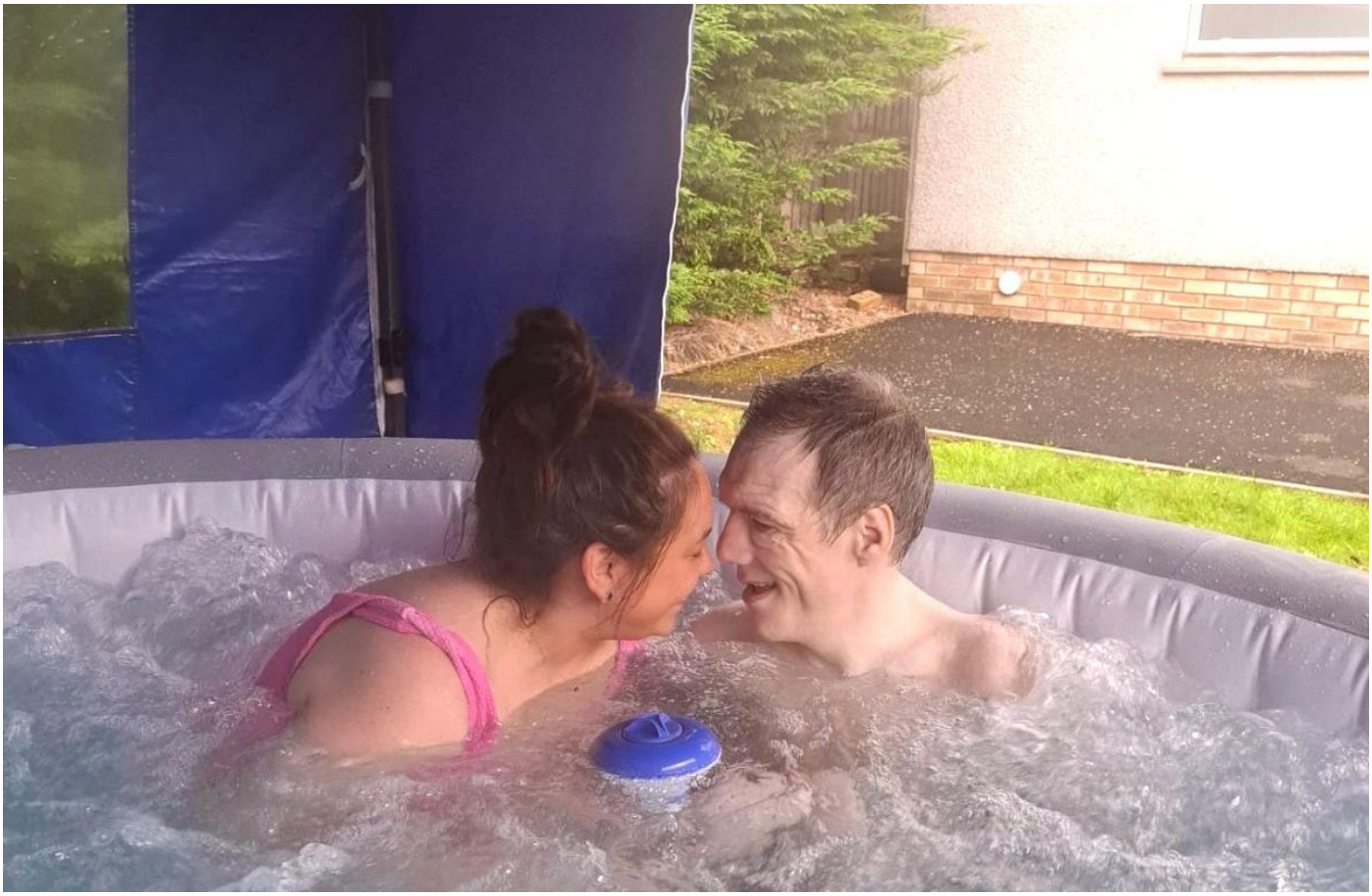
Care and Connect *for families*

September 2026 Issue #54



Welcome!

In this issue of Care and Connect...

- Write to your **MSP about Sense Scotland**
- Find out about **our new telephone system**
- Read the latest issue of **Loud and Clear**
- Take part in our upcoming **fundraising events**
- Read news from **your service**

Write to your MSPs

Now that the new Scottish Government is in place, you may wish to contact your local MSPs to raise awareness of Sense Scotland and of the challenges facing the wider social care sector in Scotland today, including recruiting and retaining staff, funding issues, and increases to employers' National Insurance contributions (eNICs).

We have prepared a template letter which you can download and personalise, asking for your local MSPs to consider meeting with representatives from Sense Scotland to discuss the future of social care in Scotland. You can find the letter here: bit.ly/Sense-Scotland-MSP-Letter-Sep-26.

To find the contact details of your local MSPs, go to: www.writetothem.com.

