

The Neighbourhood

# Echo



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Spring 2023 Edition

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Neighbourhood  
Networks

# Editorial



This edition was edited by Stephen Bell and Stuart McIntosh from East Renfrewshire Networks.

The front cover was designed by Kenneth Barr who we think did a great job and displays his creativity and artistic ability.

We are a very busy network who enjoy various activities such as meals, walks, mini golf and bowling. We are looking forward to taking Kilsyth up on their bowling challenge.

We hope everyone has a lovely Easter and eats as much chocolate as possible.

## The Lothians Xmas Party



Musselburgh, Tranent and Haddington members got together for their Xmas party. They all had a great time eating Xmas dinner, dancing and singing. Some of these members have not seen each other since before COVID.

It was great to get together again making memories.

## New Year, New Faces

The Stevenston 1 Network has had a great start to the New Year with three new members Michael, Christopher and Matthew. We are so happy to have them join us and share their passions, interests and skills with other existing members.



## Stevenson 1 Network Update

Stevenson 1 Network members try to come together at least once a week to engage in activities they have suggested to community living worker Chelsea. They have been embracing what's to offer in their local area and particularly enjoy bowling at the Basebowl and playing pool at the Nonsuch, followed by some lunch at our local Wetherspools because who doesn't enjoy some good pub grub.



Members have also enjoyed a trip to the cinema to see the new Avatar movie and attended a Still Game Quiz at one of their local restaurants – so it's safe to say we've got off to a busy start!

We can't wait to share with everyone what else we get to over the next few months. Members are also looking forward to meeting up with other Networks in the future as we work our travelling skills and venture out of our wee three towns. The sky is the limit!

## De- Stress and Dance!

On Saturday 4<sup>th</sup> February, we held our Quality Street meeting in Edinburgh. We first heard from Heather and Neil who are on our board. They told all there that they were not looking for another Member Trustee this year so there would be no elections until 2024.

We heard from Roxanne and Ewan about The Assembly.

We learned from Lovisa, (Community Living Worker for Musselburgh Transitions), how to relieve stress.

We then had a lunch of soup and stovies before we had a Highland Huddle!! This was a Keep Fit/Dance session. It proved a great day for members to get together and have some fun!





A huge thanks to all Lothian Net Reps, members and staff who made suggestions for the activities for the day and for making the event amazing!

Here are some of the comments that came from members on the day:

*“Fantastic day”*

*“ Good day and enjoyed the food”*

*“Fabulous”*

*“Outstanding”*

*“Fun”*

Neighbourhood Networks



We look forward to seeing more members at our next Quality Street event in July.

## Alpaca Adventures!



Haddington members had a trip to Alpacas Dunbar. They had a great time walking the Alpacas and feeding them, even if the weather was terrible. They went into the nice warm tents afterwards and had toasted mallows.



## Gary's Graphics

Govan member Gary Turner had his first solo art show which was recently exhibited at Mono Café in Glasgow. Gary attends Projectability, a Glasgow based creativity group/organisation and he uses their resources and studios to make art.

Gary enjoys the Anime style which is found in Japanese comics which has inspired some of his artwork. Projectability organised the showing of the work, which ranged from large colourful re-creations of some of Gary's favourite anime characters and scenes, to smaller more personal pencil drawings.

Gary and his Community Living Worker visited the exhibition and we think he should be really proud of his work. These are only a fraction of the paintings and drawings Gary has created though: he has many more at home and in his studio, so many more that he is not always sure where to put them all! He hopes to have another exhibition again soon and continues to love making art.



## Digi Academy App Chat

North Lanarkshire members attended the Neighbourhood Networks office to meet guest speakers visiting from Ireland to learn more about the Digi Academy.

Members enjoyed learning about the inclusive digital platform and enjoyed providing their own valuable thoughts, feedback and guidance on the app.



## Tea and IT

Members from Grangemouth started working together to improve their digital skills.

