



Summer Newsletter June 2019

Scottish Sensory & Equality Awards 2019

The team at Ceartas were delighted to have been nominated for the Scottish Sensory & Equality Awards tonight in 'Category 3: Outstanding practice, innovation and dedication to sensory loss and inclusion in a specific local area.' The awards were run by Deaf Scotland -the leading organisation for the deaf sector in Scotland- and the ceremony took place at the Double Tree Hilton in Glasgow this evening.



Walk n Roll Relaunch

Ceartas relaunched Walk n Roll – our free, fully accessible health walk open to anyone who wants to get active and see a bit of Kirkintilloch/Lenzie they may not have before. Previously we ran the health walk on the first Thursday of the month, directly after ABI Cafe, but after discussions with the people who join us for the walk, we have moved it to a day of it's own on the last Thursday of the month.

We use Walk n Roll as an opportunity to keep you informed and connected with your local community, and it is a chance to learn a bit more about our charity and what we do; independent advocacy, information and our groups.

Give us a call for more details or if you fancy coming along.



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Welcome

Welcome to the 2019 Ceartas Summer Newsletter, being officially launched at the 7th annual Music for a Summer's Afternoon at Kirkintilloch Baptist Church.

Here you will find some highlights from the past year, where we have; welcomed new board and staff members; said goodbye to others; continued the development of our current groups along with some new projects; and continued our successful partnership working across East Dunbartonshire.

As the only provider of independent advocacy in East Dunbartonshire, everything we do acts as a route back into advocacy and links to our core values of; equality, fairness and justice.





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Faces of Dementia

Faces of Dementia was an 8 week programme delivered by Ceartas in partnership with local artist Bev McCluskey. The group was exclusively for people living with dementia to create their own self-portrait, working as a team with their peers and also as individuals on their own project.

The completed portraits were then displayed at an Art Exhibition hosted by Kirkintilloch and District Community Projects Support Group in Kirkintilloch Town Hall on Saturday 3rd November 2018, which was widely attended. The project empowered people to not only create self-portraits, but also offered opportunities for them to stay connected or reconnect with their local community.



'After He Died' novel features Independent Advocacy

Ceartas are delighted that Scottish author, Michael J. Malone, has featured an advocacy worker in his latest novel, "After He Died." Michael visited Ceartas as part of his research into the novel and we were delighted to talk to him about the service we deliver for the people of East Dunbartonshire.

New Dementia Link Worker

In December we said goodbye to Karen Heath, who had been working with Ceartas for 5 years. In February, we welcomed Michelle Candlish to the role (accepting a cheque from Kirkintilloch Male Voice Choir for De Café)



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Charity book and cake sale for World Book Night

To celebrate World Book Night, the team at Ceartas hosted a charity cake and book sale on Tuesday 23rd April at McGregor House.

We raised £140.02 and all funds were donated to Streetreads, who provide books and other opportunities to rough sleepers in Edinburgh. Along with support from the Simon Community, Streetreads will be coming to Glasgow this summer.



OPAL/Ceartas Crossfit Project



After a successful pilot in July, the course was extended and developed for people to take control of their own personal fitness in a new, local training environment. The course focused on functional movements: the type of movements that help you get up off the couch or lift your shopping in from the car. Each session lasted 30 minutes with an additional 15 minutes at the end for local services to come and chat: this resulted in a number of information enquiries, referrals to advocacy and other services.

Working as a team to tackle similar yet individually tailored workouts, participants worked together to improve their own physical and mental fitness. Upon completion, the project has since continued on independent of support from both OPAL and Ceartas, but the support hasn't stopped as we continue to support all adult residents of East Dunbartonshire to get the information they need, when they need it.

