



### Meet Still Game . . .



*Some of the Still Game Members*

John, George, Nicola, Audrey, Paul, Sheila, Richard, Paul, Carole, Tam, Clair and one or two others who have experience of the services of Ceartas have continued to meet regularly throughout the year and, despite their difficulties, say they are 'Still Game'. It's been a great year for the members who are going from strength to strength individually and as a group. Still Game are firmly at the heart of all we do.

#### **Four Key Aims:**

- Still Game agreed they wanted to
  - Contribute to Development
  - Have Their Say
  - Get Involved
  - Have Fun

Hopefully this newsletter will give you a taste of what they have been up to so far this year.

### Contributing to Development . . .

In May Still Game appreciated the opportunity to hear from Gordon Thomson, the Chief Exec to get an update on Ceartas – their continued funding and other plans for the year.

Still Game now have their own Information Page on the Ceartas Website and have contributed some great photos and stories so far.



In March, Ceartas ran another **Pop Up Café** in the Bearsden area with help from some Still Game members. It was good to have a few people from the area popping in

to get information about Ceartas services while enjoying some home-baking.

Still Game members charted their own Personal Development over the past year. The results were truly inspiring with members saying they had greatly increased their confidence, skills, social interactions, knowledge and ability to contribute to the group. Ceartas have been delighted to see how much everyone has grown and through their continued input become an integral part of the organisation.



### Having their Say . .



A highlight this year was when some of our members attended a two day presentation course run by Heartfelt which equipped them to put together their own presentations about issues that affect them. Volunteers and service users attended and have since worked together to finalise their presentations. Clair said "Several people from Still Game are putting together presentations. It's hoped in the future that these will inform people from different walks of life about the difficulties we face. Tam and Sheila gave presentations at Still Game in June". Although they were nervous, both of them did really well and their presentations were great. Everyone found what they had to say very informative, helpful and moving.

Still Game took part in a Self Directed Support Consultation and an Adult Support and Protection consultation group which is facilitated by Ceartas. Roy from Ceartas spoke to the group about the Older Person's Access Line (OPAL) which is proving to be a great way of older people getting the information they need about any area of life that affects them. Several Still Game members met with the EFQM panel and had their say about Ceartas and its services. We were delighted that we were granted the 'Committed to Excellence' award in May 2013.



### Getting Involved . . .

There are many additional ways that service users have got involved in the life of Ceartas this year:

- ◆ Taking on Roles within Still Game
- ◆ Presentations about their life experiences
- ◆ Evaluations/Business Planning
- ◆ Charting and reporting on their own Personal Development
- ◆ Task Groups for – the Ceilidh, Pop Up Advocacy Cafes, Planning Still Game, Newsletter

**Thanks to the Newsletter Task Group – John, Clair and Sheila for producing this edition!**

### Ceartas Dementia Voices



Our dementia service user group met on 12<sup>th</sup> April and following a lovely lunch, we discussed the name of the group (previously called Dementia User Group). After much deliberation, voting and showing of hands the group decided its new name would be Ceartas Dementia Voices. This reflects the fact that the group is about making sure people with dementia's voices are heard and sums the group up perfectly.

The group heard about advocacy from Pauline, one of our Advocacy Workers, and we spoke about case studies where advocacy had been used to support people living with dementia. We talked about the School Dementia Awareness Pack, for use in Primary schools in East Dunbartonshire, it is currently in a draft form and is being tried out in two schools in East Dunbartonshire. The group was happy that school children aged 11-12 were being informed about dementia and individuals said it might help more people to be aware about dementia and make the community more dementia friendly. Please phone Karen or Pauline on 0141 775 0433 for more information about this group.

### Having Fun . . .

The Still Game **Ceilidh** last Nov was great fun . . . the caption we came up with for this photo shows "The Golden Girls"



We had amazing weather for the **Christmas Boat Trip** with the Seagull Trust in December!



There was fierce competition at the Who Wants to be a Millionaire style quiz in June. And for the Mastermind advocacy quiz, our advocacy workers proved they were masters of all things Ceartas!

On Friday 28<sup>th</sup> June, we are holding a "Music for a Summer's Day" with afternoon tea. Members of our De Cafés, Still Game, Autism Group, Ceartas Dementia Voices, ABI Café and Adult Support and Protection are looking forward to this musical delight with music by our very own Roy!

### Acquired Brain Injury . . .

**ABI Café** have formed their own Planning Group and in May hosted Another ABI Seminar to raise awareness in the area. Many of the members took part in this event and there was great feedback from the many people who attended.



Due to some funding being secured by one of our volunteers, the group decided to produce a better quality leaflet which will be distributed locally to build on the success of ABI Café. For further details about ABI Café which is run in partnership with Headway, call Pam on 0141 775 0433.

### Autism Group



Ceartas are delighted to tell you all about our latest group for +16 people, who are on the Autistic Spectrum. The group meets on a monthly basis and is now in to its fifth month with around six members. The group members are offered a unique opportunity to meet new people, gain experience and confidence as well as learning new skills. As it is facilitated by two of the advocacy workers, Andy and Gemma, there is also a direct link to advocacy support offered at every meeting. Please call Andy or Gemma on 775 0433 for more information.

### Future Plans . . .

**Later In 2013** we are planning to run another Ceilidh and some comedy/drama workshops. We are also really excited about other Still Game Members giving their presentations about issues which affect them and the possibility of them giving these presentations in other places. If you'd like to know more about receiving Advocacy Support, or if you've already received support from Ceartas and would like to get involved with Still Game or any of the other groups mentioned, please contact Pam Thomson, Involvement Worker.