

## Are you in the Loop?

The Loop is a Facebook page developed by Peter Divers of the G15 Youth Project in Drumchapel, designed to offer local people and services a central information point to find out about what's going on in Drumchapel and beyond. Anyone who goes onto Facebook and opts to 'like' the LOOP Drumchapel will access updates on what is happening in and around Drumchapel from youth services, activities for older people children and families, mental health, days out and much more. Peter told us; "The main purpose of the LOOP is to connect the Drumchapel community with the Drumchapel projects. In four months we have had 1000 likes on Facebook, and signed up 20 local projects who act as admins and update the loop with things that are going on locally." Get linked in!



## Largs Trip

On Saturday 5th October Thriving Places hosted our second community trip. This saw 40 people turn up on a cold winter's day to go to Largs so we thank all of you who joined us. We will be having another 4 trips before the end of December next year and will keep you posted.

## Tommy's Tribute

As many people in the community will already be aware there was a huge loss recently in Drumchapel as Tommy McLean sadly passed away. Tommy will be sorely missed within the community and fondly remembered by all who knew him. Tommy was a remarkable gentleman who found himself in Drumchapel after a difficult start in life, but he did not let that hold him back. Tommy was a bubbly character and always liked a moan, especially about the potholes and the pavements along Kinfauns Drive. Since Thriving Places opened our office in the shopping centre, Tommy came in daily to raise his concerns with issues affecting him and others within the community. Every day we enjoyed a blether with Tommy and he wasn't shy in telling you if his coffee



wasn't right! Tommy touched so many people's lives and will be missed sorely. It was only fitting that at our trip to Largs we had a small tribute to Tommy by releasing a red rose into the sea as he lived in Largs for many years.

## Community Budgeting

Thriving Places received £5,000 from the North West Health Improvement Team for community budgeting. This is the third time we engage in community budgeting in Drumchapel; in 2017 we received £10,000 supporting 18 community projects, in 2018 £15,000 supporting 23 community projects and now £5,000 this year. As on the other two occasions the community decides how we organise the process.



On this occasion we met on 21st October and decided that the cap would be a minimum of £250 but the organisation could suggest that if it received more funding, and stipulated exactly how much, that it could deliver more activities with a cap of £500.

All 23 organisations who received funding last year from community budgeting were invited. 11 organisations turned up on the day, however we sent the application form out to all previous applicants so that everyone was included. All applications had to be submitted by 4th November and on the 11th November all the organisations would meet to decide who was to be awarded the funds. In our next edition we will inform the community about the projects who were awarded funding.

## ESOL Update

Thriving Places works closely in partnership with Friendship House at Essenside Church, Drumchapel Asian Forum, Axis Health Hubs, and Glasgow Clyde College. Together we provide 'free' English classes for residents of Drumchapel and the surrounding areas. They take place every Friday 10am-12pm in the Essenside Church Hall, facilitated by a volunteer tutor from the Anniesland College Campus. It has been very well attended with between 8 and 12 people participating each week and through this is gives the people the opportunity to develop communication skills and work independently and as part of a team, they have been allocated with part time student ID badges and after they complete the ESOL course they have the opportunity to apply for further education.

## Show Racism the Red Card Day

Friday 4th October marked Scotland's Show Racism the Red Card Day.

The Thriving Places team decided we wanted to host an event at our base down at the CHSS shop by having an anti-racism day where everyone wore red to show everyone of Drumchapel that there is no place for racism. We set up a stall outside the shop and were giving out stickers and getting the citizens of the Drum participating in writing their very own anti racism message and sticking it on the shop window for all to see. Our local primary school pupils supported the event by creating their very own paper football tops with important anti-racism quotes on them. The overall response was fantastic, and we thank everyone who co-operated, it brought a feel-good vibe to the community.



## Cutting the cake at Friendship House!

This month of October saw the Al Shamery family of Fahad and Noora with their two wee boys being granted refugee status. This will give them more stability and security to move on in their lives and build a future for their family. Unfortunately, they will be leaving Drumchapel as they have to vacate the Home Office flat where they currently live but will move into a more permanent home. We wish them well in their future life and at the same time congratulate Friendship House for supporting them through these difficult times; another demonstration of how the people of Drumchapel show racism the red card!



## Community Council

Drumchapel Community Council held its election on the 14th of October at the hub in the Chest Heart & Stroke charity shop. Fifteen local residents from across Drumchapel were elected to represent the views of the community to engage in discussions and dialogue with local city councillors, council departments, the police and various agencies. These meetings happen on the second Monday of each month CHSS shop. Drumchapel Community Council chairperson Andy Lynch said "It is encouraging to have such a diverse, vibrant and committed group who will tackle issues over a period of time". Discussion points included the new community hub, recently given the green light to be built in the not too distant future, also the new law that is being implemented regarding cars parking on pavements which will directly affect residents of Drumchapel. The DCC also continue to seek answers to what is going to happen with unused community buildings such as; The Mercat Theatre, Drumchapel Opportunities, Drumry House and the abundance of vacant land that remains undeveloped.

