



Welcome from Philip English, Head of Adult Services, Aberdeenshire Council



I am delighted to present this latest edition of IDEA News. I.D.E.A stands for Inclusive Day opportunities, Enabling Aberdeenshire.

The IDEA project is about making sure that adults with disabilities have good opportunities to fulfil their potential, to be involved and recognised as valued members of their communities.

As you will read, people across Aberdeenshire have been getting involved in a wide range of projects and activities throughout the summer. I hope you find their stories interesting and inspiring.

You can subscribe to IDEA News and be added to the circulation list by emailing IDEA@aberdeenshire.gov.uk

IDEA news

by Val Milne, IDEA Project Manager

It's been a very busy summer for everyone involved in IDEA. In Garioch upgrading work has been done in Wyness Hall and at Pitscurry to improve the facilities there and to make more places available.

The 2 new business / project development officers; Jenny Thomson and Karen Smith have been working with all the day services managers to begin to plan how the day services projects can develop and expand, as well as looking at new opportunities.



continued on next page

Contents

Idea news	1
Rainbow Recycling ..	2
Medal Success at the Special Olympics	3
Inclusive Inverurie	4
Creating Champions for Change	5
Cooking up a Treat	6
The Great Fly Cup Bake Off	6
ASDAN - skills for learning	7
We want your old tech	7
Elton John at AECC	8
Fresh Picks in inverurie	8
Sharing Values in social care.....	9
Fair Trade Fashion Show	9
Creativity at COAST.....	10
Keys to Life.....	11
Quality Checkers	12
Trellis	13
Celebrating the Difference.....	14
Shared Lives.....	15
And Finally... ..	16



They are also able to work with anyone who might want to become self-employed or set up a micro enterprise.

The Sea View training café in Stonehaven was officially opened by Councillor Raymond Christie in August. The café, which is located in the Community Centre, is open Monday to Friday offering drinks, snacks and afternoon teas. 2 trainees are currently learning catering skills and more placements will be available as the project develops.

An innovative electronic recycling project has started in Aboyne for a trial period. If you have computers, laptops, mobile phones or TV's which you no longer need and which are just gathering dust in a cupboard, then items can be dropped off, or collected if you live in the Deeside area.

Please see the article 'We want Your Tech' for more details about this project.

Ideas across Aberdeenshire



Rainbow Recycling

Grateful Collieston residents have again given donations to Diarmid Sheehan to thank him for his Rainbow Recycling service. Accompanied by his dad, Mick, Diarmid collects recyclable materials from people in the village who are unable to take items to the recycling point. This year's donations totalled £240 and Diarmid very kindly passed this on to Ellon Resource Centre representatives- Pauline, Fiona and Pamela.

Last year Diarmid received a Saltire Award, presented by Alex Salmond, for his initiative. A great initiative for his community!

Medal success at the Special Olympics

Charlotte MacDonald has made a triumphant return to Aberdeenshire from Los Angeles where she represented Team GB at the Special Olympics World Games.

Charlotte was successful in achieving a gold medal in the Equestrian English Equitation event and silver medals in both the Dressage and the Working Trails events. The event which took place from 25th July – 2nd August saw over 6500 athletes from 165 countries take part in their sports, cheered on by 500,000 spectators.

Charlotte recalls her most memorable moments

"We had some good ponies to ride. I had a lovely pony called Bella Rosa, who had started life as a rescue pony. The opening ceremony was good- Michelle O'Bama was there and Stevie Wonder. I enjoyed the lighting of the cauldron too.

It was good fun meeting people from different countries. I got to know some of the people in Team GB; especially Lyn, Jason, Georgina and Sam. We were supporting each other. They all got medals too and I was happy for them.

