



# Trafalgar TIMES

THE  
NEWSLETTER  
OF TRAFALGAR  
HOUSING  
ASSOCIATION

Autumn 2023

## OFFICE CLOSURE DATES

Please note the office closure  
dates for the autumn period:

**Friday 22nd September 2023** and  
**Monday 25th September 2023** for the  
September Weekend.

Should you have an  
**EMERGENCY  
REPAIR** during this  
time please contact  
**Bield** on **0800 783 7937**.

**Trafalgar Housing Association**

430a Dumbarton Road, Dalmuir, Clydebank G81 4DX

Tel: 0141 952 4676 Web: [www.trafalgarha.co.uk](http://www.trafalgarha.co.uk)

# CCTV



The Association has CCTV cameras installed in various locations across the estate. These cameras have been installed for your protection against vandalism and any other crime which may take place, and are not there to focus on anyone's property or to watch people going about their daily lives.

CCTV systems are installed and operated by Trafalgar Housing Association for the following purposes:

- to protect and enhance the security of our premises and assets;
- to safeguard against intrusion, vandalism, damage, disruption and anti-social behaviour;
- when requested, to assist the Police in the prevention and detection of crime;
- to provide a safer environment for employees and visitors.

We know that most of our residents take pride in their homes and their communities and we want to ensure that we are doing all we can to make all our residents feel safe and secure.

# Committee Meeting Updates

Our last Committee meeting was held on Wednesday 30<sup>th</sup> August 2023 remotely over Microsoft Teams.

## Items of interest discussed at our recent committee meetings:

- Consolidated Action Plan Update
- Management Accounts to 30th June 2023
- Annual Accounts to 31st March 2023
- Full report on our in-depth tenant satisfaction survey from Research Resource
- A speaker from GWSF was present to advise on EESSH2
- Health and Safety Update

## Where can I view the minutes from the Committee meetings?

The minutes from our Management Committee meetings can be viewed on our website at [www.trafalgarha.co.uk](http://www.trafalgarha.co.uk) under the 'Documents' section.



# Carbon Monoxide Alarm

We take the activation of carbon monoxide alarms very seriously. If your alarm is going off or beeping we class this as an **emergency situation**. The alarm may just be faulty or have a low battery; HOWEVER it could actually be working and picking up carbon monoxide within the room.

**\*\*YOU MUST ASSUME THAT THE ALARM IS OPERATIONAL AND THAT CARBON MONOXIDE IS PRESENT IN THE ROOM\*\***

In this situation YOU MUST:

- Turn off your gas at the meter.
- Contact the Trafalgar office ASAP on **0141 952 4676** or our OOH service at Bield on **0800 783 7937** who will arrange for HiFlow to attend ASAP.
- Open windows and doors to ventilate your property.
- DO NOT operate your gas boiler – TURN IT OFF!
- DO NOT use any other gas appliance such as cookers or fires.
- Notify the Scottish Gas Network (SGN) immediately – **0800 111 999**

You may feel like this is an overreaction; however we take this very seriously and have to assume that there is a carbon monoxide leak. **We only want to keep you safe.**

# Problems Paying your Rent?

## CONTACT US

We understand the cost of living is continuing to increase and it is a challenging time for everyone, including our tenants; however we must remind all tenants that rent is due on the 27<sup>th</sup> of each month.

Rent money collected allows us to deliver the services we provide – repairs, planned improvements to your properties, and keeping the area clean and tidy.

Paying by Direct Debit is the simplest and most convenient way to pay your rent. Once it is set up your rent will be collected on the same date each month. Rent can also be paid by bank transfer or

by using an AllPay card. Please contact the office if you require information about any of these payment methods.

If you are struggling to pay your rent the first thing you should do is contact us at the office on **0141 952 4676** and speak to Ann or Simon in Housing Management. We are here to help and can either assist you directly or make referrals to other agencies that can support you. Doing nothing won't make the problem go away – please get in touch as soon as possible and we will do everything we can to help you.



## ANN FRASER

All at Trafalgar Housing are delighted to welcome Ann Fraser to our staff team as the new Housing Manager. Ann started with the Association on 4<sup>th</sup> September 2023 and comes with over 15 years of housing experience. Ann is looking forward to meeting you all and working with our Trafalgar community.

