



Jolomo comes back to East Park 45 years on!

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Well respected international artist John Lowrie Morrison (Jolomo) took time away from his studio to revisit the Glasgow organisation where he worked and painted while at art school in the very early 1970's. While studying at Glasgow School of Art, Jolomo did art therapy with some of the children at East Park, an organisation for young people with additional support needs such as autism. While writing his final year thesis on art therapy, he worked with the children on art sessions as well as painting some of them.

This early work was exhibited in 2013 and East Park Executive Director, Judy Cromarty, saw the exhibition and wanted to invite Jolomo to come back and see just how much East Park has changed over the decades. "I loved seeing the paintings. It was interesting from both a personal and East Park point of view – these paintings are so very different in style to his later

landscapes. It got me thinking how much East Park has changed as well – both physically and in our approach to caring for and educating children with such challenges as autism. I thought Jolomo might be interested in our journey and our wonderful new facilities – let him see how we work with children now."

Jolomo and his wife had a tour of the school and residences and met some of the children who now live and are educated at East Park. He also judged the 2017 Christmas Card Competition – a real honour for all involved. After 45 years Jolomo clearly found some differences! As he said "I have very fond memories of my time in East Park, and whilst

the education and learning has evolved over the years, it remains such happy place for the children. I was very impressed by the creativity and use of colour in the Christmas cards designed by the children".

Staff and children alike were thrilled to host the visit and meet a well-known artist who had been involved with East Park almost five decades ago – someone with fond memories of the organisation. Judy Cromarty said "Now we have made contact with Jolomo, we hope that he will stay in touch and

follow our progress into the future. The work he did with the children in the early 70's was wonderful and the paintings capture the children well. He is welcome at any time!"

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Super Supporters

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LOTTERY FUNDED



Helping East Park Become Greener!

Catriona Knott



Some Good Advice From East Park Pupils!

In November 2016 I was given the opportunity to join the East Park team as part of an environmental placement. Bright Green Business, in partnership with The Big Lottery, offer students and graduates the chance to undertake project based work experience with organisations across Scotland. The Environmental Placement Programme places candidates to undertake projects that have an environmental focus. My placement at East Park lasted 10 weeks where I became their Low Carbon Behaviour Officer.

There is an increasing demand for organisations to work towards becoming more environmentally friendly and increasing their resource efficiency. My role at East Park was to help implement these expectations. Specifically I was given three main tasks:

1. Review the current resource efficiency within the organisation
2. Produce a carbon footprint assessment

3. Prepare East Park for future implementation of an environmental management system.

Task one involved me reviewing and reporting on resources such as energy and paper use in the main campus. With new technology it is possible to get an incredibly detailed break down of your electricity such that I was able to identify when people arrived and left the school building.

For the off-site residential accommodation I utilised the services of specialised companies such as Resource Efficient Scotland and The Carbon Trust to set up professional energy audits. House based care staff may recall me running about

looking at some seemingly boring light bulbs and bins!

With the data and information I obtained from my review and reports I was able to carry out my second task which was to produce a carbon footprint for all the sites based on electricity, gas,

With new technology it is possible to get an incredibly detailed break down of your electricity

Workmates Jump For Joy!



Rebound Therapy Allows Sarah To Be Able To Hold Her Head Up

Workmates is thrilled to offer our young people Rebound sessions! Rebound therapy is not just jumping on a trampoline. It was devised in the 1980s by a physiotherapist to introduce passive and active movement to children and adults with learning disabilities.

Apart from the obvious physio benefits to those with physical needs it's reported to improve body part awareness, spatial

awareness, proprioception and sensory awareness, which are important to young people with autism. The other benefits include encouraging young people to develop numeracy when counting bounces, encouraging vocalisation, promoting turn-taking and a huge sense of freedom. It's really proving to be very rewarding and staff enjoy the sessions just as much as the young people!

Music for all!

Everyone responds to music, whatever their illness or disability. Music therapists use music to connect, inspire and empower some of the most isolated children and adults in our communities.

It is actively participative using improvisation to stimulate and initiate responses from an individual who may be non-verbal, withdrawn or in 'their own world'. The

therapist engages each person in meaningful musical activity. This involves the use of a variety of musical instruments including piano, guitar, tuned and un-tuned percussion instruments, voice and musical apps on the iPad. The music therapist responds to each individual's exploration of sound and seeks to use this to help address their needs and challenges.

water and fuel consumption. This then went towards forming part of my end of placement report.

The most hands-on part of my placement was the implementation aspect as it ranged from creating awareness posters to looking into waste legislation. This part of my work may be the most noticeable to staff due to my poster, stickers and outreach campaign around the campus.

This placement has helped to improve my work based

skills and contributed to my personal development. The work I have carried out will help identify ways East Park can become more resource efficient and therefore increase financial savings and lower the carbon footprint, they will be raising funds to take this forward.

