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A busy year!

# Building up to a big celebration!

# 20th ANNIVERSARY

## We're already looking forward to 2018.

Next July is the 20th anniversary of SOL and we are planning to organise a few events to celebrate this magnificent milestone for our organisation.

The organisation began its work when institutions like Lennox Castle, Birkwood and Kirklands hospitals were being decommissioned in the late 90's. We supported people, some who had lived in hospital for over 40 years, to take their rightful place as citizens in their own communities. We want to celebrate this great work and the great lives and positive achievements people have made over these past 20 years.

If you would like to take part in helping us to organise an event for next year's celebrations, please contact **Donna Bruce** on **01698 276206**.

visit our website [www.forliving.org](http://www.forliving.org)

# Looking forward to 2018!

I can't believe another year has passed so quickly. It seems like only yesterday that I was writing my review over 2016 and waiting in anticipation for 2017!

As you will see in this issue of The SOL Singer, it's been another busy year for everyone in the organisation, with so many people achieving really great things in their lives.



Donna Thompson



This years award winners

In March of this year we hosted the first Celebration Event and awarded our first Ian MacKinnon Award for Excellence. This award has been established to recognise all of the great work in the organisation and to celebrate all of our support staff that go above and beyond when it comes to supporting the people we work for.

We also had an inspection by the Care Inspectorate and we are really pleased that for the fifth year in a row we have achieved two scores of '5 – Very Good'. This years inspection focused on 'Care and Support' and 'Management and Leadership'.

Care and Support

5

Management and Leadership

5



The great work also continues in SOL Connect. The team continue to deliver a great service to the people who currently use SOL Connect, but they have also been working hard in forming partnerships with organisations such as Fairdeal and local authorities such as Edinburgh City Council. We hope to be able to tell everyone more about these partnerships in the near future.

The coming year is going to be a special one for the organisation. In 2018 we will be celebrating our 20th anniversary. We plan on holding events to look back and celebrate what we, as an organisation, have achieved. We will make you all aware of our celebration plans next year.



I would like to take this opportunity to wish everyone a very Merry Christmas and a Happy New Year. Donna

# Lads day out in the 'toon'

A few months ago Ottis, Mark and Nicky drove into Glasgow for Comic Con held at the Royal Concert Hall on Sauchiehall Street.



Mark, Ottis and Nicky enjoying lunch!

The lads wanted to make the most of their day out so they set off early to make sure they could see as much as they could. Ottis just loves comics and specialist toys so to say he was in his element is an understatement!! There were lots of people dressed as their favourite characters and really getting into the spirit of it all.

Lots of people were queuing up to get signatures from their favourite artists. Among the guests who appeared on the day were comic writers Pat Mills and Kieron Gillen also comic artists Jamie McKelvie and Frank Quitely.

The lads had a brilliant time and laughed the whole day. After Comic Con they headed down to Argyle Street and treated themselves to a pizza in Pizza Hut.

The lads are looking forward to their next 'day out'.



Ottis at Comic Con

# Norma enjoy's Blackpool

Earlier this year Norma headed to Blackpool on an organised trip through her Arts and Crafts club with Ann and Cathy.

Travelling by coach, the girls stayed in the Royal Carlton Hotel on the front. They stayed from Friday through to the Monday and they made the most of every minute of their trip.

Norma tried a mobility scooter for the first time and even managed to manoeuvre it onto a tram! She became a dab hand at the driving.

The girls had a great laugh at Madame Tussauds and, being a fan of Jeremy Kyle, Norma just had to have her picture taken with him. Not to be outdone, Ann and Cathy joined Bet Lynch behind the bar to help her 'pull a pint'. Cathy even had a cuddle with Simon Cowell on the couch!

A shopping spree at the market on the South Pier was a must and Norma bought herself some new household items. The girls loved the market.

