

LOUD *and* CLEAR

For friends of Sense Scotland Spring 2022



**We care.
We connect.
We communicate.**

LOUD and CLEAR



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We connect.
We communicate.**

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On the cover:
People we support describe their perfect day.
Full story opposite

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My perfect day

For people with complex communication support needs, symbols and pictures are important ways in which they can connect.

Our Partners in Communication team use Talking Mats, a system developed by Scottish speech and language therapists. Simple, effective and fun, Talking Mats help people share their thoughts, feelings and views in a visual way which can be easily recorded.

In TouchBase Glasgow, we asked members of our Groups service about their perfect day, to find out what was important to them. This information was then incorporated into their personal support plans. Dawn, our skilled graphic facilitator, helped us capture the discussion in pictures. Danielle, Ann and Jamie joined in with drawing the things that are important to them.

Danielle's perfect day would involve being creative with her friends. She told us how proud she was of a papier-mâché elephant they had worked together to create in a group session.

Ann's perfect day would include clothes shopping and catching up with friends. She loves to know what everyone has been up to.

Jamie's perfect day would include performing on stage with his friends. He is an all-round entertainer, enjoying drama, singing and putting on shows.



Braille and Moon

So how do people who are blind or visually impaired get their information? In terms of reading and writing, you probably know about braille, but what about Moon?

Braille is made up of raised dots that can be 'read' by touch. A braille looks like a manual typewriter except it only has six buttons as braille is made up of six raised dots.

Moon uses raised lines that are based on the alphabet. It's easier to learn than braille and is useful for people who lose their sight later in life.

Our Partners in Communication team have both braille and Moon machines to produce documents in either format.

— ⠠ ⠠ ⠠ ⠠ ⠠ ⠠ —
L O O < / L I < ⠠ — ⠠ ⠠ / ..

The above says:
"The Moon alphabet looks like this."

Gerard, (30) first started learning braille age 4. Whilst at school he was able to study English and history using braille books. Reading a book in braille can take a long time, so Gerard now likes using Amazon's Alexa, which responds to voice commands. With Alexa, he is able to enjoy listening to audio books and music, but still uses his Perkins braille to type in his diary each day.

Gerard recalls a family holiday when being able to read braille rescued a great day out. ***"We got on the wrong train and ended up lost in Rome. Mum and dad were panicking but I was able to read the braille signs at the station, so at least we knew where we were."***

We have been working with public services across Scotland to help them with inclusive communication. Gerard is one of our facilitators, and has delivered training to Strathclyde Partnership for Transport Underground and East Dunbartonshire Council library staff.



Gerard with his Perkins braille

Sensory Storytelling and Makaton Bingo



Storytelling is a key communication method used by our Partners in Communication, Arts and Early Years teams. Together they have created a 'Selina the Squirrel' sensory storytelling series for children which also incorporates Makaton signing.

Sensory stories bring a story to life by incorporating all the senses – touch, smell, sounds, taste and visual stimuli. Selina lives in the park, and we used flowers, leaves, twigs, pine cones and acorns to talk about the park and what Selina likes to eat.

Selina celebrated Chinese New Year with a new story featuring the animals which mark each year, and a game of Makaton bingo. Makaton is taught to children of all abilities. It uses speech alongside signs and symbols, and can help a child develop their speech and communication skills.

During an online session, the Early Years Team shared animal sounds and images on screen, as well as using Makaton signs for each animal. Children responded by signing each animal, making noises and crossing them off their bingo card.

At the following session, children expanded their use of Makaton by taking part in a home scavenger hunt, proudly presenting their finds on screen for all to see. Selina's adventures continued on World Book Day and on an Easter Egg hunt!



Selina Squirrel and her 'assistant' Jacky Smith

Welcome to the Family!

The staff team at Bishopbriggs



Over 90 new families and 100 staff have recently joined **Sense Scotland**, as **RNIB** (Royal National Institute of Blind People) entrusted us with their care and support and transferred some of their services to us.

As of January 2022, Visual Impairment and Learning Disabilities (VILD) services in Kirkcaldy, Lochgelly, Clydebank and Bishopbriggs, are now part of Sense Scotland.

