

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 appears that Spring has finally sprung - fingers crossed anyway - and I hope that you have been enjoying the fairer weather and increased daylight hours recently.

Whilst there is no doubt that moving beyond Winter certainly helps everyone to feel a little better about life, at Inspire we have continued to face challenges and have seen an increased level of positive Coronavirus cases within people we support and staff alike this month - indeed at one point we had the highest number of staff isolating as a result of Covid on a single day since the pandemic started over two years ago.

Coupled with the ongoing challenges of recruiting within the health & social care sector, this has obviously been having an impact on staffing levels across the organisation but we have been delighted once again with the dedication of our staff who have stepped in at short notice to cover extra shifts, or agreed to work within a different service for a short time, to ensure we have been able to continue to safely deliver support to your loved ones. Thanks too to all of you family members for your continued support at this challenging time.

As ever, if you have any queries at all about any aspect of your family members' support then please don't hesitate to get in touch with us via email on families@inspiremail.org.uk or by speaking to staff at their service.

Sharon Catchpole, Acting CEO

Stuart Brown - A Tribute



We were saddened to hear of the passing of long-standing Inspire Board Member, Stuart Brown, recently following a brave battle with stomach cancer

You can read our full tribute to Stuart [here](#).

CCPS - Social Care Staffing Challenges Event



Inspire was pleased to take part in an event organised by the Coalition of Care & Support Providers Scotland (CCPS) this month where MSP's heard from a variety of providers about the recruitment challenges currently facing the social care sector across the country.

As well as contributions from our Recruitment Team and operational staff, Andrew McGlashan, who lives at St. James's Court, in Inverurie, also spoke to those present about the difficulties staff shortages, or a lack of continuity in staffing, can cause for those people receiving support.

The Minister for Wellbeing & Social Care, Kevin Stewart, was in attendance and acknowledged it had been a useful session and that there was the need for continued dialogue between providers and the Scottish Government going forward. We shall continue to update you of any developments in this regard in the future.

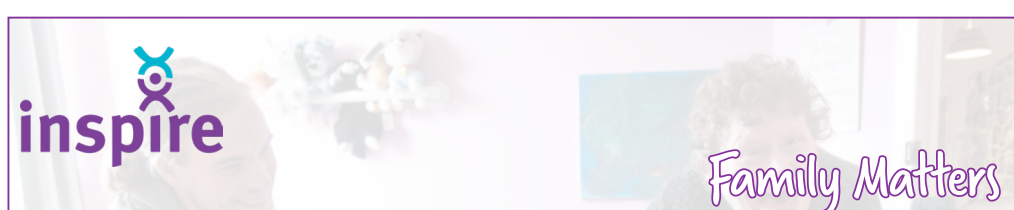
April Family Engagement Session

Our next scheduled Family Engagement Session will take place on **Thursday, April 21st from 6pm-7.30pm** and is open to all the family and friends of the people we support.



Whilst our hope is to be able to host in-person sessions of some form in 2022, the April session will again be held on Zoom and anyone who would like to book a slot can do so by contacting Andrew Reid on andrew.reid@inspiremail.org.uk or by calling 07779108894.

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 throughout 2022. Your feedback is vital in ensuring this communication continues to achieve its aims.

You can contact us on families@inspiremail.org.uk or call Andrew Reid on 07779108894 to pass on any feedback you might have or if you wish to speak to us about anything at all.

Added Value Events 2022 - Dates For Your Diary

Whilst nobody can say with any certainty what the next few months have in store for us, as Covid restrictions continue to ease in Scotland we have started to begin to plan for a return to our face-to-face 'Added Value' activities in 2022.

We have therefore tentatively pencilled in the following dates for two of our most popular events pre-Covid and further details will be shared as soon as we have greater clarity.

- **Annual Summer BBQ - Saturday, July 2nd 2022 at Cafe Ahoy, Beach Boulevard, Aberdeen**
- **Annual Sparkles Ball - Saturday, October 29th 2022 at the Beach Ballroom, Aberdeen**



National Involvement Network - Individual Memberships Available

The National Involvement Network (NIN) - which Inspire, as an organisation, is a member of - has launched a new, free, individual membership scheme which is open to everyone with support needs in Scotland.

The NIN's aim is that everyone should have their voice heard and be involved in decisions about their lives and the scheme will enable members to meet new people, have a chance to share experiences and learn from each other. They will be able to vote on NIN decisions, share what matters to them, and influence change.

NIN members will receive a welcome pack in the post, with a membership card and unique membership number, along with lots of other goodies like a pen, wristband and keyring, as well as their own full copy of the Charter for Involvement.

If you think this would be of interest to your family member then please speak to staff at their service and encourage them to sign-up by clicking [here](#) or emailing nin@arcuk.org.uk to request a paper copy of the application form. A useful step-by-step video detailing how to sign-up can also be viewed [here](#).



Activities Update

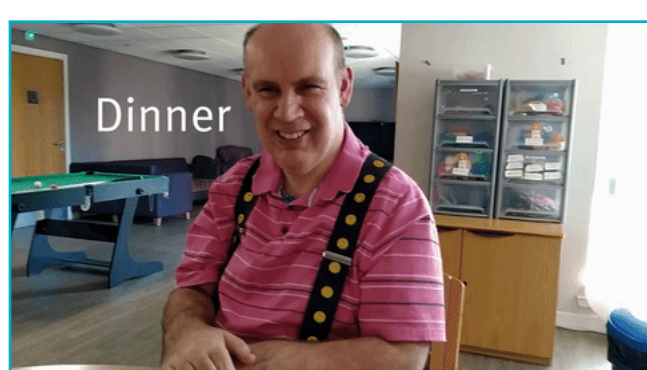


Activities Co-ordinator, Sarah Farquhar has been looking back over a busy start to the year in her latest blog which you can read [here](#).