I am thankful to have aided in promoting green business and sustainability within East Park as I think it links well with Getting It Right For Every Child by looking after their future environment.

Team Workmates Triumph!

Massive Congratulations to Team Workmates who won Partick Thistle Football Club's Community Champion Award! Workmates were nominated by our fundraising team and recognised for the fantastic work they do in and around

the community such as litter picking, community clean-ups and recycling. Some of our students, families and staff enjoyed collecting the award at a home game in front of a crowd of fans. Well done Workmates!



Team Workmates Accepting Their Award!



Dylan enjoying his Music Therapy

East Park is working in partnership with music therapy charity Nordoff Robbins Scotland to provide music therapy to pupils each week and this has supported some of the pupils to develop communication skills, make choices, participate, express themselves emotionally and creatively and to be in control of their lives. It has helped improve confidence, quality of life and mental wellbeing. We have

even learned that some of our young people are great singers!

... develop communication skills, make choices, participate, express themselves emotionally and creatively...

Music therapist Gemma Manning says:
"It's wonderful to be a part of life at East Park, and to see the

impact that music therapy can have for the pupils. I look forward to continuing the exciting work here over the coming months."

BELFAST BOUND



Support Worker Robert with Liam

In January, one of East Park's residential schoolchildren left Glasgow and jetted off to sunny Belfast for a holiday! Liam, who has attended East Park school since it's redevelopment in 2009,

and two support staff took the short but exciting flight to Northern Ireland for an overnight stay in a hotel and some great

sightseeing. This was to be Liam's first flight and stay in a hotel. He was excited but apprehensive about airport security as this can be a long and sometimes stressful process but with reassurance from the East Park support staff that accompanied him he coped extremely well and listened to all instructions. He even joked with the security guard!

Liam had a window seat on the plane and admitted that he had "a funny feeling in my tummy" just before take-off. He watched the goings-on of the cabin crew with interest, and was generally caught up with

the excitement of the flight. Liam said his favourite bit of the flight was "the wee bump on landing and you can feel the brakes come on".

Liam was very impressed with the hotel room, and

interested in the day-to-day running of a hotel, his favourite part of the hotel stay being breakfast! Liam was provided with

reassurance when he needed it and he had a very comfortable and enjoyable stay.

For sightseeing, Liam had used his iPad to look for things to do in Belfast and wanted to see the Titanic Exhibition. He also enjoyed City Hall, walks along the river where he saw the Bigfish sculpture and a trip to St George's Market. The return flight was after dark, and Liam liked looking at Glasgow lit up as we approached the airport for landing.

Liam had a very memorable trip and it was a huge achievement – well done!



Fundraising & Volunteers

Liam Visits Radio Clyde



Liam with Greigsy, George and Cassi

Residential pupil, Liam was star struck when he got the chance to meet his idol, Clyde 1's George Bowie (for a second time!) Liam was lucky enough to get a tour around the Clyde 1 studios which he thoroughly enjoyed. His favourite part of the tour was when the breakfast

team, consisting of traffic and travel presenter Cassi and host George Bowie, took him into the studio to meet DJ Greigsy, while he was live on air!

Thank you so much to George and Cassi for making a young man's big dreams come true!

Super Supporters



Thank You!

Yet again pupils, staff and families from The High School of Glasgow have come out in force to support the children and young people at East Park. The local school has managed to raise an amazing £2,000 for us over the Christmas period. We were delighted

to welcome a lovely group of pupils from The High School of Glasgow who enjoyed meeting some of our young people while handing over a cheque. Thank you so much to everyone who helped raise money for us. We are very grateful!

Brilliant Bikers at Christmas Time!



This Was Rian's Favourite Bike of the Day

On Christmas Eve, the children and young people (and staff too!) at East Park

were treated to a visit from motorcycle group The British Bikers Legion. The bikers came dressed up – bikes included – and descended on East Park much to the delight of the excited crowd.

Children and young people were treated to a present from Santa Claus himself and were even lucky enough to sit on some of the bikes! A huge thank you to all at The British Bikers Legion who came along on the day – what a way to start off Christmas Eve!

Police Scotland Youth Volunteers



The PSYV Team Get Ready to Deliver

Thank you so much to Police Scotland Youth Volunteers, led by PC Stephen Want, who volunteered to deliver our previous edition of East Park

Patter in and around the local community. We hope it wasn't too cold and look forward to working with you in the near future!

Generosity at Christmas Time



East Park was overwhelmed by the support received over the Christmas period for children and young people. Each young person was delighted with the gift they received which contributed to making

their Christmas the best one possible. A huge thank-you to Santander Argyll Street, Morrison's Partick, Cash for Kids, The British Bikers Legion and Arnold Clark Bearsden – it is very much appreciated.