WHAT'S BEEN ONE OF THE FAVOURITE THINGS YOU DID IN 2018?

The best thing I did was the Big Sleepout that was organised by Bethany Christian Trust. I slept outside at the City Chambers overnight with lots of other people to raise awareness and money for homeless people.

continued on page 2
WHY DID YOU DECIDE TO TAKE UP THIS CHALLENGE?
I had been feeling bad about a rough sleeper in Edinburgh who died. He used to sit near my home and I saw him a lot. My Support Worker suggested I found a way to do something positive to help others in his situation rather than feeling bad and we saw this fundraising event advertised online. I wanted to do it straightaway!

WHAT DID YOU DO?
We signed up for the challenge and made sure we had enough warm clothes and sleeping bags for the night. When we got there, we made a shelter out of cardboard and made our 'beds' in the street ready to spend the night there. There were lots of other people taking part too and there was a band playing who used to be homeless.

HOW DID IT FEEL?
It was extremely cold and windy, and I didn't sleep much at all. The worst thing was the noise from the passers-by; it would be very scary to do that every night. It even snowed on us, as we packed away our things in the morning!

HOW DID YOU FEEL AFTER?
I felt amazing and proud. This has been my highlight of 2018 and I would like to do more fundraising in the future to help people. I'm happy I could raise money to help the homeless. Between myself and my Support Worker Lou we have raised over £250 and would like to reach £300, so please sponsor me on my page.

Ian's fundraising page - https://bigsleepout2018.everydayhero.com/uk/ian
One thing I always wanted to do was to be some kind of fitness instructor. I was talking to my support staff to set a goal for achieving this and we talked about options and opportunities available that could get me to this place.

I previously loved Zumba classes but my class closed in Craigmillar, so the staff told me that Yocasta Rodriguez the Senior Support Worker at Caltongate can do Zumba instruction, and that we could sit and discuss setting up a class, generate interest and see where we could go from there. So, we did!

We asked people if they would like this opportunity to try for fun, got people together, got the venue organised, tea and coffee and that was us on our way.

I was shy at first, but I knew everyone who came along, so that helped me get some confidence.

First Yocasta would lead, then I started taking turns of leading the Group when I was getting to grips with the moves, which then moved on to me buying a DVD and practicing Zumba in the Peffer office with Donna, Tom and Caroline - what a laugh we had. I told them, they all need to practice more!

I then started to make up some dance routines on my own and lead the Group on the weeks Yocasta was not there. I really liked this and that's what it's all about, laughing and having fun.

I got so much confidence from this, and the Group ran for a year. At the Service Development day, I had a slot of time to teach all the staff some moves. Everyone enjoyed this, but I decided I needed to think of what else I want to do next...

Bob Smith and I planned a trip to the Air Show at East Fortune for some time and full advantage was made of my membership to help Bob get his ticket at the early bird price and at a guest membership rate!

We caught the Air Show Special, No 777 bus at St Andrew Square. The weather was looking very grey and ominous and it was raining lightly as we left. When we got on the bus, Bob told me he had been looking forward to the Air Show outing for some time. It was a nice bus ride despite the weather.

I had not been to East Fortune before and was looking forward to seeing Concorde. When we arrived, it was raining very heavily and as we queued to get in, we could hear various announcements about cancellations and parts of the display that might be curtailed by the weather. We took refuge in a marquee and had a bite to eat. We then decided to do the rounds as the rain eased a little and we looked at various static displays and then went to the hangars that contained civil and military aircraft.

It was really good to get close up to the planes. Concorde is very big, as was the Vulcan V Bomber. Bob enjoyed seeing the Spitfire.

After looking at all the displays it was clear there would be little or no flying. We went for a cup of tea, to decide what to do next. We were disappointed not to see any planes flying but it was very wet and cloudy, and they could not take off. I would have liked to see the Red Arrows. Anyway, the tent with the models was very good, and the airfield layout from the war was very interesting. We spent four hours at the show and we decided to head back into Edinburgh for something to eat and then go to an Exhibition at the Chambers Street Museum.

Bob told me he enjoyed the Exhibition about Bonnie Prince Charlie because he got in for free! Never mind, there is always next year.
I would like to tell you about our garden here at Terrars Croft (St Leonard's).

All the people who live here share the garden and take care of it. This year we planted lots of seeds, summer plants and hanging baskets, and it looked amazing. I filled the raised planter with wildflower seeds, and we all took turns to water the plants.

We have a bird feeder and buy seeds and nuts to fill it, to encourage birds in the garden. I often sit and watch the birds at the feeder when it's nice outside. It feels great being outside, and I know it is good for my mental health. We now have bird nesting boxes and hopefully the birds will use them next year. At a support meeting we all decided we would get together and buy a special motion sensor camera to photograph the birds and wildlife. John, a Support Worker, steered us in the right direction about what would be the best camera and he was the foreman when we attached it to the tree!

