Sheltered Residents



Regular bingo sessions are just one of the highlights of the week for residents in the Sheltered Housing complex at Kemp Street.

In between games there's usually a break for tea, sandwiches and biscuits before getting back to look for the numbers so 'house' can be called.

The bingo and other social occasions make sure that residents have an opportunity to get together in the shared community facility.

One resident said: "We're just like a big family and yet we all have our own private space should we want it."

Eggstravagant Performance



Children from Cowcaddens Day Nursery entertained residents at Barloch Street Sheltered Housing complex with an Easter concert.

The children, all aged around just four-years-old, had been practicing songs for weeks to sing for the residents.

They were so excited about putting a concert on in front of such an appreciative audience and one song which had the residents all joining in was "Bonnie Wee Jeannie McColl."

The majority of the children who attend the nursery live in and around the North of Glasgow and they chose to visit Barloch Street Sheltered Housing Complex as it was the nearest one to their nursery.

Lisa McCormick from the nursery said: "We hope to continue visiting the residents at Barloch Street as part of the new 3-18 Curriculum for Excellence and citizenship programme. We'd like to come back and perform a Christmas show and also a Robert Burns show."

"The day was a great success and the children were so excited and loved every minute of it. They talked about it for days after."

And the efforts of the very young entertainers were thoroughly appreciated by the residents who were able to attend.





North Glasgow increases support for

FOOTBALL COACHING ACTIVITIES

are delivered in the following areas and venues:

- **Springburn/Balgrayhill** @ Eastfield Park
- **Royston** @ Glenconner Park and Multi Use Games Area
- **Milton** @ Ashgill Resource Centre Multi Use Games Area
- **Possilpark** @ The Courtyard Multi Use Games Area, Westercommon Road
- **Blackhill** @ Molendinar Community Centre Multi Use Games Area
- **Red Road** @ Red Road Multi Use Games Area and red ash pitch
- **Quarrywood/Wallacewell** @ Robroyston Park Multi Use Games Area
- **Sighthill** @ Sighthill Multi Use Games Area

DANCE ACTIVITIES are delivered at:

- **Springburn/Balgrayhill** @ Balgrayhill Tenants Hall
- **Royston** @ St Rochs Primary School
- **Milton** @ Miltonbank Primary School Assembly Hall
- **Possilpark** @ The Courtyard, Westercommon Road (Every Thursday & the 1st Friday of each month)
- **Blackhill** @ St Paul's Church, Greenrig Street
- **Red Road** @ Alive and Kicking (Monday and Thursday) Project Red Road
- **Quarrywood/Wallacewell** @ Barmulloch Community Development Hall (Thursday) & Wallacewell Church (from 5:30pm - 7:30pm)
- **Sighthill** @ KATS Centre
- **Possilpark** sites are delivered in partnership with Young Peoples Futures, Possilpark

OPERATION Reclaim continues to give hundreds of local youngsters the chance to take part in free activities including football and dance.

The project was awarded over £200k for 2011/12 as a result of its success in reducing violence in North Glasgow and breaking down territorial barriers.

Last year North Glasgow Housing Association provided operational management and is doing so again this year as well as part funding the programme.

Operation Reclaim operates in Royston, Quarrywood/Wallacewell, Red Road, Springburn, Milton, Possilpark, Blackhill and Sighthill. Activities delivered in the North Glasgow area include football coaching and dance sessions. The programme for young people aims to increase participation, improve health & well-being and reduce reported crime & disorder.

Since last Summer the programme has delivered just under 1,000 sessions and registered and actively engaged with 1,042 young people in North Glasgow who have pulled on their football boots or dancing shoes.

Chief Executive of North Glasgow HA Robert Tamburrini said: "By taking part in a range of diversionary activities young people can burn off energy in a constructive way, and have fun. North Glasgow HA continues to support Operation Reclaim this year not just on an operational level but also financially too as we work to help make our communities safer for everyone."



KEYS TO LEARN

Eritrean culture, the history of the bicycle and the Govan shipyards are just some of the projects local people have been researching on the latest Keys To Learn Programme.

The students presented their projects and received framed certificates at an Achievement Day held in Glasgow North's Conference Centre in Ayr St. The certificates were presented by Ann Marie Devlin, Senior Depute Chief Executive of North Glasgow Housing Association, one of the 4 partners in the project.

Ann Marie said: "It is really encouraging to see this training programme is still changing people's lives now in its fourth year. Every time I come to an achievement day I always learn so much myself from the experiences of the

students and from the work they put into their presentations."

The Association operates Keys to Learn in partnership with Anniesland College, the Glasgow Homelessness Network and Glasgow Regeneration Agency.

