



# Summer Newsletter

August 2016

## Welcome

Welcome to the Ceartas Summer Newsletter and our chance to get you up to speed with everything what has been happening over the past six months. Since the turn of the year we have welcomed new staff members, continued the development of our current groups, developed some new projects and continued our successful partnership working: all team members working in the present with an eye on the future.

To stay up to date with news and developments from Ceartas, check out our website [www.ceartas.org.uk](http://www.ceartas.org.uk), 'Like' us on Facebook, follow @ceartasadvocacy on Twitter or you can subscribe to our e-bulletin by providing us with your email address.



@CeartasAdvocacy

## 4th Annual Music for a Summer's Afternoon

Our annual Music for a Summer's Afternoon took place on the last Friday of June and we welcomed around 70 guests to the event. All had a great time listening, dancing and singing along to the sound of Helen and the Blue Jays, who played an array of hits from times gone by. The great music and great conversation was only enhanced with the addition of tea, sandwiches and cakes.

All at Ceartas would like to thank local organisations for their generous donations in support of the event, including Tesco Kirkintilloch and Sainsburys Kirkintilloch. The event would not have been possible without the effort from the invaluable volunteers at the event .





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Still Game is a closed group specifically for those who have used or are currently using advocacy services offered by us here at Ceartas.

*still* **GAME**

Still Game celebrated the festive season with their annual visit of Santa on the Barge and have been welcoming guest speakers every month since. This included; Ian Hood from the Learning Disability Alliance Scotland to discuss the recent Scottish Elections, Pat Friel from the Department of Work and Pensions to discuss the new welfare reforms and how they will impact claiming benefits, and Fiona Rooney from CAB East Dunbartonshire to discuss wellbeing assessments.

Still Game have an exciting schedule for the remainder of the year with guest speakers already confirmed and more still being actively invited.



## Life changes Trust

We are thrilled to announce that we will be working with the Life Changes Trust to deliver real change for people affected with dementia in East Dunbartonshire.

We have been awarded £82,000 to help develop our existing services and increase peer support. This will include the expansion of our De Café (dementia café), which is currently running in venues in Kirkintilloch, Bishopbriggs, Bearsden and Milngavie, and increase our befriending and peer support is two of the services both the person with dementia and the carer say they value the most, and these kind of interactions are fundamental to a person's good health and wellbeing.

Please contact Karen Heath at [kheath@ceartas.org.uk](mailto:kheath@ceartas.org.uk) or 0141 775 0433 for more information.



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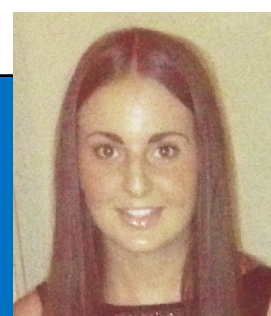
## Acquired Brain Injury Seminar

ABI Café hosted their 5th annual Acquired Brain Injury Seminar on Wednesday 4th May at Kirkintilloch Baptist Church. The event focused on the link between epilepsy after brain injury and featured guest speakers who are prominent figures in this area, including Lorraine Jackson from The William Quarrier Scottish Epilepsy Centre, and retired A&E Consultant Dr. Ian Swann. The event also welcomed friend of the group, Helen Reeves, who spoke compellingly about her personal experience of living with epilepsy. Post-seminar, all attendees were invited to a small information exhibition across the building. Here they were given an opportunity to chat with ABI Café members and local organisations, including OPAL, Digby Brown, CAB, Police Scotland, East Dunbartonshire Dementia Network, Paths for All, and many more.



## Recruitment Updates

Ceartas welcomed new recruits to the team in April in the form of Alex Doherty and Chris Waite, both Advocacy Workers, and Cheryl Murray, who has joined as a Group Support Worker.





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## Get Set & Go Merkland

Taking inspiration from the success of our Get Onside course, Ceartas developed a pilot course in partnership with Clyde Community Foundation and Merkland School Kirkintilloch, accessible to school pupils on the autistic spectrum. The course combined the awareness of Self Directed Support, the promotion of health and wellbeing and a focus on essential life skills including enhancing employability skills, all elements enhanced through the medium of football. The course also looked at future volunteering opportunities, helping people to engage within their communities more.

## New Role in Advocacy Support

A particular element of our work of which we are now funded for has been supporting individuals undergoing Hospital Discharge: the point at which a patient leaves the hospital and either returns home or is transferred to another facility such as one for rehabilitation or to a nursing home. Individuals are often referred to Ceartas when there are no legal powers in place, like Power of Attorney or Guardianship

The role of advocacy in this process includes working alongside the individual, ensuring they have the right information and that their views are taken into account. We may also talk to other people who are involved in the person's care such as relatives, nurses or social work staff, and write a report about the work we have done to ensure that the views of the person are consulted in regards to their future care. Advocacy workers don't make decisions for or about the person; they don't carry out assessments or provide legal representation.

Advocacy is a way of making sure that a person's views are taken into account, that they have the right information and time to think about their options and to help them understand what is being discussed.



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## Dementia Awareness Week 30th May—5th June 2016

To celebrate Dementia Awareness Week, Ceartas took part in a range of activities and promoted #eastdunmemories across our social media platforms:

**Tuesday 31st May** was 'Memory Day' and we had a memories themed team lunch that focused on food that brought back a particular memory – either from that exotic holiday or simply a favourite school meal.

On **Wednesday 1st June** we had our Milngavie De Café and invited all members from the dementia network in East Dunbartonshire, to meet guest speaker Fiona Rooney from CAB who discussed Wellbeing Reviews

We also had our Dementia Walking Football on Wednesday 1st June and invited all dementia network members to come along and get involved in the action.



## OPAL - East Dunbartonshire Information Line

OPAL is a free information service that covers all adult residents of East Dunbartonshire. OPAL works by signposting callers to the correct service, enabling them to tackle various challenges from cases of social isolation to more serious health and well-being difficulties.

Common enquiries that OPAL deal with are; Blue Badge applications, Income Maximisation, Carer Support, health and social activities in your area, Advocacy support, and a wide range of other information requests.

Please contact OPAL on 0141 438 2347 or

[info@opaleastdun.org.uk](mailto:info@opaleastdun.org.uk) for more information, or search for OPAL East Dunbartonshire on Facebook and Twitter.





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## Get Onside – Kirkintilloch and Broadwood

As part of the Shine Partnership, Ceartas has been working alongside Heartfelt Ltd and Clyde FC Community Foundation to deliver two Get Onside courses since the turn of the year.

The aim of Get Onside is to help give confidence to those who currently pas-



sively receive social work services to become more involved in actively determining what

those services are. At the heart of this project is the promotion of Self Directed Support and to better inform people of their rights under the new legislation.



Running from January to March, Get Onside made its return home to where it all began back in 2014, Kirkintilloch Leisure

Centre. Our graduates

from this programme were then invited to receive the full match day experience and take to the pitch at half-time to showcase their skills and what they have learned over the duration of the course.

Our most recent course ran from April until June and revisited the home of Clyde FC, Broadwood Stadium.



### Get in Touch...

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