W DUNBARTONSHIRE PROJECT SEARCH NEWSLETTER

WDPS

Spring into Action

Since Christmas, our participants have been working hard in their second rotations, taking on a wide range of roles across local businesses and building valuable new skills along the way. This term, we've had participants gaining experience in the local library, the council offices, the museum, and a nursery—each placement offering something unique and meaningful.

Every participant has spoken positively about their placement, sharing how much they've enjoyed learning new tasks, meeting supportive staff, and becoming more confident in real workplace settings. It's been fantastic to see them grow, contribute, and feel welcomed by so many wonderful people in our community.

Spring is in the air, and with it comes a fresh burst of energy across our Project Search sites. As the days grow brighter, our interns have been diving into new rotations, building confidence, and strengthening the skills they've been working hard to develop all year. This season is always a wonderful reminder of growth—both in nature and in the incredible progress our interns continue to make. Their dedication, curiosity, and resilience shine through in every task they take on.



OUR SPRING HEALTH TIPS



- Get outside daily – Longer daylight hours make it easier to enjoy a short walk, boost your mood, and soak up natural vitamin D.
- Refresh your hydration habits – As temperatures rise, drinking water regularly helps keep energy levels steady.
- Add seasonal fruits and veggies – Spring produce like berries, spinach, asparagus, and peas are packed with nutrients.
- Open the windows – Letting in fresh air can improve indoor air quality and lift your spirits.
- Tidy your space – A spring clean can reduce allergens and create a calmer environment.

OUR SPRING JOKE



Why is everyone so tired on the first day of April? - Because they have just finished a long March!

Participant Springtime

Adam's Favourite walk



One of my favourite places to walk is called Pappert hill, there is three paths at the start… the left takes you down a steep path towards a big open grassland where you can take your dogs with sticks, the right side of the hill takes you towards a mini waterfall and the local shop, the middle part of the start of the hill will take you far up near the very top of the hill, which gives you a fantastic view of Ben Lomond and loch Lomond with a few deer as well, it definitely is one of my favourite walks to go, as it is a great way for exercising and keeping fit, if you go more far up the hill past the flood gate you will come up to Pappert hill stone which is a great hiking trail to enjoy , it is amazing to go up Pappert hill during either spring or summer where you can enjoy the views and the weather and also the wildlife such as foxes, deer and red squirrel's.

Daniel's Springtime Walks



One of my favourite places to walk is Overtoun House. There are two ways to access it. One of the starting points is in the Silverton area of Dumbarton, which is located near the care home Crosslet House, and the other starting point is in Milton which starts on a narrow road which can be taken if you're planning on driving straight up there. The main attraction of Overtoun House is the house itself, which interestingly has a bit of history surrounding it. The house was built in 1862, and the original owner of the property was the Scottish lawyer, businessman and chemicals manufacturer James White. Overtoun House has a number of split paths, which all lead up to the Lang Craigs. My favourite split path contains a waterfall with a long stream of water passing down from underneath the footpath. It's best to go up during the spring/summer when the weather is dry, due to the footpath being less muddy.



Molly – Spring gardening tips

According to Intreflora, the best flowers to plant in the Spring are Tulips and Primroses, as well as my personal favourites: Snowdrops. Here are some of my gardening tips tips: Prune dead or damaged branches and keep your eyes opened for weeds early so they don't become overgrown. Clean as you go along the way like leaves and dead plants. Keep an eye for pests like slugs and ants so you can prevent them from harming your plants early. Lastly, test your soil pH and make changes if necessary. You can also mix your old soil with some new to recycle.

Darren – spring/sunshine playlist

Green Green Grass – George Ezra
I'm Good(Blue) – David Guetta & Bebe Rexha
By Your Side – Calvin Harris
Levels – Avicii
Symphony – Clean Bandit (ft.Zara Larsson)
Let The Sun Shine – Labrinth
Cake By The Ocean – DNCE
Feel Good – Zyde Wolf
Party Rock Anthem – LMFAO (ft. Lauren Bennett & GoonRock)
The Future Is Golden – Oh The Larceny
Timber – Pitbull (ft. Kesha)
Golden – HUNTR/X

Jason – spring paint colours

Painting your home can be one of the easiest ways to embrace a new season and boost your mood. Daffodil yellows, clear-sky blues, and green hues are colours to count on for optimistic, lighthearted spaces in your home, all year long.
Popular spring paint colours by type include:
Yellow: wild daffodil (Valspar) dainty daisy (Valspar) or simply brilliant (Valspar)
Greens: pea green (Little Greene).
Pink/neutrals: masquerade (Little Greene) taffeta (Crown).
My personal favourite is violet/lilac: blushing lilac (Valspar), neon violet (Crown), lilac (Crown)

Alan – spring photos









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.
Email: projectsearch@west-dunbarton.gov.uk