

## 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.

It is hard to believe we are moving into the final month of the year and 2022 is drawing to a close. As you would expect we have a busy December planned at Inspire with lots of get-togethers, festive parties and activities in the diaries for the people we support. I hope that you too are looking forward to a happy festive period and that you stay safe as the colder weather - and the challenges it brings with it - reaches us here in the North-east.

As ever, If you have any queries about any aspect of your family members' support, then please don't hesitate to get in touch with us via email on [info@inspiremail.org.uk](mailto:info@inspiremail.org.uk) or by speaking to staff at their service.

~ Linda Gray, CEO



# POSITIVE CARE INSPECTORATE REPORT FOR ELLON RESPITE

We are delighted to be able to share some positive news following a Care Inspectorate inspection of our Ellon Respite Service last month.

The service received grades of 4 – Good - for both of the Key Questions: [How well do we support people's wellbeing?](#) and [How good is our leadership?](#)

As is the norm with Care Inspectorate inspections the report also highlighted some areas where improvement could be made including ensuring appropriate assessment and formal guidance relating to risks is in place for all individuals and ensuring medication records are fully completed for those using the service.

Some positive quotes from the Ellon Respite report included:

“People's stays at the service were well planned and the service had a very thorough, person-centred assessment process.”

“Staff took time to get to know the person and their needs and wishes before their stay and families/representatives told us how reassuring this had been.”

“Staff practiced effective and safe infection control measures. The service had plentiful supply of appropriate personal protective equipment (PPE) and had delivered a robust training programme. This meant that people felt confident that staff were able to prevent the spread of infection.”

“The service benefitted from an approachable leadership team. Staff told us they felt well supported in their roles and all families/representatives were extremely happy with their experiences.”

Well done to all involved at Ellon Respite Service for this deserved positive report which you can read in full [Here](#)



## INSPIRE FIREWALK 2022

We wanted to say a massive well done to everyone who took part in our Firewalk on Saturday, November 5th, and a huge thank-you to all of those who volunteered to help with the bucket collection on the night.

A number of people we support and staff completed the challenge, which was run on our behalf by Firewalk Scotland, and then enjoyed a BBQ and great vantage point for the Aberdeen City Council Fireworks display.

The event will return on [November 5th 2023](#) and if you would like more information about taking part then please contact [Andrew Reid](#) on [Andrew.reid@inspiremail.org.uk](mailto:Andrew.reid@inspiremail.org.uk)



## SCOTTISH GOVERNMENT COMMITTEE VISIT

We were delighted to host a visit by the Scottish Government's Health, Social Care and Sport Committee at our Beach Boulevard office earlier in the month.

We had a very productive morning discussing the benefits and successes of Granite Care Consortium – an organisation Inspire is a member of – with MSPs and Government officials before enjoying a buffet lunch at Café Ahoy where Rozz and Craig, from Holland Street, and Andrew from St James' Court, joined us to chat about their experiences of receiving support as part of a wider discussion on the proposed National Care Service for Scotland.



## FUNDING SUCCESS

We are pleased to be able to share further positive funding news this month following two grant awards that have been made recently.

A grant of £3,840 over the next twelve months has been made by Aberdeen Health & Social Care Partnership's Health Improvement Fund and a grant of £1,000 has been awarded by the M&S Neighbourly Fund.

These donations will enable us to continue to operate our Chin WAG's social support group in Aberdeen throughout 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](mailto:andrew.reid@inspiremail.org.uk) on [andrew.reid@inspiremail.org.uk](mailto:andrew.reid@inspiremail.org.uk) or by calling 01224 280 005.

We look forward to hopefully seeing you there.





## STAY WELL THIS WINTER CAMPAIGN

As Covid-19 and flu can spread more easily in the winter, it's important that we all do the things that help to keep everyone safe over the coming months.

The Scottish Government's Stay Well This Winter campaign has been developed to remind and encourage the public of the key safety behaviours to consider, which include:

- Wearing a face covering in indoor crowded spaces and on public transport;
- Socialising in well-ventilated spaces when you can;
- Getting your flu and Covid-19 booster vaccines when they are offered;
- Following the latest guidance if you're unwell.

The Royal Voluntary Service (RVS) has also released a Stay Safe, Warm & Well guide for the winter which provides lots of helpful advice and links to useful resources as we head into the colder months.

You can access the guide [HERE](#)

## RETURN OF THE FUN OLYMPICS

After a break of three years, the Fun Olympics returned to much acclaim in Aberdeen in November. Boccia, golf, target practice, hockey slalom, and so much more was on offer for the people we support at the event held at the Beach Ballroom and organised by the Aberdeen City & Shire Hotels Association, Aberdeen City Council and Sport Aberdeen.

Inspire's two teams, Inspire Me and Be Inspired, took part in 10 different sporting events and scored lots of points, while having lots of fun and working together to help each other out.

We didn't win the top prize, but everyone was truly a winner for taking part and got a medal. The Fun Olympics was followed by some much needed food, and rounded off with a disco before everyone went home very tired but very happy!



## GEORGE VISITS GRAMPIAN TRANSPORT MUSEUM

One of George from Peterhead's agreed outcomes was to visit the Grampian Transport Museum in Alford again. He had been before years ago but was very keen to return post-lockdown as it houses a large snowplough that is of the type his late Dad used to drive in Peterhead many years ago and so it is a place that has a lot of sentimental value for him.

George was involved in the planning of the day trip and was supported to hire a car for the day. He was also in charge of Google Maps on his staff member's phone for the car journey!

George has recently made lots of positive progress to lessen his fears and improve his confidence around walking, which was necessary to get around the large museum. He became very emotional upon arrival at the museum and was ecstatic at seeing the snowplough. He did amazing with his walking and enjoyed lunch and a fine piece at the cafe, as well as buying some items from the gift shop. It was a great day out!



## 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](mailto: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.



# SPARKLES 2022

What a great night Sparkles 2022 was. We hope that you enjoy the selection of photos from the event below. A wider collection of photographs from the night (there are lots of them!) are available to download [Here](#). Inspire will be requested to permit you permission to access these images when you click on the link. We will do this as soon as possible but please be aware this won't be immediate.

