



GRASSROOTS COMMUNITY

building established 2009



RECENT DEVELOPMENTS

Sustainable Café and lecture theatre



ENVIRONMENTAL AND OUTDOOR ACTIVITIES

Rihla Project, F.C. Exploring Woodlands, CCF project



The following is a list of woodland activities undertaken during the project

1. Nov 7th 2013, Falls Of The Clyde, New Lanark
2. Nov 21 2013, Carron Valley, Mountain Biking trip
3. 12th Dec 2013, Thu, Loch Lomond, Sallochy Bay,
4. 16th Jan 2014, Loch Drunkie, Bushcraft
5. 23rd jan 2014, Antonine wall,
6. 20th February 2014, The Whangie, Killpatrick Hills
7. 27th February 2014, Boden Boo, Capoeira
8. 13th March 2014, Horse Riding for Adults
9. 15th March 2014, Horse Riding for Kids



10. 20th March 2014, Bothy stay, loch Lomond
11. 27th March 2014, Daytrip to Carron Valley, Campsie Fells
12. 15th June 2014, Antonine wall, Chi Gung
13. 19th June 2014, Carron Valley, Mountain Biking
14. 24th June 2014, Fortingall yew
15. 23rd September 2014, Horse Riding
16. 28th Sep 2014, horse riding, Crowwood riding school,
17. 2nd November 2014, Sunday, Aikido in the woods



The Whangie Kilpatrick Hills



Session 7: 27th February 2014, Capoeira, Boden Boo

This visit to Boden Boo in Erskine saw the group participate in a Brazilian cultural dance/martial art called Capoeira. Traditionally connected to nature in hotter climates they use music and singing to accompany the movements. The group were protected by the event shelter in this particularly showery day, enjoyed by all who attended.





**Session 3: 12th Dec 2013,
Loch Lomond, Sallochy Bay
and Ross Wood**

The group headed for the beautiful shores of Loch Lomond where we they were met by Tom (the forestry commission seasonal ranger) in Rowardenen. From there the group walked south on West Highland Way to Sallochy (4.5 miles, approx 2 hrs).

In the afternoon Tom Gold taught an Introduction to outdoor firelighting. Other activities included sourcing and processing wood (sawing, splitting), using heat reflectors. Using a fire for cooking, baking and boiling. The group then depart from Sallochy to Glasgow having learned basic outdoor skills.





**Session 14. 24th
June 2014, Fortingall
Yew, Perthshire**

A visit to
Perthshire's
Fortingall Yew
was the furthest
the group had
ventured yet.
Before visiting
Europe's oldest
tree the group
participated in a
local woodland
walk.

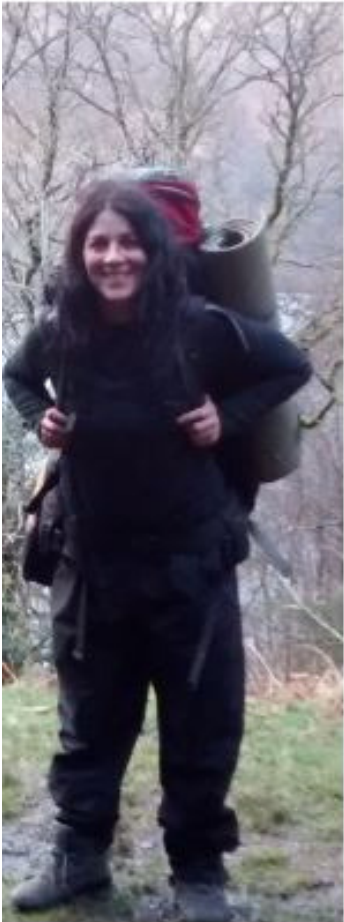




Attendee Feedback: Returning to the woodlands and benefits gained from the project

Anastasia Maria:

'I've been lucky to go on several trips with Andalus Outdoors ; From exploring the Roman fort ruins at Croy Hill, learning how to source wood and make a fire, on the Bonnie banks of Loch Lomond, to more physical pursuits like climbing the Whangie, mountain biking, horse riding. Back to basics, staying in a bothy, seeing a shooting star, in a star filled skyI've had a fun filled, educational, enriching and spiritual experience in the idyllic settings of Scotland's stunning landscapes and met a great bunch of people to share the experience with. A huge thank you!'



Saiera Asghar:

'Best range of outdoor activities I've ever done! Andalus never fails to open your eyes to see the beautiful epic scenery just not too far from where we live. Every trip has been great fun and would encourage people to get involved!'



