

In this issue:

p3



Winning awards

p4



UPTAE? Karaoke

p5



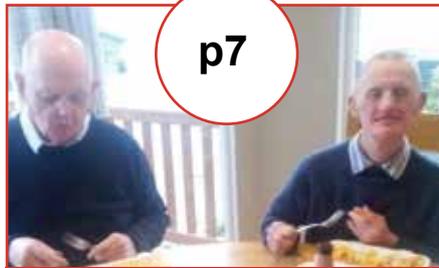
Special birthday for Mary

p6



Getting out and about

p7



Enjoying Loch Lomond

p8



Our Communi-tea Party

Enjoying life again!

We have all lived with COVID restrictions for the past two and a half years. Many of these restrictions have stopped us from getting out of our homes and enjoying life.

It has come as a great relief that the vast majority of the restrictions that were put in place have now been lifted and life can slowly get back to normal! We've all done tremendously well over the past two and a half years to pull together, follow government guidance, get vaccinated, and take part in routine testing programmes... we hope this will become a distant memory!

The virus is still out there, so please take the steps that you need to take to keep you and your families safe... but do try to enjoy life again!

visit our website www.forliving.org

Working in the 'new normal!'



Donna Thompson

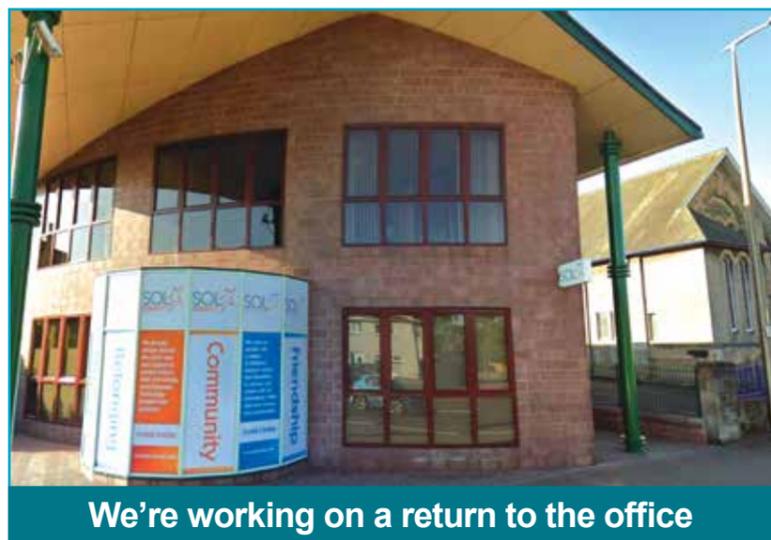
The past two years have been the strangest that we have ever known. The pandemic changed so many things for all of us. This includes how the team in SOL worked. As the safety and wellbeing of our staff has always been one of our main priorities, we took the difficult decision to close our Wishaw office on the 16th March, 2020 - nearly two and a half years ago!

Life has slowly been getting back to normal since the turn of this year. We have seen restrictions being dropped as the case numbers of COVID-19 have become more 'manageable'. Over the past few months we have been working hard as a team to return to some sort of normality. Working remotely has been great, but for some tasks it's better if we can get together as a team. We've been working on a plan for getting some of our staff back into the office for certain days of the week. We are hoping to announce how we are going to manage this in the coming weeks.

Even though case numbers have dropped, and the vaccination drive and testing programmes have all been really beneficial, we're also very aware that the virus is still out there and it's still mutating. We are trying to strike a balance between working as a team but in a safe manner. The keyword for us 'flexibility'. We want to guarantee that we continue to offer people the best level of support no matter what restrictions are in place.

I would like to take this opportunity to thank my amazing team for the dedication and resilience they have shown over this period. Their commitment and dedication to the organisation, and the people we work for, has enabled SOL to continue to offer a really high level of support throughout the pandemic. I can't thank them enough.

I hope you enjoy this issue of The SOL Singer - **Donna Thompson**



We're working on a return to the office

Our award winning team at SOL Connect!

The SOL Connect team had reason to celebrate recently when they won the Technology Enabled Independent Living Award at the Holyrood Events Digital Health and Care Awards 2022.

The category that SOL Connect won celebrates the individuals and organisations from across health, social care, housing and the third sector, who are embracing technology to support more people to live independently.