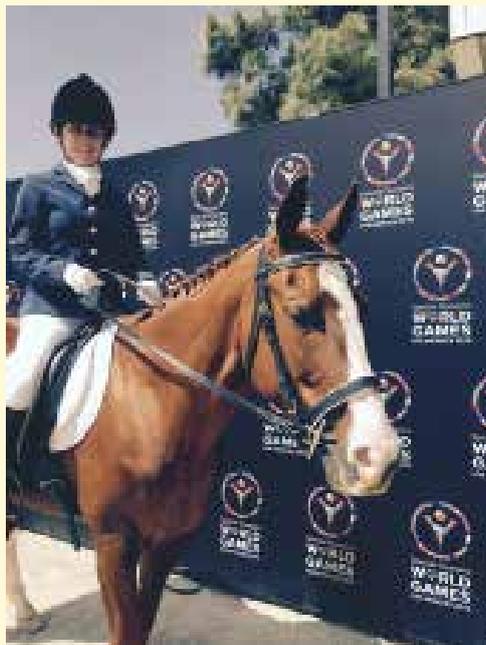
The athlete's village was really nice. I shared with Lyn."

Charlotte said that her mum introduced her to horse riding at the age of 5 and it just 'clicked'.

"I have been doing a lot of training and had lots of help to get me to the Special Olympics. The athletes and coaches will be having a Team GB reunion soon, which I'm really looking forward to."

Congratulations to Charlotte for her fantastic achievement!

Check out the website for more facts and inspirational stories <http://www.la2015.org/>





Inclusive Inverurie: Making Connections



Aberdeenshire Voluntary Action and Grampian Opportunities offered the opportunity for local groups and organisations based in the Inverurie area, to take part in a networking event on 25th June 2015 at the Kintore Arms in Inverurie.

The event was open to the public and anyone interested in finding out about what is available to them in the Inverurie area.

Representatives from health, social care and the voluntary sector, along with business owners attended throughout the day, sharing information and networking with the public and each other.

The event gave people the opportunity to create links in their local community, to meet others with a shared vision of what Inclusive Inverurie looks like and to exchange information on the projects, local groups and innovative ideas about the town.

Rebecca Robertson represented the Bridge Project (Inverurie) at the event. Rebecca met visitors attending the event and presented her journey on the Bridge Project to date. Rebecca shared her goals and pictures of her involvement in community based activities. She was delighted to display her visual board with evidence of dog walking activities, workshop participation, her role in the 'Fresh Picks' fruit and vegetable enterprise and her visit to her new volunteering opportunity at Half Penny Farm, Clovenstone.

"Having the opportunity to be involved at the event made me feel happy and proud" commented Rebecca. "I was excited to meet the visitors, talk about my experiences on the Bridge Project and all the progress I am making. I am very busy now and having a lot of fun doing all the things I wanted to do."



Creating Champions for Change

By Aimee Shand, Wendy Cruickshank, Charlotte MacDonald, Gordon Forbes



We took part in 'Champions for Change' training led by Sylvia Crick and Jackie Eaton. The training took place in June. There were 6 other people taking part too.

Since the training

At Ellon Resource Centre's 'Learning Group', we are using a format from the training to help us work on issues about local bus transport.

In August we had a feedback meeting about the Champions for Change training.

Aimee - "The training taught me how to go about making change; understanding the process of trying to bring about change. It is important to find out who is in charge of what services and have the right person to support you if you want to have your say.

Charlotte - "The training helped me to think about things. I realised how important it is if you want to be more independent, to be able to travel safely on the bus. It is important to ask for assistance if you need it and you might be able to do this by using a Help Card. When we were split into groups to work, I enjoyed working with people from other areas."

Wendy - "At first I was nervous about speaking out in case I mumbled, but once I got going I was fine. I liked having a chance to express my ideas and listen to others. I feel more confident now about speaking up and presenting. I understood most of the training, how to make a case for change and I thought about things we are already trying to change so that we can be more independent in the community with support from staff and parents."

Gordon - "I felt I was learning something new. I liked the discussion, putting all the ideas on a flip chart and sharing ideas. I didn't understand everything, but using a template from the training in our Learning Group to look at bus transport is making it clearer. I enjoyed the exercise on emotions and feelings. I enjoyed being with everyone at the training."



