

LOUD *and* CLEAR

For friends of Sense Scotland

Spring/Summer 2020



Loud and Clear is available in accessible formats on request.

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We love keeping you up to date about our work. If you prefer to receive updates via email or in an alternative format please do let us know.

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We've never met anyone who doesn't have something to communicate, whether that's through facial expressions, dance, touch, behaviour, music...

In these times, our ability to communicate has been challenged. In some instances, it means we can't give a reassuring touch, see that questioning expression or hear that squeal of pure joy from the person we support. Being apart – whether that's two metres or several miles – is hard.

We've had to find different ways to connect. Different ways to continue to provide vital services. Different ways to fundraise and ensure Sense Scotland is here now, and in the future, to help disabled people live meaningful and independent lives.

We fit our services around the person and their needs. And never has that been more evident than during this crisis.

How do you maintain a routine for people who get anxious without one? What about the person who has to get to the pool every day to keep active? How do we bring friends together without being in the same room?

We've found the answers – and so much more – over the past few weeks and this issue of **LOUD and CLEAR** is full of stories of innovation, support, thanks and hope which reflect that. Enjoy.



The response by donors to our Urgent Appeal has been fantastic, with donations currently exceeding an incredible **£70,000**.

URGENT APPEAL

If you're one of those donors, then thank you.

The pandemic has meant we've had to temporarily close our shops and cancel many of our fundraising events, resulting in an expected loss of £1million.

We had to launch the Appeal to make up this shortfall while we adapt and look at innovative new ways of raising income.

The Appeal allows us to:

- Put measures in place to protect individuals, their families and our staff and to continue to deliver high-quality care to the most vulnerable people we support.
- Use technology to connect with our staff teams, people we support and their families and to make life easier for them.
- Offer a Family Advisory Service to be there for those that need us.
- Provide a range of activities and ideas – inspired by the people we support – to encourage everyone to 'Be Well, Be Creative and Be Playful' during this time.

You can donate to our Urgent Appeal via:

- www.justgiving.com/campaign/sense-scotland-urgent-appeal
- Text 'URGENT' to 70660 to donate £5
- Send a cheque payable to "Sense Scotland"
- Call 0141 418 7188 to make a card payment over the phone

Your messages of support and encouragement have also kept us going at this time. Here are some of your lovely comments:

"Thank you for all the hard work you do for supporting all the young people, no matter what the circumstances. Take care and stay safe."

"Good luck in these difficult circumstances. What you are doing makes a huge difference and is very much appreciated."

"You are all heroes, the 'beginning to be remembered' social care sector. What you are doing for our son is beyond unbelievable. You are wonderful. Thank you."

"An incredible charity with the people you support right at the heart of it."

Many of our supporters are getting behind the Urgent Appeal by doing lots of different sponsored activities.

Can you spot the difference?

Fort William Support Worker Kenny Rigg had a close shave to raise just over **£300** for our Urgent Appeal. Thank you Kenny, and thank you to everyone who's donated to help us through this difficult time.



Young Emma Hall knows that Sense Scotland 'helps people' and decided she wanted to cycle 100 times round her house to raise some money for us. She smashed her target of £100, raising **£335** so far. Thanks Emma, that's a 'wheely good' effort.

Kiltwalk

Our Fundraising plans got off to a flying start with more than 100 walkers signing up for what would have been our first major fundraising event of 2020. TouchBase Glasgow hosted a 'Kiltwalk Sign-Up Party' with big-hearted supporters registering to undertake various distances across Scotland and raise money for the charity.

Greg Summers, the 'voice' of the Kiltwalk encouraged staff, people supported and members of the public to get involved. Even 18-month-old Max considered a toddler. Some four-legged friends were there too, hoping for 'walkies'.

Unfortunately, the onset of the Coronavirus pandemic meant the cancellation of many events, including the Kiltwalk but, knowing that funds are vital to charities like ours, the organisers asked walkers to gather in their sponsorship money anyway.

This was generously topped up by the The Hunter Foundation, taking our total to a fabulous **£6,094**. Thank you.

 **kiltwalk**

 Royal Bank of Scotland

 **Arnold Clark**

 **THE HUNTER FOUNDATION**



Birthday Celebrations

Birthdays are important and we've made sure to mark these special moments just as we would always do.

