



Trafalgar TIMES

THE
NEWSLETTER
OF TRAFALGAR
HOUSING
ASSOCIATION

Autumn 2025

Be safe this



Halloween

see page 14



Trafalgar Housing Association

430a Dumbarton Road, Dalmuir, Clydebank G81 4DX

Tel: 0141 952 4676 Web: www.trafalgarha.co.uk

Annual General Meeting (AGM) 2025

We were delighted to hold our 35th Annual General Meeting on Tuesday 16th September 2025 in Clydebank Town Hall. We would like to say a big thank you to everyone who attended and made the night a success, including 26 shareholders and 2 non-shareholders.

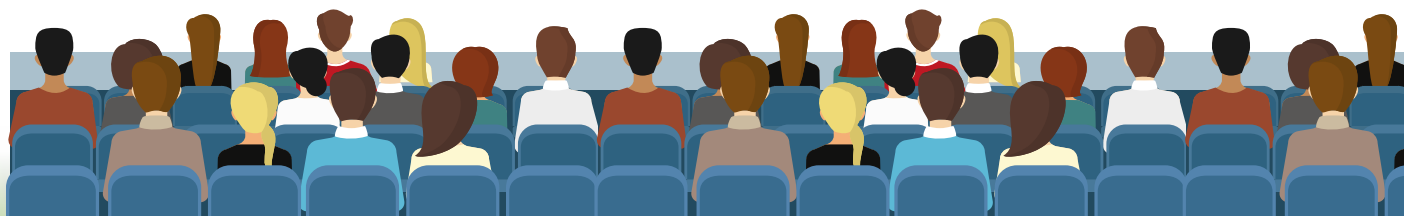
This year we held an open surgery for 45 minutes before the AGM to allow residents to discuss any issues they had with the Acting Director, staff or

local councillor Lauren Oxley. We thank everyone for attending this surgery as this allowed the AGM to focus solely on the business of the AGM.

This year's Agenda included the Election of Management Committee Members; Annual Accounts to 31st March 2025 and Appointment of the Auditors for Financial Year 2025/26. Prizes were once again awarded to the best gardens and runners up –

congratulations to all our winners and thank you for the effort you put in to your garden. We're sure you'll agree they all look fabulous and help keep our area looking great.

The night was rounded off with a lovely buffet, a game of bingo and the prize draw for all of our Shareholders who were present. Prizes this year included a 55inch smart TV, a 43inch smart TV, a Ninja Air Fryer, vouchers and more.



GARDEN PRIZE WINNERS

This year our first prize winner received a £50 voucher for B&Q and the runners up a £20 voucher for B&Q.

- 1st Place – Mr and Mrs Campbell

Runners Up:

- Mrs Carlin & Ms Carlin
- Mr & Mrs Cairney
- Mr & Mrs Buist
- Mr & Mrs Campbell
- Mr Merrick
- Mr & Mrs Taylor



Your Annual Gas Servicing

We have a legal obligation to ensure that all residents are safe by carrying out annual gas servicing to boilers when they are due. It is also a condition of your Tenancy Agreement that you allow access each year for these checks to be carried out.

As you will be aware, it is vital that all gas systems and appliances are checked on an annual basis. This is to ensure the safety of yourself, your family and your neighbours. As your landlord, Trafalgar Housing Association has a legislative duty (under regulation 36 1-12 GSIUR) to ensure that an annual safety inspection is carried out on all gas appliances and flues within their domestic properties

Generally most tenants work well with us to provide access; however in the rare cases where access is not gained, the Association will enforce the conditions of your tenancy agreement and force entry in order to meet our legal obligations. **Please note if the forced access goes ahead you will be liable for the cost and recharged.**

Please remember if you have a pre-payment electric or gas meter then you will need to have credit on your meter for the work to be completed.



This can be as little as a pound (even in emergency credit.)

Gas servicing will be carried out by HiFlow. If they are in the area doing other services they may visit properties where services are due to be completed. If this is not a convenient time for you then you will be able to reschedule the visit. If you are not home, they will leave a call card to let you know that they have visited. Please call the Association on **0141 952 4676** or Hiflow direct on **0141 951 2020** to arrange a more convenient time for the service to be carried out.

Committee Meeting Updates

Our last Committee meeting was held on Tuesday 26th August 2025 in our office in Dumbarton Road and remotely over Microsoft Teams for those unable to attend in person.

Items of interest discussed at our recent committee meetings:

- Qtr 1 Management Accounts
- CAP Update
- Annual Internal Audit Plan 2025-26
- Policy Reviews
- Annual Accounts
- Directors Report
- Satisfaction Survey Results

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 under the 'Documents' section.

