THE SOL Singer

Issue 29



Double Excellent
for SOL and SOL Connect

We're delighted to share the latest edition of The SOL Singer, which comes on the back of our best-ever Care Inspectorate report and two Grade 6... Excellent ratings!

Inside this issue, we celebrate the people, experiences and achievements that make SOL and SOL Connect so special, while also welcoming new colleagues and reflecting on the remarkable career of a long-serving team member.

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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SOL
your life, your choice

We're excellent!

care inspectorate





We are delighted to share that SOL and SOL Connect have achieved two Grade 6 – Excellent ratings following our recent Care Inspectorate inspection. The inspection focused on the Core Assurances and awarded the highest possible grade for both Key Question 1: How well do we support people's wellbeing? and Key Question 3: How good is our staff team?

A key theme throughout the report was how people's voices shape and influence our organisation. Inspectors recognised the important role of our Quality Checkers, whose feedback from the people we support, families and staff has helped drive meaningful improvements across SOL and SOL Connect and demonstrated our commitment to listening and learning.

Inspectors also praised our innovative practices, including the continued evolution of UPTAE?, and recognised how technology and personalised support help people take greater control of their health, wellbeing and choices.

The inspection celebrated the strength of our staff team, highlighting the warm relationships, positive culture and strong values that exist across SOL and SOL Connect. This achievement reflects the dedication, professionalism and passion of our incredible teams, who continue to make a positive difference every day.

From the report...

"People using the service and staff benefitted from a warm atmosphere because there were very good working relationships."

"SOL had excellent staff values and systems in place to support staff wellbeing."

"People had been enabled to take control of their own health and wellbeing through access to the technology."

"Staff felt their ideas and opinions were welcomed and would be received in a spirit of partnership working."

SOL your life, your choice

Celebrating Excellence


Donna Thompson

I am absolutely delighted with our latest Care Inspectorate report and our two Grade 6 – Excellent ratings. While these are our best inspection results to date, what makes me most proud is what they represent. The report recognises that people are living good lives, making their own choices and being supported to do the things that matter most to them.

This achievement would not be possible without our incredible staff team. Their dedication, commitment and shared values shine through every day, helping people to live fulfilling and meaningful lives while demonstrating what makes SOL and SOL Connect such special organisations.

As you read this edition of The SOL Singer, I hope you see these values reflected throughout. Every story in these pages showcases the amazing people we support and the equally amazing teams who make it all possible.

"SOL had a demonstrable track record of innovative, effective practice and very high-quality performance across a wide range of its activities and from which others could learn."

"People's voices had meaningfully shaped decisions and developments, demonstrating a culture where lived experience genuinely influenced practice."

"Staff were confident in building positive interactions and relationships… we received lots of positive feedback about staff."

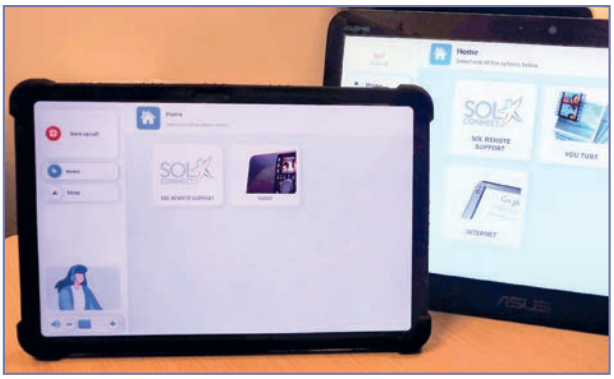
Thank you to everyone who took part in the inspection!

New tech in SOL Connect

We are making an exciting change to our SOL Connect equipment. Since SOL Connect started, we have always used our SOL Connect HUBS.

We are making plans to step into the future and upgrade our SOL Connect HUB's with our new SOL Connect Tablet's!

We are just starting our upgrade journey but we are hoping everyone will have a SOL Connect tablet in the next year! Don't worry if you already have a SOL Connect HUB – We will get in touch with you to arrange this.



Chris staying active and engaged in the community

Chris has continued to enjoy a range of community activities that support his health, wellbeing and social connections. He has remained active, engaged and motivated while enjoying meaningful experiences in his local community.

