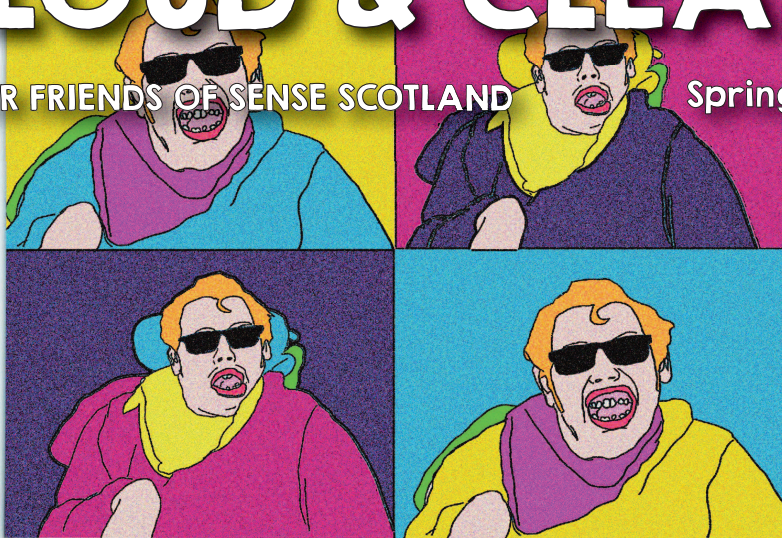


LOUD & CLEAR

FOR FRIENDS OF SENSE SCOTLAND

Spring 2019



sense
Scotland

Issue 54 - Spring 2019
ISSN 1358-5290

On the Cover: Digital Art

Loud & Clear is available in various
formats on request.

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Sense Scotland is a company limited by
guarantee, registered in Scotland
No: 147570, Scottish Charity
No: SC022097

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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.

If you change your mind about the way we contact you, call 0300 330 9292 or email fundraising@sensescotland.org.uk.

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Lights, Camera, Action!

Young people in our One Giant Leap group in Dundee have been celebrating at the premiere of their very own movie.

Our group spent months working on the project which had a star studded opening at the DCA in Dundee.

The film was written and produced by the group (with assistance from Dundee Contemporary Arts) using interview footage of themselves, handmade models, drawings and props to inform the audience of their personal journey through transition from leaving school to adulthood.



fears and worries.

The film explored the group's emotions towards their transition process and experience including using voice overs to explain their hopes and aspirations for the future as well as their

The film was premiered at the DCA in December receiving a standing ovation from the audience. There are hopes to take the project on the road, allowing more people to hear their stories

Keep an eye out on the website **www.sensescotland.org.uk** for updates and to find out if the film will be showing at a location near you in the future.



The future is digital...

Whether it is impressionism or abstract, using textiles or print, our artists give it their all. This is certainly true for our latest project where our artists have been exploring digital art.

Combining contemporary methods alongside digital technology (including the use of tablet devices) our artists have been able to express themselves in a whole host of new ways.

Jordan, Georgia, Jamie and Sandy (above) have used these methods to produce their self-portraits. Using clear acetate and pens alongside digital apps on an ipad they have been able to recreate themselves. Don't they look amazing?



Hitting all the right notes

Our music programme continues to go from strength to strength.

The music groups have been performing across the country and we have also been able to expand the number of sessions we run.



Our sessions explore a range of sounds through percussion, stringed instruments, synthesizers and Sound Beam technology. Tailored towards participants, they help develop self expression, self-confidence, greater independence, choice making, as well as a sense of community.

Over time some of the people we support can achieve their aspirations to take part in the many different live performance events where they can showcase their talents and achievements to proud family members, the wider public and those with an ear for great music.



Ellie vocalising through our 'Dome-Coder' microphone triggering dynamic sounds and visual patterns.



Guy working on his drum skills

Did you know your gifts help to pay for our music sessions? Thank you for helping make these wonderful moments happen.

Keep a look out on www.sensescotland.org.uk and social media for details of upcoming performances near you and our annual music festival **Summer Sensations**.

The winner takes it all

A massive thank you to everyone who played our January Raffle. We hope that the thought of winning £2019 helped beat those January Blues. Your kindness certainly helped ours - thank you.



Susan from our Groups was there on the day to help pick out the winners. The full list of winners is on our website now.

A huge congratulations to our lucky winners - you know who you are!

Keep your eyes peeled for news of our next raffle later in the year.



SAVE THE DATE!

SATURDAY

27TH JULY

2019



Festival of Fun

Lochore Meadows
Country Park,
Fife, KY5 8BA

A great day of
Science Fiction-themed
accessible fun
for all the family!

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Down Memory Lane

Members of our One Giant Leap programme have been time travelling with their latest project - Down Memory Lane.

The group have joined in partnership with a local care home to run a series of events to help bring the local community together.

Organised entirely by the group, the first event was a nostalgia themed Valentines Tea dance, complete with vintage memorabilia and of course afternoon tea and dancing.



Due to the success of the event the group have expanded the project and planned a calendar of events for the upcoming year. There has been an Easter Tea party and planning is underway for summer and Christmas events.

Keep an eye on the website to find out if there will be one in your area or to find out more about One Giant Leap and our transitions projects visit www.sensescotland.org.uk



Shops news

There is a new addition to the high street in Perthshire - a brand new Sense Scotland charity shop.

Blairgowrie residents can find the new store at 66/68 High Street.

The store is stocked with both furniture as well as your standard household items and bric-a-brac and clothing items.



If you are in the area be sure to pop in and say hello to Anne and the team and pick yourself up a bargain.

Our shops are always on the lookout for both donations and volunteers. Visit www.sensescotland.org.uk to find your nearest store.

Our shops are renowned for their high quality items and low prices but what you may not know is they are also a competitive bunch that will go the distance to raise additional income to support our work.

The stores recently went head to head in a competition that Lord Sugar would be proud of. Challenged with turning £100 into as much as possible, our stores gave the challenge their all, with every shop going above and beyond to reach their target.



Congratulations to our St. Andrew's store who won the competition and raised an incredible £2,300!

Walk this Way

The boots are scrubbed, the kilts are pressed and our walkers are all geared up for the 2019 Kiltwalk.

They are on the lookout for team mates to walk with them. If you think you have what it takes then why not sign up today - we are even paying your registration as a thank you!

There are a variety of routes (from 6-26 miles) and locations, there is sure to be one that works for you.

Aberdeen - 2nd June
Dundee - 18th August
Edinburgh - 15th September



Its easy to sign up simply pick your date, location and mileage and give us a call on 0300 330 9292 and we will take it from there.

Everyone who signs up will have their fundraising total boosted by The Hunter Foundation - for every £10 you raise we will get £14! So what are you waiting for....sign up today.



Many a brave 'sole' took on our Dundee firewalk at the start of the year.

With a forecast for snow our walkers were well and truly warmed up by the hot coals they walked across.

The event, which was sponsored by Fire Surround Centres Dundee, was a huge success - all thanks to those who took on the challenge.

Congratulations everyone, we hope your toes have cooled off!

Get involved

It's only thanks to your kindness that we can do so much for the people we support. Thank you. If you would like to get more involved with our work get in touch on fundraising@sensescotland.org.uk or call **0300 330 9292**.

We are always very grateful for every Legacy gift we receive.

We receive these in a wide range of sizes and each one is special to us.

Once you've taken care of your loved ones, please consider supporting Sense Scotland in your Will.

It is easy to set up and you are able to choose any gift that is right for you, either a set amount or a percentage.

To find out more call 0300 330 9292 or speak to your solicitor.

sense Scotland

Generate **FREE** donations for our charity when you book your summer holiday!

www.giveasyoulive.com/join/sensescotland

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Small change helps make a big difference!

Collecting your loose change really can make a huge difference, it all adds up and helps support our work across Scotland.

If you would like to start collecting your spare change we have the perfect little house boxes ready to be welcomed into your home.

Perhaps your workplace loves a challenge? We have lovely bright yellow collecting cans that are perfect for colleagues to collect together.

Whichever method is best for you, you choose! Give us a call on **0300 330 9292** or visit www.sensescotland.org.uk

Thank you!

We are always grateful to our wonderful supporters. Whether you have a home money box, make a regular gift or have taken part in an event - your gifts make a huge difference to the people we support! Here are some of our most recent stories.

A massive thank you to the Paisley Golf Ladies section for raising £233 towards our work.



A massive thank you to Network Rail for supporting us during their recent Inclusion and Equality week which included a performance from our TouchBeats in Glasgow Central Station.

Queens Park Ladies Group raised £300 to support the work of Sense Scotland. Thank you so much to everyone who contributed

Glenmore Climbing Club held a fundraising quiz night to help raise money for our work. It was a huge success and raised £650! Thank you for nominating us and for organising such a wonderful event.



A huge thank you to the Scottish Pharmacist Awards for selecting us as their Charity of the Year for their 2019 awards.

The annual awards celebrate the achievements of those working in the Pharmacy industry. As part of the celebrations they held a raffle which raised £3100 towards our work.

Congratulations to all of the winners and thank you to everyone who donated on the night.

I'd like to give a gift

I enclose my gift of £

Name:

Address:

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 No 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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I would like to donate a regular gift of: £10 ☐ £8.50 ☐ Other

I would like this gift to be made every: month ☐ quarter ☐ year ☐

Please start my payments on the: 1st ☐ 15th ☐ of __/__/__ (MM/YY)

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

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

Date

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