## NEW ENERGY ADVICE SERVICE

Our tenants can now access a free Energy Advice Service. Community Links Scotland have secured funding to employ an Energy Advisor to target vulnerable households across West Dunbartonshire who are struggling with their fuel bills.

The Energy Advice Service will support households to prevent fuel poverty, tackle fuel debt and reduce household energy consumption through better energy usage. The Service will provide advice, advocacy and support, focusing on small, practical changes to reduce energy usage in the long-term.

As well as dealing with emergency fuel issues, the service will focus on addressing multiple fuel poverty issues promote resilience against fuel poverty and developing skills and confidence to take control of their energy use and bills.

The new Energy Advisor, Emma Kelman will be working closely with five Housing Associations across West Dunbartonshire: Dunbritton, Knowes, Trafalgar, Dalmuir Park and Clydebank. However, referrals can be made from anyone in West Dunbartonshire experiencing hardship, as a result of their fuel bills.



The service will undertake home energy advice visits as well as drop-in energy surgeries in local venues across West Dunbartonshire.

Contact Details: Emma Kelman, Energy Advice Service, Mobile: **07957626497**

Email: [energy@comlinks.org.uk](mailto:energy@comlinks.org.uk)

# GRANT FUNDING

All at Trafalgar Housing Association have been delighted to help our tenants with various grant funding this year.

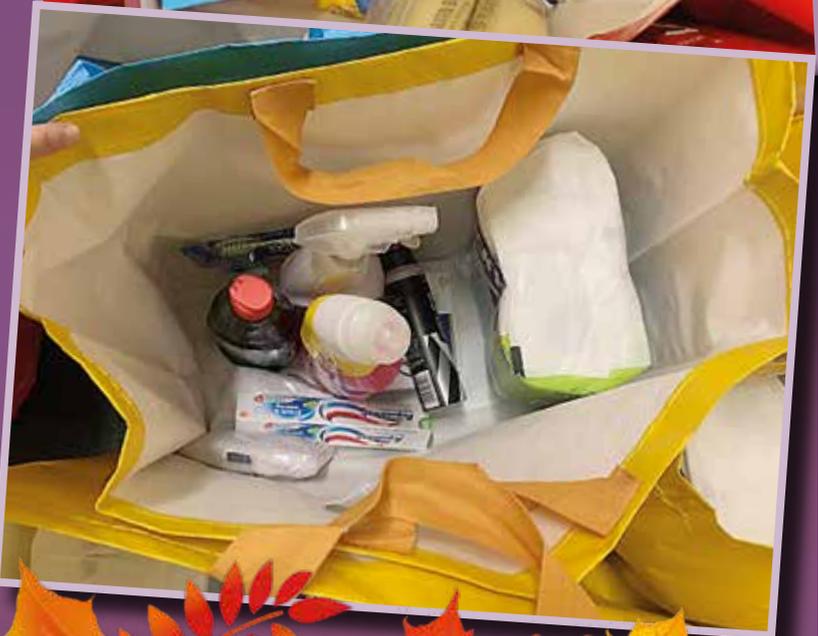
In March we received £25,000 funding from the Scottish Governments Winter Hardship Fund. The staff and Management Committee agreed to top up this funding to allow each household to receive £100 which so many of you were extremely grateful to receive.

At the end of April we then got word that we had secured another grant from the National Lottery Community Anchor Fund, in partnership with Dalmeir Park Housing Association. This time we asked you to opt in and let us know if you needed the help. More than 95 tenants responded and we were pleased to be able to help them with a food voucher, cash payment, food and household essentials bag and bedding including duvet and duvet sets. Again, these were all very gratefully received and we hope it made things a wee bit easier for those who needed it.

We are delighted to advise we have just found out we have been successful in securing more funding to help our tenants, again in partnership with Dalmeir Park Housing Association. The funding this time is in regard to fuel support and will allow us to supply the following.

- Bedding packs
- Air fryers/slow cookers/soup makers
- Thermal curtains
- Carpet & underlay
- Radiator reflector panels
- Draught excluders
- LED bulbs

We will let you know more details about this funding and when it will be available to our tenants when we have them.





