

PHOENIX

A COMMUNITY HUB FOR DUMBARTON WEST
17A QUARRY KNOWE, DUMBARTON, G82 5AF

AWESOME AUTUMN ACTIVITIES

ISSUE 07 : SEPTEMBER 2022

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WEEKLY WHAT'S ON GUIDE

Mondays

P 10:30 - 12:00: Tots & You

P 4:30 - 6:30 Drum Lessons

P 4:00 - 5:00: Art Discoverers (5-8)

P 5:00 - 6:00: Art Explorers (8-11)

P 6:30 - 8:00 Art Adventurers (11+)

6:30 - 7:15 Monaghan Taekwondo (5-12)

6:30 - 8:00 Monaghan Taekwondo (12+)

Tuesdays

P 9:30 - 12:00 Early Education & Childcare SQA

11:30 - 4:00 Community Cafe

12:00 - 2:00 - Free Lunches

P 12:30 - 3:00 British Sign Language SQA

3:30 - 4:30 Family Fun Hour

7:00 - 9:00 Rock Salt Collective (Fortnightly)

Wednesdays

9:30 - 10:30 Community Prayer Meeting

11:00 - 12:30 Writers Group

P 11:00 - 12:00 Baby Massage

11:30 - 4:00 Community Cafe

12:00 - 2:00 - Free Lunches

3:30 - 4:30 ArtHub

Thursdays

10:30 - 12:00 Phoenix Fun Time

11:30 - 4:00 Community Cafe

12:00 - 2:00 - Free Lunches

6:00 - 7:30 Junior Youth Cafe

7:30 - 9:00 Senior Youth Cafe

Fridays

P 9:30 - 12:00 Gardening SQA

11:30 - 1:00 Adult Creative Club

11:30 - 4:00 Community Cafe

12:00 - 2:00 - Free Lunches

7:30 - 9:00 Cocaine Anonymous

Sundays

10:30 - 12:00 Church Service

6:00 - 7:30 Rock Youth



Activity requires **pre-booking**.
See page 5 for booking details.

SPECIAL EVENTS

Saturday 1st October: Guys Night

7:00 - 9:00pm: FREE
see page 9 for details

Tuesday 4th October: Local Action Group

7:30 - 9:00pm: FREE
see page 9 for details

Thursday 6th October: Messy Wrigglers

12:45 - 1:30pm: FREE
see page 9 for details

Saturday 8th October: 'A Journey Remembered'

7:00 - 9:00pm: FREE
see pages 9 for details

Friday 14th October: Youth Creative Night

5:00 - 7:00pm
see page 9 for details

Tuesday 1st November: Local Action Group

7:30 - 9:00pm
see page 9 for details

Thursday 3rd November: Messy Wrigglers

12:45 - 1:30pm: FREE
see page 9 for details

Saturday 5th November: Guys Night

7:00 - 9:00pm: FREE
see page 9 for details

Friday 11th November: Youth Creative Night

5:00 - 7:00pm
see page 9 for details

Saturday 12th November: Storytelling Film Premiere
5:00 - 6:00pm: FREE
see page 10 for details

Thursday 24th November: Christmas Festival
Launch
All day: FREE
see page 10 for details



P

Some of our events or groups require pre-booking. They'll have a big letter "P" next to them on the what's on pages. To book simply scan this QR code or go to the web address below and click the links.



REGULAR ACTIVITY INFO

ART DISCOVERERS, EXPLORERS & ADVENTURERS

Discoverers (P1 - 3s): Mondays: 4 :00 - 5:00pm

Explorers (P4 - 7s): Mondays 5:00 - 6:00pm

Adventurers (S1 - S6s): Mondays: 6:30 - 8:00pm

Free

Run by Clifftop Projects, these groups are a chance for kids to explore and discover different types of creativity. **Booking is essential through Clifftop Projects, admin@clifftopprojects.co.uk**

TOTS & YOU

Mondays: 10:30 - 12:00pm

£2 (£1 discount for Castlehill, Brucehill, and Westcliff residents)

1 year - Pre-school

Providing a creative, stimulating environment for you to enjoy positive interactions with your wee one. Each block provides a fun, interactive programme based on activities.

