

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



Thank you to everyone who has contributed to this 6th edition of the IDEA newsletter and for your on-going contributions to your communities across Aberdeenshire. I hope you enjoy these interesting articles about the activities people are involved in I.D.E.A - Inclusive Day Opportunities, Enabling Aberdeenshire - is a project aimed at ensuring that adults with disabilities have opportunities to fulfil their potential and to be active, involved and valued members of their communities. The IDEA newsletter is available at all 7 Aberdeenshire day service bases, or you can be added to the mailing list to receive your own copy by email by contacting IDEA@aberdeenshire.gov.uk

Update on the IDEA Project

(by Val Milne, IDEA Project Manager)

It's been a very busy time since the beginning of the year as the IDEA Project goes live in Garioch. There have been discussions with people who use services and meetings with family carers, staff and others about how we can offer people services designed around what they want to do as individuals and how this can be done as much as possible in their own communities. We will also be expanding the Pitscurry Project so more people can use this very popular project in the near future. There will be lots more information about this in the next newsletter so don't miss it!



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IDEAS across Aberdeenshire



COAST at Twenty Seven

In February this year Banff Day Services and Coast Festival opened a new shop at 27 Low Street Banff, called 'COAST at Twenty-Seven.'



The Shop sells a wide range of locally produced arts, crafts, paintings, books and music along with art supplies. The shop also provides workshop space for people from Banff Day Services to produce their own crafts and art for sale to the public.

Alison Simpson, Chairman of Coast Festival said, "Coast is absolutely delighted to be in partnership with Banff Day Services at the start of this exciting venture. Our core aim as a festival is to promote and encourage artists and makers in a wide variety of media and the shop will help us keep up this activity throughout the year. It will also give local people the opportunity to come in and look at, and maybe even acquire some great art and craft." Alison went on to explain, "Putting on the yearly festival can be a financial struggle and we are optimistic that raising some funds through the shop will help. It's really something to celebrate."

A number of people from Banff Day Services have been working in the shop both in helping to get it ready for opening and in producing their own arts and craft for sale. Michelle Graham one of the project members said, "I am looking forward to the shop it's an exciting time and it's going to be a new challenge." Erin Beaty, also a project member, said, "It is exciting and I am looking forward to moving to

the shop. It will be a new challenge and I will learn new things and meeting new people."

The concept for the shop came from consulting with service users, parents, carers, volunteers and staff as part of Aberdeenshire Council's IDEA project, which is designed to improve day services for adults with disabilities. Val Milne Project Manager said, "It's just fantastic to see all the hard work by Banff Day Services and Coast paying off. The partnership between Coast and Day Services is going to provide both organisations and the whole community with an exciting new town centre venture with lots of opportunities available for everyone."



Mark McDermott Manager at Banff Day Services said, "Banff Day Services is delighted to be working in partnership with Coast. It allows us to develop our links with the local community providing valuable experience, learning and positive outcomes for people with disabilities. Everyone has been working very hard to ensure the shop will be a huge success, I am particularly impressed by the team work and how well everyone has worked together. I look forward to developing positive relationships with our customers, partners and the wider community."

The Coast at Twenty-Seven shop, is open Monday to Saturday from 10.00am to 5.00pm and you are assured of a warm welcome.

The Bridge Project

Jackie Cowie (Local Area Co-Ordinator) and Jim Saunders (Employability Support Worker) commenced work on the Bridge Project in late January 2015. This exciting new project aims to support service users to build and sustain their involvement in the local community through getting involved in trying new community based and employability activities in Inverurie. The tailor-made programme will be delivered over a 14 week period with weekly training workshops involving setting goals and making choices, developing skills, confidence and independence, working with others and practising problem solving skills.

Jackie is well known to Harlaw service users which she considers "valuable in meeting individual needs". Jim is very enthusiastic about the programme and comments "I am looking



forward to working with Jackie and supporting the service users to achieve their goals and full potential."

Early indications show that the participants are finding the experience very positive.

Ellon have a similar project running so we will update you in the next IDEA newsletter on how they are getting on!



Fly Cup for British Bake Off celebrity



Fly Cup Catering Coffee Shop was the place to be in February, for all the regular customers, trainees, staff and volunteers, when Buckie celebrity Norman Calder paid them a visit. Norman shot to fame in last year's Great British Bake Off wowing the judges with his farthing biscuits.

Business Manager, Denise Belshaw explains, Norman didn't just pop in for a coffee, he was part of a visiting team from Comic Relief and the Daily Record. We were chosen as the project to be

highlighted in the press, to tie in with the Great British Celebrity Bake-off for Comic Relief.



