



NORTH news



One Vision: A New North Glasgow - a great place to live, learn, work, visit and invest.

ISSUE 49

Over 1000 people bring in the Chinese New Year with ng homes

The Chinese community across Glasgow brought in 2017 in style as three major events across the city welcomed in the year of the Rooster.

With the help of a range of organisations, ng homes were honoured to work so closely with the community and event organisers to host these unique, colourful and inspiring events. It

was our privilege to be so involved alongside our tenants at perhaps the biggest set of events in the Chinese Cultural calendar. We celebrated multiculturalism at a massive City Chambers event, shared red envelopes at our very own Chinese tenant's party and brought older communities together to drink, dance and be merry in a famous Glasgow Chinese restaurant.

[FIND OUT MORE INSIDE](#)



Andy Chung, Chair of the Chinese Association, Sadie Docherty, Lord Provost of Glasgow & Mr. Pan Xin Chun, Chinese Consulate General Edinburgh

Glasgow Afghan United celebrates New Year in North Glasgow

Community members, speakers and ng homes staff welcomed the Afghan New Year together in an inspiring event at Saracen House in March.

The Afghan New Year, also known as Nowruz, brought together key influencers from the Scottish Afghan Community as well as politicians and ng homes representatives.

The night brought together different kinds of music, food and culture from Scotland and Afghanistan and celebrated the strong cultural bonds between the two countries, as well as discuss the issues of family reunification in the UK.

Speakers included Abdul Bostani, the chair

of Glasgow Afghan United, Liaquet Ali Ameri, Counselor and Charge'd'Affaires of the Embassy of the Islamic Republic of Afghanistan in London, John Wilkes, Chief Executive of the Scottish Refugee Council and Alison Thewliss, MP for Glasgow Central.

Nowruz is an ancestral festivity marking the first day of spring and the renewal of nature and is recognised by UNESCO.

Fittingly, the event was the opportunity to renew the strong cultural bonds between Scotland and Afghanistan and celebrate the multi-cultural community we have here in North Glasgow.



Nowruz celebrations get underway



Quadruple award
P4



Pitstops graduation
P12



African Challenge Scotland & ng visit the Scottish Parliament
P5

MEMORY LANE



Springburn volunteer fire service – inc. Dougie's grandfather 1905



Dougie as young boy



The now demolished Bedlay St flat

Down Memory Lane With Dougie Whyte

Dougie Whyte has lived in Springburn for over eighty years and is a resident at one of our sheltered housing complexes.

What a change there has been in Springburn in the eighty-two years I have lived in the district. Springburn was a highly industrialised district when I was born in 1934. There were three locomotive factories, each employing between five and eight thousand people.

Two of them; St. Rollox and Cowlairs, were eventually nationalised as part of the British Railways. The other North British

Locomotive Company was a private concern and made steam locomotives for export.

It was said of Springburn that you could buy almost anything apart from a car! Cowlairs Co-operative Society had many shops where you could get anything from food and drink, to furniture and clothing, medicines to hairdressers and funeral arrangement. The whole of Springburn Road had shops on either side from Townhead to Bishopbriggs.



Dougie as a young man

The many churches, banks and public houses have almost gone. Schools too have almost disappeared. In fact, nearly every

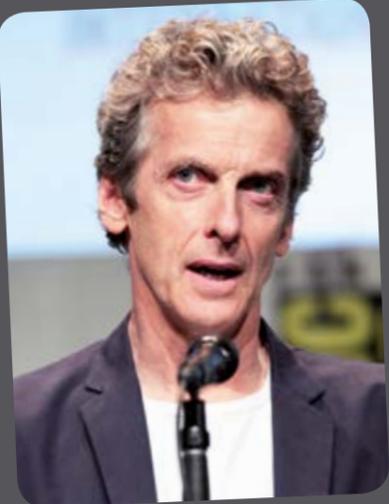
institution I was involved with has gone. My Primary School (Clydepark), Secondary School (Albert) are no longer there. Almost everything I knew has gone, even my mop of curly hair!

Of the houses I have lived in (only three), two have been demolished to make room for other projects; Bedlay St to make way for Springburn Clearway and Fountainwell Square as part of the transformation of Sighthill. Even the house I am now in was a conversion from a Co-Operative shop.

Springburn has seen many changes over the many years I've been here, and I'm sure it will see many more in the future.

North Glasgow Famous Face: Peter Capaldi

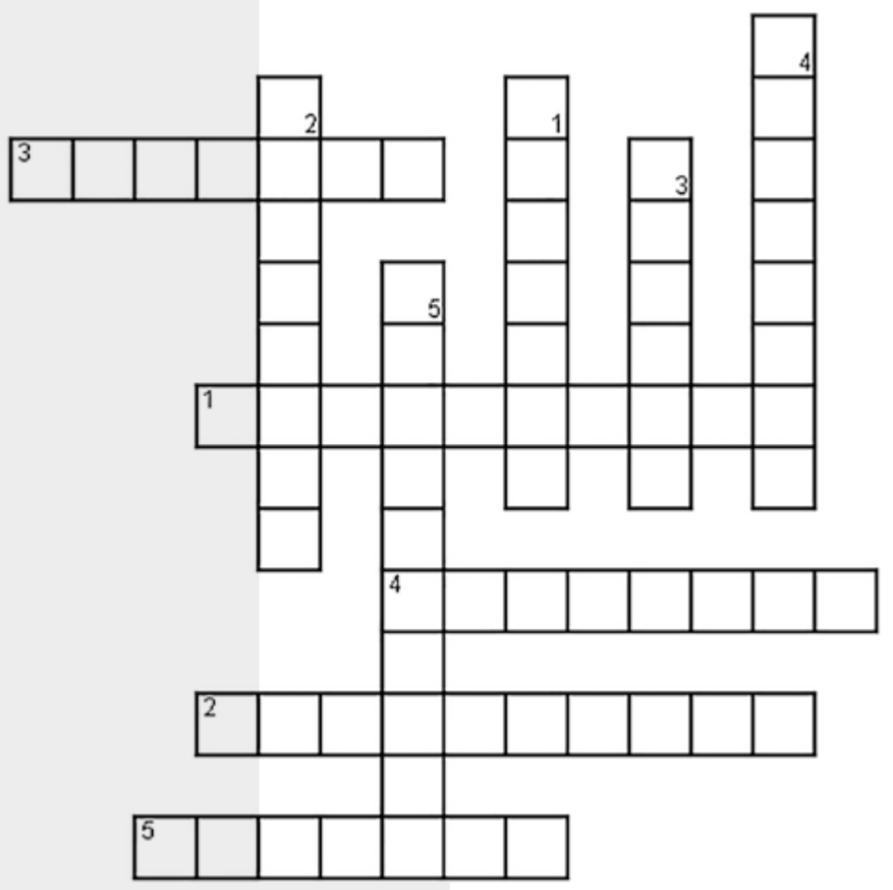
He's travelled across the galaxy as everyone's favourite Doctor, spun a messy political web as the foul-mouthed Malcolm Tucker and even picked up an Oscar for directing a short film (Frank Kafka's *it's a Wonderful Life*) in 1993, but did you know Peter Capaldi is North Glasgow born and bred?