Pre-booking Required

WRITERS' GROUP

Wednesdays: 11:00 - 12:30pm

Free

Our creative writing group is open to those of all abilities. With weekly chats about your own creations, or help to inspire something new, there's room for everyone in this group.

ROCK YOUTH

Sundays: 6:00 - 7:30pm

Free

S1+

Rock Community Church's youth group meet at The Phoenix every Sunday night to chat about life, faith and eat loads of snacks. Why not come along?

MONAGHAN TAEKWONDO

Mondays:

6:30 - 7:15pm for under 12s

6:30 - 8:00 for over 12s

Learn the martial art of Taekwondo. Come along and try something new.

This activity is not run by The Phoenix and bookings and enquiries should be made via

07368494301 or

monaghantaekwondo@outlook.com

DRUMS

Mondays: 4:30 - 6:30pm

£10 per half-hour lesson (£5 for Castlehill, Brucehill and Westcliff residents and pupils at Dalreoch and St Michaels.)

We've always got good tunes on in the office and kitchen, but none of us is particularly talented when it comes to instruments - except Oli who can play Happy Birthday on bass like an absolute boss. We don't want to subject you to that though so instead

Iain Stratton, drummer in Six Year Silence, has offered his time to teach some lessons! There'll be different weekly sessions to sign up for, but this is a great chance for the next Ringo Starr or Dave Grohl to learn some mad skills.

SQAs

Early Education and Childcare - Tuesdays:

9:30 - 12:00pm

British Sign Language - Tuesdays: 12:30am - 3:00pm

Gardening - Fridays: 9:30 - 12:00pm

Ever fancied learning something new? Wanting to polish up your CV and add new skills? We are so excited to be launching SQA-accredited courses into our syllabus. These courses will see you leave with a newfound confidence in your course and a fully recognised qualification.

This activity is not run by The Phoenix and bookings and enquiries should be made via laura.anderson1@west-dunbarton.gov.uk
Booking Essential

FAMILY FUN HOUR

Tuesdays: 3:30 - 4:30pm

£1 per family

Family Fun Hour is the place to be for families of all shapes and sizes. Come along and join in the fun, with your family, for an hour without the stress of having to plan or tidy!

JUNIOR YOUTH CAFE

Thursdays: 6:00 - 7:30pm

50p

Primary 4 - 7s

Junior Youth Cafe is the place to be for all Primary 4 - 7s! Each week there's a chance to play games, get crafty, become Xbox champion or run about trying a new sport.

ROCK SALT COLLECTIVE

Tuesdays (fortnightly): 7:00 - 9:00pm

Free

Friendly group looking at exploring faith through discussions, art projects and creative activities. All welcome.

ADULT CREATIVE CLUB

Fridays: 11:30am - 1:00pm

Free

Lottie, our artist in residence will be in the cafe each week with different activities for you to join in with alongside a wee cuppa and a cake.

COMMUNITY PRAYER MEETING

Wednesdays: 9:30 - 10:30pm

Free

Our creative writing group is open to those of all abilities. With weekly chats about your own creations, or help to inspire something new, there's room for everyone in this group.

CHURCH SERVICES

Sundays: 10:30am - 12:00pm

Rock Community Church hold their Sunday services at The Phoenix.

Everyone is welcome for a relaxed church service with modern music and fun and interactive kids work.

SENIOR YOUTH CAFE

Thursdays: 7:30 - 9:00pm

50p

S1 - S4

High school students, unite! This last year or so has been tough, but why not come hang out with us at SYC for a chance to have some fun, eat good food and get all the chat? We shape SYC around you - so come have your say on what we do!

