BELVILLE COMMUNITY GARDEN TRUST

BELVILLE BUGLE

Issue date: April 2023

Banana peels and turtle shells not included.

Probably for the best.

NEW MINIVAN. After what's felt like an eternity, we finally have our own 9-seater minivan, so if you need picking up from home for any of our events/activities, please let us know!

We can't thank you all enough for your continued patience. Now, onto this month's Big Blether:

DO YOU HAVE ANY STORIES TO SHARE ABOUT EXPERIENCES WITH MENTAL HEALTH STIGMA, GOOD OR BAD?

Please let us know however you prefer! As always:

Come in and chat with us (or **via post**): 53-57 Belville Street, Greenock PA15 4UN
Email us at admin@belvillecommunitygarden.org.uk
Ring us at 01475 276034 or 07841 399873
Message us on **social media!** (we usually use Facebook, more links at the back of the Bugle)
We're open from **9am-4pm Mon-Thu & 12pm-1pm Friday.**

WHAT'S ON

* = please book in advance

Mondays
Recovery Group (10:30am-1pm)
Garden Club (1pm-3pm)

Tuesdays
ESOL Classes* (11am-12pm)
Tabletop* (1:30pm-3pm)

Wednesdays
Bike Café (10:30an-3pm)
Knit & Natter* (1pm-3pm)

Friday
Soup & a Blether* (12pm-1pm)

WE ALSO DO:

- **Photography Health Walks**
- **Will-o'-the-Wild**
- **Sustainability Workshops***

We have plenty more activities & events available, check our social channels or just come in and chat with us!

Belville Spotlight

Our featured person this month is-

You guys aren't serious. Really? ...Aight.

Hi everyone! My name's Aidan and I'm the Belville Bugle's editor. I've been working with Belville since June 2022, first as a General Assistant before moving onto my Creative Media Apprenticeship. When I'm not in the office, I'm either on Twitch, stealing memes, modding Skyrim and/or drinking coffee. As for how others would describe me...

The only photo where my hair looks decent. (Thanks, Serge!)

"He's very good at making sure his job is well done. He always does his best." - Taylor B. & Wilma H.

"We're all very proud of Aidan taking on his apprenticeship & finding his way. We can't wait to see what he does in the future." - Sally C.

"Aidan's always friendly & goes out his way to help others. He comes up with solutions to make life easier & less confusing." - Kasia T.

I'd just like to note that everyone surprised me with these compliments and my only input here was introducing myself. Now, enough about me, let's focus on the rest of Belville!

We'd like to apologise to João's wife Heather, we couldn't find a photo of them together

This month on Our People: João originally hails from Portugal and came to the UK in 2013 to work for a company that delivered international development projects on the UK government's behalf. Although he was fascinated by this field of work, he found more interest in finding ways to contribute to his local community.

The perfect opportunity came when his (now)-wife secured a job in Scotland and they moved from Bristol to the Isle of Arran, with João becoming a Development Worker at the Arran CVS in 2020, and has been connected with the charitable sector ever since - he's currently the National Lottery Community Fund's Funding Officer for Inverclyde.

In his spare time, you will find João watching sci-fi or fantasy (currently on Supernatural!), playing video games & reading about social issues.

Queen's Award: We were recently awarded the Queen's Award for our efforts over the course of the Covid-19 Pandemic. We're all very proud of this absolutely stellar achievement!

Thanks to Michelle, Laura, Cath & Sadie for representing us when receiving the Queen's Award, as well as HM Lord Lieutenant of Renfrewshire Peter McCarthy for presenting the award to us, and of course, all of you for standing by us every step of the way! Here's to many more years of supporting the local community!

Mental Health Awareness: BCGT promotes wellbeing, and this includes the way we speak about people in relation to mental health. As a community we can make Inverclyde free from stigma. We try not to use discriminatory language and to be sensitive when choosing words which may be hurtful, upsetting and derogatory.

