

Community Activities Timetable

September 2022



Welcome!

Have you ever thought that 'there is nothing to do in my neighbourhood'?

That's why with some of your neighbours we got together and decided to create a timetable of activities for the area.

This is work in-progress and please help us get it right. If you find any errors or find that something is missing please get in touch! Also, if you would like to join us and make this resource better next time we would love to hear from you.

Please contact activity providers before attending as details can change at a short notice.

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MONDAY

Time	Activity	Location
9am-2pm	Calvay Community Cafe	Calvay Centre
9am–10pm	Match/training park hire	Greenfield Football Centre
10am–2.30pm	Day Centre for 65+	Budhill Halls (Mattie Carwood Centre)
9am-8pm	FREE Customer Computer Access (IT suite log-in inductions 9am-12noon)	Barlanark Community Centre
10am-4pm	FREE Customer Computer Access	Calvay Centre
10am-3pm	My Life My Choice– Group for Adults with Additional Support Needs	Glenburn Centre (£5 full day/ £3 half day, lunch included)
10am-10pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
10am–5pm	Library	Shettleston Library & Easterhouse Library
10am-3pm	ESOL Classes, Glasgow Life	Barlanark Community Centre
12pm-2pm	Community Shop– Affordable food	Community of Helping Hands-Barrachnie Park

MONDAY

Time	Activity	Location
3.30pm-5.15pm	Skoolz Out Youth Clun P1-P7	Glenburn Centre
3pm-5.30pm	Youth Club– Juniors (P5– P7)	Fuse Youth Cafe
3.15pm-4.45pm	Boys Football (P1+)	Connect Centre
3.30pm-5.30pm	Allotments Youth Club Drop In (8 Yrs +)	Wellhouse Allotments
4pm-6pm	Centre Stage Dance Classes	Barlanark Community Centre
5pm-7pm	Slimming World Barlanark (BSL available)	Barlanark Community Centre
5.30pm-7pm	Glasgow United kids academy	Greenfield Football Centre
5.30- 8.30pm	Taekwondo	Connect Centre
6pm– 8pm	Springboig and Barlanark Community Council	Calvay Centre (3rd Monday of the Month)
6pm-7pm	Irish Dancing	Barlanark Community Centre
6pm	Running Group– Jiggly Joggers Couch to 5k (block booking) & Mixed Ability	Budhill Car Park

MONDAY

Time	Activity	Location
6.30pm-9.30pm	284th Glasgow Boys Brigade (Various ages)	Greyfriars Church, Barlanark
7pm-8pm	Jade Adam School of Dance	Barlanark Community Centre
6pm-8pm	Youth Club (5-12 Yrs)	Calvay Centre
6pm-8pm	Youth Club (P1-P7)	Glenburn Centre
6.30pm-8.30pm	Barlanark Dog Club– dog training	Barlanark Community Centre
6pm-7pm	Boogie Bounce– MPower Holistics	Barlanark Community Centre
6.30-8.30pm (starting 12 September)	Hand embroidery– 10 week course (first class £10 including materials, then £3 per class)	Brighter Baillieston (booking required)
6.30-9.30pm	Youth Club– Seniors (S1– 18 Yrs)	Fuse Youth Cafe
7pm (once a month)	Walk and talk– Group for mums of kids with neuro-diversity (Jiggly Joggers)	Meet at Budhill Park car park– contact Jiggly Joggers to book
7pm-8pm	Clubbercise- MPower Holistics	Barlanark Community Centre
7pm-9pm	Glasgow City Basketball Club– Girls Squad Training	St. Andrews Secondary School, Torphin Crescent

TUESDAY

Time	Activity	Location
9am-2pm	Calvay Community Cafe	Calvay Centre
9am– 10pm	Match/training park hire	Greenfield Football Centre
10am-2.30pm	Day Centre for 65+	Budhill Halls (Mattie Carwood Centre)
9am-8pm	FREE Customer Computer Access (IT suite log-in inductions 1pm-3pm)	Barlanark Community Centre
10am-4pm	FREE Customer Computer Access	Calvay Centre
10am-3pm	My Life My Choice— Group for Adults with Additional Support Needs	Glenburn Centre (£5 full day/£3 half day, lunch included)
10am-10pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
10am– 8pm	Library	Shettleston Library & Easterhouse Library
10am-3pm	Shettleston Does Digital (Digital support)	Shettleston Food Pantry (contact to book)
10am-1pm	Employability Support— advice on jobs, training, CVs	Shettleston Library- Contact freephone 0300 123 2898 for appointment
11am-1pm	Glasgow Life Walking Group	Barlanark Community Centre
11am-12.15pm (until April 2023)	Beginner's Cooking Skills online classes— free vouchers for ingredients	Online— Nutrition Scotland— call 07595091942 to book
12pm-2pm	Community Shop— affordable food	Community of Helping Hands, Barrachnie Park

