

Welcome from Philip English, Head of Adult Services, Aberdeenshire Council



I am delighted to present this latest edition of IDEA News. I.D.E.A stands for Inclusive Day opportunities, Enabling Aberdeenshire.

This innovative project is about making sure that adults with disabilities have good opportunities to fulfil their potential, to be involved and recognised as valued members of their communities. It is also about making sure that services for people are safe, always improving and continuing to meet people's needs.

IDEA News is to keep you informed about what is happening in your area and across Aberdeenshire.

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IDEA@aberdeenshire.gov.uk



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Update on the IDEA Project

by Val Milne, IDEA Project Manager

In the last newsletter I mentioned that extra money has been provided by Aberdeenshire Council to set up new projects and extend existing projects in every area of Aberdeenshire. These projects will mean there will be more types of training and skills development opportunities available.

Here is a snap shot of what is happening:



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Fraserburgh

A new post has been created so that the existing Accessible Bicycle Project can be extended and 'Recycling Bicycles' maintenance and repair training opportunities can be offered.

Banff

The Coast Festival Committee have taken on the lease of a shop on Low Street and this will be run in partnership with day services. The lovely items made by the Tallulah group will be sold there along with the work of local artists. The project will provide training in retail, production, design, customer service and many other useful skills.

Peterhead

The plan is to develop a new base for the existing Kindlers and Woodwork Project in Aden. This will allow the project to expand in what is a popular visitor destination and community resource

Inverurie and Ellon

A pilot project is being developed to provide extra support for people who want to work or volunteer in their communities. Also in Ellon it is hoped that the existing and popular Friday Pop-Up shop can be developed into a permanent shop and information point through partnership with other community enterprises.

Aboyne

A Community Craft Shop and Workshop is being developed which will benefit the whole community and provide lots of training opportunities too.

Stonehaven

The running of the popular community education building café is being taken on by a Forest View Team. This will provide an improved café service for the whole community and training opportunities for the team.

You'll hear more about these exciting projects as they are developed over the next year and more about how people can use improved training opportunities and support to realise their dreams of working, volunteering and being more involved with their communities.

National News

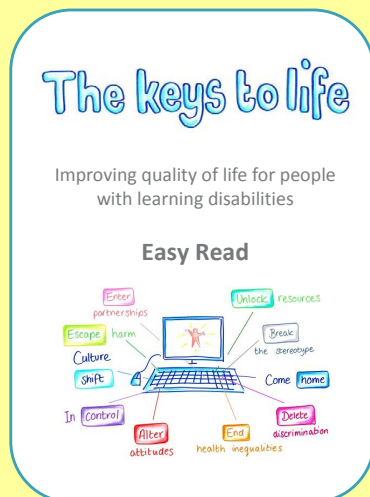


100th Changing Places Toilet in Scotland

BT Murrayfield Stadium launched the 100th 'Changing Places toilet' in Scotland on Tuesday 9th December. These fully accessible toilets are larger than standard disabled toilets and include a height-adjustable changing bench, a hoist and enough room for a wheelchair and up to two carers. In 2013 'The keys to life' was launched at BT Murrayfield. Recommendation 44 of the strategy set a target of reaching 100 Changing Places toilets

by June 2015.

Loretto Lambe, CEO of PAMIS and founder of the Changing Places Campaign said: "I have campaigned for a number of years to get a high profile stadium in Scotland to install a Changing Places toilet. Many people with complex disabilities will now have access for the first time to Murrayfield and can enjoy the rugby, concerts and other events alongside everyone else."



SCLD

The National Confidential Forum Report



scottish consortium for learning disability

Building respect in the Scottish community

A new report called -

'The National Confidential Forum: Estimating the number of people with learning disabilities places in institutional care as children, 1930 - 2005'

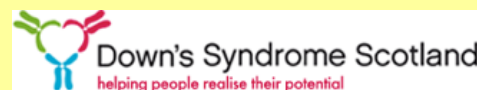
has been published by Scottish Consortium for Learning Disabilities (SCLD). This research was commissioned by the Scottish Government. This report presents the findings of research into the development and use of Scottish learning disability hospitals in the 20th century. The main aim of the study was to help estimate the number of people with learning disabilities who experienced institutional care in learning disability hospitals as children. The research has also helped to identify a wide range of institutions in Scotland that routinely admitted children with learning disabilities

<http://www.sclد.org.uk/news-events/news/2014/national-confidential-forum-report>

Friends Connect!

