



Embracing Love in our Care Environment

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The Health and Social Care Standards have been updated, and are now more specific, designed to ensure children and young people experience a positive childhood to reach their full potential in care.

One of the aims is for all children and young people who live in care to grow into adulthood and look back with fond memories of the people who cared for them, of the environment they grew up in and what they experienced in care.

These revised standards also ensure families know what guides our practice in making their child's life in care a positive and nurturing experience.

Standard 3 has now embraced the word 'love':

'I have confidence in the people who support and care for me, we look at how as an organisation we show compassion to our children and young people'; and

'As a child or young person, they feel valued, loved and secure.'

Through standards, we look at creating environments that are comfortable, secure and fun, always sharing learning opportunities and keeping our children and young people safe.

Without actually saying the word 'love', we have always strived to form strong attachments and give our children and young people positive experiences.

The word 'love' has historically been avoided in Care. The fear of the word being misinterpreted,

misrepresented and frowned upon almost prevented carers and young people from developing natural bonds embracing a relationship that is so much more than a sterile clocking in and out job.

The publication of The Independent Care Review also highlights the need to have a loving and nurturing model of care rather than children and young people being put through a 'process'.

'There must be a focus on building and maintaining life-long relationships – that includes a broader understanding of the risk of not having long term, loving relationships.'

'Scotland must parent, not process children so there is no difference between the lives of children in care and their peers. Care experienced children must not miss out on the kind of childhood that many take for granted and the future that all our children and young people deserve'

The Independent Care Review included the voices of children in care and their voice and experiences are heavily influential in the findings of the final report.

'We grow up loved, safe, and respected so that we realise our full potential.'

At East Park, we could not support and care for our children and young people without forming bonds and without showing our children and young people they are loved. We support our children and young people to reach their full potential, to prepare them for adulthood and

celebrate their own uniqueness.

We have been working with our children and young people on how they want to feel they are loved and how we can show it to them in their own unique way.

Love for one child or young person may mean something different to another child or young person. Knowing our children and young people, their experiences, their wants and their aspirations allows us to work together to allow that child or young person to feel secure, treasured and respected.

There are more conversations around 'love', with CELCIS, The Care Inspectorate and the Scottish Government opening discussion on 'How do we put love at the heart of Scotland's Care system?'

We are not shying away from love at East Park. We want to lead on the promotion, practice and value of love in residential child care.

For our children and young people it can be difficult to voice if they do not feel loved in care; that is why we see such importance in celebrating Every success our children and young people make, regardless of how small.

Our job is to enable our children and young people to make wonderful memories, capturing these experiences with photographs or using the child or young person's preferred way of remembering, and then confidently transition to an adult life where they can look back on their time at East Park and know they were always loved.

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AUTISM ACCREDITATION **SOA Approved Centre**

Consistency is the Key to Mya's Success!



It's all smiles from Mya at Children's wood

The Children's Wood is one of the activities that pupils at East Park take part in on Wednesday afternoons. It is a place where our children and young people can share a space at the same time, whilst participating in outdoor learning.

At the beginning of the term, Mya was reluctant to go to The Children's Wood. As a team, her class staff developed a strategy that they thought would help Mya, letting her take her iPad as she felt secure with it.

By using this strategy as well as going with the same staff members, Mya was able to attend The Children's Wood, each week staying a little longer. At present, Mya is now able to attend Children's wood without her iPad and enjoys exploring, learning and playing with staff and her classmates. Mya has made a huge step forward in her confidence, learning and achievements with Oak class who feel proud of her and as always will encourage her to keep reaching for the stars!
Well done Mya!

If You're Happy and You Know it...



Here is Kyle learning about 'happy'

Pupils in school have been learning about their emotions using Emotion Works. Emotion Works breaks an emotion down into component parts including body sensations, triggers, emotion words and behaviours. Since New Year classes have been working on Body Sensations. We have been consolidating our learning of body parts and

completing lots of activities to experience different body sensations - doing star jumps to make our heart beat fast, or touching ice to experience the cold stinging sensation on our skin. Willow class enjoyed watching clips of the film Inside Out and recognising and labeling the body sensations of the main characters.

