



Drumchapel

G15 Thriving Places Community

news

www.g15tp.scot

FEBRUARY 2025

This edition...

This is the first edition of the Drumchapel News 2025 and we decided to focus on the community and third sector organisations working in Drumchapel. It is an opportunity for all the residents in the G15 postcode to find out what is available in the community in this New Year 2025.

There are many challenges ahead, including tackling poverty, discrimination, racism, to mention only three, whether globally or locally. These are huge issues and might seem impossible to change. However, we have many opportunities to tackle these issues locally through the organisations in the community, which hopefully will have an impact on the bigger picture globally.

Our hope is that this issue, and indeed any future issues of the Drumchapel News, will contribute to making Drumchapel a happier and stronger community.

Let us know what you think of this edition and if you have any suggestions for future editions, we would like to hear from you.

Enjoy the read!

Michelle 07935 654594 or michelle@g15tp.scot | Ted 07387 100182 or ted@g15tp.scot | Tracy 07761 357139 or tracy@g15tp.scot



G15 Pantry Cupboard

Over the past few years, we at G15 Thriving Places have become aware of the importance of establishing a pantry in the community. This awareness comes also from our daily drop-in service where several residents expressed their concern with the high cost of living and the difficulty

to put food on the table. Many have been forced to resort to Food banks to reduce the costs of accessing food.

Local pantries are places that soften the blow of high living costs and bring people together around food. Pantries strengthen communities, foster friendships, loosen the grip of poverty and contribute to healthier, happier lives. Pantries are laid out like shops, and members choose their own items from a wide selection, including fresh, refrigerated, frozen and long-life foods subject to stock.

The pantry will help reduce the levels of food waste and help residents plan more effectively their diet. We will establish relevant partnerships with local supermarkets for donations of surplus food. The pantry will also channel residents to relevant organisations who can support with improving and administering their income. We will link in with statutory organisations to offer residents the opportunity of entering education, training, or work.

The Pantry will be run by G15 Thriving Places in the Drumchapel Community Centre. One team member from G15 Thriving Places and volunteers will work in the pantry. We hope to be up and running by the beginning of April. Watch this space!



Drumchapel Community Council



Greetings from Drumchapel Community Council (DCC)! We hope everyone is feeling well and easing into 2025! It's difficult to be positive when world events keep on reminding us that life is so fragile and can be challenging to our thoughts and emotions in every possible way.

DCC attempts to address local issues by hosting monthly meetings in the Community Centre. The meetings are open to anyone who might want issues to be acted upon such as road safety, bin collections, environment improvements, street lighting, fly tipping, vandalism etc. These are all issues that are important to local people as we all want the best for Drumchapel. The future is bright with more social housing planned as informed by GCC at the last Area Partnership meeting. The rear of the Shopping Centre is to be transformed, funded through the Levelling Up Fund, making the area brighter and safer, and hopefully with new public toilets!

Drumchapel Park has seen improvements in recent years with the installation of the Outdoor Gym, the Covid Memorial and the perimeter railings now painted. These improvements were all delivered due to the DCC managing to secure funding!

The dates and times of the next meetings, all on **Monday evenings from 6-8 pm** are as follows:

- **February 10th**
- **March 10th**
- **April 14th**
- **May 12th**
- **June 9th**

We look forward to hearing your concerns and possible solutions, all of which to make Drumchapel a happier and safer place to live and work.

Andy Lynch, Chairperson DCC
mrandlewlynch@outlook.com

Blairdardie & Old Drumchapel Community Council

Blairdardie & Old Drumchapel Community Council normally meets on the third Monday of each month in Blairdardie Primary School at 7pm. City Councillors and police are normally in attendance.

Currently the Community Council is examining five proposals and two in reserve in case any costings are out with the £333,333 that is available from the allocation we received from the £1 million to be spent in the Ward 14. The current proposals are:

- A Multi Use Games area (MUGA) near the site of old Blairdardie Pavillion, like Gorget Avenue
- A children's play area on the Green Space between Moraine Ave and Blairdardie Drive
- Install paths and picnic benches on the green space between Moraine Avenue and Blairdardie Drive
- Install either two fixed or deployable CCTV cameras on land adjacent to Keystore Blairdardie Road
- Install four streetlights on path in front of Kirkhope Drive.

The two reserve projects are:

- Upgrade paths
- Canal bridge at 475 Blairdardie Road, for which we are seeking local ideas.

