October Newsletter 2014
Information for parents/carers and members of One Giant Leap Project
One Giant Leap
Project Updates:

We are nearing the finishing line in pursuit of our Bank of Scotland Community Fund award. We have until Friday to get as many votes in as possible. Thank you very much to all who have voted already and please urge family and friends to vote for us online http://bos-cf.co.uk/HZV or tweet #commfund HZV or pop into one of the Bank of Scotland Southside Branches and vote for us in person.

Please note we have now finished at the allotment for this year and we are back to having the Saturday sessions in Touchbase. Well done to all for taking part in transforming the garden! Can we please ask you to look out any badges you may have at home and return them to us? Thank you.
How to vote for us

To vote online, click on the "Vote for Us" box at the top of the page. –
https://communityfund.bankofscotland.co.uk/communityfund/cf_org_voteofile.asp?cfr=98DE5A

Complete the details and click "submit" - you will be sent an email from the Bank of Scotland Community Fund to confirm your vote. - Please click on the link in the email to confirm your vote otherwise it won’t count.

To vote via Twitter click on the "Vote for Us" box at the top of the page. - Click the "Vote via Tweet" button to auto populate a tweet with our unique hashtag (you may need to login, or create an account if you don't have one). - Message must contain #CommFund and Sense Scotland’s unique three character community group code HZV ie: #CommFund HZV. Followers can then retweet the message to vote.

To vote via SMS, text VOTE HZV to 82332

To vote in branch, collect a voting token from a member of staff in one of the six branches in the southside:
- Burnside, 289 Stonelaw Road Burnside, Glasgow G73 2RW
- Ibrox, 418 Paisley Road West, Glasgow G51 1BE
- Pollokshields, 236 Albert Drive, Pollokshields, Glasgow G41 2NL
- Shawlands, 56/60 Kilmarnock Road, Glasgow G41 3NN
- Victoria Road, 464 Victoria Road, Glasgow G42 8YJ
- Rutherglen, 82 Main Street, Glasgow, G73 2HZ

“We’d urge everyone to get voting for Sense Scotland to win the Glasgow City South, Bank of Scotland Community Fund. The £3,000 top award will mean that young people supported by Sense Scotland’s One Giant Leap project will be able to spend more time working in their fantastic Bellahouston Park allotment. Sense Scotland supports children, young people and adults who have communication support needs.”
Veg of the week!

Onion!

Tip of the week:

Onions are such a versatile vegetable – they feature in so many recipes, so growing your own onions means you’ll always have them to hand. They are easy to grow from baby onions called sets. Cutting onion often cause your eyes to water due to enzymes inside the onion being released. You can avoid these by putting the onion in the freezer for 5-10 minutes or running it under the cold tap.

Suggested song titles:
Kool & The Gang – Get Down Onion
Marvin Gaye – The Onion Song
The Beatles – Glass Onion

Recipe (for disaster!): Onion rings

Ingredients:
1 large onion, cut into 1cm slices, rings separated
Groundnut oil, for deep frying
150g self-raising flour
180ml sparkling water

Preparations:
1. Use a fork to steady your onion. Slice the onion into rings about 1 cm wide. Remove the skin and separate the rings.
2. Heat the oil to 180C in a heavy-based pan – it should be no more than 1/3 full
3. Meanwhile put the flour and sparkling water in a bowl and season generously. Whisk together to form a batter.
4. Coat a small batch of onion rings in batter. Carefully lower into the hot oil and deep-fry until crisp and golden, about 2-3 minutes. Remove with a slotted spoon and place on a piece of kitchen towel to drain. Repeat with the remaining onion and batter.

Joke of the week:
It is said “an apple a day will keep the doctor away”. No reason to stop there though. “An onion a day will keep everybody away!”

Competition:
In last week’s carrot competition, the people coming up with the closest answer to the world’s longest carrot being 5.8 metres (19 feet) were: Alan Armstrong, Zaheer Hafeez, Craig Hughes and Aneesa Hafeez

Congratulations! You’ve won a bag of carrots!
### One Giant Leap Group Rules

- Arrive on time
- No fighting
- No mobile phones
- No swearing
- We respect each other
- We tidy up after ourselves
- 1 speaker at a time
- We all have FUN!

We mind our manners now included

### Family Fun Day

The group talked about the family fun day on 26<sup>th</sup> July. We unveiled “the Shack”, which has got a beautiful new sign on it following Adam, Joshua, Zaheer and Craig’s hard work in woodwork sessions with James.

