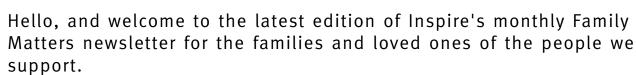




#### Welcome





We have this week marked the anniversary of the first Covid-19 lockdown (March 23rd) and like many of you I am sure, I have had cause to pause and think about what has happened over the past year. From both a professional and personal viewpoint it is safe to say it has been the most challenging one I can remember. My daughter underwent significant surgery on the day lockdown one was announced and as I waited to hear that she was safely out of theatre, Boris Johnston was closing the country down for the first time. It is safe to say that March 23rd is a date I will never forget.

I am sure for all of you the past twelve months may well be remembered for all the wrong reasons too and I can't even begin to understand how difficult it will have been for many of you this past year. It does, however, feel like we have now reached a crossroads. The vaccination programme and the current data gives us all renewed hope and as an organisation we have started to plan for the future post Covid-19.

Inspire has a great platform for moving forward. Covid-19 has undoubtedly added to our workload in the past year but it has also added to our positive reputation. I believe that we will continue to not only survive but thrive and develop as we transition from lockdown and beyond and I am really hopeful that you - the families of the people we support - will come with us on this journey.

As ever, thank you for your continued patience and understanding and if you have any queries at all then please don't hesitate to get in touch with us via email on <a href="mailto:families@inspiremail.org.uk">families@inspiremail.org.uk</a>

Linda Gray, (Eo

# Update Regarding People We Support & Staff Vaccinations



At this month's family engagement session one of the main topics of conversation was around when the people we support - your loved ones - would be receiving the Coronavirus vaccine and how this would be administered.

across the organisation in relation to this over the past few weeks whereby over 80% of the people we support have now had their first dose of the vaccine.

It has also been reassuring this month to see the numbers of our staff receiving the

We are pleased to be able to report that there have been extremely positive developments

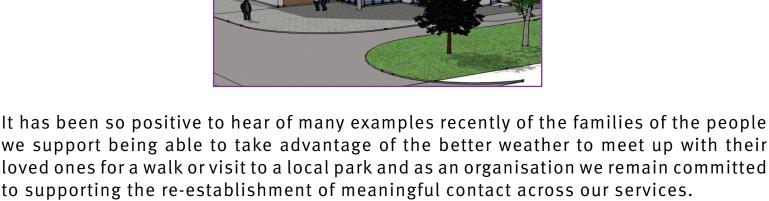
vaccine continuing to go up, and more than 50% of our workforce have now received their first dose. As there was across country there was a slowing of the vaccination programme within NHS Grampian recently due to the supply of the vaccine but things do seem to be picking up again and many of our staff are booked in for their appointments in the coming weeks.

If you have any ongoing concerns about your loved one appearing to be unlikely to

service or email us on <u>families@inspiremail.org.uk</u>

receive the vaccine in the near future then please highlight this to the Manager of their

Reminder Regarding Visiting At Services



Please remember, however, that in line with current Scottish Government guidance, no unannounced visits are permitted at this time and all requests from families for visits at our services - either indoors or outdoors - need to be considered by Inspire's Coviddecision making panel and should therefore be discussed with the Manager of your

Remember too that visits must be carried out by designated visitors. People we support can have up to two, named, designated visitors but only one person can take part in an indoor or outdoor visit at any one time.

If you have any queries relating to this then please contact <u>families@inspiremail.org.</u>
<u>uk</u>

## Zoom Family Engagement Sessions

loved one's service in the first instance.



We were pleased to again be joined by a number of family members at the latest of our Zoom family engagement sessions held on Thursday, March 4th.

The next of these sessions will take place on Thursday, April 1st and Tuesday, May 11th - with two options available each day at 2.30pm and 6pm depending on demand. You can book your place at any 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

If you have any queries or feedback about this newsletter then please email <a href="mailto:families@">families@</a>

dedicated page for families within our website here.

inspiremail.org.uk to ensure a prompt response.

#### 'Open With Care' - A Family Member's **Perspective**

We know, from discussions at the last Family Engagement session, held earlier this month, that many of you are keen to return to indoor visits with your loved ones as soon as it is safe to do so but fully understand the reasons why this is still a significant risk and challenge at this time.

We thought it might be useful, therefore, to share with you a short message we received from Mr Watt, whose son, Stuart, we support at one of our services in Inverurie recently, following an indoor visit which took place following consultation with and agreement



from Inspire's Covid-decision making panel. Mr Watt said: "It has obviously been difficult not seeing my son as much as I would have liked over the past year, especially as he had a spell when he was in hospital for

treatment, but I understood the reasons why it was safer for everyone that I stayed away. St James's Court is a big service, with lots of staff and lots of people who live there and there has been so much work done to keep everyone safe which I have really appreciated and I didn't want to put myself or anyone else at risk. "I didn't want to visit until I could be sure that it was really going to be safe for everyone

testing prior to the visit and wearing of PPE once you are there, the staff have been very supportive with keeping me right in what I have to do and when I have to do it and it has been very reassuring to have such a detailed and defined process to follow. "It has been great to be able to see Stuart in person a couple of times recently and I

and whilst there are obviously a few hoops to jump through with the Coronavirus

done in keeping everyone safe over the past year." If you have any queries at all relating to visiting your family member then please contact

would like to thank all the staff at St James' Court for their hard work and all they have

# Virtual Activities Update

families@inspiremail.org.uk



It has once again been another busy month for our Activity Co-ordinators, who have provided a range of on-line activities for the people we support to participate in including some new ones this month - Fun Facts Friday, Inspire Cinema Club and Tai Chi.

