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Living life to the full!

As 2019 draws to a close we have taken this opportunity to look back over the past year and show the great things that some of the people we work for have been up to.

In this issue we also look at the work that SOL Connect has been doing with Glasgow Health and Social Care Partnership as part of the 'Connecting Neighbourhoods' project.

This past year has flown in but it's been packed with really great things. Let's hope 2020 is just as good!



 **Connecting Neighbourhoods**

visit our website www.forliving.org

Looking forward to 2020!

It has been another packed year in SOL with lots of achievements and growth. There have been so many remarkable successes this year. We have continued to put the people we work for at the heart of everything we do and this has been reflected again this year during our Care Inspectorate visit when we were awarded two grades of 5.



Donna Thompson

In this issue of The SOL Singer you will see some examples of the great lives people are enjoying.

During 2019, Peter Fleming was highly commended as part of the SCLD Awards in the category of 'Skills and Learning'. As part of our application to the Glasgow City Health and Social Care Partnership provider framework we were ranked as first within the TEC category. This has led to our involvement in the innovative 'Connecting Neighbourhoods' project in the city, which is trailblazing a new way of providers working together to look at support solutions that work for everyone.

Internally we saw the roll out of our People Team, whose function is to put a firm focus on all the staff in SOL, ensuring their working life is enjoyable as possible. Feedback from our staff indicates that The People Team have achieved this with flying colours throughout this year.

It just remains for me to say thanks to everyone involved in making 2019 such a wonderful year for SOL, and 2020, a year to look forward to.

Our Latest Care Inspection Scores

Care Inspectorate scoring

- 6 - excellent
- 5 - very good
- 4 - good
- 3 - adequate
- 2 - weak
- 1 - unsatisfactory

5 Management & Leadership
(Very Good)

5 Care & Support
(Very Good)

Our latest Care Inspectorate scores are in and we're pleased to announce that for the seventh year in a row we have achieved two scores of '5 – Very Good'.

This year's inspection focused on 'Care and Support' and 'Management and Leadership'. We are over the moon to receive such consistently good scores because it highlights that we are continuing to focus our efforts on ensuring the people we work for are at the heart of everything we do. A very big 'thank you' to everyone who took part in the inspection.



It's been a busy few months with lots going on! We caught up with a few of the people we work for to find out what they've been up to.

As you will see over the next few pages, there have been loads of people trying new activities and continuing to enjoy hobbies and interests they have developed throughout the year.

If you are interested in any of the activities featured, let us know and we can find out how you can join in.

Peter's Drama Class



Peter recently told us about how he loves going to his Drama Club. The Drama Club meet every Friday at St Margaret's church, Barons Road, Muirhouse, Motherwell. Quite a few people from SOL attend.

"It helps you to express yourself. I really enjoy it and look forward to the weekly class"



Norma's Pottery Class

Norma has been making lots more things at her pottery class this year. She has a real passion for creating new things. Norma has been attending her class for approximately 7 years and she gets real enjoyment out of it because she gets the chance to create lovely pieces of pottery, such as the tea pot featured in the picture. It also gives her an opportunity to catch up with friends old and new. Keep up the good work Norma!

"I love creating things in my pottery class"





Julia's New Car

Julia absolutely loves her new Vauxhall Grandland X. The windows are black in the back to stop the sun getting in. Julia would be happy sitting in her new car all day and her staff also love it! Julia loves being chauffeured around in it just like the Queen!



Samantha's Flower Arranging



Samantha has been attending a flower arranging club in the Orbiston Neighbourhood Centre in Bellshill. She said **"I enjoy using my hands and being creative. I also love catching up with all of the other club members, staff and volunteers."** When Samantha is happy with her flowers she takes them home and takes a picture of them and sends it to her mum.



Steven's Gardening Club



Steven has been getting his hands dirty at a gardening club at Kirklands Hospital. The group meet every Tuesday and they carry out work in the grounds of the hospital. He loves getting fresh air, tending to the different plants and vegetables and meeting up with the other members of the group.

