

NEWSLETTER

SPRING/SUMMER 2023



OUR SERVICES

Independent Advocacy



Outreach



Groups



Information Services



Ceartas provides Professional Independent Advocacy as our core activity. We also provide Outreach Services, Peer Support Groups and Information Services, which all function as routes into Advocacy.

MEANING

Ceartas (cyɹ-tas – pronounced KEIR-tis) is a Gaelic word meaning 'equality, justice and fairness'.

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UPDATES

As many of you may be aware, it has been a time of change for Ceartas over the last couple of months.

Michelle, our Dementia Link Worker, left us last month for an exciting new opportunity with Linking Lives, and we wish her all of the very best in her new role.



Sharon Bairden

Chief Officer

While we recruit to fill the Dementia Link Worker role, the rest of the team at Ceartas have been covering the De Café's and other events more recently, and I hope you've enjoyed meeting and getting to know them. However, with the pressure of work on the organisation, we have had to make the difficult decision to pause some of our De Café work over the summer months while we recruit. Information on dates and times can be found on page 5.

In other news, Kenneth Ritchie, our Development Worker for our Connect Create Change project, is leaving Ceartas on the 2nd of June to pursue a new opportunity with Phoenix Futures. We wish him all the very best in his new role.

Kenny's departure coincides with the ending of our funding from the National Lottery Community Fund for the Connect Create Change project. We are actively seeking new funding to restart this project later on this year, so watch this space!

It's not all bad news! We were delighted to have been successful in our grant application to the Community Mental Health and Wellbeing Fund to continue with our A' Bite and Blether' project. This project has now branched out to Kirkintilloch, Milngavie and Auchinairn. Lynne, who runs this project, will tell you a little bit more about it later on in the newsletter.

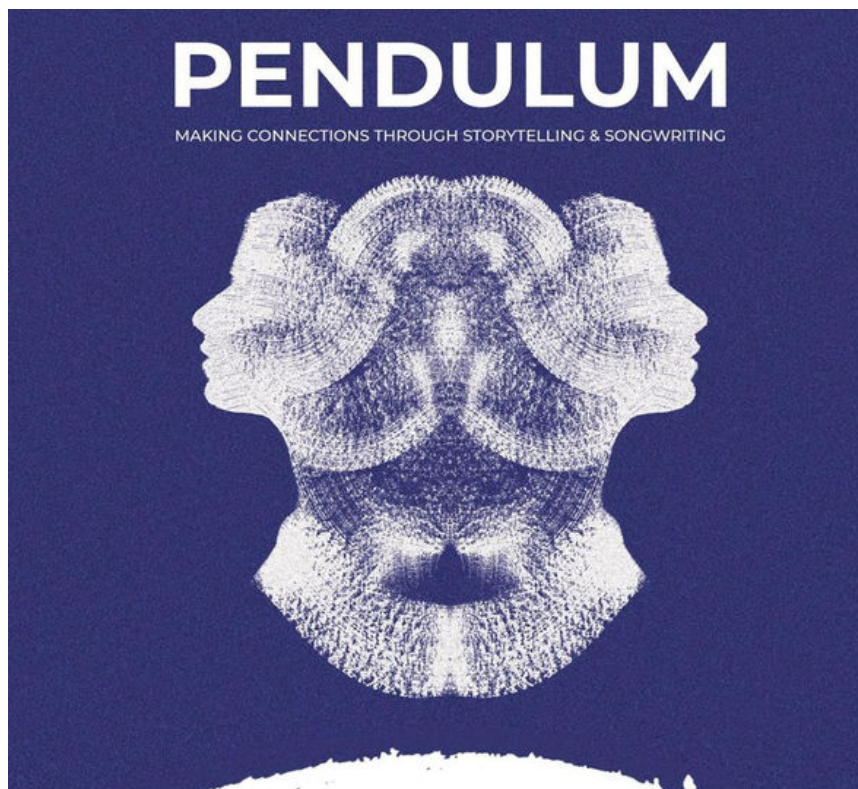
I hope you all have a happy, relaxed and warm summer!