# Keeping cats and dogs secure during fireworks season



- Make sure your dog or cat always has somewhere to hide if they want to and always has access to this place. For example, this may be under some furniture or in a cupboard.
- Make sure your cat or dog is always kept in a safe and secure environment and can't escape if there's a sudden noise.
- Have your pets microchipped in case they do escape – by law, your dog should already be microchipped.
- During fireworks seasons, walk dogs during daylight hours and keep cats and dogs indoors when fireworks are likely to be set off.
- At nightfall, close windows and curtains and put on low music to mask and muffle the sound of fireworks.
- Never punish your pets when they are scared as this will only make things worse in the long run.
- If you're able to plan ahead you may wish to speak to your vet about pheromone diffusers. These disperse calming chemicals into the room and may be a good option for your dog, if used in conjunction with behavioural therapy.



## Halloween Safety Tips

With Halloween approaching next month make sure you and your children stay safe by remembering SCARE SAFE when out guising (trick or treating).

**S**tay in groups

**C**ostumes should be tight fitting and flame resistant

**A**lways test makeup before using on your face or body

**R**emember to look both ways when crossing the streets

**E**xamine all sweets and treats before eating them

**S**tay on pavements wherever possible

**A**void dark housing and those without decorations

**F**lashlights and glow sticks can help with visibility when out

**E**njoy with caution

# DAMP, MOULD AND CONDENSATION IN YOUR HOME

The last few months has seen an increase in reports of damp, condensation and mould issues and we would like to ensure our tenants that we will react to any reports straight away and take whatever action we can to help resolve the situation.

Condensation occurs when warm moist air hits cold surfaces. There is always some moisture in the air, even if you can't see it and it can be caused by everyday activities such as breathing, cooking, washing, drying clothes indoors, topping up fish tanks, using portable gas and paraffin heaters as they all add to the moisture that's already in the air. It is most commonly visible on windows on a cold morning during the months of October-April and the three main causes are too much moisture in the home; inadequate ventilation and inadequate heating.

If you report an issue to the Association we will check that there are no underlying problems such as any internal or external leaks. However, if the problem is condensation then there are measures that you can take to help prevent it and to reduce the moisture production in your home:

- Open windows/window vents to allow moisture to escape
- Cover pots and pans when cooking and use extractor fans
- Avoid drying clothes inside or if not possible, dry on a clothes horse in the bathroom with the door closed and the window open/fan on
- Ensure that tumble dryers are vented to the outside
- When running a bath put some cold water in first to reduce the steam
- Do not run the shower for longer than necessary to minimise the amount of water vapour that gets into the air
- Do not dry clothes/towels/bedding on radiators or over doors

- Close kitchen and bathroom to prevent water vapour spreading to other parts of the property
- Do not use portable heaters such as gas or paraffin as they produce a gallon of water for each gallon of fuel used

## Increase Ventillation

Increase ventillation i.e. allowing the air to circulate around your home will help prevent moisture laden air from being trapped in your home and condensing on the windows, walls and ceilings which then ultimately manifests as black spores. Actions to increase ventilation include:

- Opening a window after bathing, showering or cooking
- If you have trickle vents fitted on your windows, keep them open as much as possible, especially in inhabited rooms – these don't lose any heat from the rooms they simply allow air in
- Do not put furniture tight up against the wall, move it away slightly to allow the air to circulate
- Use extractor fans and cooking hoods
- Wipe down windows or surfaces affected by condensation every morning
- Leave cupboard and wardrobe doors open every so often so that the air can circulate
- Where possible try to position wardrobes, chairs and large items of furniture against internal walls and not external walls

## Keep the Property Warm

The best way to heat the home is through constant background heating as opposed to turning the heating on and off because warmer air is able to hold more moisture. As the temperature of the walls increases, the possibility of condensation forming on them is reduced.

# Mould

## The Problem

Every dwelling irrespective of its construction type contains within its fabric mould spores which are dormant and completely harmless. However, given the right conditions these spores will grow and show as black mould.

It needs very little 'nutrient' to feed off to grow and will grow on walls and ceilings and can be found on and beside windows, in the corners and edges of rooms and behind and inside wardrobes and cupboards especially if they are tight up against an external wall.

Mould can even grow on clothing, handbags, shoes etc if they are hung up in wardrobes when still damp, wet



or stored so tightly that air can't circulate.