Pictured is Steven digging up this years beetroot crop. Keep up the good work Steven!

Marion's Weigh-In

Marion's Weigh-In class has been going for nearly a year now and it's going from strength to strength. Every Wednesday Marion pops into SOL's Wishaw office to track the weight of members of her 'Weigh-In Club'.

Apart from trying to keep everyone on the right track with their weight (which is no mean feat), Marion also enjoys getting a chance to catch up with everyone and have a chat!



New Years Resolution? Why not join Marion's Weigh-In?

With a lot of people making the New Year's resolution to get in shape don't do it alone! Marion's Weigh-In class takes place in SOL's Wishaw office, every Wednesday between 11am-12noon. All are welcome.

Tracey's Horse Riding

One of Tracey's favourite past-times is horse riding. We featured Tracey a year ago showing her horse riding skills. This past year has seen her become more involved at the riding school that she goes to and making even more friends! Well done Tracey.



"I just love being on the horse"



Just some of our...

Happy holidays

Christopher's trip to Aberdeen

Christopher travelled by train and stayed at the Jury's Inn at Union Square. On Saturday he walked nearly 12 miles covering a lot of Aberdeen including the harbour and the Maritime Museum. He also enjoyed some live music and going out for dinner.

Christopher was very impressed with Aberdeen and is hoping to go back next year. He had a great time and would recommend it for a visit.



Christopher enjoying his time in Aberdeen



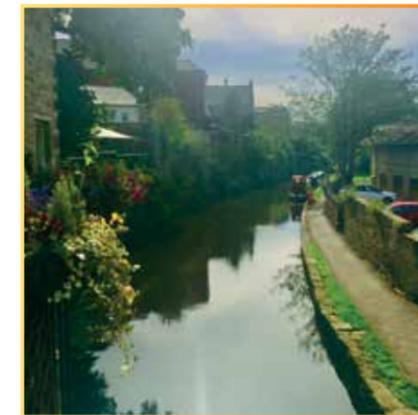
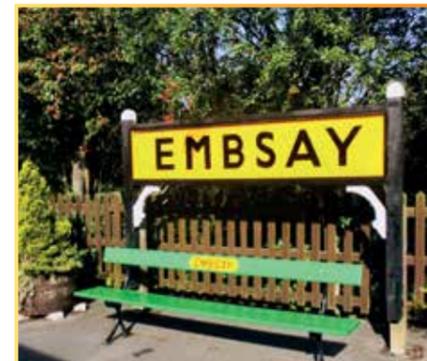
Blackpool bound with Robert

Robert recently stayed in the Melville Hotel in Blackpool and enjoyed everything this seaside resort had to offer. He especially loved riding on the trams, the horse and cart, his games of bingo and playing the fruit machines.



Donald having a great time in the Yorkshire Dales

Donald enjoyed a trip to the Yorkshire Dales. One of the highlights was a visit to Embsay Station which is popular with train enthusiasts as it is one of the main stops of the Embsay and Bolton Abbey Steam Railway. The station has been used as the station for 'Hotton' in the TV soap Emmerdale. Donald had a great time.



Lynn and Marion in Fife

Lynn and Marion recently spent some time away at the Homelands Trust in Fife.

Marion commented: *"I thought Fife was fabulous and I really enjoyed Lynn's company and getting out and about for dinner. The log cabin was wonderful and I am looking forward to going back next year"*.

Lynn also loved her break away, especially the trip to St Andrew's on the Saturday and the Science Centre in Dundee on the Sunday!

Marion and Lynn enjoying their holiday



SOL Connect at



2019 Digital Health & Care Fest

SOL Connect recently attended the Digital Health & Care Fest 2019 in Strathclyde University's Technology and Innovation Centre in Glasgow. We were invited to attend by CCPS to showcase the work of SOL Connect, especially the part we play in the exciting 'Connecting Neighbourhoods' project and its role in providing support in social care.

Connecting Neighbourhoods

SOL Connect have been part of 'Connecting Neighbourhoods' since it started in 2017.

