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#### East Park

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Scottish Charity No SC012838



LOTTERY FUNDED



## Developments at East Park

**Catriona Campbell** Head of Education



We are delighted to have a brand new Life Skills Suite to enhance the learning opportunities we share with our children and young people. Over the summer, extensive renovation work was carried out in a disused part of the building, to create a multi-purpose area designed to promote independence and skills for life.

The suite includes a large open area with seating, a kitchen, bedroom and shower room, and will be a great setting for small special events and staff development sessions as well as an exciting new learning environment. It is so important that our young people are empowered to live their lives as independently as possible – focusing on practical skills such as

preparing healthy snacks, washing clothes and shopping for groceries are vital skills that are learned much more effectively in real-life scenarios.

As we develop our new suite, we have been fortunate to secure additional funding through the Food for Thought initiative. This project will enable us to implement new food education projects, which we hope to share shortly through a calendar publication and a range of community visits.

East Park chief executive Kieron O'Brien says, "In September we had a successful opening of our new Multi-Purpose Life Skills Suite where we were joined by many visitors who came to see the suite being officially opened by MP Bob Doris. The establishment of the

Life Skills Suite is in line with East Park's development plan to offer an environment that supports the health and wellbeing, education and transitional strategies of all our children and young people. Previously used as a hydro-therapy pool it has now been transformed to offer a wider range of uses such as hospitality, life skills, diversified activities and a training and meeting room. It provides an enhanced opportunity for all our services to utilize and focus on individual needs and improve outcomes for our children and young people. It is a bespoke suite that we are all very proud of and know that our children and young people will benefit greatly from it, improving their confidence and communication skills.

EAST PARK IS AN EQUAL OPPORTUNITIES EMPLOYER REGULATED BY THE CARE INSPECTORATE AND EDUCATION SCOTLAND

[eastpark.org.uk](http://eastpark.org.uk)

## Our Boveda Boy



*Matthew has joined Boveda in all things' hair*

During East Park's partnership with Boveda Hair and Beauty, Boveda have hosted a work experience placement for a motivated individual to join their team - this individual is Workmates student, Matthew. Since August last year, Matthew has joined Boveda in all things' hair! Donna along with Jay, Bea, Demi, Skye and Nicole have made Matthew feel incredibly welcome and part of a very successful team. Matthew arrives at the salon at 10.30am and stays for an hour, on arrival Matthew will put on his apron and set about his tasks, this involves making sure the salon is kept clean to a very high standard, from sweeping floors to wiping the mirrors

Matthew receives plenty of perks. ... from haircuts to facials, #Bovedababes

so that they are streak free for the clients to see their new hairstyles. Matthew also ensures that customers are well cared for by offering and making any refreshments that has been asked for.

Work doesn't stop there; Donna even has Matthew washing client's hair! However, it's not always work, work, work! Matthew receives plenty of perks within Boveda, from haircuts to facials, life is never dull

on a Thursday thanks to #Bovedababes. Thank you very much to everyone at Boveda for all of the support that you give us and for welcoming Mathew and allowing him to gain work experience in such a great salon.

## Special Yoga

written by Clemmie, Special Yoga Instructor



It has been an honour and privilege to share Special Yoga with the pupils at East Park since I started working at the school in August 2018. The pupils are so inspiring and all the staff have supported my work in such a positive way. I am currently working with 20 pupils from different classes, some one to one and some in small groups. It is fantastic to have had the opportunity to see these young people develop their special yoga over the months we have been working together.

During a special yoga session we do a variety of yoga postures to help calm and focus the mind, postures to strengthen and bring flexibility to the body and breathing techniques which I encourage

the pupils to do whenever they can. I also do head massage and reflexology as part of the relaxation element of the session. Both myself and East Park staff notice a reduction in pupils anxiety and an increase in their ability to focus following their special yoga sessions. David one of our schools teachers commented "The pupils find yoga with Clemmie meaningful, relaxing and fun. Pupils not only look forward to yoga every week but engage fully in all of the activities that Clemmie sets for them." The benefits of yoga are universally acknowledged but particularly in this population, yoga brings much needed calm to the nervous system and a sense of well-being to both body and mind.

## SING TO MAKE YOU FEEL



In East Park we love music, singing and dancing - and it's even better when we can enjoy these things together! That's why we've been holding Singalongs in Tuckers hall on a Thursday afternoon as a way to build relationships, express feelings and grow in confidence.

There is clear evidence that singing as an active

and emotional activity can contribute positively to children's physical and emotional health. Singing can reduce stress, improve immunity and aid memory and learning. All that in a song!

We sing songs that focus on health and wellbeing by Scottish-based charity Fischy Music ([www.fischy.com](http://www.fischy.com)) who have created catchy tunes



Say Cheese!

We have had two very special birthdays in East Park recently. The first birthday was John who celebrated his 18th birthday across two parties helped along by family, friends and young people from East Park. On the Saturday before his birthday he and four other young people, dressed up in their finest for the evening and had a lively celebration

along with staff on a party bus. John and friends certainly showed off some fantastic dance moves! John then practised his D.J. skills followed by a celebratory meal out.