Keys to Learn is aimed at helping people who have experienced homelessness or addictions. The course forms part of the association's twin-track approach to tackling homelessness. Topics include healthy cooking and eating advice, arts and crafts, digital photography and computer skills.

Bakere Maweje who lives locally and has just completed the Keys to Learn course said:

"I've really enjoyed the course, it's been great to get involved in learning something

new, I've made new friends and I've definitely caught the learning bug. "I want to enrol in college later this year and I also want to try my hand at voluntary work."





OPERATION RECLAIM



GROWING GREEN IN THE NORTH

Grow Green with Glasgow North is an exciting new project funded by Climate Challenge Fund to help to promote greener and sustainable communities through Playbusters 'Grow Green' programme.

Part of the work will involve transforming derelict spaces or garden areas through installing raised beds for growing spaces and planting flowers.

Last year raised beds were installed across the east end in schools, nurseries and community centres and this has given the opportunity for people to grow their own

vegetables for the first time. We will be working with housing staff to identify small areas within the Saracen and Possil areas to begin work soon.

It is something for all ages and there will also be support to help people along the way.

More news on how to get involved with Transforming Spaces will be revealed in future editions.



Health Issues in the Community

Health And Society

North Glasgow Healthy Living Community gives training in health issues. The courses examine health and our society and the topics discussed include:

What Health Means To Me

Introduction and sharing ideas.
Social and medical explanations of health.

Different Ways Of Thinking About Health

At different times in history or in different parts of the world, people developed ideas about health that we can still recognise today.

Poverty, Inequality And Health

What do we mean by equality?
Mapping it out at local level.
Making sense of facts and figures.

Different Experiences, Common Problems

Many factors affect people's health. But these are experienced in different ways by different groups of people. Introduction to the idea of equity and health.

Participation and Power

What are the obstacles to participation? How can we have more say in the planning and provision of services? When and why do we feel powerless?

Community Development and Health

What is community development?
The community health movement – influences and values.

The Group Project

Small group presentations to a local audience of invited guests.

Reflection and Review Of Learning

Reflection and review of the learning so far. Mid-point assignment.

For more information call Glynis Boyle on 0141 336 7000 or email glynis@healthynorthglasgow.co.uk

Fun Runners...

The Association was proud to be one of the sponsor's of the sixth Annual North Glasgow 5k Fun Run.

And particularly pleased that our mascot HOUSE took part.

Stevie Nugent made sure House completed the route and they were given support from other staff Gordon Wilson, Brian Davey and Robert Innes plus Association stalwart volunteers Catherine and Bill Rossine.

The event in Ruchill Park, organised by North Glasgow Healthy Living Community, attracted over 3,000 fun runners,

There were many in fancy dress outfits. Some ran, some walked and thousands of pounds was raised for charity and local community projects.



Robert Innes, Brian Davey, Gordon Wilson and Catherine and Bill Rossine with their medals after the North Glasgow 5k fun run

Stroll on...

Did you know 30 minutes of physical activity can give you more energy, help control weight, keep your heart strong, help decrease stress levels, lower blood pressure and help you sleep better?

Walking is the most natural and accessible exercise you can do. It's also a great chance to meet new people and make new friends. Northern Sole Mates organises a variety of walking groups in North Glasgow. To join a group near you or if you wish to become a walk/jog leader phone: **0141 336 7000** or e-mail: northersolemates@healthynorthglasgow.co.uk or contact one of the local groups in the panel on the right.