EVENTS

SONGS FROM HERE Tuesday 13th June 2023

Join us for an afternoon of music brought to you by 'Songs from Here', an exciting partnership with Ceartas, Acorn Shed Music and the Village Storytelling Centre, exploring the experiences of people living with dementia and their carers.

2pm-3pm (doors 1.30pm) at Bishopbriggs Community Church.



PENDULUM
MAKING CONNECTIONS THROUGH STORYTELLING & SONGWRITING






Acorn Shed Music presents 'Pendulum'
Tuesday 13th June 2pm – 3 pm
Doors open at 1.30pm; light refreshments on arrival
Free admission

*Bishopbriggs Community Church,
21 Park Ave, Bishopbriggs, Glasgow G64 2SN*

Join us for an afternoon of music brought to you by 'Songs from Here' exploring experiences of people living with dementia and their carers.

This is a partnership between Acorn Shed Music, Ceartas Advocacy and the Village Storytelling Centre.

Acorn Shed Music is a legacy partner of the Life Changes Trust. The Trust was funded by The National Lottery Community Fund
Supported by the National Lottery through Creative Scotland
Design & by www.traffic-design.co.uk

   **ACORN SHED MUSIC**  

WHAT'S ON?

Take a look at the different group activities we run regularly throughout the week/month across East Dunbartonshire.

For more information on times, locations and frequency of groups, please contact info@ceartas.org.uk

Monday

Health Walk, Auchinairn

A Bite & A Blether, Auchinairn

Football Group, Kirkintilloch

De Café, Lenzie

Tuesday

De Café, Bishopbriggs

De Café, Killermont

Songs From Here, Bishopbriggs

A Bite & A Blether, Kirkintilloch

Wednesday

Moving On Health Walk,
Bearsden

Thursday

A Bite & A Blether, Milngavie

Walk & Roll, Kirkintilloch

Friday

De Café, Kirkintilloch

DE CAFÉ

SUMMER UPDATES

Bishopbriggs De Café

Woodhill Evangelical Church

2pm-3.30pm, first Tuesday of every month.

- Tuesday 6th June - De Café will be held by Lynne.
- Tuesday 4th July - Cancelled.

Lenzie De Café

Lenzie Union Parish Church

1.30pm-3pm, second Monday of every month.

- Monday 12th June - De Café will be held by Jacqueline & Muleya.
- Monday 10th July - Held by church volunteers
- Monday 14th August - Held by church volunteers

Killermont De Café

Killermont Parish Church

2pm-4pm, last Tuesday of every month.

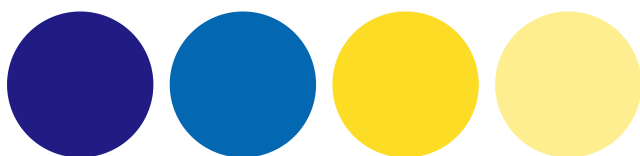
- Tuesday 27th June - De Café will be held by Aileen & James.
- Tuesday 25th July - Hosted by church volunteers.
- Tuesday 29th August - Hosted by church volunteers.

Kirkintilloch De Café

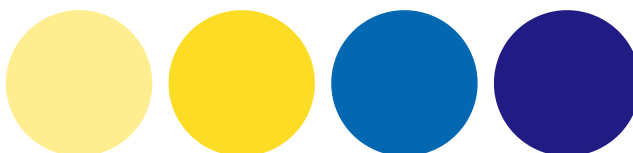
The Park Centre

1.30pm-3pm, last Friday of every month.

- Friday 30th June - De Café will be held by Lynne, with John as our guest speaker on OPAL information services.
- Friday 28th July - Cancelled.



DE CAFE, KILLERMONT.



STAFF FOCUS

A BITE AND A BLETHER 1 YEAR ON



Lynne Donoghue

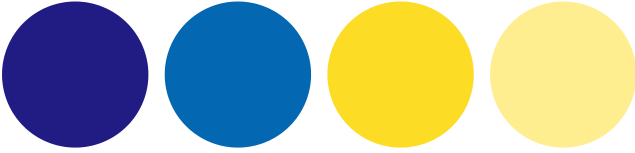
Group Facilitator

Hello, my name is Lynne Donoghue, and I am the Group Facilitator for the project 'A Bite & A Blether'. I started with Ceartas last May, and have been very busy over the last year settling into the area, and developing the group across East Dunbartonshire.