WeTalkMakaton



Sign 'Cheese' for the camera

Two members of staff are now successfully delivering sessions of Makaton training to staff across East Park. Julie and Rob attended intensive training sessions, funded by donations that resulted in them demonstrating their skills and knowledge sufficiently to pass and become Makaton Regional Trainers.

Makaton is a unique language programme that uses signs, symbols and speech to enable our children and young people to communicate their needs effectively. Makaton supports the development of essential communication skills such as attention and

listening comprehension, memory recall and the organisation of language and expression

Many of our children and young people have experienced the frustration of being unable to communicate their needs and choices meaningfully or effectively. Improving staff alternative communication skills by attending these sessions can help to reduce these frustrations that often result in distressed behaviours which may then result in injury to the child or young person, other young people, the staff supporting them or all involved.

Play Time!

Recently staff have been taking part in play and creativity training. This half-day session allows staff to explore different types of play, and find creative approaches to play that suits individual children and young people.

The feedback from the sessions has been really positive and we can see lots of evidence around East Park of different types of play being implemented.



Learning Support Worker, Alex making a windswept monster

We also offered this training to parents at a recent parent forum meeting.

We're all learning through play together!

Kyles Corner



Everyone meet Matthew. He is a support worker in Lewis and helps me have fun. I asked him some questions:

Kyle: What is your Favourite Cartoon ?

Matthew: Tom and Jerry

Kyle: What is your Favourite thing about Coming to East Park?

Matthew: I love coming to East Park and having fun with the young people. It's a place that always makes me smile and since working here I have met lots of great people, including you Kyle and I love to see you smile.

Kyle: What is your Favourite Activity?

Matthew: Playing guitar and singing Elvis Songs

Kyle: What is your favourite number of bus and where does it go?

Matthew: My favourite bus is the number 61, it goes into town, then to parkhead and to Tollcross. It goes past the Forge too.

Kyle: What is your favourite thing about me?

Matthew: That's easy. You're a fun guy, you're inquisitive and you're always up for doing amazing and exciting activities.



I Want to Ride My Bicycle

Amanda recently visited Free Wheel at Glasgow Green. Amanda's class team were unsure if Amanda would like the bikes although they knew it was beneficial for her to try. At first, one of Amanda's staff

got on a two-person bike with her however, independent Amanda was determined to give it a try herself. As soon as Amanda was on her own bike, she pedalled away on her own and loved cycling

round the track (even if she did make up her own rules!). Since then, Amanda has been back to Free Wheel and has even tried out different bikes and is loving the freedom – Well done Amanda!

Actually We Can!



Between Oct 2019 and Jan 2020 Workmates were delighted to complete their first partnership with Can-Do. Can-Do are part of the company Leonard Cheshire and run projects with young people aged 16-35 to learn, build confidence and give back to their local communities. Workmates were pleased to work jointly with the school and residential services to also include Sammy and Marcus. The charity the group chose to volunteer for was the Children's Wood. The Can-Doers raked leaves, made compost and bird feeders, made Christmas decorations from natural resources that the group collected and planted spring bulbs.

The project was a huge success and staff were delighted

to see all the young people work well together in a group as each person is used to their own individualised timetable. The project culminated in an awards ceremony in the Mitchell Hall where staff, young people and friends celebrated the successes of the whole group. The group thoroughly enjoyed having the chance to give something back to the Children's Woods.

The motto of Can-Do is 'Actually I Can' and Workmates certainly all proved this right! Well done to all the young people who participated in the project each week and gained an SQA award (Sammy, Marcus, Ryan, Josef, Sean M, Sean C, Sarah, Dionne, Adam with a few sessions also involving John and Liam).

#ActuallyWeCan!

FOOD FOR THOUGHT

To help develop pupil independence the children and young people from Willow class have been using the life skills centre to run The Snack Shack Café. Over the past few months pupils have made lentil soup, tomato and pepper soup and chicken and rice as well as freshly baked crusty bread which have been available for staff to

purchase for their lunch.

This has allowed pupils to not only achieve an SQA qualification in enterprise but has allowed pupils to engage in cross curricular activities, such as literacy, numeracy and health and wellbeing. Pupils have also been able to develop skills in communication, research,

team work and independence.

