

Tommy wins a Scottish Social Services Award!

Tommy Murphy, one of our Support Workers, won an award at the Scottish Social Services Awards in Edinburgh.

Tommy won 'The Untold Story' category. In this category the organisers were looking for "an unsung hero; an inspiring individual who thinks that they are 'just doing their job' but whose approach makes it so much more than that."

To be nominated for this award was an amazing achievement, but to win was magnificent, not just for Tommy but the whole organisation. There is more about the awards ceremony in this issue of The SOL Singer.



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Recognising great work!

It's been a busy few months since the last SOL Singer.

One of the highs has been the news that one of our Support Workers, Tommy Murphy, won the category of 'The Untold Story' at the Scottish Social Services Awards on the 6th of June 2018.

I feel Tommy caught the eye of the judges because he is "just a really nice guy". He dedicates his time to making sure the person he supports has the best life possible. Well done and congratulations Tommy, SOL is so proud of you and the work you do.



Donna Thompson

However, be assured that I know there are many more SOL workers across the organisation who have a great pride in the work they do and who dedicate and commit their time to ensure people have the best lives possible.

Building partnerships and highlighting the good work of SOL Connect

As you know, the work being carried out by the SOL Connect team is now noticed far and wide. As well as working with some of the people supported by SOL, the team are building new partnerships with other supported living providers and local authorities.

The team are working closely with an organisation called Fair Deal in Castlemilk. They have been working with the Fair Deal staff members, the people they work for and their friends and families, to trial remote support after carrying out a number of risk assessments and reviews. So far 4 people from Fair Deal have been using SOL Connect successfully for over 4 months with even more people wanting to try us out.

Fair Deal's Chief Executive, Ann Marie Docherty, commented **"It's been a great project to be involved with. We have been working in partnership with SOL Connect to redesign night time support for some of the people we work for. The SOL Connect team have been brilliant to work with throughout this process. They have given us a real insight into how technology can enhance a person's life."**

We also worked in partnership to review all the planning and work which was then used to create the booklet called 'Finding New Ways to Achieve Positive Outcomes'. This booklet has also been shared across Glasgow promoting the work of SOL Connect.



It's all go in the garden!

We recently caught up with Wullie and Jake to talk about the work being carried out in Wullie's garden.

The garden has been an ongoing project with the guys building raised flower beds, a potting shed and the area monoblocked for easier wheelchair access.

Last year Wullie and Jake, along with a few other people, grew carrots, potatoes and garlic. They also grew some pot plants in the potting shed! There is also a small water feature, next to the pergola, that's filled with fragrant flowers and herbs. The sound of the water and the smell of the flowers is a joy for the senses!

This year they are installing a polytunnel, so hopefully, the growing won't be restricted to the summer months.

If you would like to help Jake and Wullie in the garden, by either helping them to prepare for the year ahead or having a go at planting some vegetables or flowers then **please call Jake on 0779 596 4342 for more information.**



The garden getting ready for this summer



Get involved

Some of the fruits of last years effort!



Aileen takes a trip to Ireland

Aileen recently took a much longed for day trip to Ireland with her Dad, Brother, Meena, and Anne. As it was the first time Aileen had flown, they were all really looking forward to their trip and excitement levels were high.

With the sun shining, they set off from Glasgow Airport on the 7.40am to Dublin with Ryanair. Aileen loved the flight, and particularly enjoyed seeing the views from the plane. By the time Aileen had finished her coffee it was nearly time to touch down.

Once the hire car was picked up, the gang made the most of their day. One of the places Aileen wanted to visit was the Woodenbridge Hotel in Vale Of Avoca, a place that holds many happy memories for her family.

They also took a trip to the beach, where they met up with a couple of friends and had a delicious fish supper from a wee hut down by the shore. Aileen was given a lucky stone from a lovely lady that they met there.

"The flight was fantastic and I loved it"

Aileen

Everyone loved the beautiful Irish scenery and the city of Dublin. They certainly packed a lot into their day and they even managed to celebrate Anne's birthday along the way.

All too soon, it was time to head back home and Aileen could not wait to get back on the plane for the return journey. Roll on the next trip.