We are always looking for new members to join our Management Committee to take part in important decisions. Recently this has included deciding the future of Trafalgar Housing Association in our Options Appraisal. We are delighted to confirm that the Management Committee voted in favour of remained independence for the Association.

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 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.

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

Residents Panel Update

Topics covered at our meeting in August included policy consultations, a discussion on tenant participation with someone from TPAS, tenant satisfaction survey results and feedback from local councillor Lauren Oxley regarding issues raised.

Our next meeting date is scheduled to take place in October 2025.

We are always looking for new members and all tenants/residents over the age of 16 are welcome. This is a voluntary unpaid role; but one that is very important to the ongoing success of the Association and to ensure your voice is heard. It can also allow you to meet your neighbours, enhance your skills and experience and positively impact your local community.

We appreciate your time is valuable, therefore the meetings will be every 2 months and we will try to make them at a time that suits you.

If you are interested in joining our Residents Panel please email us at admin@trafalgarha.co.uk, or you can call us on 0141 952 4676.



DAMP, CONDENSATION & MOULD



At this time of year we can see 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.

Trafalgar Housing Association

Quarterly Tenant Satisfaction Results

(2nd Quarter – July to September 2025)

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





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 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.

Repairs Satisfaction Survey

Thank you to all our tenants who take part in our monthly repairs satisfaction surveys, your opinions and feedback is really important to us to help us identify where we need to make improvements in our service. However, recent dissatisfaction results have shown that we are receiving feedback on repairs from months or even years ago which isn't giving us accurate results. We are speaking to the company who supply our repairs and maintenance IT system and we are hoping to be able to include a question in the repairs and maintenance survey to make it clear which repair you are being asked about. Please remember that you don't need to wait until you are contacted by MI Housing to let us know if you're unhappy about a repair

or any aspect of our service, you can contact the office in person, by phone or via admin@trafalgarha.co.uk.

We would be grateful if you could answer the short repairs satisfaction survey should you get contacted by MI Housing as this helps us to improve our service. By taking part in this survey you will automatically be added in to our monthly prize draw to win a £20 Asda voucher.

Our winners for May to July are as follows.

- May – Donna McKelvey
- June – Mr & Mrs Johnsen
- July – Monika Bakhshi

Decriminalised Parking Enforcements (DPE)

In October 2025, West Dunbartonshire Council will take over the enforcement of parking rules from Police Scotland. This is called Decriminalised Parking Enforcement (DPE).

Council Enforcement Officers will issue Parking Charge Notices (PCNs) to vehicles parked in restricted areas. These areas are clearly marked by yellow lines and signs. There are no changes to existing parking rules, but they will now be actively enforced. This change is designed to improve road safety and traffic flow throughout the area.

How the New Service Works

An Enforcement Team of eight staff will operate seven days a week.

The purpose of this change is to improve road safety, help traffic move more easily, and support local businesses. Money from PCNs will be used to cover the costs of running the service and to invest in new road safety and traffic projects. Enforcement Officers do not have targets for the number of PCNs they must issue.

Health and Safety of our Employees

The Council takes the protection of its Parking Enforcement Officers (PEOs) very seriously. All PEOs have access to lone worker protection devices and personal cameras (bodycams) which will enable the recording of incidents, in the event of threats whilst they are carrying out their duties.

Parking Charge Notices (PCNs)

A PCN is a fine for breaking parking rules.

- A PCN costs £80. This is reduced to £40 if you pay within 14 days.



- The PCN will be £80 if you pay between 15 and 56 days after the date it was issued.
- If a PCN is not paid after 56 days, the charge will increase to £120.
- A PCN cannot be withdrawn once it has been issued. However, you can appeal a PCN if you have a good reason. Full details on how to pay or appeal will be on the PCN itself.
- Vehicle Sold: Proof of sale (e.g., invoice or Bill of Sale) that clearly shows the full name and postal address of the new owner and the date the sale was made.
- Change of Address: A Council Tax bill or utility bill (dated within the last three months) showing your full name and new postal address.
- Vehicle Stolen: An occurrence (crime) reference number or insurance claim reference.
- Vehicle Hired: The signed and dated hire agreement showing the vehicle registration, the hirer's name and address, and a signed statement of liability for PCNs.

Please note: You will not get penalty points on your driving licence for a PCN.

Appeals and Liability (Not My Vehicle)

The owner is presumed to be the registered keeper unless proven otherwise. If payment or a successful challenge is not received, we will check with the DVLA to see who was registered as the keeper of the vehicle when the PCN was issued. That person will be liable for the fine.

If you believe the responsibility is with someone else, you must make a formal appeal (representation) and provide the following evidence:

Remember: You must let us know as soon as possible. If you do not pay or make this known before the end of the 56 days period, the fine will increase by 50% to £120. If you are no longer the registered keeper, we also recommend that you contact DVLA as soon as possible to let them know.