TUESDAY

Time	Activity	Location
12pm-3pm	Women's Group (Contact before to register)	Greater Easterhouse Alcohol Project
12.30-2pm	Mini Kickers + Parent and Toddlers Group	Connect Centre
1pm-2.30pm	English lessons (ESOL) FREE	Easterhouse Baptist Church
1pm-3pm (school holidays only)	Smelly Welly Holiday Club 7-12 Yrs	Shettleston Community Growing Project
1.30-3.30pm	Digital Support Drop-In	Connect Centre
2pm-6pm	Craft Club (All welcome!)	Calvay Centre
4pm-9pm	Studio C– Dance Classes	Barlanark Community Centre
3.15pm-5.15pm	Smelly Welly Club– After-school gardening club 7-12 Yrs	Shettleston Community Growing Project
3pm-5.30pm	Youth Club– Juniors (P5– P7)	Fuse Youth Cafe
3.30-5.30	Youth Club Drop-In (P1+)	Connect Centre
4pm-7pm	Centre Stage—Dance Classes	Barlanark Community Centre
4.30-5.30	All Stars School of Dance	Calvay Centre
5pm-6pm	Football Coaching Primary age	Glenburn Centre
5pm-7pm	Glasgow City Basketball Club– U18 Junior Men & U16 Cadet Boys	Eastbank Academy

TUESDAY

Time	Activity	Location
5.30-6.15	Martial Arts P1-P4	Calvay Centre
6.15-7pm	Martial Arts P4-P7	Calvay Centre
6pm-7pm	Girls Community Football Coaching (5-11yrs)	Greenfield Football Centre (contact Glasgow Girls FC to join)
6pm-7pm	Line Dancing Class– Beginners FREE	Glenburn Centre
6pm-9pm	Eclipse Dance Classes	Barlanark Community Centre
6pm-8pm	Karate	Eastbank Academy (Eastbank Karate)
6.30-9.30pm	Youth Club– Seniors (S1– 18 Yrs)	Fuse Youth Cafe
6.30pm– 7.30pm	Glasgow East Juniors Rugby Club	Barlanark Community Centre (October-April) Barrachnie Park (May-September)
6.30pm (second Tuesday of the month)	Friends of Barlanark and Springboig Green-spaces	Barlanark Community Centre (new members always welcome)
7pm-8.30pm	2009 Glasgow United Training	Greenfield Football Centre
7pm-9pm	Kensaki	Connect Centre
7pm-8pm	Martial Arts– Adults	Calvay Centre
7:30pm– 9pm	Aura Sanctuary Reservation– Spiritualist meeting (£4 entry including raffle, tea & coffee)	Brighter Baillieston
8pm– 9pm	Sweaty Mama– Ladies Only Bootcamp	Barlanark Community Centre

WEDNESDAY

Time	Activity	Location
9am-2pm	Calvay Community Cafe	Calvay Centre
9am– 10pm	Match/training park hire	Greenfield Football Centre
9am-11am	Mustard Seed Baby and Toddler Group	Barlanark Community Centre
9am-10pm	Match/training park hire	Greenfield Football Centre
10am-2.30pm	Day Centre for 65+	Budhill Halls (Mattie Carwood Centre)
10am-9pm	FREE Customer Computer Access	Barlanark Community Centre
10am-4pm	FREE Customer Computer Access	Calvay Centre
10am-1pm	Walking Club	Connect Centre
10am-3pm	My Life My Choice– Group for Adults with Additional Support Needs	Glenburn Centre (£5 full day/£3 half day, lunch included)
10am-12pm	Womens 50+ Group	Barlanark Community Centre
10am -3pm	Food Pantry– Affordable Food	Shettleston Food Pantry
10am– 5pm	Library	Shettleston Library & Easterhouse Library
10am-10pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
10am-1pm (every 2nd Wednesday of each month)	Citizens Advice– phone CAB direct to book appointment 0141 771 66 54	Brighter Baillieston
11am– 12pm	Walking Group	Tollcross Park (meet at the Animal Farm)

