

THE SPACE

A Community Newsletter Produced by Neilston Development Trust

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WELCOME TO THE 2019 SUMMER EDITION OF NEILSTON DEVELOPMENT TRUST SPACE NEWSLETTER!

Summer is in the air and NDT is excited to share information about lots of upcoming activities, future plans and to invite your input into the future of the Bank. Inside, you will find updates about community events, GET Local activities, cycling events and we celebrate our new logo and website. Enjoy!



THE BANK – WE NEED YOUR INPUT

As you may know we had to close the Bank café doors at the end of March. This was to allow a period of review to consider what it is we should be using the space for, and most importantly, what it is that the people of Neilston would like to see provided by the Bank.

This is a space for the community, so we would like to invite you to share your thoughts, ideas and suggestions for the possibilities for the Bank space. Whether you are someone who already uses the Bank regularly, or someone who has never used it, your thoughts about what is good about it, what could be improved, or what you think is missing from Neilston's already thriving community are welcome.

If you would be interested in sharing your views, please get in touch with Lorna on lorna.gray@neilstontrust.co.uk or by calling 0141 561 1201.



WEBSITE NEWS

NDT's new logo has been launched and our new website neilstontrust.co.uk is now live! We are delighted with how both look and hope you find the website accessible, interesting and user friendly. The website is a great way to find out more about NDT's work in the community over the years and ongoing. On it, you can make bookings online for room hire and events, send enquiries, catch up on the latest news stories and download newsletters and reports.

We are particularly proud of our new Community Calendar which shows all the groups, events and activities happening in the village throughout the year and where they take place. We are also delighted to share an up to date, and we hope, comprehensive directory of Neilston Community Groups which list all the groups and service providers active and supporting community life in Neilston.

If you would like to add your group to the directory just email admin@neilstontrust.co.uk and to add an event to the calendar just follow the instructions on the 'What's On' page.

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GET Local is our climate change project, encouraging people to Grow Eat and Travel in a climate friendly manner, helping you to make small lifestyle changes that reduce your own carbon footprint. It has several strands of activity which people are encouraged to participate in.



GET GROWING

July is potato harvesting time!! People taking part in our Spud Spectacular programme will hopefully (weather allowing) be able to get their hands on some lovely tubers. Almost 50 local people received potato growing bags, seed potatoes and compost, with instructions on how to grow your own. Feedback to date has been positive so we are hoping for a good crop.

We also distributed free raised beds to people wishing to participate in our growing programme. Raised beds are a great way to create some growing space in gardens that are either limited in size, or are maybe hard landscaped. They are temporary, portable and manageable, making them an ideal entry point into the world of grow your own food. They were distributed along with some seeds and a handy guide to growing in raised beds, and we look forward to seeing the results as the year progresses.

Schools have been eager participants in our growing programme. We have been working with 8 schools in East Renfrewshire to encourage food growing in school grounds, each school receiving 2 practical lessons per month, including planting, growing and harvesting activities. This is a good way of embedding a grow-your-own ethic in our future generations. The lessons are enjoyable and practical, meaning the children have a good time and realise that gardens and growing can be fun.



GET COOKING

There would be little point in growing all this food if it wasn't being eaten, and we have a programme of cooking classes in place to support people who are keen to learn how to cook in a more environmentally friendly manner. After a pause due to staff leaving, our cooking classes have now recommenced under the guidance of our new Community Chef, Liz McArdle. The lessons will include a number of recipes encouraging more vegetables in our diets, and will also have a big focus on reducing food waste.

To help you grow some herbs to add to your cooking, we have been running free window herb planter making events. Come along and make your own and plant it up. Staff will be there to guide and encourage you, and to make sure you use the saws safely and leave with all your fingers.



GET CYCLING

One of the best ways to reduce your carbon footprint and help fight climate change is to ditch your car and travel actively instead – walking to a station and using public transport is an excellent way of doing this. Alternatively, you could choose to go by bike, and we have a full range of cycling activities to encourage people to get on your bike. Wednesday evening and Saturday lunchtime rides are available to help you improve your cycling skills, and we can even offer you bikes to try out if you don't have one. Cycling is a great way to exercise, lets you see the countryside more closely and can be a great social activity too.

So, on yer bikes...

BLOOMING NEILSTON!

We all love Neilston, but it could be lovelier!

Community surveys continually call for an improved, more lovely village environment; trees, shrubs, flowers, even vegetables and fruit. NDT is preparing a bid for funds to appoint a development officer and community gardener for a period, to help us deliver just that.

Lovely to look at, and not just for this year; part of the work will be to find community-based ways of keeping the good looks - for good. This is an investment in the future. Maybe plant a fruit tree for a new baby or to remember a family member? The possibilities are endless.

With funding from the Windfarm Legacy (NWL) we have appointed a landscape architect to take a look at the village and come up with some thoughts about what might be done. The next stage will be to open up the discussion - and, funding allowing- to start doing it! For updates, keep an eye on the NDT facebook page and to register your support, like or comment on Blooming Neilston posts.



Pockets of possibility ... if you look for them

NDT CYCLING

NDT Cycling will be busy over the summer months with lots of activities and services for the Neilston community. Please get in touch via info@ndtcycling.co.uk to book your bike for a service or register for our exciting rides this summer

UPCOMING RIDES – For our long but easy pace rides to Lochwinnoch and Loch Lomond we will have transport and bikes available for anyone that can't make their way to the starting point or don't have a bike... so no excuses for not joining!

CCF Saturday Rides – Rides will be family friendly and taken at a gentle pace- remember to dress for the weather and bring some water to stay hydrated! Free bike hire is available so let us know if you need a bike to come along.