Aileen enjoying a relaxing time in Ireland



Aileen boarding her flight to Ireland

Mersey Paradise for Derek

Derek and Pat recently took a four day trip to Liverpool, travelling on the bus from Hamilton as part of an organised tour.

The lads stayed in the Adelphi Hotel in the city centre close to the docks. No trip to Liverpool would be complete without a wee trip to the Cavern to see where it all started for The Beatles.

One of the highlights of Derek's trip was a visit to Anfield, home of Liverpool Football Club, where he was able to visit the home and away dressing rooms, touch the famous 'This is Anfield' sign and walk down the players tunnel.

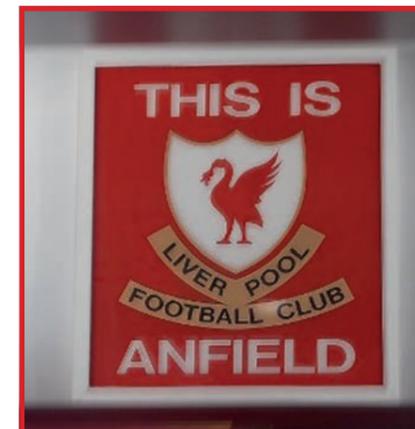
"The highlight of my trip was Anfield – it was magic!"

Derek

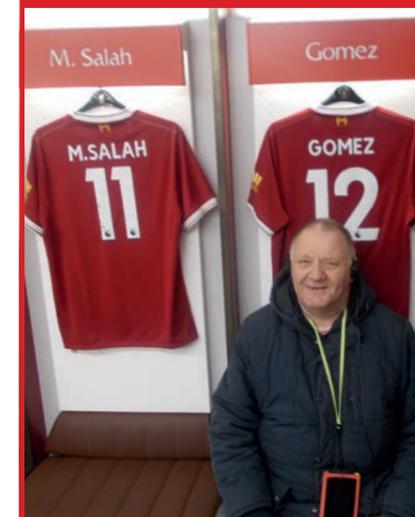
He also visited the press room and had a seat in the managers dugout and had a seat in the famous Kop. The guides were great and Derek absolutely loved the tour.

A trip to Southport was also part of the tour which the lads really enjoyed and the city bus tour which went down a treat.

Unfortunately it was too windy to take 'the ferry cross the Mersey' but hopefully it is something Derek can do on his next visit!



Derek on the tour of Anfield, home of Liverpool FC



Derek visiting The Cavern Club, made famous by The Beatles

Your SOL Singer stories

If you have any stories that you would like featured in The SOL Singer then please contact Donna Bruce on 01698 276206 or email donna.bruce@forliving.org



Brian, Tommy, Teresa (Brian's Mum), Craig and Donna at the SSSA Awards Ceremony



Tommy brings back a top award!

We're delighted to announce that one of the organisation's Support Workers, Tommy Murphy, has won 'The Untold Story' award at the recent Scottish Social Services Awards held on the 6th June at Mansfield Traquair in Edinburgh.

Tommy was entered into the category 'The Untold Story' which celebrates people who go the extra mile to make a positive difference for others in their day-to-day job or champion social services more widely. This category really focused on the positive impact an individual can make on another person's life and how social care is truly about empowering people to believe in themselves to achieve things they never thought possible.



Tommy and Brian

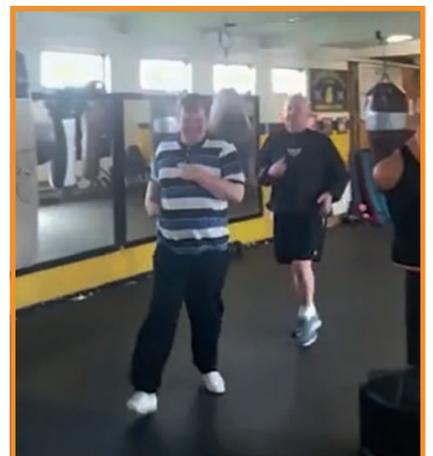


Brian with the other guys at his local gym

Tommy's nomination focussed on the positive impact he has had in the life of a young gentleman called Brian.