WEDNESDAY

Time	Activity	Location
11am -12pm	Bingo	Connect Centre
12pm-1.30pm	Lunch Club	Connect Centre
12pm-2pm	Weight Watchers	Barlanark Community Centre
1pm-3pm (school holidays only)	Smelly Welly Holiday Club 7-12 Yrs	Shettleston Community Growing Project
1.30pm	Sweaty Mama– Mum & baby/child class	Fuse
2pm-4pm	Games Club (chess, cards board games– all levels welcome)	Calvay Centre
3pm-5.30pm	Youth Club– Juniors (P5– P7)	Fuse Youth Cafe
3.30pm-5.15pm	Skoolz Out Youth Club P1-P7	Glenburn Centre
3.30-5.30pm	FREE Pantry– Pop up	Glenburn Centre
3.30-5.30pm	Youth Club Drop In (P1+)	Connect Centre
4pm-6pm	Community Shop	Community of Helping Hands, Barrachnie Park
4pm-6pm	Dance Generatiion	Barlanark Community Centre
5pm	Walking Group– Jiggly Joggers	Meet at Budhill Car Park
5pm-6pm	Dance For All	Barlanark Community Centre
5.30pm-7pm	Glasgow United kids academy	Greenfield Football Centre
5.30-9.30pm	Jade Adam Dance Class 2-17Y	Springboig Bowling Club

WEDNESDAY

Time	Activity	Location
5.30-6.30pm	Wellhouse and Queenslie Community Council (including Easthall) no meetings in July, January and February	Connect Centre (1st Wednesday of the month)
6pm-9pm	Youth Club P5+	Glenburn
6pm	Running Group– Jiggly Joggers Couch to 5k	Meet Budhill Car Park
6pm-9.30pm	166th Glasgow Cubs, Beavers and Scouts	Greyfriars Church
6pm-7pm	Girls Football P1+	Connect Centre
6pm-8pm	Knitting and Sewing Club	Connect Centre
6pm-8pm	Boxercise	Connect Centre
6pm-7pm	Boogie Bounce– MPower Holistics	Barlanark Community Centre
6pm-8.30pm	Eclipse Dance Classes	Barlanark Community Centre
6pm-7pm	Circuits Training Classes	Barlanark Community Centre
6.30-9.30pm	Youth Club– Seniors (S1– 18 Yrs)	Fuse Youth Cafe
6.45pm	Running Group Jiggly Joggers 5k and Mixed Ability	Meet Budhill Car Park
7pm-8.40pm	2008 Glasgow United training	Greenfield Football Centre
7pm-9pm	Bingo (all welcome!)	Calvay Centre
7pm-8pm	Clubbercise- MPower Holistics	Barlanark Community Centre
7-8.30pm	Bingo	The Hub, Wellhouse
7pm-9pm	Glasgow City Basketball Club– Girls Squad Training	St. Andrews Secondary School, Torphin Crescent

THURSDAY

Time	Activity	Location
9am-2pm	Calvay Community Cafe	Calvay Centre
9am– 10pm	Match/training park hire	Greenfield Football Centre
10am-2.30pm	Day Centre for 65+	Budhill Halls (Mattie Carwood Centre)
10am-9pm	FREE Customer Computer Access (6pm-8pm log-in inductions)	Barlanark Community Centre
10am-4pm	FREE Customer Computer Access	Calvay Centre
10am-1pm	Men's Group (mixed activities, trips, sessions)	Connect Centre
10-11.15am	BookBug	Shettleston Library
10am-10pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
10am– 8pm	Library	Shettleston Library & Easterhouse Library
10am-3pm	Shettleston Does Digital (Digital support)	Shettleston Food Pantry (contact to book)
10.30-12pm	Noah's Ark Toddler Group	Easterhouse Baptist Church
11am-1pm	Cycle Group (Adults)	Glenburn Centre
12pm-2pm	Community Shop	Community of Helping Hands, Barrachnie Park
12pm-3pm	Women's Group (Contact before to register)	Greater Easterhouse Alcohol Project
12pm-3pm	Women's Group (Contact before to register)	Greater Easterhouse Alcohol Project
1pm-3pm (school holidays only)	Smelly Welly Holiday Club 7-12 Yrs	Shettleston Community Growing Project

