

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.

There is only one place to start this month and that is with the return of our much-loved Sparkles Ball for the first time in three years.

We had over 300 people we support and staff in attendance at the event on Saturday, October 29th at the Beach Ballroom, in Aberdeen. People travelled from Peterhead, Banchory, Forfar, Huntly, Elgin, Montrose, Inverurie and Stonehaven to be a part of the night and it was lovely to see everyone together again in-person.

We are in the process of sorting through all of the hundreds of photos that were taken on the night - some of which you can see on P3 - and will let you know where these can be accessed in due course.

I hope to see some of you at our next family engagement session in December but if you have any queries about an aspect of your family members' support in the meantime then please don't hesitate to get in touch with us via email on info@inspiremail.org.uk or by speaking to staff at their service.

Linda Gray, CEO

Inspire Managers' Day

It was great to be back together in-person at the Beach Ballroom, Aberdeen, this month for the first face-to-face Inspire Manager's Day since 2019.

More than 60 Managers came together for the day - which had a focus on wellbeing - and enjoyed the opportunity to catch-up with familiar faces and meet new people for the first time.



Managers will provide any necessary updates from the day at Team Meetings and we look forward to engaging in-person with staff at all services through our employee roadshows which are planned to return early in 2023.

December Family Engagement Session



Our next scheduled Family Engagement session will take place on **Thursday, December 15th from 6pm-7.30pm via Zoom** and is again open to all the family and friends of the people we support.

As ever, anyone who would like to book a slot can do so by contacting Andrew Reid on andrew.reid@inspiremail.org.uk or by calling 01224 280 005.

We look forward to hopefully seeing you there next month.

Activities Update

Both our In-person & Virtual Activities have continued this month with sessions taking place including a Supper Club in Elgin, Movie Night in Aberdeen and Cuppa & Catch-up in Peterhead. As well as many Halloween themed activities.

Remember you can see the full activities programme for November here: <https://www.inspireptl.org.uk/support/families/information-for-families> and should contact christopher.simpson@inspiremail.org.uk if you would like to attend any events.



Newsletter Feedback & Contact Information

We hope that you continue to find Family Matters a useful and interesting resource.

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. Your feedback is vital in ensuring this communication continues to achieve its aims.

You can contact us on families@inspiremail.org.uk or call 01224 280 005 to pass on any feedback you might have or if you wish to speak to us about anything at all.

Firewalk Tomorrow Night

Inspire's Firewalk 2022 will take place tomorrow evening (Saturday, November 5th) at the Queen's Links, Aberdeen Beach.

There are a number of the people we support and staff taking part in the event to raise both funds for, and awareness of, Inspire's work and it would be great if folk were able to come along and give everyone a cheer.

The Firewalk will take place at 7pm on the grassy area beside Transition Extreme and will be followed by the Aberdeen City Council Fireworks Display at 8pm. If you do plan on coming along then please remember that there will be a number of road closures in the area both pre and post-event. Further information is available: [HERE](#)



Inspire...By Inverurie Fashion Show This Month

Inspire...By Inverurie is hosting a fundraising Fashion Show at the Inverurie Loco's Club, Harlaw Road, from 7pm-8.30pm on Saturday, November 19th.

Some of the people supported at the service will be modelling clothes donated to the shop, whilst local clothes shop, The Fountain, will also be taking part on the night and a local hairdresser will be providing hair and make-up support to all of the models.

Tickets cost just £10 - including a glass of Prosecco - and are available from Inspire...By Inverurie or by contacting Louise Pugh on louise.pugh@inspiremail.org.uk



Cormack Park Tour For Banchory Boys



Two of Aberdeen FC's biggest fans amongst the people we support are Stephen, who lives at Sycamore Way, and Bruce, who lives at Bredero.

Both gents have attended many matches at Pittodrie over the years and love nothing more than cheering their team on. Earlier this year they both identified that undertaking



a tour of the Aberdeen FC training facility, Cormack Park, near Westhill, was an outcome they would like to experience, and last week, with the help of the Development Team and Aberdeen FC Community Trust they were delighted to achieve this goal.

Stephen and Bruce enjoyed an excellent tour of the facilities at the complex, including seeing the first team squad's changing room, gym, restaurant, boot room and training pitches and were delighted that they even managed to bump into Jonny Hayes for a brief chat.

Inspire's Sunflower Growing Champion 2022 Is Crowned

We were delighted this month to be able to crown the winner of Inspire's Sunflower Growing Champion for 2022 - Gordon from Esslemont Circle, in Ellon.

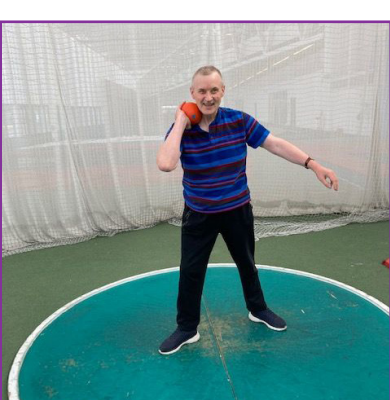
We loved seeing the photographs of the progress of the sunflowers over the summer - it looked like the people we support (and staff!) really enjoyed taking part in the challenge once again, and congratulations to Gordon who won a generous prize kindly sponsored by Phil Anderson Financial Services.



Adrian Returns To Shot Put Action

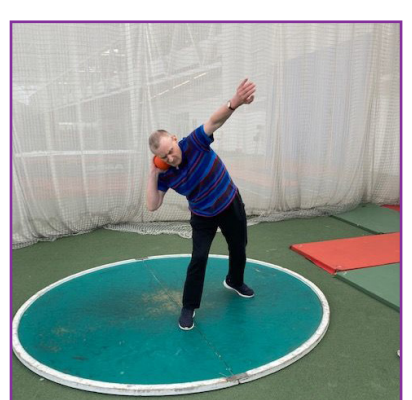
Adrian, from Slains Crescent, in Ellon, used to be an avid shot put competitor when he was younger, and won lots of medals and trophies at both local and national sporting events. Adrian even recalls travelling abroad for some of the tournaments.

He had recently been missing participating in Shot Put, and has been reminiscing with the staff a lot about how much he enjoyed it and looking through all of his prizes and awards.



His staff got in touch with the activities team to see if they could help and after a little digging and chatting to some sporting contacts we managed to get some sessions arranged for Adrian.

He has now been to try Shot Put at Aberdeen Sports Village on a couple of occasions which he has really enjoyed.



Black Friday Deals - Amazon Smile

With Black Friday (November 25th) and - whisper it quietly - Christmas both fast approaching we wanted to remind everyone that by shopping with Amazon Smile you can automatically raise funds for Inspire, at no extra cost.

Amazon have now added the Amazon Smile feature to their app for Apple and Android phones and it is still available on their <https://smile.amazon.co.uk> website which has the same products, prices and shopping features as www.amazon.co.uk



Here is how to shop and donate to Inspire through your Amazon app:

- Firstly, if you are not already an Amazon Smile member, sign up on your web browser.
- Open the Amazon shopping app on your device;
- Go to the main menu of the app and click 'Settings';
- Tap Amazon Smile and follow the on-screen instructions;
- Pick Inspire (Partnership Through Life) Ltd as your chosen charity;
- You're good to go!

Sparkles 2022