The group did a big cheer as Jesper announced we had raised £1176 from the family fun day.

Members agreed they enjoyed it and would like to do this again.

### Allotment

The group talked about the work done at the allotment and the vegetables we have grown. Potatoes, tomatoes and carrots were some of the vegetables highlighted by members. It was mentioned that we now have art and music items in the shack for use in case it rains.

The group agreed to keep going to the allotment until the middle of September.

### Seagull Trust Cruises

Jesper informed the group about the Seagull Trust Cruises on the Forth & Clyde canal, which would be an idea for a day out on a boat as it is fully accessible and cater specifically for people with disabilities. We will aim to book this for next year.
**Holiday DVD**

Jesper asked members, if they had enjoyed the holiday DVD with Craig and Ann commenting that they had. Monica suggested setting a date to watch the holiday DVD together in Touchbase. The group eventually agreed to find a date early September.

**Independence referendum**

Jesper reminded the group the independence referendum is next month on 18th September and how Tina and Jacky had visited to explain what it was about last month using various props. Using DAS resource, Jesper explained the need to be registered on a list to vote.

**Fixers**

Jesper updated the members on the Fixers project and reminded them of Cath visiting last month. The members thought it would be a good idea to invite Cath to another session as we get closer to what our project should be.

**Blue badge**

Jesper showed the members a blue badge and passed it round the group. Joshua correctly identified he had one of those and Ann also commented her mum had one in her car. Jesper explained the purpose of the badge and what information it has on it along with the Top Ten Tips for using it.

**TouchBase Events**

Social Night – first Thursday of the month

Cinema Club – last Friday of the month
Are you a Deaf or disabled music fan?

We would love to have your feedback on access at music venues and festivals. (Facilities, booking policies, staff attitude etcetera)

http://www.attitudeiseverything.org.uk/what-can-i-do/mystery-shopping

We run a Mystery Shopping project – collecting feedback on access to live music, nightclubs and festivals reimbursing ticket and travel costs in return. We pass this feedback on to venues, nightclubs and festivals and advice and support them to improve access. Get in touch with Mandi to get involved:

0207 383 7979 (Tuesday and Wednesday 11am – 4pm only)
mandi@attitudeiseverything.org.uk

Mandi Peers
Attitude is Everything
54 Chalton Street
London NW1 1HS
Scotland's First Fully Inclusive Club Night

ARCHES - Glasgow

Thursday 16th October
7.30-Midnight

£4 Entry
dnm Members

£6 Entry
Non-Members

Featuring: Dj Garry Spence & Dj Rory Hoy + many more

For more information contact dates-n-mates: 0141 427 2957  dnm@c-change.org.uk

dates-n-mates  c-change Scotland  STAY UP LATE  18+
Friendship is not a big thing ... it’s a million little things!

Sense Scotland Social Club
Every first Thursday of the month at 7pm

Non-Members *Members
£3 £2

* Annual membership costs £5
LIFE’S GETTING HARDER
LET’S MAKE IT BETTER CONFERENCE

9.30am - MONDAY MARCH 2ND 2015

SCOTTISH YOUTH THEATRE
The Old Sheriff Court, 105 Brunswick Street,
Glasgow, G1 1TF

Doing Not Talking
Promises Are Not Enough!

Paying too much for your services?
Not getting help?
Need good things to do?
Support being changed too much?
Feeling lonely?
Transition problems?
Not eligible for support?
Not enough money to live on?

A CONFERENCE FOR PEOPLE WITH LEARNING DISABILITIES AND THEIR FAMILIES
Organised by the Learning Disability Alliance Scotland

Booking essential: bookings@Ldascotland.org
or call the booking line on 0131 243 2699
What we will be doing on the day?

We will start at 10 am with a speech from Caroline Gray, Secretary of the Learning Disability Alliance Scotland and a speech from Michael Matheson, the government minister who helps people with learning disabilities.

There will be then 4 workshops on some of the different problems that people with learning disabilities have to face. Everyone will get a chance to talk about these and what can be done about them.

1. Having Enough Money to Live On.
2. Getting a Service,
3. Making Real Choices,
4. Quality Or Quantity,

The workshops will use drama, music and art to report back before lunch.

Everyone will get a choice of a second workshop in the afternoon after lunch. These will be more focussed on finding things we can do to make things better in each of the different areas.

