

25 YEARS OF SOL

**We reached a magnificent milestone in 2023.
Our organisation is officially 25 years old!**

In the early years, our primary goal was to help people transition from long stay institutions to living in their own homes. Today, our focus still lies in empowering individuals to live the life they choose within the communities they wish to live in.

Society, people's attitudes, and social care, have all changed over the past 25 years. We have had to overcome many barriers and look at new and creative ways to support people. With the ever changing social care landscape, world events such as the pandemic, it's not been an easy 25 years, but it's certainly been worth it!

A massive 'thank you' to everyone who has contributed to our amazing organisation over the past 25 years.

Scan me to watch the SOL Singer

We produce a video version of each issue of The SOL Singer. If you would prefer to watch this issue visit our YouTube channel. If you have a smart phone or tablet just scan this code.



visit our website www.forliving.org

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25th Anniversary **WINTER** *Ball*

On the 12th of December 2023, we hosted our 25th Anniversary 'Winter Ball' and what an event it was! It was absolutely brilliant, not only to celebrate the amazing milestone of 25 years of SOL, but it was also a great way to start the festive period.

This event gave us an opportunity to reflect on what our organisation means to us all, whilst enjoying some festive cheer. We were treated to a drama display by our brilliant UPTAE group, we danced and sung along to the music provided by the fantastic Jubilee, and we even had a visit from the busiest man of the festive period... Santa!

As you can see by the pictures, the event was a massive success. Thank you to everyone who came along and reminisced about past days and joined in the festive mood!





25 years is something really special

In 1998, Support for Ordinary Living opened its doors. It's overriding aim was, and still is, to enable people to live the lives they choose, in the communities that they want to live in.

For 25 years, SOL has played a major role in people's lives. We couldn't do this without the amazing staff that we have. That's why it was really nice when we recently got together for our anniversary ball.

SOL events are always a firm favourite of mine, but this one was extra special. To see everyone coming together, at a special time of year, to celebrate a massive milestone for our organisation. It was just great.

I want to thank everyone for contributing to the success of our organisation, and more importantly, making a positive impact on the lives of the people we work for during these 25 years. Let's start looking forward to the next 25 years!



Donna Thompson

Halloween Party

On Friday the 27th of October, UPTAE held a fantastic Halloween party. It was well attended, and everyone got into the spooky spirit by getting dressed up for the occasion.

There were some fantastic costumes at the party and it was obvious that people had spent a lot of time picking out their costumes.

Thank you to everyone who came along and got in the party mood!



Everyone enjoying the UPTAE Halloween party

Having a break in Berwick!

Steven and Mark headed to Berwick-Upon-Tweed recently, from the Friday to the Monday, and stayed at the Haven Holiday Park. They took the train from Cleland and changed at Edinburgh to catch the Berwick train.

The lads enjoyed walking along the beach and having a go on the amusements. They also really enjoyed the entertainment at the 'Briggs of Tweed' bar and restaurant at night.

After their break away the lads headed home, tired but happy! Steven is already looking forward to his next trip away.



Steven enjoying his break in Berwick-Upon-Tweed



All the fun of the fair!

David had a great time at the fair at Burntisland recently.

David took full advantage of the glorious weather as he headed to Burntisland. When he was there he tried his hand at a few of the shows... he even managed to win a toy truck!

Well done David. It looks as if you had a great time!



David winning his truck!



Derek takes to the stage...

Derek is seen here in rehearsals for his 'Bill and Ted's Excellent Christmas Adventure' production that was held on Friday the 1st of December.

K-Otic Drama Group takes place every Friday at the Charlotte Toal Centre in Coatbridge and Derek just loves it.

Pictured is Derek in action with his Stormtrooper mask, ready with his lightsaber. He is already looking forward to the next production.



Derek as a Stormtrooper

New cars for Rosie and John

Both Rosie and John had reason to be cheerful recently when they picked up the keys to their new cars. The cars are absolutely stunning and both Rosie and John are over the moon with them.