Stigma, prejudice and stereotypes surrounding mental health often arise from the lack of knowledge and wrongly frames people experiencing mental health struggles in a negative light. Mental health is for everybody and should be as important to us as our physical health.

We run a **Recovery Group every Monday from 10:30am to 3pm** for anyone affected by mental health. Please contact us if this is something you'd be interested in.

Web Accessibility Course: At the end of March, we had a visit from Elaine from Enable to give our staff & volunteers (as well as visitors from other like-minded organisations in the area) some valuable tips on how to make websites more accessible for people, including ease-of-access options & potential redesign ideas. Thanks so much, Elaine!

Sustainability Workshops: Our most recent workshop session had several ideas on saving money & energy shared amongst the group, including:

- Checking the "Use By"/BB dates on products at shops when planning meals for the week ahead.
- Switching off plugs & lights when and where they're not needed (e.g. we keep the lights in the back room off when nobody's in there).
- Extending the life of food by freezing them (top tip: toasters have defrost options)
- Cooking meals in batches (e.g. cook 1 large pot of soup to use for a whole week instead of cooking smaller meals, store the rest in tupperware!)

It was a great turn-out, be sure to check our social media channels for info on when the next sustainability workshop's coming!

Tabletop: Over the course of the month, attendees at our weekly Tabletop crafting sessions have been painting strawberries on stones, making paper flowers (notice the flowers in the picture to the left are the same colours on BCGT's logo!), as well as much more!

Velotech Bronze Certificates:
A few Bugles ago, you may recall a few staff & volunteers took part in a bike maintenance course over by the Greenock Wanderers Rugby Club. Well, we're happy to report that the certificates arrived recently! Here's (from left to right) our Environmental Officer Don, Bike Café Volunteer Terry, and the guy from the front page with their certificates! (Get them framed, guys!) Thanks again Chris for organising the course, as well as Cycleform from Clydebank for providing it!

This month's cute animal photo is of Adrian's tiny pup Major! They surprised us with a visit this month and the adorable tyke immediately had everyone in the office fawning over him!

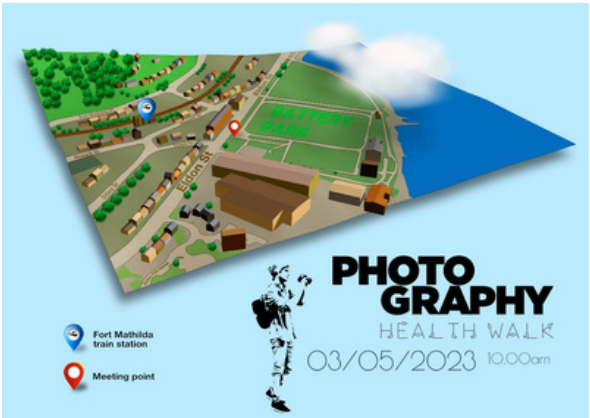
Potato Day: Boil em, mash em, stick em in a stew!
On April 3rd, we hosted an activity-filled afternoon all about potatoes, including games, a firepit, and educating visitors on how potatoes are grown. And it wasn't just all about spuds, it was also to celebrate the **Inverclyde Community Food Network**'s launch, which one of our own, Julie, is a part of!

We'd like to thank everyone who took part,
the turn-out was so massive, we ran out of potatoes!

Pictures on the right, counter-clockwise:
Our manager Sally giving visitors an explanation on growing potatoes, said tilled soil Sally was working with to grow potatoes, and one of many hopscotch grids the kids drew!

PHOTOGRAPHY HEALTH WALK:
Dust off those lenses, our next Walk is scheduled to take place at Battery Park (that really big park that straddles the north end of the Gourock/Greenock border) on May 3rd 2023 at 10am! The meeting point's just a stone's throw* away from Fort Matilda Station, hope to see as many of you as possible there!

(*not an actual stone's throw,
please don't yeet anything in public)



Expect our next issue to be available at the end of May. These wheelchair-friendly planting beds will look even better by then, too!