The staff at the hotel were fabulous and the entertainment that was put on was thoroughly enjoyed by everyone. There was bingo, quizzes, karaoke and dancing with live music. The food was great and all in all a great time was had by everyone.

*"The company was great, the hotel was smashing and it was great getting a win at the bingo."*

**Norma**



**Norma with the Jeremy Kyle waxwork at Madame Tussauds**



**Ann and Cathy behind the bar at the Rovers Return**

# Hitting the road!

*"It's a great car and I especially like my new touch screen CD player. I love my music!"*

**Steven**

**Steven showing Practice Leader Craig his new wheels**

**Some of the people we work for have been taking to the road in their new cars. Steven, Jimmy, Joyce and Lynn have all recently picked up their new wheels.**

Steven, along with Gail and Craig, picked up his new black Ford Focus S Line from the garage. Steven had ordered it a couple of months beforehand and to say he is over the moon with it would be an understatement!

Pictured with Lynn below is Karen, in front of Lynn's brand new Citroen Berlingo Multispace. Lynn's car has been especially adapted for her wheelchair. It's also an automatic which means Karen can now drive it as well. Her new car is giving Lynn more freedom to get around.

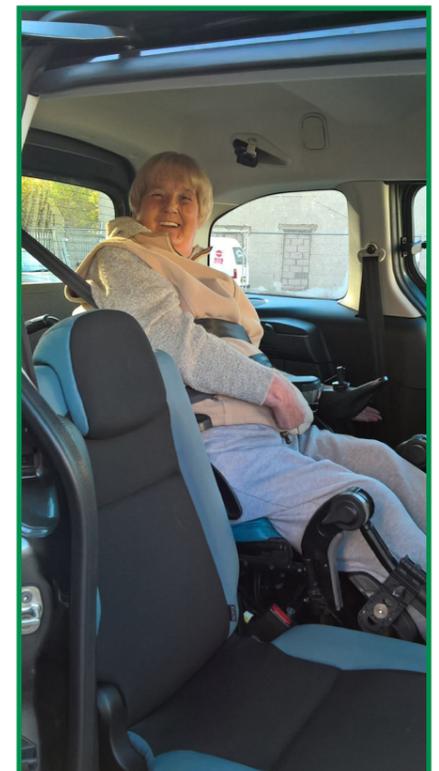
We would like to wish Steven, Jimmy, Joyce and Lynn all the very best with their new cars. Happy motoring!



**Lynn and Karen with Lynn's new car**



**Jimmy driving away from the garage in his new car**



**Joyce getting settled into her new car**

# Stephen enjoys a break in Craig Tara

Stephen and Michael recently enjoyed a lovely break at Craig Tara down on the Ayrshire coast. The guys drove down and made the most of the car while they were there as they were out and about every day.

In Ayr Stephen played crazy golf and had fish and chips on the sea front. While out shopping Stephen spotted the full DVD boxset of 'Only Fools and Horses' so he just had to buy it as he is a massive fan of the show.

The guys also paid a visit to Heads of Ayr Farm Park, just along the road from Craig Tara. Stephen enjoyed seeing all the animals on show.

The lads enjoyed eating out on the site at Craig Tara and also the peace and quiet in the caravan. The caravan was in a cracking spot, probably the best spot on the site and allowed them to have peace and quiet when they needed it!

Stephen and Michael had a great time. Roll on the next trip!

*"I loved the caravan and visiting the farm whilst I was there.*

*Rocky is also settling in well. It was good fun training him."*

**Stephen**

Stephen has also got a new pet in his life. He has always wanted a pet cat, so he was over the moon when he picked up 'Rocky' from the SOL office. You can see from the picture just how delighted he is with his new chum.



A stunning view from the caravan



Visiting Heads of Ayr Farm Park



Enjoying some lunch in Ayr



Stephen meeting Rocky for the first time

# What happens at a SOL Connect demo?

SOL Connect routinely host demonstrations of the technology enabled care service to let people see how the system works and how it can support them in their life.

