

Looking Ahead

The Learning Disability Newsletter



Autumn 2017

Making Friends



The intrepid day trippers

The Making Friends Project have had an active time this summer. Our first outing of the season was a long stroll along the River Leven from Dumbarton to Renton in July, ending with a well-deserved meal in the Captain James Laing. The day started off damp and windy but by the time we had reached our destination the sun was out bringing out the beauty of our surroundings. Word obviously went out

about what a good time we'd had as the walk was repeated in October by great demand. Our summer trip in August was to Millport and the weather sent us everything it could! We had wind, rain then lots of stormy clouds which finally parted to burn us in the hot sun.

As has become tradition, we held our annual fundraiser on 31st

October as a Halloween Bingo night! Lots of ghosts and pirates turned up for the chance to show off their costume and perhaps win a prize. We made an impressive £137! This will go towards paying for support staff to attend activities, allowing clients who need support to attend at no extra cost.



Whoo! Yo Ho Ho!

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We have quite a few activities planned between now and Christmas -

Date	Activity
Monday 6 th Nov	10 Pin Bowling, Braehead
Sunday 19 th Nov	Christmas Lights Switch On, Lomond Shores
Tuesday 28 st Nov	Make Your Own Pizza, Drumchapel
December date to be arranged	Pantomime, Denny Civic Theatre
Friday 15 th Dec	Christmas Party, Glen Lusset
Thursday 18 th Jan 2018	Sunshine on Leith Singalong The Tower Cinema Helensburgh

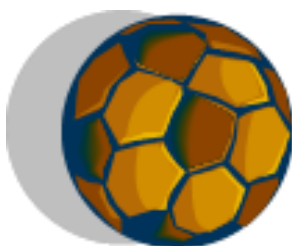
If you would like to join in any of these activities, or would just like more information about the Making Friends Project, please contact

Linda on: 07810 153 892 or email: linda.collins@west-dunbarton.gov.uk
or Sally on: 07810 055 520 or email: sally.swadel@west-dunbarton.gov.uk



Showing off their prizes at the Halloween Bingo

Activities in West Dunbartonshire



Day	Time	Activity	Location	Contact
Mon	10.30—12.00	Music and Movement	Carman Centre, Renton	Sam Rainey 01389 753403
	1.30— 2.30	Boccia	Carman Centre, Renton	Neil Connolly TAG 07795120523
	1.30— 2.30	Integrated Dance	St Augustines Church, Yoker	Arts Development Team 01389 772151
	3.00— 4.30	Cookery Class	Carman Centre, Renton	Sam Rainey 1389753403
Tue				
	10.00—12.00	Arts and Crafts	T in the Park, Dalmuir	Lien or Margaret 01389 608121
	12.00— 2.00	Come cook with me	T in the Park, Dalmuir	Lynn O'Donnell 0141 941 2776
	7.00— 8.30	Enable Social Club	Christie Park, Alexandria	Babs Cochrane 07879 445 253
Wed				
	10.00—12.00	Sporting Memories Network	Carman Centre, Renton	Sam Rainey 01389 753403
	1.00— 2.00	Boccia	Carman Centre, Renton	Neil Connolly TAG 07795120523
	2.15— 3.45	Line Dancing Class	Carman Centre, Renton	Sam Rainey 01389 753403

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Day	Time	Activity	Location	Contact
Thu	10.30—12.00	Arts and Crafts	Carman Centre, Renton	Sam Rainey 01389 753403
	10.30—12.00	Arts and Crafts	Dalmuir CE Centre	Lien McGartland/Mgt Muir 01389 608121
	12.30— 2.30	Dancing with Dawn	Carman Centre, Renton	Sam Rainey 01389 753403
	1.00— 3.00	Drama Class	Dalmuir CE Centre	Margaret Taggart 0141 562 2484
	2.00— 4.00	Karaoke / Disco 1st Thursday of the month (every Thursday starting 2018).	543 Club Nairn Place, Dalmuir	0141 952-4402
	3.00— 4.30	Music / Singing Group	Carman Centre, Renton	Sam Rainey 01389 753403
	7.00— 8.30	Enable Social Club	Christie Park, Alexandria	Babs Cochrane 07879 445 253
Fri	09.30—11.30	Healthy Breakfast and light Exercise	T in the Park, Dalmuir	Ann Floyd 0141 941 2776
	10.30— 2.00	Games / Bingo / Quiz	Carman Centre, Renton	Sam Rainey 01389 753403
	11.00— 12.00	Integrated Dance	St Augustines Church, Yoker	Arts Development Team 01389 772151
	12.00— 1.00	Integrated Dance	St Augustines Church, Yoker	Arts Development Team 01389 772151
	5.00— 7.00	Boccia	The Hub, Kilbowie Rd, Clydebank	Neil Connolly TAG 07795120523



