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Hello to recent staff

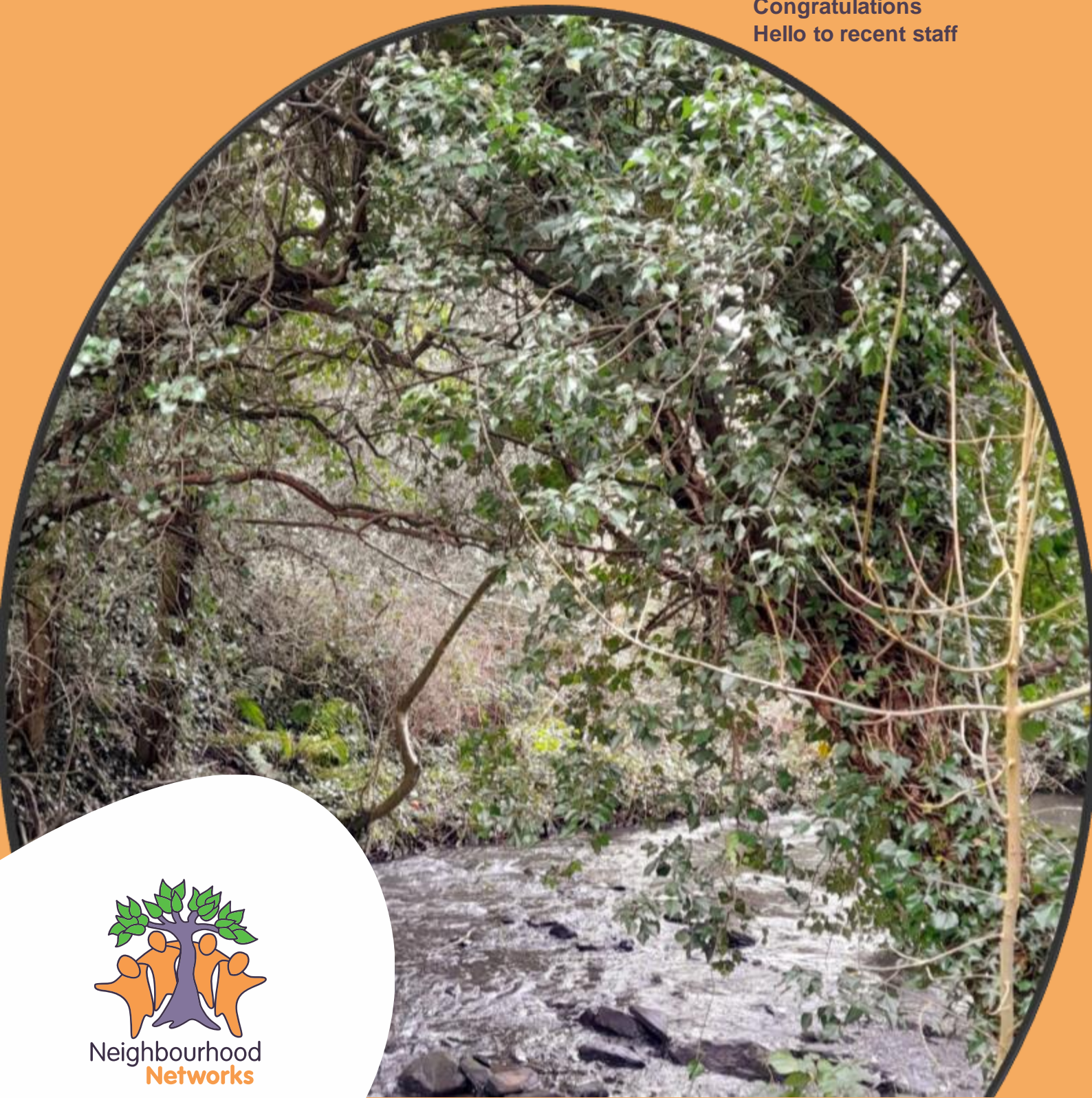
The Neighbourhood

Echo



Spring 2024 Edition

Scottish Charity Number: SC028984



Neighbourhood
Networks

Health and Wellbeing



The first Musselburgh Transitions group activity of the year was a wonderful walk along Brunstane Mill Path. We got to know each other a bit more and one Member shared how medieval forests were maintained.