COMMUNITY CAFE

Wednesdays - Saturdays

11:30 - 4:00pm

Our amazing cafe has been a hub for the community for over three years. With daily specials, as well as crowd-pleasing favourites (like chips, cheese and curry sauce!) there is something for everyone.

Check our social media for daily specials.

BABY MASSAGE

Wednesdays: 11:00am - 12:00pm

Thursdays: 10:30 - 12:00pm

£2 (£1 discount for Castlehill, Brucehill, and Westcliff residents)

Preschool-aged children)

A fantastic way to engage with your baby and develop that special bond.

Proven benefits for babies are; improvements in sleep, reduction in the discomfort of reflux and wind and strengthens attachment.

Pre-booking required

COCAINE ANONYMOUS

Fridays: 7:30- 9:00pm

Free

Recovery group is open to anyone looking for help and support with any addiction. Fellowship and support is a key part of recovery.

ARTHUB

Wednesdays: 3:30 - 4:30pm

Free

Under 16s

Ran by Clifftop Projects, Arthub is a great way for crafty and creative kids to pick up free art supplies, as well as meet cool local artists and interact with new forms of creativity.

PHOENIX FUN TIME

Thursdays: 10:30 - 12:00pm

£2 (£1 discount for Castlehill, Brucehill, and Westcliff residents)

Preschool-aged children)

A fun and creative environment to build confidence and socialisation. Come and have some fun and meet others. We have soft play and a range of other fun activities, along with weekly themed stories, songs and crafts which change every term.

FREE LUNCHES

Tuesday - Fridays

12:00 - 2:00pm

We've been talking to local people about the challenges of all the cost of living increases.

One idea that has come up is offering free lunches. We are providing free lunches to all in the community.

Starting 30th August Tuesday - Friday 12:00pm - 2:00pm. This will be available between now and Christmas.

Check our social media for daily specials.

SPECIAL EVENTS INFO

DUMBARTON WEST COMMUNITY ACTION GROUP

7:30 - 9:00pm
Tue 4th Oct
Tue 1st Nov

Dumbarton West's Local Action Group meet monthly at The Phoenix to discuss local needs and actually get stuff done. If you're passionate about making your community a better place to live then come along!

GUYS NIGHTS

7:00 - 9:00pm
Sat 1st Oct
Sat 5th Nov
18+
Free

Let's be honest guys, we can be rubbish at being sociable sometimes. We also know that seeing other people is good for the old noggin. So we're decking out The Phoenix to be like an adult youth club with some snacks thrown in. Come for the FIFA bragging rights, a game of cards or just a chinwag with other local guys.

A JOURNEY REMEMBERED

7:00 - 9:00pm
Sat 8th Oct
Free but ticketed.

Snuggle in close to the campfire and warm yourself on a wondrous weaving of tales, told by Traveller tradition bearer Jimmy Williamson and storyteller Anne Pitcher. Experience the stories Jimmy's father, Duncan Williamson, world-renowned storyteller, told his children on the journey from Fife to Argyll, along with a flavour of music from Jimmy.

To book tickets, drop in, call 01389-600245/ email The Phoenix - rockcommunitychurch.org.uk/phoenix or annepitcherstoryteller@hotmail.co.uk/call 0770805977

YOUTH CREATIVE NIGHTS

5:00 - 7:00pm
Fri 14th Oct
Fri 11th Nov
Free

Clifftop Projects are continuing their creative nights for 13 - 25-year-olds. Come along and join the creativity, plus you get pizza!

Prebooking through Clifftop Projects required

MESSY WRIGGLERS

12:45 - 1:30pm
Thu 6th Oct
Thu 3rd Nov
Under 5s

£2 (£1 discount for Castlehill, Brucehill, and Westcliff residents)

Messy Wrigglers is a great way to encourage sensory play and make a mess that isn't in your house! You and your wee one will have a blast but your carpets will be fine.