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The charity based in Inverurie, provides training and employment opportunities for adults with learning difficulties, (trainees). It has a bakery and coffee shop, where up to 12 trainees per day attend to learn cooking and baking skills, help out in the coffee shop, and undertake SVQ and Fly Cup qualifications.

Denise tells us, Fly Cup catering received a 2 year grant of £30,000 from the Comic Relief grant fund. The funding was awarded so that we could rent the premises above our coffee shop. As our charity and the number of trainees we work with grows we felt we needed more space to create a unique training unit where our trainees are able to learn skills away from the kitchen. We are increasing the range of training opportunities to include more independent living skills, such as budgeting, menu planning and laundry. Many of our trainees live in accommodation where they shop, cook and clean for themselves; we wanted to help them to develop the transferrable skills not just towards employment but also independent living where they become less reliant on care workers.

We are always delighted to show off our project and the work we do here, and when we heard that Norman was also coming everyone wanted to get involved.

Norman was great! He talked with everyone, enthused about the trainees and the skills we teach, and even signed a bake off book for us to



raffle. In the coffee shop, trainee Kirsty Matheson gave Norman a master class in pancake making, whilst in the kitchen Norman shared his baking skills in a master class on butter biscuits. He left telling us he would definitely be visiting with his wife the next time they were passing by, we look forward to it!"

If you would like more information on Fly Cup Catering, to visit their coffee shop or get involved then please contact Denise on 01467 625645, you can find them on [Facebook at Flycup-catering](#) on [twitter @flycuppa](#) or their website www.flycup.org



Inclusive Bike Project

2 new bicycles are now available in Fraserburgh, allowing you to have the freedom of cycling again!

A wheelchair accessible bike is available to book at the Fraserburgh Community and Sports Centre, Maconochie Road, Fraserburgh.

This bike has a ramp and full safety equipment to ensure a safe way for someone to sit on the bike in their wheelchair with a rider behind them.

It has an electric battery to assist, so there are no worries re fitness levels of the rider.

The wheelchair accessible bike is available 7 days a week, every day and evenings up to 10pm.

Call the Sports Centre on 01346 518627.

Or do you just need a little assistance to cycle again?

Then why not try the quad twin tandem bike which is now available at the Robertson Road Resource Centre

This bike has two side by side bucket seats with dual peddling and four wheels. One of you steers and controls the brakes whilst both of you pedal.

The tandem bike is available Monday to Friday 9am to 3pm.

Call Robertson Road Resource Centre on 01346 515292

Both bikes give people the opportunity to enjoy moving at speed, which walking or being pushed in a chair does not give.

There is no hire charge for these bikes but a donation to the Inclusive Bike Project for their use would be most appreciated.

We are also looking to recruit a Volunteer to work in our dynamic new Bicycle Workshop, repairing and recycling bicycles and working alongside other volunteers.

For more information on this exciting opportunity and to arrange an interview, please contact Gill Bonner or Gordon Pittendrigh on 01346 515292.



ASDAN Achievements at Forest View

This year was the second annual ASDAN (Award Scheme Development and Accreditation Network) awards day, which was held at Forest View with 122 certificates presented.

Nick Jamieson, Day Service Manager explains "ASDAN is a pioneering curriculum development organisation and awarding body, offering programs and qualifications that explicitly grow skills for learning, skills for employment and skills for life. The first ASDAN courses were introduced at Forest View in 2013 with 78 certificates being awarded to members.

Since then, each year staff and members have surpassed expectations and achieved great things. In 2015, we aim to achieve 209 ASDAN certificates by ensuring our ASDAN's are delivered in such a way that suits the needs of all members who attend Forest View"

Nick goes on to say "this year Forest View was awarded with an ASDAN Certificate as a Centre of Excellence, 'in recognition of outstanding practice in running ASDAN courses in relation to Inclusive curriculum'".

