



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

PEER-SUPPORT GROUP WELCOME PACK

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



WHAT IS INDEPENDENT ADVOCACY?



Advocacy can help you to...

- have your voice heard
- have more control over your own life
- know and understand your rights
- be involved in decisions being made

Independent means...

- we are not employed by other services such as health and social work
- the advocacy worker will have no emotional bias when working with the individual we support
- we are free from any conflict and can provide independent representation for you

You do not have to pay for advocacy.

Advocacy workers are not qualified in law but can help you find a lawyer if you need legal representation.



WHO WE WORK WITH



**We support any adult over the age of 16
that lives in East Dunbartonshire.**

**We do prioritise working with people
who have particular support needs:**

- Acquired Brain Injury
 - Additional Communication
 - Autism Spectrum
 - Dementia
 - Learning Disability
 - Mental Health
 - Older People
 - Physical Disability
 - Problem Substance Use
 - Sensory Impairment
-

OUR GROUPS

ABI Café

ABI Café is a peer support group for people living in East Dunbartonshire affected by Acquired Brain Injury (ABI) whether themselves or in a caring capacity. ABI Café is a peer-led group that really thrives on the input of its members and the lived experiences they share.

The group currently meets once a month at our offices in Kirkintilloch.



A Bite and A Blether

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. We provide a range of activities and information to enhance people's mental health and wellbeing aiming to reduce social isolation and loneliness.

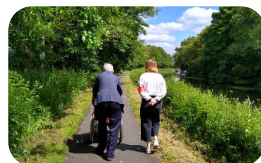
Currently running in Auchinairn, Kirkintilloch and Milngavie.

OUR GROUPS

De Cafés

We host four welcoming De Cafés across East Dunbartonshire. These gatherings are designed for people living with or concerned about dementia or memory loss. In a warm informal setting, you and your carers, partners or family member can meet on similar journeys.

**Currently running in Bishopbriggs,
Killermont, Kirkintilloch & Lenzie.**



Walk 'n' Roll

Walk 'n' Roll is a monthly walking group for everyone including wheelchair users and people with mobility issues. Our routes have been risk assessed for wheelchair and mobility aid users, and people with sensory impairments. Upon return, there is a cup of tea waiting and a chance for a blether.

**The group currently meets once a month at
our offices in Kirkintilloch.**

GROUP CALENDAR

Take a look at the days and times we hold our groups. Most of our groups run on a monthly basis therefore please contact us before coming along.

0141 775 0433 | info@ceartas.org.uk

Monday

A Bite & A Blether - Weekly

Wallacewell Church, Auchinairn | 12:30 - 2:00

De Café - Monthly

Lenzie Union Parish Church | 1:30 - 3:00

Tuesday

De Café - Monthly

Woodhill Evangelical Church, Bishopbriggs | 2:00 - 3:30

De Café - Monthly

Killermont Parish Church, Bearsden | 2:00 - 4:00

Our groups are funded by
The National Lottery Community Fund and
Community Health and Wellbeing Fund



GROUP CALENDAR

Wednesday

ABI Cafe - Monthly

Ceartas Office, Kirkintilloch | 1:30 - 3:00

Walk 'n' Roll - Monthly

Ceartas Office, Kirkintilloch | 1:00 - 2:30

Thursday

A Bite & A Blether - Fortnightly

The Fraser Centre, Milngavie | 1:00 - 2:30

A Bite & A Blether - Fortnightly

Hillhead Parish Church Halls, Kirkintilloch | 1:00 - 2:30

Friday

De Café - Monthly

The Park Centre, Kirkintilloch | 1:30 - 3:00

**"It is great to meet others and have a chat
and a laugh - which is very important for
my mental health."** - *Group Member*



OTHER



PARTNERSHIP PROJECTS



EAST DUNBARTONSHIRE
Asset Map

*"Supporting health and wellbeing across
East Dunbartonshire"*



eastdunassets.org.uk

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

Visits the Asset Map online to find local activities in the area for yourself, a family member or friend. You can add your own community assets and tell us about any changes. Contact the team on info@eastdunassets.org.uk

The East Dunbartonshire Asset Map is currently managed by Ceartas but is supported by a range of local partners in the third and public sectors.





OTHER 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
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 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
Take Control - Self-directed Support	0141 776 2219





CONTACT US



www.ceartas.org.uk



0141 775 0433



info@ceartas.org.uk



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Want to support our work?

Become a member!

It ensures that we are kept informed of the views of our service users. Contact us for details.



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