

The Neighbourhood

# Echo



Summer/Autumn Edition 2022

## In this Issue:

- Welcome to lots of new Networks and members!
- A Quality (Street) Recap
- Trips to see animals, from the Bees to the Dinosaurs!



## EDITORIAL

Welcome to the Summer/Autumn edition of the Neighbourhood Echo which has been edited by Jonathan, Elizabeth, Ryan, Michelle, Kerry, Allison and Catherine from the Garnock Valley 1 and Garnock Valley 2 Networks, representing North Ayrshire.



The front cover photo shows a mix of networks from North Ayrshire enjoying a summer trip to RSPB Lochwinnoch on the hottest day of the year.

The members and staff would like to say a huge thank you and a sad goodbye to Network Manager Laura Eales. Thank you for being a lovely friend and a great help to the North Ayrshire networks.

We hope you enjoy this edition!

## Quality Time

On Saturday 6<sup>th</sup> August, we held our first in-person Quality Street meeting since the lockdown in 2020. The theme was 'Politics and Pets'. It was well attended and enjoyed by members, staff and Tilly the dog from Therepet.



## Quality Time (Continued...)

Special mentions and thanks to:

Elizabeth (Garnock Valley) who was on the organising committee, made announcements and talked about the Assembly.

Neil (Shotts) and Malcolm (Dunbar) who counted the votes and announced the results.

Caroline, (Giffnock) who looked after the money.

Kalum (Giffnock) and Michelle (Coatbridge) who were both on the committee and talked about the benefit of having dogs in their lives.

William (Bellshill) who was on the committee and spoke about being on the board of Neighbourhood Networks.

Paul (Coatbridge) who described the responsibilities involved in being a Member Trustee.

Thanks to all guest speakers, our fantastic sketch artist Peter, members, and staff who came along on the day.

Congratulations go to Kalum Mohamed who was voted on to the board of Neighbourhood Networks by the membership.



Hope to do it all again soon!

\*Drawings by sketch artist Suds Mckenna.

There are lots more! Please ask your Community Living Worker or Kezia, our Member Involvement Worker, if you would like to see or have some.



## Surprise Surprise!!



The Penicuik network have had an exciting few months, but the cherry on top of the (birthday) cake was the surprise 21<sup>st</sup> birthday party they arranged for Michael. Penicuik member Ciera came up with the great idea of throwing a surprise party for Michael and let their Community Living Worker (Danielle) know about her sneaky plans.



The other members agreed this was a great idea and they got to work planning the party. They decided to pretend that they were going out for dinner and Ciera and her mum went to the restaurant early to decorate the space. Michael got a massive surprise when he arrived, and everyone had a great night. Michael even got a HUGE cake with his favourite singer, Freddie Mercury, on the top.

Happy birthday Michael!

## New Network, New Member



Kim Woods recently joined Musselburgh Transitions and has made great progress. By joining a weekly Cooking Club and attending Karaoke, she has pursued her interests. Boosting her confidence, social life and independence.

## A Great Start for GV2

The Garnock Valley 2 network was established towards the tail end of 2021 due to the success of the Garnock Valley 1 network. Jonathan and Claire were our first two members. Catherine Thom came on board as CLW in January 2022 and was quickly followed by two new members, Sandy and Bobby, both keen to develop their skills and relationships through the network. In March we were joined by Liz, who had previously been a member of Garnock Valley 1, and then in May we added Yvonne to the network, who found herself in need of support and friendships.

The Network as a whole has been a bit of a slow burner but in terms of individual achievements we have had great success.



One of the first things that Sandy said he wanted to do when he joined the network was to develop his skills in sewing and has now made a shirt! He has grand plans to make trousers to complete the outfit! Developing these skills, along with making new friends within the Network has sent Sandy's confidence skyrocketing as he realizes that anything is possible with the right support and guidance. Check out the picture of Sandy in his new shirt!

Jonathan joined us at a tough time for him. But he has many keen interests that he loves to chat with likeminded people about, most notably his love for metal music, and interest in retro gaming and model making. His confidence in situations that are outside his comfort zone has increased and he is an active participant when the North Ayrshire Networks meet on a Tuesday, taking part in different things we plan, but most of all developing friendships and enjoying the chat and laughs that we have. Jonathan has also taken the role of Garnock Valley's Net Rep and is enjoying the responsibilities that come with that.



