



# Trafalgar TIMES

THE  
NEWSLETTER  
OF TRAFALGAR  
HOUSING  
ASSOCIATION

Spring 2025

TRAFALGAR IS

35

Trafalgar turned 35 years old on Tuesday 11<sup>th</sup> February 2025. We are looking for suggestions of what we can do to celebrate this milestone. If you have any suggestions please contact the office on 0141 952 4676, or send an email to [admin@trafalgarha.co.uk](mailto:admin@trafalgarha.co.uk) You will also receive a text message in the coming weeks asking for suggestions.

SORRY WE'RE  
CLOSED

## Office Closure Dates

Please note the office closure dates below for the Spring period.

- Friday 18<sup>th</sup> April 2025 (Good Friday)
- Monday 21<sup>st</sup> April 2025 (Easter Monday)
- Monday 5<sup>th</sup> May 2025 (May Day)
- Friday 23<sup>rd</sup> May 2025 (Spring Holiday)
- Monday 26<sup>th</sup> May 2025 (Spring Holiday)

Should you have an **EMERGENCY REPAIR** during these times 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)



# ANNUAL VISIT & STOCK SURVEY

Trafalgar Housing Association has a responsibility to ensure its stock and assets are being maintained in a satisfactory manner. We also have a responsibility to make regular inspections of key components such as kitchens, bathrooms, heating, doors and general fittings to ensure these remain in a safe working manner.

It is also essential for housing management and tenants to have an option to discuss housing relating matters on a regular basis. These visits will take minimal time but do allow for key discussions to be held in relation to the services we provide, and gives staff a vital insight as to what matters to you, our tenants therefore allowing us to prioritise our workload to our tenants best interests.

To minimize disruption these visits can be arranged around a time that suits you, and we aim to make this a joint housing and maintenance visit to avoid duplicate visits.

As you may be aware there have been various staff changes over the years and we hope that this creates an opportunity for us to strengthen and develop tenant/ staff



relations. The visit should take no more than 30 minutes unless you have more to talk about!

When you receive your letter, or a knock at the door please do not be alarmed and if you do have any concerns at all please contact the office immediately.

## Rent Increase



As you are aware, we recently completed our consultation process about our proposed rent increase and review of our service charges for 2025/26. We consulted with our tenants and received 83 responses in relation to this. We understand the importance of ensuring that our rents are affordable for our tenants whilst also continuing to provide you with high quality and essential services. A rent increase of 4.5% has been agreed and will be applied to rents from 28th March 2025. The service charge has decreased to £11.92 per month and the estate charge has increased to £18.39 per month. Our rents remain well below the Scottish average.

**Please see below for any action you need to take if you pay via the following -**

- **Repayment Arrangement** – If you are currently in rent arrears and have an agreed repayment plan, you should maintain the excess payments as well as the rent increase.

- **Universal Credit** - you must update your claim through your online portal on or very shortly after the 28 March 2025. It is your responsibility to update your housing costs, and any delays could result in rent arrears.
- **Housing Benefit** - we have notified West Dunbartonshire Council Housing Benefit Team of this increase. You should check the correspondence you receive from them to ensure that you have been awarded the correct level of housing benefit.
- **Direct Debit** - we will advise your bank of the revised amount. Please check any correspondence received from Allpay to ensure that the amount is the same as your new rent charge.
- **Standing Order** - you must contact your bank to amend the payment details in line with your new rent charge.
- **BACS** – you must ensure that the correct payments are made in line with your new rent charge.

If you are struggling to pay your rent we are here to help. Please get in contact with us by calling the office on **0141 952 4676** to arrange a chat with the Housing Management Team.





# 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.



# Enter our 2025 Garden Competition

*Calling our green fingered gardeners!*

As Spring is in the air we are pleased to announce that our annual Garden Competition will take place again this year. This year's gardening competition will be judged by Stephen MacDonald, our clerk of works in July/August time. This will give you plenty of time to get those plants in full bloom!

All garden areas of all shapes and sizes will be considered - we love to see our tenants take pride in their garden areas!