What is Connecting Neighbourhoods

Connecting Neighbourhoods is an exciting project that was initially set up between SOL Connect and Fair Deal. Fair Deal are an organisation who are based in Castlemilk in Glasgow. The project brings a lot of organisations together to look at ways they can work in partnership with each other.

Why are SOL Connect part of it?

Part of the project is looking at how these organisations can use the support and technology that SOL Connect provides people with. At the moment the project is working in Castlemilk and Shettleston but there is the potential to work in other areas!

CCPS (Coalition of Care and Support Providers Scotland), an organisation that SOL is a member of, played a huge role in organising the event with the Scottish Government.

The two-day conference explored the latest developments, issues and achievements in the health and care sector.

The event was attended by our Director, Donna Thompson, our Project Assistant, Claire McIndoe and our Manger of Operations and Development, Laura Doidge.

As part of our involvement in the day, we played a short film that let people know about the work of SOL Connect as part of Connecting Neighbourhoods and the

difference it is making to the lives of people in Glasgow. In the afternoon Donna was joined by Ann Marie Docherty (formerly of Fair Deal) and Debbie Miller (Glasgow City Health and Social Care Partnership). They gave a presentation about why Connecting Neighbourhoods was set up. It discussed the challenges that are around in setting up a digital service and how some of these can be overcome by adopting a neighbourhood approach. It went really well and they received some really positive feedback about all of the work that's taking place.



Some of the film clip images



Donna Thompson commented...

"It was a brilliant event for us to attend as it gave us an opportunity to highlight the great work of SOL Connect, as part of Connecting Neighbourhoods, to other providers, health and social care professionals, councils and the Scottish Government. It also gave us the chance to see the spectrum of work from other places in the UK and abroad."

Our attendance at Digital Health & Care Fest 2019 was in association with:



What other organisations think about using SOL Connect...

We talk about the difference SOL Connect makes all of the time, but it was really interesting when we were contacted by an organisation we are working in partnership with in Edinburgh.



The Cyrenians wrote us a brilliant blog post that gives people an insight into the process other organisations go through when using SOL Connect. They talk about their hopes and fears about using technology enabled care.

To read the full blog post visit www.sol-connect.org/bringing-tech-home

GHOULISH Goings on at SOL

There was some ghoulish goings on at SOL recently when we held our Halloween party on the 31st of October.

This years party took place in the Loyola Centre, just across the road from SOL's Wishaw office.

It was brilliant to see so many people make the effort to dress up and try and win our fancy dress competition. A special 'well done' to Avril for claiming 1st prize! The party continued after the prize giving with a buffet and some great music to get us in the 'spooky' mood!



A very big thank you to everyone who came along and took part. Also a very big thank you to everyone who helped organise the event and to the Loyola Centre for the free use of their hall. It was a really great party!



Celebrating John's...



A well known face in SOL celebrated his 40th birthday recently. John partied in style to mark this special birthday occasion.



John being presented with his special birthday cake

"It was pure quality, I had a ball."
John

Joined by his friends, family and some SOL staff, John held a party in Motherwell Miners Club in October.

There was a buffet and a DJ, so people could party the night away. There was a really good turn out for this popular 'youngish' man (sorry John!).

To top the night off John was presented with a specially made birthday cake that was resplendent in his favourite football team colours. It looked so good it was a shame to cut it into pieces!

John would like to thank everyone who came along to his party and made it such a memorable birthday.



Send in your stories and get published in The SOL Singer

If you are celebrating something special, if you have achieved something you have always wanted to do, if you've tried a new club or went on a special holiday, then we want to hear from you. Contact Donna Bruce in SOL's Wishaw office on 01698 276206.

Things to try and do

Below are some events you can try over the festive period...



Project Ability's Christmas Show



22nd November - 21st December
Tuesday - Saturday 10am - 5pm

Project Ability, Trongate 103, Glasgow, G1 5HD

This is a free event

The Christmas show is one of Project Ability's largest fundraising events and a wonderful opportunity to shop unique gifts and original artworks just before Christmas!

