

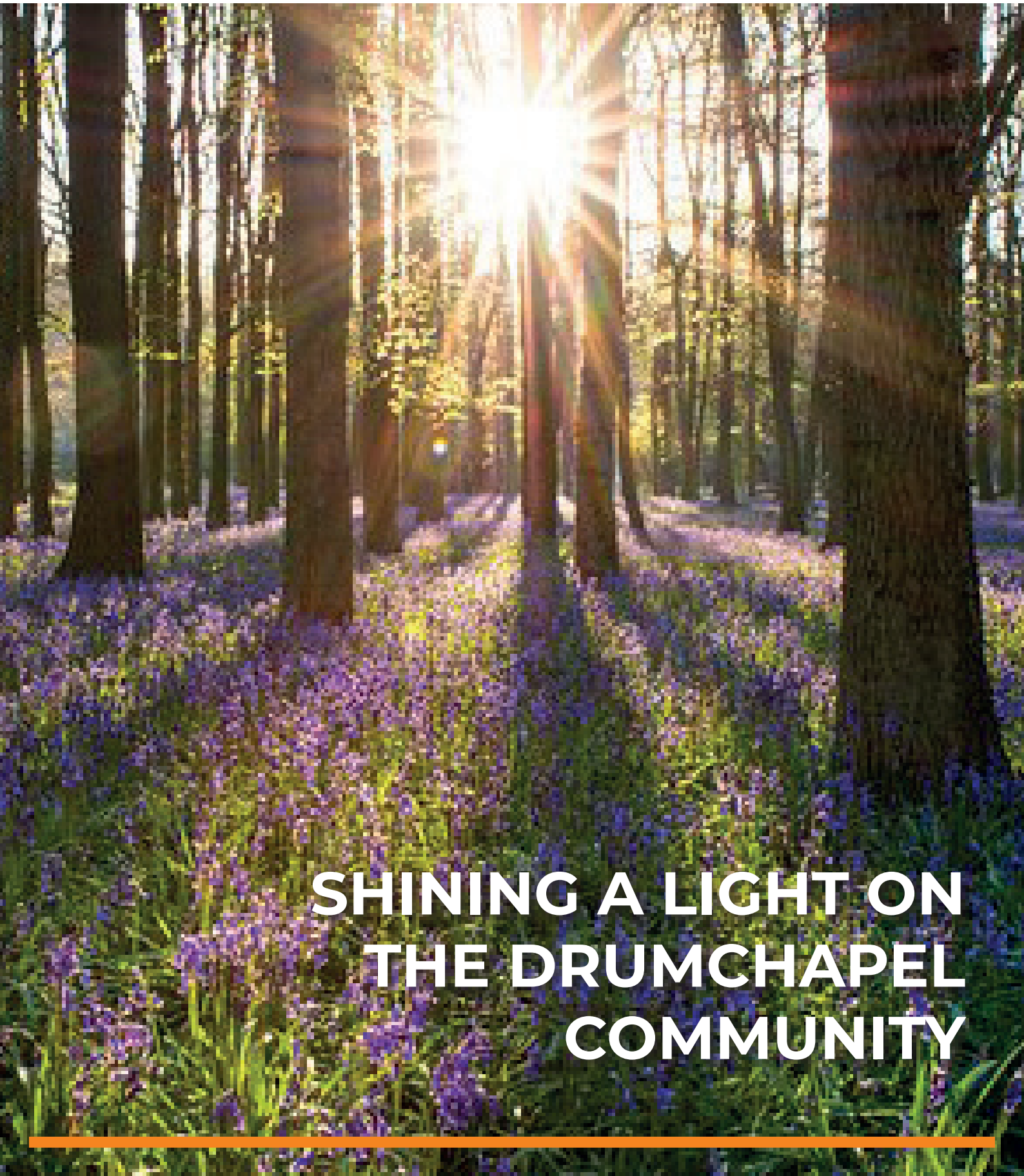


Drumchapel

Thriving Places Community

news

SUMMER 2022



**SHINING A LIGHT ON
THE DRUMCHAPEL
COMMUNITY**

Drumchapel Community Council

Shopping Centre update

As stated in the last Drumchapel News we will continue to inform the community of any plans for the vacant area at the back of the Shopping Centre. On 13th of June a representative from Glasgow City Council's Property Services department attended our meeting and consulted us about a proposed development plan. The plan would include a new community resource centre that will incorporate various council services as well as social housing for larger families to meet demand, outdoor seating and green space and play areas for community use. These developments are largely based on the council being successful with a funding bid of up to £20 million from the Government's Levelling Up Fund (LUF) so the community council will keep you informed how it transpires. On another note, it's great to see the indoor market upgraded and reopened with a new café.