THURSDAY

Time	Activity	Location
3pm-5.30pm	Youth Club– Juniors (P5– P7)	Fuse Youth Cafe
3.15pm-5.30pm	Family Cooking Club	Connect Centre
3.15pm-5.15pm	Smelly Welly Club– Afterschool gardening club 7-12 Yrs	Shettleston Community Growing Project
4pm-6pm	Centre Stage Dance Classes	Barlanark Community Centre
6pm-7pm	Zumba	Barlanark Community Centre
6pm-7pm	Line Dancing Class Beginners– FREE	Wellhouse Hub
6pm-8pm	Youth Club P4+	Connect Centre
6pm-8pm	Brownies	Glenburn Centre
6pm-8pm	Karate	Eastbank Academy (Eastbank Karate)
6.30pm-9pm	67th Glasgow Girls Brigade (various ages)	Greyfriars Church
6.30-9.30pm	Youth Club– Seniors (S1– 18 Yrs)	Fuse Youth Cafe
7pm-8pm	Mat Yoga (£3)	Brighter Baillieston (booking required)
7pm-9pm	Glasgow City Basketball Club, U16 Cadet Boys & U18 Junior Men	St Andrews Secondary School, Torphin Crescent
6.30-8.30pm	Barlanark Indoor Bowls Club	Barlanark Community Centre
8pm-10pm	Kensaki	Connect Centre

FRIDAY

Time	Activity	Location
9am-2pm	Calvay Community Cafe	Calvay Centre
9am– 10pm	Match/training park hire	Greenfield Football Centre
9am-1pm (other times available by appointment)	People Plus Employment Support Drop In	Glenburn Centre
10am-2.30pm	Day Centre for 65+	Budhill Halls (Mattie Carwood Centre)
9am-5pm	FREE Customer Computer Access	Barlanark Community Centre
10am-4pm	FREE Customer Computer Access	Calvay Centre
10am-3pm	My Life My Choice—Group for Adults with Additional Support Needs	Glenburn Centre (£5 full day/£3 half day, lunch included)
10am-12pm	Volunteers/ Craft Group	Calvay Centre
10am-10pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
10am-1pm	Food Pantry— Affordable food	Shettleston Food Pantry
10am– 5pm	Library	Shettleston Library & Easterhouse Library
10am– 2pm	Holistic Therapies (£5)	Brighter Baillieston (booking required)
11am-12noon	Tai Chi	Barlanark Community Centre
12pm-2pm	Community Shop	Community of Helping Hands, Barrachnie Park

FRIDAY

Time	Activity	Location
3pm-5pm	Community Bingo (Adults)	Glenburn Centre
3pm-5.30pm	Youth Club– Juniors (P5– P7)	Fuse Youth Cafe
3.30pm-5.30pm	Youth Club (P1+ Including Sports)	Connect Centre
3.30-5.15pm	Skoolz Out Youth Club P1-P7	Glenburn Centre
4pm-6pm	Studio C- Gymnastics Classes	Barlanark Community Centre
4.30-5.30pm	All Stars School of Dance	Calvay Centre
5pm-6pm	Ladies Boxing	Barlanark Community Centre
5pm-7pm	Glasgow City Basketball Club – Development Session Boys and Girls U18	Eastbank Academy
5.30-6.15	Martial Arts P1-P4	Calvay Centre
5.30pm-6.30pm	2016-2014 Glasgow United training	Greenfield Football Centre
6.15-7pm	Martial Arts P4-P7	Calvay Centre
7pm-8pm	Martial Arts– Adults	Calvay Centre
6pm-7.45pm	Greyfriars Youth Project– Younger Group	Greyfriars Church (in partnership with Urban Fox)
6pm-9pm	Youth Club S1+	Glenburn Centre
6.30-9.30pm	Youth Club–Seniors (S1– 18)	Fuse Youth Cafe
8.15pm-10pm	Greyfriars Youth Project– High School Group	Greyfriars Church (in partnership with Urban Fox)
7pm-8.30pm	2009 Glasgow United Training	Greenfield Football Centre
7pm-9pm	Taekwondo	Connect Centre