The Members have agreed that for 2024 they will go on regular walks as part of their group activities, take turns in choosing places to go for a walk, to further boost their independent travel, peer support and exploration of their local community.



Health and Wellbeing



The Stirling Network held a get together this week with a health and well-being focus. Members from Falkirk and Denny joined us, Lewis kindly offered to provide the music!

We did a team building exercise and then chatted about some strategies we can use to help us relax and unwind. We did a short, guided meditation and members received a little bag filled with items to help them relax.

Members enjoyed pizza for lunch and a chat together before heading home.



Healthy Food



Garnock Valley network members came together to follow Community Living Worker Chelsea's Facebook Live cooking tutorial for macaroni cheese!

We enjoyed learning a new recipe together and sharing our cooking skills with each other.

The macaroni was delicious, and we enjoyed eating it together afterward for lunch!



Keeping fit and having fun



The East Renfrewshire Network Played community Tennis at Newlands Park Community Tennis Centre with coach Jack.

Despite the wild rainy windy weather after storm Isha, they had a great game and learned lots of new skills.

We can't wait for our next lesson next month.



The Great Outdoors



Even the freezing cold weather didn't stop John and Shirley from working in the Community Garden at Shotts.



They were putting some summer bulbs in and heating up afterwards with a hot cuppa.



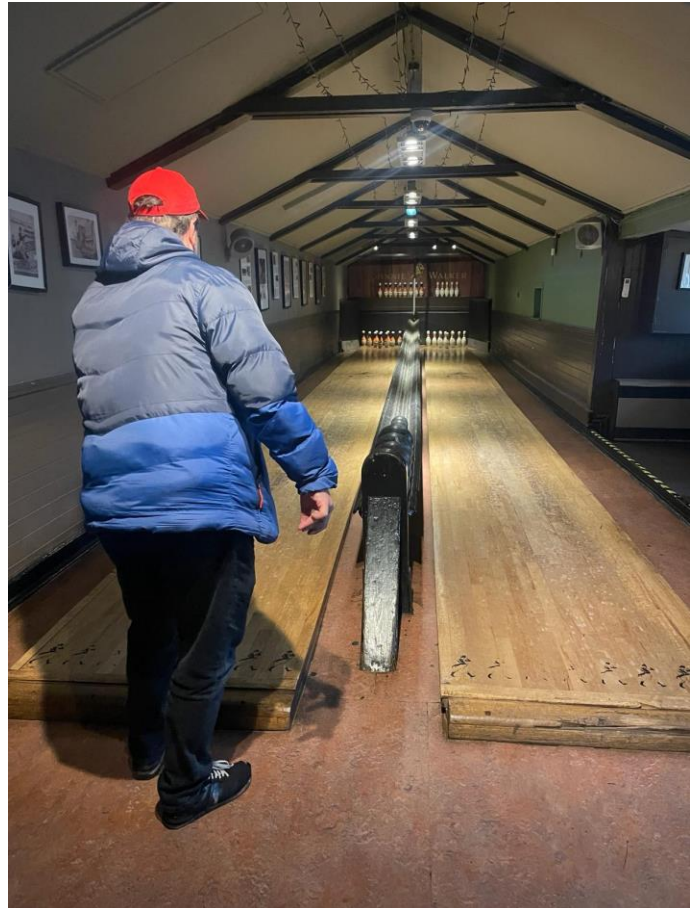
Great work guys!

Skittles

The Tranent network took a trip to the Sheep Heid Inn to play old fashioned skittles.

The members got two buses there and back and worked on their numeracy skills by counting the skittles that had been knocked over.

A great day was had by everyone and they're already planning to come back for a rematch!



Bowling



It was fantastic seeing Springburn members getting out and about after the recent bad weather.

All members supported each other with travel to get to Bowlerama for a few games of bowling and some nice food.

Everyone was a winner and left with a smile on their face. Diane, Liz, Ronnie, Carol, and Tommy showed the young ones how it's done with their high scores!

Book Exchange



Bellshill member William met up with new member Pauline and their community living worker in the local library for a book exchange.

Both members share a love and appreciation for literature and were able to broaden and enrich their reading interests and initiate a deeper connection built on shared, meaningful interests and develop a flourishing friendship.

We are looking forward to our next meeting where we are going to exchange thoughts and opinions on the exchanged books.



Girls Day Out



The Dalkeith members had a girl's day out to the cinema in Edinburgh!