Ward 14 Neighbourhood Improvement Fund

Council Ward 14 which consists of Drumchapel, Blairdardie and North Knightswood/Shafton has been allocated £1 million. The money is to be spent on what the people who live in our communities' think is going to improve the overall appearance, environment, safety, and other development opportunities that will enhance the area in which we live. The decisions on how this will be divided up between the Ward areas has still to be decided but you can be assured that the community council will be actively involved in getting us the fairest allocation possible

Council Elections

On 28th of April we hosted a Hustings in the Goodyear Social Club and invited all ten candidates who were up for election.

Paul Carey (Labour) Elspeth Kerr (Independent) Richard Stalley (Liberal Democrat) Pauline Sutherland (Conservative) attended, with approximately 20 local people. This was a low turnout from both the candidates and from local people. Only 35% of the voting population of Drumchapel turned up to cast their vote. This would indicate a lack of interest, no doubt for various reasons. This situation was further reflected nationally with only 49% of the population in Scotland turning up to vote. The Community Council would encourage everyone eligible to vote in future elections to exercise that right.

The research on the Community Hub conducted by The Community Council in partnership with Thriving Places is now at the stage of analysing the data received during the past year. We hope to produce a final report by the end of August which will be shared with the whole community.

Andy Lynch
Chairperson

dcommunitycouncil@outlook.com or
07340 259 889



Drumchapel Cycle Hub

From humble beginnings in 2016 to a busy community club in 2022. If you haven't been out cycling with us over the years, you will know a child who has learned to cycle at our weekend club, or you will know someone who has had their bike repaired at our workshop.

Our activities have changed over the years, but our aims remain the same. The main ones are to provide supportive and enjoyable opportunities for cycling for all ages and abilities in the community, to establish links with schools and other community organisations, and to campaign for cycling as an activity which helps improve physical, and mental wellbeing.

This last one is particularly important. Cycling has long been known to be an effective way of improving health. It is a low impact exercise which is particularly beneficial towards improving heart and lung health. Getting out and about on the bike, enjoying the outdoors, fresh air, and countryside, is especially good for mental health.

On top of health, for children, learning to cycle has so many more benefits; confidence, independence, achieving, physical literacy which is especially important for children - developing fundamental and long-term skills.

Our activities are suitable for all - from learning to ride for adults and children to easy group cycling, through to longer bike rides for more experienced members, we have something for everyone. Our daytime adult cycling is free, it doesn't matter your

age and you don't even need a bike! We will support anyone who wishes to come out with us. If you are keen but unsure, pop up and see us, have a chat with our team.

We now have a repair workshop where we can service your bike if you want to get out with your friends and family. We repair and service bikes at a low cost, we have fully serviced and repaired bikes for sale too.

We also have bike hire available - very low cost and free if returned in an hour or two - great if you have an errand to run!

You can call Anne on 07794 935 547 or come along and chat. We're open Sunday, Monday and Wednesday throughout the summer.



Building Bridges, Not Barriers

In our last edition of the Drumchapel News, we touched on the issue of the Ukrainian refugee crisis and how many European countries opened their frontiers to welcome those displaced by the war. However, we also mentioned that the same solidarity did not seem to occur when, during the past 20 years, people were displaced from Syria, Iraq, Lybia, Afghanistan and Yemen, all countries where the UK is heavily involved, whether by selling weapons or by direct military intervention. We also questioned whether we are experiencing a type of ingrained structural racism in the UK, and indeed in the whole of Europe? Has it anything to do with Ukrainians being white? Has it anything to do with the media coverage? Has it anything to do with the Western World's historical dislike of Russia? These questions, and many others resulting from this war, merit some thought! The Drumchapel News is an opportunity to reflect upon these issues.

More than integration, which might indicate denying your culture and subjecting yourself to another culture, we should perhaps be looking at ways of sharing our different cultures, our different understandings of the world, our different beliefs. Instead of seeing these as barriers they should be seen as bridges, that is, ways of bringing us closer to one another, celebrating our differences and promoting solidarity.

With the intention of further celebrating our differences and promoting solidarity in the month of June, Drumchapel Community Council, Drumchapel

Asian Forum, and Thriving Places organised a community gathering. The aim of the gathering was to bring the community together again, physically present, for the first time after the covid restriction period, to share our experiences of the past two years. A minute-silence was held at the beginning of the event to remember those of our community, and indeed across Scotland, who lost their lives due to covid. At the event there were 24 members of the Drumchapel Asian Forum, all people from other countries out with the UK, the majority being asylum seekers and refugees, and 22 residents from Scotland, with 2 of the 22 being workers.

It was the first time that the community came physically together since the start of the pandemic. We wanted to see what we had learned coming through the pandemic and what we could still learn from each other. Also, we wanted to see how we could build on the experiences of people and identify gaps in the services being provided to the people of Drumchapel.