When someone expresses an interest in technology enabled care the team are on hand to talk them through the numerous options that are available to them.

## 1. The person expresses an interest

If someone contacts the team, either by a phone call, email or a chat at an event, the team will organise a demonstration of what SOL Connect can do.

## 2. The demonstration

The SOL Connect team can either pop out to see the person with a selection of devices, or the person can come along to the SOL office where SOL Connect have a demonstration room set up.

During the demonstration the team will show the person how different pieces of technology can be used, and the person receiving the demonstration can try the technology for themselves by placing a call to one of the SOL Connect team through one of our Hubs. During the demonstration the team can answer any questions as well as allay any fears the person may have about using a new form of support.

If the person is happy with the demonstration the team can organise a trial of the technology.

## 3. Trialling SOL Connect technology

The SOL Connect team can pop out to the persons home and install the technology the person selected. There is no obligation to take a SOL Connect package, this trial is purely to see how the person uses SOL Connect.

If you have any questions about SOL Connect, the technology we use or how to arrange a demonstration, get in touch with the team today.

It's improved my confidence and given me more independence!



To book a demonstration

To book a demo from one of the team give us a call on 01698 314026 or e-mail [info@sol-connect.org](mailto:info@sol-connect.org)

I now decide when I want to be supported!

# Keeping an eye on quality!



The Quality Checkers hard at work

**It's been another busy year for the Quality Checkers! The group have continued their great work gaining feedback from the people we work for, friends and families, support staff and office staff.**

The group, consisting of John, Peter, Donna, Archie, Gerry and Norma, have been hosting drop in sessions and creating questionnaires to gain feedback and comments on some areas of the organisation. Quality Checkers Coordinator, Donna, commented **"It's been another great year with lots of feedback coming into the Quality Checkers. The feedback has given us the opportunity to improve what we do in SOL, and ensure that by listening to the people we support, and their families, that we take the lead from them about how things may need to change in the organisation. By early next year we will have two years worth of data which will allow us to compare this year against last year and see if there are any trends and improvements in the feedback. It's important stuff!"**

The group is currently planning what they will be gaining feedback on next year. We will make everyone aware when questionnaires will be getting sent out and when drop in sessions will be happening. If we could ask as many people as possible to take part by giving us honest feedback, so we can get an accurate picture about what people are thinking about some of the big issues affecting the organisation.



*"The group is great. It allows as many people as possible to have a say in the organisation. The meetings are really good as well, I really enjoy them!"*

**Peter, Quality Checker**

# Things to try and do

We thought we would suggest some events that were happening over the festive period that will get everyone in the festive mood. As well as that we've also suggested a club in East Kilbride that people can bring out their creative side.



## Jack And The Beanstalk

Motherwell Theatre. November 17 - January 7

Comedy actor Ian 'Sheepie' Smith is starring in this year's Motherwell Theatre panto, Jack and the Beanstalk.

A favourite among locals, Sheepie has entertained audiences for the last eight years, in roles such as Smee in the 2016 production of Peter Pan. With humour that transcends generations, Sheepie leaves kids and adults in stitches!

If you love to laugh then don't miss your chance to see Jack and the Beanstalk.

## The Wee Mud Hut

Mauchline, East Kilbride, G74 3RZ

The Wee Mud Hut is a lovely calm space that caters for everyone's needs.

They are more than happy to organise workshops where people can experiment with pottery and bring out their creative side!

visit: [www.theweemudhut.co.uk](http://www.theweemudhut.co.uk)



## Christmas Markets

### St Enoch Christmas Market

9 Nov - 22 Dec  
10am - 8pm

### George Square Christmas Market

25 Nov - 29 Dec  
10am - 10pm

This year the Christmas Markets return to George Square and St Enoch Square offering a wide selection of festive gifts and delicious street food. A warm and welcoming bar will add to the festive atmosphere, offering up a selection of beverages for all to enjoy.