All the proposals are subject to costings and will be subjected to public consultation and a vote from residents.

Community Council Meetings:

- February meeting is on Monday 24th
- The March meeting is on Monday 17th and
- April meeting is on Monday 28th.

Further information from the community council Facebook page.

The Community Council also supports the Drumchapel Tennis Club. New players of all ages and abilities are welcome at the tennis courts at 90 Garscadden Road.

- Mondays 7pm Adult learners just turn up.
- Full youth tennis programme, contact 07770 414 095 for information.

The tennis club has a public access defibrillator, and a publicly available litter pick up kit.

Drumchapeltennis.co.uk or see the club on Facebook



3D Drumchapel

Our busy team at 3D Drumchapel are excited to be starting a new year with a full programme of free and accessible sessions and activities. We journey with families in Drumchapel, Knightswood and Yoker, from pre-birth and up until age 12, and provide all round support for our families.

In 2025 we are looking forward to meeting a whole new group of babies and their adults, who can come and enjoy "Baby Massage", "Baby & Me" play sessions and "Baby Beats" music and rhythm classes with lunch provided. For our families with toddlers and pre-school children we are running our "Tots2Toddlers" play sessions, "Movin' n Groovin'" with movement, music and interactive play, and "Messy Play" which is obviously messy but lots of fun! For other kids we have indoor and outdoor "After School Clubs" and "Dad & Me Matter" with a variety of toys, games, activities and new experiences. All our groups are inclusive, but the "Wednesday After School Club" is specifically designed for children with additional support needs.

Grown-ups can benefit from some 'me time' in our adult sessions which include a variety of parenting groups, wellbeing sessions, peer support groups and the Women of Wonder (WOW) group. We have recently introduced our new and exciting "Express Yourself" classes, with various arts and crafts. We offer "Triple P" parenting courses, including the "Triple P Fearless" as well as "Solihull Understanding Your Child" course for parents/carers and "Seasons for Growth" course which helps deal with loss and change, and we will be running a series of wellbeing sessions. If you have a child with additional support needs, you can drop in to our monthly "SPACE" Peer Support sessions, and we have our monthly Triple P Peer Support as a refresher for anyone who has completed any of the Triple P programmes.

Look out for our holiday programmes, where we will provide fun play days for all the family, and a range of sessions and trips during the summer school holidays. We will provide healthy snacks at all our sessions, and lunches over the holidays.

If you and your family are looking for some new, fun, interesting and exciting activities and challenges, and the chance to meet new people and make new friends, come along and join our 3D family. You can find out more and see our current programme of activities on our website www.3ddrumchapel.org.uk or on our Facebook page www.facebook.com/3ddrumchapel.

In addition to our sessions and courses, we will provide our families with support emotionally and practically working with other services in the area to ensure all your needs may be met. This includes our free and accessible clothing and equipment bank for age 0-5, called "Bairn Necessities", dedicated to supporting families in Drumchapel, Knightswood and Yoker with the aim of providing good quality children's toys, clothing and equipment to families who are on a low income. All our items are donated. If you'd like to access this service, donate or volunteer, contact 07341 924522 or at bairnnecessities@3ddrumchapel.org.uk.



A Worrying Story from Two High School Students



"I exit the bus with my friends and classmates as we warily shuffle on the edge of the pavement. The buses are constant, blocking their side of the road. Some people chance it by stepping out, often rushing back to the pavement as a car zooms towards them. A few will even just make a run for it until their luck runs out. Cars driving out to overtake the stopped buses don't help. It's overwhelming and I think longingly back to the islands. Part of me is tempted to get off a stop earlier to make use of them rather than risk it every morning with rushing drivers. At the end of the school day, I stay on the same side to get the bus and watch as the same events of the morning occur with kids trying to cross, now with the added traffic of cars exiting the school gates. An accident waiting to happen for the young people and visitors of the high school. The primaries receive substantial help and the High School none, despite our building holding significantly more people. We shouldn't have to wait for someone to get hurt simply trying to make their way to first period for action to be taken".