Ellie has problems with mobility, so the other members took her hand to help her walk.

Fun in Penicuik



Last week the Penicuik network not only had their first independent meal together, but also went to play table tennis for the first time in years!



It was tricky to find a suitable time slot at first, because everyone's days are so busy with various activities, but we managed!



The members had lots of fun and the time flew by.

Kelvingrove Art Gallery and Museum



Members from South Lanarkshire enjoyed a day out to Kelvingrove art gallery and museum, they shared their skills and offered peer support to travel independently and navigate the three-bus journey from South Lanarkshire to Kelvingrove.



Members chose what exhibits they wanted to visit and offered peer support to independently visit different areas of the gallery, cafe and gift shop



Edinburgh Tour



The newly formed Dunbar/Haddington network took a trip into Edinburgh to see the sights on an open top bus tour.



They learned all about the history of Edinburgh including Lori's dolls who came along for the adventure!

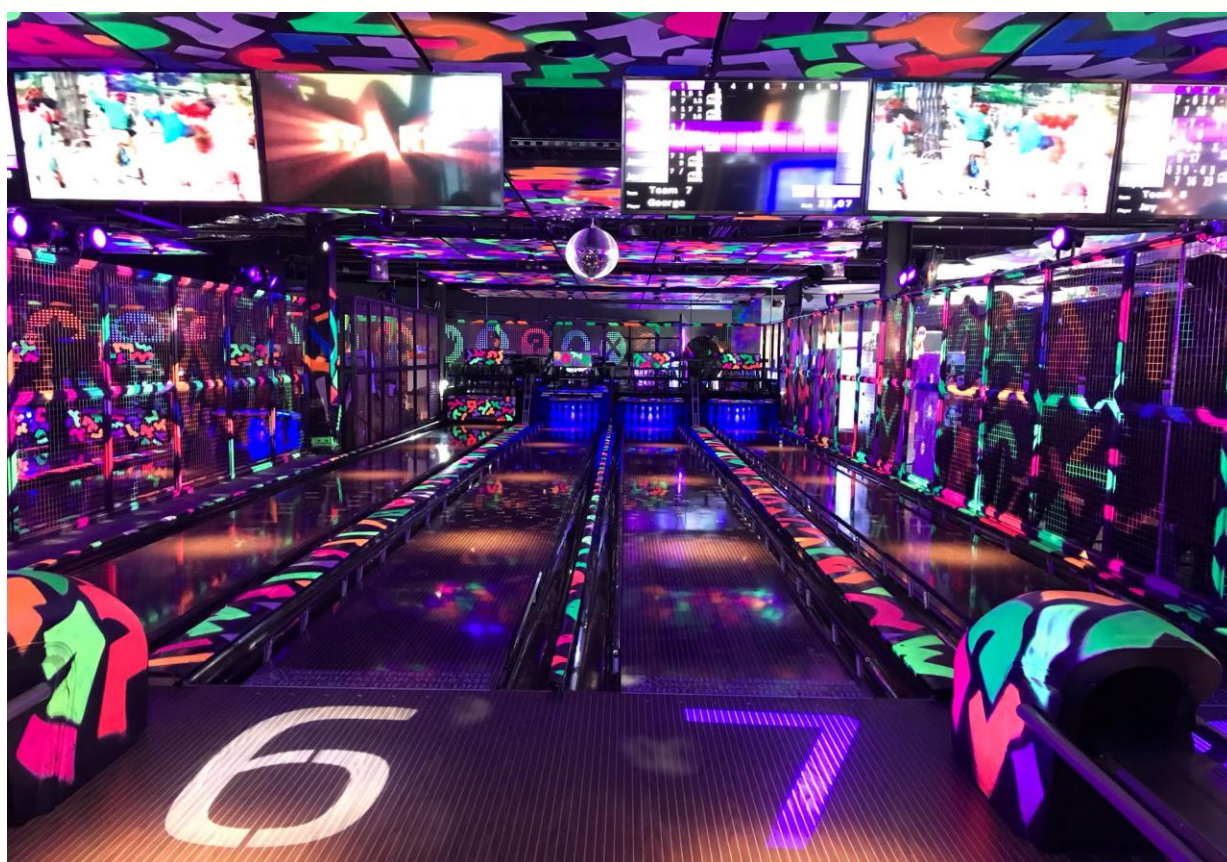


Trip to Glasgow



Members from the Kilsyth and Cumbernauld Networks had a busy, fun filled day in Glasgow.