Outdoor Activities (Parks & Jogging)

Chris has been making the most of the great outdoors, enjoying regular jogging sessions at both Strathclyde Park and Ravenscraig Park with members of his team. He has embraced the opportunity to stay active, taking in the fresh air and beautiful surroundings while building an enjoyable routine around exercise. The sessions have become a positive part of Chris's week, combining physical activity with time outdoors and helping him maintain an active and healthy lifestyle.





Playing Snooker (Community Venues)

Chris has also been enjoying regular games of snooker at local venues with some of his team. A keen player, he enjoys the friendly competition and the chance to spend time out-and-about in his local community.

As well as sharpening his skills at the table, these regular visits offer plenty of opportunities to socialise and have become a favourite part of Chris's routine.

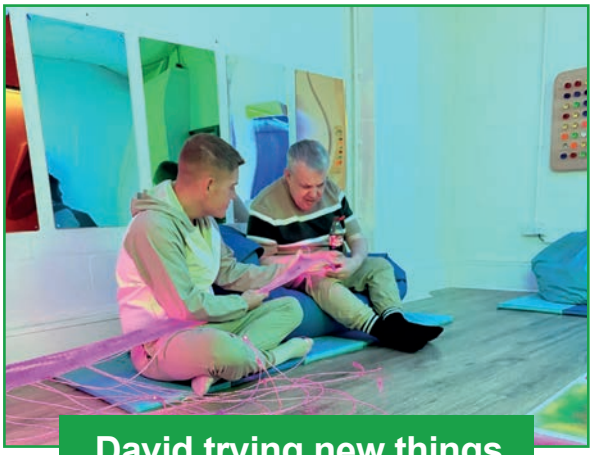
David exploring new experiences

David has been enjoying a variety of new experiences recently, starting with a trip to The Kelpies.

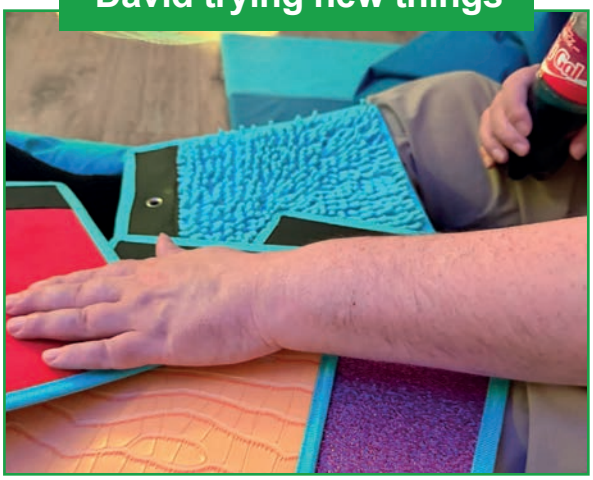
He loved taking in the impressive sculptures and spending time outdoors, making the most of the fresh air and beautiful surroundings. The day out provided a welcome change of scenery and an opportunity to explore one of Scotland's most iconic landmarks.

The adventures continued with a visit to a local pet shop, where David spent time looking at the different animals and exploring the possibility of choosing a new pet. Another highlight was a trip to the sensory room at Empower Care Scotland in Coatbridge. David enjoyed exploring the calming lights, textures and interactive equipment, making it a relaxing and enjoyable afternoon. These activities have given David the chance to try new things, explore his interests and create some wonderful memories.





David trying new things





David at the pet store



Emma enjoying the outdoors

Emma recently enjoyed a lovely day out at Tollcross Farm, where she spent time outdoors and took in the sights and sounds of the farm. Surrounded by fresh air and open spaces, she enjoyed a relaxing change of scenery and the opportunity to explore a different environment.

One of the highlights of the visit was spending time with the animals. Emma particularly enjoyed watching and interacting with them. The trip was a wonderful opportunity for Emma to enjoy nature and try something different.