Caitlin Rosia and Shannon Boyd



The Play Center

The following activities are ongoing during 2025:

- The Play Center Sewing Club Saturdays 11.30am-2.30pm
- The Play Center Pantry Tuesdays-Thursdays & Saturdays (*by appointment call/ whatsapp 07405 253830 or email admin@theplaycenterglasgow.co.uk*)
- One-to-one support/referrals Tuesday-Thursdays 11am-2pm
- SGN/The Play Center Heating & Eating Project (*by registration*) Thursdays 11.30am-12.30am
- The new moms Support Group Thursdays 12pm-2pm
- Glasgow City Council Holiday Programme 7th-17th April 2025 8.30am-3.30pm (*to register call/whatsapp 07405 253830 or admin@theplaycenterglasgow.co.uk*)
- Youth Tech Summer Camp Summer 2025 (*by registration*)

For any further information contact the above

Adekemi

The Play Center Glasgow C.I.C SC686453

11 Ladyloan Avenue Glasgow, G15 8LE

G15 Youth Project Happy New Year!

2025 already where has time gone? G15 welcomes the New Year and once again gets prepared to deliver the best service to young people aged 12-25 in the Drumchapel area.

Supporting our young people and their families is important to us, and we do this as best as we can. We will continue to deliver our fantastic mental health support service via our "SHAPE" programme, giving young people the tools to set goals and start to look after themselves and their wellbeing much better. Our vibrant Youth Clubs will continue to welcome young people to get involved and encourage participation in all activities on offer. Arts 'n Crafts, board games, dodge ball, gaming, movies or just "chillin" and having a wee blether. Access to the youth clubs is via our membership and Facebook page, get yourself signed up today! Pickleball? Yes, G15 has its very own Pickleball team, and the lads and lassies are learning the skills of this new sport which is like a combination of table tennis and badminton. Using places like the high school and the Drumchapel sports centre the team meet twice a week and would welcome anyone that has a genuine interest in the game. Contact Rab at G15 for more information. Our creative group has developed Drumchapel TV which films and interviews everything that is going on in the community. Log onto YouTube and type "Drumchapel TV" and watch some of the content; see our young people interviewing first minister John Swinney and there's even story telling for the weans, tell your parents!

G15 is a free confidential information and advice service to young people and works with multiple agencies within the community to ensure young people are accessing the best services. We are open during school holidays and run programmes during Easter, Summer, October week and a winter programme. You need to be a member of G15 to access our service. How do you contact us:-



Facebook g15 youth project mbe

Telephone 0141 944 8868

Email mail@g15yp.co.uk

Pop in 15 Ladyloan place units 20/21 G15 8LB

Meet the Team

Project Leader	Joyce Bell
Youth Development Worker/Pickleball Coach	Robert Macklin
Youth Development Worker	Peter Divers
Sessional Staff	Kathleen, Kevin, Michaela
Street Work Team	Liam and Karen
Management Committee	Joe, Abbie, Karah, MaryAnn, Mags & Tai

Best wishes to you for 2025 and look forward to seeing you soon.

Fortune Works

Discover the Magic of our New Artisan Bespoke Product Range

Fortune Works is delighted to announce the launch of our new artisan bespoke product range, a collection that epitomizes creativity, craftsmanship, and inclusivity. Each item in this unique collection is meticulously handcrafted by talented adults with disabilities, showcasing their exceptional skills and dedication. Our range includes a variety of beautiful and functional items, such as candles, painted pots, wax melts, planters, woodwork items, mosaics, sublimation printing products, jewellery, and story tiles.

Candles and Wax Melts: Our hand-poured candles and wax melts are not just sources of light and fragrance; they are pieces of art designed to create a soothing and inviting ambiance in any space. Made with high-quality materials and attention to detail, these items are perfect for enhancing your home or giving as thoughtful gifts.

Painted Pots: For those who love gardening and home decor, our painted pots and planters add a touch of elegance and personality to any setting. Each piece is uniquely decorated by our artisans, making them one-of-a-kind items that can brighten up any space with their vibrant designs and exquisite craftsmanship.

Woodwork Items: Our collection also features beautifully crafted wooden planters and items ranging from small decorative pieces to functional furniture. These items highlight the natural beauty of wood and the skilful hands that shape them, providing both aesthetic appeal and practical utility.



Mosaics: Our mosaics are true masterpieces, with coasters and wall art with intricate patterns and vibrant colours. Crafted with patience and precision, these mosaics are perfect for adding a touch of artistic flair to your home or office.

Sublimation Printing Products: The sublimation printing products in our range include a variety of items such as custom mugs, coasters, and home decor pieces. Each item features high-quality prints that capture the essence of bespoke design, making them perfect for personal use or as unique gifts.