Brian previously found social settings off putting, and at times avoided them all together. Tommy identified this and the negative impact this was having on Brian's life and health. He used his local contacts at a boxing gym to introduce Brian to fitness, in a group setting, where he could meet new people whilst getting fit and healthy.

It's not been a quick process, but with Tommy's help, Brian is now loving the gym and meeting more and more new people!



Brian working hard at the gym with Tommy



SCOTTISH SOCIAL SERVICES AWARDS

THE UNTOLD STORY

#SSSA18

WINNER

TOMMY MURPHY
SUPPORT FOR ORDINARY LIVING



@SOL_Scotland

Tommy faced some really stiff competition in his category and to make it down to the final three was a massive achievement. The other two nominees in the category were a Senior Practitioner from SAMH and a Family Support Assistant from East Ayrshire HSCP.

"Tommy treats Brian as an equal. I just wish we had met Tommy a lot sooner. He's honestly one in a million".
Brian's Mum

Tommy commented ***"It's amazing to be recognised in such a way for the work that I do. For me it's always all about the people I work for. If I can help a person try new things, and it make a difference to their life, then I know I've achieved something."***



Tommy with SOL's Director, Donna Thompson and Practice Leader, Craig Irons

As highlighted by the SSSA's judging panel, Tommy's nomination was "A heart-warming and powerful story, showing the impact one worker can have on someone – sums up what this award is about."

SOL's Director, Donna Thompson commented ***"It's brilliant for Tommy to be recognised in this way. It's a really prestigious award that just***



Tommy with the other winners at the SSSA awards ceremony

further highlights the great front line staff we have in the organisation.

The steps that Tommy and Brian have taken together really shows what can be accomplished when the person we work for is truly at the centre of the support they receive."

We have some fantastic staff in SOL, who all have wonderful experiences to share of making a real difference to the people we support by putting them at the centre and enabling them to achieve the life of their choice. We aim to continue using the SOL Stars feature in our staff newsletter, UPD8, to highlight these great pieces of work.

If you have a story you would like to feature in the SOL Singer then please contact Donna Bruce on 01698 276206 and you never know, it might be someone else from SOL collecting an award next year!



Have a look at the nomination video

As part of Tommy's nomination the SSSA partnered with the City of Glasgow College and produced a short film clip for his nomination. You can view it on our social media channels and website.



Birthday boys!

There have been a couple of birthday celebrations recently. Steven celebrated his 44th birthday and John turned 60!

Steven celebrated with his team by going for a Chinese buffet at the Hup Lee in Motherwell enjoying some birthday cake whilst he was there. He also had a day of shopping and treated himself to a new tracksuit and trainers.



Steven celebrating his birthday



John marking his special birthday



John marked a special birthday when he turned 60. He also enjoyed a buffet at the Hup Lee, with Robin and Craig from his team, and then got stuck into some birthday cake back at his home.

Both guys had very memorable birthdays.

A huge happy birthday to both of you from all at SOL!

Athena is just 'purrrrrfect' for Kay

Kay has a new addition to her household in the shape of 'Athena' the cat. Athena was chosen from Bothwell Cat and Dog home in Hamilton last October and is a six year old Tabby.

Kay has always been one for taking in cats to give them something to eat, so the team thought it would be a good idea if Kay had a cat of her own.

When Athena first arrived she wouldn't come down the stairs, but Kay would stand at the bottom of the stairs shouting on her and gradually she came down. Her favourite spot is now in front of the living room window, beside her scratch post, and she is quite content and clearly loves her home.

The only thing Athena is scared of is Kay's zimmer frame, which is good as it means that she is not a trip hazard for Kay.

Athena has settled very well into Kay's home and Kay just loves her to bits (as you can see).



Athena settling in to her surroundings!