They develop a personalised package of independent living, training and support, including specialist vision assessment as well as day support and outreach services.

"We are confident that VILD is in very safe hands with Sense Scotland." David Clarke, RNIB.

Those currently using VILD will be able to access our full range of support and activities – such as Family Advisory Service, Welfare Rights, Early Years Team and Arts.

Consultation groups from both Sense Scotland and RNIB, ***Our Voice*** and ***The Big Say***, have already met virtually and will work together to ensure everyone is informed, updated and has their say.



Our Voice information session on 'Zoom'

"We are delighted to welcome VILD families and staff team to Sense Scotland."

Angela Bonomy,
Chief Executive Officer, Sense Scotland

TouchBase Glasgow - *a hive of activity!*



43 Middlesex Street, Kinning Park, Glasgow, G41 1EE

Our busiest TouchBase by far, there's always something going on in Glasgow!

Open seven days a week, we welcome children, adults and their families for individual support, group activities, advice, information, or just a cup of tea and a chat.

Over 100 staff, frontline and behind the scenes, support around 125 children and adults to meet, make friends and enjoy a wide range of activities which help them develop their skills and abilities whilst having fun.

Living and working side by side with the people we support, our specialist Music, Art, Family Advisory Service and Early Years teams are based here, as well as central management support teams of Human Resources, Finance, Learning & Development, Administration, Fundraising and ICT.



Behind the Doors

Sound of Music

There's nothing low-key about this piano! Located just off the café area, anyone can have a go - and they do! Meanwhile, in the music rooms, group and one-to-one sessions are back on.



Café Chit Chat

The Rainbow Café, run by the people we support, offers lunchtime drinks and snacks to their peers and TouchBase Glasgow staff. Learning great life skills including counting money and making small talk.



Fun and Games

Children and young people enjoy making friends and having fun together. The sensory room is undergoing an upgrade, thanks to generous funding from a number of Trusts.



Arts

A full programme of arts activities has been taking place, including a wall frieze showing support to the people of Ukraine and preparation for our recent art exhibition at The Deep End in Glasgow.



Oot and Aboot

Over at Bellahouston, our allotment is a popular outdoor space, not just for gardening and relaxing, but also for art workshops and volunteering opportunities.



Meanwhile, over in Pollok, Marshall is supported by our Arts team to create works of art in his garden shed. Inspired by memories of visiting family in Argyll, Marshall is creating a series of boats of various sizes from recycled materials.



Billy is very much part of the family at TouchBase East Dunbartonshire (formerly RNIB VILD Springfield) in Bishopbriggs, having attended regularly for the past 14 years.

When he first arrived, his learning disability, visual impairment and limited verbal communication skills meant he struggled to adapt to new situations. When it got too much, he would withdraw into quiet areas to be on his own, sometimes crying in frustration.



Springfield staff were determined that Billy would not only feel at home, but would thrive and enjoy every minute of his time at the centre. Investing time to understand his needs and his communication methods, whilst giving him choice and control, has helped him develop into the confident man he is today.

Billy now communicates through gesture, expressions and vocalisations and shows talent and skill in utilising Makaton signs along with signs of his own which he shares with staff. Billy has signs for individual staff, different foods and activities. He will use a bowling action for boccia or will put his hand to his ear to indicate a telephone call. He can now engage in conversation with staff and they feel confident that they are supporting him to be in control of his choices. This has helped Billy be more confident in previously highly stressful situations such as having his eyes examined by the optometrist.



Billy now has a large number of friends in the service with whom he engages in activities such as baking, music, interactive storytelling as well as his current favourite – competitive boccia. In moments of debate, a tape measure comes in handy to settle who the winner is!

'Doon the Watter' TouchBase Ayrshire

41 Princes Street,
Ardrossan, KA22 9DE



Nestled near the harbour in the seaside town of Ardrossan, TouchBase Ayrshire has been a welcome ray of sunshine for hundreds of people we support, and the wider community, since first opening in 2017.

The former North Ayrshire Council building was extensively refurbished to meet the complex healthcare and sensory needs of the people we support and now boasts fully accessible art, music, sensory and quiet rooms; an activity and sports area; event space; fully accessible kitchen and personal care suites.