SATURDAY

Time	Activity	Location
9am-2pm	Calvay Community Cafe	Calvay Centre
9am– 6pm	Match/training park hire	Greenfield Football Centre
10.30-12.30pm	All Stars School of Dance	Calvay Centre
10am– 5pm	Library	Shettleston Library & Easterhouse Library
11am-12pm	Karate	Glasgow Club Toll-cross (Eastbank Karate)
12-3pm	Saturday Fun Club P1+	Glenburn Centre
9am-8pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
4pm-7pm	Youth Club Drop In (P4+)	Connect Centre
5pm-7pm	Youth Basketball	Connect Centre
6pm-9pm	Youth Club– Seniors (S1-18Yrs)	Fuse Youth Cafe

SUNDAY

Time	Activity	Location
9am	Running Group– Jiggly Joggers– 5k + Mixed Ability	Meet Budhill Car Park
9am– 6pm	Match/training park hire	Greenfield Football Centre
9am-8pm	Community Football Pitch Hire	Stepford Pitches (community and off-peak rate available)
12pm-2pm	Afternoon Tea £2	Connect Centre
6pm-8pm	Bingo £7 for Books, 50p Entry	Connect Centre



Springboig Barlanark Community Council

**Newly established Community Council,
serving the areas of Springboig,
Barlanark, Budhill and Greenfield.**

**Meeting at Calvay Centre
at 6pm on 3rd Monday of each month**

15/08/22

19/09/22

17/10/22

**Date for AGM to
be confirmed
for November**

Residents welcome to attend

<https://www.facebook.com/Springboig-and-Barlanark-Community-Council-100730152559772>

Email: springboigbarlanarkccc@gmail.com



Community Councils

A Community Council is a voluntary organisation run by local residents to act on behalf of its area. They play an important role in local democracy and are comprised of people who care about their community and want to make it a better place to live.

Community councils bring local people together to help make things happen, they advise, petition, influence and advocate on behalf of local communities.

Community council meetings are open to public so if you just want to go and see what a meeting looks like or if you have something you would like to raise, you would be most welcome!

How do I find my community council?

For areas of Wellhouse, Queenslie or Easthall, contact:

wqcommunitycouncil@gmail.com

Meetings take place on every first Wednesday of the month at 5.3pm in Wellhouse, at Connect Centre on 39 Wellhouse Crescent, Wellhouse, G33 4HG

For areas of Spingboig, Budhill, Barlanark or Greenfield, contact:

springboigbarlanarkcc@gmail.com

Meetings take place on every 3rd Monday of each month at 6pm, in Barlanark, at Calvay Centre, 16 Calvay Rd, Glasgow G33 4RE

Contacting your representatives

You can find your Councillor, MP or MSP here:
www.writetothem.com

Your Councillors

Contact a councillor if you want to discuss services in your local area. These include local public transport, rubbish collection or disputes with your neighbours. Your councillor can offer help with:

- education services, for example getting your child into a school
- registering to vote
- parks and leisure services

Ward 18– East Centre (Barlanark, Springboig, Greenfield, Budhill, Carntyne, South Carntyne, Cranhill, Riddrie)



Councillor Declan Blench 0141 287 5629
declan.blench@glasgow.gov.uk



Bailie Annette Christie 0141 287 3595
annette.christie@glasgow.gov.uk



Councillor Ann Jenkins 0141 2875256 07795922636
ann.jenkins@glasgow.gov.uk



Councillor Kieran Turner 0141 287 4309 07795922901
Kieran.turner@glasgow.gov.uk

Ward 20– Baillieston (Wellhouse, Easthall, Queenslie, Swinton, Garrowhill, Baillieston, Mount Vernon, Broomhouse)



Councillor John Daly 0141 287 4963
john.daly3@glasgow.gov.uk



Councillor Alex Kerr 0141 287 3592 07795922882
alex.kerr@glasgow.gov.uk



Councillor Kevin Lalley 0141 287 7013 07795922603
kevin.lalley@glasgow.gov.uk

Your MP

Contact your MP if you want help with something related to the following issues:

- defence
- employment
- immigration and visas
- international development
- trade and Industry Y

You can also contact your MP about issues related to social security and tax that are not covered by the Scottish Parliament.

