

## Inside

P2-3 PARTY TIME

P4-5 CELEBRATION

P6 ARTS PROJECT

P7 BLOOMING

P8 PUZZLES

# Livingwell News

**W** Wheatley Group



## Happy birthday to us!



**SPECIAL OCCASION:** customers enjoyed the birthday party

**L**IVINGWELL has celebrated its fifth birthday in style. The service, which helps you live independently in your home for longer and enjoy being part of a great community, started in April 2018. We recently got together for a big party at

Wheatley Group's offices in Glasgow to mark the very special occasion.

Customer Maureen Harper said: "It's been a really lovely afternoon."

Turn to pages 2 and 3 to find out more about the celebrations

**LIVINGWELL**  
and loving life



# Livingwell celebrates birthday in style

LIVINGWELL has turned five and celebrated with a special party in Glasgow. Livingwell customers and staff enjoyed a traditional afternoon tea of mini sandwiches and cakes at Wheatley House in Glasgow, where our parent organisation Wheatley Group is based.

Everyone was in good spirits, with musical entertainment provided on the day by tenant Tommy Keith. Mary Scahill, who lives at the Livingwell service at Carntyne, said: "I love Livingwell to bits. There's such a great community in the service. We all help one another when we need it."

Maureen Harper, who lives at the Livingwell service at St John's Court in Hyndland, said: "I've been at the

service since the start. There are lots of activities and I really feel looked after there. Everyone in the service gets on with each other, we are all really friendly and you don't feel like you're ever alone. Livingwell really works well for me, and the staff do so much for us."



## Meet Livingwell Manager Nina Erskine

### What do you do?

I oversee all the Livingwell developments in the west. This means I work alongside the team leaders and the development co-ordinator to ensure we are providing a service that meets the needs of our customers.

No two days are the same in Livingwell. It is a fast-paced and exciting service to work in.

### What's one thing staff would be surprised to know about Livingwell?

Some of our customers are actually really young and still work! Although we are a service for older people, anyone from the age of 55 can live in our developments.

I think this is an accurate representation of the population, as people are working and remaining active well into their 60s and 70s. The new developments attract people as they provide safe, secure, high-spec accommodation which is energy efficient as well as having social areas inside and outside.

### What's the best thing about your job?

Seeing customers get the most out of life – whether that is in their home, engaging in activities, living life to the full or being amazed at what they can do. Our recent collaboration with SWG3, where customers had graffiti art sessions, was the best example of this. It really showed that age is just a number and we need to, as a society, ensure that we are continuing to challenge stereotypes around age. All the people who took part had an amazing experience and it paved the way for others in Livingwell to believe they can also do things they might not usually consider.





# its fifth



**CELEBRATION:**  
Livingwell tenant Mary  
Scahill cuts the cake



## Live well and save more

YOU can save money on your everyday shopping thanks to MySavings.

MySavings gives customers the opportunity to save through a huge range of deals and discounts on their shopping, including food shopping.

All Livingwell customers who have an online account will be able to save cash on their everyday shopping thanks to the benefit. An online account also allows customers to pay bills, report repairs, see their account balance and more, at a time and place to suit them.

People can save up to 10%

at more than 1,000 high street and online retailers and already hundreds of people have saved money on their household costs.

There's also a handy budget planner to help keep costs under control – and links to our latest jobs and training opportunities.

Livingwell Manager Nina Erskine said: "MySavings does really help people save on the cost of the everyday things they need. There are lots of different offers each week and it is already helping our customers make big savings on everything from food and clothes to treats like cinema tickets."

## Memory boxes are a talking point for tenants

A SCHEME to get people reminiscing about the past has proved popular with Livingwell residents.

Through a partnership with Nitshill Museum, residents have had access to memory boxes containing a series of artefacts from the past.

Memory boxes cover a wide range of topics, including childhood and tenement life, and the kits contain some original objects, photographs and other material.

They are designed to prompt customers to discuss the items within the boxes and reminisce about the past.

Mrs Anderson, a customer at Dougrie Terrace, said: "I had past experience with memory boxes, but I wasn't allowed to handle the items. However, when I moved to Dougrie Terrace this was different as I could touch and feel, and I enjoyed learning about old things."

Angela McKeown, Livingwell Advisor, said: "The memory boxes have proved really popular with our customers. It's really got their memories going, taking them back in time and sharing stories with each other. It's been a really interesting piece of work and we're grateful to Nitshill Museum for all their support."