Bleach should not be used to clean walls or ceilings, this may be hazardous, will only have a temporary effect and could also encourage mould growth in the future. The Association will instruct our contractor to treat any areas where mould is evident with the correct treatment which is safe and recommended by Mould Growth Consultants, a specialist in this field.

# Tips to Tackle Condensation



Condensation occurs when moist air comes into contact with a cool surface, such as when your windows steam up. If this happens to a wall, it can become damp and mould can grow. We create moist air in our homes all the time, by cooking, showering and drying clothes indoors. Follow our tips to tackle condensation:

- Ensure an adequate amount of heating in your home.
- Invest in a dehumidifier to combat humidity levels in your home.
- Never block or cover an extractor fan or vent.

- Ventilate rooms when possible by opening windows whilst drying clothes, cooking, or taking a bath or shower.
- If you have a washing machine or tumble dryer in your property, ensure that it is vented correctly.
- Make sure that your furniture is at least 5 cm away from the surrounding walls so that air can move around the property.

If you still have a problem after following these tips please contact Alison or Jo in our Maintenance Team on **0141 952 4676** for advice.

# Join our Management Committee

We are actively looking for local residents from Trafalgar Street/Dumbarton Road area and the Terraces/Radnor Park area to join our Management Committee.

You will join a fantastic group of members, take part in making important decisions for the Association and play your part to make a positive impact for your community

This is a voluntary unpaid role. New members will be provided with necessary equipment and comprehensive training. Meetings take place in the evening once every 4 weeks and are currently conducted remotely using Microsoft Teams.

## How do I join?

If you wish to join the Management Committee you must firstly become a General Member of the Association (see page 9). If you apply you could be invited on to fill any 'casual vacancies' that exist. However, you would then need to be formally elected at the next AGM (Annual General Meeting) which takes place every September.

If you are interested in this opportunity please visit our website at [www.trafalgarha.co.uk](http://www.trafalgarha.co.uk) and download an application form and recruitment pack from the 'Get Involved' section of our website.

## Have you thought about becoming a housing association committee member?

It's a great way to volunteer in your community and help change it for the better.

Local housing associations provide affordable rented housing for a wide range of people who need it. They provide quick, efficient repairs and other services, and some are also involved in building new homes.

Community based housing associations often provide all kinds of other services to support local people – such as benefits and fuel advice, help with getting into

employment, and places for people to hold meetings and community activities.

Housing association staff members are paid professionals, but associations are run by voluntary committee members, and usually the majority live in the local area.

### Here are some of the benefits of serving on the committee...

#### Benefits for you

- Gain confidence, build a sense of achievement, improve your self-esteem and have a new sense of purpose.
- Develop your understanding, skills and knowledge, add to your CV, and potentially open new career paths.
- Be involved in a stimulating and mutually supportive environment where your views are heard.
- Meet new people, develop friendships, and socialise with others with a shared commitment.
- Attend social & networking events, as well as training courses, to build up your skills.
- Open up opportunities to apply to serve on important national/regional bodies in the housing sector.
- Become a part of one of the most important and effective movements for physical and social improvement that has happened in Scotland over the last 40 years.
- Get personal satisfaction from giving something back to the local community whilst making a real difference.
- Broaden your horizons and have fun along the way!

#### Benefits for the association and the wider community

- You'll help to raise awareness of the Association's work both within the local community and beyond.
- The time and energy you commit to the Association will directly contribute to its work in improving the quality of life for tenants and the wider community.
- You can help to ensure good quality housing and services.
- As a voluntary committee member you'll join hundreds of local people and other volunteers who play such a crucial role in taking forward the work of community controlled housing associations in Scotland.



Glasgow and West of Scotland  
Forum of Housing Associations



supporting  
social  
employers

# BECOME A GENERAL MEMBER OF TRAFALGAR FOR JUST £1



Anyone can become a General Member of the Association as long as you are aged 16 or over and meet the requirements set out in our rules which are available to view online at: [www.trafalgarha.co.uk/becoming-a-general-member](http://www.trafalgarha.co.uk/becoming-a-general-member).

Membership costs just £1 and you will remain a member for as long as you reside within the area.

By becoming a member of the Association you are eligible to vote at the AGM, which takes place every September. This will allow you to influence how the Association operates.