Glasgow East Constituency:



David Linden MP
david.linden.mp@parliament.uk
0141 778 1177

Your MSP

Contact your MSP if you want support with something related to the following devolved matters:

- agriculture and fisheries
- education and training
- environment
- health and social services
- housing
- justice and policing
- local government
- transport

You can contact one of your MSPs about some taxes - these include: Income Tax, Land and Buildings Transaction Tax, Landfill Tax

You can also contact one of your MSPs about some aspects of social security - these include the following benefits: Best Start Grant, Carer's Allowance/Carer's Allowance Supplement, Funeral Support Payment, Young Carer Grant.



Glasgow Provan (including among others Wellhouse, Easthall, Springboig, Greenfield, Budhill, Queenslie)

Ivan McKee MSP [0131 348 6950](tel:01313486950)
Ivan.McKee.msp@parliament.scot



Glasgow Shettleston (including among others Barlanark)

John Mason MSP 0141 550 4327 0787 943 0877
john.mason.msp@parliament.scot

USEFUL ADDRESSES AND CONTACT DETAILS:

Barlanark Community Centre 33 Burnmouth Road, G33 4RZ
Contact venue for more details: 0141 773 1812

Brighter Baillieston, 6 Buchanan Street, Baillieston (side entrance of Police Station), Please call 07759 28 48 14 to book any of the activities an classes as booking is required. Spaces are limited and filling fast.

Budhill and Springboig Allotments budhillallotments@gmail.com

Calvay Centre 16 Calvay Rd, Glasgow G33 4RE, 0141 771 7722

Calvay Community Café, 16 Calvay Road, 07368 94 84 15,
thecalvaycafe@outlook.com

Community of Helping Hands Barrachnie Park, 186 Baillieston Road, G32 0TG, info@communityofhelpinghands.co.uk
<https://www.facebook.com/communityofhelpinghands>

Connect Centre 39 Wellhouse Crescent, Wellhouse, G33 4HG,
Connect Community Trust offers a range of FREE community activities for all ages. 0141 781 9918
<https://www.facebook.com/connectcommunitytrust>

Eastbank Karate, contact on Facebook @EastbankKarate

Eastbank Netball Club, eastbank_netballclub@yahoo.com

Easterhouse Baptist Church, 18 Westerhouse Road, G34 9PD
(opposite Morrisons and Everlast Gym)

East End Flat Pack Meals Affordable meal packs with ingredients and recipes included. 07460 131826 <https://www.facebook.com/eastendflatpackmeals>

Friends of Barlanark and Springboig Greenspaces, local community group looking to improve and celebrate green spaces. New members welcome! barlanarkandspringboigfriends@gmail.com
www.facebook.com/Friends-of-Barlanark-and-Springboig-Greenspaces-112556834421490

Fuse Youth Café 1567-1573 Shettleston Road, G32 9AS Drop in to register or contact 0141 778 4477 info@fuseonline.org.uk

Glasgow City Basketball Club, glasgowcitybasketball-club@gmail.com Find on Facebook: @GlasgowBasketball

Glasgow East Juniors Rugby Club
glasgoweastjuniors2019news@outlook.com

Glasgow Easterhouse Alcohol Awareness Project 51 Trondra Place, G34 9AX, FREE services to anyone concerned about their own or another's alcohol use. Counselling, peer support, recovery cafes, women's group. 0141 773 1222 info@geaap.org

Glasgow Girls Football Club Budhill Park, 2 Hallhill Road, G32 0HW , a football club offering a range of training and other opportunities including peer mentoring, media training.
admin@glasgowgirlsfc.com
<https://www.glasgowgirlsfc.com/join-the-academy/>

Glasgow Girls Media Academy, Glasgow Girls are looking for volunteers, who are in Digital Media and want to add to portfolio or to showcase their skills. Volunteers will work on video, podcast and photography projects as well as report on matches and local community projects. Contact ggwfcjobs@gmail.com

Glasgow North East Carers Centre 51 Trondra Place, G34 9AX, Support for carers including peer support, autism training, dementia training, mental health and wellbeing sessions. 0141 781 0728; contact@gnecarerscentre.com www.gnecarerscentre.com To make a self-referral go to <https://www.glasgow.gov.uk/article/25856/Carers-Self-Referral>

Glasgow United Football Club, Greenfield Football Centre, 127 Duror Street, G32 6TP. 01412763991 , Find on Facebook: @GlasgowUnitedFootballClub also, see below under Greenfield Football Centre