Big Bike Sale 20th July, 11am-2pm at our Rouken Glen Bike Hub: Don't miss out on your chance to pick up a fully reconditioned, second hand bike. All bikes come with a 3 month guarantee and will be sold at affordable prices. If you can't make our July sale, keep an eye out for info about the next sale in September.



NEILSTON COMMUNITY FUN DAY

It's back by popular demand! The Neilston Community Fun Day, brought to you by the Neilston Fun Day Team is here once again, **Saturday August 24th 12-3pm**. Don't miss out on this free event in the heart of the village, on the grass, opposite Neilson Parish Church Hall. There will be lots of great activities to keep everyone occupied and having a great time including inflatables, crafts, face painting, games, live music, food, drinks and more! Look out for posters across the village and updates on local social media to find out the latest.

NDT's Get Local and NDT Cycling teams will be there helping you find ways of reducing your carbon footprint by offering free Dr Bike and showing you how easy it is to grow salads and vegetables at home! Plus make a refreshing drink on the smoothie bike using pedal power.

NEILSTON LITTER PICKS

NDT has been supporting local efforts to tidy up Neilston and recently joined forces with Keep Scotland Beautiful, the Neilston Litter Pickers, the Neilston War Memorial Association, the Neilston GBs and BBs and many others, for a Spring Clean and litter pick, Sunday 28th April. We picked up thirty-one (31) bags of rubbish and did our best to sort them out into what could be recycled and what, sadly, has to go to landfill.



The next village clean-up takes place Sunday 18th August 12-2pm. Meet at the Bank for your grabber, bag and gloves and join us for a cuppa at the end!

UPSTREAM BATTLE



NDT are supporting Keep Scotland Beautiful with another key initiative, the "Upstream Battle" designed to help build our understanding of the Clyde's litter problems. Focused on the entire length of the River Clyde and its tributaries, the Upstream Battle campaign seeks to raise awareness, gather evidence and inspire action to stop litter from getting into the Clyde.

Our second survey of the Levern Burn, by the Neilston Show Ground and at the back of Asda, Barrhead will take place July 21st.

If you would like to get involved contact Laura at 0141 561 1201 or email laura.carswell@neilstontrust.co.uk.

FAMILY FRIENDLY EVENTS:

August date to be confirmed: East Ren Cycling Festival. Make your way to Rouken Glen Park for the East Ren Cycling Festival! A day of guaranteed fun for the family with so much on you'll need to visit our facebook page for all the details! Star attractions include: Display of famous European championship winning bikes, free bike checks & adjustments, MTB kids trail, E-Bikes try out and our first ever cycling jumble sale, so dig out those spare bike parts and items of clothing and bring them along! Keep an eye on our facebook.com/NDTCycling page for confirmation of date.

Saturday 24th August: Family Fun Day. We'll be helping out at the Neilston Family Fun day this year and are encouraging those able to walk or cycle to the event. Those cycling can visit Dr bike and receive a free bike check and can join us for a short ride around the village (e- bikes will be available to borrow for this too) and of course the smoothie bike will be there making more delicious creations.



ACTIVITIES PROGRAMME

MONDAYS

Strength, balance then health walk:

Weekly 10:30am

Join our short walk (15+mins) and activity, then finish the session with a cuppa!

TUESDAYS

Gardening Club:

Weekly 10am-12pm

Help grow food and learn or share skills.



WEDNESDAYS

Wednesday Walkers:

Weekly 10am

Join us for a longer walk (60 mins+). Just turn up!

Herb window box making:

July 17th at 5:30-8pm

Make your own timber window boxes, and plant them with herbs. **Free class, but booking essential, email charlie.cairns@neilstontrust.co.uk**

Social Rides

Weekly 5:45pm

Meet us at the Rouken Glen Hub for an easy midweek ride

Email info@ndtcycling.co.uk to book

THURSDAYS

PC Club:

Weekly 10:15-11:45am

Learn what you need to know in a relaxed environment

Climate friendly cooking class:

Weekly during July at 6-8pm

Nutritious, affordable, tasty and ethical recipes that make the planet feel better too. **Classes are free but booking essential, contact: Liz.mcardle@neilstontrust.co.uk**



FRIDAYS

WW The New Weight Watchers:

Every Friday at 6pm

Contact: ptemptleton@weight-watchers.co.uk

Tenants drop in August 2nd 11am-1pm:

ERC Housing are hosting a Tenants Drop 11-1pm, Friday 2nd August at the Bank.



We are offering a range of GET Local events and activities between 12noon and 2pm for those attending.

SATURDAYS

WW The New Weight Watchers:

Every Saturday at 9:30am

Contact: ptemptleton@weight-watchers.co.uk

Super Saturday Rides:

- July 13th – Neilston Pad to Levern water: *Easy*
 - August 10th – Dams to Darnley: *Easy*
 - September 14th – Neilston to Dunlop: *Moderate*
- Email info@ndtcycling.co.uk to book



Bike Sale Saturday July 20th, NDT Cycling Hub:

Rouken Glen 11am-2pm

Neilston Family Fun Day:

Saturday 24th August, Pig Square 12-3pm

SUNDAYS

Upstream Battle litter pick and survey:

21st July – contact laura.carswell@neilstontrust.co.uk for more info.

Neilston Litter Pick

18th August 12-2pm

Meet at the Bank for your grabber, bag and gloves and join us for a cuppa at the end!

BIKE HUB OPENING HOURS

Drop by to book a repair, hire or buy a bike.

NEILSTON BIKE HUB:
MONDAYS AND SATURDAYS
– 10am-12pm

ROUKEN GLEN BIKE HUB:
WED-FRI 10am-4pm



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