Activity Co-ordinator, Sarah Farquhar has also managed to get some individual, or

service-specific activities up and running - including a Boccia group for our services in Ellon, a darts group with participants from the City & Shire, and a Supper Club and Bingo session in Huntly. Sarah has also been able to help friends from different Inspire services, who have not seen each other for a year, get the chance to catch up and have a good blether on Zoom which has been really nice. If you would like to discuss the possibility of us running an activity session specifically

for your loved one, or their service, then please just drop Sarah a line at sarah. farguhar@inspiremail.org.uk and she will be happy to discuss this with you. The Virtual Activity Programme for April is available to be viewed by visiting our

session of interest to them. Just contact christopher.simpson@inspiremail.org.uk to get yourself booked in.

information for families page and family members would be very welcome to join any

#### Virtual Kiltwalk 2021 There is now just a month to go until the Virtual Kiltwalk 2021 which will be held over the weekend of April 23rd-25th.

Join The Inspire Team in The



You can take on any Kiltwalk inspired challenge that weekend – be that a cycle round your local community, 100 laps of your garden or even just a stroll round your local park. You decide on your challenge and as long as you are raising funds for charity through

attract support for his fundraising effort this year. Well done Maurice!

the official site - https://www.thekiltwalk.co.uk/ - then your total will be increased by 50% thanks to the generosity of The Hunter Foundation. We have already had a number of staff and people we support sign-up to raise funds for Inspire by taking on a Kiltwalk challenge - including Maurice, who we support at Hillview, who has participated in previous years and has designed a great poster to

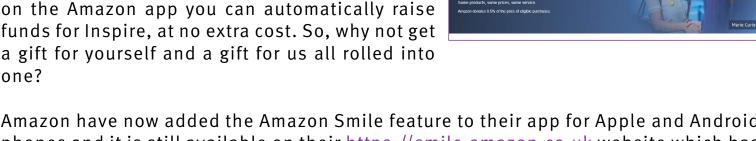
Obviously it remains to be seen what restrictions will remain in place by the end of April – with regards to where we can go and how many people we can meet up with – but the Kiltwalk could be a great way to get active and raise some funds for Inspire at the same time and we would be delighted to have family members getting involved.

For further information or to register an interest in taking part please email Andrew Reid at andrew.reid@inspiremail.org.uk

### We wanted to remind everyone that by shopping

Amazon Smile

funds for Inspire, at no extra cost. So, why not get a gift for yourself and a gift for us all rolled into one?



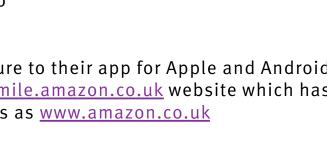
Experience feel-good shopping

Amazon have now added the Amazon Smile feature to their app for Apple and Android phones and it is still available on their <a href="https://smile.amazon.co.uk">https://smile.amazon.co.uk</a> 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 as your chosen charity;

Shop, Shop, Shop!





# What's up Inspire!?





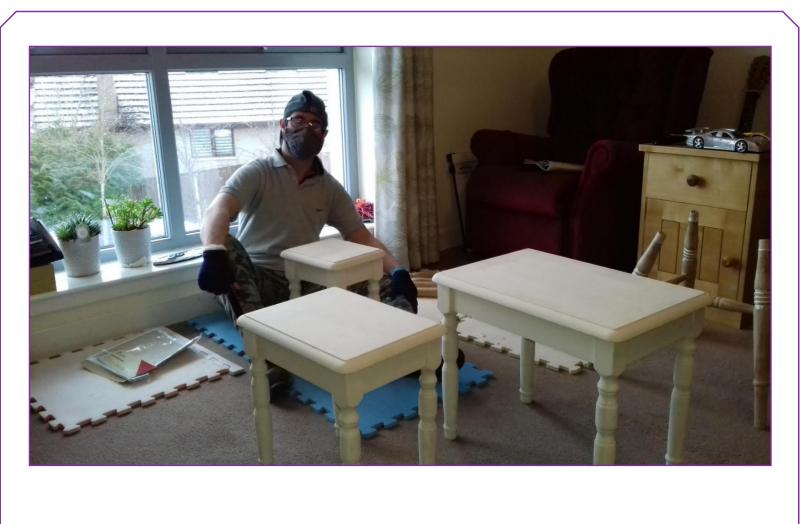




Lynette from Greenfern wanted to share with everyone her new sewing machine she received. It came with added safety features that allow her to sew with ease. She is extremely happy with it and is eager to learn more.



Everyone at the Manor Walk had a Valentine's tea party last month. They had great fun, some good food and a cheeky shandy.



He really enjoys it!

Andrew from St. James's Court is keeping very busy in his flat sanding furniture.











At Malcolm's Mount, we used a mirror to draw self portraits!

your life, our support



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