BARMULLOCH WALKING GROUP

Wed 7.30pm Contact: Lorraine 0141 770 0783

SPRINGBURN JOGGING GROUP

Tue 5.30pm Contact: Gregor 0797 982 5083

WALLACEWELL WALKING GROUP

Tue 10.00am & Thurs 10.00am
Contact: Community Centre 0141 276 0875

POSSILPARK JOGGING GROUP

Thur 6.00pm (indoor ng5k training)
& Fri 12.00pm
Contact: Colin 0141 572 0046

ROSEMOUNT WALKING & INTEREST GROUP

Wed 10am -12pm
Contact: June or Caroline 0141 553 0808

HOGGANFIELD JOGGING GROUP

Thur 4.00pm Contact: Lesley 0772 214 0807

POSSILPARK WALKING GROUP

Thur 11.00am Contact: Ashley 0141 336 7000

MARYHILL JOGGING GROUP

Thur 6.00pm Contact: Ashley 0141 336 7000

QUEENS CROSS HOUSING ASSOCIATION

(Sheltered housing tenants fortnightly)
Contact: Ann 0141 945 3195

MARYHILL BUGGY GROUP

Wed 11.00am Contact: Ashley 0141 336 7000

MARYHILL WALKING GROUP

Thur 6.15pm Contact: John 07914 949 358

HAMILTONHILL BUGGY GROUP

Tue 9.00am & Wed 1.00pm
Contact: Lynsey 0141 332 2797

MARYHILL & CANAL STROLLERS

Wed 1.00pm Contact: Steve 07795 315 434

ROBROYSTON BUGGY GROUP

Contact: Clare 0141 557 2068

LAMBHILL WALKING GROUP

Fri 11.00am Contact: Rebecca 0141 574 6957

STOBHILL WALKING GROUP

Wed 12.30pm – 1.00pm
Contact: Anna 0141 201 9707

MILTON WALKING GROUP

Tue 3.30pm Contact: Lorraine 0141 772 7423

Shock findings in Scotland's first smoking in cars study

Smoking in a car exposes a child passenger to dangerous levels of poisonous particles... and even opening a window doesn't protect them.

These are the stark findings of a survey spearheaded by leading NHS Greater Glasgow and Clyde health experts.

Now a high profile campaign has been launched to persuade Scots motorists who continue to smoke and endanger non-smoking passengers to make their cars "smoke free".

The study involved a child sized doll child being fitted in a car seat with the very latest smoke monitoring equipment attached at the doll's mouth and precise measurements taken.

Dr James Y Paton, a Reader in Paediatric Respiratory Medicine,

University of Glasgow said: "This report makes salutary reading and its message is very clear. Do not smoke in cars when your children are present. Do not allow them to travel in a car with anyone who will smoke in the car. It is potentially damaging to their respiratory health."

NHS Greater Glasgow and Clyde Health is now giving away 10,000 car stickers bearing the slogan "Our car is smokefree".

The study also proved that the common misconception of opening the window while you smoke in the car doesn't actually help. Opening the window will only reduce harmful air levels slightly and crucially it still doesn't bring it down to a safe level.

Irene Stewart who leads on the Secondhand Smoke work for North Glasgow added:



"The dangers of secondhand smoke are clear, every year in the UK because of exposure to secondhand smoke thousands of children are admitted to hospital, and children are at greater risk of cot death, asthma, pneumonia, and bronchitis."

Local residents in North Glasgow can get their free Smokefree car sticker by contacting Irene Stewart on **0141 201 9725**, or visiting Maryhill, Springburn or Possilpark Health centres, or the following petrol stations:

- **BP Garage, Hawthorn Street**
- **Esso, Maryhill Road**
- **Jet Garage, Springburn Road**
- **Jet Garage, Broomfield Road**
- **Phoenix Filling Station (Esso), Keppochill Road**
- **Tesco Petrol Station, St Rollox**

Struggling with Debt?

Christians Against Poverty (CAP) is an award winning free debt counselling charity.

Our unique and non-judgemental approach means you are supported all the way as you take each step out of debt and towards freedom. Free help and advice is available to everyone in need through our highly experienced debt counselling team. Working closely with local utilities and finance institutions, we aim to offer a solution and real hope for the future.

How we can help – the steps to freedom:

HOME VISITS

After you call CAP, a CAP Debt Coach and Support Worker from the local CAP Centre will visit you in your own home.

AN EFFECTIVE BUDGET

A realistic budget is then worked out at CAP HQ by prioritising your essential bills, negotiating affordable payments with each creditor and stopping unfair interest and charges where possible. The local CAP Debt Coach will then visit you again to explain the budget and the payments you will need to make.



CAP ACCOUNT

A CAP Account is then set up for you. This acts like a simple bank account. You will need to make one weekly or monthly payment into your account to cover all of your bills and debts. CAP will then distribute this on your behalf. You can also make savings in your CAP Account.

DEBT FREE AND BEYOND

You will use your CAP Account to pay your bills and debt repayments and you will be supported by a team at CAP HQ until you are debt free.

If you would like more information please contact Jean Nicholson, Centre Manager, on **0141 332 9870** or email jeannicholson@capuk.org

To make an appointment for a home visit please phone free on **0800 328 0006**.

www.capuk.org



NORTH GLASGOW ADVICE CENTRE

provides a free money advice surgery in both North Glasgow Housing Association offices. David Birrell (Money Adviser) provides free confidential advice on

- Money advice
- Reducing debt
- Maximising your income
- Preventing homelessness
- Improving your money management and budgeting skills.

Surgeries are held twice weekly at Ned Donaldson House 50 Reidhouse Street Springburn on Monday and Thursday mornings from 9.30 to 12.30 and the last Thursday of the month in the Possilpark Office at 252 Saracen Street from 1.30 to 4.30.

APPOINTMENTS SHOULD BE MADE BY TELEPHONE ON 560 6000 OR 336 1300.



Educational Tour Success

Our mascot House was on hand to welcome students from Utrecht University when they visited North Glasgow.

Deputy Director Bobby Fleming gave them an insight into housing in the North of the city and some of the challenges faced by staff.