Glenburn Centre 6 Glenburnie Place, Glasgow G34 9AN, Most activities at Glenburn Centre are delivered by Easthall Park Residents Association, for more information contact Libby at 01417812277 / 07561692738 Libby@eraglenburn.org.uk

Greenfield Football Centre, Shettleston Community Sports Trust 127 Duror Street, G32 6TP. 01412763991, facilities include 3G park, 4 full size grass parks, two 7-a-side grass parks, for more information contact support@greenfieldfootballcentre.co.uk website: www.greenfieldfootballcentre.co.uk booking link on the website. Glasgow United will be starting girls only training, 10 week course, free of charge, details to follow. Volunteers required for all areas: coaching, facilities assistant, cleaning, starting up projects, grass cutting, grounds maintenance etc. <http://greenfieldfootballcentre.co.uk/>

Greyfriars Church 365 Hallhill Road, Barlanark, G33 4RY 0141-771 -6477 enquiries@barlanark-greyfriars.co.uk for Urban Fox contact debbie@urban-fox.org

Kaldis Function Suite 50 Edinburgh Road, G69 6DN, Community Of Helping Hands is serving delicious pasta and offering a chance to catch up with others in the community. Take away option available. FREE pasta, everyone is welcome, tea is £1
info@communityofhelpinghands.co.uk

Kensaki Robert Boyd 07547391510, Non-contact sport, classes suitable for adults and young people aged 13+. First three classes are free trial. <http://www.tokyoachiroshukai.co.uk/>

Linedancing at Jaxons, 07730 44 09 22 Learn to line dance at your own pace, classes across a range of venues.

Mattie Carwood Centre Budhill Hall, 2 Hallhill Road, G32 0HW Day Centre for adults 65+, £8 per day including 3 course lunch and activities (or £10 per day with minibus pick up and drop off). Call 0141 766 0000 to register.

MPower Holistics (Boogie Bounce, Yoga, Clubbercise) Contact Marie at 07757496552 <https://www.mpowerholistic.com/>

Mustard Seed Baby and Toddler Group organised by Hope Community Church Barlanark, suggested donation £1, no need to book, just come in! For information contact Cara 07773889961

North East Health Improvement Team free online baby massage courses, for babies 6 weeks– 6 months old, contact NEHIT.Admin@ggc.scot.nhs.uk

People Plus appointments at Glenburn Centre 6 Glenburnie Place, Glasgow G34 9AN 07817567658 elaine.thackeray@peopleplus.co.uk

Slimming world Zoe, 0744698134

Nutrition Scotland, free online cooking skills classes, learn some cooking skills and understand basics of nutrition, importance of balance foods, food labelling, meal planning. For more information or to book a place contact: 0759 5091942 or email vittoria@nutritionscotland.com

Shettleston Community Growing Project 68 Eckford Street, G32 7AR , to join contact Kenny McCubbin 07879 333846 Kenny.mccubbin@shettlestongrowing.org.uk

Shettleston Community Sport Hub, Shettleston Community Sport Hub are a group of local voluntary-led sport clubs, physical activity groups and community organisations working together increase opportunities for residents to be active. We have a range of volunteering opportunities available, please get in touch to find out more. chair.shettlestoncsh@outlook.com

Shettleston Does Digital FREE digital support for using devices and internet, contact to register 0759 872 81 56, sdd@fuseonline.org.uk

Shettleston Food Pantry 981 Shettleston Road, G32 7LN, Affordable food. £2.50 per shop for approx. £10-15 worth of food in return. 01414730460 thepantry@parkheadha.org.uk www.facebook.com/DrillHallPantry/

Shettleston Library, Wellshot Road, Glasgow, G32 7AX , 0141 276 1643, libraries@glasgowlife.org.uk

Shettleston Men's Shed 647 Shettleston Road, G32 7EH , 0141 778 1877, Www.shettlestonmensheds.uk shettlestonmensheds@outlook.com

Springboig Bowling Club 59 Springboig Ave, Glasgow G32 0JJ

Springboig and Barlanark Community Council (including Budhill and Greenfield) springboigbarlanarkcc@gmail.com

Stepford Pitches 1459 Edinburgh Road, G33 4EG, for enquiries and to book contact Danny Cameron, 07818434976

Studio C Dance and Performing Arts 07917 027926

Sweaty Mama contact by text or Whatsapp for more information and bookings 0797 915 8773

Taekwondo Jackie Timoney 07946314480

Tollcross Park walking group, 254B Wellshot Rd, Glasgow G32 7AX, Meet at Animal Farm, Tollcross Park, 0141-287-0963

Wellhouse Allotments Wellhouse Crescent next to the Hub, www.facebook.com/wellhouseallotments psmith@connect-ct.org.uk

Wellhouse and Queenslie Community Council (including Easthall) wqcommunitycouncil@gmail.com

Wellhouse Hub, 49 Wellhouse Crescent, G33 4LA Glasgow

Please check with individual groups or venues before attending as details can change at a short notice.

