It was all good humour, positivity and a youthful outlook as Sheltered Housing tenants from across South Lanarkshire came together for their biannual gathering recently.

The third Sheltered Housing Festival to be held by South Lanarkshire Council took place at the Radstone Hotel, by Larkhall, with around 180 tenants proving that they were, as the event’s theme said, Still Young at Heart.

John Finlay, a resident of Alberta Park Sheltered Housing complex, in East Kilbride, reprised his role from the two previous events as Master of Ceremonies and introduced a series of events throughout the day, including keynote speaker Jill Trevena, a consultant occupational therapist and the founder of Practical Mindset, a speed networking session with a host of helpful agencies and armchair aerobics led by South Lanarkshire Leisure and Culture’s Chris Murray.

Surprise guests were a trio of top Scottish musicians, Siobhan Miller, Megan Henderson and James Grant, setting the tone for further musical entertainment with the Musical Memories choir, a demonstration from the Coalburn Jivers, musical bingo and a sing-along with Arts Development Officer Claire Armour.

For more info and pics please turn to pages 6 and 7.
Welcome
From Annette Finnan
Head of Housing Services
Housing and Technical Resources

Welcome to this latest edition of your newsletter, keeping you in touch with all the latest news and developments from across sheltered housing in South Lanarkshire.

Our front page and centrefold stories in this edition, bring you the highlights from the highly successful sheltered tenants’ Festival which was held at the Radstone Hotel on 17 October 2018. Building on the success of our two previous tenants’ conferences held in 2014 and 2016, the 2018 Festival has been heralded as our best event yet, and one which we hope to host again at a future date.

We are again celebrating the magnificent fundraising efforts of our sheltered tenants and inside, you can read about the various charities who will benefit from this great work – well done to everyone involved!

Also within, we feature the fantastic work of the Lanarkshire-based charity, The Haven, which provides support to people and their families affected by a range of life-limiting illnesses such as cancer, multiple sclerosis, motor neurone disease, Parkinson’s disease and dementia. Contact details are provided for anyone who may wish to get in touch for some support.

Supporting developments around the integration of health and social care services, you will find information inside about the development of the Health and Social Care Partnership’s new Strategic Commissioning Plan for 2019-22 and how Housing Services will support delivery of the Plan.

As usual, our complexes are awash with special events and occasions, many of which are featured inside. I hope you enjoy reading about all of these and please remember that if there is anything you would like to see featured within your newsletter, then please speak to your Sheltered Housing Officer in the first instance.

Annette Finnan

25th Birthday Celebrations for Linthaugh Gardens

A Sheltered Housing complex in Stonehouse has celebrated its 25th birthday.

Linhathaugh Gardens Sheltered Housing Complex celebrated the milestone occasion last year.

The complex is managed by West of Scotland Housing Association (WSHA) with housing support provided by South Lanarkshire Council.

Tenants along with Sheltered Housing Officer Sheona Campbell and Housing Officer Sharon Cowan (WSHA) enjoyed an afternoon of celebrations which included a special lunch prepared by a local butcher and a personalised birthday cake and cupcakes donated by Sheryl Barr, the granddaughter of tenant Robert Graham.

Tenants also enjoyed some singing and dancing and they laughed the afternoon away with entertainment from Billy’s Magic Moments.

The day was topped off by WSHA presenting all tenants with a personalised keying to mark the occasion.

The council’s Head of Housing Services, Annette Finnan, said: “Congratulations to everyone associated with Linthaugh Gardens on reaching this milestone and here’s to the next 25 years.”
Double celebration is memorable start to 2019

Two of Rutherglen’s oldest residents had a double reason to celebrate at the start of the New Year.

Neighbours Betty Morton and Betty Smith marked their 100th birthdays in a special joint event staged by the team at Lochbrae Court sheltered housing complex.

South Lanarkshire Provost Ian McAllan was joined by Depute Lord Lieutenant John McKenzie at the party where family and friends joined them in toasting two amazing lives.

Only child Betty Morton was born in Springburn in December 1918 and left school, aged 14, to work in Robert Simpson and Sons’ hardware and clothing shop in Glasgow’s Jamaica Street – which ultimately became House of Fraser.

