

Did you GET it yet?



They got it! Over the summer, young residents got grounded in the GET Local growing/ cooking/ travelling message. But not just for tots. **SEE INSIDE** for more info on GET Local ER: Grow, Eat and Travel.

HARVEST: CELEBRATING AND GROWING COMMUNITY

Summer's over, and for once, no complaints about the weather. Gardens have flourished; gluts of fruit and vegetables are upon us, conjuring images of harvest festivals celebrating the seasonal round. A good point, perhaps, to think of the incoming year and how to make Neilston a more fruitful and nourishing place.

NDT has a new project and new staff, and as always, the Bank as a welcoming 'living room'; so much to build on.

We're proud to have created the Legacy Fund as an independent funding source for village groups and look forward to hearing of grants to exciting local projects, brought forward for the people of Neilston.

NEW CYCLING BRAND FOR NDT

Introducing **NDT Cycling**, our new take on the former Pedalwise brand, bringing the Bike Hub and our cycling activities under a new banner - simply **NDT Cycling**, because that's what we are, as Scotland's first Cycle Friendly Community, committed to supporting more and more people of all ages and aptitudes to get confidently into the saddle, keep fit and have fun.



NEILSTON WINDFARM LEGACY LAUNCH

Open invite to community groups.
See inside for details.



MORE INSIDE:

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- FULL BANK PROGRAMME ◀

GET LOCAL

Climate Change is with us. Too grim to contemplate? GET Local ER is our chance to do a small something to help.

Supported by the Climate Challenge Fund, the project has three strands: active travel, food growing and changing attitudes to food and waste.

More lightheartedly, we might think of these as Go, Grow and Guzzle... having fun together, keeping healthy and helping the planet in the process.



GET Local launch events a big success



If you signed up already for any aspect of GET Local at one of our launch events over the summer, you haven't been forgotten. The team will be in touch very soon to discuss how you want to engage with the programme.

GO...

Looks at how we get around locally and for the commute without taking to the car,

CYCLING SATURDAYS 11AM

Free lessons and fun rides

Neilston Bike Hub (behind the Bank) 13th October

Rouken Glen Hub 6th and 20th October

WEDNESDAY SOCIAL RIDES 6PM

Beginner and intermediate rides from Neilston and Rouken Glen. **Booking essential.**

Call 0141 561 1201, visit NDT Cycling on Facebook or email info@ndtcycling.co.uk

BIG BIKE REVIVAL is a national campaign encouraging more people to get into cycling, and a perfect fit with our GET Local ER Climate Challenge Fund project.

Over 250 people attended the event at Rouken Glen on 26 August, enjoying free activities: an off-road bike trail, electric bike try-outs, guided rides and funky adapted bikes and trikes, free repair and maintenance sessions, information on local routes and a drop-off for bike recycling.



GROW...and GUZZLE!

Food isn't just fodder – it's a central part of the good life.

Young Enterprise Scotland has been working with local schools to deliver lessons around growing food and healthier diets. This involves practical lessons where wee hands get dirty, and the tasty produce is then used locally.

Back at the Bank, our raised planters tended by our volunteer gardeners have produced healthy crops of beetroot, parsnip, chard, courgettes, berries and many other tasty things. We are keen to make this sort of growing space more widely available in Neilston and are currently looking for suitable sites. **In the meantime, if you would be keen to learn some gardening skills or to even volunteer as a gardener with us, please get in touch.**

But let's face it, a barrowload of beetroot can defeat the keenest of cooks. So if you'd like to improve your culinary skills, reduce wastage or cook more affordably, we will be offering **COOK SCHOOLS** over the next few months, using some of this locally grown food.

Although initially targeted at specific groups, our cook schools will soon be offered to the whole community, so **WATCH THIS SPACE!**

Interested in any of our Get Local activities?

Please contact charlie.cairns@neilstontrust.co.uk on 0141 471 3502 or NDT 0141 561 1201 to register for the mailing list.



CYCLING CHALLENGE



Join in the NDT Cycling Challenge to get Neilston folk on their bikes.

Cut out the card, complete the 8 tasks and be entered into a Prize Draw.

Head to The Bank to get your first stamp and let us know you're taking part, and if you don't have a bike, you can borrow one of ours!

Call 0141 561 1201, visit NDT Cycling on Facebook or email info@ndtcycling.co.uk for more information.

