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Issue #17



Welcome!

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- Find out new ways to support Fair Work
- Support Sense Scotland at the Edinburgh 10K
- Read the shortlist for our Employee of the Year award
- It's never too early to think about Christmas...

Let's Be Heard

The Scottish COVID-19 Inquiry has launched its listening project, "Let's Be Heard: Sharing Scotland's COVID Experience", which invites everyone affected by the COVID-19 pandemic in Scotland between 1 January 2020 and 31 December 2022 to share their experiences with the Inquiry.

Let's Be Heard is the main way in which people can contribute to the Inquiry and aims to give a voice to people across Scotland. Visit the Inquiry's website at lbh.covid19inquiry.scot to share your views. You can also find out more info on YouTube with BSL interpretation at bit.ly/3YDBRIH.

New Ways to Support Fair Work

The Coalition of Care & Support Providers in Scotland (CCPS) have made it easier for you to contact your local MSP as part of their 'Four Steps to Fair Work' campaign - supporting fair rewards and recognition of social care staff. Simply visit their campaign page at ccpscotland.org/campaign and scroll down to "ways to get involved" to contact your local MSP and ask them to support fair work for social care staff.

Lace Up Your Trainers

The Men's and Women's 10K events are happening in Edinburgh on Sunday, 22 October, and they help thousands of people on their journey to become fitter, healthier and happier. Maybe you've not done any exercise in a while and need a goal to motivate you, or maybe you want to challenge yourself or your friends - why not take part this year and raise funds for Sense Scotland? Get in touch with our Fundraising team at fundraising@sensescotland.org.uk to register your interest.

Employee of the Year

Recently, we asked the people we support, carers, family members, and visitors to our shops to choose our Employee of the Year – an outstanding individual who has gone above and beyond in providing excellent service. We received some stellar nominations from individuals across the country, and we are excited to reveal the shortlist for this category below. The winner of the Employee of the Year award will be revealed in the October issue of Care and Connect.

- **Leeanne Cameron** – TouchBase Glasgow
- **Mary Allison** – Supported Living Glasgow & Surrounding Area 1
- **Caroline MacDougall** – Supported Living Glasgow & Surrounding Area 1

It's Never Too Early...

Although the autumn is yet to come, our Fundraising team are gearing up to launch our online Christmas shop in September. The shop will feature a number of exclusive, seasonal goodies, including an all-new Christmas card, lovingly designed by one of the people we support. We can't wait to share this design with you, but in the meantime, did you know that we recently introduced a set of greetings cards to our online shop, designed by people we support? Perfect for all year round, you can check them out now at sensescotland.org.uk/shop.

Upcoming Events

Twinkle Tots - TouchBase Glasgow - Every Tuesday

Our weekly toddler group continues on Tuesdays between 10am - 11:30am. The group is suitable for children aged 0-5, and includes nursery rhymes, storytelling and sensory play.

Retina UK Edinburgh Local Peer Support Group - Saturday, 2 September

Retina UK's Local Peer Support Group provides a welcoming, safe and friendly opportunity for people to meet up to share experiences, tips and information regarding inherited sight loss. The next meeting will take place on Saturday, 2 September between 1pm and 3pm at University of Edinburgh and NHS Lothian. You can find out more and sign up at retinauk.org/groups.

Sensatronic Lab Open Sessions - Saturday, 2 September

Our final Sensatronic Lab sessions in the current block for people with learning disabilities and communication support needs will happen at TouchBase Glasgow on Saturday, 2 September. These sessions offer the chance to get involved in our experimental art, music and tech project. To find out more and book your slot, visit bit.ly/3NwvLQn.

Connect and Play - TouchBase Lanarkshire - Sunday, 10 September

Drop into TouchBase Lanarkshire any time between 10am and 1pm and take part in some autumn-themed activities! These sessions are suitable for children aged 0-12 with communication support needs, their siblings and family, and offer the opportunity to catch up with Sense Scotland advisers and meet other families. Book now at bit.ly/45yOsJ8.

Quiz Night - TouchBase Dunbartonshire - Friday, 15 September

TouchBase Dunbartonshire would like to invite you to their Quiz Night on Friday, 15 September at 7pm. Are you up for a challenge? There are prizes for the winning team! Plus, a supper of pie and beans/peas is included for each attendee. Tickets cost £5 with all proceeds going towards purchasing rebound therapy equipment. To book a ticket or for more information, please contact TouchBase Dunbartonshire on 0141 772 5588.

Edinburgh Kiltwalk - Sunday, 17 September

The last Kiltwalk of the year takes place in September in the capital city. Fancy taking part and raising funds for Sense Scotland? Contact our Fundraising team at fundraising@sensescotland.org.uk for more info, or visit sensescotland.org.uk/kiltwalk.

Connect and Play - TouchBase Glasgow - Sunday, 17 September

Drop into TouchBase Glasgow any time between 10am and 1pm and take part in some autumn-themed activities! These sessions are suitable for children aged 0-12 with communication support needs, their siblings and family, and offer the opportunity to catch up with Sense Scotland advisers and meet other families. Book now at bit.ly/44dPSHZ.

Online Coffee and Connect - Wednesday, 20 September - 10am - 11am

Join us online for a catch-up and a cuppa. Coffee and Connects are a great way to catch up with our advisors and other parents and carers from across the country. Book now at bit.ly/457DD0W.

Please let us know what you think of Care and Connect. Send your feedback to communications@sensescotland.org.uk.