Please note that SOL are not responsible for these events or groups. They are external to the organisation.

# Home sweet home for Marion

Marion recently moved into her own home and held a wee housewarming party for her team.

There was a buffet that Marion had chosen herself, which went down very well with everyone and a 'housewarming cake' to celebrate the occasion with Marion's face on it.

Marion gave her team a guided tour of her new home and she is just thrilled to bits with it! The team arranged to have mirrored stars made with 'Marion's Room' etched into the large one which was a lovely surprise for her, as you can see from the picture.

We would like to wish Marion many happy years in her new home.

Marion is really proud of her new home



*"I love my new house especially with my Christmas decorations up. It looks really festive."*

Marion

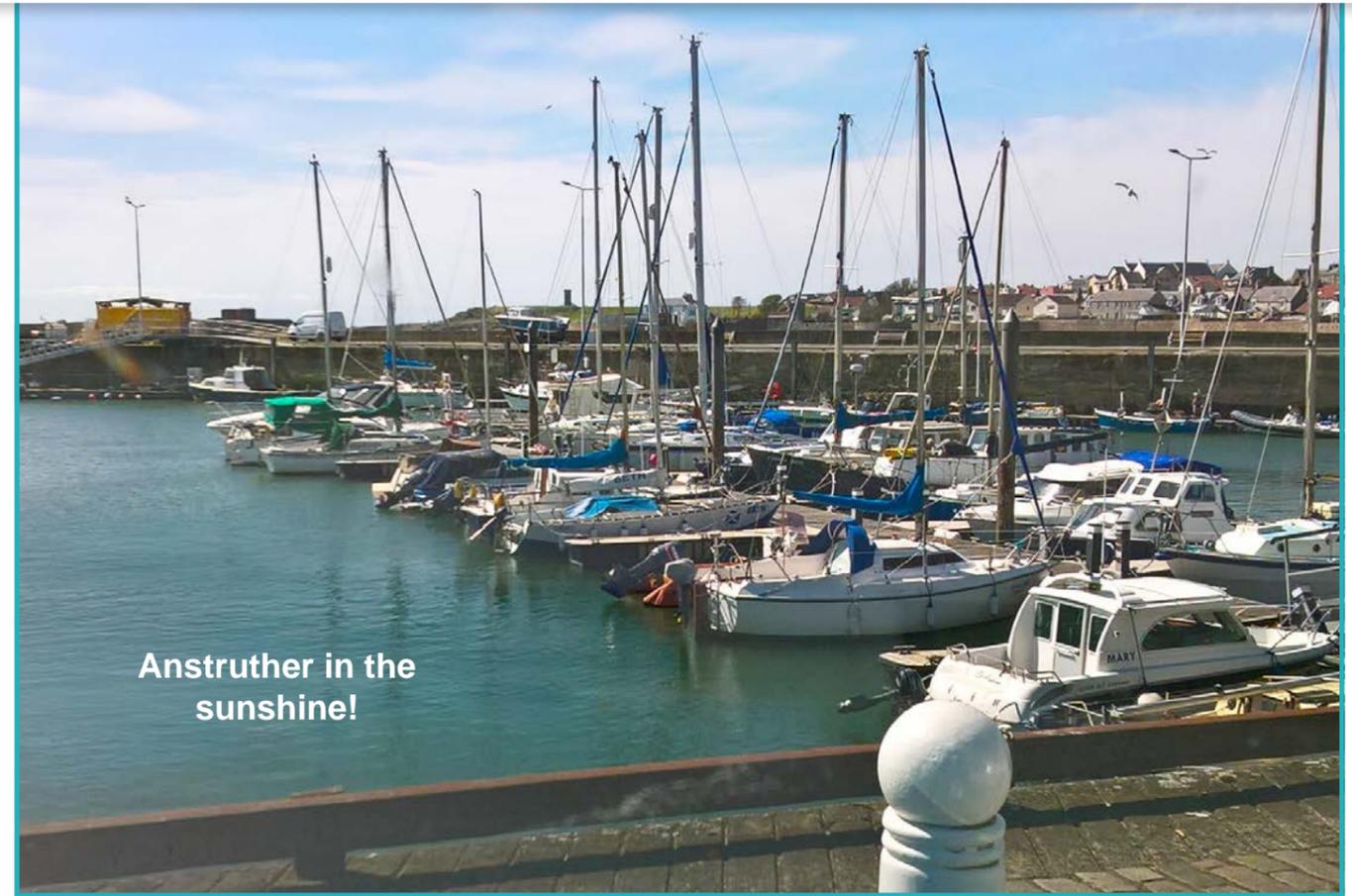
## Did you know that The SOL Singer is available on our website and YouTube?

