

WELCOME

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

I hope that you have all had a good couple of months and that with the clocks having now sprung forward we are in for some better - and warmer - weather.

As previously highlighted 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 a regular Family Engagement session – 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.

I hope you have a great Easter and look forward to seeing some of you at the Family Engagement session later on in April.

Linda Gray, CEO



PEOPLE WE SUPPORT HOLIDAYS IN 2023

We wanted to officially update you in relation to the subject of people we support holidays facilitated by Inspire staff in 2023.

There has been a great deal of work done to try and find a positive solution to this issue as we recognise how beneficial holidays and day trips can be for the people we support. The proposed way forward for 2023 was discussed with those we support at our Positive People Improvement Council in February and has now been finalised and agreed.

In some instances, facilitating holidays with Inspire staff may still be of significant challenge and there may be barriers to progressing but we are committed to do our best with the resources available to us to support holidays of **no more than 5 days within the UK** for the people we support who wish to take a break this year.

All proposed holidays with Inspire staff must be assessed and approved by the relevant Support Manager and then signed off by a Regional Manager before anything is booked or paid for.

We hope that this is welcome news for the people we support - and indeed for you - and look forward to hearing of holiday plans as the year progresses. If you have any queries in relation to this matter then please discuss these with the Manager of your service in the first instance.



APRIL FAMILY ENGAGEMENT SESSION

Our next scheduled Family Engagement session will take place on **Thursday, April 27th 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.

We look forward to hopefully seeing you there.

POSITIVE CARE INSPECTORATE REPORTS FOR INSPIRE SERVICES

We are delighted to be able to share some positive news following Care Inspectorate inspections of three of our services recently.

Our Eden Drive service, in Peterhead, Inspire Angus service and Peterhead Housing Support service all received grades of 5 - Very Good - for the Key Questions: How well do we support people's wellbeing? and How good is our leadership?

Some positive quotes from the Eden Drive report included:

"People's days were filled with what they wanted to do; working, pursuing activities and simply enjoying the house and socialising."

"The leadership and quality assurance in the home was at a very good level. There was a drive for continuous improvement through innovation."

The Peterhead Housing Support report said:

"People had exceptionally detailed personal plans which enabled staff to support people's health and wellbeing. Plans were tailored to the individual's needs and wishes and incorporated tools, such as communication and sensory dictionaries."

"People had formed positive relationships with their key workers who supported them to talk about what was important to them and ensured their views were at the centre of decisions."

Whilst the Inspire Angus report highlighted:

"People were safe and protected because leaders were proactive in ensuring that systems and resources were in place to support infection prevention and control and are responsive to potential and actual outbreaks of infection."

"We observed warm and supportive relationships. Staff were respectful and encouraged people to express their views."

Well done to all involved at the three services for these deserved positive reports - what a great start to 2023.

INSPIRE'S 2022 ANNUAL REVIEW

Inspire's Annual Review for 2022 has now been published and we are delighted to share it with you and would encourage you to share it with family, friends etc.

This publication highlights all of the hard work done by everyone at Inspire last year as well as showcasing the amazing efforts of the people we support during what was another challenging period.

The document can be accessed and downloaded from our website [HERE](#)



SUPER TROUPER MUSICAL BINGO NIGHT

Tickets are available now for the fundraising event in aid of Inspire being organised by a group of Events Management students at RGU as part of the Main Event programme.

Their Super Trouper Bingo event is an evening of Abba-themed Musical Bingo and games at the [Mannofield Cricket Club from 6pm-10pm on Friday, April 21st.](#)

The event is open to everyone - the venue is wheelchair accessible - and it would be great to see a good turnout from the people we support, staff and family and friends alike.

Tickets, priced £15 for adults and £10 for U12's - including stovies or macaroni cheese - can be purchased now at the following link [HERE](#)

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.

FUNDING SUCCESS

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

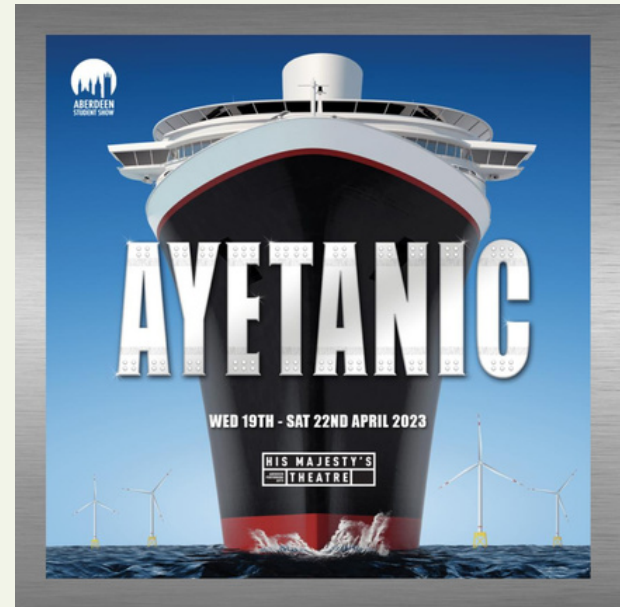
A grant of £2,000 has been made by the Meikle Foundation and a grant of £500 has been awarded by the Andrew Paton Charitable Trust.

