

eastparkpatter

Your newsletter for East Park

EAST PARK

ISSUE 22 • October 2021



In this issue...

We met The Queen and Princess Anne!

Catriona Campbell Head of Education



Emily Cutts, founding member of The Children's Wood, invited us to join community groups on the land to help showcase the important role of the wood for two top secret VIPs. After much excitement and speculation, we discovered that the mystery guests were none other than Her Majesty The Queen and The Princess Royal!

We visit The Children's Wood every week to connect with nature and play, learn about our environment, and to develop practical outdoor skills. A five minute walk from the school, it is a wonderful green sanctuary right in the middle of the city, and it gives local people the chance to

grow food and flowers, to gather honey at the dookit and socialise with other local groups.

On 30 June, Arran House young people and day pupil Jay met the Royal visitors at The Children's Wood. Jay represented the school very well, telling The Queen all about East Park's Outdoor Learning Programme, and our weekly visits to the space. Jay became an overnight media sensation when he asked The Queen 'what brings you to this part of the world?' – we made the front page of The Herald and even got a picture in Hello! Magazine in a feature about the Royal Tour of Scotland.



Aiden's Trip to Blackpool

Save Our Oceans

Yes Sir... We Boogied!

A Hole in One for East Park

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1092 Maryhill Road
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Scottish Charity No SC012838



BIG LOTTERY FUND

LOTTERY FUNDED



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Aiden's Trip to Blackpool

*Aiden Hodgson has a powerful voice
 He uses his computer to inform his choice
 To make sure the planning stage didn't collapse
 He showed us the route on his Google Maps
 At half 8 one morning with bread in the toaster
 He repeated to staff the word "rollercoaster"
 In case we forgot when he came back from school
 Before he got changed he reminded us... "Blackpool"*

*His eagerness that week did not relent
 So we asked his mum and dad for consent
 They'd taken him there when he was a boy
 And they knew the trip would bring him some joy
 Peter and Franky arranged all his inventory
 While Sarah wrote him a good social story
 And off they set on Friday the 23rd of July
 With ear defenders on and the sun in the sky*

*Big Franky driving and Peter in the back
 Aiden with everything he needs in his pack
 At the pleasure beach Aiden took control of the fun
 Pointing to rides and exclaiming... 'This one'*

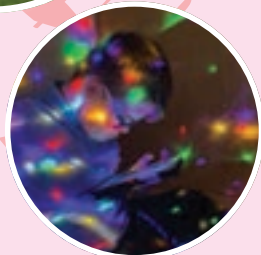
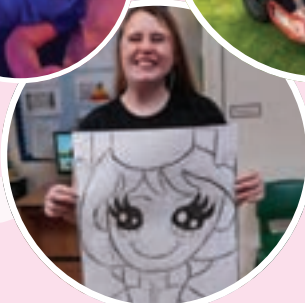
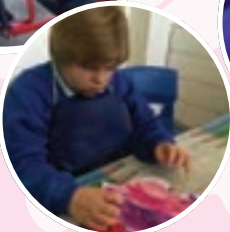
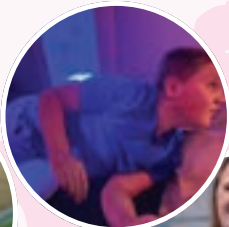
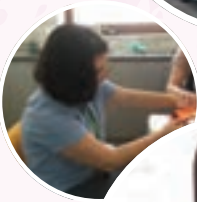
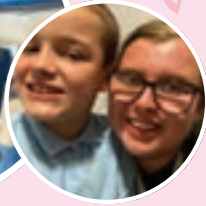
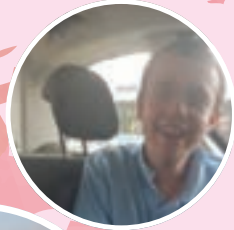
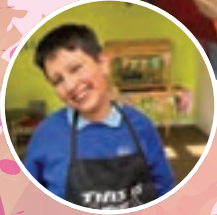
He was so brave that day, he had guile and conviction

*Thank goodness he met every height restriction
 He laughed with Peter and posed for photos with "cheers"
 And unlike Frankie who missed rides, Aiden showed no fear*

*To watch in a year how he's developed and grown
 He's one of the most special young people we've known
 We hope he continues to make choices like these
 Where his participation is informed by his expertise*



Back to School



Human Rights Town - the App!



