



## New De Café in Lenzie

Ceartas, in partnership with Redeeming Our Communities (ROC) at Lenzie Union Parish Church, is hosting a new de café in Lenzie. Like the others, the café is free and open to anyone affected by dementia and will offer information on dementia as well as a cake, a cuppa and the opportunity to meet people from your local community.



## New art group for people with dementia

Running every Thursday from the 21st of June until the 9th of August, Ceartas will be running an art group for those living with dementia. The group will be lead by a professional artists and those who attend will be able to develop their skills and work alongside people with similar health conditions. Please contact Karen on the details below for more information.

## Introduction to Crossfit

OPAL, in partnership with local CrossFit gym in Kirkintilloch, are running an 8-week programme for older people or those with limited mobility who are unfamiliar with this type of exercise but would like an introduction. You will meet new people and work together to improve things like strength, cardio-respiratory endurance, stamina, flexibility, and balance. A taster session is also available on the 16th of July 2018. Contact the team for more information or if you would like to come along.



### Get in Touch...

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Stay up to date with everything Ceartas on social media

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## Welcome

Welcome to the Ceartas Summer Newsletter and our chance give you a quick run over of everything that's been happening over the past six months. Since the turn of the year we have welcomed new board members, continued the development of our current groups along with some new projects, and continued our successful partnership working. As the only provided of independent advocacy in East Dunbartonshire, everything we do is a route back into advocacy and links to our core values of equality, fairness and justice.

## 6th Annual Music for a Summer's Afternoon

Our annual Music for a Summer's Afternoon is taking place on the 29th June and we are excited to see past and current service users, groups, volunteers, carers and partner organisations in attendance.

Returning from last year (and the years before), we are delighted to be having The Helen Reeves Experience returning to play a wide range of hits. And yes we'll see our very own Roy Hunter playing the double bass again..

All at Ceartas would like to thank local organisations in advance for their generous donations including Paul's Fine Foods, Table13, Sainsbury's Kirkintilloch, ASDA Bishopbriggs and Tesco Kirkintilloch.

Ceartas would also like to say a massive thank you to those who will be volunteering on the day as the event would otherwise not be possible.







# Summer Newsletter June 2018

## Still GAME

Still Game continues to take place on the first Tuesday of every month and is a group specifically for those who have used or are currently using advocacy services offered by us here at Ceartas.

Still Game welcomed board member Louise Benson to discuss nutrition, Lynsey Haggarty from RBS to discuss banking and keep yourself safe online, and new staff member Kathryn Pollock along to meet the group. And the schedule is packed for the remainder of the year. If you have used advocacy and want to keep involved with Ceartas, please contact Linda on 0141 775 0433 for more information about coming along.



## 'I am...' Creative Writing Project

An eight week creative writing project funded by the Big Lottery Investing in Ideas fund culminated in our first ever publication back in February.

'I am...' included short stories and poems from the twelve participants that helped break down the stigma around "service user land" and associated health conditions. The publication has also been an effective tool in raising awareness and understanding of independent advocacy.

The publication was officially launched in February at the William Partick Library in Kirkintilloch, and the Glasgow Women's Library in Bridgeton. The publication also featured as part of an online blog tour, where the book was reviewed by six authors over the course of as many days.



# Summer Newsletter June 2018

## #WalkAMile with Ceartas

To celebrate Mental Health Awareness Week 2018, both Ceartas staff and the people we work with went on a short walk around the McGregor House area. When we walked a mile on 15th May 2018, we broke down barriers and opened conversations about mental health, and welcomed back walkers to McGregor House for a cup of tea and a chat. The walk was also open to anyone wanting to access health and local information. As the event was a success, plans are underway to develop this further in the coming months.



## Head Injury Information Day 2018

Members of the Ceartas team alongside members of the ABI Cafe hosted a stand at the Head injury information Day in May. The event is run annually by Digby Brown at a venue in Glasgow, this year taking place at the Doubletree Hilton Hotel.

The Ceartas team were on hand to discuss how independent advocacy supports people who have been affected by brain injury with support from members of the ABI Cafe: the only acquired brain injury group in East Dunbartonshire, ran in partnership by ourselves and with Headway Glasgow.