John is loving his new car



Rosie's car taking pride of place in her driveway

Nicola making amazing wreaths

Nicola has been using her creative talents to create some stunning autumn wreaths.

The pictures were sent to us by members of her team who also worked on the wreaths with Nicola.

The wreaths looks amazing. You've done a great job. Well done Nicola!



Getting away to Craig Tara

Ralston

Ralston went to Craig Tara with Shaun recently and had a fabulous time.

As Craig Tara is so close to Ayr, Ralston was in his element as it is one of his favourite places. There is nothing he likes more than going for a walk along Ayr beach and having fish and chips and a wee drink in the Tam O'Shanter pub. Ralston met loads of people for a blether and really enjoyed talking to some American tourists.

Ralston also enjoyed eating in the restaurant on site and having a pint. He had a great break and is looking forward to his next one.





Donald

Donald and Shaun headed to Craig Tara for a break recently and had a really relaxing few days.

There is a sensory room on the site which Donald tried and enjoyed.

Donald enjoyed going for walks and eating at the restaurant on site. He really enjoyed all the food and having a wee drink.

Donald had a relaxing break and he is looking forward to his next trip away.



John and Alan

John and Alan, along with David and Susan, took a trip to Craig Tara recently and had a lovely time away.

They all really enjoyed walking along the beach at Ayr, even though the weather wasn't the warmest. They had a hoot on their last night with the entertainment and Susan bought them all glow sticks to join in the fun.

The Lighthouse Bar is the pub on site, and they visited this a couple of times. The day after they got home was John's birthday, so they decided to throw him a birthday party in the caravan, which John really enjoyed.

A good time was had by all.





Caroline

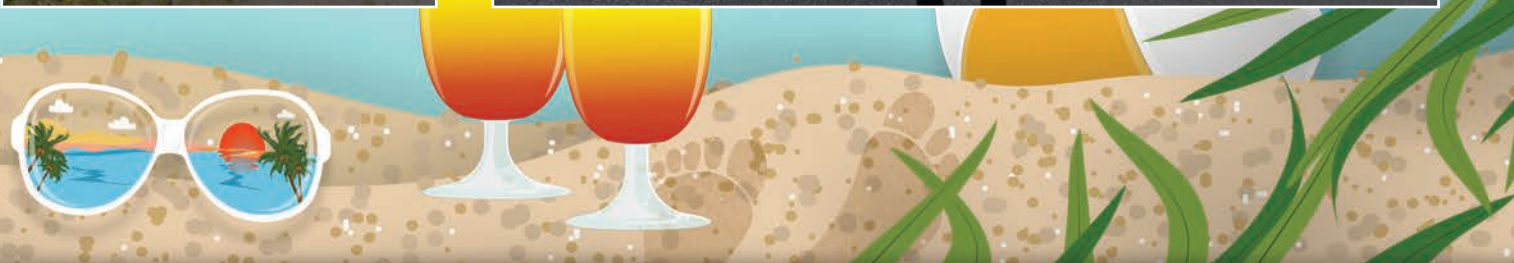
Caroline also had a brilliant break away at Craig Tara, accompanied by her support worker, Christine.

As luck would have it, they were given one of the newly furnished caravans on the site.

Throughout their stay, Caroline enjoyed leisurely walks along the beach, whilst in the evenings, they attended the lively club which had various entertainment options, including games of bingo which Caroline loved.

On a particularly sunny day, they took a bus trip to Ayr, exploring the local shops and treating themselves to a lovely dinner before making their way back to their cozy caravan.

Without a doubt, it was an amazing few days away for both Caroline and Christine.