Socially distanced birthday celebrations for the people we support (and our volunteers) have been taking place up and down the country. Shireen enjoyed a party with friends and colleagues in her service in Glasgow, complete with party hats and cake.

The Gate Church Carbon Saving Project in Dundee kindly gave us a selection of cakes, drinks and crisps for one gentleman's 40th party and BBQ.

Staying in Dundee, Kevin's neighbours threw him a 'distant' birthday party in the large enclosed courtyard space at our service and sang happy birthday while he blew out his candles on his Batman cake.

Meanwhile, Easterhouse Shop volunteer Ella may have missed out on a big 80th birthday fuss (as our shops are currently closed) but got a nice message from colleagues on Facebook.



 Sense Scotland Shop Easterhouse
May 1 at 5:44 PM · 🌐

Our shop volunteer Ella gets a wee mention in this post. Sadly we were unable to celebrate a milestone birthday - but sure we'll manage some cake when the shop reopens! Happy Birthday Ella! 🎂❤️🍷

Celebrating 35 Years
1985 - 2020

Talking of birthdays, this year Sense Scotland celebrates an amazing 35 years of caring for the people we support. Our celebration plans may be a little different, but we still intend to make this milestone count.

Over the coming months we'll roll out virtual fundraising events and activities for our supporters to join in. You may also be celebrating a momentous year, perhaps a 35th Wedding Anniversary, a 35th birthday or even 35 years in business. Whatever the occasion, there is an opportunity to get creative and support Sense Scotland at the same time.

Get in touch on fundraising@sensescotland.org.uk if you want to be part of our celebrations.

the 2.6 challenge

Save the UK's Charities

The 2.6 challenge was launched in April in place of the London Marathon and other mass participation events. A massive shout out to our very own heroes throughout the country, who organised their own innovative sponsored challenges and raised a fantastic amount for Sense Scotland.

A big thank you to Gemma Carse who has raised more than **£400** by taking part in the 2.6 challenge by doing a 26km run in aid of our work. What an achievement.

Our Trustee Colin Hetherington, Chair of the Fundraising Committee, got on his bike to raise more than **£300**.

Congratulations and thank you to Wendy Kyle, our very own Trusts and Legacy Officer, who completed 26 TikToks. She managed to raise an incredible **£340** in aid of Sense Scotland.



Lap of honour for Jamie

After contracting meningitis as a baby, Jamie Clark was left with a range of disabilities including partial blindness, cerebral palsy, epilepsy and a rare difficulty regulating his temperature.

For the past 22 years, at every stage of his life, Jamie has used Sense Scotland's services. When the country went in to lockdown his usual routine of going to TouchBase Lanarkshire changed as his family opted to keep him at home 24/7. Keeping him occupied was going to be difficult.

But he surprised mum Suzanne, dad Tam and brother Christopher, by taking on his own 2.6 challenge and raising more than **£1000** for Sense Scotland.

Neighbours cheered, music blared and mum Suzanne clapped as Jamie got the wheels of his walker over the line to complete 26 laps of his East Kilbride home, ending a week-long challenge at the end of April.

"That was quite something for him," says mum Suzanne.

"You could see how difficult it was for him, how drained he was. I'm really proud of him."



And so is everyone at Sense Scotland. Thank you Jamie for smashing your 2.6 challenge.

Caring through the Coronavirus Crisis

Often the most challenging of circumstances can bring out the best in people. That's exactly what's happened in our services across the country with the onset of the Coronavirus pandemic. As the country was locked down, and our services impacted, we've seen our workforce flex and adapt quickly to ensure high levels of care for some of the most vulnerable individuals we support.

From the Highlands to Ayrshire, our staff, supporters and the individuals we care for have proved to be a very innovative and resilient bunch.

Fort William

In Fort William a lady we support, who is keen on routine, has been missing visiting her usual haunts. So staff helped her make some posters of her favourite places. Now they put a poster in the window, go for a walk and 'pretend' they've arrived at 'The Alex Cafe' for a coffee. One day they'll hopefully be back in the real places. But for now...