Down's Syndrome Scotland

Join new friendship groups for adults with Down's syndrome called Friends Connect! The project will aim to increase your social and independence skills, confidence, self-esteem knowledge and involvement in social and community activities and opportunities in the community



Friends Connect will be available in the following areas: Aberdeen, Aberdeenshire, Dundee, East Fife, Edinburgh, Glasgow, Inverness, West Fife

If you would like to join one of the groups, phone Brenda on 0131 313 8614 or email brenda@dsscotland.org.uk

News from across Aberdeenshire

Involving the Experts - Self Advocacy

I.D.E.A is about involving everyone to make our communities more welcoming, safer and fairer for all citizens. Key to this is making sure people who use services have their voices heard.

Self advocacy is when people speak up for themselves either on their own or in a group. Self advocacy groups can help people to get better at speaking up for themselves and give



an opportunity for a collective voice on issues affecting individuals, groups and communities.

If you would like to join a self advocacy group, please let Jackie know and she will put you in touch with your local group.

If you are interested in setting up a group in your area, Jackie can help you to do this.

jackie.eaton@aberdeenshire.gov.uk

If you are part of a group having a say about your lives, services or the community, let us know about you and what you do!

An Explosion of Talent!

Talent Explodes Onto Peterhead Stage

It was obvious from the reaction of the audience at the Community Centre Theatre on Tuesday 4th November that participants in "An Explosion Of Talent" had plenty of talent!

The fundraising concert was organised by Willowbank Centre Drama and Show groups' director, Morag Skene on behalf of both Cancer Research and Willowbank. The Willowbank Drama and Show groups contributed greatly to the success of the show.

The All Stars Drama Group started the evening off when they treated the audience to their Scottish dance 'A Walk Aroon Willowbank'.

Looking very smart in white shirts, black trousers and wearing swatches of 'Blue Toon' tartan on one shoulder they

soon had the audience smiling and clapping along.

Four couples from the Willowbank groups, took to the floor in a movement piece to the beautiful tune 'Rinin Fir A Fry' written by local fiddle teacher, Tom Stove.



Their piece reflected love and loss and the sensitivity with which the group carried out this performance was very special to watch.

The sadness of war was also reflected when some First World War soldiers were led out of their trench and 'over the top' by their commanding officer. One young soldier, who had been looking forward to seeing his sweetheart again 'died' slowly to the strains of the haunting 'Black Is The Sun' written by Scottish singer, songwriter Stevie Palmer.

Another cast member fluttered a handful of poppies over the dying soldier. It was a very moving and powerful piece of theatre,

In contrast, their 'Full Monty' routine in the second half had the audience absolutely roaring with laughter as each piece of clothing was removed, including at one point massive bloomers!

A light-hearted Scottish version of 'Singing In The Rain' came next, with the main dancer wooing, not only the ladies on stage with their tartan umbrellas but also the audience! Alas his flirtations were lost on a sassy young 'lady' (aka Paul) who appeared in a very clingy pink dress and Dolly Parton wig!

Special mention must be made here of Melanie Bennet. Her solo performance of 'Wouldn't

It Be Lovely' from 'My Fair Lady' was wonderful and absolutely brought the house down!

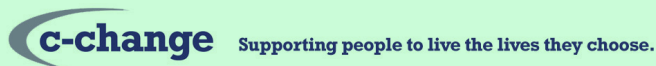
The evening ended with Morag Skene and her groups, in glittering hats and waistcoats, dazzling the audience with the combination of Morag's vocals and the groups moves in their unique interpretation of 'Razzle Dazzle' from Chicago.

The Willowbank groups were ably supported by the super vocal talents of Aurora - Peterhead's best kept secret!

All in all an excellent evening's entertainment, which at the end of the show had Morag Skene saying, "When everyone's having a ball, including the audience, you know it's been a success!" An amazing £2,700 was raised and Morag Skene would like to thank everyone involved for helping make the evening such a success.



Aberdeen Friendship Event a Huge Success!



160 people attended the 'I'll Be There' Friendship event on Sunday 26th October. C-Change Scotland and their friendship and dating agency for adults with learning disabilities 'dates-n-mates' paired up with The Scottish Government, Equal Futures, Aberdeen City Council and other local organisations in the Aberdeen community to host an inclusive evening event that gave people the opportunity to connect, create friendships and have fun.

There was a speed meet, message board, disco and guest speakers- including local Councillor Lesley Dunbar, who spoke about the importance of friendships and relationships for people with learning disabilities and the subsequent health benefits if they have opportunities to be less isolated and better socially connected.



