

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.

As you will read below there have been some significant Scottish Government updates relating to Social Care settings since the last edition of the newsletter.

Whilst we welcome these changes – and the benefits we believe they will bring for people we support and staff alike – we understand that you may have questions that you wish to ask off the back of them. I therefore want to draw your attention to our forthcoming Family Engagement session (details at the bottom of the page).

I have always found these sessions to be extremely useful for me personally, and indeed for Inspire as an organisation, and I know that all of those family members present have said the same - either at the time or in subsequent correspondence I have received.

I hope to see some of you at our session next week but if you have any queries about these changes, or indeed about any 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

Significant Updates To Face Masks & Testing Guidance

The Scottish Government has implemented some significant Covid-19 related guidance changes within the social care sector in recent weeks.

You may already be aware of these changes – through hearing about them in the news or as a result of discussions with staff at your family member's service – but we felt it prudent to hopefully provide some clarity within this newsletter.



The most significant change to have been announced is that social care staff, people we support, visitors and visiting professionals are no longer required to wear face masks in social care settings in Scotland. This means that:

- **Inspire staff do not now need to routinely wear a face mask during their shift;**
- **Visitors to social care settings do not now need to wear a face mask, including in communal areas;**
- **Both staff and visitors may choose to continue to wear a face mask, and this should be supported;**

When on shift outside of the service, Covid Sense guidance for the general public applies to Inspire staff. Amongst other recommendations, this advises that people continue to wear a face mask in indoor public places and on public transport. This is particularly important in crowded, poorly ventilated spaces and where it is not possible to maintain a safe distance from other people you would not normally meet.

You can view the full updated Scottish Government guidance relating to the use of face coverings in social care settings here: <https://www.gov.scot/publications/coronavirus-covid-19-use-of-face-coverings-in-social-care-settings-including-adult-care-homes/pages/overview/>

The second significant change announced by the Scottish Government in the past fortnight has been the pause of routine, asymptomatic testing for staff and visitors in all social care settings.

This means that Inspire staff are no longer regularly testing for Covid-19 unless they have symptoms. Visitors to services do not need to undertake symptomatic testing but instead are advised to follow Covid Sense guidance and should not visit family and friends in a social care or healthcare setting if they are feeling unwell.



Inspire's updated **Visitors' Procedure** and **Visitor's Checklist** can be accessed via our website at the following link: <https://www.inspireptl.org.uk/support/families/information-for-families>

Cost Of Living Support Website

The announcement on September 8th by the UK Government of its move to limit the rise of energy bills this winter was understandably overshadowed by subsequent events at Balmoral Estate later that day.



Scottish Government
Riaghaltas na h-Alba
gov.scot

The fact that typical household bills will be capped at no more than £2,500 per year for the next two years is welcome news. However, we understand that for many the coming months are still likely to prove challenging with the cost of living generally continuing to rise and energy bills still significantly higher than they were this time last year.

We have already highlighted, and will continue to signpost, relevant resources to our staff but wanted to also highlight to all the families of those we support that the Scottish Government has recently launched a Cost Of Living Crisis Support website, which can be accessed here: <https://costofliving.campaign.gov.scot/> and may prove useful over the coming weeks and months.

October Family Engagement Session



Our next scheduled Family Engagement session will take place on **Thursday, October 13th from 6pm-7.30pm** 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 week.

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 or feedback about this newsletter then please email families@inspiremail.org.uk to ensure a prompt response.

Sports Day Event at ASV



A number of the people we support had a great day at Aberdeen Sports Village on September 30th, taking part in a Sports Day event organised in conjunction with local company Proactis.

Those in attendance had the chance to play Boccia, Badminton and football with the added bonus of meeting the Aberdeen FC first team squad who were at the venue for training that morning and were delighted to provide autographs and pose for photos.

Our thanks go to all of those who made the event possible.



Remember, Remember, The Fifth Of November!

We have had a few people come forward with queries about our forthcoming fundraising firewalk, scheduled for Aberdeen Beach on Saturday, November 5th and so wanted to clarify:

The event is open to everyone - people supported by Inspire, staff, families and the general public;

Anyone participating must be physically capable of walking the distance of the fire-pit - approximately five or six strides - and must undertake the 90 minute pre-walk workshop (this will be hosted at Cafe Ahoy);

There is just a £20 registration fee to take part and no minimum sponsorship requirements for anyone - every donation helps;

If you - or any of your family or friends - would like to take part or you have any further queries then you can contact Andrew Reid on andrew.reid@inspiremail.org.uk



SSK Weekly Quiz In Aid of Inspire

We wanted to remind everyone that we are now one of the options to support in a weekly, interactive quiz organised by local company SSK.



Full details on how to enter the quiz each week can be found by clicking here <https://www.sskaberdeen.com/wciq> and then selecting Inspire as the charity you wish to support. Entry is £5 - with a minimum of £3.50 coming to Inspire from each entry - and there are cash prizes available every week.

Energy Bills Scams - Please Be Aware

Unfortunately the challenging economic climate continues to result in a number of unscrupulous people preying on the vulnerable through a series of increasingly sophisticated scams.

One of the latest is a text message - which we are sure many of you will have already received - purporting to be from the UK Government and asking you to apply for the £400 rebate on your energy bill this Winter. **This is a scam message and should be deleted immediately. The £400 rebate via the Energy Bills**



Run Garioch 2023 Date Announced

Inspire is delighted to have been chosen once again as one of the official charity partners of Run Garioch 2023 which will take place on Sunday, May 14th next year.

There will again be 5k, 10k and Half Marathon options at the event and entries are open now. We raised over £6,500 at the event last year and it would be great to have a large contingent representing Inspire in 2023 again.

Further information is available at <https://www.facebook.com/rungarioch/>



All Stars Newsletter Relunched

We were pleased this month to relaunch the All-Stars Newsletter for the people we support - which had been on hold since the start of the Coronavirus pandemic.

Going forward All-Stars will be emailed to all staff each month for them to share it electronically with the people we support - wherever possible - or print it out and enable people to view it in this manner if more appropriate.



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.

Tributes To Her Majesty Queen Elizabeth II

The passing of Her Majesty Queen Elizabeth II last month had a significant impact on many of the people we support with many watching her funeral cortege as it travelled through the North-east - either in-person or on the TV - and a number travelling to Balmoral Estate to pay tribute and leave flowers.



your life, our support



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