The **Scottish Commission for People with Learning Disabilities (SCLD)** has launched a new app, 'Human Rights Town' designed to empower people with learning disabilities to recognise and realise their human rights.

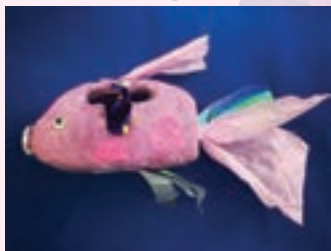
The development of the app has been led by a group of people with learning disabilities who have been working with SCLD and digital design company, **Publishing Bureau**, to create the finished product.

The app invites users to travel around a virtual 'Human Rights Town' where they encounter different scenarios at each location, such as using public transport or working at the supermarket. Through practical

examples 'Human Rights Town' introduces users to each of their human rights, under the **United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)** and asks them to choose whether their rights are being respected or not in each scenario. Users have the option of further explanation at each location. Each scenario has been voiced over by a person with a learning disability who has helped to develop the app.

The Human Rights Town app is available to download for free from [Apple App Store](#) and [Google Play Store](#).

SAVE OUR OCEANS



With Glasgow hosting the COP26 Climate Change conference this year, East Park students have also been doing their bit for the environment by recycling used packaging and turning it into art! Pupils created a 'Save Our Oceans' installation for the Hub which included tropical

fish made from plastic drinks bottles, dolphins and whales from cardboard boxes and bubblewrap jellyfish! Well done everyone on such a beautiful underwater display and a reminder to us all to try and reduce, reuse and recycle as much as we can to help our planet.



AROUND THE CAMPFIRE



of being able to succeed. The sheer delight at reaching the summit and taking in the views was a memory for life. Other independent and life skills included cooking supper on the BBQ, enhancing social skills when eating at the table and relaxing around the camp fire. There was ample opportunities for outdoor play as well as developing a closeness to nature. This is the second camping trip for Jay since joining East Park and it was clear to see his anticipation, excitement and overall joy at being included in such a worthwhile adventure.

This year East Park returned to Mugdock Park for a three day camping trip with one of the pupils from Willow class. As well as the general activities of setting up the camp site, two separate hill walking excursions were planned, one to Burncrook Reservoir and a more challenging walk up Beinn Dubh at Luss. Skills developed include endurance, will power, coordination and a never give-up attitude. And most importantly an understanding



Shout Out to John!

This summer we said goodbye to one of our residents, John! John's has been with East Park for many years and has built up life long friendships. It is always sad when one of our young people leave however excitement for their future is always the more powerful emotion.

We wish John all the best on his new adventure. We're sure we will be hearing him on the radio every weekend

getting shout outs for people on GBX!
SHOUT OUT TO JOHN !!!

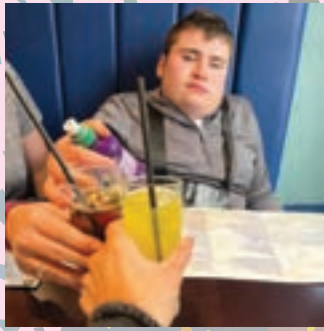


OUR RESIDENTIAL HOUSES

We have had an exciting change within our residences recently – we have named our houses! It was decided that other houses would stick with Skye and Lewis House and continue the theme of Scottish Islands. After lots of deliberation and internal votes we are delighted to announce the complete collection of our house names are ...
Arran House! Barra House! Harris House! Lewis House! Skye House!

We are very grateful to The Robertson Trust who almost 20 years ago, gifted East Park a large sum of money towards the build of our first residential house. For this reason we have decided that this house will remain as Robertson House. We hope you love our house names as much as we do -
**#EastParkisProud!
#EastParkisHome**

Well Done, William!