'The Keys To Life' strategy says that people with learning disabilities in Scotland should

have the opportunity to make friends and keep healthy, meaningful relationships. Some people with learning disabilities often face particular difficulties with this so it is hoped that these types of events will assist in achieving this. "We need to get people with learning disabilities talking about friendship and to think about how people become friends and how we cope with difficulties that inevitably arise in relationships. We wanted to make sure that the event gave people the chance to make connections with each other in a safe and comfortable environment." Sam Smith, Executive Director, C-Change Scotland.



dates-n-mates is also being launched in Aberdeen early next year. The turnout at the event proves that there is a real need to provide more opportunities for adults with learning disabilities in Aberdeen to meet new friends and have relationships. *dates-n-mates* runs a regular calendar of events ranging from bowling nights, club nights, creative workshops, talent shows and much more.

To find out more about *dates-n-mates* contact Sheryl Walker

sheryl.walker@c-change.co.uk

0141 427 2946

www.dates-n-mates.co.uk

Christmas Tags, Peterhead

by Margaret Smith, DCO, Willowbank Day Service

Peterhead Projects once again contacted Willowbank Day Service to see if we could make Christmas tags for them to put on the 'Giving Trees'. Last year we made 600 tags and this time they needed nearly double that amount, asking for over 1,000 tags!

The people involved in this project cut up ribbon, stamped on Merry Christmas, put on stickers, edged the tags and put ribbon on for tying the tags onto the trees. Computer skills were also required to set up and print the labels for the reverse of the tag.

Everyone enjoyed the task and kept asking, "Are there tags to do today?"

People said they enjoyed seeing the finished product and felt good about where the tags were going, i.e. gifts for children and young adults. When the tags were finished Simon Bedford, Social Regeneration Development Officer from Peterhead Projects came along to Willowbank and was presented with the tags.

Simon said, "The success of the project would not be possible without the participation and involvement of all our partners and businesses

who have input in this project. A big thanks to everyone involved". It has been so successful that Simon came back and asked for another 500 tags to be done!

The Giving Trees will be at ASDA, Arbuthnot House, Morrisons, Peterhead Projects and the Happy Plant Centre.

People at Willowbank have also offered to help making up the parcels. People have said that they have really enjoyed being part of this community project.

Comments from some of the people involved:

Kathleen: "It was a fine job"

Brian: "I liked sticking on labels"

Stephanie: "I enjoyed putting in ribbons and working with others".

Natalie: "I enjoyed doing it".

Alexander: "I liked doing tags".

Gillian: "I put on a lot of the stickers and cut ribbon. I enjoyed doing it."

Sheena: "I liked putting on the Christmas stickers."



My Training Days with inspire

By George Craighead

I was asked to help with a training session for Inspire staff at Inverurie. The staff asked me to do this training because I had moved from my old house at Ives Road into Threadneedle Street. Ives Road was a residential care home. Threadneedle is my own home, but I am also a tenant. This is called a Housing Support Service. The trainer asked if I could tell the staff at Inverurie about the changes that happened to me. They will soon be moving to a new Housing Support Service and are worried about the big change.

Toni, my Support Worker, drove me to Inverurie. We joined the training session where Scott, another support Worker of mine, and I answered many questions about how my life has changed since my move. I told everyone that I now have

to pay bills. I told everyone how I now have more choice in when I get support and what my support is for. The group asked if I preferred my life since changing to a Housing Support Service and I said yes.

The group invited me to stay for lunch during the training session and I chatted some more with the people on the course. They all said they really enjoyed my part of the training and that it has helped them see the changes in the future should be good.

I am glad I went to help the people on this training course. I knew a lot about what they needed to know.



Shared Lives Scheme

By Fiona Jones

I read about Shared Lives a few years ago and Sue Mahony came out and spoke to my parents and me about it. She told us that I would get 1-1 support from a Shared Lives Carer in the Carer's home. I like the idea that the Shared Lives team would get to know me and match me with a Shared Lives Carer who shares my interests. This means that we got on from the start and can share things we both enjoy.

I am matched with two Shared Lives Carers. My Shared Lives Carer, Dot, offers day support. Dot has given me the opportunity to be part of a different community, which I really appreciate. Dot and I go to the local library. Sometimes we go swimming which I feel gives me a chance to relax and I get to try out and feel comfortable in a different pool. We have been to Castle Fraser and Drum Castle. I like going for a walk in the castle grounds and we went to the plant sales.



This began my interest in gardening. We now visit garden centres together and choose plants for the garden.

Since I have been with Dot I have become more confident in using the kettle. I can now make Dot a cup of coffee and when at home I make a cup of tea for my mum. Dot and I are a great match as she challenges me to think for myself and also think of other people.