Growing up on Keppochhill Rd, Springburn, the current Doctor Who was the son of an Irish mother and Italian father. His father used to run an ice cream van in the area, selling the gelati he made at a factory nearby, does any one remember it?

Ever the creative type, Capaldi studied illustration at the Glasgow School of Art and was once the frontman of a local punk band called The Dreamboys. Now an established writer, director and actor, Capaldi is one of North Glasgow's most famous faces.

North Glasgow Crossword



Crossword key

- | | |
|---|---------------------------------------|
| Across | Down |
| 1. The area's Golf Course | 1. Main street in Possilpark |
| 2. Famous North Glasgow park | 2. Famous North Glasgow train company |
| 3. Campus with four schools | 3. The area's college |
| 4. Local hospital | 4. Local football team |
| 5. Famous Scots-Italian actor from Springburn | 5. The other local football team |

African Challenge Scotland visit Parliament as MSP raises congratulatory motion

African Challenge Scotland (ACS) visited the Scottish Parliament in early December after a local MSP raised a parliamentary motion to praise the excellent work of the group.

On 10th December 2016 over twenty people, including members of ACS, young members of ACS and ng representatives, took the trip up to Edinburgh to visit Holyrood.

Bob Doris SNP MSP for Maryhill and Springburn arranged the visit and kindly hosted a discussion session in recognition of the innovative Work Experience Programme African Challenge Scotland created and delivered in partnership with ng homes.

It was down to the Work Experience Programme's success that Bob Doris MSP raised a Parliamentary Motion congratulating African Challenge Scotland and ng homes.

Robert Tamburrini, CEO at ng homes said "The visit was very interesting and it was great to have our partnership working and recognised in this way. We are delighted to support African Challenge Scotland with the excellent work that they do in the North Glasgow community. The Work

Experience Programme was a great success and we will be working closely together to create further opportunities for young people in the future."

ACS also produced an outcomes report for the visit. This documented the results from their community consultations and the work experience programme completed by the young people from ACS at ng homes in 2016. The report was then presented to Mr Doris and his fellow MSPs from the Parliament.

The presentation and discussion which followed lasted for almost two hours and provided ACS with the opportunity to discuss the great work that they are doing in the community, in particular looking at community integration. The session also explored actions and practical proposals to address the various recommendations that ACS have put forward to the Scottish Government and Glasgow City Council for the benefit and integration of the young people in North Glasgow.



African Challenge Scotland and ng staff outside Holyrood

The Parliamentary visit was a passionate, enlightening and very positive experience for everyone who took part, and offered the opportunity to showcase the real time impact of integration in our community.

Patrick Medjo, one of those who took part, said: "The work that African Challenge Scotland does in our communities is very interesting and inspiring. I would like to congratulate

African Challenge Scotland and also encourage them to continue bringing forward innovative ideas and creating opportunities for our children and young people".

Ng homes are delighted to work with ACS to help offer opportunities within minority communities and continue our work in community development and integration.

Qugwuanyi Stephen Okwudili, African Challenge Scotland Project Manager said "the visit was informative and inspiring. It was my first time to the Scottish Parliament and I like the idea of African Challenge Scotland helping young people from the underrepresented community."

Ronier Deumeni, African Challenge Scotland said "ACS is committed to working for the benefit of the young people and families from the Black, Asian and Ethnic Minorities communities in North Glasgow. We will continue to work closely with our partner organisations and local elected members of parliament and Glasgow City Council to help our young people and guide them to be successful and well integrated citizens. We thank Bob Doris MSP for Maryhill and Springburn and our local partner ng homes for their continued support".



African Challenge Scotland present their community consultation and work experience outcomes report

Tenants play key role in establishing fair rents

ng homes tenants led the way in the consultation for rent increases by contributing their ideas and thoughts on housing services, regeneration and the community.

The small rent increase of 1.2% compares very well against other landlords and it is down to the contribution of tenants at focus groups.

The increase is about providing better services for your homes and the community, and because of the input of tenants we can ensure we are offering value for money, keeping rents affordable and delivering for the community.

That doesn't mean we are finished consulting just yet. Our door is always open and we're always looking for tenants to get involved in the decision making process. Just get in touch and let us know your views!

Beatson benefits from staff's Festive Fundraiser

The Beatson Cancer Charity benefited from some Christmas cheer as staff from across ng homes raised a brilliant £420 for the charity at the turn of the year – taking the total raised by staff to £775.

Dawn Ferguson, Corporate Partnerships Fundraiser at the Charity visited Saracen House early in February and was delighted to receive the cheque from staff on behalf of the Beatson, thanking everyone for their kindness.

Dawn said "Beatson Cancer Charity is delighted to be a charity partner of the ng Group. I'd like to send my sincere thanks to everyone involved for their commitment."

Tony Sweeney, Head of Corporate Services at ng homes said: "The staff at ng homes and ng2 look forward to the festive fundraiser and we're delighted the money raised is going to such a good cause."

The Association will continue to develop its partnership with the charity and encourage staff to dip into their pockets to raise more money for the Beatson in the future!

Dawn Ferguson, Corporate Partnerships Fundraiser at the Beatson Cancer Charity receiving the ng Group staff fundraising donation from staff members Sharon Hazlett, Housing Manager, Billy Ritchie, Technical Officer and Geri Anderson, Senior Housing Officer.



Getting Ahead with Bridges out of Poverty

Tenants from across North Glasgow are taking challenges with poverty into their own hands with the Bridges out of Poverty financial self-assessment programme.

