

WELCOME

Hello and welcome to the first edition of our Family Matters newsletter for the families and loved ones of the people we support in 2023.

I hope that you all had a good Christmas and have had a positive start to the New Year whatever you have been doing.

Going forward it is our intention to publish this Family Matters newsletter on a bi-monthly basis to keep you up-to-date with everything that is going on at Inspire. This will be supported with regular Family Engagement sessions – open to all – to be held in those months where there is not a newsletter published.

As ever, If you have any queries about any aspect of your family members' support – at any time - 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



ADVANCED AUTISM ACCREDITATION FOR BALMEDIÉ SERVICE

We are delighted to be able to share the fantastic news that our Balmedie service has recently been awarded Advanced Autism Accreditation by the National Autistic Society. This is the highest status that can be awarded through the scheme - which is the UK's only autism specific quality assurance programme of support and development for all those providing services to autistic people.

Balmedie is also the first adult support service to receive an Advanced Accreditation status in Scotland - there were previously only three schools which had achieved this level of award. The service was first accredited in 2009 following an external inspection from a National Autistic Society representative who looked closely at work practice and paperwork in relation to autism. Since then the team has worked very hard to maintain the accredited status through annual visits and three- yearly reviews where practice is observed and paperwork assessed in order to ensure the service provided is autism specific.

Huge congratulations to all of the team at Balmedie - and indeed everyone at Inspire involved in helping to achieve this Advanced Accreditation.



NEWSLETTER FEEDBACK & CONTACT INFORMATION

We hope that you continue to find Family Matters a useful and interesting resource in 2023. 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 [01224 280 005](tel:01224280005) to pass on any feedback you might have or if you wish to speak to us about anything at all.

MANOR SERVICE CLOSURE

After nearly six years of running it we have this month officially closed our Manor service. Inspire first took on the service back in April 2017. It had previously been run as the Manor Project by an independent Board, but was integrated into the organisation, initially under the management of Patsy Telford, who remembers that time fondly.

Patsy said: "I was delighted at the time that I knew (the late) Evaline who lived at Manor alongside her sister. I had worked with Evaline at Turning Point Scotland and she, the other people who lived there and staff made the service a warm and friendly place to work. Manor always felt like a big, family home with summer barbecues and tea parties for many occasions, including a lovely send off when I moved on from the service."

When Inspire initially took the service over, nine people lived at Manor, but this quickly reduced to seven when two moved on to more independent living settings. The other seven continued to call Manor home until late last year when Lorna Johnstone sadly passed away. In recent times four people have been supported to move onto different Inspire services and the remaining two to find accommodation better suited to their needs with other providers. The current Manager of the service, Louis Hood, and the majority of the staff team, are remaining with Inspire and moving to other services within the organisation. Like Patsy, Louis also has fond memories of the service.

He said: "My time at Manor was really all about helping people to find positive solutions that would enable them to achieve their wishes and I am pleased that we have managed to do that and everyone has new and exciting beginnings to look forward to in 2023"

KILTWALK/RUN GARIOCH 2023

Inspire is proud to be one of the official charity partners of Run Garioch 2023 which will take place on [Sunday, May 14th 2023](#). There will again be 5k, 10k and Half Marathon options at the event and entries are open now.

Further information is available [HERE](#) We are also hoping to have a large Inspire contingent in the Aberdeen Kiltwalk which takes place on Sunday, June 4th next year and offers a 3 mile and 18 mile route for participants. Further information is available [HERE](#)

Contact Andrew Reid on andrew.reid@inspiremail.org.uk if you would like to represent Inspire in either of these events in 2023.

PITTODRIE COMMUNITY HUB

Aberdeen FC Community Trust has announced the launch of The Pittodrie Community Hub.

Starting on **February 2nd**, every **Thursday** between **1pm-4pm** local people will be welcomed into the Players Lounge at Pittodrie to enjoy free hot food, tea & coffee as well as a range of weekly activities, all within a family friendly, relaxed and cosy space. Board games, newspapers, TV and free Wifi will also be available.

Advice and guidance will also be provided by local organisations such as SCARF, Age Scotland, Citizens Advice Bureau, SAMH, CFine, and Aberdeen City Health & Social Care Partnership to assist with any support people may require with energy bills, cost of living or health and wellbeing.



AMAZON SMILE TO END NEXT MONTH

Amazon has announced that it is to close its Amazon Smile scheme - which enabled people to support their favourite charities when shopping on-line - this month.

Thanks to everyone who has supported Inspire through Amazon Smile over the years. The programme will end on **February 20th** so if you have any Amazon purchases planned over the next few weeks then get them made before then!



FEBRUARY FAMILY ENGAGEMENT SESSION

Our next scheduled Family Engagement session will take place on [Tuesday, February 28th 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](tel:01224280005).

We look forward to hopefully seeing you there.

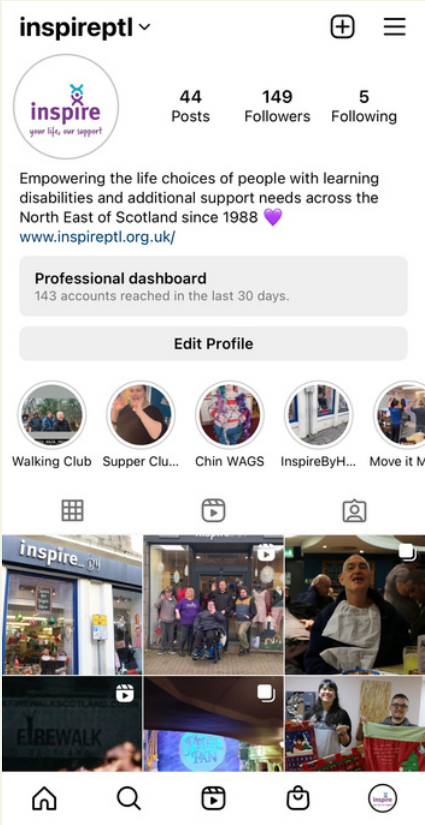


FOLLOW US ON INSTAGRAM

Did you know that we are on Instagram?

Please feel free to give our page a follow to keep up to date with activities and updates!

Username: [Inspireptl](#)



Colin from Huntly went for a lovely walk to Huntly Castle on a crisp, sunny day.



Stephen, from Sycamore Way, recently met Robbie the Ram at an Aberdeen match. The Dons' won the game 4-1 and Stephen met up with his friend Bruce, from Bredero, for dinner at the Bielside Inn on the way home.

Karen and Mary, from Manor, enjoyed a day out on Deeside recently. They enjoyed a hot chocolate at the Milton of Crathes, did a quick Geocache treasure hunt and then visited the Falls of Feugh.



Oscar from Inspire By... Stonehaven dressed as Prince Charming at Christmas.

Keith from Milton Wynd in Huntly met up with his sister Marlene, who flew over from Australia, and his brother Martin from America before the festive break.

It had been over three years since everyone had been together and they were all delighted to see each other.



John from Greenfolds happily showing off one of the new books which he got for Christmas.

John, Marc and Keith from Greenfolds showing off their crowns from Christmas crackers.