Kay and Athena enjoying some time together



Making plans with the Staff Council



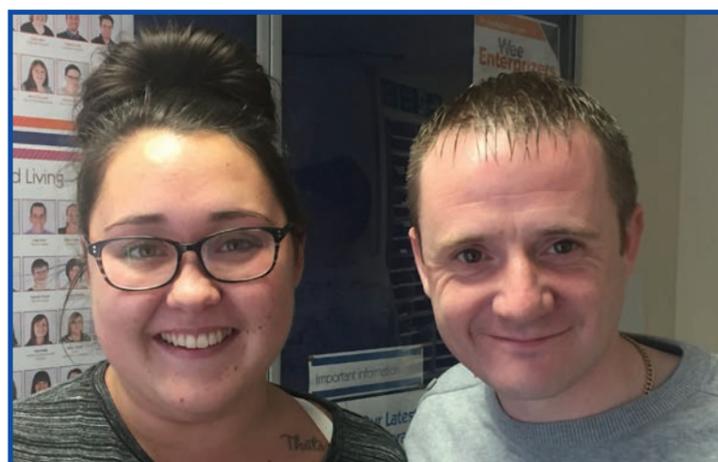
The Staff Council hard at work during their development day

With the recent appointment of Barry Davidson as Chairperson and Laura Lindsay as Vice Chairperson, it was felt that it would be an ideal opportunity to review the work undertaken by SOL's Staff Council and plan new ways to engage with our staff.

In order to achieve this, the Staff Council held a development day at Dalziel Park. During the day the members looked at the skills the Council members have, what they have already worked on and topics they want to work on in the future.

The Staff Council is a really important part of SOL as it gives all our staff a really meaningful voice in the organisation. The Council have previously been consulted on some major topics and will continue to carry out this important role.

Having looked at different ways of communicating with staff, the Staff Council will be holding a series of drop-in sessions. If you can't make it along to a drop-in session please contact the Staff Council by emailing staffcouncil@forliving.org



Laura (Vice Chairperson) and Barry (Chairperson)

"The development day was really positive with lots of really good plans being put in place."

Barry

Things to try and do

There's loads going on across Central Scotland, with a huge amount of clubs and activities to try. We thought we would showcase a few that you can go along and try!

Guys & Dollz Drama Group

Most of our North Lanarkshire based staff will have heard of the 'drama group'. The group (Guys & Dollz) meets in Motherwell every Friday. They are currently looking for more people to come along and take part in the group.

The group offers people who have a passion for music, theatre and dance the ideal place to come together and enjoy these interests together, no matter what your ability is.

A lot of the people we work for have attended this group in the past and the feedback has been excellent.

Contact Heather (07896 949027) or Liz (07943 867602) for more information.

Living Well With Dementia Café

Centenary Suite, Fir Park Stadium, Motherwell

The Living Well With Dementia Cafe is designed to help people experiencing memory problems, or those who provide care and support for those with a diagnosis of dementia. They provide a friendly relaxed place to meet, get support, and share information about dementia and other memory problems. They aim to give you the opportunity to talk to people who have similar experiences and professionals who have years of experience in all aspects of dementia care, treatment and support.

The Café meets on the 1st Friday of every month from 1pm – 4pm. Contact 01698 269 649 for more info

Computer classes

- Want to surf the web?
- Keep in contact with family abroad?
- Learn more about your smartphone?

Why not join in with some "Digital inclusion" classes that are popping up all over Motherwell.

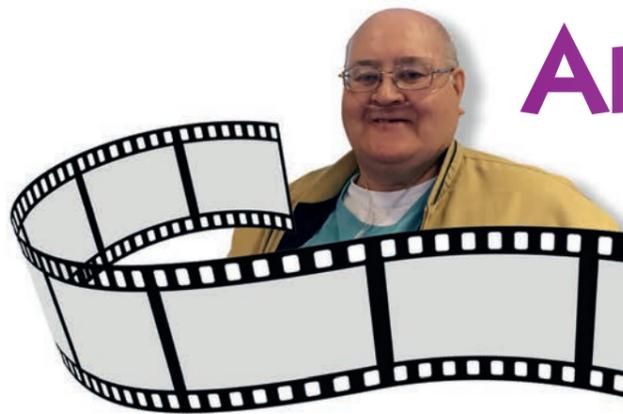
Please phone Frances or Marc on 01698 404055

Take 5 Autism

Autism Take 5 is run by parents and carers who support an individual or individuals with autism, with or without a diagnosis, in the Lanarkshire area. They support each other in a safe environment, share ideas with one another and promote good practice. They always welcome new members so please pop along to their group and enjoy a cuppa and a chat.