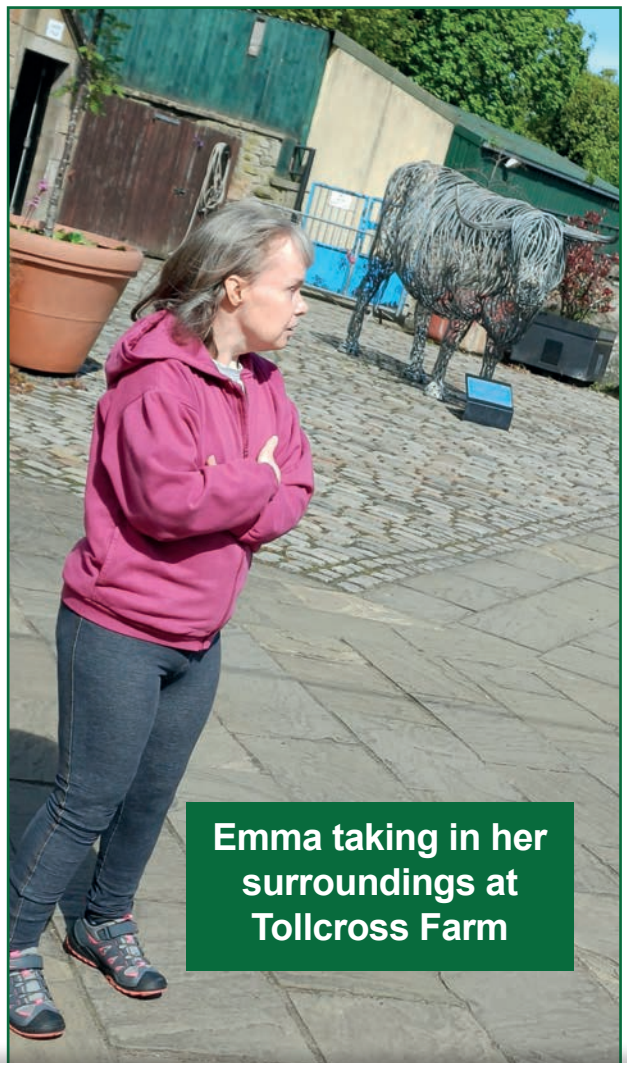












Emma taking in her surroundings at Tollcross Farm

Thomas hits top gear

Thomas had a fantastic time go-karting and sped his way to victory, with his support worker close behind. He's discovered a new favourite activity and is already eager to go back. Who will take the chequered flag next time?



Thomas takes top spot on the podium!

Some new faces in SOL Connect



Holly



Kevin

We're having some exciting changes in SOL Connect!

We have had a couple of new faces in our Wishaw office recently, taking on important roles in SOL Connect!

Holly

My name is Holly, and I am the new Service Manager for SOL Connect, North Lanarkshire. This means that I manage The Wishaw office, but that I am also in charge of working with local councils to bring on individuals who would benefit from the support of our wonderful SOL Connect Team.

Kevin

Hi! I'm Kevin and I'm an Assistive Technology Coordinator. This means that I prepare and install the supported living devices in to your homes to help you stay connected with SOL Connect!



The Quality Checkers enjoying lunch with Donna





Bringing feedback to life with the Quality Checkers

Our Quality Checkers are a group of people who are passionate about getting it right for everyone at SOL.

Every year they speak to the people we support, families and staff to get feedback on what's going well and what needs to change. Last year they created a video on feedback from the People We Support.

This year they've teamed up with UPTAE? and Nemo Arts to create an animation to present feedback from support workers and our intended improvement actions, see photos of everyone busy making the animation.

A trip to Spurs for Peter



Peter and a member of his support team recently enjoyed a trip to London, with one of the highlights being a visit to Tottenham Hotspur Stadium.

As a football fan, Peter loved the behind-the-scenes tour and the chance to explore the club's impressive home. The visit became even more special when Peter had his photo taken with the Europa League trophy that Spurs won a couple of seasons ago. It was a memorable experience and one that Peter thoroughly enjoyed.



Peter having a great time at Tottenham Hotspur's stadium





Linda's day at the seaside

Linda spent a lovely sunny day at the seaside in Largs, enjoying the fresh coastal air and relaxing along the beach. With clear skies and a warm breeze, she made the most of her time by the water, soaking in the peaceful surroundings and cheerful atmosphere.





Kyle's sock puppet success

Kyle makes sock puppets and has created an impressive total of 588 so far, using recycled socks to bring his imaginative ideas to life.

