

The Neighbourhood

Echo

Summer 2023 Edition

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Editorial



This issue was edited by Angela, Karen, Ronald, John, Kerri, and Jacqueline from Motherwell, Neil and Leigh from Shotts, and Ryan and Lynsey from Wishaw.

Amber did the leaflet for the Quality Street meeting and we hope you will all come to it.

We hope to see you soon and that you enjoy reading all about the Network groups, peers and hearing all about the excellent activities we do. They are really enjoyed by us all.

Loving the Sunshine

Sitting Pretty



Motherwell members have done some great work in the garden project where they volunteer. They planted and grew flowers from seed and bulbs, grew their own vegetables which they used in cooking class and learned and shared new skills.

The gardens now have amazing new benches created by local artist John Martin Fulton. These benches were painted in colours recognisable to patients with dementia, with artwork chosen by some of the volunteers which will bring both colour and joy to the garden, to be used by dementia patients and the wider community.

Food for Thought



Members have been having fun while keeping fit and learning about the importance of staying active and having a healthy diet at the Wellbeing Group in the Maranatha Centre in Motherwell. NHS health practitioners provided a workshop on food groups, portion control and a balanced diet.



Springburn Springs Back!



The Springburn network have been busy the past few months with lots of outings. We have been at Bowlerama and lunching in Lauders.

After a hard year last year with illness and accidents, everyone is now back fighting fit and getting out as much as they can. Now looking forward to the summer months and hitting the beaches.

Dear Theresa



Theresa has been combining the roles of Network Manager for North Lanarkshire 2 and CLW for Coatbridge for a number of years.

She is now the Network Manager for North Lanarkshire 2.

Coatbridge members wanted to take this opportunity to thank Theresa for helping them find their way in the group, filling out forms and getting out and about in the local community, for encouraging them to try out new opportunities and building confidence to do this together and for the fun they had on day trips and local activities.



We want to wish Theresa Good Luck in her new role!

Happy Spring



Dalkeith network had an Arts and Crafts night at Lasswade Library in Midlothian. The Theme was Spring! and we used vibrant/happy paint colours. Members painted pebbles that were collected from a local beach and all the products used were recyclable and pre-used.

Members collected the pebbles and shells. Empty biscuit containers were used as pallets for the paint and old jars to clean the paint brushes. We washed the plastic and glass at the end of the night so it could be recycled.

We organised an outdoor experience on the 16th May at a local country park. A ranger showed members how to make safe fires on which we can make cups of tea. It also encouraged an appreciation of nature. We very much enjoyed it!



Leading the Way!



and being physically resilient all of which are important attributes for leaders!

Members then engaged in making leadership fortune tellers which highlighted leadership words and phrases and encouraged and motivated members to reflect and discuss their own experiences of their leadership journey and being a leader.

Members then celebrated their own rich contribution to society by presenting their "I am a leader poster because" to the group.

To kick off learning disability week, North Lanarkshire members and staff welcomed Sarah and Donna from Health Improvement Scotland to their leadership conversation cafe.

Sarah and Donna helped members to explore, understand and identify healthy foods and build a sustainable culture of health and well-being.

Members acquired and developed their knowledge, understanding, skills and capabilities which will enable and empower good brain function, sustained energy,



The Largs 2 Network is 1 year old!!

The Largs 2 Network began in April 2022 when Scott joined and became our first member. Scott was the perfect person to kick start the network as he came bursting with ideas for activities, and a love to get stuck into everything! It wasn't long before other members joined - Callum, Ruth, LC, Nathan and Angus, all with the same energy and friendships started forming.

The members of Largs 2 love to get out and about whether it be in Largs, North Ayrshire, or further afield. And they always have something to suggest at our Network Planning Meetings that we haven't done before, anything from a trip to Rothesay, participating in a drumming circle for mental wellbeing, or a new recipe to try.

We have some regular favourite activities too. Member Callum is great at introducing Largs members to his favourite places to go out on the North Coast. Callum introduced us to where he likes to go to play pool in Largs, and now members plan an activity here every month. We also can't go a month without a trip to the bowling in Saltcoats, or a wee visit to Millport to meet with one of the Largs 2 members who lives there. And we always love getting together with other members from North Ayrshire, especially for a party!

