

The Neighbourhood

Echo



In This Edition:
Burns Supper
Boxing Club
Visit to GOMA
High Tea
and much more!

March 2026 Edition

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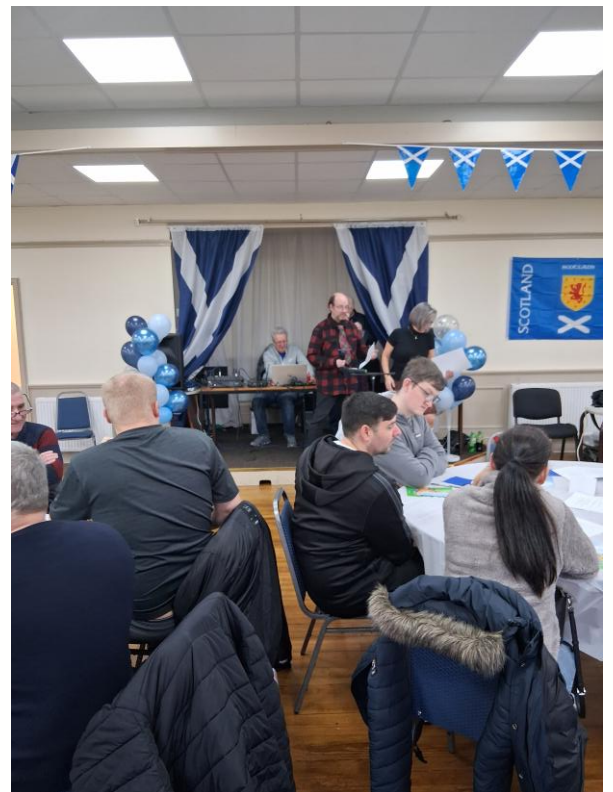
Neighbourhood
Networks

Cover Story – Burns Supper



Members from Clydebank and Dumbarton recently celebrated Robbie Burns by hosting a community Burns Supper.

Members worked on their life skills planning and preparing the food for over 40 guests, building their confidence and self-esteem by working with local Burns enthusiast Archie and supporting each other to learn and recite poems as well as contacting local places to gather some raffle donations!



Burns Supper (cont.)



This is the 3rd Burns Supper they have hosted and it gets bigger and better each time. Members would like to thank McIntosh of Strathmore and Asda Clydebank for their generous raffle donations that helped to raise funds to cover the costs of the day and contribute to next years event!



A special thank you to Iceland Clydebank for their donations of refreshments for the day and generous raffle prizes and to the venue Clydebank Bowling Club for their support on the day and use of their fantastic venue!



Boxing Club



Members had fantastic energy and teamwork on display during their recent boxing session at Forgewood Boxing Club.

Our members took part in a structured session that included warm-ups, basic boxing techniques, pad work and fitness circuits.

Everyone gave it their best effort, supporting and encouraging one another throughout. It was great to see confidence grow as members learned new skills and pushed themselves in a safe and supportive environment.

Healthy Mind and Healthy Body



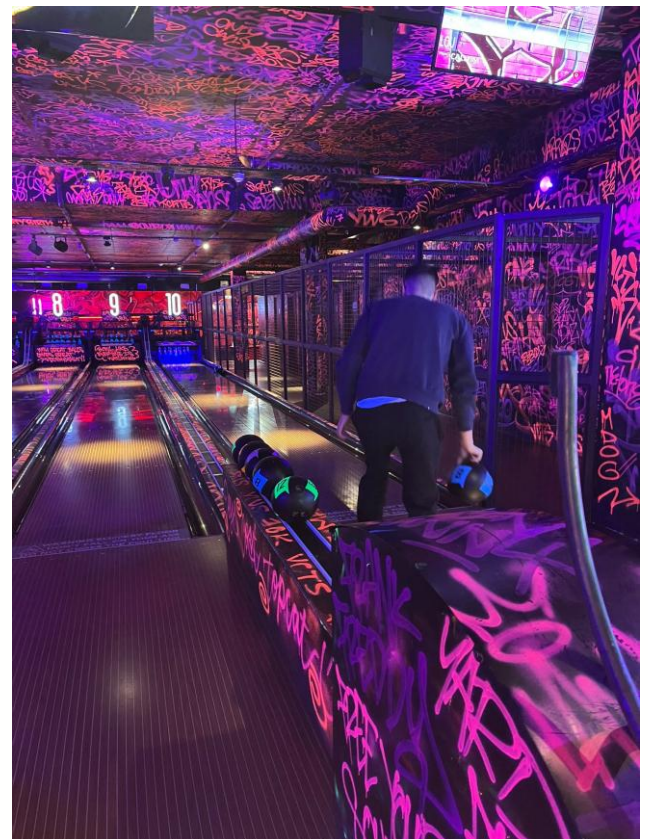
After a shadow boxing session members for North Lanarkshire Networks that supported their physical health, released stress, and boosted well-being, members took part in a reflective activity where they identified and shared positive qualities about themselves, encouraging confidence, self-awareness, and a positive mindset.