Subsequently training as a shorthand typist, then a bookkeeper, Betty spent her entire working life with the department store, retiring aged 60 in 1978. She moved to Rutherglen in 2005.

Betty married Alex in 1951, with whom she had one daughter June, born in 1956. The family loved to holiday on home shores and enjoyed memorable times on the Moray Firth coast.

A sports fanatic, Betty loves watching football, snooker and darts and keeps her mind sharp by tuning in to quiz shows; her favourites being University Challenge and Mastermind.

Meanwhile Partick-born Betty Smith is one of seven children. Born on Valentine’s Day 1919, she also left school aged 14 to work for biscuit giants Gray and Dunn.

Married to Jim, Betty moved to Oxford where the couple ran a successful hotel business, moving back to Cumbernauld initially before setting up home in Rutherglen in 1994.

A keen sequence dancer in her younger days, Betty is a huge fan of ‘Strictly Come Dancing’ as well as an avid reader.

Provost McAllan said: “I am in the unique position to have visited a number of 100-year-olds across South Lanarkshire over the last 18 months, and I have learned something different from each of these encounters.

“This was an even more significant and thought-provoking event, focused on two women with fascinating life stories who have become neighbours and friends at this stage of their lives.

“Their stories of hard work, determination and, most of all of family, are genuinely fascinating and inspirational. Their example is one to aspire to every day and I wish them both continued health and happiness.”

Perfect example of partnership working

Staff based at Lorne Street Sheltered Housing Complex hosted a fun packed afternoon recently to raise money for the breast cancer charity ‘Wear It Pink’.

Social work alert responders Ainsley Holtz, Alice Duncan, Fiona Laing, Michelle McMillan, Marie Gilmour, Jim Egan, Ronnie Straub, Terri Smith and Robert Lochore were joined by Sheltered Housing Officers Gail Murphy and May Dorricott.

The day set off with style with alert responders and sheltered housing tenants dressing up in bright pink and going for a sponsored walk around the block. This was followed by lunch consisting of a wonderful buffet which included home baked goods. The afternoon was rounded off with a tombola with fabulous donated gifts including local restaurant vouchers, supermarket vouchers and gift baskets.

A big thank you goes to Ainsley Holtz who made the day possible by organising the event. Thanks are also extended to local businesses, staff, tenants and families who contributed home baking and tombola prizes and attended the event to make the day a success.

A fantastic total of £1,326 was raised for ‘Wear It Pink’.

Ainsley Holtz who made the day possible by organising the event.
The Haven is a registered charity providing support to people affected by a range of life limiting illnesses and to their family members and carers.

It supports people across the whole of North and South Lanarkshire through centres in Blantyre, Wishaw and Forth, on a self-referral basis. All the services are free and totally confidential. Staff support people affected by illness such as cancer, multiple sclerosis, motor neurone disease, Parkinson’s disease and dementia and will signpost others to services appropriate to their needs.

The Haven offers a programme of support designed to help individuals and their family members cope with the physical, emotional and practical aspects of the illness and to enable them to face the future positively and with hope. The Haven programme is provided by a multidisciplinary team which combines the clinical expertise of registered specialist nurses, holistic support from professionally qualified therapists and counsellors, and the life experience of volunteers, many of whom have lived experience of life limiting illness or caring.

Haven Nurses have specialist expertise and provide emotional support in a safe, relaxing environment, as well as information on all aspects of the client’s illness, treatment and care and are there to support throughout all stages of the illness. The nurse works with the client to plan individual programmes of support from the full range of Haven services.

The nurse will remain as their key contact person, ensuring continuity of care and support for as long as required.

Therapists at The Haven are a dedicated team of professionally qualified therapists and counsellors who provide an extensive range of services, on an individual basis, in groups and workshops.

Volunteers are a very important part of the service and they provide informal support and a friendly, caring ‘listening ear’. Volunteers welcome clients to the centre where they can relax, have tea and coffee and chat to volunteers and other visitors.