My other Shared Lives Carer, Morag, offers respite in the form of short breaks. I like the tranquillity and comfort of her home. With Morag I am working on my independent living skills which is preparing me for moving out of my family home.

We make a shopping list together, go to the supermarket (I look for the products) and cook the tea when we get back.



» I still need support with cooking but we choose the recipes to follow together, I chop the vegetables and grate the cheese, put the ingredients in the pan and stir until they are cooked. I am becoming more confident in using the oven.

I walk the dogs, I do my laundry and tidy up after myself. Morag is going to support me to work towards my Duke of Edinburgh Silver Award 'skills section' by walking, feeding, cleaning up after and grooming her dogs. We are a good match as we both enjoy caring for animals.

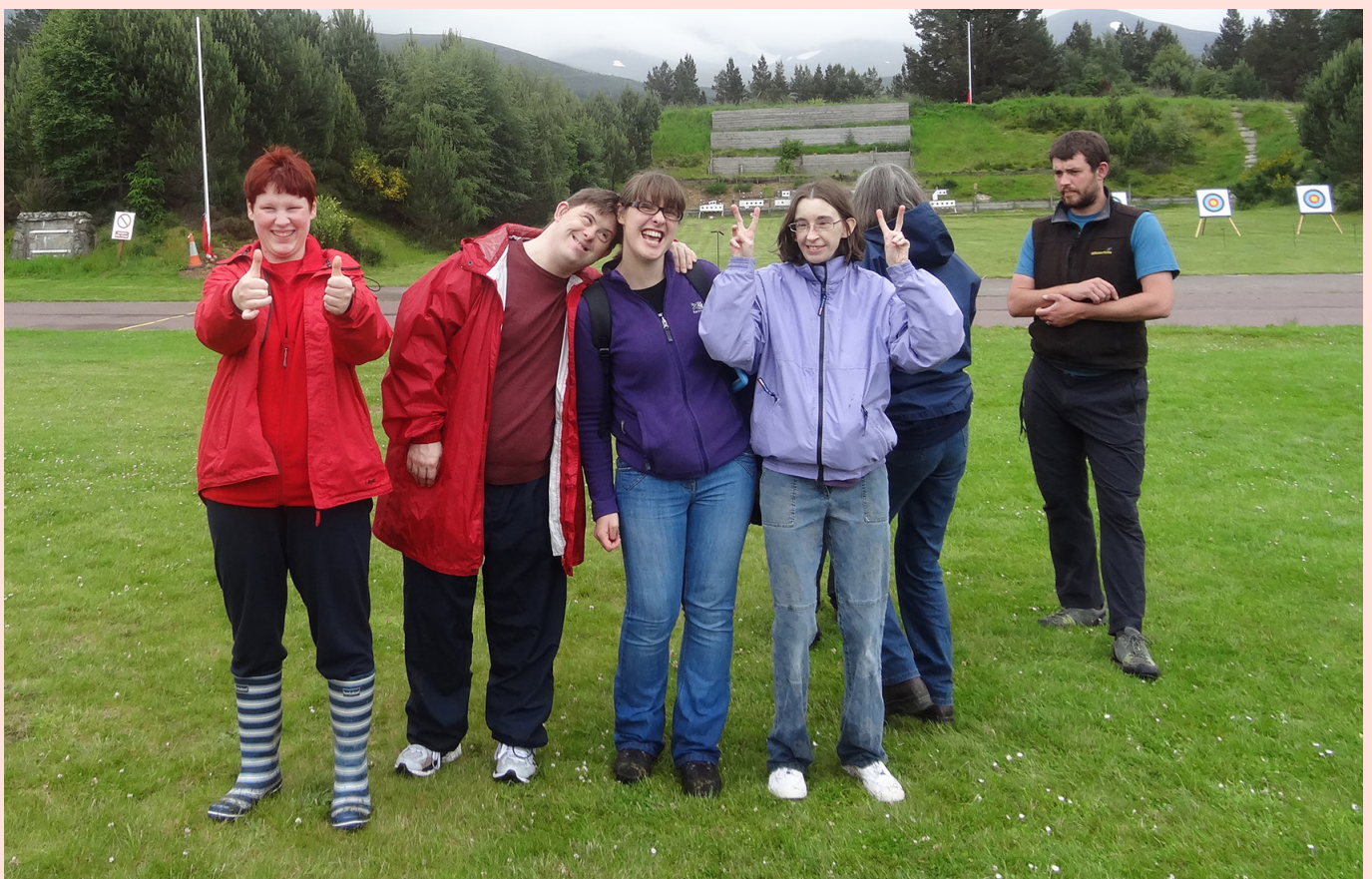
I really value the chance to get a short break as I do a lot of activities during the week. The other reason I like my short breaks is that it strengthens my independent living skills and I can then practice them at home.