Jewellery: Our jewellery collection is a blend of elegance and individuality, with each piece carefully crafted to showcase the beauty of its materials. Whether it's a delicate necklace or a striking bracelet, our jewellery is designed to make a statement and become a cherished addition to any wardrobe.

Story Tiles: Our story tiles combine art and narrative in a way that is both enchanting and meaningful. Each tile is a canvas for creativity, depicting scenes and stories that resonate with the heart and add a unique touch to any space.

At Fortune Works, we believe in the power of inclusivity and providing meaningful opportunities for individuals with disabilities to showcase their talents. Every purchase from our collection supports these skilled artisans and contributes to a more inclusive and supportive community.

We invite you to explore our new artisan bespoke product range and experience the beauty of craftsmanship with a purpose. Visit us at 195a Drumry Road East, Drumchapel, G15 8NS, or shop online to discover these exceptional pieces first-hand.

Together, let's celebrate creativity, inclusivity, and the joy of handmade artistry.

Drumchapel Cycle Hub

Over the past year, supported by SPT's People and Place Programme with funding from Cycling UK, Drumchapel Cycle Hub has delivered learn to ride sessions for hundreds of children as well as teaching adults to cycle. We travelled across Glasgow on group rides, repaired upwards of 300 bikes, many repaired for free, refurbished, offered for free or sold over 100 bikes, and organized an amazing local cycling event. We finished our year with the Free Christmas Bikes project, giving away over 50 bikes to children.

We are now a registered charity and have lots of plans for moving forward. We have also recently expanded our space by creating a new sheltered area next to our workshop and office.

We work in the schools to teach "Bikeability" (cycling proficiency) and work with nurture groups and children with additional support needs. The schools' feedback said that children who are attending our cycling sessions have improved attendance and engagement with learning, and in addition to bolstering physical development such as motor control! We will continue to provide refurbished adult bikes for a low cost and often free to those who want to travel by bike for school or work, to help reduce the costs of travel.

For 2025, we have decided to change the way we handle children's bikes. We receive donated bikes regularly and this has led us to develop our Kids Bike Library. For only the cost of annual membership, families can access a bike for their child from our library at any time of the year. The child can use that bike for as long as they need it, or can swap for a

bigger size, returning the smaller bike. This will save families money and help towards reducing waste in our community.

We're happy to accept any donations. Bikes that we cannot repair are usually stripped of usable parts to help repair other bikes. Other unusable parts are recycled, such as the inner tubes, sent to Schwalbe to be made into new inner tubes, while tyres go to a local recycling company. Our repair workshop is open Monday, Wednesday and Friday 9.30-4.30pm and provides low-cost services and repairs, often half the price of independent bike retailers!

We have adult cycling activities, every Monday and Wednesday morning, as well as ladies cycling on a Monday evening, and our Thursday evening longer rides for more experienced adults. We have adult cycling skills sessions for those who would like to learn how to cycle.

Our popular Sunday Kids Bike Club is also running once more, teaching children aged 3 and upwards how to cycle. We also have sessions on a Monday afternoon for older children or those needing some extra support.

Don't hesitate to message us on our Facebook page or website www.drumchapelcycleyhub.org.uk





Drumchapel Friendship House

Last year was a good year for our group. We welcomed lots of new families and were successful in securing a fantastic grant from the National Lottery. This year we are hoping to have a great year and make lots of happy memories for all our families.

We have had our premises updated to make us a little more energy efficient. We are now planning ahead to treat our families to an outing at Easter and another one during summer holidays. We also always have a children's Fun Day in August before schools go back with Bouncy Castles etc for the children. We would also like to have a Thanksgiving Party, maybe during October week, to celebrate how well our group is doing and to invite as many past families as possible to come back and let us know how they are, since moving away from Drumchapel.

We seem to be going from strength to strength with more women actively getting involved each week. Quite a few men come along now and we can see them relaxing and enjoying the company.

We have had marvellous support from G15 Thriving Places

and Drumchapel Food bank which we know will continue for years to come.

This year Glasgow celebrates 850 years since it became a Burgh and Drumchapel celebrated being 71 years young! We will try and find a way to celebrate such an achievement.

Friendship House meets every Wednesday from 11.30 until 2 pm. We offer tea and coffee on tap and a lunch prepared by some of our lovely women who surprise us with a meal from the culture of their own country. So if you would like to join us PLEASE feel free to come along! You will be made to feel very welcome and will make new friends.