# 200 years and still Livingwell

**G**orbals-born sisters Jean and Cecilia Wilson stay at the Livingwell service at Lourdes Court, Cardonald, and have spent almost their entire lives living together.

This September, Cecilia, the younger of the two, will turn 100. She will follow Jean in getting a letter from the Royal Family. Unusually, it will mean the two will both have received such a communication, albeit from different monarchs.

**“I was proud when Jean got her letter. I’m really excited to get one from the King”**

Jean, who celebrated that milestone herself during the pandemic, said: “It was an honour to get a letter from the Queen, I’m looking forward to seeing hers from the King.”

Cecilia added: “I was proud when Jean got her letter. I’m really excited to get one from the King this year.”

Having been at Lourdes Court for almost a decade, they are very happy there and appear to be the life and soul of the block. Whether it’s being in the lounge for a chat or being central to any celebration, they are a popular and much-loved pair.

“We love a gab,” said Cecilia.

Jean said: “I like going to the

## Cultural experience at city mosque

LIVINGWELL residents enjoyed a culture connection following a recent trip to Glasgow Central Mosque.

Residents from Marfield, Sandford and Bellrock complexes took part in the visit, which was organised by Livingwell Community Engagement and Activities Co-ordinator Marian Hassan.

Marian said: “A lot of Livingwell residents have asked me why I’m fasting for a religious holiday or wearing a hijab.

“I know people can be hesitant to ask questions about religion, but I’m happy to talk about it.

“Culture is a beautiful thing, and I organised this trip to





lounge. I love the company – whether it is the Tuesday lunch club or going down to the lounge to celebrate just about anything.”

Although the two are still involved in events at Livingwell, since Covid they no longer get out and about as much. Although refusing to call Covid-19 by its name, Jean regards it as the biggest change in her life.

“Before this, if anything was on, it was nothing for us to jump in a taxi to go to things.

“The virus changed our lives completely. We lived through a war, but we’d never seen anything like it. At our age, we couldn’t accept it in the same way as others have.”

**On 6 September 2023, Cecilia will turn 100. We look forward to visiting them then to join in what will be a very special celebration.**



**PARTY TIME: the sisters celebrate**

give residents the chance to learn about what other people believe in.”

This was the second culture trip Marian has organised, with the first being in 2018. Many of the

**“The trip was fabulous, and I learned so much... everyone was lovely and it was nice to find out other people’s religions”**

residents were keen to do it again or take part for the first time.

One of the residents, Margaret Laverty, said: “The trip was fabulous, and I learned so much.



“The guide took us round the mosque and explained what they do with the money donated – turns out they do a lot of work for poorer countries.

“Everyone was lovely, and it

was nice to find out about other people’s religion.”

Trips to a Sikh temple and Jewish synagogue will be organised by Marian later this year.





## Tenants make their mark at SWG3

LIVINGWELL tenants are enjoying a new arts project at SWG3 thanks to funding from the Winter Social Welfare Fund.

Almost £10,000 was awarded to the project, with around 120 tenants taking part since it launched in February.

The tenants, from Kelvindale and Gorget, started by drawing their designs, before moving on to spray painting on to a blank wall.

Artists Gary, Michaela and Der from SWG3 showed the tenants

the art of graffitiing as well as the history behind the SWG3 complex. It's one of Glasgow's leading venues and is available to hire for everything from gigs to concerts and community projects.

Livingwell Team Leader Kim McWilliams said: "The tenants had a great time showing off their own designs and creating a masterpiece to celebrate the fifth birthday of Livingwell.

"They finished the day with lunch in the café and a tour of the wall art outside SWG3. Artists