Understanding Parking Rules

You are still not allowed to park wherever you like. The new

enforcement system means you are more likely to get a PCN if you break the rules. The driver is always responsible for parking their vehicle safely and legally.

- **Yellow lines:** Single or double yellow lines show where you cannot park. The times when parking is restricted are shown on nearby signs. If there are no signs, double yellow lines mean "No Waiting at any Time."
- **Loading/Unloading Bays:** Restrictions can vary depending on location so drivers must check the signs before stopping or parking.
- **Pavement parking:** Officers may issue PCNs for pavement parking if they see it while carrying out their duties. You should be aware that yellow lines on the road also apply to the pavement next to them.
- **Public car parks:** Parking is still free in all council-run car parks. Enforcement officers will focus on problem areas where drivers are parking illegally.

For more advice on typical road lines and signs, you can visit the Highway Code on the GOV.UK website.

Exemptions and Special Circumstances

- **Blue Badge holders:** The Blue Badge scheme will continue as normal. You will not get a PCN if you park in line with the scheme's rules.
- **Funerals and weddings:** **Official funeral and wedding vehicles are exempt from parking restrictions, provided they are parked safely and do not cause an obstruction.**
- **Emergency services and council vehicles:** Emergency vehicles are exempt when on duty. Council vehicles are also exempt when they are carrying out statutory duties (e.g. refuse collection, street cleaning).
- **Maintenance Works:** If you need to park a vehicle at a location to carry out planned works, you must

formally notify the council at least three working days in advance. Details of the process and contact information are available on the Road Applications & Permits page at <https://www.west-dunbarton.gov.uk/roads-parking-travel/roads-and-pavements/roads-pavements-applications-permits/>

Police Scotland's Role

Police Scotland should still be contacted if a vehicle is parked dangerously and is a threat to public safety.

The police will still enforce all

"moving" traffic offences and issues of obstruction. Our enforcement officers will focus on parking rules, including restrictions on zig-zag crossings and disabled parking bays.

To report dangerous or obstructive parking, please call Police Scotland on 101 or use their online form.

Traffic Regulation Orders

Find a full list of Traffic Regulation Orders that shows all streets included in the new parking enforcement at <https://www.west-dunbarton.gov.uk/roads-parking-travel/parking-and-car-parks/decriminalised-parking-enforcement/>

HEALTHY PATHWAYS

Registration now open!

Do you live in West Dunbartonshire?

Would you like to try new activities and meet new people, while building confidence and self-esteem?

Healthy Pathways provides weekly drop in sessions that offer a variety of arts and craft activities, wellness workshops, outdoor activities and group days out.

Interested? Want to know more? Just give Lisa a shout!

CONTACT US

lisa@comlinks.org.uk
0141 952 4382







Changes to Bin Collections from November

From Monday 10th November residents will still receive a weekly bin collection however, recycling is now being prioritised. Your bins will be collected on a rolling schedule with two recycling collections and one general waste collection within each three-week period.

To help understand more about this change, WDC are sending out information packs which will have everything you need. Every household will receive a pack containing all the information you need. This will include a calendar which should be referred to on a week-by-week basis to ensure you are presenting the correct bin. Within the pack, there will also be a sticker which must be attached to your general waste bin to ensure it is collected.

This sticker is weatherproof and tamper-proof and should be placed on the back of your black or green general waste bin, underneath the handles.

Please note, only bins with this sticker will be collected. If you have an additional general waste bin but do not have a specific need for it (as outlined below), it will not be collected by our crews.

WDC encourage residents to read this pack to familiarise yourself with the process.

You can read more about this here; <https://www.west-dunbarton.gov.uk/recycling-and-waste/changes-to-bin-collections/>

Addressing Common Concerns

- **Will this cause missed collections?** WDC crews work hard to collect all bins across West Dunbartonshire. This change will not stop missed bins entirely, but if a bin is missed, you can report it using WDC's online Chatbot. This is the quickest and easiest way to be kept informed of our progress. The Chatbot can be accessed on our missed bin page.
- **Will this lead to fly-tipping?** WDC do not expect an increase in fly-tipping. Other councils that have made similar changes have not seen an increase. The change in the schedule is simply to encourage residents to recycle more.
- **Will this attract vermin?** It is unlikely that vermin will be attracted to your bins. Your food waste will continue to be collected every two weeks and many items currently put in your general waste bin can be recycled instead.