We distributed post it notes for everyone to write down answers to the questions we asked. The first question was, how did you feel during COVID? The overwhelming majority of people said they were scared, isolated, depressed, and helpless. Some people noted this was due to media coverage with constant bad news and deaths being reported.

We then asked what the group felt were the positives people experienced? Many said that the community came together, and we spent more time with family and children. People supported neighbours through delivering shopping and prescriptions while some organisations distributed food parcels, electronic devices, and internet sticks to help people stay connected with each other. We also got to know our neighbours more, many having come from other countries out with Scotland, and learned new things



such as cooking and DIY through having to stay at home. Many people started walking and cycling and the streets and parks were busier with people when it was a nice day.

Some negatives were also noted, the main one being that people could not see their families and friends as before. Many were eating more due to boredom, drinking more alcohol, feeling trapped, and it was noted that some organisations or services are still using COVID as an excuse not to deliver services. For example, we still have difficulty making an appointment with the GP or the dentist and cannot get housing repairs done. It was felt that, in general, too many people died through selfishness by the people in power.

The final question was what had we learned through the COVID experience? People expressed a lot of negative feeling towards the government saying that "government was telling lies; they do not care about us; our lives don't matter; and why were we not prepared?" At the same time, people noticed more about their relationships at home, and some made positive changes to improve those relationships. Some of us became aware that we have more chances and choices in life than we realise, while others saw how the community came together and because of this they are now volunteering. There was praise for the NHS as well as for the community for how we came together. However, some people are still scared to go about their lives the way they used to before the pandemic.

While it is important to be aware of the negative experiences that arose during the pandemic it is equally, if not more, important to build on the positives we all experienced. For example, we do not want to lose the feeling of togetherness and helping each other, and we would not like to think that we will need another pandemic for people to feel that they belong to a community and can make a difference in the place they live!

Building community is not an easy task but the pandemic experiences have shown us that it can be done. Unfortunately, we are all guilty of a past, and in many cases a present, of trying to impose our way of being on others instead of coming together, respecting our differences, and trying to understand more about each other. There is still a long way to go but, in Drumchapel, we will continue to explore different ways of bringing the community together to celebrate our differences and promote solidarity.



Support for Unpaid Carers in Glasgow

Glasgow Carers Partnership

Are you looking after someone due to a physical or mental illness, addiction, disability, frailty or long term condition? You are not alone: according to Carers Trust Scotland there are at least 690,000 unpaid carers in Scotland, including 29,000 young carers under the age of 18. Three out of five of us will become carers at some point in our lives and currently one in 10 of us fulfils some sort of caring role. Without the work carried out by unpaid carers, NHS, Social Work and third sector organisations would be unable to cope with the demand for their services.

Caring can be fulfilling and rewarding, however it can also result in stress and can take a toll on the physical and mental health of the carer, as well as having a financial impact. Caring can also limit the time that carers have available for their own life and interests outside of caring.

It is OK to ask for help and under the Carers (Scotland) Act 2016, you are entitled to support in your caring role. You do not need to be related to or live with the person you are caring for, and the cared-for person does not have to have a formal diagnosis, for you to be eligible for information and support.

Support for carers can include:

- Advice and information
- Emotional support
- Training and peer support
- Advice regarding finances
- Breaks from caring
- Planning ahead
- Carer health reviews
- Having a voice

The Glasgow Carers Partnership provides support to carers and is made up of HSCP Carers Teams (Social Work/NHS) and our third sector partners (GAMH and Quarriers Carers Centres in North West Glasgow).

You can choose from the following options to make a referral for carer support: with all of the options you can refer yourself for support or ask someone (friend, family member or professional) to make a referral on your behalf.

BY PHONE

Carers Information Line (CIL)

- ☎ (0141) 353-6504 or email info@glasgowcarersinformation.org.uk
- Call or email the Carers Information Line for information and advice about support for unpaid carers in your local area and to make a referral for support.
- The Carers Information Line is available Monday to Friday from 9 am to 5 pm and outwith these hours details of crisis services are provided.

ONLINE

Your Support Your Way Glasgow

The Your Support Your Way Glasgow website was developed to provide consistent access to relevant information and support for carers all over Glasgow. It includes a comprehensive range of information which could be helpful for carers and also has links to a straightforward online referral form.