This is a great award to win and we're really proud of what the team have achieved. We were up against some really stiff competition so it's a real testament to the phenomenal job that SOL Connect does on a daily basis.

Donna Thompson commented:

"We have worked really hard over the past 10 years to develop our unique technology enabled care service and I'm extremely proud of the achievements of SOL Connect in winning this fantastic award.

We brought the award back for the amazing SOL Connect team and that's everyone from the Advisors, the Managers, the Responders and the TEC team. They all deserve this so much; it's been phenomenal teamwork. I'm so proud of everyone and delighted to receive national recognition for all of our hard work.

Thanks to everyone who has come on this journey with us over the last 10 years."

Well done to the SOL Connect team!



Ashleigh Barbour-Niven, Donna Thompson, Bernadette Gunn and Laura Kilpatrick picking up the award.

Having fun at

UPTAE?

KARAOKE & MUSIC

Our online socialising group 'UPTAE?' host a karaoke club every Friday evening. UPTAE? Karaoke has been a huge success from the very beginning of the project. It runs every Friday night between 6pm and 7pm and it has given people something fun to do right at the start of the weekend!

John loves GBX music and dancing along, he even puts disco lights on like he is at a party. John said, "I love it because I can join in without support and I get to catch up with friends."

Steven has played a big part in the Karaoke group, chatting to everyone in the group and making sure everyone feels included. A few months ago, Steven felt confident enough to start leading the group and here's what he had to say about it:

"Karaoke is a great laugh on a Friday night. I think it has improved my confidence by helping run the class with Laura and Naomi. Everyone gets their own choice of music and it's great to get together. So come along to see DJ Steven on UPTAE? Karaoke!"

If you would like more information about UPTAE, please contact Laura Kilpatrick at the SOL office on 01698 276206.



Some of the group members starting their weekend at the Friday night karaoke group!



Eric passes his driving test

A massive 'congratulations' to Eric, who recently passed his driving test.

All of those months of studying for his theory test and taking driving lessons paid off! He wasted no time at all, buying his first car and hitting the road. He was assisted throughout by his excellent support team.

Well done Eric and happy motoring!

"I would like to thank my support staff, Bill and Shaun, for assisting and supporting me."



Eric celebrated passing his driving test by buying a new car

A magnificent birthday for Mary!

Mary celebrated her 99th birthday with family and friends recently!

Mary's son and daughter-in-law cooked all the food and arranged the drinks. There was even a lovely birthday cake for everyone to enjoy! Mary also received some lovely gifts including a new Radley handbag and purse and lots of flowers!

Mary had a great day! Members of her team also said it was a real privilege to be part of such a special occasion.

Many happy returns Mary, from everyone in SOL.



Out for Lunch

Archie has been enjoying a few trips to 'The Rolling Barrel' in Uddingston for a wee pub lunch recently.



Archie is pictured on Good Friday, when he was there with David. He was there again recently to enjoy the full Sunday Roast Beef dinner and a Sundae with Andrea.

Archie is enjoying being out and about again and is looking forward to his next wee visit. Cheers Archie.



Steven heads to Sundrum Castle

Steven has been away for a nice relaxing break to Sundrum Castle in Ayrshire.

The resort has lots of great entertainment such as football, pool, and crazy golf. The food at the Tam O'Shanter restaurant was excellent and Steven enjoyed his full cooked breakfast before a day of activities!



Dougie and Archie take the high road to Loch Lomond

Dougie and Archie recently spent a week at the Loch Lomond Holiday Park at Inveruglas at Arrochar with their support staff Joe and Lynne. They rented a lodge with a hot tub sitting on the bonnie, bonnie banks of Loch Lomond itself.

