



Take the High Road Cycle Challenge Update

Well done to all the participants in the cycle challenge you raised **£1,295** in sponsorship which will be used at the services for social activities for the individuals we are working with.

A special thanks to top fundraisers:

Rose £255 Iain £105 Karen £100 Tam £100 Bill £100.

Another special mention for the stunt rider who managed to ride with the handlebars round the wrong way!



Hope is all you need

Trapped in a mire of reality,
sometimes hope is all I have,
reality is nothing but
a well disguised mirage;

Torn between the two,
I fight on and on and on,
Every day with my own self,
to keep my sanity and live another day;

With my head full of pride,
hell-bent on proving a few people wrong,
unabated, I continue, living my life
in the dreams of yesterday;

In a world full of lies and deceit,
where people change alliances at a drop of a coin,
sometimes there is a window of hope,
that all is not lost after all;

As the year comes to a close,
I try not to go back to where I began,
a brand new year, a fresh new start,
to rewrite the script with my own truth.

H = Have
O = Only
P = Positive
E = Expectations

Anon @ Direct Access Services



Rose visits the palace!

It was a proud day for me to see Mark receive his MBE from Prince Charles at Buckingham Palace I really enjoyed it.

Mark is the youngest of my five brothers. He was recognised for his services to literature and drama.

He joked with Prince Charles saying he would see him in five years time for his 'knighthood' (you never know !!)

Rose @ Head Office



Join In

I would like to say that I feel when homeless people like us are in temporary accommodation we should all get involved in the Occupant Meetings and Activities.

They can help in so many ways. It's easy to get depressed when you're in our situation. Getting involved in the meetings gets you

out.

If you go to the Occupants Meetings you'll find out what is happening in your accommodation and you'll meet people you live with.

We had a curry & quiz night and believe it or not it was one of the boys living here that made it all. We loved the curry and ate it whilst the quiz was going on. We had lots of laughs as the banter was flowing.

We also have a Sunday morning breakfast club in Copland and again it's a good place to relax and meet people and enjoy a bit of banter with your breakfast. A lot of people have mental health problems and things like this can help make you feel better.

I was lucky enough to get invited to the St Mirren trip. We had a tour of the ground a little training session then a game of 7 aside. It was great then it was "off for some scran" - "food" if you don't know the Glasgow banter. At the end of the day my message to you is get involved in the group sessions, it's hard enough not having your own house. You'll always meet someone who will lend you a hand when you are down and stuck.

"I showed them the real Lubo as ma hatrick was quality!"



DL@ Copland

HAT TRICK

Copland Road Burns Night



**KEEP
CALM
AND
EAT
HAGGIS**

**25th Of January 6:30pm, All welcome
Quiz and Prizes too!!!**