Tea in the Park Café has been fully operational as a social hub since April 2017 co-ordinated by Work Connect Specialist Supported Employment Service. Our partners have used the café to offer the following activities:-

Organisation	Activity	Client Group
Work Connect & Partners	Creative Craft Group	Mental Health, Learning Disability
Community Connections	Come Cook with Me Group	Learning Disability
Work Connect	Golf Group	Mental Health, Learning Disability, Addictions
FAST	Recovery Café	Addictions
Education Services	Give us a break group Youth Horizons	Youth Services
DACA	First Aid Training	Addictions
Greenspace	Inspirational Walks	Public

The facility has also hosted a number of events engaging approximately. 600 participants:

- Greenspace-Dalmuir Park Ranger Volunteers Event
- Greenspace-Dalmuir Park Ranger Children's Easter Party
- Golf Testimonial Event
- Overtoun Golfers Event
- WDC Pro Am Event
- Greenspace Dalmuir Gala Day
- Work Connect Cycle Event
- Work Connect Catering Events Group
- Local Art Display
- Wall Art Mural/ Pirate in the Park

In addition work experience opportunities have been developed to support service delivery and enhance the skills of those involved. Current opportunities include:-

- General Maintenance
- Catering Skills Assistant
- Creative Craft Assistant
- Recovery Café Catering Assistant

For further information or any enquiries on accessing the facility, please contact :- Margaret Muir on 07805812697

SLIPWAY

Balloch Park Slipway Kiosk

Just a short walk from Robin House sits the Balloch Park Slipway Kiosk. The Kiosk offers a range of tasty treats as well as a selection of beverages perfect for every occasion from a sunny afternoon stroll to the morning dog walk.

If you're a regular in the park then a VIP Loyalty card is a must-have. By being a member you will receive 20% all year round for only £10. What's even better is that the full £10 will be donated to CHAS to support Robin House. CHAS will also receive donations through tips and postcard sales.

If you're around Balloch Park then pop by the Slipway Kiosk and tweet a picture to @SupportCHAS.

On the 25th April 2017 Slipway Kiosk work experience clients undertook training in Food Hygiene delivered by Raising Standards.

They really enjoyed the training and will be able to put their new skills and knowledge to the test over the summer.

They attended a Celebration event on 28th July receiving their certificates from Work Connect Interim Manager Ingram Wilson.



Neighbourhood Networks

Wrestling Match

Neighbourhood Networks men's group recently attended a local wrestling event which took place in one of the local schools. The men's group enjoyed two and a half hours of excitement and energy. Tag matches took place involving four wrestlers in the one round. We all had sore throats from all the shouting, booing and cheering.

There was a raffle, items for sale and great music. If you want a good night out we would recommend it.

Angels and Aeroplanes Event

Neighbourhood Networks are putting on a variety show. This will take place on **Saturday 28th July 2018** in the **Mitchell theatre, Glasgow**. The event is called Angels and Aeroplanes 'One Big Drama'. This is the third event that Neighbourhood Networks has produced and we are keen to involve as many people as possible from within our communities.

Do you know of anyone who might be interested in taking part and working alongside our network members to produce an exciting and varied show? If so we would love to hear from you

Contact Dee on 0141 440 1005



Neighbourhood Networks

First Aid training with British Red Cross



Some of our network members participated in First Aid training with two instructors from British Red Cross. This was over three weeks and covered many topics including:-

- How to treat a burn.
- Spotting when a person is unwell.
- Helping someone who is choking.

It was very helpful and the instructors helped this to be an enjoyable experience.



Congratulations to a hardworking student

Our very own Allan Thomson has successfully completed his SVQ 2 in Social Care. He was supported in this by Neighbourhood Networks, who prompted him to apply for the course and encouraged him throughout. He worked very hard for a whole year to achieve the qualification and is rightly delighted: "Dee and Lauchlan helped me a bit but I did most of it myself – I'm very proud!"

Well done Allan!

Learning Disability Week

Breakfast Club at T in the Park

Fancy a healthy breakfast? Why not join us on:
Friday mornings from 9.30 - 12.00 in T in the Park, Dalmuir.



Sample Menu Planner

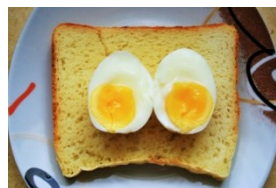
(Fresh fruit, yogurt, Raisins, honey, flapjacks)



(Banana pancakes no sugar full protein, plain pancakes.)



(Eggs what ever way you like them with hot toast)



(Fish: Sardines, mackerel with sliced tomatoes and toast)



There will be a small charge of £1.50 - £2.00 each week for food

If you are interested in coming along just drop in or contact:-

Anne Floyd
 Senior Support Worker
 Community Connections
 0141 941 2776



The Goodlife Group



All the members

It's been another busy year for The Good Life Group! At our Annual General Meeting we decided to hold a Development Day, where we talked about what the Group has done so far and what we should do next. Even we were surprised to realise how much we've achieved, and when we counted up we found that we'd delivered 99 training programmes since we started training in 2005, and had contributed to 10 research/consultancy projects.

This was very useful for our presentation at the Learning Disability Information Day, where we had been asked to report on what we've been doing. We had a lot of fun giving the audience a taste of what we do with



Paul taking the lead

some short sketches from, for example, our awareness training programmes about the importance of cancer screening. The audience found the sketches entertaining and funny – but they didn't miss the serious messages underneath. People with learning disability often don't take up the opportunity for this kind of health screening, and the scenes put over the message about how important it is for people with learning disabilities to attend appointments and keep themselves as

healthy as possible. We have one more training day on this in November in Shettleston, which will be our 100th training session!!

We have also been busy with our ongoing programme of training on the Adults with Incapacity Act for dentists from all over Scotland. The dentists tell us they find the training very useful "It really made me think about how I communicate with *all* patients, not just people with learning disabilities" "The training was fantastic – laid back, approachable but a serious message" so we are delighted that the training will continue to be rolled out next year.

We are about to start work on a project that involves something that's very much in the news at the moment: how to tackle Violence Against Women.

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We were successful in winning funding, in partnership with Thomas Fortune Works, to deliver training on this which is specially designed for people with learning disabilities. We will be working with Fortune Works to design and carry out this training early next year.

We have lots of ideas and plans for the future, so keep your eye out for us delivering training in your area – and if you're interested in getting involved in the work of the Group, please contact Sally Swadel at sally.swadel@west-dunbarton.gov.uk or phone 0141 562 2448.



Explaining the importance of



Glenarn Volunteer Project



The story of Glenarn Ward Garden at the Joint Hospital:

Once upon a time there was a tired little garden, set inside the grounds of a once beautiful flowering estate. The little garden was tucked away in the furthest corner, where sadly roses struggled to survive the vicious jaggy nettles who grew in abundance with such ferocity that even the blackbirds and fellow feathered friends did not attempt to feast on the juicy currents and berries!

Then one day a beautiful princess (Ward manager Theresa McKernan) came out of the darkened gloom and announced to the little garden that it would soon be a place of wondrous colour, peace and, most importantly, a place where people would want to sit and be at one with mother nature.

The beautiful princess called her fairy godmother (Fraser Downie) who

immediately asked for help from the good garden elves, Tam Hall and Ingram Wilson, who lived in Levensgrove.

Now the good garden elves at Levensgrove had many friends and after they had visited the sad little garden they decided that they would need lots of help from these friends who lived nearby in a glorious castle called Garshake. The good garden elves got permission to have a plant party in the splendid reception hall of the Castle, where they brought along some other good garden elves to sell the lovely little plants that were grown in Levensgrove.

The Greenspace giants (who have extremely big hearts) donated more plants for sale and in due course all the good and lucky people who lived in the castle came along to the lunchtime event and bought the little plants.

Unknown to the good and lucky people, the pennies from the plant sale were going toward making the tired little garden a place of beauty and wonder again. So, armed with new garden tools, plants, paints and a bucketful of ambition the good

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Glenarn Volunteer Project

garden elves set to work.

Every Tuesday they would appear, accompanied by their trusted magic fairies (Theresa Murray and Laura Griffen) and set to work transforming the tired little garden.

The sun came out (eventually) the nasty jaggy brambles receded, the blackbirds and robins hopped about in joy and all the people who lived with the beautiful princess came out and spoke with the good garden elves and sat in the garden with its newly painted chairs and bright flowers.

Everyone was very happy:

- the good garden elves, got great experience helping others and in turn that helps them
- the Greenspace giants seeing that they support such a worthy cause
- the good and lucky people who live in the castle for helping friends the beautiful Princess, knowing that she lives and shares a beautiful garden
- everyone who visits as they can relax and enjoy the space, peace and colours as the seasons change
- and of course the tired little garden, which is now an abundance of vibrant colours, and, as they say in most good stories ... all's well that ends well

Learning Disability Week



Announcement: Scotland's national Learning Disability Week

SCLD is excited to announce that Scotland's national Learning Disability Week 2018 will take place from **Monday 14th - Sunday 20th May**.

2018 marks the 'Year of Young People' in Scotland, and the theme for Learning Disability Week reflects that. 'My Generation' will focus the country's attention on the experiences of young people with learning disabilities in Scotland.

The 'My Generation' theme is also a great way for older people with learning disabilities to highlight how much Scotland has changed during their lifetime. We will be encouraging people with learning disabilities of all ages to reflect on the things that summed up their younger lives.

What problems do young people face, and what needs to change to make sure this generation is able to reach their goals in life? What are the best parts of being a young person with learning disabilities in Scotland today? Are there opportunities that there might not have been in the past? How can young people overcome the barriers they still face? Have attitudes changed and what role has technology played in people's lives?

No matter what young people want to focus on during Learning Disability Week, we will be sharing lots of exciting opportunities to get these messages out there.

If you have a question about Learning Disability Week, please email us at admin@sclld.co.uk or call 0141 248 3733 to talk to the team.

Development Day for Housing Support Staff



Housing Support Services staff team all got together for a development day on the 17th of May 2017. This day was arranged so we could learn how to create digital passports for our Service Users.

The digital passports are personal files which hold all a Service User's personal information on how they like to be supported. The files can be loaded on to the Service Users own Ipad and are therefor more accessible than current written files. Photos and videos are used to show what a service user likes, detailing their support needs. The Service User can therefor star in their own video!

The digital passport was created by Pamis, an organisation that supports people with profound and multiple learning disabilities, their families, carers and professionals. Hannah Young from Pamis came to our development day to explain what the digital passports could do and how to create a person centred digital file with people we support.

Housing Support Services have been developing these digital passports since this training. Service Users are encouraged to use the passports with their support staff and carers. They have ownership of the contents of their passport and tell their own care needs in their own way.

Liza McCrorie , Service Manager, Housing Support Services.

Learning Disability Update

Staff Changes

Dr Audrey Espie, Consultant Psychologist, left on 12th July to take up a new post in Dunfermline. Her post is currently being covered on a temporary basis by Dr Sarah Andrews. A Psychologist has been appointed to replace Audrey and will start in the next few months.

Mark McGinley, Social Worker, has left and taken up a new post in Falkirk. A new social worker has been appointed to replace Mark and will be starting soon.

Michelle Scott, Social Worker, has now left to take up a Mental Health Officer post at Riverview. Michelle's post is now in the process of being advertised.

Noreen McCarthy, Adult Support and Protection Co-ordinator, has also moved onto a new challenge. The post has now changed and will cover both adult protection and child protection issues. The new post will be called Public Protection Co-ordinator.

Rachel Hainie, Learning Disability Nurse is on maternity leave. We look forward to meeting her new addition to her family.

Gillian Miller, Dietitian, is soon to retire and we wish her all the best for the future.

New Staff

Learning Disability Nurse - Sharon Murray is our new Learning Disability Nurse.

Modern Apprentice - Kayleigh McHugh is our new modern apprentice and is based at Learning Disability Services for the next two years.

If you have enjoyed this newsletter and would like to contribute to future editions, please contact Alan Hopkins on 0141 562 2330 or Sally Swadel on 0141 562 2476 e-mail alan.hopkins@westdunbarton.gov.uk. We would be delighted to hear from you.