Aberdeenshire
COUNCIL





Cooking up a treat at the Community Kitchen

The 'Tuesday Cooking Group' previously run in Harlaw Centre, Inverurie and facilitated by Winnie Livingston and Jana Krnacova, has moved to the Garioch Community Kitchen at Wyness Hall.

Being at the Community Kitchen gives people taking part the chance to cook meals for themselves from start to finish as there are five cooking areas (one of which is suitable for wheel chair users).

The group also cook lunch for the 'Blether Group' each week, which has gone down very well; even people who didn't think they wanted to buy lunch have given it a go and tried foods they thought wouldn't like!

The group were recently visited by Donna Harvey from the Care Inspectorate, who spent time with the group and had her lunch with them. She said what they were achieving was excellent.



The Great Fly Cup Bake Off!



In September, 4 trainees from Fly Cup Catering will be taking part in a special event - The Great Fly Cup Bake Off!

The trainees will be partnered with an assistant and each team will battle it out to become the first Bake Off Champion. The winner will be chosen by the public at our Grand Final on the 13th September at the Wyness Hall, Inverurie.

It is hoped that this event will encourage teamwork, boost confidence, raise the profile of the Fly Cup and above all, be a fun experience for all!

Here is your chance to get involved. Make a pledge and get a rewards. Tickets are on sale now

Here's the link <https://www.kickstarter.com/projects/1213907118/the-great-fly-cup-bake-off>

Fly Cup Catering enables adults with learning disabilities to access training and employment opportunities within the catering sector.



ASDAN- skills for learning, employment and life



ASDAN is an organisation and awarding body, offering programmes and qualifications that grow skills for learning, skills for employment and skills for life.

At Forest View Centre in Stonehaven we are in our 4th year of ASDAN accreditation. We have covered a wide range of subjects, including; Expressive Arts, Sport Studies and Independent Living.

Our ASDAN year runs from March to February and we provide different ASDAN programmes every day, within the centre and out in the community. We were asked to share information about our ASDAN journey to other Day Services who are starting out their own journey.

Our first Information sharing session was held at Ellon Resource Centre. The staff were keen to learn about our experiences and discuss how we made ASDAN work for us. This session gave them a chance to look at the different learning formats and some of the programmes available.



If you would like to arrange ASDAN awareness session, or for further information on how ASDAN can support you, please contact us on 01569 764545 and ask for Jackie McMenemy, Anna McCallum or Nick Jamison.



We Want Your Old Tech Recycle Deeside



Help a local project and reduce your environmental impact for free by donating your unwanted tech. We will even come and pick it up.

Desk top computers • Laptops • Tablets • Flat screen TV's/ monitors • Mobile phones

We'll collect your unwanted tech for free in the Deeside area and safely wipe each item to ensure any personal data is completely wiped from your device.

For more information or to arrange a collection please contact;

Email: recycledeeside@aberdeenshire.gov.uk

Telephone: (01339) 887114 Website: www.enscape.eu/recycle

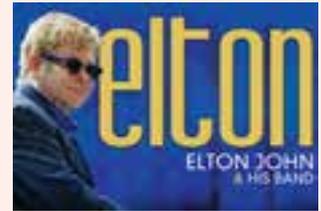




Elton John at the AECC

On Saturday 20th June my mum and I went to see Elton John at the AECC. I am a massive fan of his music and I have a whole collection of his c.ds at home which I like singing along to in my bedroom.

14000 fans attended his show. This is the second time he has appeared at Aberdeen as the last time was in 2001 at Pittodrie Stadium. This current tour celebrated his album Goodbye Yellow Brick Road 40th anniversary.



It was held in a specially built arena in the car park. It stayed dry for the whole evening. There was no rain but it was cold sitting outside and I had my gloves and thick coat on. He sang all of his old songs and played the piano. To show his Scottish colours he waved a Saltire flag to the crowd and set it down on his piano but as it was windy it blew in the breeze. His original band from the early days of touring provided lovely percussion in the background. I sang and

danced in the aisles along with other fans. It was hard to choose a favourite song as they were all good, but if I had to choose I would pick Sacrifice and Don't Go Breaking My Heart but I liked all of the other songs too.

