



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 hope that you have been having a good Summer so far whatever you have been doing whether that be venturing further afield for a well-earned change of scenery or enjoying the easing of restrictions and opportunity to socialise more in your local area. I managed to have a nice break with my family earlier in the month and it was lovely to spend some quality time with them and even enjoy a few, precious days of sunshine!

It has been a busy return to work as myself and other members of the Leadership Team and our Regional Managers have been out and about visiting services now that it is possible for us to do so again.

The visits are intended to focus on the wellbeing of our staff and the people we support and have gone really positively so far. It has been lovely to see people face-to-face again after a considerable time and catch-up with everyone and I look forward to getting around all of our services in due course. I do, of course, hope that in the not too distant future I will be able to meet with the families of the people we support in-person once again but in the meantime I hope that this newsletter continues to act as a useful communication tool.

As ever, thank you for your continued patience and co-operation. 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

Linda Gray, (Eo

Staff Vaccinations & Testing Update



The efforts of our staff in participating in the Covid-19 testing programme during the pandemic have been monumental and the additional administrative effort required by Managers to ensure this vital area is attended to in a timely manner should also be recognised and appreciated.

We cannot underestimate how important the testing programme will continue to be as we transition through the pandemic, and both we and the people we support begin to enjoy the benefits of the relaxation in restrictions.

Inspire's position remains that where a staff member involved in direct support declines to take part in the testing programme, or there are significant lapses in participation, they will no longer be able to continue working in their role. Staff testing is closely monitored, and meetings arranged with any individuals to whom this applies.

staff within our internal newsletter on a regular basis and more than 69% of our frontline, operational staff have now received their first dose with over 62% having had both doses. This information is correct as of Monday 26th July and includes relief staff.

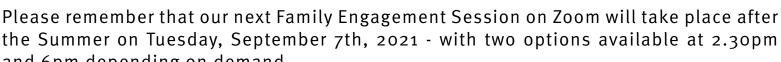
As ever, if you have any queries regarding this matter then you should email <u>families@</u>

Similarly we continue to promote the benefits of receiving the Covid-19 vaccine to all

inspiremail.org.uk

zoom

Zoom Family Engagement Sessions



and 6pm depending on demand You can book your place at either of these sessions by contacting Andrew Reid on <u>andrew</u>. reid@inspiremail.org.uk or by calling 07779108894.

Remember too that further information for families and copies of this Family Matters

newsletter and our Virtual Activity programmes are available to download on the dedicated page for families within our website: https://www.inspireptl.org.uk/support/ families/coronavirus-information-for-families If you have any queries in the meantime then please email <u>families@inspiremail.org.uk</u>

to ensure a prompt response.

Care in Scotland which was published in February 2021 and set out more than 50

Review of Adult Social Care In Scotland

The principal aim of the review was to recommend improvements to adult social

Many of you will already be aware of the Independent Review of Adult Social

care in Scotland, primarily in terms of the outcomes achieved by and with people who use services, their carers and short film highlighting the findings of the review is available to watch here.

email families@inspiremail.org.uk

found here.

recommendations for reform within the families, and the experience of people who work in adult social care. A very powerful

More recently, representatives from the Health and Social Care Alliance met with Kevin Stewart MSP, the new Minister for Mental Wellbeing and Social Care, to discuss the future of the recommendations set out in the review. A summary of this meeting can be

A number of the recommendations made by the report will be debated in the Scottish Parliament in due course, and we will of course keep you updated regarding any decisions which will directly impact the people we support and staff at Inspire.

Our CEO Linda Gray is on the board at the Coalition of Care and support Providers in Scotland (CCPS) and due to this Inspire will be in attendance at a lot of the meetings around this. Furthermore, the consultation around the National Care Service will be published in early August and the group includes a lot of service user-led initiatives which is great.

However, if you have any questions at all about any aspect of this matter then please

No Place Like Home - Photography Competition



A photography competition has been launched in Scotland this week which you might wish to share with any family members we support who have an interest in this area.

The Housing Support Enabling Unit has launched its No Place Like Home 2021 photography competition which celebrates the achievements and the experiences of people who receive housing support services in Scotland.

All housing support service users in Scotland are invited, with the help of their families or support workers, to put forward photographs representing one of three categories home, community and wellbeing.

The competition is free to enter and there are cash prizes for winners in each category.

An entry form, a poster and further information about the competition can be found on the <u>HSEU website</u> and all entries must be submitted by Friday, 10th September 2021 to be considered.

Virtual Activities Update







We have had another really busy month of online activities in July with Chris and Sarah, our Activities Co-ordinators, delivering a host of virtual sessions for the people we support to enjoy.

Amongst the activities on offer have been drumming, meditation, drama, Boccia, storytelling, mini-Olympics and a fun, football trivia quiz.

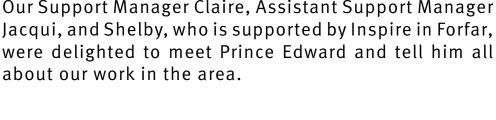
We have also continued to trial some in-person activities at individual services - with appropriate risk assessments and additional safety measures, including our Activities Co-ordinators undertaking LFD testing, in place - and have plans to begin a small-scale Walking Group in Aberdeen in August. We do, of course, also hope to be able to start face-to-face events - like our Supper Clubs and Sunday Movie sessions - again when restrictions are eased further to allow us to do this and will keep you up-to-date with progress relating to this in future editions of this newsletter.

Our Virtual Activity Programme for August is now available to be viewed by visiting: https://www.inspireptl.org.uk/support/families/coronavirus-information-for-families and family members are very welcome to join any session of interest to them. Just contact christopher.simpson@inspiremail.org.uk to get yourself booked in.

The Earl and Countess of Forfar, Edward and Sophie, paid a visit to Angus earlier this month and popped in

Royal Visitors For Our Angus Service

past The Cross - where Inspire are based - to visit Angus Voluntary Action and find out more about all the great work charities are doing locally. Our Support Manager Claire, Assistant Support Manager





It is great to see some mass participation running events returning to the calendar

Inflatable Running Event - Aberdeen

the understandable cancellation of so many in the past 18 months. We wanted to flag-up a new event coming to Aberdeen in October which could be a great way of having some

fun and raising some funds for Inspire at the same time. The P&J Live arena at TECA will play host to the first-ever Aberdeen Inflatable Run on Saturday, October 30th where participants can tackle a 2.5k, 5k, 10k or even 15k route, complete with 28 massive, inflatable obstacles and a foam zone!



Visit the event website <u>here</u> for further information. If you or any friends, family, colleagues etc. would be interested in taking part in this -

or any other upcoming events - in aid of Inspire then please get in touch with andrew.

reid@inspiremail.org.uk.

353 to pass on any feedback you might have.

Newsletter Feedback & Contact Information



We want this regular newsletter to be a useful resource for the families and loved ones of the people we support and as such your feedback is vital in ensuring this communication achieves this aim.

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 future month's editions of the newsletter. Would you like more stories from the people we support? Or a greater focus on how Inspire's organisational procedures are developed?

Matters are created. You can contact us on families@inspiremail.org.uk or call Andrew Reid on 01224 289

Please tell us and we will ensure your wishes are considered as future editions of Family

What's up Inspire!?







Eric, Val and Valerie from Carronhall tried their hand at potato printing! They had great fun choosing shapes and colours and couldn't wait for their prints to dry so they could decorate their bedrooms.



Mel from Peterhead Housing Support filed updates into her Support Plan recently. She is very independent and is involved with her Support Plan as much as possible.



















Sycamore Way BBQ







volcano with lava!







01224 280005