We now have photographs of birds including blue and great tits, blackbirds, sparrows and robins. This makes me happy as I love watching the birds and being out in the garden. It is so tranquil and best of all it makes me feel good. It reminds me of my childhood, as my parents had a lovely garden. It's our very own little Spring Watch! Next year the plan is to grow some tomatoes.
On the farm we grew cotton, chillies and oranges. We also had water buffaloes and chickens. There was an irrigation tower and my 2 older sisters, and I had a wonderful jacuzzi.

My parents were Church of Scotland missionaries and there were two other Christian families in the farm. My Dad worked in Christian literature all round India. He also did youth work (which is something I fancy doing as well) Many young people visited the farm known as the "Alipur Community".

I remember enjoying playing badminton with the young visitors and once visited a leprosy clinic which was run by a lady missionary neighbour.

When I was 9 my Dad had a job for 5 years in Birmingham teaching people to be missionaries. We then moved to Edinburgh where my Dad was an ambassador of the Church of Scotland around the world.

I would like to volunteer playing tennis (which I love). There is an obstacle; my schizophrenia drug, Clozapine, puffs me out and gives me back ache. However, I still would like to do this for 6 months and support people with mental health issues.

In 6 months, I want to start a 3-year course on-line with the Christian Leadership University. The course is called an Anointed Visionary, servant learned doctorate in Christian Leadership.

I have recently had a pivotal dream. The dream was talking about schizophrenia. It showed chains which can stand either for negative things that bind us or bonds of love which though binding set us free. In my case it was freedom. This was a breakthrough and a great joy and relief.
I have a lot of hobbies and interests, collecting masks are one of my interests. I have a large collection of Halloween and animal masks and I love to pretend to be the characters when I am wearing my masks.

One day over a year ago, when I was with my Support Worker Diana, I bought a "make your own mask book" as I really wanted to try designing my own masks. I decided to design a mask of Diana's and my other Support faces and so Diana also created a mask of my face. She spontaneously chose a humorous mask template which had a big broccoli piece instead of hair, then after completing the mask she jokingly called me "Broccoli", knowing that I love to be teased and called playful nicknames. In response to the "Broccoli" name, I decided to call Diana "Tomato" and I repainted her face mask in red. The effect, since that day, is we have been calling each other "Broccoli" and "Tomato" families and playing tricks on each other. My favourite part of these stories was sending tomato to the jail and rescuing broccoli, who was being sent to prison too. These hilarious stories enabled me to engage in conversations with Diana. I usually do not talk much while walking, so by these stories, I had not only a good entertainment, but I became more open, chatty and creative.

One-time Diana encouraged me to continue the stories by drawing them in a sequence of images. I loved it! We were both drawing different pictures and she taught me how to draw the main characters. I even started adding text, next to my pictures. I had so much fun while doing this and I also learned how to spell some new words. I also write in my daily journal as improving my writing skills is one of my outcomes.

I loved my stories so much that "Broccoli and Tomato" became an inspiration to a song "the Tomato Head", created by Robin, my music Support Worker, and I really enjoy singing and song during my music lessons. Recently "the Broccoli and Tomato" song was recorded in a video format, with Robin's soundtrack and Diana's pictures. This way I could present my vocal skills to my neighbours, my relatives and to the rest of Caltongate team. I am very proud of my video and I still love my Broccoli nickname and the "Broccoli and Tomato" story, which is being now written in a comic format.

Finally, I have to admit I have never been a big fan of vegetables but nowadays I am fond of having broccoli and tomato vegetables on my plate!
SCOTT LAUDER

From a teenager, my life very quickly became unmanageable and remained so for around 20 years, resulting in homelessness and a prison sentence. For the last 16 months I have been in recovery, carving a new clean and sober path for my future. Because of my addiction, my family relationships suffered, I am now able to reconnect these relationships with family and the wider recovery community.

My family life has vastly improved, I now have an amazing relationship with my niece and this is consistent, unlike before. My relationship with my sister is much better and I keep working hard to improve this, reaching out to her when she needs me, going shopping and babysitting for her. I can now be there for her.

Being in recovery has opened doors to volunteering with Aid & Abet. Aid & Abet offers peer mentoring to both men and women who are in prison, to support them prior to liberation and continue to provide support on release to access appropriate services and aid recovery.

Living a clean and sober life and being honest and upfront about this has resulted in a permanent tenancy with Castle Rock Edinvar, offering me reliability and stability. Over the last 16 months I have moved several times. I can now see this experience has made my recovery stronger, as I have had to adapt and rely on my programme and support network that I have built up.