Scottish charity Getting Ahead helps individuals build their resources to achieve a better life for themselves, their families, and their communities. The participants (called investigators) examine their own experience of poverty and learn how to build their resources as part of their move into self-sufficiency as well as exploring the issues in the community that impact poverty.

The programme runs for 2.5 hours twice a week for 9 weeks with investigators continuing to work together for up to 2 years through monthly 'Staying Ahead' support groups.

Bridges out of Poverty's vision is to create communities where every person can develop their own story and be actively engaged in making it a reality.

For more information about Bridges out of Poverty:

Web: www.bridgesoutofpoverty.co

Contact: Lesley Hamil, Community Organiser, Bridges Out of Poverty, Glasgow

Tel: 07376 558630

E-Mail: community.organiser@bridgesoutofpoverty.co



Graduates celebrate Getting Ahead

Springburn Residents Nourished by Knowledge at New Cooking Course

Springburn residents indulged in a delicious, healthy cooking course right on their doorstep thanks to Nourished by Nature.

The Cooking workshop focuses on healthy, affordable and sustainable food. The participants have learned the ways of all things nutrition with a range of dishes and deserts.

Course coordinator, Janice Clyne said, "Sometimes it can be a slow process but better health starts with small changes and these will be reinforced at every session so hopefully it will make a real difference!"

Feedback from participants strongly emphasised how quick and easy the recipes were to make and how simple swaps from their favourite naughty ingredients could really improve the food they were making, and their health.

There's hope the courses will continue to have a positive impact on the health, the waistlines and the wellbeing of the participants.



Is Money Keeping You Up At Night? Let EPIC 360 help

Worries about our income can affect us all from time to time, but if money is a constant source of worry or stress, perhaps it's time to give your finances a spring clean. We know it can be difficult to think and talk about money, but we're here to help.

The links between money and stress have been well researched and documented.

At Epic 360 we're aware of how money worries can affect the people that we support with their finances. Since we started offering appointments in August 2015, over 200 clients have said that they felt less stressed and anxious and over 100 acknowledged feeling happier.

Financial Capability Officers work in all areas across Glasgow and they provide 6 free, confidential and non-judgemental appointments in a range of venues including housing offices, libraries, cafes and community centres.

During the one to one conversations, the FCO will help you to look at;

- **Budgeting** – Being aware of what money is coming in and how much there is versus how much is going out on a monthly basis.
- **Spending** – Tracking your spending.
- **Reducing Waste** – Spending more efficiently.
- **Changing Income** – If you know you'll be receiving less money, we can help you to look at where to make cuts or changes, or perhaps you'll be receiving a bit more, and would like to think about saving.
- **Financial Products** – Thinking about opening a bank or credit union account can sometimes be daunting – we can help!

GLASGOW'S BIG PARTNERSHIP FOR WELFARE
EPIC 360
 Take control of your finances
 LOTTERY FUNDED

"More month than money?"
 "I have gained confidence in my ability to manage my finances"
 Megan, Glasgow

Can we help you budget?
 Call or click today
 Free, local, confidential

Call EPIC 360 on 0141 630 4325 or 0141 630 4324 to find out more or email us at info@epic360.co.uk or visit our website at www.epic360.co.uk

If you would like a free and confidential appointment with an Epic 360 advisor, you can call us on 0141 630 4324 or make a referral online by going to www.epic360.co.uk/contact-us/referrals/. On making a referral an advisor will contact you within a week to make an appointment at a date, time and venue that suits you.

When it comes to money GEMAP can help TRANSFORM YOUR LIFE

We know money can often be a source of worry and stress.

We often spend too much of it on paying inflated bills, or we just don't know where it goes.

That's where GEMAP come in as an advice agency. We want to help people get access to money, particularly benefits or tax credits, that YOU are entitled to. Indeed last year we generated for ng homes tenants an incredible £3,170,728.07 in benefit payments!

So if you think you might be entitled to a benefit or you're not sure, then ask your ng Housing officer to get an



appointment with a GEMAP advisor and we will take a look. We can also help you make the most of it!

Last year we rescheduled £726, 821 of debt for ng homes Tenants through reducing payments, renegotiating with creditors, getting interest reduced or frozen.

So don't worry about your money - come along and see a GEMAP advisor and start transforming your money TODAY!

Gemap... more than advice

Engaging with people and communities.
 Inspiring people. Changing lives.

At Gemap, we don't see clients – we see **people**.

Working alongside...

NHS	GHA	DWP
Glasgow Life	North East Carers	North Glasgow Homes
Barnardos	Provanhall Housing Association	Quarriers
Kelvin College	Deepend GP's	GE Womens Aid
Jobs & Business Glasgow		Rape Crisis

Scotcash celebrate 10 years of affordable credit

Scotcash turned 10 as clients, journalists and local councillors got together to celebrate the impact affordable credit can have on people's lives.

The event was held at Glasgow City Chambers on January 25th, was hosted by broadcast journalist Sally McNair and was attended by a host of dignitaries. Cabinet Secretary MSP Angela Constance also made a keynote speech and there was a retrospective of Scotcash's first ten years before inspiring customer videos showed the positive impact of affordable credit.

CEO Sharon MacPherson commented: "When the doors of Scotcash's High Street branch opened on 29th January 2007 it would have been difficult to predict how big an impact the service would have on the citizens of Glasgow. 10 years later, Scotcash has outreaches all across Glasgow and has saved customers over £5million in interest charges."

Scotcash Chair Morag Johnston delivered a thank



you speech and presented certificates of appreciation to two of Scotcash's longest serving staff members. A special birthday cake was also kindly donated by the catering students of City of Glasgow College.

Contact the Scotcash office in ng homes Ned Donaldson House at any of the details below to see how they can help with your finances.

Scotcash
Ned Donaldson House
50 Reidhouse Street
Springburn
Glasgow
G21 4LS
0141 276 0525
info@scotcash.glasgow.gov.uk

Community Networking Breakfast proving great success

Local people, businesses and organisations are feeling the benefit of a Community Networking Breakfast designed to bring key community influencers together. The CNB now attracts 60/70 people from a variety of organisations each month, as the busy programme and growing reputation of the programme has resulted in a vibrant, productive atmosphere.

Those attending the event include local residents and community organisations, representatives from schools, health professionals, members of the Scottish Government and public organisations such as Police Scotland and the Scottish Fire and Rescue Service. Feedback from those in the event has been excellent with most people commenting on the unique networking opportunities the breakfast brings.