We are also delighted to have been successful with a recent application to the Aberdeen Student Show fund for 2023.

Inspire has been chosen as a Silver charity for the event which means that we will receive 2.5% of the proceeds from the show this year - around £2,500 based on previous year's fundraising totals.

Tickets for the show - Ayetanic - which runs from April 19th-22nd - are available now from [HERE](#)

All of these donations will enable us to continue to grow our Added Value Activities programme in 2023 and we are grateful to all who have contributed.



FUNDRAISING CEILIDH

We wanted to say a big thank-you to the Aberdeen North congregation of the Catalyst Vineyard Church who celebrated their 10th anniversary with a fundraising ceilidh in aid of Inspire on March 25th.

It was great that a number of the people we support attended the event and all thoroughly enjoyed the music, dancing and food and received a very warm welcome.



POLICE SCOTLAND VISIT TO CHIN WAGS

Safety out and about and online is an important topic and we always like to make sure the people we support are safe.

With this in mind our Senior Volunteer & Activities Co-ordinator, Chris Simpson, arranged for officers from Police Scotland to come and give a talk at our weekly Chin WAGs group.

Officers Mike and Mark chatted to the group about who they could trust if they felt they were in any danger when they were out and about. The people we support also learned lots of safety tips during the talk, and how to spot banking and online fraud.

Everyone got top marks for knowing which numbers to call in an emergency and non emergency, and they all said they had learned lots and thanked the officers for their time.



QUACKING FUN!

Everyone say awwwww and hello to the cutest little ducklings, Daisy, Morag, Briana, Olivia and Bella.

The people we support at Sycamore Drive, in Banchory, recently looked after the five ducklings through a great programme called Incredible Eggs.

The eggs arrived at the service and the people we support got to watch the ducklings hatch and grow, before the little ones were returned around 10 days later. Linda and Margaret helped get the paddling pool ready for the ducklings and it certainly looked like they enjoyed their swim.

Further information about the programme is available [HERE](#)



FEBRUARY ACTIVITES BLOG

Our Activities team recently looked back over the month of February in their latest blog which you can read [HERE](#)



WHATS UP INSPIRE



Fraser, Joyce & Emma from St James's Court visited Union Terrace Gardens in Aberdeen.

A group from Inspire...By Stonehaven enjoyed a game of Badminton recently.



Rozz from Holland Street met up with Tamara who used to live at Holland Street recently.



St James's Court had an Oscars movie Night recently.

People we support walked the red carpet, had a pose for the paparazzi before going to watch the Oscar Nominated movie Elvis.

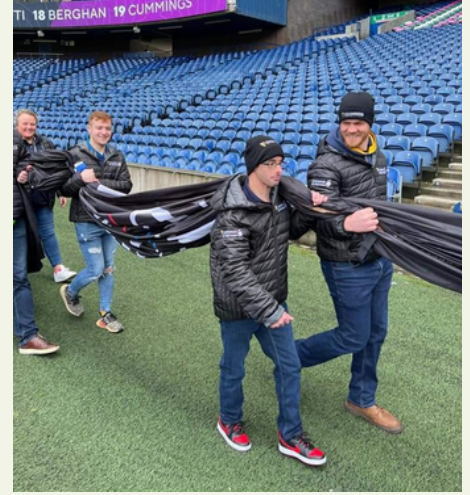


Andrew from Hopetoun celebrated his birthday with a party. He had a lot of fun!



Andrew from St James's Court in Inverurie had an exciting time recently!

Not only did he go to Murrayfield to watch Scotland play Ireland in the 6 Nations, Andrew also got to go on the pitch as a flag bearer AND meet the players!



We had a visit from the Bob's Buddies Owls recently. Everyone enjoyed learning more about the Owls and getting to hold them.



Charles from Holland Street has been enjoying going to watch the ice hockey this season. After the Lynx defeated the Thunders he was very happy to meet Lennox, their mascot.



Lorna from GNR is delighted with her new bespoke chair! She loves it and it arrived the day after her birthday!

Linda from Union Street recently enjoyed an afternoon at the Art Gallery lunch time concert.



Scott at Cloverfield recently celebrated his birthday!



David, from Chattan Place, and his Support Worker Mel, enjoyed their regular walk round Hazelhead park.

Many of the people supported by CLP held a March two mile walk recently and everyone really enjoyed it!



Mary and Sandy, from Viewfield, went to the nearby Palm Court Hotel for supper recently.