I am now chairing a fortnightly meeting from Klibreck House within the with YOU MTAP Service, this is carrying a message of hope and recovery, something I am passionate about as this is where I started my own journey of recovery. I work very closely with the team at MTAP and we have a very good working relationship. I am a member of various committees within the recovery community, assisting in raising awareness for GP’s and other professionals and generally promoting meetings in the Midlothian area. Through the fellowship we now have 4 meetings within Midlothian when only 18 months ago there were none.

My plan from here is to settle into my new flat and plan for my future. I am applying for jobs and maintaining my recovery.
I am 22 years old. I have depression and anxiety. The impact this has had on my life is that I barely leave my house, and for most of my life I have avoided contact with the outside world. My mental health has been poor since my pre-teenage years, which caused issues at school. I would not ask for help - I would just sit there and struggle. I have been on many programmes over the years to try to help with depression and anxiety. Some of these worked for a little while, but these programmes had a time limit, and there was no follow on, which left me back at square one.

At the age of 19, I was living in a women’s refuge, then moved to my own flat, but struggled still with the outside world. My Mum was my biggest help at this time, as she was the only person who could get me to go out. She took me shopping and made sure I had everything I needed and that I registered with a G.P. My Mum contacted Social Work, where I was put on a waiting list before being referred to Places for People Scotland Care & Support (now of course with YOU). My Mum remains my greatest supporter.

My Mum and I met with my Social Worker, Kelly (Team Leader at the West Lothian Mental Health Service), and a Support Worker in my home. I was extremely nervous and worried, and was apprehensive about engaging with another service, after having felt let down in the past.

At first, I was still scared and nervous during support and barely spoke. I met with my Support Worker twice a week for two hours at a time in my home. I thought that this would be too long to spend with someone and struggled to fill the time.

My Support Worker and I spoke about ways to get me to go outside. We started by going for walks in the local park. I found that as we were walking it was easier to talk, firstly about things around me, then gradually about myself. We discussed what I would like to do in the future and planned the steps we would take.

My first big challenge was to meet my Support Worker at a café in the next town. This involved getting a bus on my own. I had made the journey with my Support Worker twice as a practice run. On the third occasion, going on my own, I was really nervous and apprehensive, and my head was full of worries - "What if I get the wrong bus?", "What if my Support Worker was late?". Thankfully none of these things happened.

I was at the bus stop early in the morning and as a result I was among school kids waiting for the bus. This was a situation I had avoided until now, as it made me very anxious. If I had to go out at all, I made sure it was not at times when the school pupils would be around.

I succeeded - I made it to the café. I made the return journey on my own feeling exhausted. I took a deep breath and a sigh of relief when I got home. It had been such a long time since I had gone out on my own. I then started to make journeys further afield. Meeting my Support Worker in different places.

I got a place on the course but there were setbacks. The initial course I was to attend was cancelled due to a lack of numbers and would go ahead when numbers increased. Unfortunately, at that time I became physically unwell and was unable to attend. We didn’t give up! We contacted Women in 2 Work and asked to attend the next course.

The next part of my plan was to get myself healthier. Through my GP I had a referral to the local gym and could not attend my first assessment due to physical illness, but I would not give up, and called on my own to re-arrange. This is a big step for me as I struggled previously with phone calls. This shows me how my confidence is growing.

The gym assessment went well. I was apprehensive at the health assessment and at first, I was anxious as we spoke about my weight, but I answered honestly and when we spoke about what I hoped to achieve, and I was realistic. We came up with a reasonable plan for me. When we got into the gym, I really enjoyed it and did not want to leave. My previous worries about what other people would think of me seemed to be left at the door.

The next big step was to work towards College. We attended West Lothian College open day and applied for a maths course, which I can do from home. This is a step into Further Education as I plan to take on more courses to build my CV and mostly to build up my confidence.

We started to look for information groups or courses that could help me build my confidence and get me back out into the world. We found a leaflet for the Women in 2 Work course and I took a massive leap forward by attending an interview, accompanied by my Support Worker.

This is a short summary of my journey so far. I plan to do more in the future as I still have anxieties that I will learn to control and overcome with my new-found confidence. I have been given the tools that I need to succeed. I have been encouraged to use them and must put every effort into this. The support I have had from with YOU has helped me to accomplish the goals I set to be where I am now.

**WATCH THIS SPACE!**
Flo was born in the North side of Edinburgh. She came from a large family. The happiest times of her young life were spent in the Grassmarket in Edinburgh with her Nana McMinn.

Nana McMinn lived there with Flo's granddad. She said they were kind to her. She spent many a Summer as a child on the streets of the Grassmarket playing outside. She loved dolls and her love of dolls lasted until she passed away.

She met with her partner Jimmy when she was a young woman. She was with Jimmy for many years. She said he was a gentleman. She is now buried beside him.