I like that my Shared Lives Carers suggest different activities from what I would normally do as this encourages me to try new things. It is nice to have someone other than my parents to

talk things through with. My money skills have improved due to their support- they encourage me to pay for my own things and look at the prices to help with budgeting. I have a strong relationship built on trust with both of my Shared Lives Carers.

Shared Lives also organise activity breaks for everyone involved or interested in the scheme. These give me the chance to meet with friends I don't see often and make new ones. The activity breaks challenge me to try new things like Shiatsu and give me different opportunities in life. My mum comes with me but we don't have to be together as we chose our own activities. My mum can meet other people too. I feel more included in my community as result of being involved in Shared Lives, I regularly contribute to Share and Care newsletter.

Please contact Sue Mahony on 07826 535531 or suzanne.mahony@aberdeenshire.gov.uk for more information on how to get involved in Shared Lives.



Musical Memories - Ellon Resource Centre

by Helen Henderson, Senior Day Centre Officer

We have recently started having a Musical Memories afternoon on the last Friday of the month, as a joint venture with our local Alzheimer's Scotland group. They have joined us on two occasions for live music and refreshments. On the first occasion, we were offered a



free musical afternoon through 'Live Music Now' and had two excellent young musicians, Megan Henderson and Ewan Robertson, here to entertain our service users and guests from Alzheimers Scotland

It was a brilliant afternoon and everyone thoroughly enjoyed the entertainment and dancing to the tunes.



Making Meetings Effective

12 people who attend self-advocate meetings in Aberdeenshire took part in 'Making Meetings Effective' training on 9th and 10th September 2014.

The Trainers were Sylvia Crick and Jackie Eaton. The training was held at The Kirk Centre, Station Road, Ellon.



The learning outcomes for this training were:

- Building skills at making meetings work better
- Building skills at being able to speak up.
- Understanding how to represent other peoples' views and ideas

People who completed the course got a certificate to add to their learning portfolio.

Some comments people made about their experience of taking part:

I feel improved – everyone is important – their issues, views.

I think I will be included in taking part in other meetings.

More about representing others, not just myself.

Doing the role play.

Everything went well.



Boccia Leaders Award Course

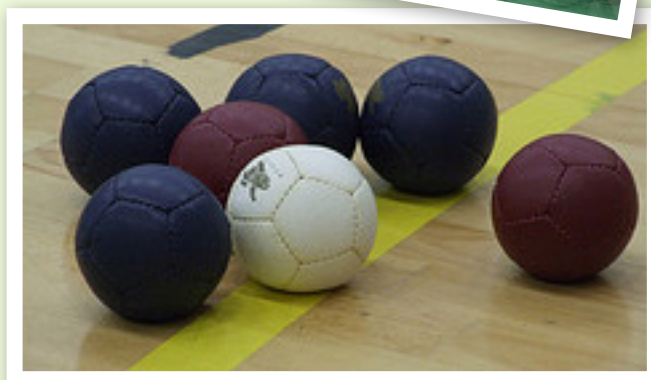
By Fiona Jones

On Saturday 29th November I attended a boccia leader's course which was held at Inverurie Academy. Scottish Disability Sport ran it. Anndrine Craig and Catlin Dudley were our tutors for the day.

We did some theory in the classroom that consisted of the basic rules of boccia, the origins and history of the sport and we learned about the different classifications of the players. We also watched a short video. Each of us were given a course workbook hand out.

We then moved into the sports hall and did our practical bit of the course. We split ourselves into 4 little groups and each came up with a fun drill and showed it to the other groups. My group chose rings i.e. 3 rings with different value points first one 20 and others higher numbers. We played some fun games. I liked noughts and crosses where you had to get three of the balls of opposite colour in a line and it was harder than it looked. Lastly we played a game of boccia and had a turn at being players and refereeing the game.

I would encourage more young people to get involved because it a great opportunity to brush up in your knowledge , learn new drills and get a chance to teach others in a safe supported course. Fingers crossed at a later date I will get a certificate for this course.



And finally...

Upcoming event? Share your Story

Do you have something you want to share? It doesn't matter how big or small your achievement is, we would love to hear from you. Perhaps you'd like to write about something you find interesting or an activity you are involved in. Contact Jackie Eaton by email – IDEA@aberdeenshire.gov.uk

If you would like to submit anything for the next edition of IDEA News or have any ideas about what you'd like to see in the in next edition, please get in touch.

You can ask to be added to the mailing list by emailing your request to

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