He designs a variety of characters, with more complex ones sometimes taking up to five days to complete, while simpler or made-up characters can be finished in one to three days. He is entirely self-taught, having developed his sewing and crafting skills on his own, and he is now interested in sharing his knowledge by teaching others how to make their own sock puppets.





Kyle with his amazing sock puppets

Anne's Scot's Words



It's time for another instalment of Anne's Scots Words column. Once again, Anne is sharing three Scots words she enjoys, helping us celebrate the rich language and culture of Scotland. Have a read and see if any of them are familiar to you!

'Glaikit'

a stupid or thoughtless person

'Scran'

food, a meal or scraps of a meal

'Coorie'

to cuddle or snuggle

Community Art with UPTAE

UPTAE Art launched it's first 'Community Art' workshop, where a group of folks created a collage together of their ideal community!

Each participant designed their own house and placed it within a shared landscape. The community includes a pond, a pub, a Greggs bakery, spiritual spaces and many trees and flowers. Creating the pictures, arranging the layout and discussing what makes a community feel welcoming encouraged teamwork and creative expression.

The finished piece captures a lovely, colourful vision of community shaped by the group's personalities, humour and hopes.

We are planning on putting the artworks on display in the SOL office, so folks can come in and see it in person!



Hard at work at UPTAE!



Some of the participants making their brilliant artwork



Double Premiere

The launch of the UPTAE Animation Double Premiere brought a burst of colour and imagination to the SOL community! Over the past few months, two groups of participants have been busy shaping characters out of clay, building sets and learning the magic of stop-motion animation. The results were two wonderful surreal short films that had the room laughing and cheering.

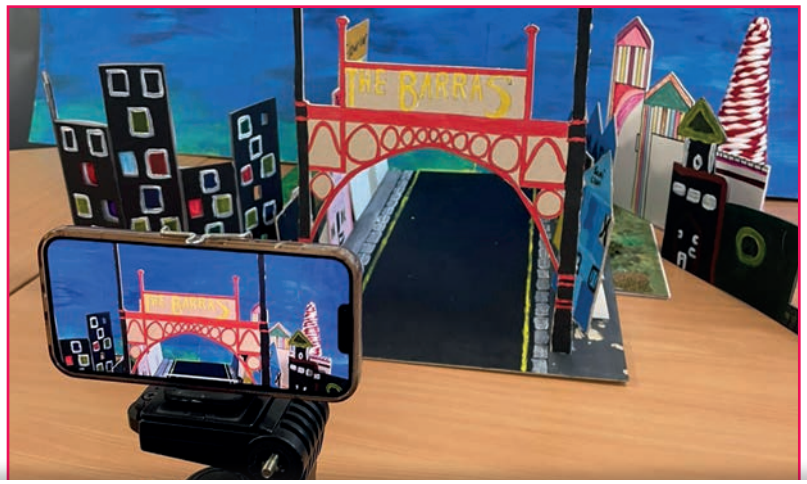
‘The Adventures of Wheely’ follows a mischievous sentient wheelchair who springs to life and whisks Manny off on an unexpected adventure. It’s playful, quirky and full of charm, turning an everyday object into an unlikely hero.



The second film ‘Where’s Mic?’ transports us to a 1920s speakeasy, where two singers lose their microphone mid performance. All the characters in the bar search for the microphone together, taking them through a series of strange and colourful places, some of those places you may recognise!

Both films are fun, vibrant and proudly handmade, with a short documentary at the end interviewing the animators, showing their teamwork, imagination and sheer joy in creating something together.