Jennifer Boyle of Glasgow Life found the breakfast "very useful" adding that "it's great for making local and valuable contacts, especially for new people working in the area."

Kate Robertson from the Children's Inclusion Partnership said, "It's great if you are wanting to network for a specific purpose, but also helpful

to navigate through local agencies as that can sometimes be difficult".

One of the most popular parts of the CNB programme is "Speakers Corner" where people have the opportunity to speak to the group about their work and share information, ideas and resources.

Participants at Speakers Corner have a fixed time range of 5 minutes to promote their work. Speakers have ranged from Row for Shore & Glasgow Kelvin College to Epic 360 and the Scottish Government's Building Safer Communities initiative.

Digital marketing exec for Possibilities Michael Park said, "I love Speakers Corner and the speakers are excellent in pinpointing projects and contacts".

Lifelink's Greta Patterson spoke at Speaker's Corner and introduced the range of services the mental health service provides.

Greta said: "I find the networking breakfasts very useful and I have connected with a number of organisations including ng homes, Independent Age and Maryhill Integration Network. I really like the format and the atmosphere".

Interested in coming along? The Community Networking Breakfast is held monthly, find the details below:

Margaret Fraser, Regeneration Manager
Mfraser@nghomes.net
0141 630 4288



The Community Networking Breakfast sparks debate and conversation



Activate-ing positive change at Glasgow Uni

Fourteen local graduates celebrated completing the Activate community development programme at a prestigious Glasgow University ceremony.

The Activate programme takes place over a period of 10 weeks for 3 hours per week at local community venues and is supported by ng homes. The course is delivered by tutors from Glasgow University and tackles local/global issues and community development, seeking to strengthen local networks in the process.

Trevor Gale, Head of Glasgow's University's School of Education presented the awards and commended the achievements of the students.

"There are many ways to change the world, Activate is one of them. This is a very important element within the University and we are pleased with the growth of this programme and the way it reaches out into communities. It is extremely powerful".

Participants included ng homes staff and board members, community volunteers and graduates from the Pitstops programme. The Activate programme is very useful as a 'stand alone' course and is also a progression route into further and higher education with Glasgow Kelvin College and Glasgow University.

Helen Martin, Senior Lecturer at the University of Glasgow said: "Activate allows people to progress into other areas of voluntary experience, further education or work. More than 1,000 people have been through the programme so far since it began 11 years ago!"

Activate is open to anyone over 16 years of age and there is no upper age limit, with 100% of participants recommending the course.

Recruitment is underway for a further two Activate programmes to take place in the local community from March 2017. These are in partnership with Glasgow University and Scottish Government initiative Building Safer communities.

Munir Activates success

Munir, his wife and his four children fled to Scotland from Syria over four years ago. He was a qualified lawyer in his home country and was also active in supporting members of his community, carrying out a range of humanitarian work. He wanted to continue helping the community in Scotland.

Munir became the chair of Uniting Nations, and first became involved with ng homes through the Inner Circle Men's group in Possilpark.

Members worked together on a series of stories which were eventually published in 'Welcome to your Home', a collection of short stories from Possilpark tenants across all cultures, including Scotland.

Last year Munir was one of 14 people who successfully undertook the Activate course with ng homes and Glasgow University and has recommended the course to his wife and teenage son.



Munir celebrates graduating from the Activate course

Graduates at Glasgow University celebrate completing the course



We're only as strong as our relationships

Having strong, positive & mutually beneficial relationships isn't just a by-product of the work we do here at ng homes, it's built into our DNA. We understand that we're only as good as the value of our relationships – that's with residents, local businesses, schools, services and organisations. That's why we work so hard every day to forge bonds across the community and beyond that benefit everyone in the community.

As ng homes Chairperson John Fury explains; "We are an anchor organisation at the heart of the community and there is no other organisation better placed to further our aims."

As an organisation we put an emphasis on remembering that the majority of our community are our tenants. They are the ones who use our services, live in our homes and make our community. We want to maintain a strong, open relationship with all of our tenants to deliver the best possible services, improve those services and spread a little more joy around the community.

We also aim to install key decision makers from across the community, ensuring that everyone is represented at the highest level in decisions about their home. We build relationships with local

people as those are the people any decisions affect. As John Fury explains, our board are the perfect example of that.

"Over the years we have worked to build relationships with a spread of people who reflect, and have an influence on, our community e.g. we have on our boards – a senior local councillor, local Head teacher, senior college lecturer, university lecturer, a D.W.P senior employee and so on. The majority of the board are local people and they bring a lifetime's experience and local knowledge to the table."

It's not just people either. For over 30 years we've been building up relationships with groups and organisations across North Glasgow – from Glasgow City Council to welfare and money advice



Our relationship with African Challenge Scotland benefits our association as well as the entire community

- and it's this network that helps us understand North Glasgow so well.

Even on the regeneration side, our subsidiary ng2 have a vast portfolio of partners and stakeholders, which allow us to supply many services more efficiently at a lower cost, resulting in the pressure being taken off rents.

By valuing these relationships we can build a better North Glasgow for everyone and ensure a lasting, long-term impact across the area.

ng homes and Keppoch Campus working together

Local schools have been working closely with ng homes to build a strong working partnership which benefits pupils, parents and staff and produces a variety of projects and activities.

Keppoch Campus is a shared campus consisting of Saracen Primary, St. Teresa's, Keppoch Nursery and Broomlea School.

ng homes and the staff at Keppoch firmly believe that school, community and housing are intrinsically linked and that there are great benefits to be gained by working together.

Activities have a strong fit with the Curriculum for Excellence and provide pupils the opportunity to participate and learn about real life situations. Some of our biggest successes include;

- Art projects with parents and children looking at issues around sectarianism, supported by artist George Smith and celebrated at a City Chambers event.
- A number of environmental activities.
- We also carried out some intergenerational work through 'One Planet Picnic' where older members of the community cooked and had lunch with pupils from two of the schools.
- After school activities including a variety of sports and physical exercise programmes.

- Judy Murray on the road tennis workshop

For the past three years ng homes has also delivered a Summer School programme for children during the school holiday period, much to the delight of the kids.

Eveleyn Gibson, Head Teacher of Saracen Primary, commented on the partnership:

"Over recent years schools have come to realise that forging partnerships, especially within the community, reap huge educational benefits.