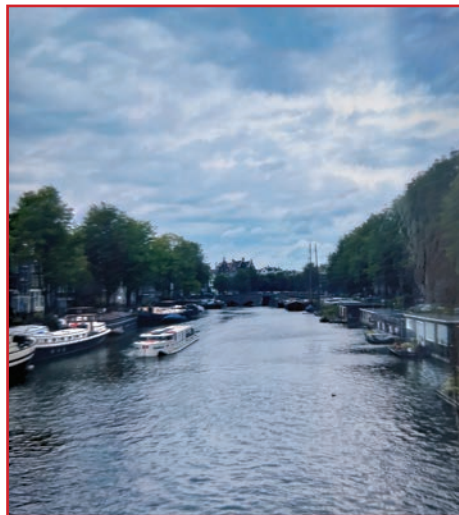


Davie enjoys the sights of Amsterdam

Davie and Mark went to Amsterdam for a few days recently and had a great time. The lads flew from Edinburgh and stayed at the MH Collection Barbizon Hotel, which is right in the centre of the city.

Davie commented on how friendly everyone was, and because Amsterdam is nice and flat, there were no problems getting around in his wheelchair.

The food was great, and the lads really enjoyed their barge trip. However, all too soon their four days away were up and they flew back into Edinburgh. They were tired but happy after having a great few days away.



and a new car...

As well as enjoying his break in Amsterdam, Davie also picked up his new car recently. It's absolutely stunning and Davie loves it.

Congratulations on your new car, Davie. We hope you enjoy the freedom that it brings!



Linda has a great time in Donegal

Linda and Michelle had a five-day break in Ireland recently. They got the bus from Hamilton to Cairnryan and then the ferry from Cairnryan to Belfast.

From Belfast they caught the bus to Donegal where they stayed at the Central Hotel in the beautiful historic town of Donegal. The hotel had fabulous views of the bay with all the fishing boats.

One of the highlights was a boat trip around the five islands which the girls loved. The weather was a bonus as the sun shone for the duration. They also visited Donegal Castle which is one of Ireland's fabulous Gaelic castles.

Linda and Michelle had a fabulous time and met some lovely people from Newcastle and Cleland with whom they formed a lovely friendship. The food and hotel were fantastic and the girls would highly recommend it, 'if you ever go across the sea to Ireland' as the song goes.

Linda can't wait to go back.



Linda seeing the sights of Donegal, including Donegal Castle

Having a ball in Blackpool

Peter

Peter and Colin headed off to Blackpool recently and stayed at the Bond Hotel. They were really happy with their rooms and the facilities and would certainly recommend it.

The boys managed to do a few of the touristy bits which included a visit to Madame Tussauds, where Peter's favourite waxwork was Dame Edna Everage. They really enjoyed Coral Island as well.

The Bond Hotel put on some great live shows and bingo. Peter really enjoys a wee game of bingo, so he was in his element.

Looking at the lights was another favourite thing of Peter's. He was quite happy just to head along the Promenade.

The boys had a great time and came home tired but happy after all the laughs.



Derek

Derek just loves Blackpool, and he and Pat were back again recently as part of a coach tour.

Once again, they stayed at the Craig-y-don Hotel as the food is brilliant and Derek loved going out every day for lunch.

The hotel also has bingo and entertainment which was great, and Derek thoroughly enjoyed himself, especially going around all the gift shops and going on the trams. Derek had a great time!



Avril

Avril and Babs headed off to Blackpool where they stayed at the Royal Seabank Hotel. They loved the hotel, and the food was great.

The girls had a great time and Avril just loved being on the horse and cart. It was one of her favourite things and she also enjoyed just sitting on the front watching the world go by and having a chat with everyone.

Other highlights were going on the trams, attending a Country and Western night, and the Viva Bar. The girls really enjoyed themselves.



UPTAE Animation

The amazing team at UPTAE have now finished their animation and we are just awaiting confirmation of the venue and date for the 'premiere'.

As you can see by the pictures, the team have been hard at work crafting these fabulous characters. They also did the voice overs and painted the backgrounds.

We are currently working on a 'Making Of' film where you will also be able to hear directly from the UPTAE animators.