STORYTELLING FILM PREMIERE

5:00 - 6:00pm

Sat 12th Nov

Free

Join the Wee Bannock on his journey from Knowetop down to the River Clyde in Dumbarton West. Meet characters and creatures, places and landmarks, as he whirls and birls down the hill, with People's Parish storyteller Anne Pitcher and a cast of local people. This is a community event for all families. In collaboration with Clifftop Projects; artistic director Lottie Barker and West Dunbartonshire filmmaker Joseph Dalton.

Booking: Lottie Barker

lottie@clifftopprojects.co.uk

Info: Anne Pitcher - 0770 805 9770

CHRISTMAS FESTIVAL LAUNCH

Thu 24th Nov

Free

Stay tuned for information coming out soon about our exciting Christmas festival!



FREE LUNCHES

12:00PM - 2:00PM

Tuesday - Friday

FOR ALL AGES



BETWEEN NOW AND CHRISTMAS, TO HELP WITH THE COST-OF-LIVING CRISIS, EVERY DAY WE WILL BE OFFERING A FREE LUNCH OPTION ALONGSIDE OUR REGULAR MENU. COME ALONG AND HEAT YOURSELF UP THIS WINTER WITH SOME PHOENIX FAVOURITES!

DUMBARTON WEST PARTNERS

PRESENTS

OCTOBER FESTIVAL

17TH - 21ST OCTOBER



PHOENIX



MONDAY

12:00 - 1:00 - Free Lunches

2:30 - 3:30 Art in the Park @ The Mony

TUESDAY

10:00 - 12:00 Rowboat Experience

1:00 - 3:00 Rowboat Experience

12:00 - 1:00 - Free Lunches

10:30 - 2:00 Trip to the RSPB Reserve (P4 - 7)

2:30 - 3:30 - Art in the Park @ Brucehill

WEDNESDAY

2:30 - 3:30 Art in the Park @ The Phoenix

12:00 - 1:00 - Free Lunches

THURSDAY

Walking Story Trail

12:00 - 1:00 - Free Lunches

FRIDAY

12:00 - 1:00 - Free Lunches

Family Extravaganza

FREE LUNCHES

Monday 17th - Friday 21st
12:00pm - 1:00pm

Booking not required

The Phoenix will be giving out free school lunches for anyone under 16.

RSPB RESERVE

Tuesday 18th
10:30am - 2:00pm

To book a space, fill in this form
forms.gle/UtgkW9HJxfj495Qz9

The Phoenix will be taking some primary 4 - 7's on a trip to the RSPB reserve to have some fun and explore some nature!

WALKING STORY TRAIL

Thursday 20th
11:00am - 12:30pm
1:30pm - 3:00pm

Bookable on Eventbrite

The Corra foundation will be running a story walk followed by a craft session along the havoc shore. It will be led by Anne the storyteller and Mac the countryside ranger.

ART IN THE PARK

2:30pm - 3:30pm
Monday 17th @ The Mony
Tuesday 18th @ Brucehill
Wednesday 19th @ The Phoenix

Booking not required

Join Clifftop Projects in your local park to take part in some creative activities this October - wrap up warm and come say hi!

ROWBOAT EXPERIENCE

Tuesday 18th
10:00am - 12:00pm
1:00pm - 3:00pm

Prebooking is required. Please do so by contacting Skylark. Children must be 12 years + and over 5ft in height

Join the Skylark IX Crew to get out on Loch Lomond and experience first-hand their 22ft St. Ayles Rowing Skiffs, "Happy days" and "New beginnings". The two-hour session will be themed on "Navigation" where each young person will learn a little about water safety, how to row these boats while out on them, and the coxswains role of steering and navigating the boats, followed by toasted marshmallows on the beach before pick up.

FAMILY EXTRAVIGANZA

Friday 21st

Prebooking will not be required

Details to be confirmed. Keep an eye out on our social medias for more information.