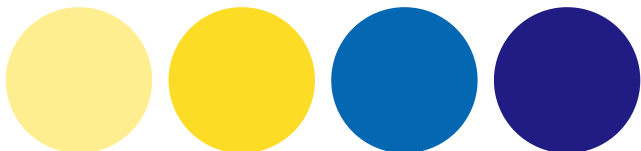
Following COVID, Ceartas secured funding from the Community Mental Health and Wellbeing Fund to develop a new project in partnership with ED Citizens Advice Bureau.

A Bite and A Blether is a peer-support group offering a relaxed and informal setting, where people come together over lunch to socialise and access support. Here, we provide a range of activities and information to enhance people's mental health and wellbeing, with the overall aim of reducing loneliness, social isolation, and providing routes into advocacy.

The group runs in three locations across East Dunbartonshire – Kirkintilloch, Milngavie and Auchinairn. In the first 6 months of this project, which launched in June 2022, we supported a total of 258 attendees.



A BITE & A BLETHER, AUCHINAIRN.



ADVOCACY

CASE STUDY - MARY

Below is a real-life example of why independent advocacy was needed for our advocacy partner, Mary.*

*Mary** has been in hospital for a few months. She has experienced two hip fractures which have severely decreased her mobility, and increased her number of falls. The medical team assessed Mary as an Adult With Incapacity to make complex decisions. However, Mary had capacity upon admission to the hospital. After undertaking an assessment to detect cognitive impairment, Mary's score indicated that she had signs of cognitive impairment, but she had no formal diagnosis.

The medical team strongly recommended 24-hour care for Mary due to fall risks and cognitive functioning. Mary has no family - her neighbours are a good support, but this is her only support at home and her main neighbour has their own health issues. Physiotherapy suggested that Mary's mobility would not improve.

Mary required assistance to move, was able to follow instructions but unable to retain information. Her home had both upstairs and downstairs living, but she was not able to manage stairs.

**name changed*

OUTCOMES

Advocacy supported Mary to promote her own views on the proposed care plan, and helped her to make informed choices, including choosing her preferred care placement.

Advocacy supported Mary to attend various appointments, including a care home review to address welfare issues, a hospital check-up for her diagnosis of haemochromatosis, a dentistry check-up, and an opticians check-up.

Advocacy brought Social Work up to date on Mary's increased mobility, requesting regular physiotherapy within her care plan.

Advocacy requested that Social Work intervene with Mary's finances and daily expenses, to ensure her financial protection.

As the case progressed, Social Work felt that another capacity assessment was necessary due to Mary's presentation. This suggested that a Guardianship order may not be necessary, and a Power Of Attorney may be considered instead.

Following the new capacity assessment, Mary was deemed to have capacity. As such, advocacy arranged a solicitor for Mary to undertake her Power Of Attorney paperwork.

OPAL

East Dunbartonshire's Information Line

→ **OPAL: East Dunbartonshire's Information Line is a free information service for residents of East Dunbartonshire**

→ **OPAL has been operating for over 8 years and has been linking people with local services, information or the support they need. OPAL helps people when they are unsure where to turn or who to ask**

→ **You can contact OPAL about a range of topics including;**

- ☎ Finance/benefits/housing advice
- ☎ Independent advocacy & information
- ☎ Volunteering/Befriending
- ☎ Carer support
- ☎ Tradespeople and private services
- ☎ Information about your local community
- ☎ Community response/support enquiries

Contact an OPAL Adviser today:

- 0141 438 2347
- mail@opaleastdun.org.uk
- @OPALEASTDUN

Opening hours;

- Monday: 9AM-7PM
- Tuesday - Friday: 9AM-5PM
- Saturday: 10AM-12PM

OPAL is a joint partnership between three local organisations:





EAST DUNBARTONSHIRE Asset Map

*"Supporting health and wellbeing across
East Dunbartonshire"*

An interactive map with information about activities, resources,
organisations and places – our community assets.