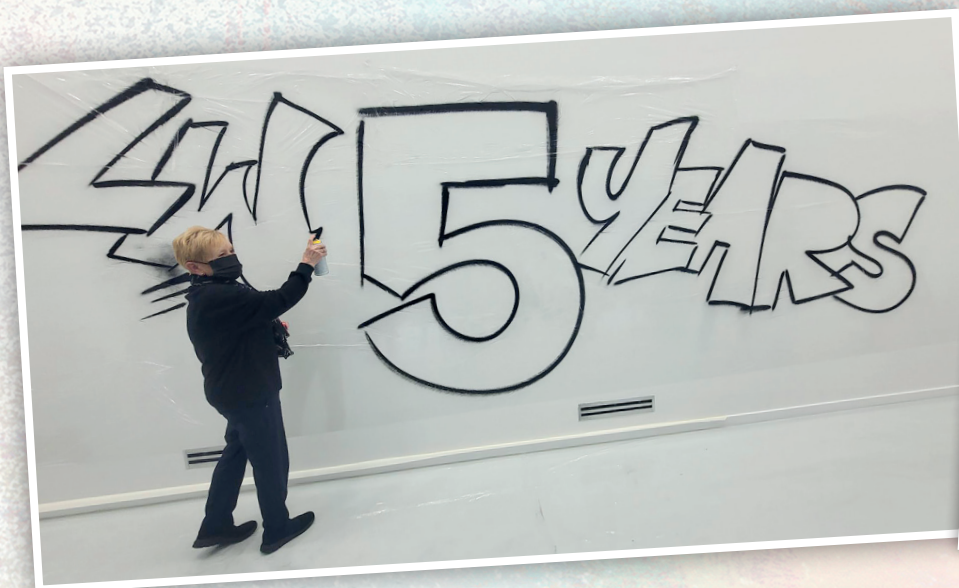
from all over the world come to take part.

"SWG3 is currently applying for more funding to grow this project even further, so fingers crossed they are successful."

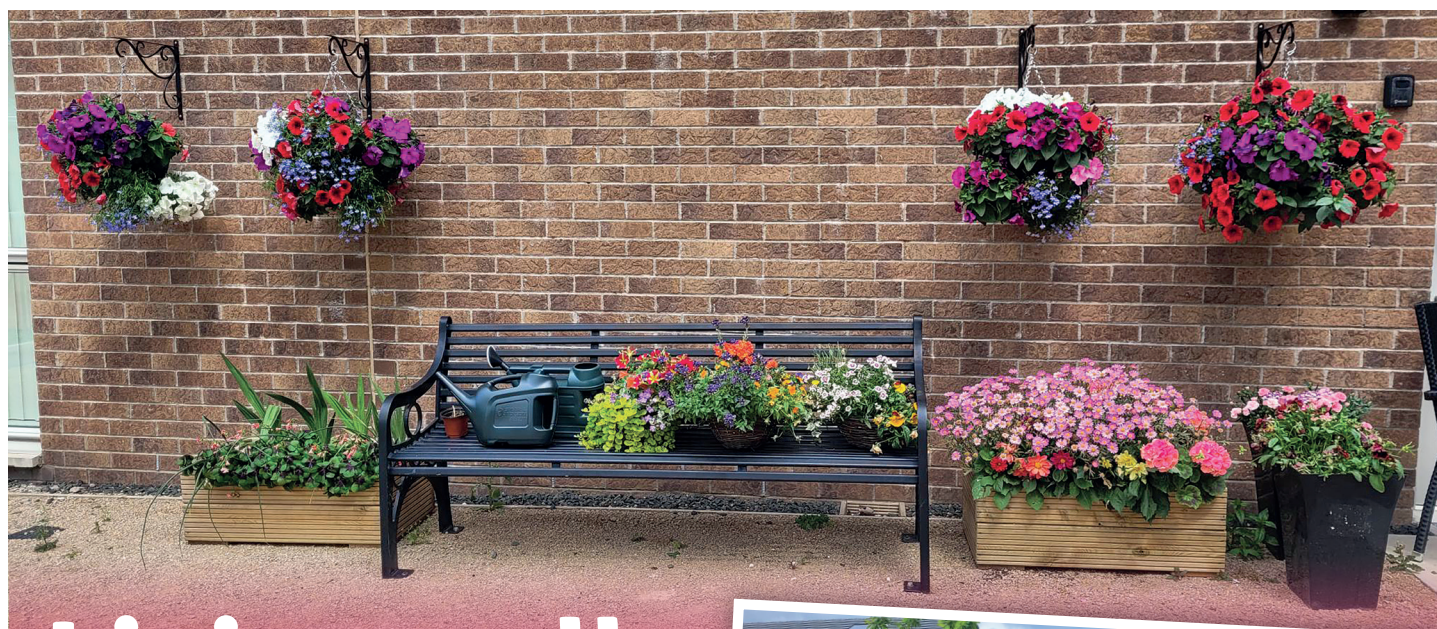
Tenant Margaret from Kelvindale said: "It's been great to paint a wall without getting told off by your mum."

Ann from Gorget said: "It was so different to anything I've done before. I wasn't interested in art in my younger days, but I enjoyed the freedom of doing what I wanted.

"My husband James used to work here when it was the coopeage, so it's interesting seeing what the place looks like now."







