



LOUD *and* CLEAR

For friends of Sense Scotland

Autumn 2020



Loud and Clear is available in accessible formats on request.

Tel: 0300 330 9292
fundraising@sensescotland.org.uk

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Head Office:
Sense Scotland
TouchBase Glasgow
43 Middlesex Street
Glasgow, G41 1EE.

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There's no doubt 2020 is a year that will forever be linked with the Coronavirus pandemic. But we wanted to make it a year to remember for very different reasons. It's our 35th Birthday year and, as with any milestone, it's a time for reflection, looking ahead and celebrating in style.

In 1985 Sense Scotland was started by a number of families who got together and decided they wanted something better for their disabled children. Roy Cox was one of those early family members and helped realise that dream of something better, for his and many other families.

As he retires, he leaves behind a very resilient organisation, and this issue of **LOUD and CLEAR** is testament to that, highlighting the best of a difficult few months. Amongst the backdrop of a global pandemic, with some services restricted, our staff have continued to provide quality care to those we support. Often, they've had to think creatively, learn new skills and take new approaches. But love always finds a way.

Our supporters have proved to be a vital tonic – rallying round to boost our fundraising efforts; providing us with the means to transform outdoor spaces for individuals to enjoy; returning to our high street shops in droves ... the list goes on.

It makes us feel thankful for everything we have and it makes us feel optimistic about the future.

***Here's to the next 35 years
and all we can achieve together.***





Roy retires

Our Chair of Sense Scotland, Roy Cox OBE, handed over the reins recently after almost 30 years at the helm.

Roy was one of a small group of families who founded Sense Scotland, after campaigning for services to support their deafblind children. The charity was formalised in 1985, with Roy taking over as the Chair of the Board in 1993.

His daughter Cheryl was one of the first people in Scotland to benefit from specialist education and touch signing, giving the family one of life's greatest gifts – the ability to communicate. Now aged 41, Cheryl lives independently, supported by Sense Scotland, and also swims, skis and plays in a band.

Roy said: ***"Life in the 'new normal' will be challenging, but Sense Scotland will adapt and continue to do what it does best – ensure the best life for my daughter, and for all the other sons and daughters it cares for."***

He is succeeded by Vice Chair Angela Clements, a Sense Scotland Trustee since June 2014. Angela was instrumental in setting up the TouchBase Ayrshire service, which her son Andrew attends.



Angela Clements

Angela said: ***"What makes Sense Scotland different from other charities is it that is a family – with the emphasis on family values and culture. Roy has built up a successful charity which is run very professionally – but also in a way that we can't lose sight of the reason we are here."***



Roy and daughter Cheryl



Roy receiving retirement gift with Trustee Dr. John Richards, OBE

Pushing through the pandemic

Living a quality life during the pandemic has at times seemed unthinkable. Over the last few months, the people we support and our dedicated staff teams have overcome the toughest of circumstances, even managing to do so with smiles on their faces.

Home Activity packs

Toy caterpillars, sand, glitter and tickly feathers were just some of the items packed in to 'Home Activity' packs by our Early Years team before they delivered these to 80 families they support.

The branded drawstring bags each had a theme - returning to school, a sensory story, sensory play and even 'summer in a bag'. Families have given us great feedback with mum Kirsty saying: ***"Thank you so much for the summer packs we have loved playing with them. Today we did the Hungry Caterpillar. The kids loved it!"***

Baking brothers

Over these last few months, it has been difficult for some of us to share experiences with those we love. In the North East, Finlay and his brother came up with a recipe for success – baking together over FaceTime once a week. Those cookies look yummy.

Your specialist subject is...

Technology has been a saviour for some of our services. Staff in Fort William have been using tech to hold a weekly online 'pub' quiz. They've involved Donna, one of the people we support, in helping to set and read out questions. Her specialist subjects are 'Hello Kitty' and 'The Shining'!

During lockdown Donna also enjoyed cycling trips, dressing up, climbing mountains 'virtually' doing a step challenge – and generally taking part in everything that's going on.



Grant is blooming marvellous

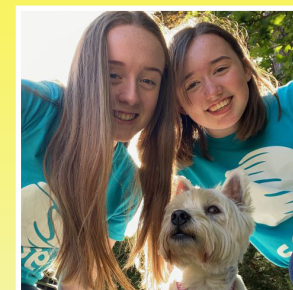
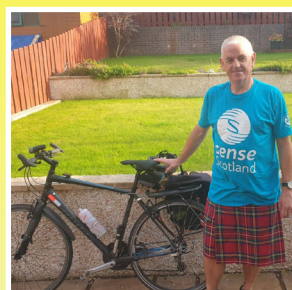
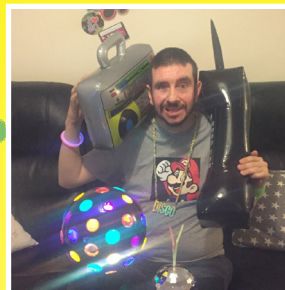
A massive thank you to the Scottish Government for awarding Sense Scotland a grant of **£71,900** through the Wellbeing Fund. From the Highlands to Ayrshire, this amazing grant helped us revamp 36 gardens and outdoor spaces for the people we support and staff to enjoy. For many of the people we support, the garden space was their very own oasis throughout lockdown. With the sun shining, spending time outdoors was just the perfect tonic. Everyone enjoyed the chance to dine al fresco, relax in the shade, or have fun potting up the sensory plants.



Birthday Extravaganza

Congratulations and a massive thank you to all our supporters for making our 35th Birthday celebrations great fun and a wonderful fundraising success.

We've raised more than **£35,000** so far from a variety of activities and donations, including our very first **Paws for Sense Scotland** event, the **Virtual Kiltwalk**, **#35waysin35days** and our **Trustee Challenge**. A special shout out to the **Lightbody Foundation** for their very generous donation of **£10,000**. The monies raised during the celebrations will support our Arts and Music projects, which allow the people we support to increase their confidence, build relationships and have fun.



#35waysin35days

Wheely good effort from Lizzie

Congrats to Lizzie McQuarrie who completed part of her **#35waysin35days** challenge with a cycle to Balloch. Lizzie, who turns 35 this year, has raised more than **£1000** so far. The intrepid birthday girl undertook a 350km challenge, doing 35 ways of exercise - "cycling, walking, running, crawling!" - Go Lizzie!



John Buchan Way Warriors

A massive congratulations to Greig Shortreed and his good pals for taking on the 14-mile John Buchan Way, Peeblesshire. Greig's sister, Eilidh, is supported in one of our services and was the lovely inspiration for Greig and his mates for getting involved and raising £5000 so far. Thank you to everyone and the cute pooches for completing the challenge in style.



Diane's dash for Sense Scotland

Supported by her staff team, Diane was determined to do her bit for the 35th Birthday celebrations by completing 35 laps of TouchBase Glasgow each day for seven days. Diane loves to walk and sometimes run off some energy. The indoor challenge was just the ticket for one amazing lady. So far Diane has raised **£128**. Diane, you're a TouchBase hero!



Supporters step up for Virtual Kiltwalk

With all Kiltwalk events postponed until next year, getting the chance to take part in the Virtual Kiltwalk weekend was too good an opportunity to miss. A massive thank you to our tartan-clad participants for raising almost **£8000**. Thank you to The Hunter Foundation, for such overwhelming generosity, and for matching the amount raised by 100%.

A special mention to our Trustee, Colin Hetherington, for embarking on part of the Hadrian's Wall route and raising **£1500**.

Staff member, Tina, was determined to complete her challenge with a 35th themed twist - completing 350,000 steps over the course of the weekend. Terrific Tina.

A big shout out to Ronnie Stewart who smashed the two-day challenge by walking 16 miles from his home in East Kilbride, stopping off at few special landmarks along the way, including our Castlemilk and Partick shops and for a selfie outside TouchBase Glasgow. Next day Ronnie swapped his walking boots for his bike and cycled an impressive 25 miles.

Trust the Trustees to smash their challenge

Our Trustees were getting behind the 35th Anniversary celebrations and leading by example. Their challenge was to turn £3.50 into £350 to mark the special milestone. From tombolas to golf tees they nailed the challenge and are on track to reach their target of £3500.



100 years of dedication

The pandemic may have put paid to our plans for our annual Staff and Volunteer Awards, but that hasn't stopped us recognising the contribution our staff make.

Long Service Awards and recognition of professional qualifications were sent by post, or presented (socially distanced) in person.

Five staff members each celebrated 20 years Long Service – a whopping 100 years of hard work and dedication. Here are some of the reasons they've stayed so long...

"I am still learning and love my job with sense Scotland"

"I have had so many opportunities, but what's shaped me most is learning from the children and adults that I have supported and their families"

"I love the way I've been able to witness daily, a genuinely person-centred approach"

Congratulations to everyone who celebrates a milestone year with us and a hearty shout out to our staff members who have gained professional qualifications in the recent months. Well done to you all.



Good news from Perth

Sense Scotland has taken on a new housing support service in Perth. Tulloch Hill, established in 2009, has two connecting bungalows supporting three tenants in one house and two tenants in the other. We have been overseeing the service since August 2020.

Bill Wood, Head of Operations in the North East, said: ***"We are delighted to have this new service addition. We wish to welcome the new team and supported individuals and are keen to involve them in the wider Sense Scotland family."***

Open for business

After months of lockdown we were delighted to reopen the doors and welcome customers back to our high street charity shops. Seven of our larger stores reopened in July, with others gradually following suit.

With a range of safety measures in place it was lovely to see customers again. Bags and bags of donations poured in. With every penny raised going towards funding Sense Scotland's services to support disabled people, we are getting back on track to make up some of the lost income from the start of the year.

Sense Scotland's eBay shop was also launched, providing fantastic bargains and niche items. This Royal Albert tea set raised more than £200 and was shipped to Russia. Why not log on to see if anything takes your fancy?

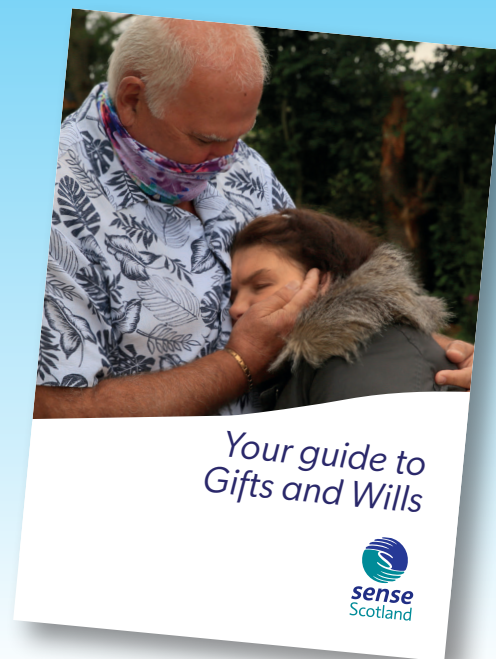


www.sensescotlandebay.co.uk



Leaving a gift in your Will is a life changing moment. Your legacy could help support the next generation of people and families in need of a lifetime of love and support.

To receive your copy please contact:
fundraising@sensescotland.org.uk



Annual Review

Another financial year over - what impact have we made?
Take a look at our latest Annual Review to find out.

Visit our website to view or download your copy:
www.sensescotland.org.uk/resources/publications

We've introduced some new designs to our Christmas card range and there's the opportunity to purchase our best selling designs while stock last.

Cards for Christmas 2020



Driving Home for Christmas



Keeping Cosy



Silent Night



Three Kings of Orient



Melted Marshmallow Snowman



Scottish themed multi-pack

Ordering is easy, just fill out the order form overleaf and return it to us ...

Item	Description	Price	Qty	Total Value
☐	Driving Home for Christmas - Pack of 10	£3.50		
☐	Keeping Cosy - Pack of 10	£3.50		
☐	Silent Night - Pack of 10	£3.50		
☐	Kings of Orient - Pack of 10	£3.50		
☐	Melted Marshmallow Snowman - Pack of 10	£3.50		
☐	Scottish Themed Multipack - 5 Packs of 10	£13.50		

Please amend if your details are incorrect:

Sub-total	
Postage	
Donation	
Total	

Postage & Packaging: orders up to £35.00 - **£4** Over £35.00 - **Free**

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

Signature

Return this form to:
**Fundraising Team, Sense Scotland, TouchBase Glasgow,
43 Middlesex Street, Glasgow G41 1EE**