

## Welcome

Hello, and welcome to the latest edition of Inspire's monthly Family Matters newsletter for the families and loved ones of the people we support.



I would like to take this opportunity to thank you all for your continued patience, co-operation and support over the past twelve months - 2021 has undoubtedly been a year of great challenges and, I have no doubt some frustrations, but as I look back with just a few days of the year remaining I am incredibly proud of how everyone associated with Inspire - the people we support, our staff and you, the families - have coped and got through the difficult times. Here's to 2022 being a better year for everyone.

As we highlighted in last month's newsletter, from the start of December our Support Workers have been receiving the new rate of pay of £10.12 an hour and I am pleased to share with you that Inspire's Board has also agreed to an extra £300 (pro rata) Winter Bonus payment for all staff in recognition of their continued commitment to the people we support. We hope that these financial incentives will aid staff retention and help us to address the significant staffing challenge that we, and indeed the wider social care sector, is currently experiencing.

I also wanted to share with you that I have made the difficult decision to take some time out of the business until early 2022 to deal with my own family issue, Sharon Catchpole, Director of People, will be deputising for me in my absence, supported by the wider Leadership Team and Inspire's Board, and I know that the organisation is in safe hands. As ever, if you have any queries at all about any aspect of your loved one's support then please don't hesitate to get in touch with us via email on [families@inspiremail.org.uk](mailto:families@inspiremail.org.uk)

Have a very Merry Christmas and a Happy New Year when it comes and I look forward to seeing you - hopefully in person - sometime in 2022.

Linda Gray, CEO



## Festive Visiting Guidance

As you will all be aware by now Scotland's First Minister, Nicola Sturgeon, announced a number of new measures last week which aim to combat the rapid transmission of the Omicron strain of Covid-19 across the country.



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



Guidance has been updated that reduces social interaction at home and in indoor public places in the run up to and after Christmas **to a maximum of three households** at any time, with people encouraged to take a lateral flow test before mixing with any other households. **There are no limits on the size of household gatherings on Christmas Eve, Christmas Day or Boxing Day but people are asked to take extra precautions including ensuring visitors undertake LFD tests, making sure indoor spaces are well ventilated, encouraging regular hand washing etc.**

The full update can be read [here](#).

We know that many families will now have all their plans in place for the festive period - including having their loved ones returning to the family home for a spell. We are delighted that these family get-togethers are able to happen this year but would ask you to please ensure that you comply with this new advice over the festive season. Whilst it is only guidance at this stage the Scottish Government have been at pains to point out that it is 'not optional' and is designed to keep everyone safe.

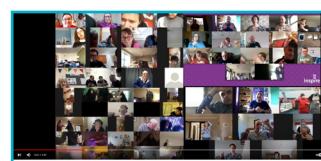
In relation to visiting at Inspire's services over the festive season, again we understand how important it is that the people we support and their families can celebrate together and are doing all that we can to work with you to ensure meaningful contact in the coming weeks within the guidance set-out by the Scottish Government. **As of last weekend this guidance now includes no more than two additional households visiting someone we support at a time – and all visitors returning a negative lateral flow test prior to their meeting. Further information can be found [here](#).**

Whilst Inspire will be working to do our utmost to support all visiting arrangements over the festive period, should we have any concerns regarding positive cases of COVID-19 we will contact Public Health Grampian/Tayside in line with our procedure and implement any advice provided relating to changes to any visiting arrangements planned. We will communicate with you at the earliest possible opportunity should your loved one be affected.

Please ensure you work closely with staff at your family members service over the festive period to ensure this guidance is adhered to and if you have any queries then please speak to your service's Manager or email [families@inspiremail.org.uk](mailto:families@inspiremail.org.uk).

## Inspire's Highlights of 2021 Video

Whilst 2021 has undoubtedly been a challenging year for us all it has also seen some great successes and lots of positive stories.



Our Activity Co-ordinators - who have been working hard throughout the past twelve months to keep the people we support engaged, entertained and socially connected - have captured some of their highlights from the past twelve months in a short video which you can enjoy at the following link [here](#).

We hope you enjoy watching the video and look forward to making more happy memories in 2022.

## Family Engagement Sessions In 2022

Our first Family Engagement Sessions of 2022 will take place via Zoom on Thursday, January 20th and Thursday, February 24th - both at 6pm.



The sessions that have taken place over the past year have been very well-received by those present but we are really keen to encourage more family members to come along and participate in 2022 so please do consider getting these dates in your diary and attend and contribute to the discussions.

Anyone who would like to book a slot at the January session should do so by contacting Andrew Reid on [andrew.reid@inspiremail.org.uk](mailto:andrew.reid@inspiremail.org.uk) or by calling 07779108894.

## Newsletter Feedback & Contact Information



It is now a year since the first edition of Family Matters was published in December 2020 and we hope that you continue to find it a useful and interesting resource for the families and loved ones of the people we support.

Please do get in touch with us with any comments - positive or negative - that you may have and any thoughts on what you would like to see more, or indeed less, of - in the newsletter going forward in 2022. Your feedback is vital in ensuring this communication continues to achieve its aims.

You can contact us on [families@inspiremail.org.uk](mailto:families@inspiremail.org.uk) or call Andrew Reid on 07779108894 to pass on any feedback you might have or if you wish to speak to us about anything.



## The Twelve Frauds of Christmas

Police Scotland North-east Division's Crime Prevention Team have launched a 'Twelve Frauds of Christmas' campaign aimed at keeping everyone safe from crime during the festive period.



There are lots of unscrupulous people out there who will prey on vulnerable individuals - particularly at this time of year - and are getting ever-more sophisticated in their approaches. Please do take five minutes to read this advice and also ensure that you make your friends and family aware of it to help keep everyone safe over the coming weeks.