Life in Largs (cont)



Our most recent member to join was Caroline in November 2022. Caroline has embraced every part of what being a member brings and says her confidence has grown so much since becoming a member. She says *“I like good company. Anna-May, Scott and Callum all going on activities. Ten pin Bowling, self-defence, drum lessons and snooker. I’m happy I joined the Network. I like the zoom parties as well!”*



Callum and Scott also wanted to add their feelings:

“I’ve enjoyed going out with Neighbourhood Networks and what we do. And I’ve loved making new friends!”

It’s been a great year for Largs 2, and we have all thoroughly enjoyed ourselves!

Park Life



Members from the East Renfrewshire Networks enjoyed a lovely breakfast at The Boathouse in Rouken Glen Park. After this we went for a relaxing walk around the park.

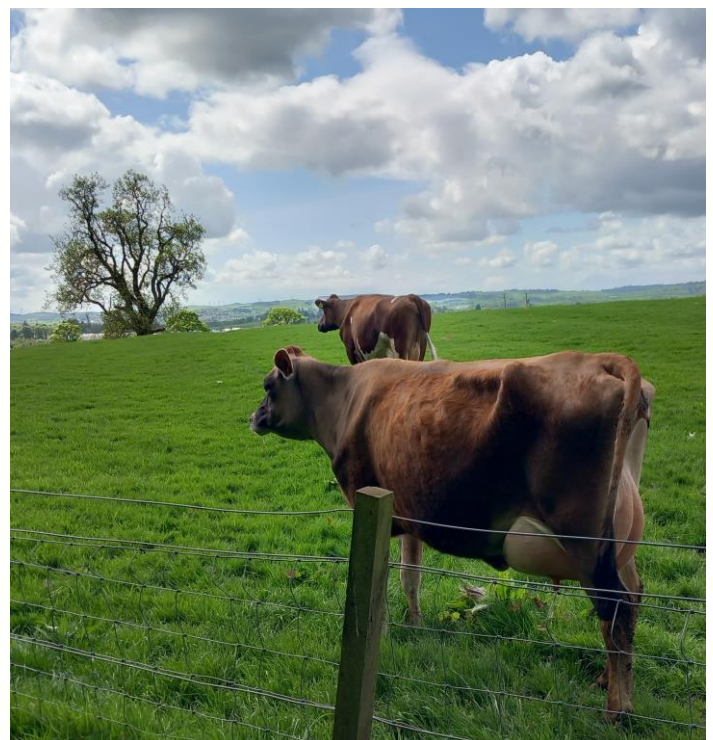
Lots of positive outcomes reached with Money Management, Independent Travel, Peer Support, friendships and Health And Wellbeing.



Old Times, New Life



The members from East Renfrewshire Network enjoyed a visit to the Museum of Rural Life. We had a great day learning about the local farming history and seeing all the new calves and lambs.



Crafty Clydesiders



As a joint venture with the Clydebank Network, we engaged in a six-week session with Caroline from Clydesider to do an Arts & Crafts workshop. The members chose to do this on the subject of the Environment and use their Garden Plot as an inspiration, taking photos and collecting foliage to use from there.



Twig paint brushes were used to paint portraits of each other which was both fun and funny. Leaves and fruits were used to paint and print with. We also used these to create cyanotypes which is fascinating. This is where special paper is put under ultraviolet and blue light capturing an image of the leaves. You then run the picture under water until it is fully processed. You can also use sunlight and the members are going to buy the special paper and try this in the better weather which is hopefully on its way!

Crafty Clydesiders (cont)



Over the weeks members also painted their own tote bags which can be used when harvesting the vegetables from their garden. All the while a group canvas was being created which was centred on the Environment within their garden and their imagination.



It will be displayed in the summer by Clydesider along with photos taken during their sessions. We are hoping the canvas can also be shown in the office at some time.



So much fun was had by all and new skills learned. Caroline from Clydesider was a smashing host.

Old and Young, Fun and Friendships



Shotts Healthy Living centre have invited members from Shotts Lunch Club to take part in their intergenerational group. This has been a great success!

Nicola, the Coordinator, has designed a block of activities which bring nursery children and older generations together. They have enjoyed dance, music, exercise and singing so far.

We look forward to more activities, and naturally learning from each other along the way. Many thanks to Healthy Living for giving us this opportunity.



