W DUNBARTONSHIRE PROJECT SEARCH NEWSLETTER



Spotlight of the Week: Meet Our Talented Photographers, Brandon & Alan!

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This week, we're shining a light on our two amazing photographers, Brandon and Alan. Here's a stunning example of their work.

Turn to page two to discover more of their incredible photographs and read their exclusive Q&A!

UPCOMING EVENTS

September Weekend

Sept 29, 2025

We'll be off Friday and Monday for the September weekend holiday

New Musician

On Tuesday, we welcome David Duffy to talk about music

This Week's Highlights: Productivity, Mental Health & Teamwork



This week, our sessions covered a wide range of important topics—including mental health, procrastination, task-building, and workflow strategies. Everyone contributed thoughtful insights and practical ideas on how to stay focused and manage time more effectively.

Alongside these discussions, the team has been hard at work pulling together content for the upcoming newsletter, making sure we stay on track and meet our deadline. It's been a productive and collaborative week all round!

Guest Feature: Ian McFarlane from Altrad on Mental Health & Wellbeing



This week, we welcomed Ian McFarlane from Altrad, who led a powerful and insightful session on mental health and wellbeing—a topic close to his heart.

Ian spoke passionately about the importance of open conversations, encouraging everyone to talk about how they're feeling and to support one another through life's challenges. His message was clear:

"It's okay to not be okay—but it's not okay to stay silent. Talking helps."

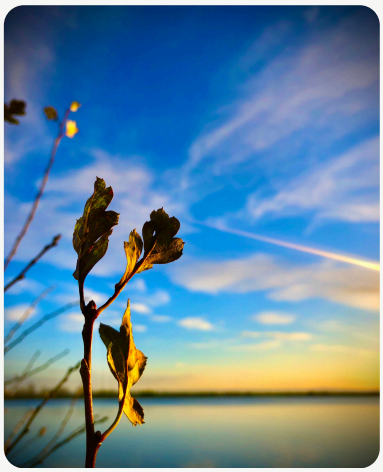
He also introduced a simple breathing technique designed to reduce stress and promote calmness, which many participants found helpful and easy to use in everyday situations.

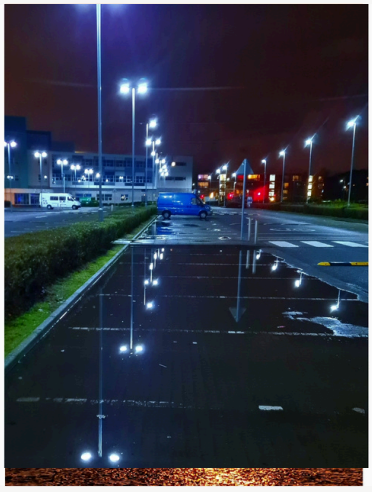
Ian's visit was a timely reminder that mental health matters—and that small steps, like talking and breathing mindfully, can make a big difference.

Meet the Photographers: Capturing Moments Through Their Lens

All the photographs featured in this newsletter were taken by our talented photographers, Brandon and Allan. Their eye for detail and timing has beautifully captured the energy and spirit of the first week.
We think you'll agree — these images tell the story of our journey so far with clarity and creativity. Well done to both of them, and we're excited to see what they'll share with us next week!

Photo Gallery





This week, we're shining a spotlight on our talented newsletter photographers, Brandan and Alan, whose work helps bring our stories to life. We asked them a few questions to learn more about their passion for photography—and here's what they shared:

📸 Q1: How long have you been taking photos?

- Brandan has been capturing moments since 2018.
- Alan says he's been taking photos for "a bunch of years"—his journey began around his 18th birthday, when he discovered the joy of editing and sharing his work.

💡 Q2: What inspires you?

- Brandan is inspired by the idea of preserving a moment and developing it into something meaningful.
- Alan found inspiration when he realized he could edit and showcase his photos, sparking what he calls his "addiction" to photography.

📷 Q3: How many shots do you usually take?

Both photographers agree that two to three shots are often enough to capture the essence of a scene. Alan adds that experimenting with different angles helps bring variety and depth to his work.

🌸 Q4: What are your favourite styles?

- Brandan enjoys photographing flowers and urban exploration.
- Alan is drawn to landscapes, shadows, reflections, and sunsets.

🤖 Q5: What do you think about AI in photography?

Both Brandan and Alan expressed concern about AI taking over creative roles. Alan noted that AI lacks the human touch that makes photography personal and expressive.

💼 Q6: What kind of photography jobs would you consider?

- Brandan is interested in becoming a food or car photographer.
- Alan would love to pursue landscape photography professionally.

🧠 Q7: What's one thing you wish you knew earlier?

Alan shared a valuable lesson:
"Don't go over the top with editing—sometimes less is more."
Brandan is still reflecting on this one!

WEDNESDAY'S SESSION: TACKLING PROCRASTINATION & EXPLORING LOCAL HISTORY

The group explored the impact of procrastination on mental wellbeing and productivity. ***Jason reflected on the discussion, saying:***
"We talked about how procrastination can affect your mental state and how making a simple daily to-do list can help us stay focused and get more done."

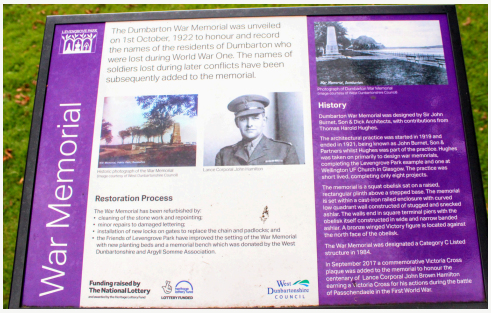
After the session, the group took a walk through Levengrove Park, where participants shared their thoughts and discoveries:

Adam said:
"I admired the Kilmahew water fountain. I found out that due to the displaced stonework, it needed extensive restoration. It's made from sandstone and was gifted in 1902 by Captain Burns of Kilmahew—that's where it gets its name."

Thomas shared: "I enjoyed looking at the water and the Clyde. It got me thinking about the types of boats and ships that use it."

Molly added:
"We spent about half an hour looking at a lot of plaques around the park."

Alan and Brandon were busy capturing the moment, taking plenty of photos of the park's features and surroundings.









Get Involved!

We're always looking to build meaningful connections with individuals and local organisations who share our passion for inclusive employment. Whether you're an employer, community partner, or someone who simply wants to support our journey, we'd love to hear from you.
If you're interested in getting involved, please contact us — together, we can make a real difference.