Friendship House, 50 Essenside Avenue, G15 6DX
On the 200, M60 & 3 bus routes



New Hope Community

The New Hope Community has been dedicated to supporting and empowering the diverse communities of Glasgow for the past five years. In 2024, we successfully ran a variety of impactful projects aimed at raising awareness, providing essential services, and offering opportunities for personal growth. These activities included a visit to the Science Museum, a four day stay at Craig Tara, a breast cancer awareness session, fire safety training and a foodbank initiative. We also recognized the need for an online presence and launched our website, <https://newhope-community.com/>, which has been a valuable tool for sharing information and engaging with the community.

As we look ahead to 2025, we are excited to expand our initiatives and continue making a positive difference.

We plan to offer **digital training and sewing classes**. The digital training will focus on improving computer literacy and online safety, while the sewing classes will provide practical skills for personal or professional use.

We are also excited to organize a **visit to the Fire Safety Centre**, where participants will gain hands-on fire safety

training and learn more about fire prevention.

Personal safety training will be another important initiative, teaching individual's practical skills for staying safe in everyday situations. This training will include self-defence techniques, emergency response, and general personal security.

We will also focus on raising awareness about **prostate cancer** in 2025. Through informative sessions, we aim to educate men about the importance of early detection and prevention, addressing a health issue often overlooked in many communities.

Finally, we will host another **visit to a museum**, providing a cultural and educational experience for our members to learn about history, art, and culture.

The New Hope Community continues to be committed to supporting the local community through diverse initiatives focused on education, health, and safety. As we look to 2025, we are excited to build on our past achievements and continue empowering individuals to thrive. With a focus on skills development, safety, and health awareness, we aim to create a stronger, more connected community.



Orchard Community Trust

The Orchard Community Trust is a SCIO set up by a community group within St Mark's building. The main purpose is to provide a community space which benefits the people of Drumchapel.



The SCIO plans to buy the building from the Church of Scotland and run it as a community enterprise, responding to the needs and wants of its surrounding community. It has a single tier constitution run by board members, but the proposal is to change to a 2-tier constitution, where the board acts on behalf of a large community membership.

At present, the board has members from local organisations and interested individuals. These members are firmly committed to bringing more opportunities and autonomy to Drumchapel people, so as to be able to make significant choices for their own community and its future.

The principal focus of the Trust is **WELL-BEING**, centred around five areas:

1. Food and healthy eating
2. Physical fitness
3. Spiritual well-being, in a broad inclusive sense
4. Environment and awareness of caring for our planet
5. Opportunities in art and music both individually and collectively.

The building has belonged to the Church of Scotland since 1955 and has been a much-loved space, hosting many special events as well as church and community organisations over the years. The worshipping community of St Marks will continue to use the building and be very much present within Drumchapel. However, instead of owning the building the church will continue as one of the many tenants using the building and paying rent.

We want to create a vibrant community space where people have a say in what facilities are offered. Hopefully, we can fill some of the many gaps in the opportunities available for young people, the isolated elderly and the many families and individuals in between.

We are re-opening the Orchard Cafe for free hot breakfasts from February 2025 onwards. Known just now as St Marks Church, (281, Kinfauns Drive), the centre, run by the Orchard Community Trust is a place of welcome, inclusion and opportunity.

Drumchapel's Warm Welcome Café



We are part of the "Warm Welcome Spaces" campaign which are places of belonging, where new friendships are forged, and people feel valued. Our café offers exactly this and more. People come together in our warm, relaxed environment to sit quietly or have a blether as well as enjoy a selection of soups, scones, other baked goods, fruit, and hot drinks, all free of charge. Our café is also accessible via a ramp into the building and down to the toilets

Everyone is welcome regardless of age, gender, sexual orientation, religious beliefs or none. We all count and are part of the same community.

Our space does not just provide warmth and food, but we actively promote human connections between everyone who visits us and by working collaboratively with other local people and organisations.

We are aware of how difficult life can be whether that be the cost-of-living crisis or something else. The loneliness that people can feel especially through the Scottish winter can make this ten times worse. We are here to

offer a bit of warm connection, all wrapped up in a smile and shared belonging.

We hold our café in an amazing space, it's warm and welcoming for the whole community to come and use and our aim is to create a sense of connection. Our cafe is for anyone of any age and background to sit and feel comfortable, meet people, make new friends, and come back each week, experiencing a sense of belonging.