By Fiona Jones

Fresh Picks takes off in Inverurie!



The Bridge Project Team (Inverurie) are currently involved in planning and delivering a Fresh Fruit & Vegetable stall in partnership with Community Food Initiative North East (CFINE).



The group have created their enterprise name, 'Fresh Picks' (FPs) and designed a rosy red apple logo with the letters FPs to market their business. The Fresh Picks team are selling affordable fresh fruit and vegetables at Gordon House in Inverurie every Monday from 12pm - 1.30pm.

The aim of this enterprise is to support 4 Bridge Project members to develop and practice core and employability skills as part of their Bridge Project training programme; moving from day services to community based activities and employability activities.

The team members; Alan McCombie, Rebecca Robertson, Rachel Marr and Ewen Dundas are proud of their positive experience and progress made on the Bridge Project to date. Alan McCombie comments "Fresh Picks is like being involved in a real business."

Jim Saunders (Employability Support Worker) and Jackie Cowie (Local Area Co-ordinator) are delighted to have the opportunity to support the people taking part in the Bridge Project with such an exciting and meaningful experience.



Sharing Values in Social Care

Values in Social Care: a Guide for Aberdeenshire Social Care Staff

People who work in social care services have produced a booklet that describes the way that they will work with everyone who needs their support.

The booklet explains that providing social care services is important and rewarding work. It talks about how workers – and that includes staff providing direct care, care managers, or those dealing with administration or finance - will approach their tasks in a positive, enabling way. In particular, the booklet says:



- We treat people with kindness and consideration
- We make sure that everyone who needs assistance is treated with respect and care
- We are responsible professionals who work well as part of a team
- When offering assistance, workers find out what the person can do for themselves, and what their hopes are for a healthy, independent life
- We know that sometimes people need someone to look out for them, making sure that they are safe from harm
- Workers will always be trustworthy – someone who can be depended on
- We are always on the lookout for ways in which we can be even better at our jobs

Over the next few months all social work and social care staff will be getting their own copy of the booklet. The values will be included in information and guidance for new staff and in some of the social care training programmes. It will be a practical point of reference for workers and their managers

For more information please contact Alison Davidson alison.davidson@aberdeenshire.gov.uk

Fair Trade Fashion Show

A fashion show was held on 27th June in Ellon Kirk Centre, organised by Anne Aspden (Chairperson of Mid Formartine Fair Trade Group) in collaboration with Ellon Resource Centre and Bridge Project.

This was a sell-out event and the enthusiastic crowd listened to Anne's talk and watched video footage to show how buying Fair Trade makes a difference to the people who pick the cotton and make the clothes. The cotton is grown without pesticides and the workers in the fields and factories are paid a decent wage.

The clothes were modelled by individuals from Ellon Resource Centre (Aimee, Alan, Angela, Charlotte, Emma, Fiona, Helen and Wendy) and by pupils from Ellon Academy. All the clothes modelled were on sale at the stall in the Kirk Centre, which was manned by a saltire ambassador from Aberdeenshire Voluntary Action.

Thank you to everybody who came along to support this event and to all the models and helpers who made it a great success.

Ellon Editors.





Shadow Puppet Workshops, Storytelling & Show at COAST festival

COAST Festival of the Arts is an annual weekend of events that takes place in Banff and Macduff, in May.

Banff Day Services hosted an inspiring project of 'Shadow Puppet Workshops' for children at the festival this year with artists Jenny Johnston and Stuart Noble. Both Jenny and Stuart have previous experience of working with children and people with disabilities in previous COAST Festival events.

Jenny and Stuart also worked together with Banff Day Services Arts Mania group and the Imagine Shop team, on Puppet Making Workshops in preparation for the festival, which everyone enjoyed including Lesley West and Paul Attwood who joined in and assisted.

We organized the project just 2 weeks before the event! Amazingly it all came together with colleagues furnishing the Kingswells building for the artist's workshop space and theatre setting. The Artists blacked out the windows and set the scene with a giant papier mâché 'Door' mouse for the Storytelling experience.