The visit was arranged as part of an exchange programme between the University of Glasgow and its Dutch counterpart.

Dr David Webster, Honorary Senior Research Fellow, Urban Studies School of Social and Political Sciences, at the University of Glasgow, said: "I want to thank Bobby Fleming for arranging our tour and also to Stevie Nugent and John Devine.

"The visit was perfect and really successfully got across to the students the nature of the issues you are dealing with.

"Your mascot is great and gave a real sense of occasion."

Scotcash
approachable finance

Scotcash, the independent community development financial company set up to help Glasgow citizens, offers money advice and can provide a savings or bank account.

A leaflet giving details of their services was inserted into this edition of North News. If you didn't receive a leaflet or want more information then contact Scotcash on **0141 276 0525**.

North Glasgow Steamie



The North Glasgow Steamie is a community laundry service available to anyone who lives in North Glasgow. It's a vital service especially for individuals with a disability and for older people looking for some extra help.

Their services include:

- A weekly or fortnightly service wash
- Special service for washing duvets, curtains, etc

Whether you're struggling to do your washing, or the thought of it just gets you down, the North Glasgow Steamie can help.

The North Glasgow Steamie service is provided by Cook 'n' Care Ltd – a charitable company offering a range of care services throughout North Glasgow. They pride themselves on providing a friendly, reliable service and customers can rest assured that all staff are properly vetted and trained.

By calling the North Glasgow Steamie you can register as a customer and arrange for a laundry bag to be delivered to your home. There are two sizes of laundry bags. Large bags are £10 per load and smaller bags are £6. These costs include pick up from your home, washing, drying and folding your laundry and delivering

back to you 48 hours later. Payment in cash or by cheque must be made when the driver calls to pick up your laundry.

Once you've made the call to arrange the service, you can put your feet up happy in the knowledge that your laundry is in safe hands and will be returned to you promptly.

Isobel McGinley who uses the service regularly says: "The North Glasgow Steamie is a vital community laundry service, the volunteers are always friendly, the prices are reasonable and I get my laundry back in a couple of days."

Melanie Fyfe of the Cook n Care charity who provide the laundry service said:

"We would like to keep this vital service running in North Glasgow. Its open to anyone to use from elderly or disabled people to mothers with young children, if you live in North Glasgow let us help with your laundry."

If you would like help with your laundry call the North Glasgow Steamie on **0141 336 6991**.

The North Glasgow Steamie is always on the lookout for volunteers and there are plenty of opportunities to help out, if you would like to volunteer call: **0141 336 3562**

UP ON THE HILL

Business partners Niall Holmes and Donald McDonald hope they are playing a part in helping to build a New North Glasgow.

They run the beautiful little café, Up On The Hill, located at Craighall Business Park.

They became friends when Donald managed the band that Niall used to be a member of and they both worked together for the same catering company before venturing out on their own.

Not only does their restaurant enjoy great views across the city but it's building a reputation for serving great food, coffee and snacks.

Donald said: "We like to think we offer a great variety and choice on our menu and clients often comment on the more unusual names for some of our sandwiches."

They were the first tenants when the café opened as part of the new business park three years ago.

Niall added: "We really want to be part of the drive to build a new North Glasgow and love the Association's slogan that's it's a great place to live, learn, work, visit and invest in. We are proud to be part of that drive."



EMERGENCY REPAIRS SERVICE

North Glasgow Housing Association has changed the way it delivers the Emergency Repairs Service. All emergency repairs (except heating) will be delivered by City Building (Glasgow) LLP during the hours of:

- WEEK DAYS** MON – FRI 5:00PM – 09:00 AM
- WEEKENDS** FROM 5:00PM on FRI through TO 9:00AM on MON
- PUBLIC HOLIDAYS** 24 HOURS PER DAY

To report an Emergency Repair during the above times simply dial the 24hr Call Centre

FREEPHONE 0800 595 595

Please note that some mobile service providers may charge their standard call rate

EMERGENCY GAS REPAIRS

To report a Gas Central Heating Emergency Repair at any time, including weekends and public holidays simply call City Technical:

0141 646 5091

All Gas Central Heating repairs should be reported on this number.



Finance Director **BOB HARTNESS** is pictured with recent staff recruit **STEPHEN LAUDER** showing off his SVQ certificate.

Stephen has attained the SVQ in Business and Administration, level 2.



How to get in touch with us:

SPRINGBURN OFFICE

Ned Donaldson House, 50 Reidhouse Street, Springburn, Glasgow G21 4LS
Tel: **0141 560 6000**

POSSILPARK OFFICE

252 Saracen Street, Possilpark, Glasgow G22 5LF
Tel: **0141 336 1300**

email: admin@northglasgowha.com

www.northglasgowha.com