Visitors can take a trip on a magic carpet or bounce away their cares on our floor-level trampoline. In the garden, we have created a haven for bees and butterflies and a relaxing area to watch the world, the seagulls and the ships go by - although watching the storms roll in has been a more recent occurrence!

A hive of activity, our amazing team support young people and adults from nearby towns such as Largs, Kilbirnie, Saltcoats, West Kilbride, Stevenston and Dalry to enjoy a "day out" at the seaside. Read on to find out how we've made staying in the new "going out" during the pandemic.





Staying In - is the new Going Out *(but not forever)*

**Singing for your (fish) supper?
Well, what else do you eat at the
seaside? Apart from ice cream.**

Karaoke and fish and chips are on the menu at TouchBase Ayrshire. "Under the Boardwalk" and a ship called "Dignity" are often on the playlist.

Sporting Ambition



Scottish Disability Sport

Ayrshire is famous for producing Olympic medal winning curlers. Here at TouchBase Ayrshire, we like to think that we are nurturing potential Paralympic boccia athletes. Similar to the French game of boules, boccia is played indoors, using a soft leather ball and a target jack ball. With coaching from Disability Sport Scotland, staff and people we support have been enjoying highly competitive matches on a weekly basis. Here's Rachael, who had a go after trying yoga.



Clickety Click

A traditional seaside arcade activity, bingo is brought right up to date with our very own musical version. Instead of numbers, we match songs, with a good old sing-song thrown in along the way.

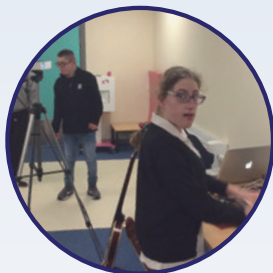


STRIDE Ayrshire meets every Monday and Wednesday evening in TouchBase Ayrshire. Members are loving taking part in a varied programme of fun activities, all helping them to increase their confidence and prepare for life beyond school or college.



Sensatronic Music Sessions

Sean, Louisa, Thomas, and Jaiden enjoyed making digital music and art using instruments and empty pizza boxes, with Patrick from our Sensatronic team.



Tartan Tribute to the Bard

Kilwinning Burns Club helped bring the bard to life in a unique celebration of Burns' Night. An Irn Bru toast and traditional meal of haggis, neeps and tatties was followed by dancing and singing to live music from the Burns Club musicians and creation of our very own paper kilts.



Skills for Life

As well as playing a key role in planning, setting up and putting away activities, members learn key skills such as preparing food and snacks for the group. Our aim is to support these young people to achieve a successful transition from school to adult life and support services, ensuring their voices and choices are at the centre of all decision making about their future.



Close Connections

Over the years we have built strong relationships with Additional Support Needs (ASN) departments in schools across Ayrshire, and most recently with the new Lockhart Campus, which brought together pupils of Haysholm, Stanecastle, James Reid and James MacFarlane schools. New referrals are always welcome.



Transforming Lives

When 22 year old Jack was first referred to TouchBase Ayrshire, staff were told he would need his own space within the base. Somewhere he would feel safe. And that was probably where he would stay.

Jack's complex needs, which include autism and ADHD, meant he often struggled with too much noise, or places that were too busy. At first, moving from one area to another in the building, he would close his eyes and staff would guide him.

Four years on, the old Jack is a distant memory.

Jack's Mum explains, *"Thanks to the amazing staff, Jack now does things I never thought he would ever achieve in his life. He's part of a group; he socialises; cooks; loves discos; plays bingo; even uses public transport! He goes every day and loves it. The changes in him are incredible – unbelievable!"*

Whatever they have at TouchBase Ayrshire is just magic. I can't put into words how grateful I am - they have changed Jack's life. And mine. I'm over the moon and then some."

TouchBase Lanarkshire -

*in the heart
of the community*

4 Leys Park, Hamilton, ML3 9EQ



With our very own magic carpet, pergola, outdoor sensory hut and accessible trampoline, TouchBase Lanarkshire is an amazing place where people we support can meet, make friends, have fun and develop their skills and abilities to the max.