Our Virtual Activities have continued this month and we were delighted to host another small-scale, pilot Supper Club event at Cafe Ahoy - in line with current guidance - and will continue to grow our in-person activities' offering over the coming weeks and months as restrictions hopefully ease further.

Remember you can see the full activities programme for April [here](#) and should contact christopher.simpson@inspiremail.org.uk if you would like to attend any events.

Makaton Sign Of The Week

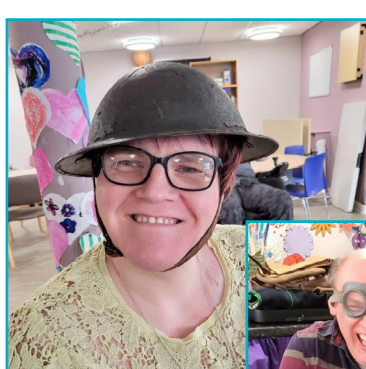


We have started something new at Inspire this month - our Makaton Sign Of The Week!

Many of the people we support use Makaton, or some variation of this, to communicate and so we thought it would be useful to help anyone interested in learning some basic signs through a simple, one a week learning programme, with the signs being shared internally with our staff via email and externally on our social media channels.

We have already enlisted the help of some of the people we support to be our 'signers' but if your family member would like to share their favourite Makaton sign with the rest of the organisation and Inspire's social media following then please get in touch with Chris Simpson on christopher.simpson@inspiremail.org.uk.

WWI Learning Resources Box



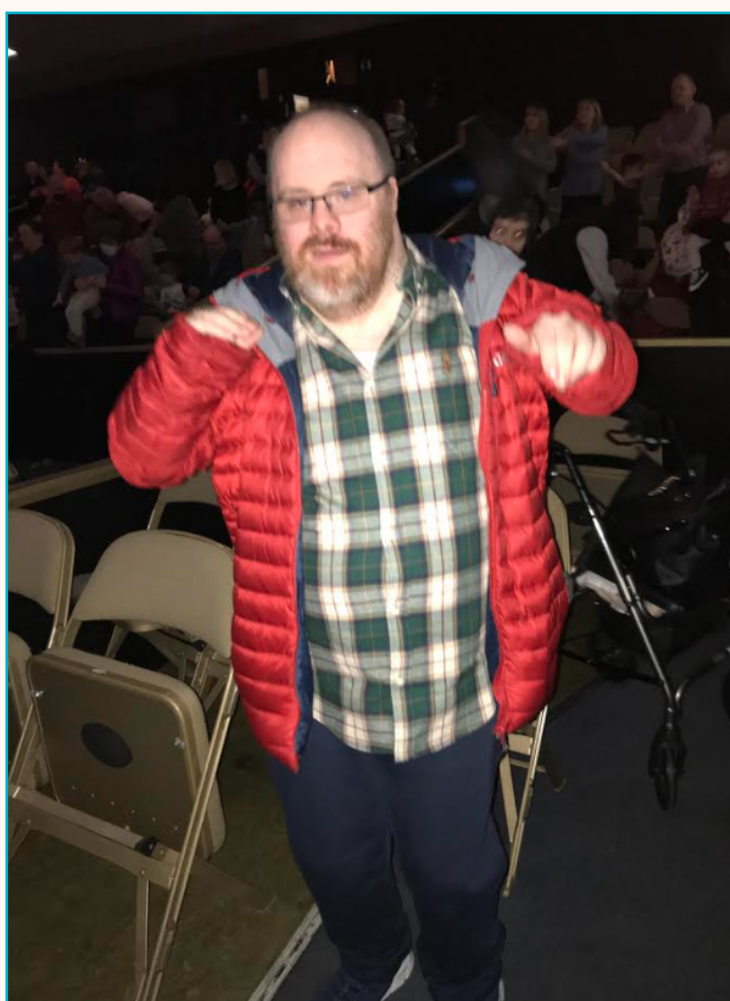
Some of the people we support at St. James's Court, Inverurie, had a great time this month learning about World War One with our Senior Volunteer & Activities Co-ordinator, Chris Simpson.

Chris visited the service with a learning resources box courtesy of the Gordon Highlanders Museum and the people we support had a great time learning about the role that local soldiers played in the war and trying on some of the uniforms they wore.

What's up Inspire!?



The people we support have been enjoying some walks at St. James's Court when the weather isn't too wild! Here's Fraser M, Fraser T, Emma and Joyce on their walk round Kellands Park.



James from Viewfield had a great time seeing Artie's Singing Kettle on tour and loved clapping along to all his favourite songs!



Kevin from Carolines Crescent would like to share how happy he is to have returned to his work at Wood Recyclability. He has not worked there since lockdown. He is so happy to be back doing what he likes best - catching up with the staff and his friends there. His smile says it all!



Friends Lorna and Andrew met up to celebrate Lorna's Birthday!



Maria from Aberdeen CLP has been attending JUMP for a few months now and has recently managed her first solo jump - well done Maria! See the video [here](#).

your life, our support



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