On the day of the outing staff got William dressed up in his new clothes and styled his hair so that he felt good going out. William loved all the compliments he was getting from staff. When we arrived at the restaurant William appeared intrigued by everything that was going on round about him. He looked through the menu and told the waiter what he wanted. William chose mushroom and noodle soup for his starter and vegetable chow mien for his main. He coped amazingly well waiting on his food being prepared. William was laughing and smiling and really enjoy the whole experience. On return to Skye House, William enjoyed showing other staff his photos from the restaurant. Staff asked if he would like to do this again which he said yes to. This is only one of William's many "first" activities that he has really enjoyed over the summer along with his first time on public transport, first time to Deep Sea World and his first time at bowling. William and his staff are already planning more adventures. Well done William, you are a star!!

William was a very busy boy during the summer holidays. Since moving into Skye House his outings have been very limited due to lockdown restrictions. Staff were eager to take him out to participate in numerous activities. One of the activities which William enjoyed the most was his first outing to a restaurant. William had previously indicated to staff that he would like to go out for dinner while out on local walks so staff felt that this would be an enjoyable experience for him. Staff sat down with William and showed him photos of various cuisines for him to choose where he would like to go. William chose Chinese so staff looked for a restaurant close by that would be quiet enough for him to enjoy. Staff booked the iChai at Anniesland.

THE IMPORTANCE OF PLAYING



AUGUST 2021 INSERVICE DAY STORY

THE POWER OF PLAY

For the first of our August Inservice days, we were delighted to welcome renowned speaker and play specialist, Ben Kingston-Hughes of Inspired Children. School session 2021-2022 started after 18 months of isolation, bubbles and global existential angst. We needed some exceptional, experiential, face-to-face professional development to prepare us for the new academic year, and to make sure we can engage with all of our children on their return. So we invited Ben along to help us understand why play is so important for learning and development.

The key messages were that children need to play, in different ways and with elements of risk, to develop healthy brains and essential

skills, and that as practitioners, we need to be on the lookout for play cues and the signs of play deprivation.

With a combination of theoretical background and practical activity, the day gave us lots of new ideas and knowledge, and a safe environment for getting to know our teams better. It also highlighted some cost-effective, flexible resources which would be a great addition for outdoor play. All staff clearly enjoyed this development day and although we are already on our way to using play more widely, this demonstrated the link between theory and practice in a very practical way. To ensure that we maximise the impact of our learning, we will arrange practice-sharing sessions later in the term.

End of Term BBQ



Welcome Fiona



A big East Park family welcome to Fiona, who joined Arran House this summer

and started at East Park school in August. Fiona is settling in really well and enjoying getting to know her housemates, classmates, staff and teachers. Fiona has been enjoying her new class and getting out and about and exploring her new community. We are delighted to welcome you to East Park and are excited for our future together, Fiona.

A Reflection on Our Care Inspection

Written by Liam Feeney, Services Coordinator

Introduction

In January 2019, Karen Ferguson, our Care Services manager and I attended a Care Inspectorate Conference to explore their new methodology. We were informed at this stage that they would be implementing a new framework using the new Health and Social Care Standards to frame 5 key questions:

How well do we support people's wellbeing?, How good is our leadership?, How good is our staff team?, How good is our setting? And How well is our care and support planned?, plus a final key question What is our overall capacity for improvement?.

This would still be measured using their six point scale ranging from Unsatisfactory (1) to Excellent (6).

Intensive Support Services Inspection

Skye and Lewis inspection had been delayed due to the pandemic, however Philip Yeaman and Beverley Gifford arrived at East Park for an unannounced Inspection on the 28th of June 2021. They introduced themselves to the staff and young people on site and requested the information they would require over the next week while their inspection took place.

What the Inspection consisted of

Philip and Beverley wanted to look at all the paperwork relevant to the young people and their care, to interview new and experienced staff, to speak to parents and to participate in activities with the young people that allowed them to observe communication, practice and engagement.

How the process felt

Our young people were not inconvenienced by the process in any way. Philip and Beverley asked to see the activity plans for our young people and requested to participate in those which would be most appropriate for the young people involved. They spent time over the week getting to know them by reading their plans, observing with them and engaging with them. It was obvious to our young people that both Philip and Beverley genuinely cared about them and were interested in their lives. This made the activities easy to facilitate as positive relationships had already been developed.