All entries will be judged in July/August 2025. The winner and our runners up will be announced at our next AGM and will receive a prize. Photos from the winning gardens will be printed in the Autumn edition of our newsletter.

*Happy Gardening!*





# Medical Adaptations

If you or a member of your household are struggling to live in your own home because of a medical condition and think there is any equipment or alteration that could be made within your property to make life easier, you can contact your GP and ask for visit from an Occupational Therapist.

They will come out and visit you at home and make recommendations to the Association of what work could be done to assist you.

Please note there are certain restrictions and guidelines that we have to follow as per our policy which can be found on our website; or you can contact the office for us to discuss further.

**The Association receives Government funding every year to carry out our medical adaptations. Last year we didn't spend our full allocation and had to return some of the funding so please let us know and don't suffer in silence.**

If you would like further information contact the Association's office.

# REPAIRS

If you have a faulty or damaged component in your property please do not dispose of them until we have inspected it. Please contact us as soon as possible if you have any component (cupboard door, bath panel etc) that is damaged; we will then inspect it and decide whether this can be repaired or requires replacement.

If you dispose of these components before we have inspected them you may be recharged for the replacement.

# Looking after your Community Dog Fouling

Dog fouling has been a growing problem for the Association over recent years and we know that there are many dog owners who look after their local area by cleaning up after their dogs. However there are a minority of dog owners who continue to allow their dogs to foul in backcourts and local areas and do not clean up afterwards.



If your dog fouls anywhere it is your duty to clean it up immediately. Dog fouling is not only unhygienic and unsightly, but it can also make local spaces of land unsafe for young children to play. Please ensure you use the grey bins to dispose of dog poo, and you do not contaminate the brown or blue wheelie bins with dog poo bags.

The Association is continuing to tackle this issue of tenants and residents who do not clean up after their pets and staff will be carrying out regular inspections.

Our aim is to make your community a cleaner, safer and more attractive place to live.

Together we can make a difference to your local community!

**Please remember you can get free dog waste bags from our office.**

**\*\*Please remember that grassy areas with dog poo will not be cut by the grounds maintenance team\*\***

# Committee Meeting Updates



Our last Committee meeting was held on Tuesday 28<sup>th</sup> January 2025 remotely over Microsoft Teams.

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

- Committee Appraisals
- Arrears Report
- Rent Increase
- Ground Maintenance Tender Report
- Directors Report
- Health and Safety
- Tenant Satisfaction Survey Results
- IT Support Services

**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



# GambleAware

National  
Gambling  
Support  
Network

The National Gambling Support Network, formerly known as the, 'National Gambling Treatment Service', is a group of organisations across Great Britain who provide **free, confidential and personalised support** for anyone who's experiencing problems from gambling, as well as those affected by someone else's gambling.

## Not Sure Where to Start?

We can help you find the right person or place for support based on what you need and where you are. You can contact the National Gambling Helpline and our confidential advisers will help you find what is right for you. Their service is available 24/7 and is always free.

You can call them on **0808 8020 133** or start a one-to-one chat via the Gamble Aware website.

## Spot the signs: when gambling becomes harmful

Although many people who gamble don't experience harms, there is always a risk that gambling can become harmful. Gambling harms can happen to anyone and they're often hard to spot, so understanding the signs is an important step towards getting the right support.

## What are the signs?

Gambling harms can be anything that negatively impacts the life of the person gambling, or the life of those around them. Here are a few of the signs of gambling harms to be aware of:

- **Chasing losses** - This can also lead to borrowing money, selling possessions or avoiding bills to fund gambling.
- **Feeling guilty, anxious, or irritable** - Financial or other troubles may begin to have an impact on mental health.
- **Hiding gambling, or lying about it** - Gambling can cause feelings of

shame, which can lead to it being kept secret; gambling in secret often makes it easier to lose track of time or money.

- **Spending increasing amounts of time or money** - Finding it hard to stop or manage gambling.
- **Always thinking or talking about gambling** - Struggling to concentrate, losing interest in other activities, or neglecting

personal responsibilities; which can lead to further issues with work and relationships.