Our relationship with ng homes has been longstanding and our joint projects, varied. From community litter picks to entertaining the senior citizens of Possilpark, from addressing sectarian issues through art, to introducing children to sports never experienced before, I believe that ng homes has become synonymous with our school."

Keppoch Campus has also been the focal point for many large community cultural celebrations such as multi-cultural events, Chinese New Year and the International Cook and Go events.



The kids get involved with food donations



Participants on Judy Murray's 'On the Road' workshop get into the swing

ng2 Springtime update

Winter programme comes to a close, Summer programme Springs into action

Spring might be in full swing, but ng2 have hardly stopped for a breath since the last edition, with their first ever winter landscaping programme proving hugely successful, continuing to grow our subsidiary group and have a real impact around North Glasgow. The Winter programme ran from October to March and included leaf collection, litter picking, bulk uplift, gritting, and on top of all that, a hedge reduction programme for back divider hedges. Some of these hedges hadn't

been done in a while, and this programme covered approx. 70 hedges, some of which were a massive 40 feet plus! Our Summer programme has already sprung into full affect as we continue to perform landscaping tasks more suited for the warmer months. ng2 are committed to maintaining and improving the properties and lands that are covered by ng homes, in a way that offers value for money and opportunity to local people.



Before



After

Environmental hit squad on hand

From decluttering to dweeding, ng2's environmental hit squad are out on the ground making sure the area's clean and safe. We ran a successful dweeding programme on homes which were identified by housing officers in the Springburn area. That incorporates gardening and a bit of landscaping to get it done, and it's something that just adds to the visual quality of the area. The environmental hit squad continue to clear out void properties too. That's clearing out those houses and flats which tenants have left. It's about removing and disposing of the materials properly,

so the next tenants can move in! David McIntyre, ng2 supervisor, said: "ng2 are continuing to turn around void properties for the association and make a real impact on the Springburn, Possilpark and South Balornock areas." The environmental hit squad also manage a jetwash scheme, where they clear backcourts, bin sets and front doors mainly in tenement closes. The hit squad will continue to work in areas and homes throughout North Glasgow, seeking to improve the quality of life for our tenants and the aesthetic quality of the area.

What we do...

ng2's responsibilities are many, and at all times, our team of qualified tradesmen, apprentices and local people need to be flexible in the tasks and roles which they're presented with. ng2's responsibilities largely cover maintenance, but that doesn't mean we don't tackle bigger tasks too. Here's just some of the things we help to cover:

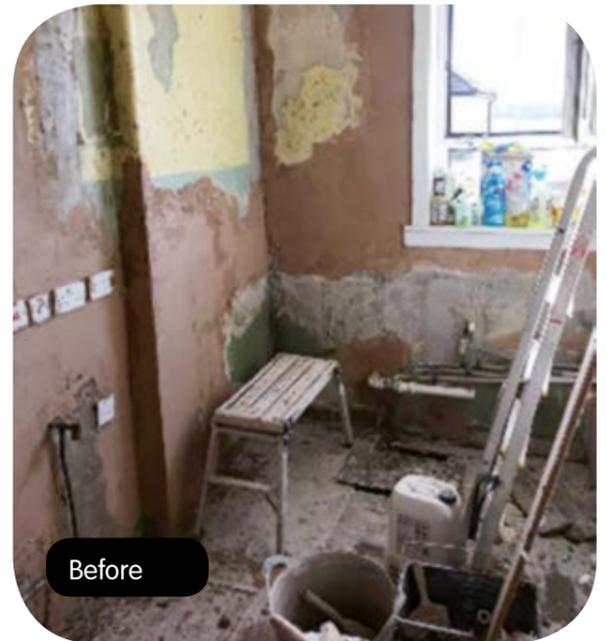
- **Regeneration**
- **Clearing/turning around voids**
- **Close cleaning**
- **Window cleaning**
- **Painting programme**
- **Jetwash & landscaping**
- **Litter picking & bulk uplift**

Why we do it...

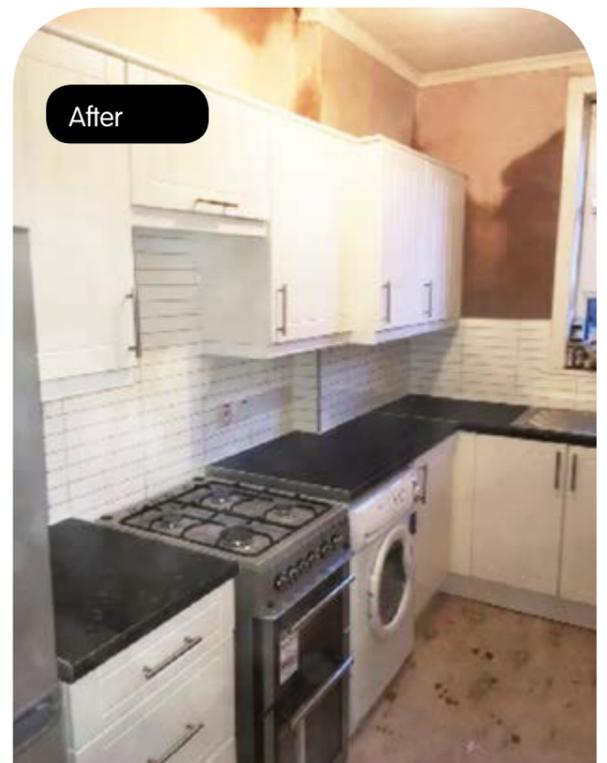
ng2 was started as a subsidiary group of ng homes to both keep costs of maintenance low and help control rents/investment in other areas, but also to provide opportunities to local people.

Being a subsidiary means we do not need to contract maintenance, upkeep or small construction work out to other parties, allowing all the money to remain within our organisation and be better spent on improving, building and regenerating the area. The bigger we get, the more responsibilities there is, and that means the more young people who become apprentices and the more older people who get work that's benefiting their community. It's a win win for everyone involved.

The founding concept of the group is to provide all this work for the people of North Glasgow as cost effectively and cost efficiently as possible. It's about utilising the local talent to help build the community and improve local people's lives. And we're just getting started!



Before



After

SPRING into action!