Liz and Justyne facilitated the weekend and families arrived to enjoy the interactive storytelling and puppet making, before being led through to the darkened theatre area. Children experimented with Shadow Puppet Play with Jenny and Stuart before the watching the final show. This included dramatic live performances from Elaine Campbell as the wicked witch & Paul Attwood as the giant, with eerie music and sound effects, all enchanting the audience.

We received such positive feedback from parents and the children and felt it was well worth all the effort.

Justyne, Liz, Paul and Elaine

Feedback comments:-

"Had a fantastic time with my two boys. They loved making their puppets and getting a chance to use them on the screen."

"We had a lovely time making puppets and sitting in the mouse's tummy and making up our own puppet show. This was our favourite activity in Coast and we would love to do more, thanks Jenny and Stuart"

"My son could have kept playing in the mouse all day! Really enjoyed making puppets and making friends, loved being close to the show and the wonderfully fun atmosphere"

"This has clearly been well thought out and put together. Great props, Acting, Great team and my 4 year old enjoyed it. Well done to all involved. Highly recommended"



The Keys to Life Plan 2015-2017

The Keys to Life is the Scottish Government's plan for people with learning disabilities. Lots of people with learning disabilities helped to write the Keys to Life. It was written in 2013. It is a 10 year plan. The Keys to Life has a list of 52 important changes that have to happen to make things better for people with learning disabilities. Some of these changes have already happened.

We can't do everything at once. This plan is for the next 2 years. (2015- 2017) This plan will help us to make more of the important things in the Keys to Life happen.

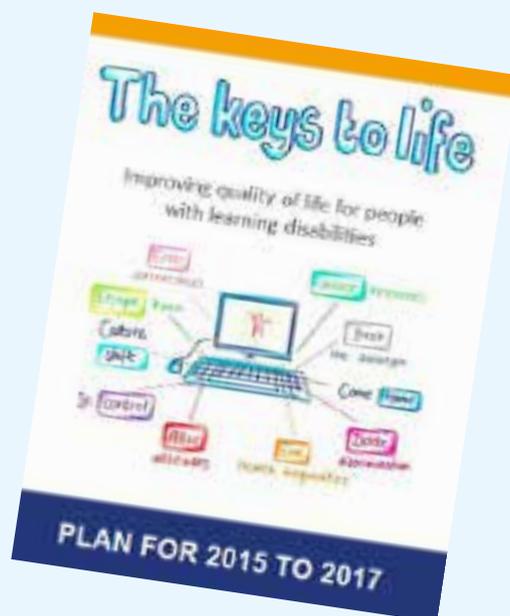
There are 4 outcomes in this plan.

1. A healthy life. 2. Choice and control. 3. Independence 4. Active citizenship

For more information you can read or download the plan by clicking on the links below.

<http://keystolife.info/wp-content/uploads/2015/06/The-Keys-To-Life-Implementation-Framework-and-Priorities-Easy-Read.pdf>

<http://keystolife.info/wp-content/uploads/2015/06/The-Keys-to-Life-Implementation-Framework-and-Priorities.pdf>





Quality Checkers Glasgow

In February 2014, VIAS started a project called 'The Life I Want' which involved Quality Checking peoples' support or services. David Ross and Jordan Allan are both Quality Checkers who work alongside Liz Callaghan, the Quality Coordinator.

We offer an independent evaluation of support and services used by people with learning difficulties and individuals on the autistic spectrum.

What is the Quality Check for?

We want to make sure the people are getting the right kind of support to live an ordinary life. We also want to make sure that people are getting support for making choices that they want. We want to know if people have full control over their own money and where and how they live their lives.

What would happen if you asked for a Quality Check?

We will arrange a meeting at a time and place that suits you. We will ask a few questions about your support, where you live, who you live with and what choice and control you have in life.