To become a member of Trafalgar Housing Association please fill out the information below, cut out this application form and return it to our office.

**I would like to apply for membership of Trafalgar Housing Association and I have enclosed £1.00 for one share.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to hear more information about joining the Management Committee YES / NO

## Join Our Residents Panel

We are seeking help from the residents of Trafalgar Housing Association (tenants and owners) to get involved and join our Residents Panel to help improve the standard of our service.

The Residents Panel discusses and gives their views on different aspects of the Association's services and performance and advises where improvements could be made and is also consulted on policies that affect residents and other service users.

Our residents are at the heart of the Association and we love to hear your opinions on the work that we do. As residents you experience our services first hand therefore there is no one better to provide us with feedback.

If you would like to get involved, please contact us on **0141 952 4676** or email [admin@trafalgarha.co.uk](mailto:admin@trafalgarha.co.uk)





# Men Matter Scotland

Men Matter Scotland is a suicide prevention and mental health charity based in a hub located at 20 Drumchapel Road (side door) G15 6QE. Men Matter Scotland's primary reason for existing is to prevent suicide in men. But beyond that simple fact, there are many additional reasons for existing. We exist to create a safe and supportive environment where men (mostly from the west of Scotland), who are traditionally stoical and tough, can allow this façade to drop which allows them to talk openly, honestly and freely about themselves and what their fears and issues are, without fear of ridicule or judgement.

We get men to share through a range of interventions:

- Creating opportunities that allow men to talk about their mental health and how they are feeling
- A peer-to-peer network created where men, who are shoulder to shoulder can talk, creating links and connections that continue to foster a sense of worth, importance and reason to live.

- Creating opportunities for men to improve their life skills and in-turn their life-chances
- Creating opportunities for men to connect and to feel connected. (MMS may be the only connection some of these men have in their life)
- Creating an environment that promotes possibility and focusses on the ill becoming better and stopping those that are on the brink of becoming ill, getting ill.

Email [contact@menmatterscotland.org](mailto:contact@menmatterscotland.org)

Telephone **0141 944 7900**

 **Men Matter Scotland**



## Good Neighbour Award



### Nominate your Neighbour for an Award

Is your neighbour one in a million? Do they make a difference to your life or the lives of people in your community?

This is a chance for you to say 'thank you' to a neighbour who goes out of their way to help you and others, someone who shows kindness and consideration.

The winner of this award receive **£50 worth of vouchers** and a certificate. We would also like the winner to be featured in an article on the award and why they won it in our next newsletter.

If you would like to nominate your neighbour for this award please send an email to [admin@trafalgarha.co.uk](mailto:admin@trafalgarha.co.uk) or write to our office at:

Trafalgar Housing Association  
430a Dumbarton Road  
Dalmuir, G81 4DX  
Clydebank

In the email or letter please include the name of the person that you would like to nominate, the reason why you think they should win the award and their address.

Unfortunately, we cannot accept nominations from relatives or anyone living in the same property.

# Quarterly Tenant Satisfaction Results

## July-August 2023

Every quarter the Association carries out tenant satisfaction surveys to obtain your views on the services we provide.

This information is reported back to the Scottish Housing Regulator and it will help us to continuously improve our services and ensure that they are designed and delivered to meet your needs and expectations.

We would like to say thank you to each person who has taken the time to provide us with feedback to help drive improvement on the services that we provide.

### What you told us this Quarter



# Stepping Stones

Stepping Stones is a registered charity and user led organisation that provides a range of support services for people who experience common mental health problems. Available services are Support Work; Person Centred Therapy; Guided Self-Help; Peer Support; Peer, Wellbeing and Therapeutic Groups.

The services at Stepping Stones are available to people who reside in West Dunbartonshire and are aged 16 years and older. These services can be provided in the form of one to one support and/or group support.

## Services Offered

- Bereavement Support
- Counselling
- Loss & Grief Support
- Stress, Anxiety and Wellbeing Support



## For more information contact:

Main Telephone Line & 24 hour voicemail facility: **0141 941 2929**

Mobile Phone – Texting and Callbacks: **07848 042521**

Email: [admin@stepstones.org.uk](mailto:admin@stepstones.org.uk)

Website: [www.stepstones.org.uk](http://www.stepstones.org.uk)

Address:  
**Unit A10**

**Whitcrook Business Centre  
78 Whitcrook Street  
Clydebank  
G81 1QF**

# TAX CREDITS ARE CHANGING



Are you on Tax Credits? Are you aware that Tax Credits are coming to an end and that most people will need to apply for Universal Credit instead?