No matter how you are feeling, there is help available from the National Gambling Support Network. Whether you are gambling, or you're worried about someone else who is gambling, they provide free confidential advice that is tailored to your situation 24/7. **Call today on 0800 8020 133.**



The advertisement for Prepmate meal kits features a top section with a close-up of a yellow soup and the Prepmate logo. Below this, contact information is provided: 213 Braidfauld Street, G32 8PS • hello@prepmate.org.uk • 0141 442 0349. The main part of the ad is a teal-colored graphic titled 'Meal Kits Coming Soon!' which lists six benefits: 01 Learn proper portion sizes, 02 No Waste, 03 Cook with ingredients all pre measured, 04 Easy step by step instructions, 05 Make healthy choices one meal at a time, and 06 Budget Friendly. A brown meal kit bag is shown in the center of the graphic.

Prepmate  
meal kits

213 Braidfauld Street, G32 8PS • hello@prepmate.org.uk • 0141 442 0349

## Meal Kits Coming Soon !

- 01 Learn proper portion sizes
- 02 No Waste
- 03 Cook with ingredients all pre measured
- 04 Easy step by step instructions
- 05 Make healthy choices one meal at a time
- 06 Budget Friendly

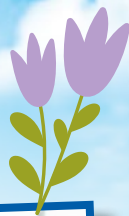




## Community Links Scotland



REGENERATION SERVICES



Thanks to National Lottery Community Funding, our **Healthy Pathways** programme has secured an additional three year funding. Healthy Pathways aims to help local people step out of their comfort zones, build greater self-confidence, and actively engage with their community.

Our aim is that the project will support local people to connect with others who share similar experiences, build confidence and developing lasting friendships. Through Healthy Pathways we will offer a diverse range of engaging and therapeutic activity sessions, including pottery, and various arts and crafts. New classes will be run with participants as the project develops.

Peer support will be on hand from Mindful Moments which is a group of ladies who have been past Healthy Pathways participants. They have a wide range of knowledge, skills and personal experiences and will be on hand to listen and offer support for those starting their journey with the project.

If you want to chat to us about taking part – call Lisa on **0141 952 4382** or e-mail [lisa@comlinks.org.uk](mailto:lisa@comlinks.org.uk)

We are also happy to chat to local organisations about referrals into the Healthy Pathways project.



# Hearing Loop



We are pleased to advise we will have a hearing loop installed in our reception area of the office this month to help our tenants or visitors who use hearing aids.

A hearing loop (HL) (sometimes called an audio induction loop) is a special type of sound system for use by people with hearing aids. The HL provides a magnetic, wireless signal that gets picked up by the hearing aid when it is set to 'T' (Telecoil) setting.

## Additional Services

We have access to translation services and can also provide documents in large print or have these dictated into audio if required. Please let us know.

Please let us know if you have any additional needs or requirements that we should know about.

West Dunbartonshire  
Health & Social Care Partnership



## Free Hearing Checks in West Dunbartonshire



If you think you might have hearing loss, join us for a cuppa and a chat. We can check your hearing and/or retube and clean NHS hearing aids. So you can bring them along. This is a drop-in session for anyone over 18 and living in West Dunbartonshire, no need to book.



Come and see us during March through November at 2025:

- ★ Clydebank Library, Dumbarton Road G81 1XH  
1st Thursday of each month, 1-3pm
- ★ Alexandria Library, Gilmour Street, G83 ODA  
2nd Thursday of each month, 10:30am - 12:30pm
- ★ Dumbarton Library, Strathleven Place, G82 QBD  
4th Wednesday of each month, 5:30-7:30pm

Help us to help you stay connected to friends and family. Please note, we are not able to fast track Audiology appointments. For more information, please contact:  
✉ [ggc.wdhscp.admin@nhs.scot](mailto:ggc.wdhscp.admin@nhs.scot) or visit [www.rnid.org.uk](http://www.rnid.org.uk)

We look forward to seeing you soon.

RN ID  
Supporting people  
who are deaf, have  
hearing loss or tinnitus  
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# Trafalgar Housing Association

## Quarterly Tenant Satisfaction Results

(4th Quarter – January to March)

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

**90%**

satisfied with the quality of their home

**100%**

satisfied with being kept informed

**85%**

satisfied with opportunities to participate

**95%**

satisfied with overall service

**80%**

satisfied with management of the neighbourhood

**100%**

satisfied with the quality of repairs and maintenance service

**95%**

satisfied with value for money



# Leisure Centre Spring Break Fun 2025

**Saturday 5th April to  
Monday 21st April 2025**



West Dunbartonshire Leisure invites you to come along to one of our leisure centres which is packed full of activities for all ages and abilities including our very popular week long camps.

The 2025 Spring Break programme caters for children from pre-school to juveniles. It includes all your favourite activities such as mini movers, bounce busters, Friday night pool fun sessions, baby bubbles, pool inflatable sessions and juvenile gym sessions. Our popular pool lane sessions are also on each week day.

#### WDC funded free activities for school pupils

- Free Juvenile Swim sessions for WDC resident school pupils between 11.00am and 3.00pm. A valid WD Leisure Card must be presented at reception.
- Free Juvenile gym sessions for WDC resident school pupils between 12.00pm and 4.00pm. A gym induction must be completed prior to gaining access to the gym, and a valid WD Leisure Card must be presented at reception.

Remember swimming for only £1.50 is available for all West Dunbartonshire school pupils during the School holiday outwith the free session times. A valid WD Leisure Card is required.

## Spring into the Easter Holidays!

**£1.50 swims for all WD School Kids outwith free sessions (with a card)**

**Free swimming 11am-3pm all WD School Kids (with a valid card)**

**Free Gym 12yrs+ 12-4pm all WD School Kids (with a valid card)**

**Football Camps- full day & half day 5-14yrs**

**FULL DAY Camps week and day passes 8-12yrs CLC & Meadow**

**Multi Sport & Gymnastics Camps**

**Pool Inflatable & Fun Sessions 8yrs+Meadow**

**Mini Activators pre 5's CLC**

**Mini Movers Meadow (pre school)**

**Bounce Busters 5-8yrs Meadow & CLC**

**Baby Bubbles Swimming pre 5's Vale Pool**

**£8 family swim Vale Tuesdays**

**1/2 price Juvenile Inductions all sites**

**[www.wdleisure.net](http://www.wdleisure.net)**

Full details on all activities and information on how to book can be found here:

<https://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/holiday-programmes/leisure-centre-holiday-programme/>





# 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

## RESIDENTS PANEL

**Our Residents Panel meetings are now in full swing with the most recent meetings being held in both December and February. We had originally planned for quarterly meetings; however our members requested more regular meetings which we were more than happy to accommodate.**

Topics covered at these meetings included a consultation on the Rechargeable Repairs Policy, the rent increase, a discussion on the open spaces, Trafalgar's 35<sup>th</sup> Anniversary and the Options Appraisal.

**Our next meeting date is scheduled for April 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. 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 quarterly 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](mailto:admin@trafalgarha.co.uk), or you can call us on **0141 952 4676**.



# 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





# Chocolate Mini-Egg Nest Cakes

Chocolate mini egg nests are a fun recipe to make with kids all year round although especially fun at Easter time.

## Equipment:

- Heat proof bowl
- Small Saucepan
- Wooden Spoon
- Cupcake Cases

## Ingredients:

- 300g cooking chocolate (milk, dark or a mixture of both)
- 150g of cornflakes (or rice crispies if you prefer)
- 120g of chocolate mini eggs to decorate.

Mini Eggs are a choking risk for young children. Place them in a food bag and use a rolling pin to break them into smaller pieces if you feel this is a concern.

## Instructions:

1. Break the chocolate into small pieces and place in a bowl, over a saucepan of boiling water.
2. Stir until completely melted.
3. Add the cornflakes to the melted chocolate and mix well.
4. Spoon the mixture into the cupcake cases.
5. Press 3 mini eggs into the centre of each nest to decorate.
6. Place in the fridge for 1.5 - 2 hours or until the chocolate is completely set.



# 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](http://www.trafalgarha.co.uk)**



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SCAN ME