Some of the support workers who were interviewed were nervous at first but felt the informal and relaxed questioning style of Philip and Beverley put them at ease quite quickly. They felt the process was supportive and that they had the knowledge

and understanding of the service and young people to answer the questions they were asked. The biggest compliment I could give the Inspectors is that throughout the week, everything carried on as usual, the atmosphere remained the same in the service and their presence was positively received by all who engaged with them.

Informal feedback from the Inspectors about the service

- Young people have clear outcomes and Support Plans, Positive Behaviour Support Plans and Activity Plans are all individualised and meeting the young people's needs
- The progress that the young people have made in their Journeys at East Park have been heart-warming to read
- The work done to support transitions including transitions from the service have been excellent
- The assessment of risk for people as complex as some of the young people does not prevent them from living a full life and accessing the community
- It was clear from observing and speaking to the staff that the young people were loved, nurtured and well cared for
- The staff team appeared enthusiastic and really knew and understood the needs of the young people

- Staff appeared confident that they could make a difference and shape the support that the service offered
- The atmosphere in both services was warm and welcoming
- Family members feedback that they were extremely happy with the service their young people received and believed East park was the best place for them

A Manager's Reflection on The Inspection

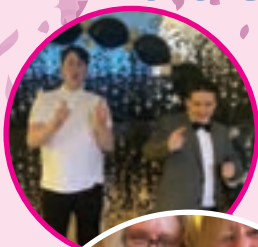
I am so proud of each of the support workers and deputy team leaders that have made such a positive difference to the lives of our young people and their families during unprecedented times. The restrictions that would have been unimaginable at the last inspection has made the informal feedback all the more remarkable and highlights the creativity and innovation of our staff teams. I was delighted that they had made such a positive impression on Philip and Beverley and it reflects so well on the work they do that can often be taken for granted.

Grading and Final Report

We are currently awaiting the final grading and report. You will be able to access this on East Park's website.

YES SIR... WE BOOGIED!

On the 18th of June a ball was had! Balloons were blown up, bunting and decorations filled tuckers and a red carpet was laid for the arrival of senior pupils attending the Summer Dance! Everyone was dressed to the nines and was ready to party! DJ Bryan was on the music and of course Kyle and Jay got the dance floor going with their cool moves! Everyone fuelled up their dancing shoes with a delicious buffet cooked by Damien.



There was also a mountain of delicious treats for this special occasion, Amanda sampled the cakes and her smile said it all – they were AMAZING! Everyone was smiling and laughing and danced the night away, truly encompassing the motto of #EastParkisHappy. The night finished with a fare well speech from a young person moving on and a massive well done to every young person for all their hard work throughout the

past year! Thank you so much to Tesco Maryhill and to the individual who donated us food and balloons for the event! To quote one of the young people "this was the best night ever!"



CAMPING TRIP TO CASHEL CAMPSITE LOCH LOMOND



Summer Holidays Fun at Arran House School

At Arran House Craig, Domanic, Emma and John have been very busy this summer enjoying lots of fantastic days out together making memories. The young people enjoyed a day trip to Millport where Domanic loved the ferry, he talked about the ferry using his talker for days after! Craig's favourite

outing was a trip to Luss where they took a paddle boat out on the Loch. Craig even dipped his feet into the cold water while on the boat. Emma really enjoyed a day out at Blairdrummond Safari Park. Emma's favourite animals are Meerkats.

John finally got to enjoy a day out that he planned before lockdown. John took the train to Helensburgh where he enjoyed a chippy lunch by the water. The young people have really loved this summer getting to have more days out with family, friends and staff and are very happy that restrictions have eased. We are very happy that restrictions had eased this year and are looking forward to the coming school year. [#EastParkisFamily](#)



In July Stuart and Josh went on a weekend Camping trip to Loch Lomond. This was a major achievement for both Stuart and Josh to spend the night away from home in a tent. Both boys had a great time taking part in water-based activities on Loch Lomond, swimming, boating, and fishing. They also enjoyed campsite activities including swing ball, BBQ, cooking on a stove. This was a great experience encouraging their independence and social skills through interactions with other members of the public on the campsite, doing dishes in communal washing sinks and the use of shared toileting/showering facilities. Both boys and staff had a great weekend.