Look out for a letter called a Universal Credit Migration Notice from the Department for Work and Pensions (DWP) explaining what you'll need to do, and by when.

You won't be moved automatically, so it's important to act quickly and follow the instructions in the letter, **otherwise your benefits will stop.**

To continue to receive financial support, you will need to claim Universal Credit by the deadline stated in your Migration Notice letter, even if you have just renewed your tax credits claim.

If you are claiming tax credits and are aged 65 or over, DWP will write to you to ask you to apply for Universal Credit or Pension Credit, depending on your circumstances.

Please contact Ann and Simon in our Housing Management team on **0141 952 4676** if you need any further information.





## Stepping Stones Services

**Groups** - Mostly in person at various locations across West Dunbartonshire following the Recovery College approach (microlearning opportunities with a social element)

**Social Events** - Regular one off monthly events for service members, for example, quizzes, bingo.

**Gender based groups** - In person and online at various times.

**Peer2Peer groups** - Various times during the month. This is an opportunity to tell us what you think!

**Aspire to...** Social Networking Peer Group self managed by Stepping Stones members - meets weekly face to face and access by referral only

**Relaxation Classes** - Re-established in Clydebank and Dumbarton

**Tai Chi** - Re-established at Dalmuir CE Centre for 10 weeks- Members on the list will be contacted.

**Bereavement and Loss Peer Support group** - Accepting referrals for this group!

**Bereavement and Loss Therapeutic Group Support** - Accepting referrals for this group!

**Distress Service** - Started on the 21st March 2022 and accepting referrals.

**Recovery College** - Started on the 31 January 2022 and accepting referrals.

**1:1 Support Sessions - All in person, via telephone and video link.**

**Person-Centred Therapy (Counselling)** - time limited therapy on a one to one basis.

**Individual Support** - Practical and emotional support with goal setting.

**Peer Support** - 1:1 support for people who would benefit from working with a Support Worker with lived experience.

**Guided Self Help** - Workbook/sheet based brief support over 4-6 sessions for people who are experiencing stress, anxiety and low mood, usually lasting for 6-8 weeks.

**Digital Stepping Stones** - 1:1 and group support for people who experience digital exclusion.

**New Referrals** - You should be at least 16 years of age and live in West Dunbartonshire. People can self-refer. Referral forms are available from our main office on 01419412929 or [admin@stepstones.org.uk](mailto:admin@stepstones.org.uk), or through completion of our online form at [www.stepstones.org.uk/referrals/](http://www.stepstones.org.uk/referrals/)

Stepping Stones is a registered charity (SC 019270)

# THISTLE TENANTS RISKS HOME CONTENTS INSURANCE

We strongly recommend that you take out home contents insurance to cover your belongings and decoration from damage or loss, as a result of flood, fire or theft. Contents insurance is designed to help protect your possessions. No matter how careful you are, there's always a risk that your belongings could be broken, damaged or stolen so home contents insurance can help provide peace of mind.

Thistle Tenant Risks have policies that can provide you with insurance for the contents of your home including cover for items such as furniture, carpets, curtains, clothes, bedding, electrical items, jewellery, pictures and ornaments.

The Thistle Tenant Risks Teams are there to help and understand the

importance of being able to speak to one of their customer service teams and they offer a call back service to make this easier for you.

For tenants and owner occupiers wishing to discuss home contents insurance, the cover available and payment methods why not request a call back from one of the following methods.

Visit: [www.thistletenants-scotland.co.uk](http://www.thistletenants-scotland.co.uk) complete the enquiry form and wait for one of their helpful team to call you back, or

Email: [tenantscontents@thistleinsurance.co.uk](mailto:tenantscontents@thistleinsurance.co.uk) leaving your contact details and someone will contact you at a convenient time.

Thistle Tenant Risks can also be contacted on 0345 450 7286.

An application pack can also be collected from the office. Please contact Ann or Simon in our Housing Management Team to arrange this.