The Steamie

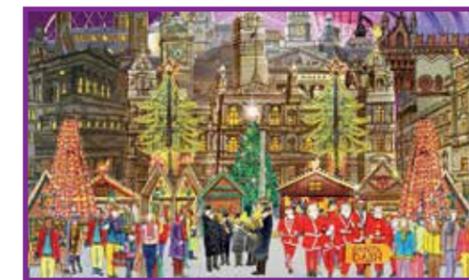
27th December - 31st December

The SSE Hydro, Glasgow City, G3 8YW

£22.50 - £78.90

One of Scotland's most loved plays is back and they are adding a bit extra – more cast, more music, more songs and more laughs. This is a unique chance to travel back to 1950's Glasgow and relive your favourite stories with Dolly, Magrit, Doreen and Mrs Culfeathers as they all get their washing done before the Hogmanay bells.

Christmas Markets



Christmas wouldn't be the same without a trip to the Christmas markets! If you fancy popping into Glasgow, or travelling through to Edinburgh, here are the opening times:

Glasgow

George Square,
24th Nov - 29th Dec
10am - 10pm (daily)

St Enoch Square,
9th Nov - 22nd Dec
9am - 10pm (daily)

Edinburgh

East Princes Street Gardens,
16th Nov - 4th Jan 2020
10am - 10pm (daily)

Please check with relevant markets about opening time exceptions, such as Christmas Day.



Archie's TV and Film Reviews

SOL's movie expert, Archie, has been getting in the thick of it with couple of new action movies!

Rambo: Last Blood

Rambo (Stallone) is raising horses on a ranch in Arizona and has a bond with a lady named Maria and her Granddaughter Gabriela.

When Gabriela is kidnapped by a Mexican cartel Rambo heads to Mexico to attempt to rescue her and get the bad guys.

Archie's verdict:

I really enjoyed seeing Rambo back in action!



Archie gives it: $\frac{10}{10}$

Angel has Fallen

Gerard Butler is back in the third of the 'Fallen' series as Secret Service Agent, Mike Banning. Banning gets taken into custody for a failed assassination attempt on the US President.

Banning manages to escape and tries to evade the FBI and his Agency to find the real threat to the President. Banning goes all out to clear his name and save the country from danger.

Archie's verdict:

I really loved the special effects in this film. They were marvellous!



Archie gives it: $\frac{10}{10}$

Quiz Corner

- 1 What date is Boxing Day?
- 2 Who wrote the story 'A Christmas Carol'?
- 3 'Figgy Pudding' features in what Christmas Carol?
- 4 Who receives their wings for accomplishing their mission in "It's a Wonderful Life"?
- 5 'Kevin McAllister' is the lead character in which popular Christmas movie?
- 6 What did 'my true love' send to me on the second day of Christmas?
- 7 In what year did Mr Blobby hit the Christmas Number one?
- 8 Who played Kris Kringle in the 1994 remake of 'Miracle on 34th Street'?
- 9 What famous traditional Christmas drink is made with milk, cream, sugar, whipped egg whites and egg yolk?
- 10 In the song who did Santa Claus forget?
- 11 Who did David Bowie sing along with on 'Little Drummer Boy'?
- 12 Who played the role of 'Bad Santa' in the film of the same name?
- 13 What did the three wise men bring into the manger?

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:

June winners:

1st prize - Alison Park
2nd prize - Donna Thompson

July winners:

1st prize - Laura Doidge
2nd prize - Valerie Thorley

August winners:

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

September winners:

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

October winners:

1st prize - Mary McCabe
2nd prize - Gerry Donnelly

November winners:

1st prize - Pat Corrigan
2nd prize - Donna Thompson

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

A big 'thank you' to our partners...

We wanted to take this opportunity to thank all of the organisations that we've worked with over 2019.



Quiz Answers:
 1. 26th December 2. Charles Dickens 3. We wish you a Merry Christmas 4. Clarence Little Boy 11. Bing Crosby 12. Billy Bob Thornton 13. Gold, Frankincense and Myrrh

Contact Details

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