



The Shine Partnership is made up of 4 organisations, including Ceartas, who work together to ensure that the people who use services are at the heart of telling others about Self-Directed Support

The goal for Shine is to have individual service users lead and deliver presentations and workshops throughout Scotland, along with helping to develop materials to inform others of the change.

In recent months Ceartas have hosted a 2 day Train the Trainers course and will be hosting a Younger Persons Workshop as well as SDS Football and producing an SDS service user stories and SDS DVD, featuring East Dunbartonshire service users

Staff changes...

There have been a few staff changes since the last newsletter, we have said goodbye to Andy, Pam and Ewan, although thankfully Pam will still be with us as a volunteer.

We do have 2 new staff members in the form of Isla McIntosh as a part time Advocacy Worker and Linda McGavin as the new Involvement Worker, who will be working with all of our groups. There will be more on the new staff members in the next newsletter.



As we mentioned in the last newsletter we have appointed 3 new board members, so by way of introduction, here is a little bit about them;

John Gerrie

John has taken responsibility for overseeing the marketing of Ceartas. During his career John had experience of journalism and editing newspapers, which has assisted the organisation greatly. However John's careers was not entirely focused on the media as he has equally gained wide experience from his many years of work within the Scottish Prison. From this he has been able to transfer his management skills to supporting the governance of Ceartas.

Louise Benson

Recently retired, Louise has had extensive experience in the NHS in a number of roles since she registered as a dietician in 1979. Before taking early retirement Louise was Head of Profession in the NHS Ayrshire and Arran, a role which combined the strategic development and operational management of the department that provided dietetic services to all sectors of the health service. Louise also has significant experience in volunteering and her commitment to Ceartas has seen her focus on user involvement and dementia services.

Jamie Rutherford

Jamie is a local resident who was keen to volunteer within his local community. In his career to date Jamie has built up knowledge in the private and voluntary sector. Jamie's roles have included event management and business development in a variety of roles. Jamie also has considerable experience of working with individuals with learning disabilities. Within Ceartas Jamie will be assisting the CEO in developing the business plan via the Fundraising and Development sub group.



Ceartas Summer Newsletter

We are now officially in to our 10th year of providing advocacy support and information to people in East Dunbartonshire. At Ceartas we want to say a huge thank you for your continued support throughout the years. We will be publishing a special 10th Anniversary newsletter later in the year, looking back at the many changes over the years, from hairstyles to staff members and offices, so watch this space.

In this edition we have updates from all of our groups, from some of the partnerships we are involved with and an introduction to 3 new Board members.

To stay up to date with news and developments from Ceartas, contact us on 0141 775 0433 or info@ceartas.org.uk, check out our website www.ceartas.org.uk, 'Like' us on Facebook, follow @ceartasadvocacy on Twitter or you can subscribe to our e-bulletin, for regular updates by providing us with your email address

The Ceartas Team

Care to be Heard Seminar

Back in April we hosted 'Care to be Heard', a free self-advocacy seminar which aimed to explain complicated terms, take the fear out of attending meetings and give people the skills and confidence to speak up for themselves or the person they care for.

We were delighted with the turnout. The presentations and information generated plenty of useful discussions around issues such as the impact of the welfare reform on peoples lives, how to

go about applying for guardianship and how carers can sometimes find it difficult to get their point across.

The feedback provided was extremely positive and showed us how useful the seminar was for those who attended.

We will be running the seminar again the near future, either in the Ceartas office or by taking it out to local groups, care homes and organisations.



still GAME

With the group, as always, at the heart of the organisation, the staff team at Ceartas continue to be inspired by the enthusiasm of Still Game members.

Over the past few months Still Game have taken part in a diverse range of activities, including a workshop on the Referendum, with their interest in politics taking them on a visit to the Scottish Parliament.