# Livingwell garden in full bloom for summer



LIVINGWELL tenants from Auchinlea Gardens in Glasgow have worked together to brighten their communal garden. Around eight residents planted

20 flower pots, ten hanging baskets and raised beds. They also have two compost bins and a greenhouse. Tenant Diana Nicoletti said:

“We all mucked in to brighten the area up. We didn’t know each other beforehand, but now we sit out at our tables and chairs to chat and socialise.”

## Be wary of bogus callers

BOGUS callers try to get into your home or get personal details by pretending to be someone they’re not.

This can include posing as council staff, charity collectors, meter readers and police officers. In reality, they are criminals trying to steal money and valuables.

Rogue traders usually cold-call. They claim to be workers offering services such as making



repairs or carrying out work on your property. In reality they charge inflated prices for shoddy work that isn’t needed.

We do not recommend dealing with cold-callers. Top tips to keep safe include:

- Be on guard if someone turns up unexpectedly
- Keep front and back doors locked
- If you’re not sure, don’t answer the door
- Don’t feel embarrassed – genuine callers expect you to be careful
- Only let callers in if they have an appointment – confirm they are genuine
- If you’re not sure, don’t answer the door.



## WORDSEARCH

Win a £25  
gift voucher

A	L	G	A	T	H	E	R	I	N	G	S	X	O	O
P	O	I	N	E	M	A	Z	P	L	J	C	Z	B	L
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## THE WORDS TO FIND ARE ...

CELEBRATIONS  
LIVINGWELL  
GATHERINGS  
FIVE  
BALLOONS  
MEMORIES

FRIENDS  
PARTY  
MUSIC  
CAKE  
FOOD



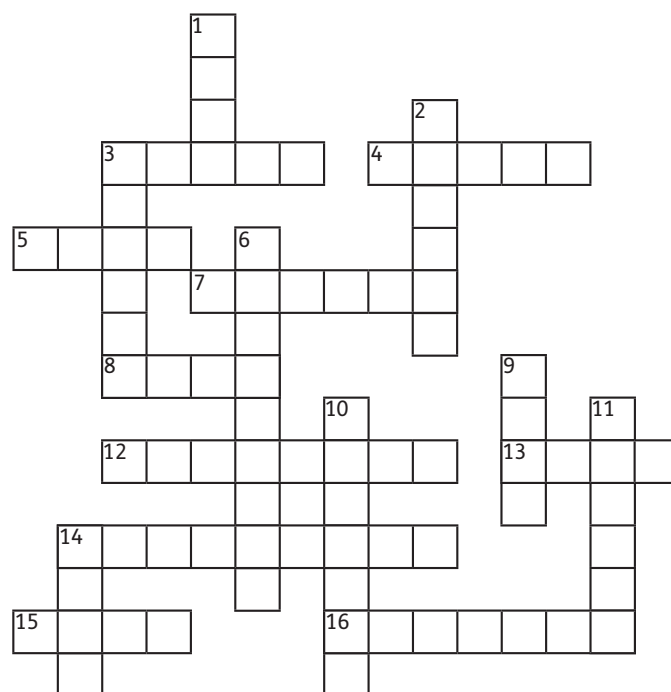
## YOUR DETAILS:

Name:

Address:

FOR the chance to win a £25 shopping voucher, give your completed entry along with your name and address to your Livingwell Advisor, who will make sure it is entered into the draw. Closing date Friday 4 August Good luck!

## CROSSWORD



## Across

3. Grass grows and turns the colour \_\_\_\_\_ (5)  
 4. Spring starts during this month (5)  
 5. Children go to the \_\_\_\_\_ and play (4)  
 7. Rain gathers in one spot on the ground and makes a \_\_\_\_\_ (6)  
 8. Birds make a \_\_\_\_\_ to lay eggs (4)  
 12. Hold this to stay dry when it rains (8)  
 13. Water falling from the sky (4)  
 14. A yellow flower that faces the sun (9)  
 15. Ice and snow \_\_\_\_\_ (4)  
 16. Colourful arc in the sky after the rain (7)

## Down

1. Fly a \_\_\_\_\_ on a windy day (4)  
 2. A person whose job it is to plant crops (6)  
 3. A place to plant flowers or plants (6)  
 6. A caterpillar turns into a \_\_\_\_\_ (9)  
 9. Temperature that is not too cold and not too hot (4)  
 10. April showers bring May \_\_\_\_\_ (7)  
 11. Open the \_\_\_\_\_ and let fresh air into the house (6)  
 14. Plant a \_\_\_\_\_ and wait for a flower to grow (4)

## Answers