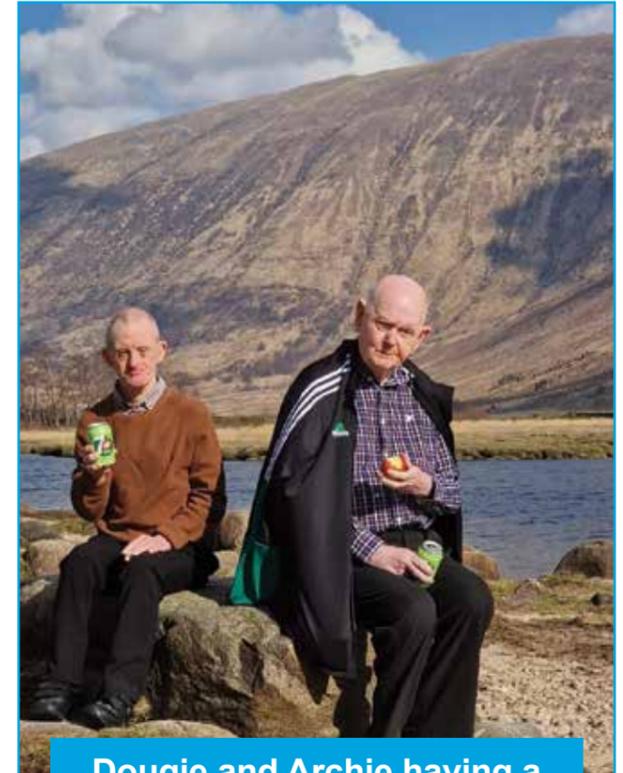
While they were away they covered plenty of miles and managed lots of sightseeing including a trip to Glencoe. They also drove through to Mount Etive where they are pictured having their lunch on the beach.

One of the highlights of their trip was a boat trip that went from the pier at Balloch right around the loch. They were lucky with the weather and enjoyed a wee pint and a wee whisky on board.

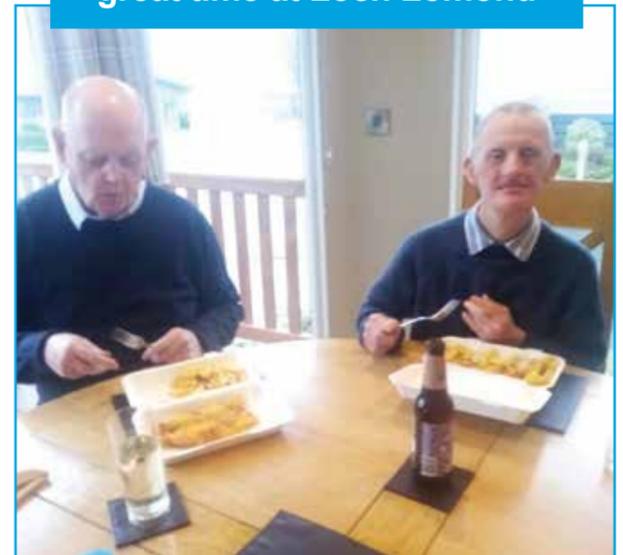
Another highlight was dinner at The Drovers Inn at Inverarnan, which is over 300 years old and so named as the Highlanders drove their cattle to the markets. It is also said to be one of the most haunted places in Britain. As legend has it, not a lot has changed in the pub since Rob Roy used to drink there, it was a unique experience for Dougie and Archie and they said the food was great as well.

Dougie and Archie love their fish and chips, so the café in Balloch was a favourite stop off for them at the end of a long day taking in all the sights. They covered lots of miles and loved seeing all the wildlife, especially the deer. Archie also loved seeing the horses and Dougie even made pals with a wee dog in one of the pubs in Balloch.

Dougie and Archie had a fantastic week, they were totally relaxed and smiled for the whole week. The boys are already looking forward to their next trip to Wemyss Bay.