The sky's blue, the Sun's coming out, and half of the neighbourhood's got hayfever – Spring has definitely Sprung. It's one of our favourite times of the year here at ng homes, as we have a good old spring clean and look forward to the Sunny(ish!) months ahead. Here's our top tips to have a smashin' Spring and make the most of the season.

Seven Spring Cleaning Tips to Kickstart the Season

Make a realistic plan

When we say realistic, we mean realistic. You're not taking on the world here. How much do you want to do and how much do you have time for? You'll only be put off by giving yourself too big a task.

Get all the right tools

From mops, to brushes, to the latest high-tech kitchen spray, make sure you've got all the stuff before you start. No use going to clean the lavvy to realise you forgot to pick up marigolds. This is where lists come in handy!

De-clutter

It's all well and good stuffing things in cupboards, but you've got to declutter to make any real improvement in your home. Don't get frustrated, just dig right in. There's nothing more satisfying than finally putting everything back in its place.

Work smarter not harder

Don't give yourself more work, there's plenty of that to go around. Be strategic and tackle things intelligently. There's nothing worse than cleaning a room to realise you need to place a load of old dusty

furniture in it while you clean the next. Be smart.

Recycle

If you haven't seen it since you finally decided to start tidying up the loft, then chances are you're never going to need it again. Be ruthless, but don't just throw things out. Get in touch with us, we run a furniture and furnishings uplift service. So pass it on to someone else.

Don't forget outside

It's all too easy to forget how important the outside is when it

comes to cleaning. Tidy the landing garden, make it look inviting, pat down your doormats and seal up any windows. It'll all pay off come Winter.

Reward yourself when all's said and done

If you manage to complete any amount of Spring cleaning, you've already done good. Go get yourself that new top, a drink, or maybe even nice meal. Reward your hard work, so that next year you know just how worth it a Spring clean can be.

Top 3 Recycling Tips

Maximise space

Got limited space to store and dispose of your recyclables? Then maximise what space you do have. Flatten boxes, stack cans, cut up plastics. The more you do when putting it away the less you'll have to do when putting it out.

Buy recycled goods

Another way to limit our impact on the Earth is to actually purchase recycled goods. Paper, tin and plastic products are all routinely recycled and put back on the shelf, so keep an eye out and keep the cycle moving.

Know the how's and why's

If you don't know where recycling is picked up, where you need to go to recycle, or even when people come to collect it, you'll find it harder to recycle effectively. Go online, phone your local council or just ask next time the recycling bodies are over to find out when and how your goods will be recycled. Also, it's very important to know what's recyclable.



Veg planting

Interested in taking up a new hobby this Spring? ng homes runs seasonal veg planting workshops across the year. You'll get to meet new friends and take home some of your own vegetables when they finally sprout. Get in touch with Margaret Fraser, ng homes Regeneration Manager, mfraser@nghomes.net, 0141-560-6005.

Trip down memory lane for the Chancers

The Scottish Fire and Rescue Service has a history all of its own – as the Chancers Community group found out last month!

Walking the cobblestones of the SFRS' Heritage Museum in Greenock, the group got to learn about the fascinating history of the service in Scotland. From old hose pumps and fire hydrants, to getting to wear some old uniforms and witness the change in technology first hand, the Chancers were treated to an afternoon of unique art work and the recanting of some famous stories, not least that of Wallace the inspirational Fire Dog.

A great day out, the SFRS heritage museum can be enjoyed by all ages, and is a unique insight into a part of Scottish life we so often take for granted.



ng homes committed to fire safety

For the last eleven months, ng homes have enlisted the help of a Scottish Fire & Rescue Service Liaison Officer to help fight fire and protect those tenants most at risk from a fire in the home.

Fiona Herriot is different kind of firefighter who's all about protecting the elderly and making sure new tenants are well briefed on the dangers of fires within the first 6-8 weeks of moving in.

She said: "We aim to ensure that those most at risk from fire are adequately protected and receive

advice to prevent a fire occurring in their home. It's about protecting the most vulnerable from fires."

Individual housing officers and concierge's identified those existing residents' who may be of higher risk if a fire breaks out – from individuals living alone, to those with health issues or those living in a property which may be less easy to escape from.

Local firefighters or Community Safety Advocates then carry out home fire safety visits, encouraging good fire safety.

Since the scheme was first rolled out in May, the SFRS have carried out fire safety visits to ng tenants across Springburn and the surrounding area.

It's not just the SFRS Liaison Officer either. Sparcs' Cooksafe Programme has been delivered to all 5 Sheltered Housing Units with over 39 residents and 12 staff attending, as well as those who attend the Wednesday Social and the Come Dine With Me evenings at the Tiger's Den. Even more are being planned over the next few months.

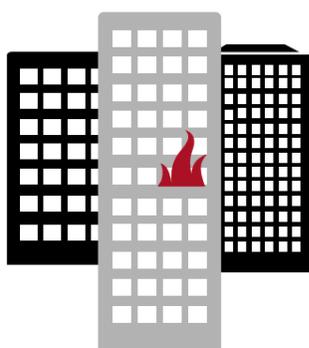
Additionally, CPR and defibrillator training has also been delivered to all housing and regeneration staff, as well as management and board members.

Information leaflets and advice to tenants in the Multi Storey flats was also distributed before Christmas.

Risk Recognition training has also been delivered to all housing officers, with more training to be delivered to ng2 staff this year as we seek to grab control when it comes to fire safety.

To book a **FREE HOME FIRE SAFETY VISIT**
 Call 0800 0731 999
 Text 'FIRE' to 80800
 or visit www.firescotland.gov.uk

MULTI-STOREY FIRE SAFETY



Fact.

The materials and fittings within a **multi-storey** are **designed to prevent fire and smoke spread.**

The common stair is your only means of escape in the event of a fire.



Have you ever thought what you would do if fire were to break out in your stair? It may not necessarily be in your flat! A fire started in a common stair could kill you and your family. Even a small bag of rubbish can create enough smoke to fill a whole stair. Items left in a common stair are often deliberately set on fire.

Keep it clear

- Get rubbish, old furniture, etc out of the building
- Make sure storage areas are kept locked
- For advice on uplifting items contact your local Council

If fire does start

- Keep doors closed to prevent smoke filling your house
- Dial 999 and ask for the Fire and Rescue Service, giving as much information as you can

For free home fire safety advice
CALL 0800 0731 999
 or visit our website at
www.firescotland.gov.uk



SCOTTISH
 FIRE AND RESCUE SERVICE
 Working together for a safer Scotland



John Kelly – Concierge MSF Team Leader (Day-in-the-life)



John Kelly works across our Multi Storey Flat stock ensuring essential day to day duties are carried out by the concierge team, emergencies are responded to and people within the community feel safe and secure. This is an ordinary day in his life as a Concierge Team Leader.