There you will find a short video containing all of the main stories contained within the printed version.

Each video lasts approximately 5 minutes but its the easy way to keep up-to-date with what's happening in SOL.



Please visit [www.forliving.org](http://www.forliving.org) or search for us on 



Anstruther in the sunshine!

## Clocking up the miles with Charlie

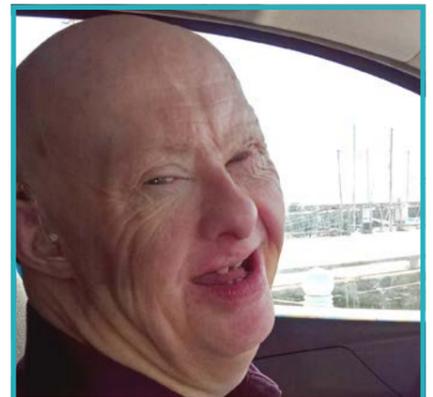
Charlie loves Perth and the surrounding countryside and likes nothing better than driving round the beautiful scenery that it has to offer. Earlier this year Charlie made another visit to this beautiful part of the country.

Charlie and Terry stayed in the Best Western Queens Hotel in Leonard Street (their usual haunt) as it is central to Perth city centre and they really love the food it serves.

The lads were out and about in the car everyday clocking up the miles. One of their trips was a run to Anstruther, part of the famous 'East Neuk of Fife', where you will get one of the best fish suppers you will ever have.

The lads really enjoyed the scenery and looking at the boats in the harbour and taking in the beautiful coast line.

Another great trip clocked up and Charlie is already looking forward to his next visit.



Charlie and Terry having fun in Perth





# A busy year for James!

It's been a busy but great year for James. From moving into his own home, celebrating his 26th birthday with a party and then topped off with a trip to Blackpool! This year has seen James achieve some milestones in his life and we think it's worth celebrating!



James moved into his forever home. From that point on, James's confidence and independence has grown and grown.



Forever home!



James celebrated his 26th birthday – his first ever in his own home. James had a party in his house attended by his Mum & Dad, Grandparents, members of his team and other friends from SOL. He had been so excited about this day that he woke poor Sharon up at 6am!



James went on holiday to Blackpool with Brian from his team. The first holiday that he had chosen and planned for himself. They enjoyed an action packed weekend exploring the attractions in Blackpool including the zoo, Illuminasia and enjoying the evening cabarets at their hotel.



Having fun in Blackpool



Whilst James was on holiday, The SOL Connect team installed a Hub in his house. After a couple of weeks getting used to the equipment, James enjoyed his first ever night alone in his own home. He was really excited about this, even threatening to call Connect to order a Chinese Takeaway! He was up bright and early the next morning and had a cup of coffee ready and waiting for his team member to arrive. The trial is continuing with James spending more nights each week on his own, and hopefully he will be living independently overnight, with support from SOL Connect, by the end of October.

A very big thank you to his team Brian, Sharon, Mark and Sandii for all of your great work – SOL Stars one and all!