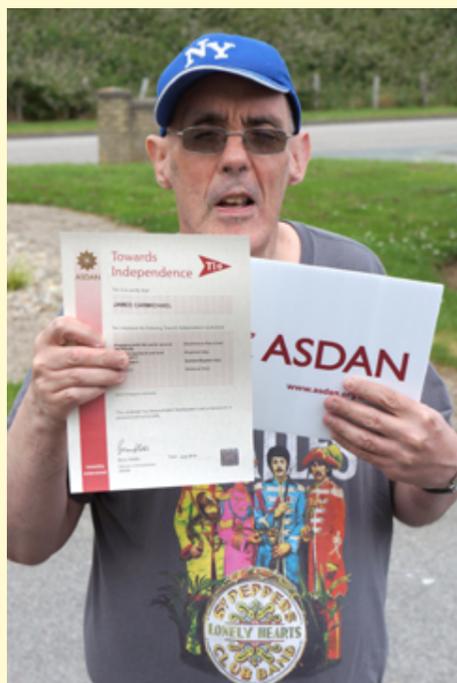
A new initiative has also been developed with the Adult Services Employability Team and will focus on a 3 year plan which supports members to build on skills needed to move on from Forest View.

When members were asked what they like about ASDAN, their responses were:

"I find them very interesting and they teach me something new. They involve fun activities and challenge me to improve my skills and I like that."

"I like that I can learn through ASDAN. I enjoy the social aspect and being with one group through the whole year. I think that the groups have more structure and this lets us do more activities"

For more information, please contact Nick. jamieson@aberdeenshire.gov.uk



Customer Service Training Course

Six people have recently completed a Customer Service Training Course, The trainees on the course were Aimee Shand, Emma Sinkins, Helen McIntyre, Fiona Jones, Alan Reilly and Darren Green.

This course was devised and presented by Tracy Scott, Employability Service and Helen Henderson, Senior Day Centre Officer.

The course started on 28th October 2014, with Helen and Tracy presenting 6 modules on all aspects of shop work with the aim of equipping the trainees to have placements in the Pop-Up shop, which is hoped will become a community shop in the future.

The group then spent time reviewing each module alongside Local Area Co-ordinator, Aileen Lyon and Employability Support Worker, Sarah Ball who are facilitating the Bridge Project, which started in January.

The topics covered in the modules were:-

- Personal Conduct
- Security, Health & Safety and Stock Management
- Customer Service (part 1)
- Till Point and Product Knowledge
- Customer Service (part 2)
- Retail Presentation and Training & Development

All six trainees said that they enjoyed this training and feel they know more about retail than previously; it has been a rewarding experience for them and has given the presenters the opportunity to enhance their own skills.



Volunteering at Murdoch's Mintlaw Bakery



I am Natalie. I am 25 years old. I have been attending Willowbank since I left school 7 years ago. I previously volunteered in a café in Peterhead called Mrs Bridges. I started doing half days there and then progressed to whole days. I really enjoyed working there. Unfortunately

the café closed down so I couldn't help there anymore.

In January this year I got another volunteer job at Murdoch Allan's baker at Mintlaw. I went for an interview on the 11 December 2014 and was offered the post. I started there on the 08 January 2015 and I help on a Thursday but I am now there 2 days, a Monday and a Thursday.

I make sandwiches, paninis, baguettes and make up salad boxes. I also do any laundry that needs attending to. I am getting to use the cash register there and I am now able to serve the customers I know. I am also learning new skills like preparing food and working the cash register. I also have the responsibility for checking the temperature for the fridges to make sure the food does not go off.

As I live in Mintlaw I don't have far to go to the bakers. I can walk there myself. I like being there and it gets me out and about and I get to meet new people

Natalie Calder

Training and Development Opportunities in Ellon

Sensory Stories Training in Ellon

As part of the Bag Books' Tall Stories Project, several members of the Ellon Resource Centre team recently took part in Sensory Stories Training.



As part of the training the team received two Sensory Story packs with stories and the materials required for each story. One story is called 'The Haircut' and has various props including a towel, hairbrush and hair clippers while the other, about

going to a football match has a scarf, rattle and a ticket. The trainer demonstrated how to use the materials and how to tell the stories and then the team practiced telling the stories.

At the end of the training and after some practice, each person was assessed. Everyone did well and they have just received their certificates.



Since the training, Sensory Stories has become a weekly activity and has been incorporated into some other activities. It is now being used with groups where previously it had only been used with individuals or with 2 people.

The Centre recently received a delivery of lots more Sensory Story materials through Ellon Library and the team will be using these fantastic resources to tell some new stories, as well as the familiar ones.

Health and Safety Course at Cafe Connect, Fraserburgh



We had to find what fire extinguishers were in the building and what type of fire they are used for. We also had to explain our fire evacuation plan. We also had to make safety notices to be displayed in our work place.

On the last week we were asked questions on what we had learned during the course. We were given pictures of a work place and we had to circle what we thought were hazards.