Bobby loves to check in when there is a hint of a music quiz or any chance that he can sing along in a karaoke. He would love to volunteer at a local radio station, and we are in the process of making that possible for him. As our chief mischief maker and biggest fan of 80's music, he would no doubt be an excellent DJ.

Claire has been helped by Catherine to deal with a busy household and children. She has recently moved house and has connected with the new Stevenston Network.

Liz in joining the network has reunited with old school friends and reignited friendships that she had in the past. She has also made new connections and joined a local sewing group where she wows the people there with her talent for knitting and donates plenty of hats and cardigans to the local hospital Special baby Care unit .

Yvonne is our most recent member and wants to sharpen the skill set that she has already got. She has a particular interest in DIY and is keen to start a Woman's Shed in the local area to equip females with the skills and confidence to tackle DIY projects on their own We have high hopes that Yvonne will be leading the way on female empowerment in the Garnock Valley!

As a fairly new Network we are still building up relationships and figuring out our way forward collectively but in our short time together we have achieved a great deal and completed things that members thought were impossible. But staying true to the Neighbourhood Networks tag line we have proved that together anything is possible!

## **Hello from Haddington!**

Haddington network would like to welcome their new members Christine & Annie to the network. We look forward to spending lots of time getting to know them and sharing memories together .

## New Start in Stirling!



A new network was launched in the city of Stirling on 27<sup>th</sup> July. An event was held to celebrate this, and it was a busy day with lots of members attending. People from other organisations also came along to learn more about us. There was lots of cake eaten!

It is great to see Neighbourhood Networks expanding again, along with the waistlines!

Martin Kenny was there who is our new manager for the Falkirk and Stirling areas. But don't worry, Claire is still around and working for NN in a different role.

Welcome new members in Stirling!



## Abigail's Achievements!



Abigail from the Cumbernauld network was successful in gaining employment as a cleaner within a local school. On Abigail's first week at work members met up with her for some lunch before she started her shift and then walked with her to work.

Abigail's confidence is growing and she is more independent - She has started to buy her own food shopping which is something she feels quite proud of. Well done Abigail!

## Pride in Falkirk

Some of the members from the Falkirk Central Network have got together and started producing podcasts to share with the whole organisation. There has



been lots of discussion about a wide range of topics with several interviews in the pipeline. The enthusiasm and dedication is amazing-lots of skills being shared and learning new ones.



Lewis Cruse has recently finished a six month placement on a KickStart programme learning about make-up and beauty. Lewis would like to go to college to study this. Lewis said, "I really enjoyed the placement and learned a lot. I passed all the modules which will help me get into the course I want to do at college".

Caitlin has been working on a piece of artwork in recognition of Pride month. It features many of the Pride LGBTQ+ community flags. Caitlin is a talented artist who is hoping to have a sculpture included in the D2 Studios Summer Exhibition.



## Highland Highlights and Horse Happiness



Stirling Member Amy Pudelko visited the Alva Highland Games on Saturday 9<sup>th</sup> of July 2022. It was a busy day getting there and a new journey on the bus for Amy,

but she confidently asked the driver for her tickets to Alva. It seemed like everyone was heading to the games that day, but traffic jams started to clear just as we came to Alva, and the sun was out which added to the day.

Amy is originally from Canada and though she has lived in Scotland for a few years, she said this would be her first highland games and she was looking forward to the experience. Amy enjoyed watching the highland dancers and looking at the stalls to see what they were selling. We then walked around to find a seat to eat our lunch and watch some of the hill races and the hammer throwing. All the while the bagpipe music was playing and the fairground rides were making their usual noise, so after some time Amy decided it was enough for one day and we headed back to Stirling. On the way back we chatted about the day and the upcoming visit to the stables to see some horses as Amy used to ride horses and it is a goal of hers to get back riding again. Amy said she couldn't wait.

The day finally came on Tuesday 12<sup>th</sup> July. Amy arrived, eager to get started. After filling out some paperwork Amy met a lady from the stables, who would show her how to groom a horse, and introduced the horse "Wispa" which she was allowed to brush and get to know. It quickly became obvious that Amy knew what she was doing as she engaged with the lady from the stables. It

was only a short visit to allow her to get used to being with a horse again, but Amy said, “I could stay here all day”

Afterwards, with a big smile on her face, Amy discussed the next visit with Mum and then it was time to go home. Many thanks to LG for helping to facilitate this, it made all the difference to Amy’s day and her overall experience with Neighbourhood Networks.