An amazing double bill UPTAE premiere



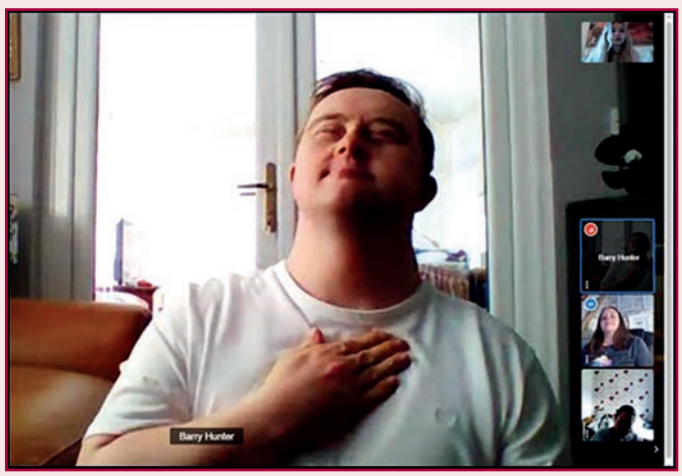
Upcoming UPTAE activities

We have two exciting activities coming up in the UPTAE project! From June to December, our online UPTAE Mindfulness class will take place on the HUBs. This is a great workshop to learn different ways to relax, where you learn breathing exercises, do some gentle stretching and play fun games that calm your mind. It's relaxing, practical, and fun once you settle into it.

If you're looking for something more energetic, our UPTAE Actin It' workshops are face-to-face drama classes that will run from June to September. The workshops involve acting out stories, using your imagination, and expressing yourself through movement and voice. Over the course of the workshops, everyone will work together to build up to a performance to share with others.

For more details on either activity, please contact Robyn.





Archie's TV and Film Reviews



Archie recommends a couple of musicals featuring impressive dance routines and plenty of fancy footwork.

Top Hat



Starring the great duo of Fred Astaire and Ginger Rogers, this film is a classic. A love story that has the lot, mistaken identity, comedy, great songs from Irving Berlin's score and the most amazing dance sequences. Their dances and legendary and albeit, it is in black and white, this is still a great movie.

Archie's verdict:

Fantastic film and well worth a watch.

Archie gives it: 10/10

Grease



When Danny and Sandy have a summer romance, who would have thought they would end up in the same High School in America. Grease has everything you would want in a musical, first love, a fabulous cast, amazing dancing and just a great feel-good movie. Sit back, relax and be taken back to the 50's American high school some of us wish we could have gone to. Remember, Grease is the word.

Archie's verdict:

As good now as it was when it was first released.

Archie gives it: 10/10

Word Search Quiz

Find the following football related words:

Referee, Ball, World Cup, Premier League, Pele, Goalposts, Scotland, Score, Boots, Half Time, Penalty, Net, Manager, Pitch, Fixtures, Tackle, Scarf, Strip, Penalties, Stadium, Nutmeg, Crowds, Winners, Clean Sheet, Runner Ups

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W	S	T	A	D	I	U	M	A	B	H	C	T	I	P

1. What is the capital of Spain?
2. In what country would you find 'The Leaning Tower of Pisa'?
3. Who had a number one hit with 'We are never, ever getting back together'?
4. Who is the Captain of the Scotland squad for this year's World Cup?
5. Who is Scotland's First Minister?
6. Jane McCarry played what character in 'Still Game'?
7. The song 'New York, New York' was made famous by which singer?
8. Chris Martin is the singer and pianist in which band?
9. Albert Square is the setting for which TV Soap?
10. Nick Berry played a Policeman in which TV Programme?
11. Who is Beyonce married to?

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

Happy retirement, Joe!

After more than two decades of service, Joe Martin has officially retired from SOL and SOL Connect.

Throughout his 23 years with the organisation, Joe became one of the most recognisable and respected faces across our teams. Known for his larger-than-life personality, sense of humour and willingness to help others, Joe made a lasting impact on colleagues and the people we support alike.

Everyone at SOL and SOL Connect would like to thank Joe for his commitment, friendship and service, and wish him a long, happy and well-deserved retirement.



Joe getting ready for his retirement



Joe's time at SOL and SOL Connect...

2002 Joe started as a relief support worker and quickly gained a full-time contract.

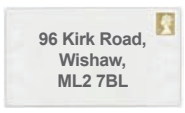
2005 He became a Senior Support Worker.

2008 Joe then took on the role of Support Manager with more responsibilities involved in this role, he manager 8 services at this time.

2012 Joe joined the SOL Connect team, and he was working as an Advisor for the very first 'live' SOL Connect shift.

2015 Joe joined the tech team where he remained until his retirement, Joe stated he has done everything bar the cleaning.

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Quiz Answers:

1. Madrid
2. Italy
3. Taylor Swift
4. Andy Robertson
5. John Swinney
6. Isa Drennan
7. Frank Sinatra
8. Coldplay
9. Eastenders
10. Heartbeat
11. Jay-Z

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