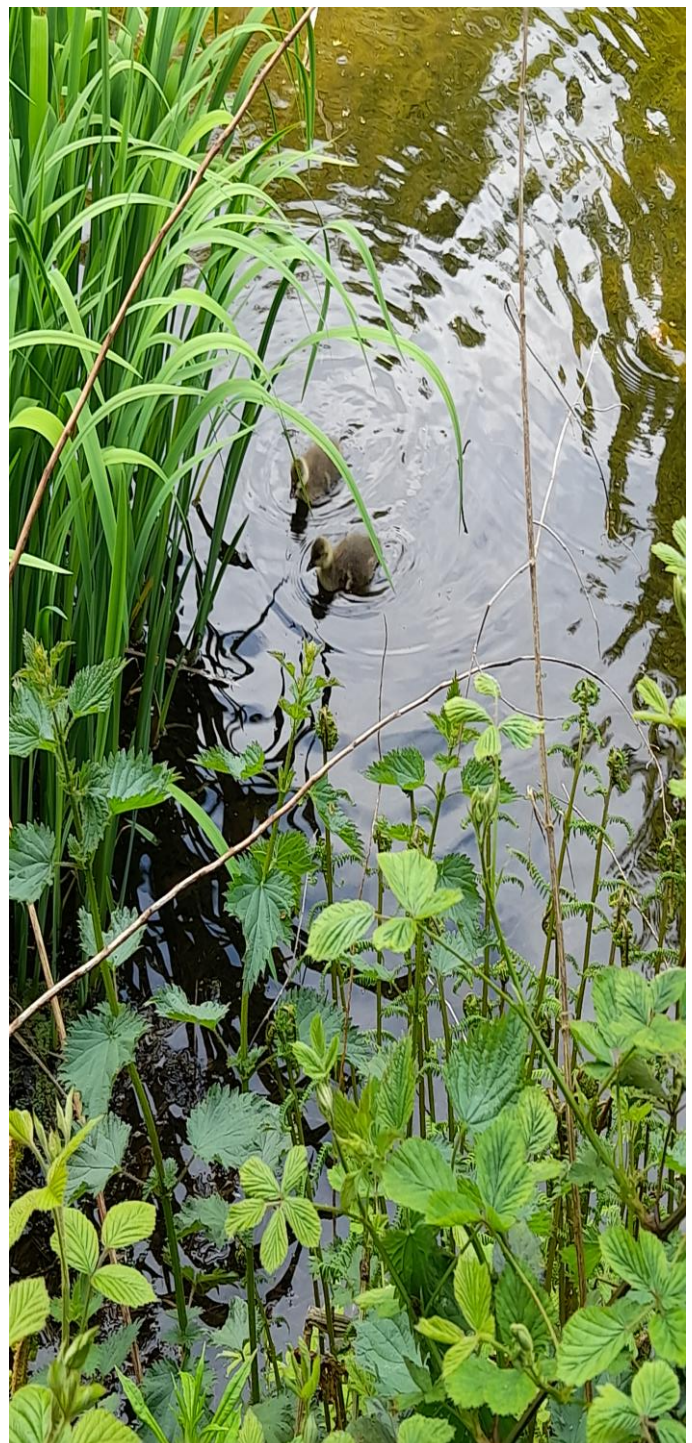
An Eat in Smeaton



Haddington network had a lovely trip to Smeaton woods, East Linton.

The weather was perfect, and we saw four sets of goslings which were so cute and fluffy.

We enjoyed some lunch in the sun afterwards.



Mind Your Head!



In honour of Mental Health awareness week members and staff from North Lanarkshire attended the 'Mind Your Head' walk and talk followed by an information event at the LAMH cafe, Wishaw where members and staff also hosted a Neighbourhood Networks stall.

Members and staff interacted and engaged with different individuals and organisations from the community, communicating about mental health and encouraging supportive environments.

Farewell Ruth



Ruth Campbell worked at Neighbourhood Networks Head Office for eleven years. We are sure many of you will have met her in that time. She would be very pleased to announce that she has turned off the office computer for the last time and has headed home to a well-deserved retirement. Ruth will be much missed in the office, and we send her our very best wishes.

Thanks for everything Ruth!



Hellos & Goodbyes



We would like to welcome Jill Scott , the new CLW for Stirling to Neighbourhood Networks.

We would like to thank the following staff for their contributions to Neighbourhood Networks and wish them all the best.



Kim Pearson
CLW Denny



Mary Mayer
CLW Dunbar

Goodbyes (cont)



Emma Turrell
CLW East Ren Trans



Catriona McManus
CLW Largs 1



Catherine Thom
CLW Garnock Valley 1