Dougie and Archie having a great time at Loch Lomond



Our online Communi-tea Party

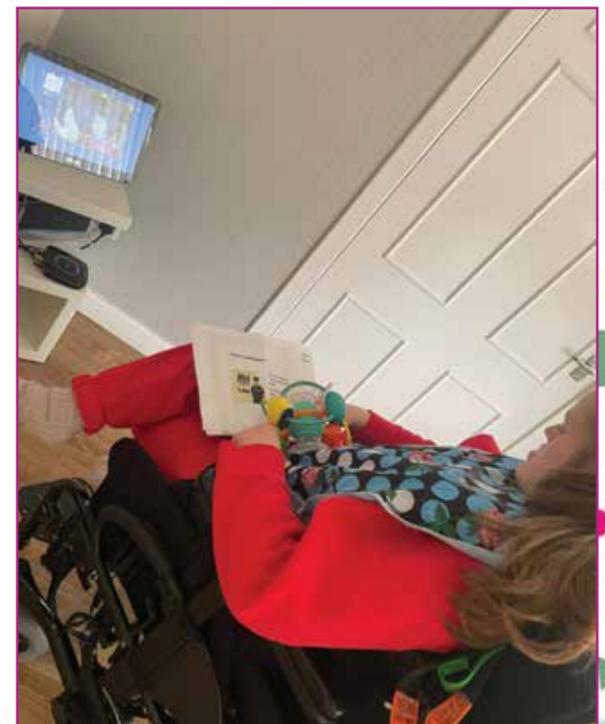
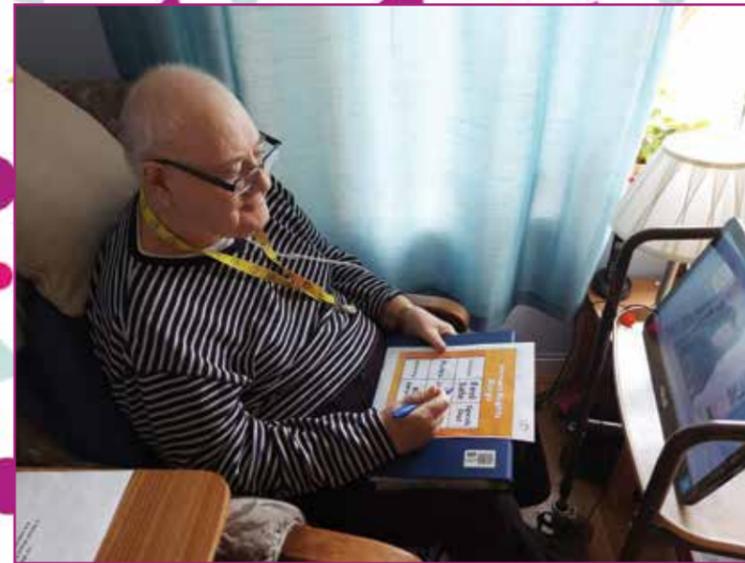
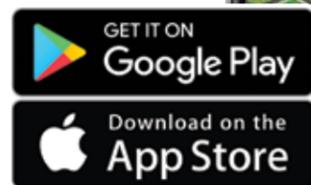
We recently took part in Scottish Learning Disability Week 2022. Scottish Learning Disability Week is Scotland's learning disability awareness raising week, which takes place in May every year. Each year has a different theme and this year's theme was 'we all have human rights'.

In previous years we've been able to hold Communi-tea parties, an event where people can come together, enjoy a cup of tea and a slice of cake, and have a chat about that year's theme. As we're still operating remotely, we wanted to recreate our previous Communi-tea parties online.

As part of our event we organised afternoon teas, that were dropped off at the attendees homes, and we all met over Zoom in the afternoon. It was great to see so many people join in, have a chat and enjoy some of the activities we had planned.

We would also like to thank Scottish Commission for Learning Disability (SCLD) for drawing attention to such an important issue. SCLD have actually developed an app for your smartphone. The app walks you through 'Human Rights Town' and presents you with different scenarios and asks you quiz questions based on each scenario. It's really fun as well as being really informative.

Please search the Apple App Store or Google Play for 'Human Rights Town'.



Pictured are some of the party attendees joining in with some of the fun. As part of the event they also played a game called 'Human Rights Bingo'! Thank you to everyone who joined in.

Archie's TV and Film Reviews



SOL's movie expert, Archie, checked out the long awaited follow up to the classic 1980's film 'Top Gun'.

Top Gun 2 'Maverick'

The sequel to Top Gun, Top Gun 'Maverick' was finally released in Cinemas in May 2022. The original was released in 1986 so here we are, 37 years later, so is it worth the wait?

Archie says "You bet it is", the movie was absolutely marvellous, great plot, the special effects were amazing and the flying scenes are so impressive they blow you away.

Tom Cruise is great as Captain Pete 'Maverick' Mitchell and there are some faces that you will recognise from the original.

