



No place like

★ HOME ★

PHOTOGRAPHY COMPETITION

2018
WINNERS

Housing support
matters





We're pleased to present the winning entries from the 9th Annual No Place Like Home Competition from 2018.

Housing Support services help people to live independently in their own home and community. Services can be delivered in an individual's own home, in temporary accommodation, like a hostel or in supported or sheltered accommodation.

Housing support services can help with day-to-day living support, budgeting, handy person services, alarms, access to services, tele-health and tele-care, addressing social isolation as well as provide or support to access health and wellbeing services. Housing support can help people to avoid a crisis such as homelessness or to prevent or delay the need for acute, higher level and more costly services.

Every year, the Housing Support Enabling Unit runs a photo competition for people who receive housing support. We ask people to send in a picture that tells a story about their own experience. There are three categories: Home, Community and Wellbeing, and an individual and a group winner in each category.

Collectively, the entries that we receive help to show the difference that housing support can make to individuals and their communities. Housing support is not just about getting or keeping a roof over someone's head – that's only the beginning of the story. It can help people to make new friends, gain confidence and new skills and encourages healthier, more independent lifestyles. This year, the winning entries highlight the importance of community activities and outdoor pursuits. Two of our winners wrote about how the support they receive helped them to get out and take on challenging outdoor walks while others took the opportunity to dance at a daytime disco!



Home

Housing support can help to support a person to gain skills to maintain a tenancy, link with their community and transform a house into a home whether a person is coming out of the crisis of homelessness or building a strong community in long term supported accommodation.



Rainbow; A symbol of Hope

I am an alcoholic, cocaine addict in recovery. I was homeless in February with no home and suicidal. I never wanted to open the blinds. I was not able to be in the world. Today I am grateful to have a roof over my head, food to cook and enjoy. I have peace. The Rainbow was a promise from God. The Rainbow was taken from my window. I now am so blessed to have seen this symbol of Hope. I am thankful to be in a home today.



Richard Shaw
Aspire Housing and Personal Development
www.aspireinc.co.uk



COVER & LEFT
Margaret Muir, Michelle Penders and Betty Bell
Loretto Care
www.lorettocare.co.uk

Dancing Queens

We have a large common room at our Loretto Care, Maryhill service, and we had a 'Silent Disco' here. Gill, from 'Hound Dog Discos', came along with headphones, ribbons, funny glasses and all different types of music. It was really good, as the headphones meant that all other noise and distractions were cancelled out, and we could sing and dance to the music. It was funny when one of us took our headphones off, and couldn't hear any music, only everyone one else singing out of tune, at the top of their voices! We also done some laughter yoga, which felt strange at first, but once we got used to it, we were all laughing with each other. It was a great feeling.

Community

Housing support can help people to get involved with community groups and activities or to take on a personal challenge to get out of their comfort zone. Community activities can help to reduce social isolation, improve health and wellbeing and create a sense of belonging.



Jamie Hutton
Aberdeen Foyer
www.aberdeenefoyer.com

Feeling on Top of the World

As part of my recovery and wellbeing my fantastic support worker and her beautiful dogs have been encouraging me to get out and about. As an avid walker myself it was time to get out of my comfort zone and I planned the challenge of climbing Bennachie. This was a difficult and steep climb but once finally at the top I felt good and was proud of our accomplishments. I am now looking for the next mountain to climb.



**Doreen Carmichael and
Ruksana Mohsin**
Loretto Care
www.lorettocare.co.uk

Disco Divas

We have started to attend a 'Daytime Disco', which is run by 'Weekday Wow Factor'. The disco takes place in The Sanctuary nightclub, in Partick. It's great, as we still get to enjoy the disco atmosphere, music and dancing, with friends, but feel safe, as it's during the day. There's even a bouncer on the door! The music is all from the 60's and 70's and 80's, and brings back great memories. We've also met a lot of our friends there, and made some new ones too. Weekday Wow Factor run loads of adventure activities for older people, which means we can try activities that we wouldn't normally get to do, like speed boating, go karting, adventure golf and zip slide! We can't wait to try the speed boat.

Wellbeing

Being part of a community is key to a person's health and wellbeing. Housing support can help enable people to get out in the outdoors, learn new skills and gain confidence. Long term supported accommodation can help people to reduce social isolation and build supportive communities.



Ernie Thompson
Loretto Care
www.lorettocare.co.uk

Feeling on Top of the World

I live in Maryhill, and receive support from Loretto Care. I have always wanted to go on a trip to the Campsie hills. The hills are not far from my home, but I have never managed to get there until now, as sometimes, when I feel down, I don't feel up to doing anything. Recently, I have been feeling great, and went with two staff members from Loretto, and we had a great day. We walked along the hills, and took some photographs of the scenery. It felt great, getting out and about in the fresh air. We made the most of the day, and went into a lovely pub in Fintry, for our lunch. I'm already making plans to go on another trip, this time to Loch Lomond. I can't wait.



Dryden Street Project
Gowrie Care
hillcrest.org.uk/Gowrie+Care

Breaking news the stars of Dryden Street

Dryden Street is a resettlement unit, we have 10 self-contained flat, 4 of the flats are from service users who have permanent tenancies and the other 6 flats are short tenancies. Over the past few years, service users have been inviting family or a friend for Christmas dinner as this can be a difficult time for a lot of people especially for service user who are feeling isolated and don't have support from family or friends. By having everybody together this has been beneficial to their wellbeing. On Christmas day staff come in to do a meal and to hand out presents chat and to have some fun. This picture was taken at the end of the day and service users came up with the idea to have the picture put into a TV setting as they are all stars.



About HSEU

Housing Support services are provided to vulnerable people, with the goal of improving their quality of life by providing a stable environment to enable independent living. The aim of the Unit is to offer support and assistance to providers of housing support in the voluntary, private and Registered Social Landlord sectors.

For more information about the Housing Support Enabling Unit, contact us on 0131 475 2676 or hs.unit@ccpscotland.org or visit our website at www.ccpacotland.org/hseu

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Most importantly, we are extremely grateful to all of the service users and support workers who entered the 2018 No Place Like Home Photography Competition and told their stories.



All of the entries from 2018 and from previous years can be viewed at:
www.flickr.com/photos/hseunoplacelikehome

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