The full 'Twelve Frauds of Christmas' campaign can be viewed [here](#).

## Aberdeen University Student Show 2022



We know how many people love a visit to the Theatre and so wanted to let you know that tickets have now been released for sale for the Aberdeen University Student Association Show 2022 - Dirty Danestone!

Inspire has been fortunate over the years to be one of the main charity beneficiaries of the event - indeed we recently received a donation of almost £3,000 from the proceeds of the 2021 show and are always keen therefore to support the event.

Tickets for the show - which runs from April 20th - 23rd - are available at the following link [here](#) or further information can be found at: <https://www.facebook.com/studentshowdeen/>

## Kiltwalk 2022 Now Open For Entries



The Kiltwalk has now officially opened for entries for 2022 with the Aberdeen event taking place on Sunday, May 29th.

The exact routes and distances have yet to be confirmed but as in previous years there will be three options available - The Mighty Stride, Big Stroll and Wee Wander (suitable for wheelchair users). We know how many of the people we support enjoyed the virtual Kiltwalk last year and it would be great, therefore, to have a large Inspire contingent in the real thing in 2022.

For further information or to sign-up please visit: <https://www.thekiltwalk.co.uk/events/aberdeen> and remember to select Inspire (Partnership Through Life) Ltd as your Charity of choice as this will ensure any funds you raise come directly to the organisation.

If you have any queries regarding the event then please contact Chris Simpson on [christopher.simpson@inspiremail.org.uk](mailto:christopher.simpson@inspiremail.org.uk)

## Virtual Activities Over The Festive Period

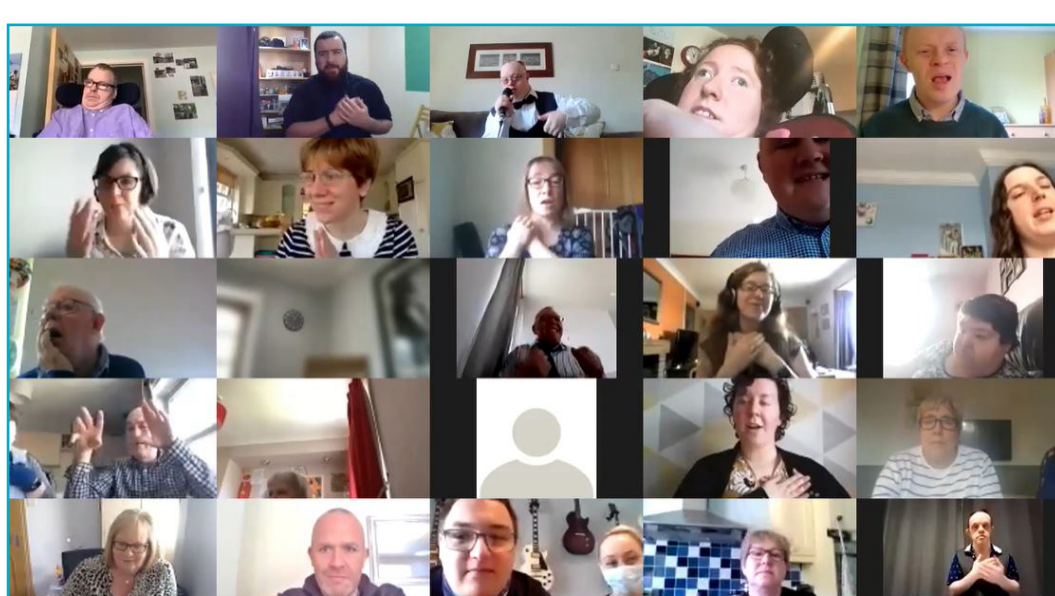


Throughout the past year our Virtual Activities programme has provided a multitude of opportunities for social interaction and engagement for the people we support.

We are pleased to be able to continue to offer a number of virtual sessions throughout the festive period which people we support can join whether they are at their service or at home with their families. Planned activities include Christmas Bingo on Christmas Eve at 1pm, a festive 'show and tell' on December 29th at 1pm and a Hogmanay Party on December 31st at 6pm.

The full activities programme for the festive season is available [here](#) and you can contact Chris Simpson on [christopher.simpson@inspiremail.org.uk](mailto:christopher.simpson@inspiremail.org.uk) if there are any sessions you wish to attend and he will send you the appropriate Zoom link.

## Inspire Makaton Choir - Festive Performance Tomorrow



We wanted to issue a final reminder that Inspire's Makaton Choir will give a virtual, festive performance tomorrow (Tuesday, December 21st) from 11am-12pm to which everyone is invited.

The choir members have been working really hard over the past few weeks learning a number of festive songs and so it would be great to see lots of friendly faces in attendance to enjoy what we are sure will be a great show.

Please email [christopher.simpson@inspiremail.org.uk](mailto:christopher.simpson@inspiremail.org.uk) if you would like to attend so he can send you the Zoom link.



## What's up Inspire!?



George from Peterhead went to see Daniel O'Donnell live in concert. He had a great time!



Dave from Chattan Place went to Dunnottar Woods and found a fairy trail. He really enjoyed it and wanted to let others know about it.



Sharon from Edgar Road in Elgin enjoyed making Christmas decorations at Dreamtime - a class she attends on a Tuesday and Friday.



Santa came to visit Milton Wynd, so Dean & John couldn't resist the photo op....or maybe it had something to do with the sweets that Santa was handing out!!



Martin and Johnny enjoyed playing some games at Donald Dewar Court.

your life, our support



@inspireptl  
www.inspireptl.com

inspire

Beach Boulevard  
Aberdeen AB24 5HP

info@inspiremail.org.uk  
01224 280005