Please phone Frances or Marc on 01698 404055

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



Archie's TV and Film Reviews

Archie reviews a couple of classic western movies for us, featuring Gary Cooper and Randolph Scott.

They Came To Cordura

Military drama set in Mexico in 1916 about a major branded a coward by his disgruntled commanding officer, who bears a grudge because of his own failure to rise in the ranks. He sends the major and a party on a suicide mission into the desert, knowing full well they are unlikely to survive. Instead, the major displays his real strength, and eventually gains the respect of the seemingly doomed expedition.

Archie's verdict:

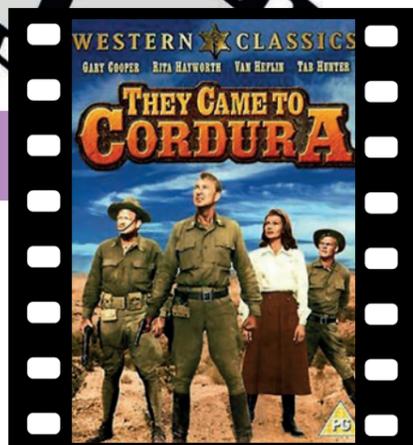
Another all time classic. I loved the part when they are entering Cordura on the train track using a handcar.

Fighting Man of the Plains

Jim Dancer (Randolph Scott) is one of Quantrill's Raiders, staging attacks on Kansas on behalf of the fallen Confederacy in the years following the Civil War. He killed an unarmed man he wrongly holds responsible for his brother's death during an attack.

Archie's verdict:

Brilliant film. The best bit is when he goes undercover to infiltrate a gang who are planning on stopping a gold shipment.



Archie gives it: 10/10



Archie gives it: 10/10

Quiz Corner

- 1 Who did Prince Harry marry in May?
- 2 What board game would you perhaps find Colonel Mustard in the library with a candlestick?
- 3 Which film won the Oscar for best film at the awards in March?
- 4 Which football team's home ground is Goodison Park?
- 5 In which city is 0161 the dialing code for?
- 6 What does the letters BBC stand for?
- 7 Who wrote the book 'The adventures of Tom Sawyer'?
- 8 Who has hosted University Challenge since 1994?
- 9 The Dingle family appear in which well known soap?
- 10 Where would you find the Sea of Tranquility?
- 11 In "Thunderbirds", what was Lady Penelope's chauffeur called?
- 12 Which BBC music programme was broadcast weekly between 1964 and 2006?
- 13 What is the world's longest river?

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:

December winners:

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

January winners:

- 1st prize - Peter Fleming
- 2nd prize - Jake Gibson

February winners:

- 1st prize - Pat Corrigan
- 2nd prize - Valerie Thorley

March winners:

- 1st prize - Margaret McIndoe
- 2nd prize - Laura Doidge

April winners:

- 1st prize - Jan Gordon
- 2nd prize - Stephanie Anderson

May winners:

- 1st prize - Margaret McIndoe
- 2nd prize - Stephanie Anderson

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

Bronze, Silver and Gold for athlete David...

We want to pass on our congratulations to SOL Connect customer, David, who was recently amongst the medal winners at the Red Star Athletics Championship in Glasgow.

David won the Gold Medal for Soft Ball Throw, Silver Medal for Shot Put Throw, and Gold Medal for Javelin Throw.

Red Star Athletics was founded in 1990 and are a small Glasgow based athletics club for athletes of all ages and disabilities. David has been a member for 22 years and he absolutely loves it!

If you would like to give athletics a go, whether you want to run for fun or want to aim for the elite level, call Janice on **0141 640 1920** or Donald on **0141 779 2003**. They train at Crownpoint Stadium in Glasgow every Monday and Thursday from 7pm until 8pm.



David with his medals

1. Meghan Markle
2. Cludeo
3. The Shape of Water
4. Everton
5. Manchester
6. British Broadcasting Corporation
7. Mark Twain
8. Jeremy Paxman
9. Emmerdale
10. The Moon
11. Parker
12. Top of the Pops
13. The Amazon

Quiz Answers:

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