Find local activities in the area for yourself, a family member or friend.
Add your own community assets and tell us about changes.

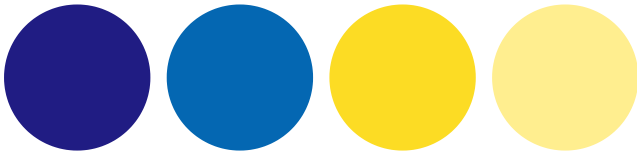


eastdunassets.org.uk

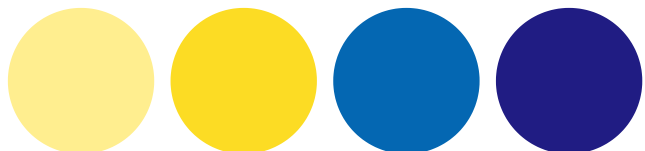
Contact the team on 0141 438 2347 or mail@opaleastdun.org.uk for more information.

**The East Dunbartonshire Asset Map is
supported by a range of local partners:**





FOOTBALL GROUP, KIRKINTILLOCH.





One in ten over 50s do not have a working carbon monoxide alarm

Age Scotland's 'Taking the Temperature' report, conducted in partnership with SGN, found that 1 in 10 over 50s who have an appliance such as a gas boiler do not have a working carbon monoxide (CO) alarm installed in their home.

CO is a highly poisonous gas that is produced by the incomplete burning of fossil fuels, including gas, oil, wood, petrol and coal. You can't see it, smell it, hear it or taste it – that's why it's known as the 'silent killer'.

Age Scotland is urging older people to get an alarm if they do not already have one installed. Those who already have one should test it regularly, ensure it is less than 10 years old, and remain aware of the symptoms of carbon monoxide poisoning.



Stay CO safe

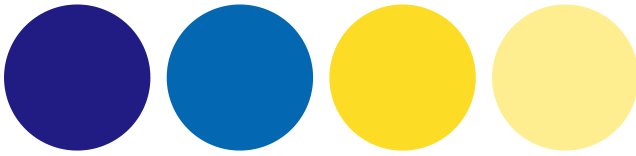
Age Scotland and SGN, the network that keeps gas flowing to homes in your area, have partnered to bring you useful tips and highlight services that can help you stay CO safe and well in your home.

- Have your gas appliances checked by a Gas Safe registered engineer every year. You should also check for signs of CO in your home – staining on appliance casing or surrounding walls/decoration, yellow, floppy flames, soot deposits, excess condensation in a room when an appliance is in operation and general poor condition of appliances.
- Install a CO alarm. The alarm should be set up according to the manufacturer's instructions and put in the right place in your home – for example it should not go in a cupboard. You should regularly test your CO alarm and check its expiry date.
- Be aware of the symptoms of CO poisoning – headaches, nausea, dizziness, breathlessness, collapsing – and know what to do if you or someone in your home experiences them.
- Know who to contact. If you are concerned about the presence of CO in your home, or notice symptoms of CO poisoning, contact the **National Gas Emergency Service** on **0800 111 999** or via textphone (minicom on **0800 371 787**) immediately.

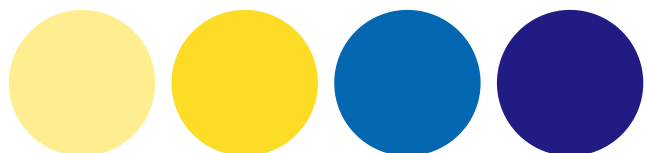
Get your free CO alarm!

Age Scotland and SGN are delighted to offer a free carbon monoxide alarm if you don't have one or your current CO alarm is more than seven years old.

To get your free alarm phone our helpline on **0800 12 44 222** or email **publications@agescotland.org.uk**



DE CAFE, KIRKINTILLOCH.



SUMMER SAFETY

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://www.gov.uk/ukhsa/beat-the-heat)



**Playlist
for Life**



IT'S OUR 10TH BIRTHDAY IN 2023!