For more information on how The Haven can support you please visit www.thehavencentre.com Alternatively, you can call us on 01698 727 884 or email info@thehavencentre.com
The successful ‘Old and Young’ partnership between residents at Centenary Gardens Sheltered Housing Complex and pupils from Woodside Primary School has moved into its second year.

This year’s group is made up of eleven primary two pupils and their respective ‘Grand Buddies’ the pupils visit on the first Monday of the month. During these visits both pupils and their respective ‘Grand Buddies’ have been taking part in science lessons.

December’s session saw the pupils and buddies learn about space exploration, particularly about the robotic probe which recently landed on the surface of Mars. They have been learning how the probe will investigate quakes on the surface of Mars as well as measuring the planet’s temperature.

A particular highlight saw the pupils learning about commands and how to programme a ‘Bugbot’, which they then drove on the floor directed by these programmed commands. The pupils rounded off their experience by designing their own space exploration robot.

These visits have been very enjoyable for pupils and buddies alike, with lots of fun had by all. Both are looking forward to visits resuming in the New Year.

Tenants have all the right ingredients for a weekly gathering

Tenants in McLean Gardens Sheltered Housing Complex, Stonehouse, are certainly an active group.

Despite already enjoying a number of weekly social activities including a long-standing Bingo group, a Lunch Club, a Dominoes League and a Pie and Beans Club, tenants created an informal committee in the summer of 2018 to look at enhancing the list of established activities.

As a starting point, they decided to set up, organise and run a weekly Coffee Morning that would raise funds for their complex as well as offer a further opportunity to bring together neighbours living within McLean Gardens as well as friends living locally in Stonehouse.

The tenants sent out information to local church and pensioners groups and the coffee morning began last July. It has run ever since, organised and operated each week entirely by McLean Gardens tenants who volunteer their time and efforts to it, covering everything from setting up tables, laying out crockery, collecting money, providing home baking, serving and anything else that needs done on the day.

Of course, none of this would be possible without the folks who come back each week to enjoy a cup of tea, some home baked delights and a good blether!

One of the organising group, Marjorie Burns, said: ‘When we were starting it, we noticed that the Lifestyles has something for pensioners many days, but not on a Friday, so we grabbed that day and hoped for the best.

“We were worried in the beginning if it would take off, but we kept it going, taking it in turns to do the baking each week, and it has gone from strength to strength.

In fact, we have now raised more than £1000!’

The tenants have already enjoyed the fruits of their labour, with funds raised enabling them to run a bus trip to Rosebank Garden Centre, Crossford, in October, and the success of the coffee morning has also encouraged and prompted them to arrange other social events, including a Quiz Night in a local bowling club and a Scots Night in the complex, both in November. Each event went extremely well and, true to form, the tenants are now planning for a busy 2019.
Sheltered housing tenants are

The latest Sheltered Housing Festival that was held recently certainly lived up to its theme – Young at Heart!

With a range of activities and entertainment taking place throughout the day, there was something for everyone to enjoy.

The council’s Head of Housing Services, Annette Finnan was delighted with the atmosphere on the day. She said: “Every one of the tenants I spoke to said that they really enjoyed this festival. In fact, the atmosphere throughout was so positive that it was inspiring for all of us, whatever our role was on the day.

“This was a truly tenant-led event, with a committee of tenants planning and organising the whole enterprise, making it relevant to those living in and receiving the support of our sheltered housing service, as well as a thoroughly enjoyable day.”

“The Festival was again a huge success, a real reward for the inclusive and enabling approach that lies of the heart of all we are trying to achieve.”

Keynote speaker Jill Trevena was thrilled to have the chance to be a part of the event.

She said: “The nature of my work means that I am used to working with people of all ages and from a wide variety of backgrounds, but I was amazed by the spirit and response from the tenants I spoke to at the Festival.

“I find my job to be a very fulfilling one but on days like this, with the enthusiasm I encountered, it can be even more rewarding than ever!”

Have a look back on the day with the selection of photographs featured on these two pages.