8 Project Members from Cafe Connect and 2 Project Members from Can Do Recycling took part in a 6 week Health & Safety at Work Course. This Course was ran by NEOS College at Cafe Connect. The Course was all about being aware of the risks in the work place and the measures taken to prevent accidents & injuries. Every week the group had homework to do.

Here are some quotes about the Health and Safety Course from the Participants.

MW - We managed to pick up on Fire Hazards

AMC - A lot of this is common sense.

CW - It's made me realise what hazards are at work and also at home.

AC - I enjoyed the course I learned a lot and I am pleased that I passed. The tutor was very nice

Christine



We had to look for and read safety notices in the work place and know where to find the Health & Safety folder and the First Aid Box. We had to look in our work place and see if we could see any hazards that could be removed

and what could be put in place to prevent an accident. This was a group discussion on what we thought were high risks or low risks.



Getting Active at the Beach Pavilion, Stonehaven

During 2014, the Forest View Centre's Mobility ASDAN (Award Scheme Development and Accreditation Network) has been based at the Beachfront Pavilion. Throughout their time there the people participating were able to experience and develop a wide range of sports and creative activities for people with a range of mobility levels.

To coincide with the Commonwealth Games, competitions were held for the best teams, playing Volleyball, Boccia, Basketball, Curling and more. This was followed with an awards ceremony with certificates and medals.

It's been a brilliant opportunity being based in a spacious facility in the local community.



National News



The keys to life



The Keys to Life Expert Group

What is the Expert Group?

- The Expert Group is a group of 14 adults who have a learning disability.
- They come from different parts of Scotland. The Expert Group are working with the Scottish Government on the Keys to Life.
- In August 2014 there were meetings about the Keys to Life in different parts of Scotland. The Expert Group were chosen from people who went to these meetings.
- The Expert Group met together for the first time on 22nd October 2014
- The Scottish Government has set up a group of people to work on the Keys to Life. The group is split up into smaller groups. Each small group is working on a different part of the Keys to Life. At the October meeting the Expert Group worked with each of the smaller groups.

What the Expert Group said:

The Expert Group told the people from the government what they thought.

Here are some things the Expert Group said.

- We want information about the Keys to Life that we can understand. We want information we can understand about other things too.
- We want information about Human Rights
- We want information on Self Directed Support

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- People who have a learning disability should be in charge of their own support.
- People who have learning disabilities should help councils and the NHS come up with ideas for how to support people.
- We are worried about cuts.
- We think the Scottish Government should make sure there is enough money to support people who have a learning disability.
- We want to find out how to get more Local Area Co-ordinators
- People who have a learning disability should get more chances to volunteer to help other people. And more people should volunteer to support people who have a learning disability.
- People who have a learning disability should help to train the police and staff in the NHS.
- Making new friends and meeting new people was the most important thing at the moment.
- The Expert Group want to help with any work that would help the Keys to Life

What happens next?

The report from this meeting will be sent to the Scottish Government. The report will be sent to the Expert Group. The Expert Group will go to meetings where they live and will talk about this report at the meetings.

They will put information on the Keys to Life website <http://keystolife.info/>

The next meeting of the Expert Group is on 3rd March 2015. It will be in Edinburgh.



The Charter for Involvement goes to the Scottish Parliament



A special event was held on 22 January in the Scottish Parliament to celebrate the publication of the Charter for Involvement. The Charter is written by the National Involvement Network (NIN), and members of the NIN gave presentations on why they had written it and why being involved is so important to them.

Speaking at the event, Jamie Hepburn, Minister for Sport, Health Improvement and Mental Health congratulated the NIN for their hard work in getting the Charter launched. He said "the Scottish Government is committed to a fairer, more equal society where participation, fairness and prosperity are 3 key priorities. The Charter for Involvement is a great example of how this can be achieved and help people become more involved in things that affect their lives."



Mr Hepburn encouraged all organisations, NHS and local authorities to sign up to the Charter. He added "but more important than the act of signing the Charter is that organisations make the changes necessary to make the Statements in the Charter happen."

The celebration event in the Scottish Parliament was sponsored by Jackie Baillie MSP, Convener of the Cross Party Working Group on Learning Disability. It was attended by over 90 members and supporters of the National Involvement Network.

Scottish Transitions Forum ARC Scotland

The Scottish Transitions Forum led by ARC Scotland is collective of members that work together to improve and explore transitions in Scotland. It comes under **Keys to Life** Recommendation 39. There are currently over 400 members and membership is free and open to anyone wishing to improve transitions in Scotland.