# Archie's TV and Film Reviews

Archie reviews a couple of classic movies for us!

## Vera Cruz

Following the American Civil War, veteran Benjamin Trane (Gary Cooper) and gunslinger Joe Erin (Burt Lancaster) are just two of many men who head to Mexico as mercenaries. When Emperor Maximilian (George Macready) recruits their services, they reluctantly work together, since the price is right. Trane and Erin are to escort Countess Marie Duvarre (Denise Darcel) to Vera Cruz – but when they find a wealth of gold hidden in the stagecoach, the original plan no longer applies.

### Archie's verdict:

The special effects were great in this movie with lots of action.



Archie gives it: 10/10

## The Story of Dr Wassell

This film presents a dramatization of the wartime heroics of naval doctor Corydon M. Wassell (Gary Cooper), who is stationed in the East Indies during a Japanese attack on the USS Marblehead. After the less seriously wounded soldiers are evacuated to Australia, Wassell stays in Java to save those left behind. As the Japanese advance, he risks his life and defies orders in an attempt to rescue as many as possible. His actions are later recognized in a radio address given by President Roosevelt.

### Archie's verdict:

Another great action movie from the great Gary Cooper, especially as it is a true story



Archie gives it: 10/10

# Quiz Corner

- 1 Perrie Edwards, Jesy Nelson, Leigh-Anne Pinnock and Jade Thirlwall are members of which pop band?
- 2 Who was the first person to walk on the moon?
- 3 What is the capital of Belgium?
- 4 On Christmas Day, what would you find a joke inside of?
- 5 Who created the Miss Marple character?
- 6 At what time of day is the gun fired at Edinburgh Castle?
- 7 Who is the current Foreign Secretary?
- 8 What type of animals fly Santa's sleigh?
- 9 Who was born on a Monday, christened on Tuesday and married on Wednesday according to the nursery rhyme?
- 10 The M8 motorway connects which two Scottish cities?
- 11 Meaning smartly dressed, complete the phrase: 'suited and...
- 12 Which TV character is associated with the phrase, 'I don't believe it!'?
- 13 In the famous Christmas song, what type of plant was Mummy kissing Santa Claus under?
- 14 What gifts did the three kings take to baby Jesus?

The answers to our quiz questions are on the back page.

Good luck in trying to get the correct answers.



Winners of the Lucky Stars lottery over the past few months are:

### May winners:

1st prize - Jan Gordon  
2nd prize - Pat Corrigan

### June winners:

1st prize - Margaret McIndoe  
2nd prize - Alison Park

### July winners:

1st prize - Barbara Lyons  
2nd prize - Alison Park

### August winners:

1st prize - Stephanie Anderson  
2nd prize - Crawford Ross

### September winners:

1st prize - Margaret McIndoe  
2nd prize - Sharon Vrinceanu

### October winners:

1st prize - Crawford Ross  
2nd prize - Pat Corrigan

### November winners:

1st prize - Valerie Thorley  
2nd prize - Liz Smith

To join the Lucky Stars Lottery contact Donna Bruce in the SOL office on 01698 276206

# Boxing clever with Brian

Brian has always enjoyed getting out and about to places such as sports centres, trips to Lanark, and visiting his local junior football team. His latest interest is a little bit more hands on!

Brian, along with Support Worker Tommy, have been visiting local boxing gyms to watch some of the training.

The boxers who are training have been full of encouragement for Brian to join in and give it a go... and that's exactly what he's done!

Well done Brian and keep up the good work!



Brian getting some training in at the gym

11. booted 12. Victor Meldrew 13. Mistletoe 14. Gold, Frankincense and Myrrh  
7. Boris Johnson 8. Reindeers 9. Solomon Grundy 10. Glasgow and Edinburgh  
1. Little Mix 2. Neil Armstrong 3. Brussels 4. A cracker 5. Agatha Christie 6. 1pm

Quiz Answers:

## Contact Details

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