On a typical day shift I get up around 6:45, jump into a shower, have a shave, get ready for the day ahead, and get a wee 10 minutes taking my dogs out for a walk before I head off to work.

I get in around 7:50 and check my emails to see if there are any emergencies or duties that would take priority. I then organise the men into teams and prioritise our workload for the day and catch up with the previous team leader. We work closely with our Assistant team leaders who will step into the role if required.

Each day the work's different – it's one of the best things about this job. It could be anything from helping an elderly tenant by removing furniture to tracing a water leak in someone's flat. During cold spells or snow showers our team on night shift spend a lot of time gritting pathways and entrances or clearing snow. This can take a lot of time and preparation.

Today we're heading over to Lenzie Terrace. All glass work, wall panels and windows are cleaned, stairwells and corridors are brushed and washed, bannisters brushed down and wiped and any mess or spillages cleaned up. We're here to bring out the best in our properties giving residents the best possible service from ng homes.

As for lunch, that just depends too. I'll always manage to grab something but it just depends on how busy we are. Depending on what's happening, I'll grab something quickly and take a break, or even better, catch up with the guys and see what's happening on all the other sites.

Once we're finished our duties at Lenzie Terrace we will address any other tasks on the agenda. We have a light void clear out and valet to carryout within one of the multi- storey flats. The assistant team leader and two other concierges will work together on this while I meet with the housing officer and a plumber from City Building to identify the source of a leak affecting another property.

We also work closely with our Customer Service Officers – where a CSO is off the concierge team leaders carry out weekend calls to the sheltered complexes. Sheltered housing can be big part of a normal day with us. By just being seen out and about it helps older residents feel safe and supported no matter what time of day or night.

You get a lot of satisfaction from helping someone out who's relying on your help. The public are generally brilliant. We get a lot of positive feedback every day – not to mention offers of cups of tea and biscuits!

We're also often the first point of contact for emergencies – we deal with flooding, fires, emergencies of just about any type! We help with lift breakdowns, emergency service response and even where housing officers, contractors or the emergency services need to make sure they can access a property.

And when all's said and done at 8pm, I welcome my back-to-back on shift and give him any essential updates or news from the area. It's a 24 hour 365 day a year job, so there's always someone on the job, night or day. Then I get back home and stick my feet up before I wake up tomorrow and start all over again!

Barbara Bradley – Q & A with ng Team Support Officer

Firstly, what is your role at ng homes?

My title is Team Support Officer, but I mainly work with Ann Marie Devlin, our Depute CEO. I provide support to Ann Marie and other Housing Services Staff, by checking her emails everyday and taking follow up action as required, arranging meetings, arranging training etc.

How long have you been working here?

I have been here since 5 January 2009, just over 8 years. It doesn't seem that long as there have been so many changes, and the time has gone by so fast.

What's it like working for ng?

I enjoy working here, and have done since my first day. I feel part of a big family and we all help each other. I am disabled and my colleagues are very supportive. If I need anything I just need to ask. Ann Marie lets me know that she appreciates my support, helping to keep me motivated.

Best memory of your time here?

There's participating in the campaign prior to the stock transfer to GHA – everyone pulled together under the same objective. The Boogie Bus with DJ on board was great too. It brought tenants into the street and was great banter. There's also the tenant's conference, which our tenants really enjoyed.

If you could summarise what you do in three words, which would you use?

- **Support**
- **Organise**
- **Communicate**

What do you do in your spare time?

I like dining out, I shop when I can, and I support Manchester Utd. I watch most of the league games as I like to keep an eye on the opposition. I also read a lot.

What's your favourite film?

I really like 'Pay it Forward'. It's an idealistic movie released in 2000. Kevin Spacey is a schoolteacher and he sets his class a task whereby they have to do a good deed for someone, and that person has to pay it forward to someone else and so it goes on. It's a nice idea.

What's your favourite meal?

Most kinds of fish dishes, although salmon and seabass are the ones I generally go for.



Tenant hero: Mary Lam (also named as Sau Lam)



Mary Lam, right, with Lord Provost, Sadie Docherty, left

A leader within the Chinese community in North Glasgow, Mary Lam has worked hard to develop friendships between the Chinese and Scottish members of the community.

Mary first got to know us in May 2015 after a friend applied for housing with ng homes, and after hearing about some of the activities taking place, she was more than keen to get involved. A very active lady and skilful dancer, Mary inspired her friends and those within her community to come along to ng events, and very soon the Song & Shimmy and other events had a strong Oriental presence.

She's been a tenant with us since March 2016,

and since becoming a tenant she has got even more involved in the community, volunteering regularly at the Wednesday social event and other cultural events. She has taken part in a variety of activities such as food growing, oriental gym exercise, cookery workshops, preparations for Chinese Mid Autumn Festival and Chinese New Year events.

Mary and her group of friends have worked together with ng homes to provide much needed services to members of the Chinese Community. These have included ESOL and IT classes in partnership with Glasgow Kelvin College.

Mary is also part of a volunteer editorial group who have constructed a newsletter which goes

out throughout Scotland and mainland China. The work of this group was recognised recently by Lord Provost, Sadie Docherty, at a Civic Reception at City Chambers.

We just want to say thanks to Mary for the unbelievable work she's done in bringing our community together. She's made a real difference to North Glasgow and plays a key role in integration, community development and regeneration.

ng Tenant lands dream home

Since Janet Mellon was 14 she's dreamed of one day living in the penthouse flats of the Broadholm Street multi-storeys. A few years on, she now calls one of those flats her home.