By developing the Snack Shack Café we have been able to bring staff and pupils together in a relaxing atmosphere, providing the opportunity for children and young people to become more considerate, responsible and most importantly have fun!



Emma keeping an eye on her soup



CHRISTMAS SPIRIT

Thank you very much to everyone who bought raffle tickets for our Christmas Raffle. Big supporters and friends, Boveda (local hair and beauty salon) invited us along to sell raffle tickets and draw the raffle at their Christmas Sparkle Event. We raised an impressive £245! Thank you very much to all of the businesses and supporters who donated raffle prizes, we could not have run the raffle without your support.

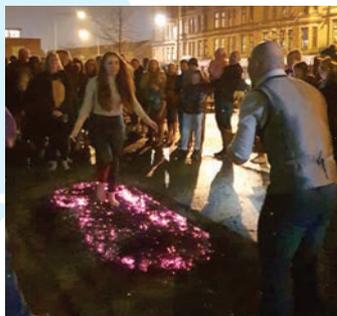
A special shout out to ARM, the Glasgow Spirit of Christmas, Lidl, Itison, British Legion Bikers Branch, Cash for Kids



Lewis loved his present from Santa

and the many individuals who spread the Christmas spirit and helped to make our children's Christmas truly magical. One last shout out goes to Santa who visited our Christmas party and as you can imagine proved to be very popular – we hope you are enjoying a well-deserved rest Santa!

BRAVE SOLES



As you may know, our fundraising department organised a Firewalk fundraiser where 40 of our staff and some corporate supporters (Boveda and Nationwide Anniesland) signed up to walk over hot coals to raise funds for our children and young people. The night was a huge success! To start, participants took part in a motivating workshop led by instructor, Jamie which ended in participants snapping a real arrow with their necks (please do not try this at home!). Participants lit the fire, and walked out chanting 'Fire

Fire Fire'; to claps and cheers from spectators. Our Executive Director, Kieron O'Brien started the fire walking followed by every single person who intended to take part – some people even chose to walk over the coals two and three times! To celebrate our achievements we had Gin Tasting and hot chocolate afterwards. We are delighted and proud that an outstanding £8,362.36 was raised, thank you so much to every single person who sponsored a colleague, friend or family member and a very well done and thank you to our **#bravesoles**

CHECK OUT OUR NEW WEBSITE AT eastpark.org.uk

Amanda Has Found Her Voice

Amanda has learned to tell her teacher what she wants – she's found her voice. For Amanda, this is a huge achievement. She is a young woman with complex additional support needs including autism, communication difficulties and sensory impairments. At East Park we want to help our children and young people achieve what others have said is impossible. Help us continue to prove the impossible. After you have taken care of your loved ones, leave us a gift in your will. Talk to your solicitor today. You

will be achieving something very special – making sure that children in the future, like Amanda, find their voice and more. What is a small step for most is a great stride for our young people – applaud their success pledge to help them today. Thank You **#EastParkisGrateful**



Thank You spifox

At the beginning of February, we were extremely fortunate to receive a new Ford Independence, which was kindly donated to us by Spifox.

This additional vehicle will be used by the school, the residential houses and Workmates to transport children and young people to medical appointments, educational activities, social events and other opportunities. The Ford Independence is ideal for East Park as we are able to have a child in the back seat who is secure and far enough away from the driver to make it safe even with unpredictable behaviour. We are also able to accommodate a wheelchair

or have more than one young person go out together where they can practice being with others. We are very grateful to the trustees at Spifox for their support, allowing us to continue helping our young people to thrive each day – Thank You Spifox.

A MASSIVE thank you to the trustees of Spifox for donating us the money so that we could buy an additional bus for our children and young people to use.



Our very own Superheroes

Our residents had their very own superheroes visit them on Christmas morning. Supporter Angela and her son, Daniel very kindly gave their time up on

Christmas morning to visit all of our residents. The children were in absolute awe of their favourite superheroes being in their house as well as receiving goody bags and singing Christmas songs together. Thank you so much to Angela and Daniel, you are real life superheroes and certainly helped spread the Christmas cheer across East Park, 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:

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