After asking you what you would hope to get from the Quality Check, the team would get together to plan their visit to you. We want to be sure that we have all the information we need to carry out a good Quality Check. We make sure that the questions are the right ones for you. Then we would carry out the Quality Check which takes about an hour. Once we have got all the information we need we write the report. You will receive a copy and if you want, with your consent a copy of the report will be sent to the organisation that supports you.

If some things could be done better and need to change we will give feedback to the organisation that supports people with a set of recommendations.

We can also offer presentations about Quality Checking to organisations and groups that might be interested. If you would like a presentation or if you would like to find out more about Quality Checking and VIAS then please give us a call on 0141 212 3355

Coming soon to VIAS is our new service called Mystery Shoppers. So watch out for more information on our facebook page

www.facebook.com/Valuesintoactionsotlandqualitycheckers

www.facebook.com/Valuesintoactionsotland

www.twitter.com/@VIASQC



Trellis

Trellis is the place to go to for know-how about therapeutic gardening, the art of using gardening to help people take care of their physical, emotional and social wellbeing. We support a network of over 270 therapeutic gardening projects in Scotland so they can share skills, good practice and get connected.

The 9th National Therapeutic Gardening Conference took place on 12 March 2015 at the Bield at Blackruthven, Perth

This year 120 delegates had the opportunity to get an insider view of 3 therapeutic gardens, and a tour of Southton Smallholding, maintained by a group of adults with learning disabilities.

With a choice of five workshops and plenty of opportunities to network with fellow professionals there was a lot packed into the day.

Stalls included:

- Trellis: Scottish Therapeutic Gardening Network
- Froglife, Scottish Dragon Finder Project
- Keep Scotland Beautiful
- Federation of City Farmers and Community Gardens
- RCHS Grow and Learn: Recognition of Individual Achievement in Horticulture Award

Join us for a networking meeting on 18th September 10.30am -3.30pm at Pitcaple Environmental Project, which specialises in providing employment skills and training for people with disabilities. Share knowledge, skills and good practice with others in therapeutic gardening. .



COMING UP

Celebrating the Difference Event



Saturday 19th September 2015

12pm - 4pm

North East of Scotland College, NESCOL, Fraserburgh

Free entertainment, fun and food from around the world
bringing together people with disabilities and the international community

For more information please contact margaret.gault@virgin.net





Shared Lives Activity Day



Join us at the Parkmore Cottages (near Dufftown in Moray) 31st October 2015 for a fun, activity day!

www.parkmorecottages.com

On offer for you to experience on this fantastic day are:

- Archery, fun session with experienced and trained staff of Active Spirit www.activespirit.co.uk
- Shiatsu with Kay Marino
- Wellbeing workshops with Jude www.vitalitywellbeing.com;
- Hands on with snakes with Pauline
- Italian cooking workshops with our resident Italian chef!

The choice is yours!

This great day is also a chance to meet new people and catch up with friends, in a friendly welcoming atmosphere, share experiences, learn more about Shared Lives and have all your meals provided (tea, coffee, cake, lunch and an indoor barbeque on the Saturday night) and enjoy a coffee around the log fires. All in a lovely, picturesque setting.

The total cost for this great experience is only £25 per person, inclusive of all meals, activities, tea and coffee. Arrival is 9am.

To find out more about the break, or to book a place please contact: Sue Mahony: tel: 07824 837791

[email: suzanne.mahony@aberdeenshire.gov.uk](mailto:suzanne.mahony@aberdeenshire.gov.uk)

And finally...

Do you have an article or a picture to go in New IDEAs?

What can I write about?

- What is happening in your area
- New projects or ventures
- Things that matter to you
- What you think about your community
- Reviews of places you have been, like cafes
- Reviews of films or shows you have seen
- Opportunities you know about, like clubs and sports
- Events
- Poems or stories
- Anything else you think is interesting!

How can I get my work in New IDEAs?

You should send your work to IDEA@aberdeenshire.gov.uk

The next edition of News IDEAs will be published in winter 2015

New IDEAs is available at Aberdeenshire day service bases or you can subscribe to be added to the mailing list by contacting IDEA@aberdeenshire.gov.uk

Keep those good IDEAs coming in!