## A Wild Life!

In June, the East Renfrewshire Transitions network joined forces with the Thornliebank/Giffnock Network and enjoyed a trip to Edinburgh Zoo. What a great day we had! We spotted some amazing animals, from lions, giraffes and monkeys to penguins and even the odd Dinosaur! We enjoyed a ride to the top of the zoo from the Zoo Ranger where he told us lots of information about the animals, and a very steep walk down whilst spotting all the different animals.



It was great to join up with the Thornliebank/Giffnock network. It was a great opportunity for both networks to get to know other members better and we look forward to doing more activities with them and having the opportunity to meet other networks in the future!



## New faces—Old Friends

This month East Renfrewshire Transitions network welcomed two new members, Aidan (4th from the right) and David (Far Right), to the East Renfrewshire Transition Network. It has been brilliant to have them join us, and we can't wait to get to know them more and see what they bring to the group!



Aidan is an extremely talented young tennis player, playing for his local Giffnock Tennis Club. He recently played at the Scottish Closed Championships and won both single and doubles matches. He has also been training with team GB at the weekends. We can't wait to watch Aidan keep achieving his goals within his tennis and the network!

David has only recently come along to his first network activity and impressed us all with his witty sense of humour. David has a great character, and we can't wait to have some more fun with him. David currently works for The Kings Theatre and the Theatre Royal and is looking forward to Panto Season (Oh no he isn't!). David is also a member of his local church where he has been attending since he was a child and has gone from being one of the attendees to volunteering and helping with the group activities for the children now.

Both boys are an asset to our network, and we can't wait to see them strive and achieve their goals!

## Bee-Friending!

Clydebank and Dumbarton members travelled to Greenock to participate in a 'Save the Bees' workshop to find out more about the important job that bees do for the planet and the well-being of humans. It was also hoped that this workshop would help some members overcome any fears that they may have about bees.

This was a great learning experience for the members and the CLW's who found out that there are more than 250 bee species in the UK, from bumble bees, to mining bees to honeybees—that normally live in hives managed by beekeepers.

Members learned that bees and insects are important pollinators and play a critical role in pollinating trees and flowers helping to maintain a healthy ecosystem which is essential for our food production. However, because of habitat loss and climate change the bees in the UK are dying. Therefore, bees need all the help they can get to thrive in the UK once more.

Clydebank and Dunbarton members have learned how to be bee friendly and have been getting involved in setting up a bee hotel at their allotment to provide shelter for bees and insects.

The members also had some fun as they participated in a short quiz about bees to test their new knowledge. 'The Bankies' V's 'The Bertie Bees' the teams leap frogged each other throughout the quiz but in the end 'The Bertie Bees' went on to win the quiz by a fine margin.



## Happiness with Horses

Stuart from the Cumbernauld network received funding from ILF to attend the changing lives through horses programme. Sadly Stuarts time with the horses has come to an end but he had great fun on the course and met lots of new people. Stuart learned a lot of new skills and has grown in confidence- he learned how to care for the horses and how to mount and dismount safely. Stuart would highly recommend the course and made lots of lovely memories.



## Fun and Friendship



The Cumbernauld network have been busy over the past few months. Members have enjoyed travelling outside of their local area and visiting new places, growing in confidence and meeting new people.



We have had a very wet and windy visit to Prestwick beach, a fun day out at Freewheel Glasgow, a visit to Zippos circus, a wild adventure to Blair Drummond safari park, Stirling old town jail, Innoflate, and several bowling trips. These new experiences are providing members the opportunity to build friendships, travel independently,

budget and improve their overall wellbeing.

# Hello's!

## We would like to welcome some new staff to Neighbourhood Networks



**Martin Kenny**

NM, Falkirk and Stirling



**Suzanne Riddoch**

CLW, Stirling



**Wendy Smillie**

CLW, Dunbar

**We would also like to say goodbye to some staff.  
Thank you for all your work!**



**Laura Eales**  
NM, North Ayrshire



**Ian MacFadyen**  
CLW, Stirling



**Calum Lovett**  
CLW, Dunbarton

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