NDT CYCLING AUTUMN CHALLENGE

Tick off each task to complete your challenge

Visit The Ban Bike Hub to register and pick up your **FREE** bike lights

Have your bike checked by Dr. Bike

Join a cycle skills session

Come to a Saturday Ride

Join one of the Wednesday Rides

Find a buddy and go for a ride

Replace a normal journey with cycling

Complete card to receive a **FREE** repair kit and be entered into the Big Prize Draw

CAFE COLLABORATIONS



Tropical fun with a Moana Morning

When they're not working miracles in our tiny kitchen and serving the best coffee in town, our versatile café team turns their hand to anything to ensure that the Bank is the most fun and welcoming place in the village. Something for all ages and interests; just check out the programme on the back page, including the monthly Book Club which goes from strength to strength and Silver Screen - a lovely way to spend an afternoon!

September saw the Include Me2 club coming for cookery classes. Next up will be Neilston Wasps 2006 football team, learning how to cook with locally sourced ingredients, as part of GET Local.



A hive of activity at Busy Bees

Short(crust) and sweet

Allana and Pauline produce sweet goods

LOOK OUT FOR OCTOBER WEEK SCHOOL HOLIDAY ACTIVITIES!



NEILSTON WINDFARM LEGACY (NWL)

NOTICE TO ALL COMMUNITY ORGANISATIONS IN NEILSTON

NWL will be holding two events at the Glen Halls to publicise our new community fund. (This is the money which came from Neilston Development Trust from the sale of their stake in the Neilston Community Windfarm).

Come and find out how we might be able to help you - and have a cup of tea - at our open information sessions at the Glen Halls on:

Mon 8 October 2018, 5.30pm to 8.30pm, or

Wed 10 October 2018, 1.30pm to 3.30pm

- Find out what NWL is all about
- Meet the trustees individually
- Collect an application form and guidance note
- Ask your questions

More information can be found on our new website

www.neilstonlegacy.org

...for the community

YOUR WEEK AT THE BANK

MONDAYS

Strength, balance & health walk Weekly 10.30am
Join our short walk (15+ mins) and activity and finish the session with a cuppa!

Knitter Group Fortnightly 7-9pm
Contact: pamfaulds@outlook.com
or 0141 881 8436

Happy Crafters Fortnightly 7-9pm
Contact: Gail Cameron on 07867 507 415



THURSDAYS

PC Club Weekly 9.45-11.45am

Get Hooked! Thursdays 1-3pm
(Next 6 week block from 25 October)
Crochet Classes for beginners.
Bring your own hook and yarn.
All ages and skill levels welcome.



FRIDAYS

Weight Watchers Every Friday at 6pm
Contact: Phyllis on 07500 717 145

SATURDAYS

Weight Watchers Every Saturday at 10.30am
Contact: Phyllis on 07500 717 145

Unless otherwise indicated, contact NDT on 0141 561 1201 or email admin@neilstontrust.co.uk for details of all services and activities listed above.

TUESDAYS

Gardening Club Weekly 10am-12noon
Help grow food for the café and learn or share skills

Monthly Silver Screen
Next showing, 30 October 1-3pm
'Hocus Pocus' Hallowe'en comedy



WEDNESDAYS

Wednesday Walkers Weekly 10am
Join us for a longer walk (60 mins+). Just turn up!

Pilates Weekly 6.15-7.15pm
Contact: info@karenbrysonpilates
or 07531 017 251

Bank Book Club Monthly 8pm
Next date 24 October
Great reads and great chat.
£1.50 Tea/coffee provided.
Contact: Elaine Stewart 0141 471 3503 or NDT
Facebook page



BANK CAFE

Tues-Thurs 9.30am-4pm

Friday 11am-4pm

with daily specials, vegan options
and the best coffee in town.



BANK BIKE HUB

Mon and Sat 10am-12noon

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



VOLUNTEERING

Give a little, get a lot back! We have lots of opportunities for differing interests and abilities and are always delighted to see some new faces

- Work outdoors to support the Gardening Group and help with local food growing and planting as well as supporting community clean-ups across the year
- Support the Bank Cafe and Bank events
- Help the Bike Hub and Walking Groups
- Get involved in new clubs and activities at the Bank

Contact Laura at 0141 561 1201 or email laura.carswell@neilstontrust.co.uk for more info.

NEW FACES

DEIRDRE MULDOWNEY is our new Operations Manager, responsible for keeping the NDT show on the road.

She came to us from another small charity, and lives in the village with her young family.

CHARLIE CAIRNS heads up the Get Local team and was previously with Inverclyde Council, where he worked as Greenspace Officer. A warm welcome to them from the board and staff team.



NEILSTON DEVELOPMENT TRUST



Cycling Scotland



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