Previously the Aveyron Centre and run by South Lanarkshire Council, Sense Scotland took over in 2011 and have completely transformed the buildings and outdoor space. Fully accessible and designed to meet the complex healthcare and sensory needs of the people we support, the buildings contain art, music, sensory and quiet rooms; an activity and sports area; event space; fully accessible kitchen and personal care suites.

Each week our team of 21 staff welcome around 25 adults and young people to the centre, each with their very own unique abilities and disabilities – from autism to Down's syndrome to cerebral palsy; wheelchair users and fully mobile; to those with no formal language and who may be deaf and/or blind.

Ensuring everyone is heard, feels valued and included, and most importantly reaches their potential is all in a day's work for our multi-talented staff.



Before the pandemic hit, the people we support loved nothing more than gallivanting around South Lanarkshire and beyond. Favourite activities included shopping trips to Primark and the Regent Centre, swimming at Blantyre Sports Centre, watching films at the Vue cinema, lunches at the Greenfield Club, walks in Chatelherault Park and keeping fit at the Jock Stein Centre.

During Covid, we've had to amuse ourselves. Our amazing staff team have pulled out all the stops to ensure everyone has as much fun as possible. Here are some of the many things we got up to



Supporting our local foodbank



Celebrating Burns Night



Learning Makaton



Creating wall art

2022 monthly themes:

January – Burns Night

February – St. Valentine's Day

March – The Wild West

April – Easter

May – It's a Bug's Life

June – Kings and Queens

July – Sports Day

August – Celebrating Summer

September – Under the Sea

October – Spooky Season

November – Jungle

December – Winter Wonderland



Organising our own
music festival



What's next for TouchBase Lanarkshire?

Getting back out into the community and welcoming the community back in is a priority as soon as Covid allows.

We are now registered to provide Children's services and hope to be able to support families with children and young people 11 + to develop new friendships, learn new skills and participate in fun activities. Watch this space!

TouchBase Lanarkshire received an amazing donation of **£1130** from Elaine, whose son Jordan attends the centre. Elaine organised a wonderful day of therapies including hypnotherapy,

Indian head massage, angel card readings and laughter yoga. Donations were exchanged in return for treatments. All therapists gave their time free of charge. We are looking forward to organising fun and treats for the people we support with this generous funding.



Burns' Day Busking

Brothers Murray and Ewen Farquharson, both accomplished accordionists, fundraise on our behalf at every opportunity. On Burns' Day they entertained shoppers at Asda Kirkton in Dundee with a range of Scottish tunes, raising a whopping **£273**. Murray and Ewen are both blind, and have been supported by Sense Scotland since children.

Thanks to them and everyone who donated.

The Power of Communication

Christopher, who uses our TouchBase Fife service, is a very sociable young man. He loves interacting with others, and uses Makaton signing, along with some verbal communication, to communicate.

However, Christopher's conversations often revolved around limited topics as he wasn't confident staff would understand him. Motivated to give Christopher greater communication opportunities, the team decided to expand their basic skills in Makaton, and undertook further training during lockdown.

What a great surprise for Christopher when he returned to the service! Staff are now able to converse with him about many subjects in a more reciprocal way. He has a new-found confidence in his conversations with staff – they are much richer and more interactive, and about a huge range of subjects now!

The increase in communication has led to Christopher starting some new projects. One of these is "Signs of the Month". He demonstrates five new words to sign to and he uses them daily with everyone in the service. Christopher's taxi drivers have got involved too, allowing them to understand and communicate with him on his daily commute, which is great for his confidence and gives him a real sense of achievement.

This is such a brilliant win-win because not only has Christopher's experience at TouchBase Fife been enriched, but staff are more confident using Makaton and see the benefits their self-action during lockdown has created for Christopher, and of course any other people we support who use Makaton signing.



A Leap of Faith



How far would you go for your work? 5,000 feet? 10,000 feet?

Well that's what some of our amazing staff did when they jumped from a Cessna 182 plane, freefalling for 5000 feet, then parachuting for another 5000, reaching speeds of up to 120 miles per hour.