Lanarkshire

For Bobby, getting to the swimming pool and gym is essential. He's been finding it hard to adjust to life under lockdown. His staff had to think outside the box and hastily arranged an inflatable hot tub set up in the garden shed, complete with some LED lights. He is a happy paddler once again.



Dundee

Mark had a previous life as a barber before coming into the world of support work. He knows that for some of the people we support, not having their hair cut and kept at a particular length can have a significant impact on them. Now the Dundee man is offering to turn barber once again where appropriate, a great example of where our staff are drawing on other skills to keep some sense of 'normal' for the people we support.



Musician Murray kept everyone's spirits up by playing some tunes in the garden. The neighbours at his Dundee home loved it.



Ayrshire

Creative talent at its best. Some sunshine and brightness in Ayrshire helped put a smile on everyone's faces. We love the rainbows artwork.



Glasgow

Sandy and Stephen like to make a noise by getting involved in the 'Clap for our Carers' every week to acknowledge the great work of NHS staff and key workers. Thursday evening at 8pm is a highlight for them both and recognises the great work Sense Scotland and other key workers - are doing during this crisis.



Eilidh has been brushing up on her domino skills and planning her diary of activities as well as joining the virtual Fundraising Team meetings.





Helping families navigate the 'new normal'

Sense Scotland is acutely aware of the challenges that many people we support and their families and carers are facing every day during the Coronavirus crisis.

Just as we've had to adapt our frontline services to support the most vulnerable through this crisis, we've also had to do the same with other activities and support we provide. Our free advisory service is now focused on enquiries related to the impact of Coronavirus.

Email advisory@sensescotland.org.uk and we will pick these up during normal office hours (Monday-Friday 9am to 5pm).

In addition, we've launched a Home Activities section on our website to help everyone 'Be Well, Be Creative and Be Playful'.

www.sensescotland.org.uk/home-activities



Shops

Our shops, which had to close their doors during lockdown, are at the heart of our communities. When we are able to reopen them, social distancing measures will be in place. In the meantime we are working to create an online shops presence. Look out for more information on our website on how you can support us by buying items from the comfort of your home.

www.sensescotland.org.uk/fundraising/charity-shops



A heartfelt thank you to all our fantastic supporters, whether you have a money box, give regularly each month, or fundraise in your workplace. Your donations make a huge difference to the people we support. Here's a pat on the back from us:

Thank you!



Engineering a great donation

A big shout out to the wonderful staff of Emtec, who named us as one of five charities to benefit from their 'Charities of the Year' activities. The workforce at the construction and building contractors firm raised an impressive **£2946** as part of their fundraising. Thank you.

Students give a lesson in generosity



A big thank you to Glasgow Kelvin College students for making us their chosen charity for their fundraising activities and raising an amazing **£37.70**.



Boost from Borders Group

A huge thank you to the members of the Borders Fundraising Committee for their continued support over the years and most recently their welcome donation of **£2,800** towards our Urgent Appeal.

Grand gesture from grand opening

Kris from our Fundraising Team helped open B&M's store in Cowdenbeath after staff there chose us as a beneficiary. Staff from a neighbouring store were impressed with the way we supported individuals in our care. Thank you for thinking of us and donating in-store vouchers.



I enclose my gift of £

Name

Address

Email

Payment method: I enclose a cheque payable to Sense Scotland or please debit my Visa / Mastercard / Switch / AMEX / CAF Card

Card Number

Expiry Date Valid or Issue Number Security Code

Tick this box if you pay tax ☐ *giftaid it*

I want Sense Scotland to treat all my gifts made in the last 4 years and in the future as Gift Aid donations. I confirm that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Signature

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Please start my payments on the: ☐ 1st ☐ 15th of __ / __ (Insert Month/Year)

☐ This is a new donation ☐ This replaces a previous donation

Name

Address

Signature

Direct Debit Instruction to your Bank or Building Society

Please pay Sense Scotland Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Sense Scotland and if so, details will be passed electronically to my Bank/Building Society.

To: The Manager

Bank:

Address:

Post Code:

Name of account Holder(s):

Signature:

Sort Code



Account Number

For office use:

Originator's Identification

601071

Date

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Reference