Bowling



Members from Musselburgh Transitions travelled to Edinburgh for a game of bowling.

One of the Members helped analyse the throws and provided tips on how to score points. They then enjoyed some food and chat about their plans for the weekend.



Visit to GOMA



Coatbridge members visited Goma, Still Glasgow exhibition then had a look around the gallery enjoying the artwork.

They also had a great time visiting the gift shop.

Members then went to St Enochs Centre and had lunch and a little more shopping before the return journey on the bus.



Valentines Biscuit



Members took part in a Valentine's biscuit decorating activity. They were excited and ready to get creative.

There was plenty of chatting about loved ones, lots of laughs, and great teamwork as members helped each other decorate biscuits to give as sweet Valentine's gifts.

It was a lovely reminder that simple, shared moments like these can build confidence, spark friendships, and strengthen our community.

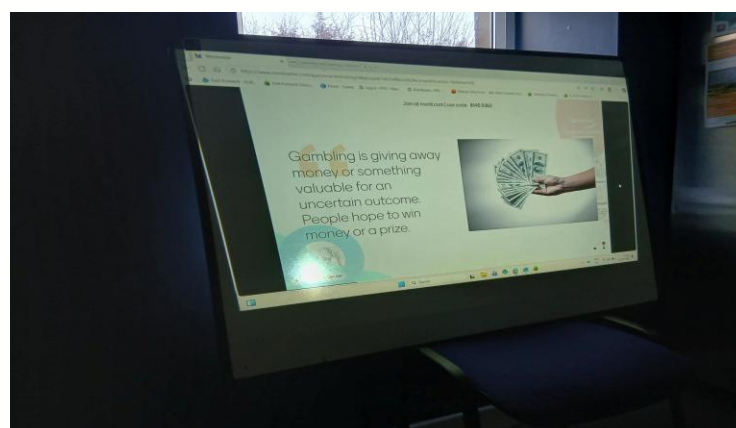


High Tea



Members of the East Renfrewshire Network prepared a fantastic high tea for their cross-networking meeting, making rocky road cakes, sandwiches and sausage rolls together.

After lunch, Ande of Fast Forward delivered an engaging workshop on gambling and gaming, exploring both obvious and hidden forms and the impact it can have on individuals and those around them. Well done to everyone for actively taking part in the games and quiz questions!



Cross Networking



Members from across East Lothian met up in Musselburgh to get to know each other.

One of the members from Musselburgh Transitions had planned a walk and guided everyone along the River Esk sharing local information.

Afterwards, they had some light refreshments and painted some stones for a community fairy garden.

The Cross Networking event helped the Members independent travel, building friendships and knowledge their area.



Travel Skills



Big shout out to these lovely ladies from the Garnock Valley Network for their amazing work on their independent travel skills.



Aimee has built up her confidence to travel with peer support provided by Chiara to network activities, meeting up recently to travel together to attend a Burns Supper and meeting with friends from the Stevenston Network in Largs for a day out.



There's no stopping you both now, well done!!

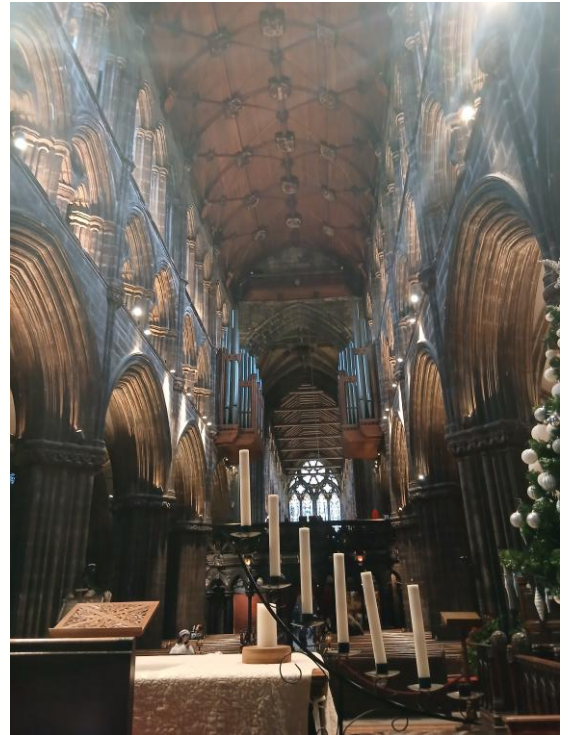
Glasgow Cathedral



Members from Cumbernauld/Kilsyth Network visited Glasgow Cathedral and St. Mungo Museum of Religious Life and Art.

