



Project 101 are East Dunbartonshire councils **Youth Housing Information Service** for 14 - 25 years olds.... We can assist with form filling, accompany you to meetings/interviews, come and visit you in your home for a chat, assist you with gaining access to furniture/appliances/kitchen essentials & introduce you to cooking healthy food on a budget.

To **summer'ise**... We offer advice on any housing related issues.



Project 101 would like to welcome a new staff member Claire Young to the team. Claire started with Project 101 in May and her working days are Thursdays & Fridays... Why not pop in and say **hello?**



Fun facts



WINNER

- The first day of summer is called the summer solstice,
- The last day of summer is September 20th
- The Eiffel tower actually grows in the heat of the summer... Due to the iron expanding, the tower grows about 6 inches every summer.
- If you love ice cream, the summer season should be your favourite... July is national ice cream month.
- Ice pops were invented in 1905 by an 11 year old boy

Many thanks to everyone that sent in their entries for our new name and logo. The team at Project 101 had a very busy time working their way through all the suggestions.... Project 101 currently gets its name from its address (101 Townhead)...

Stay tuned for details of the winner and read on to see how **you** could help us with our **big move**.



Address: 101 Townhead, Kirkintilloch, G66 1NX **Opening Hours:** Mon - Fri: 9am-5pm

Tel: 0141 777 3220

Mob: 0781 085 6660

Email: project101@eastdunbarton.gov.uk **Facebook:** Search for Project 101

Nothing beats chilling outside with your friends on a beautiful sunny day. Follow our simple tips to be **sun safe**:

- 1) **Always Use a Sunscreen**: Sunscreen helps to protect your skin from the Sun's harmful rays. You should apply it 30 minutes before going into the sun and reapply it regularly
- 2) **Cover Up**: Wearing a light coloured t-shirt will reflect the sun's rays away from you and protect you from burning. Why not try a cap and sunglasses too?
- 3) **Drink Plenty of Water**: Hot weather can dehydrate you very quickly. Dehydration and sunstroke can be very dangerous so make sure you keep drinking lots of fluids.
- 4) **Stay in the Shade**: Take a break from the sun and sit in the shade. It will help cool your body down as well as stop you burning. Try and stay out of direct sunlight between **12** and **3pm**.

Life hacks - Summer style

- Fill empty water bottles halfway with water, freeze, and then add whichever drink you fancy... **REFRESHING**.
- Cover your body with baby powder to keep sand from sticking to it.
- Did you know that keeping your ice cream in a Ziploc freezer bag will keep it soft? **YUM**
- Put your phone into an empty glass to amplify the sound - ideal for playing music at garden parties!
- Deodorise trainers or canvas pumps after a long day by placing a fresh tea bag in them overnight.... In the morning, they'll smell so fresh and so clean.
- Cushions don't look the same as when you first bought them? Leave them in the sun for an hour or two, turning halfway, to make them look as good as new.



Financial **M**akeover

Project 101 can give you a nudge in the right direction to budget wisely. Staff have recently been on training days focussed around **Students and benefits** along with **An introduction to debt...**

Project 101 can also assist in bringing your rent arrears down or checking if you're eligible to any benefits.

If you could do with a bit of assistance in sticking to a budget or want to find out what your entitled to, then pop in or get in touch with Project 101 to see how we can help.



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Universal Credit is designed to help claimants and their families to be more independent and intended to simplify the benefits system by bringing together a range of working-age benefits into a single payment.

Remember UC replaces: income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Income Support, Child Tax Credits, Working Tax Credits & Housing Benefit... Make sure you have requested the **housing element** as this is effectively your housing benefit.

Project 101 can assist you with filling out the online application or refer you on to other agencies. Just get in touch.



We Are On The Move



We've got the removal van organised, cardboard boxes ready & already planned our post to get re-directed.... All we need is **YOU!**

We've already let you pick our new name and logo, now we want you to have your say and decide on the décor for our new office. Fancy putting on a pair of overalls, grabbing a paintbrush & showing us how its done? Get in touch with us and we'll add you to our ever growing list of helpers. It will look great on your CV **and** you can meet new people.

Tuna pasta salad Summer punch

Step 1

Place lettuce, tomatoes, onion, cucumber, pepper, feta, olives and oregano in a large bowl.

(The beauty of this recipe is that you can chop your ingredients to whatever size takes your fancy)

Step 2

Add tuna (undrained). Drizzle with vinegar. Add boiled (cooled) pasta Season with pepper. Toss gently to combine. **Serve**

Send us a picture of your take on our recipe easy summer recipe!

Shopping List:

125ml lemon juice,
50g caster sugar,
250ml elderflower diluting juice
500ml apple juice
125ml sparkling water,
Ice
Fresh summer herbs like lemon, mint and basil,
lemon slices (optional)

Method:

In a bowl, mix the lemon juice and sugar until the sugar dissolves. Transfer into a large serving bowl, add the other liquid ingredients, fill to the top with ice and stir gently.

Serve immediately, with herbs and lemon slices ...Mmmmmm



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WHAT'S ON

Library's are a great place to visit this summer holiday to keep busy. Call ahead to [your local library](#) to find out what's on or give us a call and we will have a look for you

- **Summer Bookbug Sessions:** Songs, stories, tickles and rhymes to keep you and your own little sleuths on the trail of fun and giggles!
- **Animal Agents Tech Detectives 8+ years:** Coding? 3D Printing? The Coolest Apps? Electric Vegetables? Come and be a tech detective investigating the digital world for fun and surprises. [Free but must be booked.](#)
- **Let's Make a Mystery (story writing workshop) 8-12 years:** Join author Claire Miller and let your imagination run free as you create your own characters and brainstorm setting and plot to end up with a fantastic mystery adventure. [Free but must be booked.](#)
- **Elvis** is in the building.... Well actually the **Auld Kirk Museum** for a **40th Anniversary Exhibition**. 24 June – 20 August: The story of the 20th century's most iconic solo artist told through memorabilia.
- Also at the **Auld Kirk Museum** : 47th **Annual Art Exhibition** 26 August – 21 September: Local artists continue to produce a diverse and fresh approach to different art media and subjects, including ever popular landscapes.



Date for your diary:

Made in Kirkintilloch at the Canal Festival, William Patrick Library: Saturday 19 August 10am - 4pm

To receive emergency food from the **Foodbank**, you have to be issued with a voucher. Project 101 can issue vouchers to young people aged 16 to 25.

Addresses and opening times:

- 52, Townhead, Kirkintilloch, G66 1NL
Monday 2pm - 4pm, Wednesday 2pm - 4pm, Friday 2pm - 4pm
- 169 Auchinairn Road, Bishopbriggs, G64 1NG
Monday 2pm—4pm, Friday 2pm—4pm.
- 2 Main Street, Lennoxtown, G66 7HA.
Wednesday—9.30am-11am



Project 101

are here to help

- **Can't cook, won't cook?:** sign up for our cooking course. A recipe book, certificate, supermarket gift voucher & a little something special is up for grabs once you finish.
- **Needing help with a CV?:** pop in and our case workers can whip one up for you and ever refer you onto job clubs within the area.
- **Like meeting new people?:** our youth nights are about to start soon. Contact us to sign you up to be the first to know.



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