We intend to have another community gathering in partnership with Thriving Places Drumchapel to address these issues on Saturday 23rd November, 11am - 2pm at Drumchapel Community Centre on Kinfauns Drive. Food and refreshments will be provided on the day so come along and express your views, have your voice heard, everyone is welcome.



## World Suicide Prevention Day

Tuesday the 10th September was World Suicide Prevention Day. In Drumchapel, COPE Scotland coordinated an event with local partners called connect4life, in recognition of the need to come together to recognise how people in Drumchapel and beyond are touched by suicide, mental ill health and challenges to our wellbeing. A key aim was to bring people together to build connections and share experiences. Agencies facilitated table discussions and were on hand if people needed to talk. There were activities including a community walk, daytime disco, and lunch. Several main issues were discussed:

- People can feel embarrassed, worry about being judged, scared in case talking hurts the family, and can feel very alone when experiencing issues with their mental health
- People said that more needs done to reduce stigma, which can cause people to slip through the net. Some people bravely shared their own experiences, of feeling that "other people are living their lives while I am not". Not happy or sad, emotionally anxious feel lost. Putting things off. Not feeling wanted. Nobody notices. Lack of meaning or purpose.

## Drumchapel Asian Forum Karaoke Event

On the 23rd September, the Drumchapel Asian Forum promoted another successful community event; this time it was a karaoke night. The event was well attended bringing together people from India, Pakistan, Sudan, and many other countries, all of whom live and work in the North West of Glasgow. Some local people from Drumchapel also attended and together enjoyed an evening of song, dance and some deliciously much loved international food. A young woman previously nominated as Mrs Asian Scotland also attended together with a young up-and-coming professional Asian singer who came up from London especially for the event. This event, as others promoted by the Asian Forum, focus on bringing people together to celebrate their culture of origin while at the same time developing closer links with the local community and Scottish culture. The Drumchapel Asian Forum have shown, and continue to show, how a mixture of music, dance and food are a healthy and happy recipe for breaking down barriers and is another way of showing racism the red card!

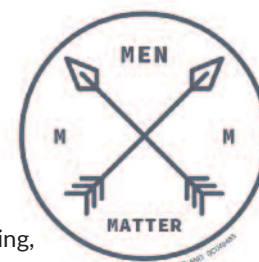


Tracy McKenzie of Thriving Places Drumchapel attended the event and said,

*"Personally, I found this day to be truly inspirational, I met some wonderful people who were open with their life experiences. I honestly feel we need to have more events like this, by creating a safe and comfortable space for those who feel they can't talk but need to talk. I do think it helps to understand you are not alone even when you think you are, and having these safe spaces to talk will demonstrate that there is hope."*



## Men Matter to the Drumchapel Community



The Men Matter project launched earlier this year in Drumchapel, providing peer support for men of all ages through weekly activities and opportunities to get together and talk. Improving mental health, wellbeing, employment and lifestyle are core to the Men Matter project. Peter Divers developed Men Matter along with a small group of other men, while also undertaking his role as project worker with Drumchapel's G15 Youth project. Peter, a local dad of two small children, told us, "We started Men Matter in February from humble beginnings. We'd had some funding from Thriving Places to start a Dad's group and we took it forward into the Men Matter group." Together with fellow trustees Gregor, Fraser and Alan, Peter now meets each week with a group of local men who get together to talk, participate in sports and fitness sessions, fundraising events, family groups, as well as helping the community through litter picks and cooking workshops. Group members have also engaged in crisis interventions for men experiencing mental distress. Peter explained, "We can see how the work we are doing is making a major difference in the community. Poor mental health is a big issue and we have been involved in street work that has seen us linking men up with support in the early hours of the morning, when they are in total crisis."

The Men Matter project is going for strength-to-strength and have now secured premises on Drumchapel Road. The unit will open soon and will act as a programme base offering a drop in service and support sessions. You can get in touch with Men Matter on 0141 944 7900 or find them on

[Facebook @ MenMatterScotland](#)



COPE Scotland has developed a list of agencies who can be contacted for by any resident who needs support:

Samaritans	166123
Breathing Space	0800 838 587
Gamblers Anonymous	0370 050 8881
Alcoholics Anonymous	0800 917 7650
Narcotics Anonymous	0300 999 1212
Childline	0800 1111

The Thriving Places Drumchapel's team office can be found in the Chest Heart and Stroke Scotland, and the team can signpost any member of the community to local partners who can provide information and support. If this would be helpful please call in to see us or ring us on **07387 100 182**.