They enjoyed taking in the beautiful architecture and learning about the history of the chilly Cathedral, before warming up in museum and learning about religions and life practices from around the world in the Museum.

This was a great opportunity to learn about local historical landmarks, as well as building on our independent travel skills.



Graffiti Duck



Members from Musselburgh Transitions explored a different route to the Lagoons after a member suggestion.

During their travels they spotted a graffiti duck wearing a top hat.

They had a good chat during their walk and enjoyed seeing the graffiti duck.



Pickle Ball



Haddington Dunbar members had fun trying a new sport at their local sports centre.

The members had never played pickle ball before, but they all had a great time trying something new.

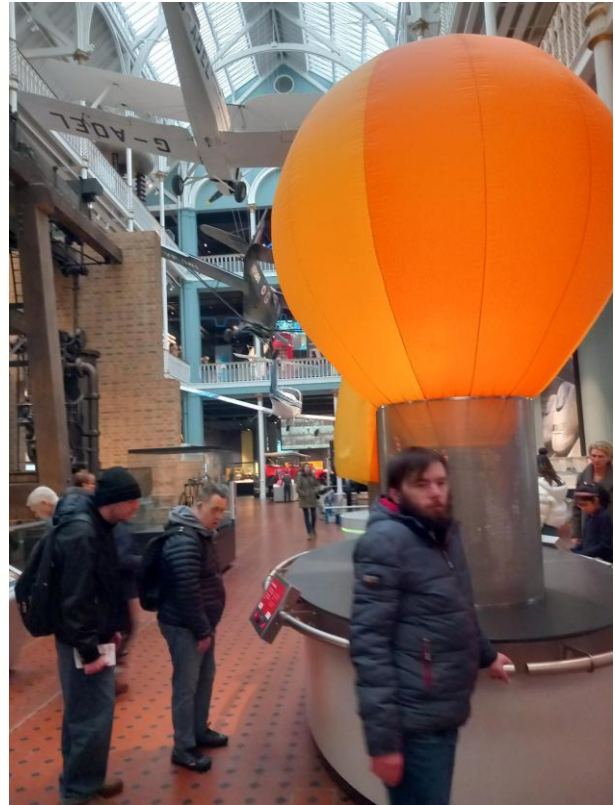


Edinburgh Museum



The Tranent network had a fantastic day together at Edinburgh Museum.

Members travelled there independently, enjoyed each other's company, and were supportive, encouraging to each other to try new things. A positive, fun, constructive trip had by all!



Burns by Candlelight



Members from Cumbernauld/Kilsyth Network met at Cumbernauld Theatre to enjoy an evening of Burns by Candlelight by the wonderful team at AnamAlba at a community fundraising event to support The Lanternhouse venue.

The evening was filled with music and songs, poetry and dancing, along with some rich Robbie Burns history. Members enjoyed the evening and the opportunity for some lovely moments of audience participation, all whilst supporting a fabulous local community arts hub.

Art and Crafts



The Dalkeith members met up recently at an Art studio that is owed by another local charity.

The members like to enjoy a night of arts and crafts. Some of the members like to do diamond art while others sketch or colour in some pictures.

The members say it is very therapeutic and relaxes them all.

Basketball



At the local leisure centre in Penicuik members like to hire out a basketball Court and show off their skills.

The members all have good fun and show great peer support when someone scores.

After basketball, the members usually head to the local pub round the corner for some refreshments.



Seafar Wood



Cumbernauld Transitions members had a lovely afternoon, joining the Cumbernauld Living Landscapes nature walk in Seafar Wood.

Members explored their natural surroundings and learned lots about wildlife!

This day supported health and well-being and provided opportunities to connect with others in the local community.



North Ayrshire Independent Network Launch



Members in North Ayrshire came together to celebrate the launch of their Independent Network.

The event marked the first three people joining the Independent Network. Jane, Alison and Michael have all met the outcomes that they hoped to achieve as members of the supported networks and were delighted to be invited to join the Independent Network.

The celebration was completed with members sharing cake and snacks. Alison extended an invite to members to go back to her house for an after party! Staff were not invited, which was very fitting given that we were there to celebrate independence

Members Area of the Website



As you know, most network activities are carried out at a local level in your own communities, with your own network.

The information in the members area of the website allows us to share news, activities and events that are open for all members from across Scotland.

Please let us know what else you would like to see here as this page continues to develop.

<https://www.neighbourhoodnetworks.org/members-area/>