Our café is run by volunteers and staff who know that it can be difficult sometimes to look after ourselves especially when it's cold and dark. Our mental health is really helped by eating well and making connections, and the café offers both. We have visitors of all ages from babies to those in their 90s. We offer something for everyone within our relaxed atmosphere. If you want to have one coffee fair enough and if you want to have ten coffees that's fine too! If you are still hungry there isn't a 'you're only getting one soup' kind of thing going on. Our visitors have said how nice it is to do this without judgement.

We offer a confidential, non-judgemental space and recognise that sometimes people just need someone to listen. We have many community connections and are able to signpost and refer people to the right organisation.

We want to thank our visitors who support us each week and look forward to welcoming and sharing time with new visitors.

The café is open every Tuesday 11-2pm in Drumchapel St Andrew's & Yoker Church

(big white church on the corner next to 10 o'clock shop).

All welcome! Look forward to seeing you there!



Drumhub started 2025 with a positive vibe as we were successful in obtaining funding from Drumcog (various Housing Associations) within Drumchapel to provide Christmas Dinner on Christmas Day for identified persons who would have experienced isolation on their own. Transport and a 3-course meal was provided on the day, allowing folk who would have been on their own to enjoy company.

As Christmas is an annual event we need to plan and invite residents much sooner and who better to refer identified individuals than Housing Associations. So, if you missed out, let your Housing Officer know for Christmas 2025.

Drumhub continues its mission to reduce isolation, engage the community to build on its well-being and skills, working together with other groups to make a difference.

We will continue to support events in the community like Winter Wonderland, D in the Park, G15 Thriving Places, New Hope Community as well as Drumchapel Panto Group when needed.

We continue to pursue our goal of taking on the Pavilion in the Park as a not-for-profit café, with a view to employing local people to operate it. This is a long-term venture and is slowly progressing. In the meantime, we meet each Thursday from 11am until 2pm at The Church on the Hill, providing lunch, refreshments, good company and conversation. We also have access to a relaxation room and Mental Health Peer Support worker by arrangement. Come along if you can, it would be nice to see you and have a blether over a cuppa.

Alison Horner



Men Matter Scotland Plan for 2025

Men Matter Scotland are a Men's Suicide prevention Charity based in Drumchapel, promoting positive Mental Health in Men. We aim to support our members in their journey to a positive fulfilling life.

Our Hub is open Monday through Friday from 10.30am to 9pm, also open from 10am to 4pm on a Saturday. We offer a wide range of sessions and support to our members, running a minimum of 3 classes per day (11am, 1pm and 6pm) Monday through Thursday.

Some of the sessions we include

Moving Forward, which focuses on understanding the past but looking forward to a positive future.

Mindset Coaching, which focuses on changing negative thought and promoting positive changes to thinking and outlook on life.

The Impact of Trauma is an extremely popular session as this allows members to process the trauma they had experienced and support some who did not know they have experienced trauma in their life.

We have a Talking Group to encourage the members to discuss any issues, worries and thoughts they need to get off their chest.

We also have a few new sessions starting in 2025 including Tai Chi, Narcotics Anonymous and Introduction to NLP.

Every Sunday we have our 'Go Wild' day out, our outdoor day involves walking, Caving, Gorge Walking, Paddle

Boarding, Cold Water therapy and always a chat around the fire.

Through our Street Team, we offer support to the Community on Friday, Saturday, and Sunday evenings from 9pm to 12am. We have a dedicated Street Team staff who cover a wide area across Glasgow over the weekend.

This year we also have various events in the diary. To assist with fundraising in March we have our Annual Gala Ball at The Raddison Blue Hotel in Glasgow and our Annual Charity night in September at Olivers Bar in Drumchapel. Our Halloween Party for families is very popular along with our Christmas Toy appeal.

Through our presence online in the community we have staff, volunteers, members, and fundraisers who will be taking part in the Glasgow Kilt Walk, followed by our 'Live in the Light' event in May at Luss Shore Loch Lomond.

We have a huge event planned for climbing Ben Nevis this year, where we will be connecting families who have lost family members through suicide. These families can then support each other as they will be at various stages of the grief process.

Through our hard work we now provide support to staff at some well-known organisations including Graham Construction and BAE Systems. This involves group sessions with the workforce and one-to-one support if required. This has proved a great practice, and we are looking forward to continuing the partnerships we have built. A new partnership for this year involves the Prison Service, where we deliver sessions to the inmates.

We are all extremely excited and privileged to be able to deliver the services and support we do, while continuing to promote positive mental health in men across Scotland.