On the day itself there was another wild party this time in Johns house which was attended by a large number of young people from other residences and

family who were catered for with as much party food as they could eat and again, John taking on the D.J. duties whilst young people and staff danced their socks off to Johns favourites keeping his GBX crowd happy. John was in his element playing host to all who turned up for the celebration and would like to thank all who gave there

well wishes as he moves on to the next steps in his life - starting full time college. The second special birthday was Kyle who turned 16. Kyle celebrated by having family round and enjoying a special meal with East Park friends. One of Kyle's key workers wrote the following poem to celebrate the milestone birthday -

*He came to East Park just a boy  
Full of energy, life and joy  
As a brother, nephew, grandson and son  
He knows he's loved by everyone*

*He looks for a way to help out others  
Including his East Park sisters and brothers  
He has a brilliant memory, is sharp as a tack  
He's caring and loyal and has his friends back*

*Its a daily miracle watching him make sense  
Of a confusing world that makes him tense  
But watching him learn and overcome  
And find ways to laugh and have so much fun*

*Visits from Donna, Mason and Nicole  
Make him feel special, elated and whole  
From Fraser, Gordon, Sheila and John  
A loving family where he feels he belongs*

*His sixteenth birthday in August this year  
Brought a smile to many, and to some a tear  
Its four years since you came through our door  
Thanks for those memories, we look forward to more*

## L GOOD!

and simple lyrics that are easy to learn and remember. We also incorporate signing and symbols to enhance communication for all. The Emotion Works programme used in our school links with the themes of the songs helping to further develop emotional literacy.

Being together as a group in a large space is a great opportunity to connect with other students and staff in a relaxed, fun environment (and the chance to check out the best dance moves...)

We learn new songs every week but there's always time for the East Park favourites - I Feel Good and You are a Star!

## CHICK CHICK CHICK CHICK CHICKEN!

Back in April we had an exciting delivery at East Park. 10 eggs arrived as planned one Monday morning and were placed in an incubator. Two days later we had nine newly hatched beautiful chicks. The pupils (and staff!) loved watching the eggs hatch and become little animals. Pupils were very gentle and enjoyed holding and petting the wee chicks. The chicks stayed at East Park for two weeks and pupils watched them grow bigger each day. After the two weeks, the male chicks were taken to Underheugh Rescue



Centre (thank you!). Kim, our fundraiser became our two female chick's adoptive mum and she took them home with her to bring them up until they were old enough to live outside. In June, the chicks arrived back at East Park to live in our courtyard 'The Den'. The chickens were named Ginger and Moondust following a pupil vote. Ginger and Moondust have happily been living with us over the

last few months and are now laying delicious eggs - a lot of double yolkers! The pupils are enjoying watching and playing with the very nosy chickens as well as feeding them and cleaning their coops out. Pupils are also learning lots from our chickens including all about life cycles, looking after a living thing as well as being kind and gentle. Most of all Ginger and Moondust are fun to have around and their antics and nosiness makes both pupils and staff smile - a lot! If you would like to make a donation for some fresh eggs, please get in contact with Kim in our fundraising department on 0141 946 2050 or at [fundraising@eastpark.org.uk](mailto:fundraising@eastpark.org.uk).



# Helping Hand!



East Park have been lucky enough to get support from The Golden Jubilee Trust. The Golden Jubilee Trust is a charity set up by The John Lewis Partnership, it enables partners to work with a charity for an agreed amount of time. Both, charities and employees of the John Lewis Partnership apply to the trust. When employees are successful they are still employed by The Partnership throughout their secondment and continue to get paid by the partnership and still receive all of the employee benefits. The Golden Jubilee Trust gives its successful employees the opportunity to support a charity of their choice. Julia, was a successful

member of the partnership who chose to spend her valuable time to help make a difference at East Park. Julia is helping out in the fundraising department for three months until Christmas. Julia says "When I first visited East Park I was impressed with the care all the staff gave to the young people and the homely feel of the place. I'm so lucky to work for a company who support myself and others to really help charities with our time, I'm also lucky to be spending the next three months at such a fantastic charity". Thank you so much to Julia and to The Golden Jubilee for your support, it is hugely appreciated.



On Saturday 21st and Sunday 22nd September, East Park opened its doors to the public for Glasgow Doors Open Days. The weekend was a great success with East Park welcoming 117 visitors through our doors. We had loads going on over the course of the

# CHRISTMAS CHEERS SPREAD

Our 2019 East Park Christmas Cards are now on sale. This year's card was designed by workmates student, John – well done John! All proceedings will come straight back to East Park for our children and young people. To order, please fill out the attached order form and return to the address at

the bottom of the page or alternatively, you can pop in to see Kim in our fundraising department who will be happy to help.



# LIFE IS A ROLLERCOASTER!

Schools pupils enjoyed a fun filled day out to M&D's theme park recently courtesy of the Variety Club. Pupils enjoyed an array of fun filled rides which were very exciting. Pupils enjoyed the special treat of having their lunch out of school and spending time relaxing with their friends. Everyone was very brave and it was lovely to see pupils who have progressed, so much so that they were able to go on the trip and join in. When pupils returned to school they looked

at their photographs and videos and used the Emotion Works model to think about how they felt and what made them feel that way. Keep your eyes peeled in our next newsletter to learn more about our Emotion Works programme. Thank you so much to all at the Variety Club for an amazing day out and helping us create such special memories.



# BRAVE SOLES!



Some may say that there is nothing as sore as walking on lego or a plug, although 45 of our staff and 6 of our corporate supporters may say differently after walking across burning

red hot coals. Why? To raise money to support the work we do for our children and young people at East Park. We are trying to make this the biggest staff fundraiser ever and we are hoping that you can help us by showing your support. You can donate at the [www.virginmoneygiving.com/fund/eastparkfirewalk](http://www.virginmoneygiving.com/fund/eastparkfirewalk) or you can send a cheque to East Park or alternatively you can pop in and sponsor one of our members of staff. Thank you!

# Happy for us to keep in touch?

East Park would love to continue to share the achievements and learnings of our children and young people by sending you our quarterly East Park Patter. However, if you would rather not receive this newsletter please complete this tear off slip and return to **Fundraising, East Park, 1092 Maryhill Road, Glasgow, G20 9TD.**

I would **not** like to receive the East Park Patter anymore

NAME: .....

ADDRESS: .....

POST CODE: .....