## Tips to Avoid Rechargeable Repairs

1. Make sure that you have enough credit in your meter for Gas and Electricity to ensure that they do not cut out. This will avoid us having to make a call out for you.
2. Leave a spare set of keys with a family member, friend or neighbour that you can trust.
3. Avoid connecting your own washing machine as there is a risk that there may be a leak that could affect you and your neighbours properties. Instead contact the Association or someone qualified to carry out the work.
4. Do not leave running water in the sink or bath unattended in case a leak occurs.
5. Know where the stopcock is located in your property.

We hope that by following these tips you will avoid any rechargeable repairs in future.

### Did you know?

The Association can install a key safe outside your property to ensure that you always have a spare key available!

If you think that this would benefit you please contact Alison or Jo in our Maintenance Team on **0141 952 4676** to get this arranged.



# ART AND SOUL GROUP

OKFP's Art and Soul Group meets every Monday 1.00pm – 3.00pm with their lovely volunteer Fran Annis.

All paints and canvases are provided free of charge so why not pop along and meet some new friends.



# OKFP Knitting Bee

Do you enjoy knitting or crochet? Why not come join us on Wednesday afternoons and share patterns, tips and ideas while making new friends and help others who are keen to learn.

Whether you are an absolute beginner or an experienced crafter, come along and have some chit chat, a cuppa and home baking in our Chatty Cafe.

Every Wednesday 1.30-3.30pm FREE OF CHARGE.

Needles, wool and patterns all available to anyone who doesn't have their own.

Unit 5 OKFP Hub, Station Road Industrial Estate G60 5LP

# Ladies walking group

OKFP are doing a weekly Ladies walking group in and around their village on Fridays.

They will kick off from our OKFP Hub at Station Road Industrial Estate G60 5LP at 12.30.

You can pick up your free bottle of water and join lovely the Fiona Allan to set off around the village on one of their organised walks, there will be a midway pit stop at The 'wee' Chatty Cafe then back to the Hub for lunch and a blether.

This may not suit the professional walkers as it's definitely more about the talking than the walking, no challenging or difficult paths to negotiate just pleasant local routes. Total time approx 2 hours, total fit steps approx. 10,000. No charge All welcome

If further information is required please contact Maureen Cummings directly on **07368496836** [www.okfp.org.uk](http://www.okfp.org.uk)



# USEFUL TELEPHONE NUMBERS



**TRAFALGAR HOUSING ASSOCIATION** 0141 952 4676

**EMERGENCY REPAIRS (OUT OF HOURS)**

Bield 0800 783 7937

**MENTAL HEALTH SERVICES**

Breathing Space 0800 838587

CARA  
(Challenging & Responding to Abuse) 01389 738595

Goldenhill Resource Centre 0141 941 4400

Primary Care Mental Health Team 01389 828203

Riverview Resource Centre 01389 812070

Stepping Stones 0141 941 2929

Samaritans 116 123

Vale Centre for Health and Care 01389 828200

**WEST DUNBARTONSHIRE COUNCIL**

Emergency Homelessness 0800 197 1004

WDC Main Number 01389 737000

WD Carers Centre 0141 941 1550

WD Mental Health Forum 01389 742294

WD Welfare Rights 0800 980 9070

**POLICE**

Emergency 999

Non- Emergency 101

**OTHER USEFUL NUMBERS**

Lomond & Argyll Advocacy Service 01389 726543

NHS 24 111

West Dunbartonshire CAB 0800 484 0136

West Dunbartonshire Advice Service 01389 776929

West Dunbartonshire CVS 0800 484 0136

Old Kilpatrick Food Parcels 07368 496836

West Dunbartonshire Community Foodshare 0800 345 7050

Crisis Counselling 0141 812 8474

Dumbarton Council on Alcohol - Clydebank 0141 952 0881

Alternatives - Clydebank 0141 951 2420

Women's Self Injury Helpline 0808 800 8088

Trauma Counselling Line 0808 802 0406

Women's Aid Clydebank 0141 952 8188

Y Sort It 0141 941 3308

**Trafalgar Housing Association, 430a Dumbarton Road, Dalmuir, Clydebank G81 4DX**  
**Tel: 0141 952 4676**  
**www.trafalgarha.co.uk**



SCAN ME