She was a well-known character in the city and the Southside of Edinburgh. You only needed to walk along Clerk Street to see that shop owners and local people knew her and she enjoyed stopping to chat with them.

One of her wishes was to go on holiday and when asked what she would wish for most from the holiday, she said she had never been to the seaside and would love to see what a horizon was. She went to Seaton Sands Holiday Park and on one of the evenings there was the most beautiful sunset.

She watched the sun go down and Flo said she thought it was beautiful. The holiday went well, and she would have returned this year. She had started planning the next caravan holiday.

She loved her animals. She had many over the years. Hamsters, budgies, parrot, fish, cats and her favorite of all, dogs. Her dogs Hollie and Jenny brought her a lot of joy and company. Flo loved to take them walks and bought them many gifts. They were the best kept dogs in the Southside!

It was only words and none of them were meant (well a few maybe were!).

In 2012 she received an achievement award from Rhona Murray our Director. This was for achieving the goals she'd always wanted to reach. We were all so proud of her for this and the award took pride of place in her sitting room.

She loved music and would tune into the radio station for Scottish country dance music. She went to see Daniel O'Donnell in concert and also liked Elvis.

Flo loved a good sense of humour, conversation and company. She was a huge character and leaves a big gap in the St Leonard's service.
IRIS WATT - MY CHILDHOOD

I was born Iris Ewing Maxwell McLean on 24th January 1934. My Mum's name was Margaret and my Dad's name was Donald. I was born in the house - that was the way of things then.

We lived in Brown Street in Edinburgh. My Mum was only 17 years old when she had me - a young Mum. My Dad had a good job he was a Rep and he had a car - not many people had cars in these days. I suppose we must have been quite well off compared to some. Dad was not always a Rep. When Mum and Dad got married Dad was a waiter in the Caledonian Hotel.

My Mum worked in a Dress shop, she worked in a few, but her favourite one was Willkie's at the West End. In these days they had all different departments. Mum worked in the coat and suits department - it was good when I got older because Mum would get a staff discount.

We used to go away on holiday to Blackpool and Bournemouth.

My dad would drive - we had good holidays. I went to Sunday school at Pilrig Church I loved going on a Sunday. I can't remember being in the Brownie's but I was in the Girl Guides, then I went on to being a Ranger. I am the Ranger standing next to the leader in the back row on the right of this photograph.

(continued on page 11)
I had a lot of girlfriends then so I never felt lonely being an only child, in fact I still see them. There are five of us and as the years went on we decided to christen ourselves the golden girls!

When I was about 16 or 17 years old we moved to Forrester Road in Corstorphine. It was a lovely wee village then, you could do all your shopping there.

St. Cuthbert's store was there. My Mum's dividend number was 78518 and after I got married and joined, my dividend number was 53569. Funny how you never forget your divy number.

When we moved there I was working by that time and the Trams were still running but not for long, then the buses took over.

My Mum was an amazing wee woman. She lived till she was 92 years old and my Dad he lived till he was 82 years old.

MY SCHOOL DAYS

We were living in Brunswick Street by the time I was old enough to go to school. I went to the Primary School in Brunswick Place and one thing I do remember about primary is I hated my teacher her name was Mrs Ingles. You can imagine what it was like for me at school, because you had to write your full name so I had to write Iris Ewing Maxwell McLean all the time. How I got all these last names as middle names is because Ewing was my Mum's maiden name and Maxwell was my Dad's stepmother's maiden name.

I remember we played tig, and peever's with a small round tin. The best was an empty cherry blossom shoe polish tin. I don't think you get tins any more.

This is a peever's bed above.

We also played hide and seek in the playground and other games.

When I started School, I had books and jotters, they were just doing away with the slates and chalk.

I remember the sports days. I was a good runner I don't remember winning any prizes. I think we had our races in Pilrig Park. We used to get a half day after the sports were over.

I remember during the war we had to practice going into the Anderson Shelter in the back green. It was great in the winter time because we could slide down it when we had snow and ice. We used to play in it years later after the war was over. I only remember having to go in it for real when the bottom of Leith Walk got bombed. Being a child then it was very exciting, I wanted to go out and see the planes bombing but we didnae get to, after all, that's what the Shelter was for. My Mum was terrified of the bombs. My Mum's sister Auntie Kate she lived in the next street, but she never had a shelter. So, Uncle Alec and Auntie Kate must have just stayed in their house. They owned their house and ran the chip shop next door to them. They stayed in Crichton Place. It was great. I always remember getting free bags of chips. Their son, my cousin Douglas, was a brain box and he went to Heriot's. They always told me I was stupid compared to him.

My Mum had another sister, Auntie Jeanie. She was my favourite.

I was clever you know. I went to Broughton Senior Secondary and you had to have good marks to get in there if not you went to Bellevue Secondary School, (not a senior secondary). I left School at 15 years old (to be continued).