Garden Galore!



What a lovely surprise our pupils had when they came back to school after the summer holidays. Our garden was looking amazing. Over the last year staff have been working hard to ensure that our school garden provides pupils with a wide range of play invitations and opportunities for pupils to meet their sensory needs. This is now certainly the case; we have a brand new wonderful climbing frame (thanks to our wonderful Fire Walk Fundraiser) that our pupils, and at times staff, are really

enjoying exploring. This has been put in alongside our wonderful basket swing with was donated by team 'Mo Problem!' at the end of last year. Climbing, swinging and balancing are so important to our pupils proprioceptive and vestibular needs as well as building their confidence. Thanks to our maintenance team, our Sensory Path has been revived over the holidays and our pupils were very surprised to see the arrival of a boat in our garden. No, we aren't sailing, but we are digging!

The boat has been filled with mud and alongside our new mud kitchen has become our digging area. Digging is such an important play and sensory opportunity for our pupils and a favored activity. Finally, we have not one but three new adapted bikes for our pupils to explore and share (with thanks to team 'Mo Problem!', Tesco Groundwork UK and the Mugdock Children's Trust'). It is a magical joy to see our pupils sharing space, playing and learning so well. What a garden space we have!



Fundraising & Communications

A Hole in One for East Park



We have been lucky enough to be one of the beneficiaries of a golf fundraiser day which was organised by Evan

Conway. East Park received over £2,000 which was raised at Port Glasgow Golf Club on Father's Day this year. A massive thank you to Evan, his family and friends as well as everyone at Port Glasgow Golf Club and it's members for their generosity and efforts on a fabulous event and for choosing to raise funds for East Park's children and young people. **THANK YOU! #EastParkHeroes**

Spread Christmas Cheer!

Why not spread the Christmas Cheer by sending a Christmas card designed by an East Park pupil? This year's card was designed by pupil, Nathan Walker – well done Nathan! All proceeds 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 or Julia in our fundraising department who will be happy to help.

THANK YOU!

A massive thank you to RSA Insurance group who gifted us their refurbished laptops. These laptops will be used as part of our children and young people's

learning as well as by staff whilst they are taking part in the various training courses helping us provide the best care possible to our children and young people.

Happy for us to keep in touch?

East Park would love to continue to share the achievements and learning 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.**

HAVE AN ICE DAY

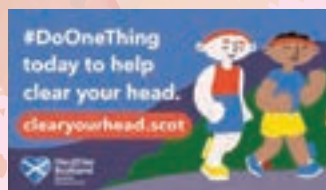
East Park would like to say a huge thank you to David Cadden and all of the customers at Caddy's Ices for their continued support. David and his customers have been filling up collection cans at the rate of knots over the past few years and are currently sitting at a grand total of £6,176.16 donated to date. We cannot thank this group of the community enough for helping to enrich

£6,176.16
DONATED TO DATE



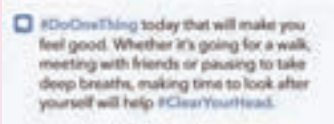
the lives of our children and young people. **THANK YOU! #EastParkHeroes**

CLEAR YOUR HEAD



The coronavirus pandemic has changed life for everyone, and it's natural not to feel yourself as things change again. The Scottish Government's Clear Your Head campaign aims to help people cope as life gets busier, highlighting the range of things people can do to feel better and calmer. Tips and hints include catching up with friends and family, talking deep breaths before leaving the house, getting active and noticing nature wherever you are. Along with a range of tips, the campaign website signposts sources of help and advice, including NHS Inform, and helplines including NHS24, Breathing Space, SAMH and the

Samaritans for those who need to talk to someone about how they're feeling. Minister for Mental Wellbeing and Social Care Kevin Stewart, said: "We have lived with necessary restrictions on our lives to reduce the transmission of coronavirus for a long time now. As these restrictions ease, many people are understandably nervous or worried about the changes. We have all had to cope and adapt to control the virus and now we are having to cope and adapt to new freedoms. It is more important than ever to look after our mental health and wellbeing. This campaign highlights the things we can do to look after ourselves, and each other." To find other tips to help you cope, visit clearyourhead.scot



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

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