Six staff from our Finglassie service, five from Forfar and five from Dundee signed up to our fundraising tandem skydive last year. Inclement weather unfortunately meant frustrating cancellations on a number of occasions (safety first!). Some staff have still to jump and are booked in to Auchterarder Airfield this year. Together they have raised over **£9000**.

Anna Mackenzie, who raised over **£1000** said, *"I've been a support worker at Sense Scotland for over three years now and love every minute of it. I want to make a difference and am inspired by the work of Sense Scotland all across the country."*

Anna jumped with co-workers Lucy and Alex at Errol Airfield. Steph, who is supported by the team to live independently, came along to cheer them on. *"It was incredibly special to have Steph there. She was so excited and kept our minds off what we were about to do. However I would love to do it again and would definitely recommend the experience to anyone."*



If you would like to fundraise for Sense Scotland by taking part in a skydive, please get in touch with the fundraising team:

Tel. 0300 330 9292

or email fundraising@sensescotland.org.uk



Our Family Advisory and Fundraising Teams have been busy helping families in Forfar, St. Andrews, Kirriemuir, Dunfermline, Broughty Ferry, Fort William, Dundee and many other places across Scotland get connected and get online for free – thanks to funding from Connecting Scotland. Here’s how they’ve been using their new tech:

CONNECTING

SCOTLAND

“Sense Scotland very kindly sourced and delivered an iPad for our son Simon, age 13, in December 2021. It came at the right time as our household had been isolating due to Covid. One of the photos we took on his iPad was his first day out of isolation, he was so excited to take our dog Willow for a walk. The iPad has helped Simon as it is very quick to access and easy to use. He has loved playing Pokemon Go, has been able to listen to music, watch his videos and play some of the educational games he plays at school.



A bonus for us as a family is that he is sharing what he is learning on the iPad, like telling me about the type of Pokemon he has and what their strengths are. This is helping Simon with conversation and that it feels good to share an interest.”

Ami (10) also received an iPad. Her mum told us, “Ami loves using her iPad for making art and drawing pictures. She also uses it to join in the remote art sessions which is great fun. She finds it so challenging to join in similar activities in groups because of her sensory and social difficulties and this way she’s able to join in a way that suits her. There’s so much more we can do with it in the future too. If she’s interested in something, we’ll find out about it online together! Thank you for the iPad, and for caring about children like Ami who have so many challenges in life.”

Freya (6), from St. Andrew’s was awarded an iPad too. She enjoys spending time at our Stay and Play online events with other children her age.

Finding new homes for great stuff - our charity shops

What can you give?

We welcome donations of all sorts – clothes, electricals, bric-a-brac, jewellery etc. as well as furniture which meets fire safety regulations. We may be able to collect large items. Please call the shop direct to find out more. You can also give your time - we always need a helping hand whether on the shop floor or in the stock room.

What will you find?

That's the million dollar question! Who knows? A bargain ... a treat ... just the thing you were looking for... something that made you laugh, smile or reminisce. Why not pop in and see?



Alloa

Drysdale Street, Alloa, FK10 1JL.

01259 729875

Bathgate

89/91 South Bridge Street, Bathgate, EH48 1TJ.

01506 654498

Blairgowrie

66/68 High St, Blairgowrie, PH10 6AA.

01250 873384

Coatbridge

34 Main Street, Coatbridge, ML5 3AE

01236 432722

Dundee

146 Strathmartine Road, Dundee, DD3 7SE.

01382 489947

Edinburgh

Ocean Terminal, Ocean Drive, Edinburgh, EH6 6JJ.

0131 553 3803

Glasgow-

Easterhouse

35 Shandwick Square, Glasgow, G34 9DT

0141 773 2900

Parkhead

30 Westmuir Street, Glasgow, G31 5BH

0141 551 9708

Partick

168 Dumbarton Road, Glasgow, G11 6XE

0141 334 9675

Falkirk

43a High Street, Falkirk, FK1 1ES.

01324 626564

Leven

49 High Street, Leven, KY9 1AF

01333 279136

Motherwell

19 Brandon Parade South, Motherwell, ML1 1QY

01698 767548

Perth

19 Scott Street, Perth, PH1 5EJ.

01738 441 797

Rutherglen

234 Main Street, Rutherglen, G73 2HP

0141 230 5587

St. Andrews

3 Greyfriars Gardens, St. Andrews, KY16 9H

01334 475572



Taking it all in their STRIDE➤

Moving on from school to adult life is a huge transition in any young person's life, especially so for those we support, who are less likely to secure employment or live independently.