Thriving Place Springboig Barlanark is an opportunity for local people to come together and make their neighbourhoods thrive.

For information and to get involved please contact Ola Pawluk
Community Connector
olapawluk@glasgowkelvin.ac.uk

Useful local community pages include:

Thriving Places Springboig Barlanark
<https://www.facebook.com/TPSpringboigBarlanark>

North East Pathfinder
<https://www.northeastglasgow.co.uk/>

Local Community Facebook group
<https://www.facebook.com/groups/522080084925539>

Springboig and Barlanark Community Council
<https://www.facebook.com/Springboig-and-Barlanark-Community-Council-100730152559772>

Thank you to all community members and organisations who were involved in developing this activity timetable and who contributed content.

Please help us get this right. This information is correct to the best of our knowledge in September 2022. If you find any errors or want to make changes for the next print run please contact Ola at olapawluk@glasgowkelvin.ac.uk

If you would like to get involved and help make this resource better— please get in touch!

We Need You!

Friends of Barlanark & Springboig Greenspaces is a fairly new group formed in May 2021 with the aim of bringing back some life to the green spaces in our area. We would like to promote liveable neighbourhoods that are litter-free and nice for people to live in.

In the short space of time since we formed, we have become constituted and hosted community litter picks as well as being instrumental in the moving forward of improvements to Budhill Playpark, and the inspection and proposed removal of Barlanark outdoor gym which will be replaced with wildflowers and picnic benches.

We are seeking to secure areas for community growing and have secured a site for tree planting



as well as planning a Gruffalo trail for younger kids in Barlanark and funds for this have been secured.

We are looking for more volunteers to join our group who are enthusiastic about improving the area they live in and of course, don't mind getting their hands dirty.

For more information on how to join email barlanarkandspringboigfriends@gmail.com, or find us on Facebook.

Tuesday 25th October 7pm

Friends of Barlanark & Springboig GREENSPACES

COME JOIN US

- Annual General Meeting
- 7pm Barlanark Community Centre
- Come along and see the work the group is involved in!
New members always welcome!

For more information contact:
barlanarkandspringboigfriends@gmail.com
or find us on Facebook

Refreshments will be provided, please contact us to confirm attendance.





Glasgow Helps

Do you live in Glasgow and need a '*wee bit of help*'?

Glasgow Helps is a new service set up to work directly with the people of Glasgow.



Glasgow
Council
for the
Voluntary
Sector



We offer free, confidential support, information and advice for citizens on a wide range of issues.

We'll listen to what you need, what your aims are, and work with you to help you to access the right support services at the right time in the right place.

For more information, call us on the number below to discuss the support available to you and your family.

0141 276 1185

We are able to make arrangements for an interpreter if required.



Single Father of Two

We are so grateful for the help from Glasgow Helps and if it wasn't for the initial phone call, I am not sure I would have known who to contact.

I feel like a weight has been lifted off my shoulder.



MYGLASGOW

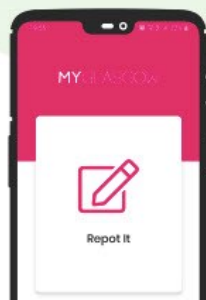
Help us to help you keep your community clean

Don't accept litter or fly-tipping on your doorstep

REPORT IT!



**Report issues in detail with
ease and convenience.**



Using the **Myglasgow App** -
You can download our app from
the App store and Google Play,
or online at **www.glasgow.gov.uk**
or by calling 0141 287 9700

Bulk items can be disposed of **FREE**
of charge at your nearest local
recycling centre located just a few
minutes drive away at:

Easter Queenslie Recycling Centre
90 Easter Queenslie Road
G33 4UL

You can use our app for a whole range of services,
from requesting a bulky waste collection to
reporting fly tipping or graffiti. Our "More Services"
section also has handy links to useful information.