- Use the link: <https://www.yoursupportglasgow.org/carers> to access information for carers on the Your Support Your Way Glasgow website
- To make a referral, click on **How to Access a Carer Service**, then <https://www.glasgow.gov.uk/carers> then the **Self-Referral Form** icon, which takes you to an online referral form

ASK YOUR GP

- GPs can send carer referrals directly to your local Carers Team



Thriving is more than surviving

There are few people who do not recognise the impact of the COVID19 pandemic. We may have experienced challenges before the pandemic and the pandemic just added even more. Then we think we are emerging from this and 'wham' another challenge. The cost-of-living crisis, conflict around the world, a heightened emphasis on the climate crisis, worrying about our children and their future, caring for others, concerns for our own health, working through our grief at the loss of a loved one and life keeps happening and with it there can be more challenges. If things ever feel so challenging you have thoughts of suicide, please speak to someone. Remember the Samaritans are there 24/7 365 Tel 116 123

We hear about resilience, the ability to bounce back, however, when its bounce after bounce after bounce, resilience alone is not enough. This becomes about endurance, stamina, keeping the hope that things can improve so eventually we move back to thriving and not simply surviving.

There is much on the COPE Scotland site about finding ways to overcome or adapt to challenges, so they do not hurt as much www.cope-scotland.org. There is still the one-to-one service Wellbeing in West Glasgow until March 2023, a phone support service which runs 3 days a week, for people aged 18 and over living in West Glasgow who may find it helpful to talk to someone about the challenges they are facing and explore some strategies which may help, even a wee bit, phone 0141 944 5490 for an appointment. Or email kathleen.kathleen2@gmx.co.uk or text 07763 743 296

We know people are feeling exhausted, fatigued, drained. We also believe it matters when we are feeling like this we understand why, we give ourselves permission to acknowledge these feelings, then when we are ready begin to explore what we can do, so it does not hurt as much, asking for help where we need it, as we all need help sometimes.

Understanding why we feel like this is a start. Normalising that sometimes we do feel anxious, down, depleted and that is a natural reaction to what is happening allows us permission to be human as none of us are robots and that is another step. Then using this new awareness to help us take small steps which to begin with may be as simple as staying afloat.

We often speak of the sea of life, which inspired a poster which you can download from www.cope-scotland.org. We also have printed one hundred hard copies which we are willing to share for free just contact Kathleen with an address and we will post one out. Our hope is, this infographic highlights the layers which impact on our wellbeing, the challenges we face, and what can help.

Remember, you do matter, we all do and as well as helping ourselves stay afloat, its how we also help each other keep the beacons of hope alive.



Drumhub is a Community Charity first established in November 2016 for the benefit of the Community of Drumchapel. We are run by volunteers and currently based within Drumchapel Baptist Church. Here we run a group twice weekly from 11am – 3pm for those who feel lonely or isolated within the area. We have regular attendees, some who have been with us from the beginning.

Currently we are in the process of seeking authorisation to take over Drumchapel Bowling Pavilion in Drumchapel Park. We would like to operate a not-for-profit café and open the venue to the Community. This would enable a meeting place to be established, working with local groups and share some of the space for specific needs.

We would like to employ local people to manage the operation and take on volunteers to develop skills, this may allow us to open weekends and evenings by arrangement.

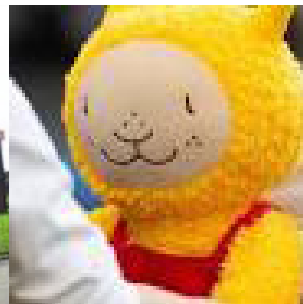
A lot of the community, hopefully, is aware of Drumhub due to its involvement within the community to date, some will also be aware of our aspirations.

We hope that you will support this project and we shall endeavour to keep you informed and up to date with our progress. Please feel free to contact us should you wish further information on 07510 983206.

Drumhub is promoting an SQA course on Mental Health and Wellbeing. contact:

Drumhub (SCIO) SC046156, Church on the Hill, 4 Lilyburn Place, Drumchapel, Glasgow, G15 8HU. Tel. 07510 983 206





What's going on at Drumchapel Library?

We are fully open with access to many **FREE** services, information, and a fantastic selection of books for you to borrow

- > view our extensive selection of books including some for community-gardeners, cookery books, and much more.
- > Access our amazing free digital content whenever it suits you with our E-Offer
- > Access to PCs and printing facilities
- > Under 5's? Join our Bookbug sessions on Wednesdays at 11:30 am running throughout the summer
- > Find out about various Adult Learning Classes
- > Sign up for your Kidzcard, Glasgow young Scot and NEC cards.
- > Get involved in activities and events, including this year's **SUMMER READING CHALLENGE with the GADGETEERS**



Keep up to date with service availability and events by logging onto our website below, giving us a call or popping in for a chat with our friendly Library staff.

Not a member yet? Free membership available online or in the Library.

Mon: 13:00pm - 20:00pm

Tue: 10:00pm - 17:00pm

Wed: 13:00pm - 20:00pm

Thu: 10:00am - 17:00pm

Fri: 10:00am - 17:00pm

Sat: 10:00am - 17:00pm

Helca Avenue
0141 276 1545
www.glasgowlife.org.uk/libraries



THRIVING PLACES
DRUMCHAPEL