Top: Sheltered Housing Team Leader Sheila Queen with MC for the day, John Finlay from Alberta Park
Middle: Keynote speaker Jill Trevana
Bottom: Marilyn Mooney and Vicky Higgins from Needle Green
Young at Heart

Clockwise from above: Dance troupe the Coalburn Jivers; Emily Reid from Eastcroft Gardens; Mr and Mrs McCart from Bostfield; Claire McLuskey from Cathcart Road; staff from Housing Services; Maureen Gerrie, Cathie McGeechan and Mary Taylor from Centenary Gardens with keynote speaker Jill Trevana; Caroline McKenna and Fiona Carswell from Eastcroft Gardens; Margaret and John Brown of Stonefield Park Gardens; and the band who provided entertainment on the day.
To support the integration of health and social care services, the South Lanarkshire Health and Social Care Partnership was established on 1st April 2016, with the vision of “working together to improve health and wellbeing in the community – with the community”.

The work of the Partnership since its inception, has been overseen and directed by the Integrated Joint Board, supporting the commitments given in the Strategic Commissioning Plan 2016-19, including the Housing Contribution Statement. The Plan set out how health and social care partners would commission services in such a way as to enable people to continue to live independently within their own homes, or a homely setting within their community. The Housing Contribution Statement supported this by setting out how housing and related services in South Lanarkshire would support delivery of the plan through the provision of suitable housing to meet a variety of needs.

As we approach the end of the life of the first Strategic Commissioning Plan, many achievements have been highlighted and these include –

- The introduction of intermediate care beds to support people to return home from hospital
- Active health initiatives to improve mental health and wellbeing
- Specific funding streams targeted towards reducing social isolation, increasing volunteering and community participation and improving health and wellbeing
- Timeous response to hospital discharge through the work of the Integrated Community Support and Home Care Teams

- The extension of technology enabled care to support an increasing number of the population to self-care and self-manage through simple smart technology and the use of smart phone apps
- Increased supply of new and adapted homes to support older people and families with particular needs
- Continued programme of adaptations to support people to continue to live independently within their own homes in the community
- Provision of settled housing for homeless households, including timely support for people with significant and complex needs

To continue to build on these and other successes, development of the Strategic Commissioning Plan for 2019-22, in conjunction with other partners and key stakeholders, is now underway.

Once again, Housing Services in South Lanarkshire will have a key role to play in supporting delivery of the Plan through increasing housing supply and providing a range of housing options to suit people’s needs. A new priority for housing will be the implementation of Rapid Rehousing Transition Plans (RRTPs), which will aim to eradicate homelessness and reduce the reliance on the use of temporary accommodation over the next five years.

The go-live date for the new Strategic Commissioning Plan is 1st April 2019, when the Plan will be published on the Council’s website (www.southlanarkshire.gov.uk).

Progress updates on delivery of the Plan may be obtained from the Health and Social Care Partnership’s website (www.slhscp.org.uk).
There were spooky goings on at Bosfield Sheltered Housing Complex in East Kilbride last year with a service users’ event taking on a Halloween theme.

Continuing to build on joint working partnerships between the Home Care Service and the Sheltered Housing Service, tenants of Bosfield and other Home Care Service Users from the surrounding area were invited to an upbeat and packed afternoon.

This included a buffet lunch, bingo, raffles, armchair exercises, arts and crafts and manicures for the ladies with the main focus of the afternoon being a ‘Speed Networking’ session.

South Lanarkshire Council takes great pride in offering as many opportunities as possible to provide appropriate information on the many services available to older people, but it’s not all about the council as the Health and Social Care Partnership also includes NHS Lanarkshire for health related matters.

The Speed Networking session involved colleagues from Health, Leisure, Home Care, Scottish Fire and Rescue Service, Police etc who spent some time at each table talking to those present and shared information on their service, and when the time was up, they moved on to the next table, so that everyone could share in the same information.

It was noisy and full of fun but time well spent, and we couldn’t begin to count the number of lovely individuals who went home with a wee ‘goody bag.’

The council’s Head of Housing Services, Annette Finnan, said: “I am sure everyone at Bosfield had a great day and I would like to thank all our partners for taking the time to come along.

“We look forward to the next event which is already being planned for Canberra House in the Westwood area of East Kilbride.”
Sheltered Housing Tenants at three complexes in Hamilton have raised more than £500 for Erskine Hospital to mark the centenary of the end of the First World War.