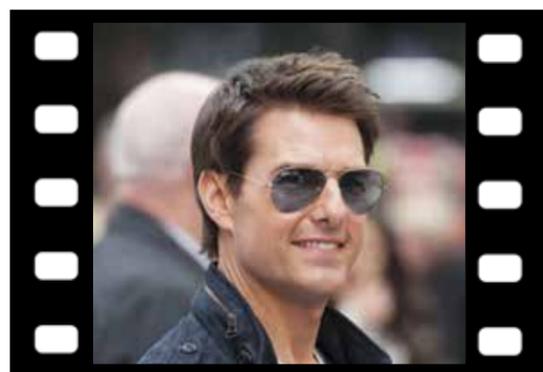
Archie also says that this is one of those films that has to be seen in the cinema to get the full experience. You almost feel that you could be flying the jets themselves.

Archie's verdict:

This is a 'not to be missed' film. I rate it as one of the best movies I have ever seen... which is high praise indeed.



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



Tom Cruise is back as 'Maverick'

Fascinating Fact:

John Travolta was originally approached to take on the central role of 'Maverick'.

Word Search Quiz

Look through our Word Search and try to find these TV shows:

Derry Girls, Emmerdale, Hollyoaks, Strictly Come Dancing, Pointless, The Chase, Eggheads, Tipping Point, Ready Steady Cook, Reporting Scotland, Casualty, The Repair Shop, Tenable, River City, Gogglebox, Still Game, Lingo, Vera, Flog It, Friends

A	P	R	N	M	Q	P	P	V	O	S	A	N	X	H
R	E	A	D	Y	S	T	E	A	D	Y	C	O	O	K
X	I	O	O	T	L	F	M	C	H	A	N	L	B	N
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C	O	L	T	Y	Y	B	H	R	G	N	A	L	T	R
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R	J	D	Y	C	R	I	M	W	B	G	K	U	Y	P
T	A	Z	U	D	E	E	Q	G	L	K	E	N	T	E
S	U	E	L	A	D	R	E	M	M	E	L	A	T	R

1. Where are the Scottish Crown Jewels kept?
2. In which comedy show do characters Erin, Orla, Michelle, Claire and James play the main roles?
3. What Scottish group had hits with Bye Bye Baby and Shang-a-Lang?
4. Who stars as Maverick in the new Top Gun film?
5. Which TV soap's local pub is the Woolpack?
6. Who represented the UK in the recent Eurovision Song Contest?
7. What were the three main characters names in 'Birds of a Feather'?
8. Who wrote the song 'I will always love you'?
9. What is the name of the famous Museum in Paris, which is the most visited Museum in the world?
10. What horse won the 2022 Grand National?

The answers to the quiz questions are on the back page. Good Luck!

John's new position with SCLD

SOL's John K was successful in obtaining the post as a Rapporteur with the SCLD.

This role will see John and his fellow Rapporteurs launch a brand new project, Include for Good, which "will see people with learning disabilities leading the way across all aspects of Scottish life". John and the team will meet with leaders in a variety of fields and representatives from Scottish Government to challenge them on how they are working to make life better for people with learning disabilities and upholding their human rights. They will address meetings and conferences to share their own experiences, advocate for others and be pivotal in leading and pushing for change.

The project launched on 2 May 2022 as part of Learning Disability Week and John is thoroughly enjoying his exciting new role working with different people including the Board Members.

Congratulations on your new role John.

Goodbye Jeannie!

Unfortunately, we said cheerio to Jeannie Clough recently when she took up a new and exciting post with the SCLD. We were all gutted to see her go but we all wish her the very best in her new role.



John working with SCLD



Jeannie Clough

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1. Edinburgh Castle
2. Derry Girls
3. The Bay City Rollers
4. Tom Cruise
5. Emmerdale
6. Sam Ryder
7. Sharon, Tracey and Doreen
8. Dolly Parton
9. The Louvre
10. Noble Yeats

Quiz Answers:



October winners

- 1st Cat Watt
- 2nd Pat Corrigan

November winners

- 1st Pat Corrigan
- 2nd Geordie Stewart

December winners

- 1st Laura Kilpatrick
- 2nd Val McEwan

January winners

- 1st Pat Corrigan
- 2nd Emma Brown

February winners

- 1st Jan Gordon
- 2nd Karen Boyle

March winners

- 1st Stephanie Anderson
- 2nd Naomi Nailen

April winners

- 1st Jan Gordon
- 2nd Babs Lyons