"I first stepped foot in the multi-storey flat on Broadholm Street at the age of 14, and from that day on

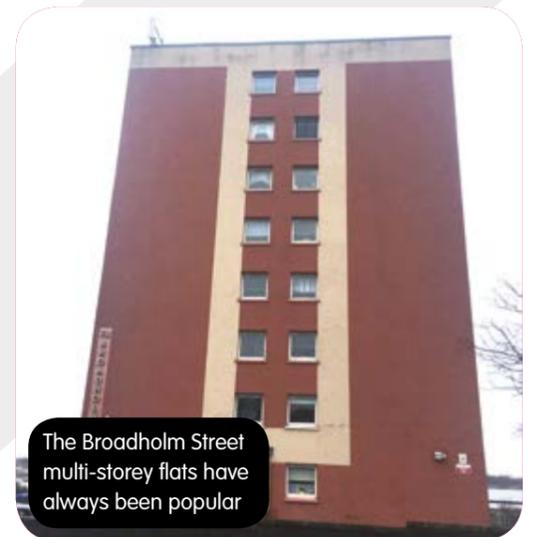
I've always wanted to stay in that flat.

I settled into my flat instantly feeling both safe and secure, it took me quite a while to get here but I've no intention of leaving, even if I win the lottery!"

We're honoured to have been a part of Janet achieving that dream, and we want to make sure the

property more than lives up to her expectations, not that she doesn't think we do. She commented that "the flat is very well looked after by both tenants and the concierge team" adding that they "do a fantastic job!"

Well Janet, enjoy your new home, and we hope all your other dreams come true in the future!



The Broadholm Street multi-storey flats have always been popular

Inner Circle proving safe haven for men of all ages

The Inner Circle are a male only social group which aims to provide a safe space for men of all ages to share stories and experiences. The group has been running for three years and now meets twice weekly in the Possilpoint Community Centre, participating in a range of activities including pool, walking football, table tennis, dominoes and carpet bowls.

Alongside the regular activities, the Inner Circle hosts workshops based around a variety of topics, including anti-sectarianism workshops, cooking workshops, creative writing, gardening and welfare rights.

Although group members thoroughly enjoy the range of activities on offer, the most important thing is that the group genuinely enjoys sharing ideas and spending time with each other.

Programme Co-Ordinator Gillian Halliday said: "The group provide a much needed peer support for

males within the area. The weekly sessions are fun and informal and great for all ages".

Everyone is welcome to come along on a Monday 2pm – 4pm or a Thursday 12pm – 3pm to have a cuppa and meet the group.



INNER CIRCLE MENS GROUP
Possilpoint Community Centre
130 Denmark Street
Possilpark
Mondays - 2pm - 4pm
Thursdays 12pm - 3pm

Why not drop in to meet new people, try new things, share skills and have some fun

For more information please contact Gillian on 07557369599 or ghalliday@ng2works.com

COMMUNITY GAMES CONFIDENCE
LAUGHTER FRIENDSHIP

linkUp ng Inspiring Scotland ng

PUZZLE RESULTS HERE

- | Across | Down |
|---------------|---------------|
| 1. littlehill | 1. saracen |
| 2. springburn | 2. cowlairs |
| 3. keppoch | 3. kelvin |
| 4. stobhill | 4. ashfield |
| 5. capaldi | 5. petershill |

ng homes Regeneration Activities and Events

Weekly Regeneration Activities: April-June 2017

Activity	Venue	Day and Time	Contact	Other
Little Rascals (Link Up)	Possilpoint Community Centre	Mondays, Thursdays and Fridays 9.30 a.m. – 11.00 a.m.	Gillian Halliday ghalliday@ng2works.com	New parents welcome
Metafit Ruchill (Exercise class)	Ruchill Community Centre Bilsland Drive	Mondays 6.30 – 7.30 p.m.	Alistair Mitchell amitchell@nghomes.net	https://www.facebook.com/connecting
Metafit Possilpark (Exercise class)	Bardowie Street Gospel Hall	Wednesdays 6.- 6.30 p.m.	Alistair Mitchell amitchell@nghomes.net	https://www.facebook.com/MetaFitPossil
Chancers (Link Up)	Possilpoint Community Centre	Wednesdays 9.30 – 2.30	Gillian Halliday ghalliday@ng2works.com	All welcome. Variety of activities.
Inner Circle Mens group (Link Up)	Possilpoint Community Centre	Mondays 2 – 4 p.m Thursdays 12 – 3 p.m.	Gillian Halliday ghalliday@ng2works.com	New members welcome
Wednesday Social Event	Possilpark Parish Church, Saracen Street	Wednesdays 9.30 – 2 p.m.	Michael Kam mkam@nghomes.net	Breakfast Tai Chi Lunch Variety of activities Full more details contact a member of Regen Dept
Oriental Gym Exercise	Tron St Mary's Red Road, Barmulloch	Fridays 10 - 12	Michael Kam mkam@nghomes.net	Oriental Gym Exercise Activities
Row for Shore (Link Up)	Possilpoint Community Centre	Fridays 9.30 - 11.30	Gillian Halliday ghalliday@ng2works.com	All age groups. New people welcome
Friday Night Club	Springburn Leisure Centre	Fridays 4 – 6 p.m.	Robert Docherty	5 – 12 year olds

Monthly Regeneration Activities: April-June 2017

Activity	Venue	Date and time	Contact	Other
Community Networking Breakfast	Saracen House	Fridays 10 - 12 7 th April 12 th May 9 th June	Simon Farrelly sfarrelly@nghomes.net	Open to all
Come Dine With Me	Tigers Den Speedway	Tuesdays 4 – 6 p.m. 11 th April/25 th April 9 th May/23 rd May 6 th June/20 th June	Joan Shepherd jshepherd@nghomes.net	Booking through Regen Dept.
Neighbours Monthly Meal (Thriving Places)	Bardowie Street Gospel Hall	Tuesdays 6 p.m. 25 th April 23 rd May 27 th June	Alistair Mitchell	www.facebook.com/possilruchillmeals - All ages
Song, Shimmy	Petershill Club	Fridays – 1 – 4 p.m. 28 April 19 may 30 June	Joan Shepherd jshepherd@nghomes.net	Older adults - New people welcome. Contact Regeneration Dept for info.
Activate Sessions Community development course	Local Venues	Daytime and evening classes.	Margaret Fraser mfraser@nghomes.net	Contact Margaret Fraser for information. mfraser@nghomesnet
Friends of Eastfield Park Event	Eastfield Park Springburn	Wednesday 12 th April 12 – 3 p.m.	Margaret Fraser	Event organised through Friends of Eastfield Park (Helen Carroll, Chair). Supported by ng homes.
Welcome to the Community Event	Saracen House	Thursday 15 th June 12 – 2 p.m.	Margaret Fraser	mfraser@nghomes.net