The Scottish Transitions Forum have developed the 'Principles of Good Transitions 2' and work together with partner organisations to help embed these within health, social care and education practice throughout Scotland. The Scottish Transitions Forum has also been adopted within the Autism Strategy as a way forward to tackle Transitions. The document has been endorsed by over 30 different organisations and stakeholders across Scotland including the Children's Commissioner.

You can find out more by going to www.scottishtransitions.org.uk

Principles of Good Transitions 2 is available to download directly from here

scottishtransitions.org.uk/principles-of-good-transitions-2-2014/?topicfrom=general-information

COMING UP!

Makaton Beginners Workshop- Peterhead

My name is Elaine Johnston. I have trained as a Local Makaton Tutor and am running Beginners Workshops at Willowbank Day Service, Peterhead on the following dates:



- Monday 4th May, 2015 from 6.30-9pm
- Monday 11th May 2015 6.30-9pm
- Monday 18th May 2015 6.30-9pm
- Monday 25th May 2015 6.30-9pm
- ALSO
- Saturday 9th May 2015 from 9.30am-12.00
- Saturday 16th May 2015 9.30am-12.00
- Saturday 23rd May 2015 9.30am-12.00
- Saturday 30th May 2015 9.30am -12.00

There are 4 places available on Monday nights and 8 places available on Saturday mornings.

The Beginners' Workshops are run over 2 days, covering stages 1 & 2 the first day and stages 3 & 4 the next day.

Beginners' Workshops provide a practical introduction to the Makaton Language Programme. Participants will learn signs and symbols for Stages 1-4 and additional signs/symbols which are in the 'Core Vocabulary' of Makaton

During the course participants will also learn where Makaton is derived from, where it fits into communication, the usefulness of the symbols and how the use of Makaton, speech and symbols can encourage individuals to become verbally communicative; using Makaton does not stop individuals speaking!

If you would like to find out more or book a place on this training programme please contact me to arrange this

Elaine M. Johnston
 Willowbank Day Service, Peterhead
Elaine.Johnston@aberdeenshire.gov.uk
 01779838301

Free Taster Sessions For Young People

Galaxy Group is a support group which aims to help young people with additional support needs who are leaving school soon or who have already left.

We want young people to have lots of chances to socialise and to do interesting activities. This could be sport, music, craft or learning a new skill.

We are starting a group on Friday 24th April, with the help of Enable. There will be four free sessions for young people with complex additional support needs. The sessions will be held at Esslemont School, just outside Ellon, from 10.30am until 1.30pm. They will run each Friday up till 15th May. After that we will be starting a new series of activities on Fridays.

The former school at Esslemont has disabled access and a changing room as well as a snoozelen, games/craft room, kitchen, garden, games hall and stage area.

Activities at the 4 sessions will include games, sensory food handling, tasting and preparation, craft, music, photography and nature activities. There will also be 'getting to know you' and confidence building activities.

The Friday group will be very small but there are 2 places left. Please call Transition Project Worker, Lindy Young, 07825 216025, if you know someone who might like to come along. Please also call, e-mail or check out our website if you would like to know more about what the Galaxy Group does: www.galaxygroup.org.uk or email lindy.young@opfs.org.uk

Membership/Enquiry Form

Name: _____
 Child's Name/Age: _____
 Address: _____
 E-mail: _____
 Phone: _____

Post form to address overleaf, call or e-mail.
 Lindy will get back to you with information pack and details of forthcoming events.

PIVGETS

Scottish Charity Number 035205

Meeting the Owls at our Family Fun Day

Transitions Project Worker
 Lindy Young
 c/o Childcare@home
 2 High Street, Kemnay
 Inverurie, AB51 5NB

Mobile: 07825 216025
 E-mail: lindy.young@opfs.org.uk

www.galaxygroup.org.uk
info@galaxygroup.org.uk

NHS
 Grampian

**ISOLATION
 INFORMATION
 EMPOWERMENT
 ACTION**

Transition Support for Parents and Carers of Young People with Additional Support Needs

And finally...

Upcoming event? Share your Story

Do you have something you want to share? It doesn't matter how big or small your achievement is, we would love to hear from you. Perhaps you'd like to write about something you find interesting or an activity you are involved in. Contact Jackie Eaton by email – IDEA@aberdeenshire.gov.uk

If you would like to submit anything for the next edition of IDEA News or have any ideas about what you'd like to see in the in next edition, please get in touch.

You can ask to be added to the mailing list by emailing your request to IDEA@aberdeenshire.gov.uk