We are grateful to the members of Still Game for the many additional ways they have been involved in Ceartas over the past few months;

- Several members have been giving presentations about their life experiences to the group as well as to professionals
- Still Game have been looking into developing a tagline
- A number of additional task groups have run throughout the year with service user involvement in various aspects of the life of Ceartas

ABI Café (Acquired Brain Injury Group)

In the previous newsletter we mentioned that, alongside Headway, Ceartas were supporting ABI Café members to produce a booklet 'ABI Café Stories—Living Life with an Acquired Brain Injury'. The booklet tells the stories of 8 ABI Café members and their journey to recovery after their injury, as well as giving information on ABI Café and other supports available. The booklet is available to anyone who would like a copy, simply contact us at Ceartas.

We also recently hosted the 3rd annual ABI Seminar, in May, which coincided with Brain Injury Awareness Week. The members of ABI Café took this as the perfect opportunity to launch the booklet.

There was, as usual, a great turnout for the seminar, with ABI Café, Headway and other organisations providing information stands.

The Highlight of the seminar was hearing from some of the authors of the ABI Booklet, who took part in a 'meet the authors' section, giving attendees the opportunity to ask questions about living with an Acquired Brain Injury.

Highlights from recent ABI Cafés have been;

Sessions on OPAL, The Older Peoples Access Line, and Dementia Awareness

Visits from Police Scotland

Live music with Robin Lucas

a-SPIRE Speaking from the Spectrum

We have been thrilled to see the continued growth and success of A-Spire, which was born from the idea of a Ceartas service user. Over the past year we have ensured the group has continued to grow in the way the members want it to.

Highlights from the past few months have included;

Representatives from A-Spire attended the Autistic Intelligence Spring Conference, hearing from leading experts on the condition

A trip to the Scottish Parliament with members from other Ceartas groups and a visit from Fiona McLeod MSP

A visit from Figure 8 Consultancy Services to get the views and experiences of A-Spire members of using services in East Dunbartonshire

A visit from Glasgow Science Centres Fit Lab Experience



Music for a Summer's Afternoon

We threw our annual summer party for all those who have attended our groups throughout the year. 'Music for a Summer's Afternoon' was a great success and saw our very own Roy provide the music with his fantastic band.

As well as having a dance and some cake, the event also provided a valuable opportunity for people from different groups to meet and share experiences. There was a great mix of people from De Café, ABI Café, Still Game and A-Spire, as well as Board members, staff and volunteers.

Here's to next year!!



Service user Forum

Ceartas' newest initiative started recently, seeing representatives from each of our groups come together with Board members to discuss the agenda for Board meetings and contribute any other ideas they have for service development.

We see the Forum as that next step in Ceartas placing service users at the heart of service delivery. Achievements of the group, so far, include producing a directory of services and taking forward joint partnership working proposals.

The members of the forum are fantastic and extremely enthusiastic. We can see this group going far

Adult Support and Protection



Recently our Adult Support and Protection group have advised the ASP Committee on suggestions for improving ASP support services in the future.

Our consultation group were also asked to contribute to the production of the ASP Committee's Biennial Report for 2014-2016. The report will set out plans for developing supports around adult protection. Through contributing the group members have played an active role in improving services for those in the local community.



& our Dementia work

We held our annual Dementia Seminar in April, in partnership with the Dementia Network. The seminar provided a range of insightful information on dementia with speakers from East Dunbartonshire Social Work, Ceartas and Alzheimer's Scotland using their experience and expertise to discuss the dementia support available in the area.

During Dementia Awareness Week, Karen and partners from the Dementia Network were out on the road with pop-up cafés across East Dunbartonshire trying to reach anyone affected by dementia or worried about memory loss.

Recently we were invited to attend and host a stall at the Protected Learning Event for East Dunbartonshire GP's, with the theme being 'The Importance of an Early Dementia Diagnosis'. It was a worthwhile event, with great interest in the Ceartas/OPAL stall. The filmed interview with Dr Harri Seth, a member of De Café, was poignant and very well received.

We have been very pleased with the way De Café has expanded over the years, with Kirkintilloch and Bishopbriggs continuing to grow, therefore we have recently added Cafés in both Milngavie and Bearsden, which will hopefully take off in the same way "It's good to talk" the others have.

"It's good to talk"