Planning and preparation for this important transition is essential, which is why we were delighted to announce the launch of our STRIDE programme.

STRIDE (*Supporting Transition Resilience Independence Development and Empowerment*) is for young people age 16 – 19 and focuses on providing fun group activities.

The groups meet twice weekly in TouchBase Lanarkshire and TouchBase Ayrshire. Members are loving taking part in a varied programme of activities, all helping them to increase their confidence and prepare for life beyond school or college.

From simple things like speaking out in a group, to sharing their interests (*anyone for ghost hunting?*) and learning practical skills like how to prepare their own snacks - every young person is supported to take part fully in the group, whatever their abilities.

Members have been working with our Sensatronic Lab to create digital music, whilst working towards an ASDAN qualification in Sound, Rhythm and Music. They are also improving their physical activity levels by taking part in Zumba classes.



supported by



STRIDE is funded by the Robertson Trust, Children in Need and donations from supporters of Sense Scotland.



SENSATRONiC

face-to-face music sessions are back!

After delivering hundreds of online sessions, we are delighted to once again be out and about around Scotland, sharing the magic of music!

Sessions are being held in our TouchBases as well as Dundee, Leith and the Sensory Hub in Easterhouse, Glasgow.

"As someone who is deaf, I was amazed by the experience. Feeling and 'seeing' those beats, just experiencing the whole atmosphere of it was fantastic." Zara, Support Worker

From Homes...

We've also distributed Sensatronic Home Lab kits to allow people to make music in their own homes. Each pack is tailored to meet their sensory and physical needs and training has been provided to parents and support workers to ensure maximum use and sustainability of the project.

... to Rabbit Holes!

"Doune The Rabbit Hole" is a major music and arts festival being held in Stirling in July. Sensatronic Home-Lab are delighted to have been commissioned to present, exhibit and perform our work and creations at the festival. Matthew

Ward, a tutor and young blind musician, has also secured a DJ slot in the dance tent. It's fantastic to have our creative talent recognised at mainstream events!



Although deafblind, Nicky has some vision and is able to feel vibrations through his body. His love of drumming is shared with his support worker Robert. They enjoy creating sound and visual patterns with their kit which includes a drum, projector, speaker, microphone, effects unit and video synthesiser.

All this is achieved through funding from Creative Scotland and public donations.

Thank you!



Godfrey – Guardian Angel

Internet communication in Malawi is constantly challenging, but our team were able to send us this wonderful story from rural Chitipa.

“My name is Godfrey Pwele. I am 9 years old and a learner at Kasumbi Primary School. I was deeply touched after learning about inclusive education and learners supporting one another. I was not at ease because I knew that I did nothing to help my peers with special educational needs. Time has come to stretch my hands to others in need.”



Godfrey and Thokozani

Godfrey knew of a boy – Thokozani Kaonga, also 9 years old – who did not attend school. Godfrey decided to help: *“Thokozani is physically challenged, deaf and he hails in the same village with me. Starting January 2022, I have dedicated myself to pushing his wheelchair to and from school.”*

Our project in Malawi challenges stigma and discrimination against disabled children and ensures they are able to access education. Peer support groups in schools play a key role.

Godfrey is a guardian angel to Thokozani: *“It pains me when I see other learners mocking Thokozani because it is not his wish to be in that scenario and if this continues it may lead to regular absenteeism or drop out from school. I am therefore on guard seeing that there is no one disturbing his school path. I have taken an initiative to offer awareness to my fellow learners.”*

Ambwene Kaonga, the headteacher, is very proud of Godfrey: *“Thokozani is in school because of Godfrey who influenced his mother to start schooling. Before, Thokozani could hardly socialize and copy anything. For the few days he has been in school, he can socialise, interact and play with his peers. He is now able to copy things well. He is also able to vocalize and call out simple names. I hope the best is yet to come.”*

This project is funded by Scottish Government.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Fundraising News

Simply the Best Bucket Collection

35 supporters scored big time with a bucket collection at the Rangers v Brøndby Europa League game at Ibrox. Fans from both sides donated generously, giving an incredible **£2577!**



Woolly Christmas

Our Christmas Appeal, featuring Aisha, raised an incredible **£54,592** with a further **£6391** of cards and gifts purchased from our online shop. The card and calendar designed by people we support were very popular items and we hope to offer something similar again this Christmas.



Divas' Day Out

Our first Ladies' Lunch since 2017 raised an incredible **£23,767!** Over 200 guests enjoyed a fantastic afternoon at the Grand Central Hotel in Glasgow, hosted by Edward Reid and with a show stopping performance from Doris Dolly and the Dressing Room Divas.



Shared Vision

To celebrate World Sight Day and raise awareness of vision impairment, we teamed up with local opticians across the country. Broadley Opticians in Bellshill and Jack Brown Eyecare in Edinburgh raised funds for us by encouraging customers to donate.



Kiltwalk

Join #TeamSenseScotland for this year's Kiltwalk. Choose to take part in the **Aberdeen, Dundee, Edinburgh** or virtual walks. We will pay your entry fee and provide a Sense Scotland t-shirt. All sponsorship will be topped up 50% by The Hunter Foundation, turning every £10 you raise into £15. To find out more, contact the Fundraising Team:



Tel. 0300 330 9292 or email **fundraising@sensescotland.org.uk**

Giving has never felt so good!

By purchasing from our online shop, or sending a donation, you help support our life changing work.

Order and donation form overleaf.

More items can be purchased here: www.sensescotland.org.uk/shop

Seedbombs

Surprise a loved one with a beautiful heart shaped seedbomb, filled with a huge variety of bee and butterfly friendly flowers.

Handmade for Sense Scotland from a small local business.



Wee Hug

This handmade wooden heart is the perfect little gift to let someone know you care. Ideal to send with greetings cards or to be carried in a pocket or purse.

Handmade for Sense Scotland from a small local business.



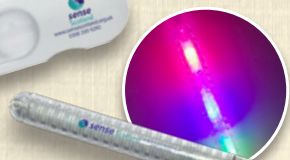
Magnifier glass

with a bright white LED light. (Batteries included)



Sensory Glow Stick

7 patterns of LED lights. (Batteries included)



Charm Bracelet

Delicate and elegantly wrapped, includes inspirational Helen Keller quote: 'If you can dream it, you can do it'.

Handmade for Sense Scotland from a small local business.



Three in one keyring

Featuring a light and a trolley coin. (Batteries included)



Eco pen

Recycled pen made from wheat straw.



Suncatcher

Rainbow and shooting star sun catcher, to brighten any window.



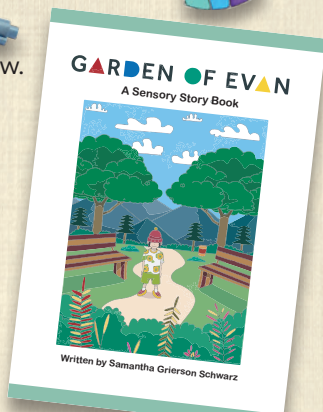
Garden of Evan

A beautiful sensory story exploring Evan's garden.

Pocket fan

With a detachable water container for extra relief from the heat, or to use as a fun sensory item.

(Batteries included)



Please amend
if your details
are incorrect

Item	Price	Qty	Total
Flower Seedbomb	£3.00		
Wee Hug	£1.00		
Garden of Evan Sensory Storybook	£8.00		
Handmade Charm Bracelet	£9.00		
Shooting Star Suncatcher	£6.00		
Magnifier glass with light	£3.00		
LED Glow Stick	£3.00		
Water Fan	£5.00		
Eco Friendly Pen	£1.00		
Trolley Coin and Light Keychain	£2.00		
Payment method I enclose a cheque payable to Sense Scotland or please debit my Visa / Mastercard / Switch / AMEX / GAE Card		Sub-total	£
		P&P	£ 2.50
		Donation	£
		TOTAL	£

Payment method I enclose a cheque payable to **Sense Scotland** or please debit my
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