We've been helping people affected by dementia to discover the power of personalised playlists since 2013.

Celebrate with us!

Join us for an exciting gathering of friends and partners. An inspirational day of talks, learning, sharing ideas and of course...music!

MON, 12 JUN

10:30AM - 3PM

Impact Arts
105 Brunswick Street
Glasgow G1 1TF

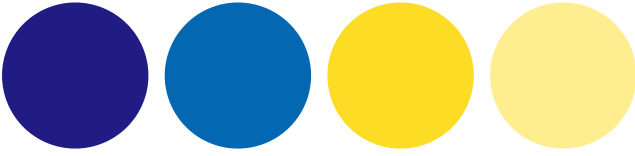
Free

TUES, 13 JUN

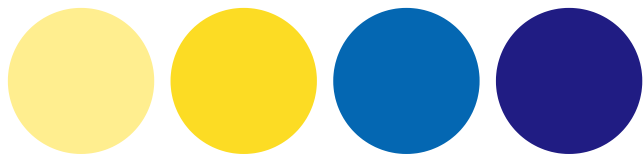
9:30AM - 12:30PM

Online
Eventbrite

Free



8 WEEK DRAMA COURSE.

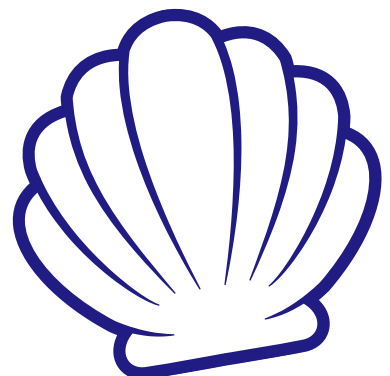




THE BEACH

D R I F T W O O D W G L O
Z R O C K P O O L A F D S
B R W Z C I N T U V M O H
E S A D S E A S H E L L O
D S U N C R E A M S H P R
D S H G R L B N X C S H E
H S E A W E E D T H K I L
O H E F C O A B E B K N I
E O S A N D C A S T L E N
H V S T P O H R D C J C E
J E L L Y F I S H E E J G
W L S U N B A T H E Z R H
S U N G L A S S E S T A E

SEASHELL BEACH PIER WAVES
SEAWEED DOLPHIN ROCKPOOL SUNBATHE
SHORELINE DRIFTWOOD SANDBAR SUNCREAM
SHOVEL JELLYFISH SANDCASTLE SUNGLASSES



SOCIAL MEDIA

Ceartas Advocacy



Ceartas Advocacy | Facebook

www.facebook.com/ceartasadvocacy



Ceartas Advocacy | Instagram

@ceartasadvocacy



Ceartas Advocacy | Twitter

@ceartasadvocacy



Ceartas Advocacy | YouTube

www.youtube.com/user/ceartasadvocacy



Ceartas Advocacy | Website

www.ceartas.org.uk

USEFUL CONTACTS

Age Scotland - Help for Older People	0800 12 44 222
Alzheimer's Scotland 24/7	0808 808 3000
Breathing Space	0800 83 85 87
Carers Link - Support & Advice for Carers	0141 955 2131
Dementia UK Helpline	0800 888 6678
East Dunbartonshire Association for Mental Health	0141 955 3040
East Dunbartonshire Council District Nursing	0141 304 7447
East Dunbartonshire Council Homecare	0141 578 2101
East Dunbartonshire Council Mental Health Team	0141 232 8200
East Dunbartonshire Social Work (1) Assessment Needs (2) Advice & Response Team (3) Out of Hours Service	(1) 0141 355 2200 (2) 0141 777 3000 (3) 0300 343 1505
East Dunbartonshire Voluntary Action	0141 578 6680
Hourcare 24	0141 776 8046
NHS 24	111
OPAL East Dunbartonshire Information	0141 438 2347
Police Scotland (Non-emergency)	101
Samaritans	116 123
Take Control - Self-directed Support	0141 776 2219
Woodlands Health Centre	0141 232 7300

CONTACT US



0141 775 0433



info@ceartas.org.uk



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