We are aiming to hold the premiere event early next year. As soon as the event has been confirmed we will make everyone aware.



A big thanks to Hugh McCue from Nemo Arts for being our instructor for the project and teaching us all the different elements in film making.

We caught up with some of the UPTAE animators to find out what they thought about the project.

“My favourite part of the film was the singing. I really enjoyed it. I learnt a lot of new things and I would like to take part in something like that again.”



Alan



Craig

“I made the lion as well as painting part of the background and taking part in moving the characters. I really enjoyed doing the voice over and singing... it was pretty funny. I had fun making the film and I would do it again.”



Anne

“I really enjoyed making the film, I loved it. From painting part of the set to making one of the characters. I even directed the animation which I thought was a great job. I'd like to take part in another film in the future as I thought it was wonderful. I thoroughly enjoyed it all.”



Ian

“My favourite part of the project was doing the voice overs. I really enjoyed it. I also found out how to create animations, which was great. We moved the animals a small amount and took a picture each time we moved them.”



Chris

“I made the elephant, painted the scenery, played guitar in the sound track and did two voices. I really enjoyed singing the song. It was a nice experience which made me feel more confident.”



Archie's TV and Film Reviews

SOL's movie expert, Archie, reviewed a couple of classics for this issue.

Singin' in the Rain

Made in 1952 this film stars Gene Kelly, Donald O'Connor and Debbie Reynolds. The story is based around the movie world heading from silent films into talking pictures and this film has it all. The great songs, the fantastic dances, comedy, romance, the lot.

Archie's verdict:

If you enjoy a great musical, then this is up there as one of the best. If you haven't seen it, then you need to. Hollywood gold.



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

On the Town

Gene Kelly also stars in this musical along with Frank Sinatra and Jules Munchlin as three sailors who get 24 hours shore leave in New York City and meet three girls during this time.

A fantastic musical score including 'New York, New York', again great dancing and all too soon their shore leave is over and they have to return to the ship.

Archie's verdict:

Hollywood gold again. A must see.



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

Word Search

Quiz

Find the following related to Christmas

Mistletoe, Tinsel, Candles, Christmas Tree, Baubles, Turkey, Board Games, Tins of Chocolates, Pudding, Annuals, Holly, Snow Globe, Angel, Three Wise Men, Carols, Nativity, Wrapping Paper, Bows, Mince Pies, Lights, Cards, Yule Log, Star, Toys, Presents

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

1. Who had a hit with "Merry Christmas Everyone"?
2. Who played the part of Scrooge in The Muppets Christmas Carol?
3. How many 'Maids a Milking' are in the song the 12 Days of Christmas?
4. Panettone originated in which country?
5. What is the traditional time the King's speech is shown on TV on Christmas Day?
6. Who played the lead role in the film 'Scrooged'?
7. Wham sang about what Christmas?
8. Joyeux Noel is Merry Christmas in which language.
9. What role does Cupid help Santa with at Christmas time?
10. What band had a hit with 'Christmas Lights'?

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

Chris visits London!

Chris celebrated his birthday back in June this year and to mark the occasion he headed to London with his support worker, Barry.

They flew from Glasgow and although it was an enjoyable flight, it was a bit late which had a knock on effect for their plans. Once they had arrived, they decided to have dinner then a short stroll around the city. On Chris's birthday, they both got up, had breakfast, and then headed the Tottenham Hotspurs for a stadium tour.

Once they returned to their hotel after a day of sightseeing, they had dinner then ventured out to watch football at a local pub.

The following day they went back into the city centre for some shopping rounded off with a visit to the theatre to watch 'Back to the Future'.

Before they both knew it, it was time to catch their return flight home. Chris had an amazing birthday. It was definitely one to remember!



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1. Shaking Stevens
2. Michael Caine
3. Eight
4. Italy
5. 3pm
6. Bill Murray
7. Last
8. French
9. Santa's Reindeer who helps pull his sleigh
10. Coldplay

Quiz Answers: