

# Looking Ahead

## The Learning Disability Newsletter

Spring 2018

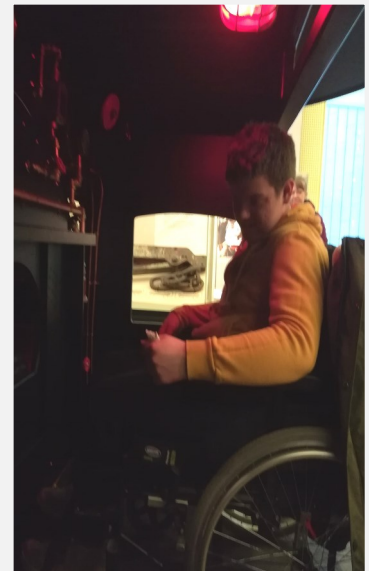
### Making Friends

The Making Friends Project have had a very musical winter, with Sing-A-Longs to both Sunshine on Leith and Mama Mia in the Helensburgh Digital Arts Centre. 'The Horrible Headie' Tour at the Scotland Street School was a great day out—it was a miserable wet Sunday, but the fun and laughs the group had certainly made up for the dreicht weather. Sadly we had to cancel a couple of trips due to the bad weather, but the Ten Pin Bowling and trip to the Transport Museum was a great success, enjoyed by all.

#### Inside this Issue

- Changed Days Advocacy Project
- Neighbourhood Networks
- Bowel Cancer Awareness Month
- Making Friends Spring Activities
- Activities in West Dunbartonshire
- Clydebank Community Choir
- Autism Awareness Training
- Photography Exhibition
- Learning Disability Update

If anyone would like to join the Making Friends group we would love to hear from you. Please contact Linda or Sally on 07810153892 or 0141 562 2448.



Driver Noah



On the trams



Morven angling for a trip in an Anglia

## Changed Days Independent Advocacy Project

Lomond & Argyll Advocacy Service (LAAS) is 18 years old this year!



At LAAS we have a team of trained and committed Independent Advocates working whose role is to work with and for their clients and advocacy partners throughout West Dunbartonshire.

LAAS is part of Scottish Independent Advocacy Alliance. Being independent of statutory services and support organisations is central as this independence allows us to safeguard people who are vulnerable or discriminated against. We empower people who need a stronger voice by enabling them to express their own needs and defending their own interests. We help people to get access to information and explore options in order that they can claim their rights and speak effectively to the services that matter to them, or challenge what they feel is not right for them.



In addition to the general support offered to various client groups we have two established projects: Mental Health Advocacy and Changed Days Independent Advocacy Project:

West Dunbartonshire Mental Health Advocacy is an independent advocacy service for people using mental health services in West Dunbartonshire.



Changed Days Independent Advocacy Project offers independent advocacy for individuals with learning disabilities in West Dunbartonshire, facilitation for collective advocacy groups and Advocacy Drop In sessions in various settings.

Both services are completely free and confidential and focus on what matters to those we work with.

If you would like to find out more about advocacy, or would like our support, please contact:

Lomond & Argyll Advocacy Service

155 Glasgow Road

Dumbarton G82 1RH

Office: 01389 726543 Mob: 0779 314 9507

email: [joanlfraser@laas.org.uk](mailto:joanlfraser@laas.org.uk)

Contact: LAAS 155 Glasgow Road Dumbarton G82 1RH Tel: 01389 726543

email: [admin@laas.org.uk](mailto:admin@laas.org.uk)



## Neighbourhood Networks

Daniel Fotheringham from Neighbourhood Networks transition network has a talent for creating models from clay. He has delivered workshops to the local girls brigade at Morrison church, Clydebank and to Neighbourhood Networks members in other regions such as North Lanarkshire. Daniel has produced his own 'How to make a clay model' booklet. Well done Daniel for sharing your interesting talent!





## Bowel Cancer Awareness Month

As April was Bowel Cancer Awareness month, service users and staff from Community Connections and Work Connect were given the opportunity to attend a presentation from Ian, a Volunteer Facilitator from Bowel Cancer UK. Ian discussed his own personal experience and was open and informative of his condition. The Service Users were all given an easy read pictorial Bowel Cancer Awareness information pack which they followed in tandem with Ian's discussion and information session. The service users gave lots of positive feedback and could discuss what they had learned from the presentation. They engaged well and participated fully in asking questions and laughing along with Ian's light hearted delivery of a very serious topic. There was lots of verbal interaction which is sometimes difficult with the service user group and a verbal evaluation was completed at the end of the session.

Service Users were asked to discuss what they had learned and how they would move forward with discussing this with family, carers and friends, how to make positive choices in healthy living, discuss and attend the GP should they have any concerns . Many thanks to Ian.

We hope to be able to provide more of these sessions across our LD Services in the near future.

Lynn O'Donnel  
Service Manager  
Community Connections  
Office - 01389 608345





## Making Friends

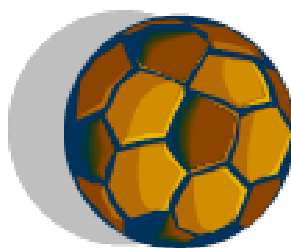


### Spring Activities

If you are interested please contact Linda on 07810153892  
or Sally on 0141 562 2448

	Go Karting / £10 per ticket	Monday 14 <sup>th</sup> May
	10 Pin Bowling Braehead	Tuesday 22 <sup>nd</sup> May
	Karaoke Afternoon/321 Club Dalmuir	Thursday 24 <sup>th</sup> May
	Science Centre/ Tickets are £4.00	Monday 28th May
	Balloch Boat Tour /Tickets are £10.50	Monday 4th June
	Walk along the Leven	Tuesday 12 <sup>th</sup> June
	Helensburgh Walk to Kidston Park	Tuesday 19 <sup>th</sup> June
	Fundraising Bingo Night at Bruce Street Dumbarton	Tuesday 26 <sup>th</sup> June

## 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	Our Holy Redeemer's Primary School, Clydebank	Arts Development Team
	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

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	Our Holy Redeemer's Primary School, Clydebank	Arts Development Team 01389 772151
	12.00— 1.00	Integrated Dance	St Augustine's Church, Yoker	Arts Development Team 01389 772151
	5.00— 7.00	Boccia	The Hub, Kilbowie Rd, Clydebank	Neil Connolly TAG 07795120523

## Clydebank Community Choir



Neighbourhood Networks is working in partnership with Rev William Young, Morrison Church, Clydebank to form the Clydebank Community Choir. We have started rehearsing and will be appearing at the Mitchell Theatre in Glasgow on 28<sup>th</sup> July in Neighbourhood Networks Angels and Aeroplanes 3 'One Big Drama' variety performance.

The choir performed for the first time on Easter Sunday at Morrison Church when they attended the Easter communion service.

Thank you to the congregation for giving us such a friendly welcome. The service was inspiring and we had a lovely day. We sang 'Oh Happy Day'.

If you want to know more about the choir or the Angels and Aeroplanes event you can contact:

Dee McIntosh at Neighbourhood Networks **0141 440 1005**.





## Autism Awareness Training

On Thursday, 19<sup>th</sup> April 24 of our frontline staff (including a couple from our third sector partners) undertook autism awareness training.

This took the form of an 'autism reality experience' where staff visited an 'autism bus' parked in the grounds of the Dumbarton Centre. Upon entering the bus they were invited to experience an environment similar to that experienced by someone with autism on a daily basis. The training was complemented by briefings and presentation by the trainers on the nature of autism and involved staff receiving guidance on how to support those with autism more effectively.

Feedback from participants was very positive and most said they had gained invaluable insight into how someone with the condition interprets the world around them. Learning Disability services are grateful to the organisation which provided the training, - Training2Care – and we hope to arrange a repeat visit of the bus in the near future.



Lynn O'Donnell, our new temporary service manager, Community Connections, at the Autism Bus.



## Welcome to our Photography Exhibition 2018

Recently, ten participants from Levensgrove Plus, Work Connect, completed an eight week photography workshop facilitated by inclusive images.

We chose the theme of

### “Reclaiming Identity”

Topics within this theme included:- “What’s in a name?” “The power of photography” “Getting to know you” “Beauty is all around”

Composition techniques learned and implemented were:- Points of view, Leading lines, Rule of thirds, Balance, Framing, Symmetry and Patterns.

The group also took part in a photo walk from Havoc to Levensgrove park and produced a 2018 calendar with their choice of favourite shots. Viewing the photographs spurred great discussion and specific quotes were identified to depict the message for each one. Due to the enthusiasm felt by those who attended a self-managed group has been facilitated and continue meeting weekly, taking photographs and discussing themes.

Please come along to view our fabulous exhibition!

For further information on any of the photographs please contact by email below:-

[laura.griffen@west-dunbarton.gov.uk](mailto:laura.griffen@west-dunbarton.gov.uk)

## Learning Disability Update

### Staff Changes

Jacquie Carson is the new temporary manager of Dumbarton Centre.

Lynn O'Donnel is the new temporary manager of Community Connections.

Claire McCallum is the new temporary senior support worker at Dumbarton Centre.

### Partnership Working

#### Housing Developments

In line with one of our key priorities – that of supporting people to live as independently as possible we are pleased to say that our team works closely with council housing officers, local housing associations and local care providers, to identify suitable housing to accommodate those with special needs.

Some of you may be aware that several major housing developments are planned for West Dunbartonshire over the next few years, including for example, at Dumbarton Harbour. We work in close partnership with all the above agencies to identify suitable housing for our service users, especially those who currently live out with the area and wish to move back to their local community.

Anyone wishing to make further inquiries on this subject can contact our main office 0141 562 2333, for more information.

Adrian McBride  
Integrated Operations Manager

## Carers Interest Group

Are you a Carer? Our Learning Disability Carers Group meets on a regular basis every two months and we are keen to encourage all carers to join us. Our main objective is to work towards improving health and social services provided to those with a learning disability.

The Group provides an opportunity for carers to raise concerns with management and comment on learning disability issues and policies. It is chaired by an Integrated Operations Manager of the Learning Disability Team and made up of carers and former carers and we occasionally invite service providers and team Learning Disability staff for their expertise.

If you are interested in being a member of the group or would like further details please contact 0141 562 2331.

If you have enjoyed this newsletter and would like to contribute to future editions, please contact Alan Hopkins on 0141 562 2330, e-mail [alan.hopkins@west-dunbarton.gov.uk](mailto:alan.hopkins@west-dunbarton.gov.uk) or Sally Swadel on 0141 562 2448. We would be delighted to hear from you.