Tenants at John Smith Court, Deer Park and Centenary Gardens were involved in the fundraising activities.

The tenants of John Smith Court held an afternoon tea on the 15th November 2018. The event was sponsored by local businesses and included donations of baked goods and raffle prizes. Tenants enjoyed tea and a chat as well as a quiz and raffle and raised a fantastic £310.

Tenants at Centenary Gardens and Deer Park decided to host a fun Halloween Party where they dressed to impress! A fun-filled afternoon was had by all and raised a combined grand total of over £220.

“Congratulations to all three complexes for raising this amazing sum of money which I am sure Erskine Hospital will be able to put to good use,” said the council’s Head of Housing Services, Annette Finnan.

How often have we heard someone be told: “You’ve had such an interesting life – you should write a book”? Well Christine Lees did just that! Christine, a resident at Kirkton Court, in Carluke, for 30 years, published a book based on her life last year… and it is safe to say it is a popular read.

Christine, who is originally from Motherwell, was asked to take copies to an event for the North Motherwell Heritage Society, where they sold out!

“It was great, because you never know how other people are going to take to it,” she said. “What’s more, a professor from Glasgow University was at the event and he came back to us after reading the book to say that every primary school should have a copy to help children to appreciate what life was like back then, and he asked for a copy for the Women’s Library at the University. That was lovely!”

Not one to rest on her laurels, however, Christine is already halfway through her next book, Memories After All This Time, based on her relationship with her twin sister, Liz.

Christine said: “Although we are twins, we couldn’t be more unlike each other. The only thing we have in common is our love for each other – but then, what more do you need than that?”

**Fundraising for Erskine Hospital**

**Sheltered Housing Tenants at three complexes in Hamilton have raised more than £500 for Erskine Hospital to mark the centenary of the end of the First World War.**

Tenants at John Smith Court, Deer Park and Centenary Gardens were involved in the fundraising activities.

The council’s Head of Housing Services, Annette Finnan, said: “Congratulations to all three complexes for raising this amazing sum of money which I am sure Erskine Hospital will be able to put to good use.”
Bob Fulton, who lives in Bosfield Sheltered Housing Complex in East Kilbride, worked at the Rolls Royce factory in the town in the 1970s.

Bob and his colleagues refused to work on the aircraft engines which were being reconditioned for the Chilean Air Force.

Pinochet’s regime was famous for the torture against Bob’s fellow Chilean trade unionists, many of whom ‘disappeared’. Bob and his fellow workers all agreed to ‘black’ the engines so that they could not be worked on and could not be returned to service in Chile.

Chilean filmmaker Felipe Bustos Sierra made a documentary film regarding these events and the difference this made to the struggles in Chile, and Bob and two other surviving colleagues had starring roles in the movie named ‘Nae Paseran’.

The film won Best Feature Film at the Scottish BAFTA Awards in November 2018, and there was a full house screening at the East Kilbride Odeon Luxe Cinema in celebration.

The council’s Head of Housing Services, Annette Finnan, said: “Congratulations to Bob and the rest of the people involved in this film for a fantastic success at the Scottish BAFTAs.

“It really is a remarkable story and a wonderful example of people standing up for what they believed in.”

Director and Producer Felipe Bustos Sierra said of the award win: "All of us are over the moon both with this award and the public reception for the film.

“Preserving this story for future generations was a great motivator when making this film and winning a BAFTA for Best Film goes a long way towards fulfilling this.

“Thank you to Bafta Scotland and the audiences across the country who welcomed the film.”
Do you have a comment, compliment or complaint about the Sheltered Housing service?

If so, we would like to hear from you. We are also interested in your ideas on how Sheltered Housing News can be improved, and would welcome suggestions for future articles and topics.

Please complete this cut-off slip which you can place in the suggestion box at your development, or return it to us at the following address:

Eileen Dobbie, Strategy and Support Team, South Lanarkshire Council, Floor 10, Almada Street, Hamilton ML3 0AA

Name:

Address:

Comment:

www.southlanarkshire.gov.uk

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