

Care and Connect *for families*



May 2026 Issue #50



Welcome!

In this issue of Care and Connect...

- Read the latest issue of **Loud and Clear**
- Find out about changes to some of our **job titles**
- Apply for **Take a Break Scotland**
- Get involved in our **upcoming fundraising events**
- Read **news from your service**

Loud and Clear

The Spring 2026 issue of Loud and Clear, for friends of Sense Scotland, is available to read online now! In this issue, read about Sandy, supported in Glasgow; our Learning Hub; our charity shops; Mecoco, our charitable enterprise; and our upcoming charity lunch. You can read Loud and Clear now at sensescotland.org.uk/loud-and-clear.

Job Title Updates

In recent weeks, you may have seen changes to some of the job titles of our staff. Our 'Support Practitioners' are now called 'Support Workers', and our 'Supervisors' are now called 'Team Leaders'. These changes are due to several reasons:

- 1) These new titles reflect how other social care organisations like Sense Scotland refer to their staff. By adopting these titles, Sense Scotland will appear in more job searches and this will help us to fill our vacancies.
- 2) We feel these titles are more modern and reflective of the roles.
- 3) For Support Workers specifically, this new job title aligns with the job roles listed on the Scottish Social Services Council (SSSC) register. This means staff who are required to register with the SSSC are clear about which job role they should select.

The job description of both roles is unchanged. The only change is the job title.

These changes were discussed with Unite the Union prior to being made.

Take a Break Scotland

Applications for Take a Break Scotland are now open and will close at 5pm on Monday, 22 June 2026. Take a Break is Scotland's short breaks fund for parent carers, including eligible kinship carers of disabled or seriously ill children and young people aged 0 to 17, and grants can be used for a break away, leisure activities or outings, sports equipment and much, much more.

If you know of anyone who may wish to apply, please direct them to takeabreakscotland.org.uk.

Fundraising Opportunities

Sense Scotland is a charity. Many of our services rely on funding from trusts, foundations and the public. We need to raise at least £1million every year. Can you, your family, friends or employer help? To find out more about our fundraising activities and opportunities, please sign up to our

fundraising newsletter at bit.ly/sense-scotland-fundraising, give the team a call on 0300 330 9292 or email us at fundraising@sensescotland.org.uk.

Tough Mudder

There's still time to sign up for this year's Tough Mudder event in South Queensferry on Saturday, 6 June - and if you sign up now, you'll get your place for just £20.

Tough Mudder creates hardcore obstacle courses designed to test your all-around strength, stamina, and mental grit. With the most innovative 5K and 15K courses and millions of participants worldwide to date, it is the premier challenge series in the world.

When you sign up for a charity place with Team Sense Scotland, you'll get entry for just £20! In exchange, we ask that you raise a minimum amount for Sense Scotland (£150 for 5K, £250 for 15K). And when you're crawling through the mud, splashing through water, or climbing over walls, you'll be helping to raise funds for the people we support. To sign up now or find out more information, visit sensescotland.org.uk/tough-mudder.

Aberdeen Kiltwalk

The next Kiltwalk of the year will take place in Aberdeen on Sunday, 7 June. Two routes are available for this Kiltwalk: the Mighty Stride (18 miles) from Banchory to Aberdeen City Centre, and the Wee Wander (four miles) from Cults to Aberdeen City Centre. Are you keen to take on a fundraising challenge in Aberdeen – or in Dundee or Edinburgh later in the year? If so, you can register your interest at sensescotland.org.uk/kiltwalk.

Highland Fling

Our Fundraising team are excited to be offering an all-new event this year: the Highland Fling! On Sunday, 6 September, you can take on either the Killie Zip - zipping through the trees and across the River Garry in the stunning valley of Killiecrankie, Perthshire – or the Highland Swing - the first purpose-built, permanent swing platform from a bridge in Britain – while raising vital funds for Sense Scotland. For those of you outside of Perthshire, our team will be running a bus transfer from Glasgow on the day. To find out more and sign up, visit sensescotland.org.uk/highland-fling.

Upcoming Events

Pre-loved Clothing Sale – TouchBase Ayrshire – Thursday, 28 May

On Thursday, 28 May, TouchBase Ayrshire is hosting a pre-loved clothing sale to raise funds for the upkeep of their sensory garden! Pop along to the TouchBase (41 Princes Street, Ardrossan) between 10am and 12pm to grab yourself a bargain - all items will be for sale for £5 or under.

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

You can find past issues at sensescotland.org.uk/care-and-connect.