

THE BANK PROGRAMME

MONDAYS

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

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



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

THURSDAYS

PC Club Weekly 9.45-11.45am



FRIDAYS

WW (Wellness Workshop) Every Friday at 6pm
Contact: Phyllis on 07500 707 145

SATURDAYS

WW (Wellness Workshop) Every Saturday at 10.30am
Contact: Phyllis on 07500 707 145

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, 18th Dec, 3.30pm
'Miracle on 34th Street' a Christmas classic!



WEDNESDAYS

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

Neilston Book Club Monthly 8pm
Next date 12th Dec
Great reads and great chat.
£1.50 Tea/coffee provided.
Contact: Lindy Montgomery, Lindy_coleman@hotmail.co.uk or
find us on www.facebook.com/NeilstonBookClub

BANK CAFE

Wed-Thurs 9am-4pm, Fri 11am-4pm
Enjoy daily specials with vegan options
and the best coffee in town.
Café is closed on Tuesdays for cooking classes
in partnership with IncludeMe2



BANK BIKE HUB

Mon and Sat 10am-12noon
Drop by to book a repair or hire or
buy a bike.



SILVER SCREEN



Join us at NDT's Silver Screen and enjoy the great visuals and sounds of our community cinema system!

The Christmas classic, Miracle on 34th Street will be shown at 3.30pm on 18th December.

Enjoy a home cinema experience for £1.50 entry which includes a hot drink and biscuits.

Why not join us beforehand for our **£5 meal deal lunch** which includes entry and a hot drink and biscuit.

NEW EXHIBITION

CARNIVAL IN VENICE

Join us for an intriguing, beguiling and colourful exhibition of photographs of the "Carnival in Venice" taken by local photographer and Neilston resident Anne Kopplin.

Come see and enjoy this marvellous exhibition for yourself.

The Bank and exhibition open times are Wednesday-Thursday 9am-4pm and Friday 11am-4pm



the SPACE



A COMMUNITY NEWSLETTER PRODUCED BY NEILSTON DEVELOPMENT TRUST

No 31 | Dec 2018

it's a Christmas Cracker

Come along to the Bank on 15th December for our 'Christmas Cracker'.

As part of our GET (Grow Eat Travel) Local programme, there will be ideas about how to have a plastic-free, sustainable Christmas without losing the fun. There will be local products to buy, a crafty corner, fun activities, food to taste and things to take away. We may even have our own version of a bush tucker trial. We look forward to seeing you there. It'll be a cracker!



CHRISTMAS LIGHTS SWITCH ON

The Neilston Village Christmas Lights switch on and parade will take place on **Sunday December 9th from 3-7pm**. The Neilston War Memorial Association have been working hard to build on the success of last year's wonderful event. Plans are underway for an unmissable experience with some great entertainment lined up, fantastic stalls featuring community groups and vendors from 3-6pm and the parade and switch on 6-7pm.



Sunday 9th Dec 3pm-7pm

Parade & switch on 6pm-7pm

The Bank will be open from 3-6pm and all are welcome to come in for some Christmas refreshments. Updates to follow on Facebook and look out for posters throughout the village. Donations of tins and packets will be collected on the day for the ER Foodbank.



MORE INSIDE:

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- ▶ CAFE GOINGS-ON
- ▶ CYCLING NEWS
- ▶ OUR VOLUNTEERS
- ▶ FULL BANK PROGRAMME
- ▶ AND MORE...

FOR ALL THE LATEST NEWS FOLLOW US



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GET LOCAL



There has been a lot of publicity recently about the scale and pace of climate change. NDT's GET Local project will educate and demonstrate to the people of Neilston and East Renfrewshire how they can make small lifestyle changes that will ultimately contribute to the fight against accelerating climate change.

GET Local encourages you to **Grow, Eat and Travel** in a manner that allows you to make your own, personal, positive contribution.

GROW

Growing food locally helps fight climate change in several ways. Our project partner, TCV, will be encouraging schools to participate in a food growing initiative using school grounds. Pupils will be involved in the whole food growing process from plant selection through to harvesting. Local people will benefit too, as we will try our hardest to make sure that none of the food grown goes to waste.

Of course, growing food need not only happen in school grounds. Early in the New Year we will be starting a series of gardening classes and practical sessions open to all members of the community. We expect this to be popular so booking will be essential.



EAT

They say you are what you eat. Reliance on meat in our diets has played a big part in leading us to where we are at the moment, so one small contribution you can make is to eat meat-free meals at least twice a week. GET Local is currently running a series of free cooking classes designed to give you the skills and knowledge to make happy, healthy and nutritionally balanced dishes, free of meat. AND eating less meat will save you money – win-win!