Living Active and Going Green



27th Nov 2015

6-7pm

211 New City Road
G4 9PA

Part of Scottish Interfaith Week

CARBON CONVERSATIONS

Most participants reduce their CO2 emissions by 1 tonne immediately

Join us for an introductory talk exploring
how lifestyle choices impact climate change

Reduce energy bills
Stay warm in winter
Counter climate change
live a green lifestyle

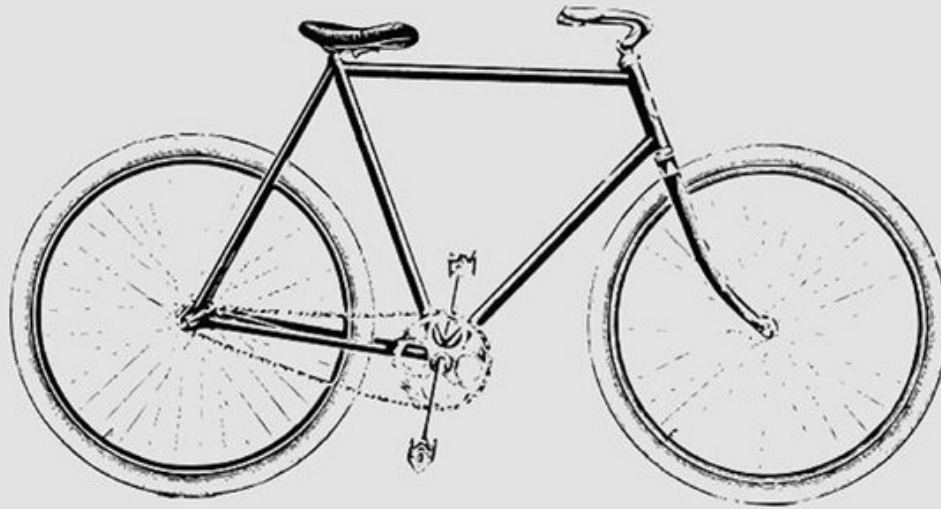


Free Event



CYCLING

LADIES CLUB



WHAT :

**BUILD CONFIDENCE AND CYCLE
IN A FRIENDLY ENVIRONMENT**

WHEN :

**EVERY TUESDAY
10:30AM - 2PM
GET A FREE PEDOMETER
FOR YOUR OWN USE**

WHERE :

**ANDALUS
211 NEW CITY RD - G4 9PA**

**SIGN UP & FOR MORE INFO:
KAWTHER@ANDALUS.CO.UK**









GREEN THUMBS SEED SOWING

.....
GARDENING WORKSHOP

Learn the basics
of seed-sowing

.....
21.06.16

5:30 PM TUE

CHILDREN

ANDALUS

GARDEN

22.06.16

5:30 PM WED

ADULTS

ANDALUS

GARDEN



Andalus Community Food Waste Competition



In order for us to record the impact we are having on the community, we would like you to record the amount of food waste you are putting into the grey caddies provided by the council. The family or household with the greatest totals will win a prize!

Instructions:

- Put all cooked and uncooked food waste into your caddies.
- Weigh the contents of your grey caddie, before emptying.
- Record your weekly totals and bring them in to Andalus.
- We will add them to the ladder on the notice board.
- Every 2 months we will announce a winner who will receive a prize.

Start reducing your carbon footprint now!
If you would like to enter the competition please return this slip to Andalus.

Family Name:

Email:

Address:

Do you currently compost? Yes ☐ No ☐









HOME ENERGY VISITS

A FREE CONSULTATION

2016

Keep your family warm for less this winter

*

Receive a home energy monitor
for live readings of your energy usage

*

Find out the energy rating of your property

*

Get advise on your options for saving energy in your
home

BOOK YOURS TODAY

Contact kawther@andalus.co.uk



"Hugely entertaining....
will leave audiences
gobsmacked"
- *VARIETY*

"Powerful"
★★★★
- *NOW*

"Shocking...thought provoking
....inspired"
- Pretty clever films

"Smart & snappy
documentary"
- THE GLOBE AND MAIL



where is *your* food going?

JUST EAT IT.

A food waste story

PEG LEG FILMS IN ASSOCIATION WITH KNOWLEDGE NETWORK PRESENT "JUST EAT IT" PRODUCED BY JENNY RUSTEMEYER EXECUTIVE PRODUCERS MELANIE WOOD AND MURRAY BATTLE
FEATURING THISTRAIM STUART, DANA GUNDERS AND JONATHAN BLOOM WRITTEN BY JENNY RUSTEMEYER AND GRANT BALDWIN ORIGINAL MUSIC BY GRANT BALDWIN DIRECTED, FILMED AND EDITED BY GRANT BALDWIN

foodwastemovie.com @justeatitfilm



CMF  FMC

BRITISH
COLUMBIA'S **Knowledge**
Network: