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Issue #15



Welcome!

In this edition of Care and Connect, read about our allotment sessions for carers, help shape plans for a new National Care Service, and find out how you can share your stories of support with us. Send your feedback to communications@sensescotland.org.uk.

In this issue...

- Read about our STRIDE programme
- Help us choose our Employee of the Year
- Help shape plans for a National Care Service
- Take a break from caring with our allotment sessions
- Share your stories of support with us
- Take part in our Environmental Arts sessions

STRIDE Lanarkshire

Our STRIDE programme (Supporting Transition Resilience Independence Development and Empowerment) is designed to support one of the most important transitions in a young person's life - moving from school into adulthood. Our STRIDE group in Lanarkshire is currently looking for new members - if you know of any young people aged 16-19 with additional support needs who may be interested in joining the programme, please get in touch with the STRIDE Team at STRIDE@sensescotland.org.uk.

Staff and Volunteer Awards 2023

Have you put in a good word for that staff member who makes a big difference to your loved one? Our Staff and Volunteer Awards are coming up in September, and we need your help to choose our Employee of the Year - an outstanding individual that has had a significant impact on the lives of the people we support and their family members. If you or the person you care for would like to nominate a member of staff, you can nominate them online at bit.ly/employee-online. You can also find a printable copy at bit.ly/employee-print and an Easy Read version at bit.ly/employee-easy. If you would like a hard copy sent to you, please call us on 0300 330 9292.

National Care Service

People across Scotland are being invited to have a say on how a new National Care Service should work. A programme of meetings will take place over the summer, stretching from Dumfries and Galloway to Shetland. There will also be online meetings for anyone who would prefer to join discussions remotely. You can find a full list of the meetings below, and you can register at gov.scot/news/national-care-service.

- 28 June - William Quarrier Conference Centre, Glasgow
- 14 July - Hilltown Community Centre, Dundee
- 18 July - Stranraer Millennium Centre, Dumfries and Galloway
- 26 July - The Corran Hall, Oban

- 1 August - An Crùbh Community Centre, Skye
- 8 August - Strathpeffer Community Centre, Highland
- 17 August - Isleburgh Community Centre, Shetland
- 22 August - The Inkwell, Elgin
- 24 August – National online event
- 29 August – National online event

Creative Breaks for Carers

We have received funding through the Creative Breaks programme from Shared Care Scotland to deliver sessions and activities for carers who wish to take a break from caring. Every Tuesday, we will be delivering gardening sessions at the Glasgow allotment for carers wanting to get their hands dirty and do some planting.

We will also be delivering Saturday and Sunday sessions once a month for carers, their families and people they support, where everyone can get involved in a range of outdoor activities such as picnics, environmental arts, and gardening. The next weekend sessions will happen at TouchBase Ayrshire on Saturday, 1 July and at the Glasgow allotment on Sunday, 2 July.

To find a full list of events and book your free tickets, visit bit.ly/creative-breaks.

Family Stories

If you or your family have been supported or are currently being supported by Sense Scotland, we'd love to hear from you! Your stories could feature on our website and social media platforms, in our Fundraising campaigns such as our Christmas Appeal, or in our publications such as Loud and Clear. Fill in our quick form at sensescotland.org.uk/family-stories and we'll get in touch.

Environmental Arts

As we move into the warmer months, now is the perfect time for your loved one to get involved in our Environmental Arts sessions. These sessions are running throughout the summer in Glasgow and Dundee, and present the perfect opportunity for people of all ages with communication support needs to get outside, explore nature, and create art in the process.

Our Environmental Arts sessions are free but only have five slots per session, so please make sure to book via Eventbrite to secure your place. Find a full list of our events and register now at bit.ly/environmental-arts.

Upcoming Events

Sensatronic Lab Open Sessions – Lanarkshire, Ayrshire, Fife and Glasgow

We are excited to announce a new series of open sessions for our Sensatronic Lab, a unique project developed to enable people aged five and over with additional support needs to make digital music. These open sessions will take place over the summer across our Lanarkshire, Ayrshire, Fife and Glasgow TouchBases. If you would like to attend, you can find a full list of our upcoming sessions at bit.ly/3NwvLQn.

Better Breaks Event - The Yard, Edinburgh - Tuesday, 4 July

The Early Years and Advisory Team have received funding through the Short Breaks Fund, which is resourced by the Scottish Government, to organise events for families across Scotland. Our next outing will be to The Yard in Edinburgh which runs adventure play services for disabled children, young people and their families. Book your free place at bit.ly/43zchA2.

RYA Scotland Disability Sailing Open Day - Sunday, 9 July

RYA Scotland are hosting a disability sailing open day on Sunday, 9 July at Bardowie Loch. This is a free event and is specially designed to promote independence for people with a disability to learn to sail. If you or someone you support is interested, please book your free space at bit.ly/3qHAJki.

Coffee and Connect (Online) - Wednesday, 19 July

Our Coffee and Connect sessions are free opportunities for you to catch-up with Sense Scotland advisors and other parents and carers from across the country. The next session will take place online on Wednesday, 19 July at 10am. Book your free ticket at bit.ly/46179q5.

Connect and Play - TouchBase Lanarkshire - Saturday, 22 July

Our Connect and Play sessions are suitable for children aged 0-12 with communication support needs and their families. Please feel free to drop into TouchBase Lanarkshire any time between 10am and 1pm on Saturday, 22 July to take part in summer beach party-themed crafts and sensory activities. Book your free ticket at bit.ly/3Pd1OpE.