- **Will my Council Tax be reduced?** Council Tax helps to support delivery of a wide range of Council services and all households in Scotland are required to pay unless exempt. Council Tax is not linked to the provision of any one service and therefore a variation to how a service is delivered, in this case waste collections, will not result in a change to Council Tax payments.
- **Will civic amenity sites be busier?** Based on information from other councils that have made similar changes, WDC do not expect an increase in demand at the civic amenity sites at Dalmoak and Erskine Ferry Road.
- **What if I do not receive my sticker before the new cycle starts?** Information packs, including stickers, will be issued from Monday 22 September 2025. If you haven't received yours by Monday 13 October, please email wasteaware@west-dunbarton.gov.uk



YOUR BLUE BIN IS ABOUT TO MAKE A BIGGER IMPACT

From **Monday 10 November**, the way we collect your bins is changing as we work to reduce landfill and increase recycling rates.

Every resident in West Dunbartonshire will soon receive a pack including a letter explaining the change with information on what goes in each bin, Q&As, as well as a calendar.

West Dunbartonshire COUNCIL

How well have you read our newsletter?

WIN a £10 Asda voucher

Read our newsletter, answer the below questions and send them in to us by Friday 7th November and you could **win a £10 Asda voucher**. Answers can be handed in to the office or emailed in to admin@trafalgarha.co.uk

1. How much will a parking charge notice fine from WDC be under the new WDC parking enforcements?
2. Give two examples of measures that you can take to help reduce the moisture production in your home.
3. How many shareholders attended our AGM in September?
4. What acronym can be used to help keep children safe while out guising?
5. What % of tenants are currently satisfied with the quality of their home?

Name:

Address:

Telephone:

WDC ARTS & HERITAGE



BADGEMAKING IN THE BASEMENT

CLYDEBANK MUSEUM

Clydebank Library, Dumbarton Rd, Clydebank

Thursday 16th October

10am - 11.30am

Join us for a badge making extravaganza!
Design your own Clydebank Museum badge or make one featuring your favourite characters.
Suitable for all ages.

FREE AND DROP IN

CONTACT
ARTS.DEVELOPMENT@WEST-DUNBARTON.GOV.UK



West Dunbartonshire Libraries



You can join the library for FREE from birth and:

MINUTES

Borrow up to 10 books at a time

Borrow up to 6 eBooks & 6 eAudiobooks at a time

use free WiFi in our libraries

Use the library computers

Print or photocopy A4 & A3

This is the only service we offer that isn't free

Get building at our Lego Clubs

Attend exciting author events

Learn digital skills with our Quest computer courses

Get creative at our Storytime sessions

Bond with your child at Baby Yoga & Baby Massage classes

Develop early literacy skills and have lots of fun at Bookbug

Find out about Health & Wellbeing information

Have a Knit and Natter (or crochet and chat)

Join a Reading Group near you or online

Request books we don't currently have (if we are able to get it we will)

Embrace your inner child with our Adult Crafting and Adult Lego sessions

Search for, request, & renew items on our online catalogue

Download eNewspapers & eMagazines in a variety of languages

Hop on board our mobile library or use our Home Delivery service

Enjoy our library garden all year round



Just FYI...

We don't charge any late fines



www.facebook.com/wdclibraries



Spider Bauble

How to make a 3d Paper Spider Decoration for Halloween



Equipment

- Black paper
- White paper scraps
- Pen
- String for hanging
- Scissors
- Glue
- Small cup for tracing

Instructions

- Cut four 0.5cm strips off the top of the black paper for legs. Cut 8-10 circles from the remaining paper.
- Fold circles in half.
- Add glue to one half of one circle and place the second circle on top. Continue until you have a stack of circles glued together but in half.
- Add glue to the spine and place your string against it.
- Add glue to both top and bottom of the stack, bring together to make a ball and "trap" the string in the middle.
- Cut the 4 strips of paper in half to make 8 legs and glue to your black bauble – 4 on each side. Fold to make a "leg kink" if you wish.
- Draw and cut two large eyes. Glue to the front of the bauble.



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).

Stay in groups

Costumes should be tight fitting and flame resistant

Always test makeup before using on your face or body

Remember to look both ways when crossing the streets

Examine all sweets and treats before eating them

Stay on pavements wherever possible

Avoid dark housing and those without decorations

Slashlights and glow sticks can help with visibility when out

Enjoy with caution





PUMPKIN MUFFINS



These easy to bake cinnamon spiced pumpkin muffins are ideal for Hallowe'en and Bonfire Night.

Ingredients

- 225g plain flour
- 2tsp baking powder
- 1tbsp ground cinnamon (or 2tsp pumpkin spice)
- 100g caster sugar
- 50g soft light brown sugar
- 200g pumpkin puree
- 2 large eggs
- 125g slightly salted butter



Method

Step 1 - Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl. Break up any lumps of brown sugar by rubbing them between your fingers.

Step 2 - Whisk the purée and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.

Step 3 - Bake for 15 mins until golden and risen and a skewer inserted comes out clean. Lift onto a wire rack to cool completely. *Will keep for three days in an airtight container.*

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