Members met with Claire and Andrew with their personal devices to learn and develop their skills. Learning how to access and confidently use Zoom which has allowed them to join the digital activities – Art, Mindfulness and the Friday party (a firm favourite!).

This has allowed the members to make new friends and interact socially with members from other networks. Theresa, Maxine and Michael are proud to safely use their devices for photography, shopping and researching activity ideas to do with other members! A successful group with the benefit of enjoying a cuppa together!



## Coffee in the Community

Members from Grangemouth like to visit the new local community café. Enjoying a tasty roll and a hot cuppa allows the members to meet others in the community and form new friendships.

Maxine and Theresa enjoy their visits to the café with other members joining them as well. This has allowed them to meet people at the centre and are looking forward to volunteering in the community garden, growing fruit and vegetables for the café and the community.



## Winter Warmth

Dunbar members enjoyed a harbour walk in the winter sunshine before cosying up around the fire in a local pub with the rest of the camera-shy members.



## South Lanarkshire Social

The East Kilbride and Lanark networks have been having a great time meeting up recently. The members have been connecting every other week at Cadzow Church in Hamilton and have been taking part in activities such as cake decorating and movie and popcorn afternoons.

The members have been planning what they will do all the way up till March, which will include cooking and budgeting sessions and quizzes and board games. The members have enjoyed themselves so much, that they now have started meeting up out in the community on the weeks that they are not at the church. The members have already gone together and played pool and had a meal together. They are also planning to go to the Purple Cat Café in Glasgow, to Café Ceramico to paint pottery in East Kilbride, and much more!

The members have started developing meaningful friendships and relationships with each other and they have been able to work on lots of outcomes naturally including independent travel, confidence and self-esteem, money management and community participation. Long may it continue!



## Time to Talke

During February, North Lanarkshire members took part in the nation's biggest mental health campaign #Timetotalk. Members participated in LAMH's walk and talk, interacting and engaging with different individuals from the community, communicating about mental health and encouraging supportive environments.



# Thank you Jacqui!

Jacqui Daly received a surprise presentation from Board members past and present, along with members from the Network. Jacqui was delighted with the gifts she was given for all her hard work on the Board of Neighbourhood Networks.

She thoroughly enjoyed her time there and is willing to support anyone who is thinking about applying for the important role. Some of the members said a few words of praise for Jacqui and we all had a lovely lunch and shared stories together. Great work Jacqui!





## Happy Birthday Agnes!

Agnes was 70 years young on Thursday 8<sup>th</sup> December and had a party on the Friday which most of the Musselburgh members past and present attended.



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## A New Home

Sean, a Kilsyth member, just got a new flat. He and his family are decorating and putting in new furniture. Sean has been trying for a while to get a flat on his own.

He is very happy and is going to invite people to his new home when he finishes decorating and putting in his new furniture.

## A Challenge!



The Kilsyth network would like to put out a shout for a ten pin bowling competition. Kilsyth will take on all comers!



We will see who is brave enough to take us on and look for a local bowling alley. Bring it on!

# Hello's



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



Emma Ovenstone  
Community Living  
Worker  
Dalkeith



Pat Bulski  
Community Living  
Worker  
Penicuik



Kim Pearson  
Community Living  
Worker  
Denny



Mary Mayer  
Community Living Worker  
Dunbar



Anne MacGregor  
Community Living Worker  
Cumbernauld 1

# Goodbye



## Goodbye and good Luck!

Members of the Wellbeing network said goodbye to their Community Living Worker Eilidh. The members of the Wellbeing network would like to thank Eilidh for the support she gave them and send her their best wishes and good luck for the future.



Eilidh Manson  
Community Living Worker  
Wellbeing Network



Suzanne Riddoch  
Community Living Worker  
Stirling



Danielle McPhilemy  
Community Living  
Worker  
Denny



Kezia Jay-Lewin  
Member Involvement  
Worker