

# SoLO is going digital!



Janet Down  
SoLO's CEO

We are always looking to be more efficient, using our money wisely and getting out to as many people as possible. So, this will be the last paper version of our newsletter that will be posted out. We will, instead, be writing and distributing our newsletters, on a more regular basis, via our website, e.mail and social media. If you are not comfortable with these formats, we are offering the option to subscribe to a postal version. Just let us know at the office (you can call on 0121-789-3685 or e.mail us on [m.brown@solihullsolo.org](mailto:m.brown@solihullsolo.org) or write to 38 Walnut Close, Chelmsley Wood B37 7PU) and we will ensure that you don't miss out. This approach will save us almost £3,000 a year (which is the running costs of some of our projects for 6 months).

So, for our very last posted version, we are focusing on introducing some new developments in SoLO - we hope that you enjoy reading about them!

# Daylight...expanding

An exciting daytime activity project for adults with learning disabilities. Week days at our SoLO bases in Chelmsley Wood and central Solihull. Experienced and enthusiastic staff support members on a 1:4 basis, plus a team of volunteers. We are a small and friendly project, with no more than 20 each day, enabling members to choose individual activities or ones with their friends.

It's all about having fun, making and keeping friends, learning and experiencing new things and being as independent possible. The activities are chosen by the members and cover a range including:

- Fun days out
- Health and sport
- Independent living
- Looking after yourself
- Creative and expression
- Community living
- Developing friendships and values
- Finding out about the city we live in
- Travel training

If you are interested and would like a free day's trial at Daylight, please contact the Daylight Manager on 0121 779 3865 or email: [a.kaufmann@solihullsolo.org](mailto:a.kaufmann@solihullsolo.org)



# now available 5 days a week

# SoLO Supported Living



**Our aim** is to provide person centred support to people with a learning disability to live successfully in their own home, enabling them to have choice and control over their own lives. Our support helps them to live independently and ensures that their emotional, social, intellectual, physical and support needs are met. They are then able to live the life they want within their community.

SoLO will provide the highest level of care, ensuring that the support matches the person's needs.

This means the support is designed for the person...it fits the person, and the service is designed around the individual's needs.

Interested? Contact [j.graham@solihullsolo.org](mailto:j.graham@solihullsolo.org)

## Evolve

**NEW** daytime activity project opening July 2016 supporting adults with a PMLD and/or complex health needs.

SoLO's new 'Evolve' project is all about having fun, learning new things and making friends. It is a bespoke service specifically tailored to your individual needs. The staff ratio is 1:1 supporting the member to get involved and enjoy their life to the full. They can join us any day Monday to Friday from 9.30am to 4.30pm or come for a half day if they would prefer. We will be open for 50 weeks of the year, closing only over the Christmas and New Year period.

There will be lots of interesting, hands on activities to participate in, along with days out, visits from professionals and in-house independent livings skills opportunities. So ... what's not to like? Come along and join us for a free day session (or two half days) and experience Evolve first hand. Contact [margaret.sheikh@solihullsolo.org](mailto:margaret.sheikh@solihullsolo.org)



## Don't miss out!



Our reporters Scott Embley, Ruth Maniatt, Laura Wilkinson and Daniel While will still be out and about reporting on SoLO's activities.

Look out for the next edition which will be available on our website [www.solihullsolo.org](http://www.solihullsolo.org)

Want to be alerted?!

**PLEASE SUBSCRIBE TO OUR EMAIL LIST!**

Drop an email to [m.brown@solihullsolo.org](mailto:m.brown@solihullsolo.org) and we'll make sure you never miss out on all our news!