First stop was Level X, some Members hadn't been before so enjoyed exploring and finding out what was on offer. Then it was time to eat so a visit to the food court was next on the list.

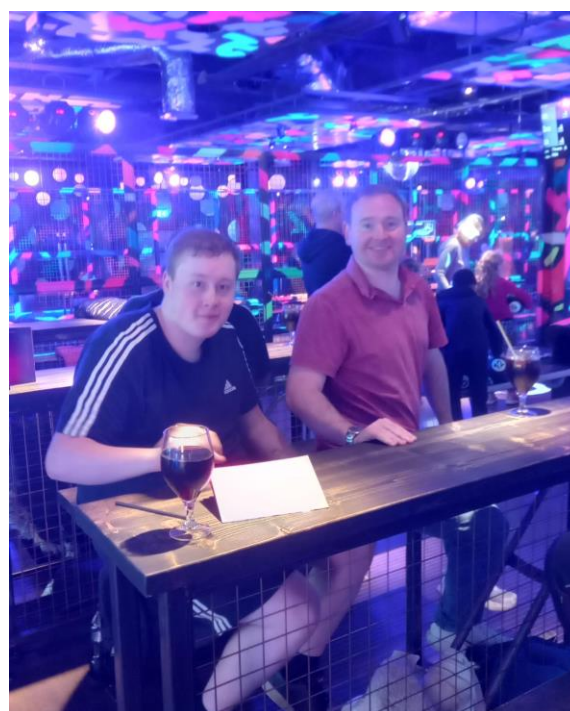


Glasgow (continued)



After lunch, some shopping was done, the highlight for some members was visiting the new Lush store which is HUGE! Final stop was Buchanan Galleries before heading back to the bus station.

Being in Glasgow gave members lots of ideas about future activities. Plans have been made to go on a Glasgow Walking Tour, go to a show and try an Escape Room.



Digital Skills



An excellent training session teaching members from North and South Lanarkshire zoom and teams using their own technology. Gaining digital skills to support peer support, communication, active involvement, life skills and so much more.



Well done everyone!

Congratulations!



A huge congratulations to Aidan from our East Renfrewshire Transitions network, who recently took part in the Australian Open.

Aidan competed in both singles and double tournaments and made it to the grand slam doubles final!



Aidan absolutely smashed it and made everyone proud and came away with a trophy in his hands. What an achievement!!

Well Done Aidan!

Digital Activities



Neighbourhood
Networks

Men's Group



Neighbourhood Networks invites you to join in with the Men's Group! Come along and have a chat with your fellow gents on a Monday night for a chance for relaxing.

How to join:

Ask for the link from your Community Living Worker

The group is held every second Monday at 6:30pm on Zoom, and lasts for 1 hour

Hosted by Adrian McKill, Andrew Doig and William Burns



Women's Group



Neighbourhood Networks invites you along to the Women's Group! Come along and have a chat with other lovely ladies in the networks on a Monday night and have a chance to relax.

How to join:

Ask for the link from your Community Living Worker

The group is held every Monday at 6:30pm on Zoom, and lasts for 1 hour

Hosted by Heather Calvo, Jill Scott, Donna Muir and Anna-May Learoyd



LGBTQ+ Group



Neighbourhood Networks invites our LGBTQ+ Members along to our LGBTQ+ Group! Come have a chat in a safe space on a Tuesday night with your fellow queer members.

How to join:

Ask for the link from your Community Living Worker

The group is held every second Tuesday at 6:30pm on Zoom, and lasts for 1 hour

Hosted by Pat Bulski and Andrew Burdge



Creative Writing Group



Neighbourhood Networks invites you along to unleash your creative spirit at the Creative Writing group! Come along and have a go at writing with different themes at your own pace on Thursday nights.

How to join:

Ask for the link from your Community Living Worker

The group is held every Thursday at 6:30pm on Zoom, and lasts for 1 hour

Hosted by Elizabeth Woods and Betty McKay



Neighbourhood Networks

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Hello's



Stephanie McIntosh –
Community Living Worker
Denny



Nicola McLaughlin
Community Living Worker
Cumbernauld 1



Angela Ferns Community
Living Worker East
Renfrewshire