New telephone system

We have recently introduced a new telephone system at TouchBase Glasgow which will introduce menus, allowing you to reach the person or team you're looking for more quickly. Calls should still be made to Sense Scotland's main phone number – 0300 330 9292 – however, once dialled, you will be presented with a number of options to help direct your call. For instance, you can press '1' for Head Office, which will then present you with a list of further options (such as Finance, Fundraising, Recruitment, or Admin); alternatively, you can press '2' for a menu of our TouchBases, and then select from that menu to be connected to that TouchBase directly (for example, press '1' for TouchBase Ayrshire, press '2' for TouchBase Dunbartonshire). Alternatively, you can press '3' on the main menu to speak to a member of our Admin team.

By introducing this new system, we hope to provide all callers with a modernised way of reaching the people they need to reach quickly.

Loud and Clear

The latest issue of our newsletter for Sense Scotland supporters, Loud and Clear, has been landing on doormats across the country over the past month. This issue focuses particularly on the support we provide to children and young people. The early years are critical to health, development and wellbeing for years ahead. Getting it right is so important – but families can't do it by themselves. That's where Sense Scotland, with your support, can step in – providing practical help, specialist support and a route to the wider help families may need.

To read the latest issue of Loud and Clear, visit www.sensescotland.org.uk/loud-and-clear.

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.

Forth Rail Bridge Abseil

We have spaces available for our Forth Rail Bridge Abseil on Sunday, 4 October! Whether you're a seasoned adventurer or a first-timer, this is your chance to conquer an adrenaline-pumping charity event and help make a difference for the people we support. To sign up or find more information, visit www.sensescotland.org.uk/abseil. Please note that there is a minimum fundraising requirement of £200 for this event.

Firewalk

We are excited to announce a charity firewalk on Wednesday, 25 November, at TouchBase Glasgow (43 Middlesex Street, G41 1EE), allowing you to take part in one of the most exciting ways to raise funds for Sense Scotland - walking barefoot on hot embers. This event is perfect for those who are ready to take on an incredible experience to raise funds for Sense Scotland, while increasing their own confidence and self-esteem.

Please note that the minimum age for a firewalk is 14 years old. Parental consent is required for anyone aged 14 or 15 years old. After completing the firewalk, you'll receive a personalised certificate and a chance to celebrate with friends and family.

To sign up or find more information, visit www.sensescotland.org.uk/firewalk.

Upcoming Events

Bingo Night – St Dominic's Catholic Church, Bishopbriggs – Friday, 2 October

On Friday, 2 October, from 7:30pm – 11pm, join TouchBase Dunbartonshire at St Dominic's Catholic Church (21 Kirriemuir Road, Bishopbriggs) for a fun evening of games, prizes, and food. Entry costs £10 and includes a five-game bingo book. Proceeds will go towards our Capital Appeal, helping to secure the future of TouchBase Dunbartonshire for generations to come.

Connect and Play – TouchBase Ayrshire – Saturday, 3 October

Join our Early Years team for a Connect and Play session at TouchBase Ayrshire (41 Princes Street, Ardrossan) for children aged 0 – 12 with communication support needs, their siblings, and their families. This will be an autumn-themed session with messy activities, so please make sure

to bring old clothes! These sessions offer the perfect opportunity for parents and carers to catch up with our Early Years Advisors and meet other families. To book your free ticket, visit bit.ly/connect-play-TBA-oct-26.

Treats and Treasures – TouchBase Lanarkshire – Saturday, 3 October

On Saturday, 3 October, from 10am – 1pm, come along to TouchBase Lanarkshire (4 Leys Park, Hamilton) and enjoy a coffee/tea and cake and buy some new and pre-loved clothes, handbags, and shoes! All proceeds will go towards fun activities and events for the people we support at the TouchBase. Entry costs £1.

Better Breaks Event – Dundee Science Centre – Tuesday, 13 October

Our Early Years and Family Advisory team are excited to announce that our next Better Breaks event will be held at Dundee Science Centre on Tuesday, 13 October from 10:30am to 1:00pm.

Better Breaks events are funded by Shared Care Scotland and are aimed at children and young people aged 0 - 20 with additional support needs.

This offers an opportunity for children/young people, parents/carers and siblings to get together, play, explore and have fun. Book your free space now at bit.ly/better-breaks-dundee-oct-26.

Connect and Play – TouchBase Glasgow – Sunday, 25 October

Join our Early Years team for a Connect and Play session at TouchBase Glasgow (43 Middlesex Street, Glasgow) for children aged 0 – 12 with communication support needs, their siblings, and their families. This will be a Halloween-themed session with messy activities, so please make sure to bring old clothes! These sessions offer the perfect opportunity for parents and carers to catch up with our Early Years Advisors and meet other families. To book your free ticket, visit bit.ly/connect-play-TBG-oct-26.

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.