There will be a final session for everyone to get together and to share what they have been doing and what we could all do to Make Life Better for everyone.

For more information or to book use an email to: bookings@Ldascotland.org or phone 0131 243 2699 for the booking line.
Creating Solutions

We are running a competition.

We want you to think of an idea that will help make a difference to the life of a disabled person.

It can be anything that helps disabled people, for example a phone app or an object.

You can make a video about your idea or you can write your idea down and send it to us.

The competition runs until 30 October and you could win an iPad.

If you have any questions or would like to enter this competition please contact Lauren Pluss

By email on lauren.pluss@capability-scotland.org.uk

Or by phone 0131 347 1051.
Scottish Disability Equality Forum has been working in partnership with Access Panels consisting of disabled people, their carers and other interested parties throughout Scotland. They would like to share with you some of the stories told by disabled people when using public transport. Some demonstrate good practice and some demonstrate challenges faced. Hopefully we can learn from them all! The Equality Act 2010 makes it unlawful to discriminate, harass or victimize employees and people who use services because of personal characteristics such as disability. If you have any stories of accessing public transport, please contact them.

I was grateful to the nice bus driver, who took the time to get out of his cabin and help me off the bus. I am an elderly lady and I use a stick. I can be quite wobbly getting on and off buses. Once I fell and they had to get an ambulance – if only someone had helped me then.

I like it when people ask me if I need assistance, rather than assuming. I'm disabled, not stupid!

I was unable to get off the bus at my normal stop because the ground was water-logged (country lane). I had to get off at the next stop and walk back. It was raining heavily and I got soaked. No point getting on the bus really as it was a short journey.

The emergency pull chord in the accessible toilet on the train I was travelling on was not working. I reported this, and the repair was carried out immediately. I was impressed by this as it can be very embarrassing, if you need help and you are stuck in a toilet, especially on a moving vehicle!

I travelled on a ferry service in the North of Scotland recently. I am delighted to see they now have lifts and accessible toilets – this made my journey so much more enjoyable!
We recently had a Parents & Carers Meeting, where we received some valuable feedback about your experiences of the transition the young people have been going through. Thank you to all who came along! We value your input.

We will continue to meet with the young people collectively and individually at regular intervals.

Information, which parents and carers from previous years have passed on:

- Begin planning early
- Complete SEQs and guardianship applications early
- A few families have found it beneficial to contact Govan Law Centre, Orkney Street Enterprise Centre (Units 4 & 6), 18-20 Orkney Street, Glasgow, G51 2BZ, telephone 0141 440 2503.
- Ask for written records of all meetings or agreements

Sense Scotland has got a Parents’ Group that runs approximately every other week from 10.30am to 1pm at Touchbase in Glasgow. This is an opportunity to meet other parents, to chat and share experiences and also to have speakers along to learn more about topics of interest. All parents and carers are welcome. Please let us know which events you intend on coming along to by phone, text or email.

**Tuesday 7th October** – Libby Milton & Linda McEnhill from The Prince and Princess of Wales Hospice are coming to find out the sort of support they can offer to families caring for young adults.

**Friday 24th October** – Dealing with your own Anger – Resource Yourself

**Friday 14th November** – Update on implementation of Personalisation and Self Directed Support by Linda Reid and Rachael Tonge.

**Friday 28th November** – Workshop on using resonance boards and little rooms/”Be-Active boxes”
One Giant Leap is a youth project supported by a team of volunteers. The group is open to young disabled people aged 16-24. Members must be capable of and comfortable with working in large groups.

The project is run as a youth group with activities such as art, music, drama, dancing, cooking and gardening with a big focus on peer support and socializing.

Sessions take place:

**Mondays 3:30-6:45pm and Saturdays 9:30-1:15pm**

The project is run by Sense Scotland and funded by the Big Lottery Fund for 5 years (2010-2015)

There is a research aspect of the project, which focuses on what makes a good transition from children’s services and school on to adult services for young disabled people.

This club is not funded by social work as part of a care package.

Families Pay: £1 project money and £4:50 for meals and drinks.

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Margaret MacKenzie  
Project Coordinator

Siobhan Gallagher  
Project Supervisor

Jesper Bach  
Project Supervisor

Paul Hart  
Project Researcher
If you have any questions on information given in this newsletter, or any ideas for future editions please contact: -
jesperbach@sensescotland.org.uk

All feedback and contributions welcome!

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