You can also save money and help the planet by reducing food waste. Most of our classes will be based on reducing food waste, encouraging you to buy less packaged food in the first place and then using all that you have.

Check our Facebook page for details of upcoming classes.



TRAVEL

Why not think about reducing your stress levels, and improving your fitness, by travelling actively? You could walk or cycle to the train station, walk the kids to school, cycle round to your friends - there really are lots of opportunities within a typical lifestyle to leave the car at home. So, why aren't you?

- **Don't have a bike? We do!** We take donated bikes and recondition them to professional standards which are then available to buy at a much reduced cost.
- **Can't ride a bike? We can teach you.** Get in touch for a lesson.
- **Unsure of cycling on the road?** We offer a series of classes that can improve your confidence and skills.
- **Not sure of your fitness level?** We have two electric bikes which are available for you to try out. Hills become a doddle, but you still have to work a bit so you do get the benefit of exercise.

If you want to travel actively, whether it be for fitness, ethical or affordability reasons, we can help you. Email us at info@ndtcycling.co.uk.

We're not saying we can change the world, but we would like to help our local community play its part. It really is in all our interests. So get interested, get in touch, and GET Local.



BANK CAFE

The Bank Cafe has been very busy over last few months. We have a cookery class every Tuesday with our friends from Include Me2 club. Staff and service users have had great fun producing lots of healthy dishes while learning new skills.



We recently enjoyed a visit from the local English as a Second Language group and the Syrian ladies showed us how to make tabbouleh.



They have prepared a recipe book of the foods that matter to them and how to prepare. Our Thursday Crochet Clubbers were delighted to join in and are hoping that we have a return visit to show off their crochet skills.

OUTREACH

NDT is really keen to find out what activities, services and events you would like to see happening at the Bank and as part of the Trust's work in Neilston.

It could be something like developing film clubs for children and families, or a chess club for seniors (or all ages!) at the weekend or after school. Or maybe it's making sure that you can come to the Bank to find-out about what is happening locally and pass on any local information to share with others. Don't worry if you don't have the time to organise but just want to make a suggestion.



No matter what your interest is or how much time you have to get involved, we would love it if you got in touch to share your ideas and suggestions.

Why don't you pop by The Bank to chat your ideas over. Ask for Laura (Mon-Thurs), or call 0141 561 1201, email laura.carswell@neilstontrust.co.uk or message NDT's Facebook page.

VOLUNTEERS UPDATE

NDT has enjoyed great support from new volunteers recently who have been busy in the Bike Hub, the Café, the Garden and supporting activities including the Crochet Club, Well-being therapies and administration. As always we are so grateful to our long-standing volunteers who so generously give their time to support NDT.

Congratulations to Ivy Cowan who supports the Monday morning Strength, Balance and Health Walk. She was recently awarded a certificate of thanks by Paths for All for her tireless contribution and care.



CYCLING NEWS



Throughout December we're offering free cycling lessons for all ages and abilities.

We would love to welcome you to help improve your skills or teach you new ones so come on down and take advantage while you can!

Ever wondered what an E-bike is like to ride? Wonder no more - we now have an E-bike for people to try. Just get in touch or pop in if you want to give it a shot.



We have joined forces with Sustrans, Cycling Scotland, Cycling UK and other organisations to form the first **East Renfrewshire Cycle Forum**. We welcome any local ideas on how to improve infrastructure and facilities in ER, so we can hopefully influence government decisions as a stronger team.

Contact info@ndtcycling.co.uk

BIKES FOR SALE



Affordable and fully serviced bikes for sale just in time for Christmas.

Get in touch to find out if we have the perfect bike for you.

A choice selection will be available to try and buy at our Christmas Cracker event on Dec 15th, so make sure to come along!

NDT MEMBERSHIP

Would you like to get more involved in NDT's activities or even just support our work?

Did you know you can become a member of NDT for £1? This entitles you to vote at our AGMs and become part of the wider NDT community all working for the good of Neilston.



Or, if you have previously joined as a member but not heard from us – get in touch so we can make sure our members list is up to date and correct. Pop into The Bank, email admin@neilstontrust.co.uk or call 0141 561 1201.

NDT AGM

We are holding our AGM on 6th December at 7.45pm in the Bank. This meeting is open to anyone though only members have voting rights.

Feel free to come along – just let us know by email to admin@neilstontrust.co.uk so we can make sure we have a cuppa for you!