

# News Brief

Aug/Sept 2021

## in Control<sup>®</sup> Scotland

What's Inside:

Welcome.....

An up-date from  
Pauline, our new  
Director

National Care Service  
Consulation

Working Together for  
Change Programme

Our Online Forums  
Webinar Wednesday's  
Thoughtful Thursday's  
Feelgood Friday's

Partners in Policymaking  
Programme

Stay Up late Scotland  
Music Sessions

New Routes Home



# A National Care Service for Scotland:

*Be kind to each other and help people understand the changes to our lives affect everyone differently*

# Welcome



Welcome to the August/September edition of our monthly newsbrief. We are continuing to work alongside everyone to deliver our work in the best possible way for people, most of our work is still currently taking place on-line, but we have begun to have a few face-face meetings too, which has been great.... getting to see people we haven't seen in such a long time. We will continue to keep the way we are working under review and adapt and change the way we do things as restrictions allow. In this newsbrief, we will tell you about what we have been up to over the last month and what we have coming up over the next few months.

**Hope you enjoy reading.....**

## A wee update from Pauline, our new Director

"I have just finished my first month as Director of In Control Scotland and it's been an amazing few weeks. The sun is even shining as I write this update, which feels very fitting!

I have spent a lot of time getting to know the team, and finding out more about the programmes we offer. Alastair, June, Keith and I met some of the people who took part in our online activities, to find out what they had enjoyed about Tuesday Talks, Webinar Wednesdays, Thoughtful Thursdays and Feelgood Fridays.



People told us they found them useful, so we have developed a new programme of online events, which you can find out more about in this newsletter. We also spent time with the Working Together For Change team where we thought about the next programme, and we will be inviting applications for that very soon. I also met with some of our Associates, partners, and groups we work with, finding out about the great work that they all do.

September's Webinar Wednesday will have a speaker from the Scottish Government along to tell us more about the consultation for the new National Care Service. This is a really important consultation, which will change the way that support services are accessed, organized and overseen, so if you are able to join us it will be an interesting event. It is important that people who use support services, their families and carers have their voices heard in the consultation. In Control Scotland would like to find out from our members what their thoughts are about the idea of a new National Care Service, so we will be organizing a way for you to tell us that very soon."

Pauline

# Nation Care Service for Scotland - Consultation



The importance of our social care services has never been clearer than during the pandemic. In future, the Scottish Government want to make sure that our social care system will consistently deliver high quality services to everyone that needs them, throughout Scotland. Social care is an investment in our communities and our economy. The Scottish Government want to change the system from one that supports people to survive to one that empowers them to thrive, with human rights at the heart of it.

The Independent Review of Adult Social Care recommended the creation of a National Care Service, with Scottish Ministers being accountable for adult social care support. However, the Scottish Government's ambition is to go beyond that. This consultation therefore seeks views on creating a comprehensive community health and social care service that supports people of all ages. This consultation focuses on exploring the proposals for significant cultural and system change that will need to be supported by primary legislation. The Independent Review of Adult Social Care made clear that changes to systems are needed to deliver improvements in the quality of social care and support. The priority in considering these proposals must be improving outcomes for the people who access care and support.

The Scottish Government want to hear views from as many people as possible to shape a better future – including people who access care and support, carers, members of the workforce and those who may access care and support in the future - which includes everyone. We want everyone who may be affected by these changes to have an opportunity to comment on them.

## Consultation events

A series of online engagement events are being held in August, September and October to enable stakeholders, individuals and communities to come together to share their views on the National Care Service. You can access the information here: <https://consult.gov.scot/health-and-social-care/a-national-care-service-for-scotland/>

## Easy Read

[A National Care Service for Scotland Consultation: Easy Read \(www.gov.scot\)](https://www.gov.scot)



# Working Together for Change Programme

Our Working Together for Change programme is back.....

Our new and revised '**Working Together for Change**' programme is back and will be taking place between October 2021 and March 2022. The programme will be delivered over a 6 month period with 8 sessions taking place:

- One 2-day residential sessions at the beginning of the programme
- A mixture of in-person sessions and online sessions in between.

This programme provides training and learning to build on the skills, knowledge, and capacities of all participants as equal partners and is aimed at the people who know best about what needs to change in Social Care disabled people, family carers and people who work in social work, social care and health services who want to stop talking about change and do something to make it happen.

There are 30 available places on this programme and places will be offered via an application process.

Find out more about the programme and how to apply [here](#).....

# Webinar Wednesday's

Following a short break in the Summer, our Webinar Wednesday sessions returned on 18<sup>th</sup> August 2021 and will now be taking place on the first Wednesday of every month. We started off with a '**getting to know Pauline our new director**'.



session, where all our viewers were able to find out all about Pauline, where she came from and what she has planned for In Control Scotland going forward.

We have loads of other great sessions coming up over the next few months, so keep an eye out on our facebook page and website..... and our all new 'on-line activities programme, which you can download here.....

## Upcoming Webinars:

Wednesday, 1<sup>st</sup> September 2021– Barbara Morton, National Care Service

Wednesday, 6<sup>th</sup> October 2021– Research Students Strathclyde University

Wednesday, 3<sup>rd</sup> November 2021– Topic/Theme TBC

Wednesday, 1<sup>st</sup> December 2021- Topic/Theme TBC

# Thoughtful Thursday's & Feelgood Friday's

Our **Feelgood Friday's** and **Thoughtful Thursday's** are also back..... and now take place on alternative weeks on zoom. You can contact Alastair Minty at [alastair.m@in-controlscotland.org.uk](mailto:alastair.m@in-controlscotland.org.uk) for the link to join or if you want to find out more.....

A promotional graphic for "Thoughtful Thursdays". It features a pink calendar icon with "SEPTEMBER" written on it. To the right is the "in Control Scotland" logo. Below the logo is an illustration of a man pointing to a tablet that says "THOUGHTFUL THURSDAYS", with a woman in a wheelchair next to him. The text reads: "2nd, 16th and 30th of September". At the bottom, it says: "Our inclusive video chat in September will be 5.30pm - 6.30pm every second Thursday (some link as Feelgood Friday) Alastair.M@in-controlscotland.org.uk for the link".

A promotional graphic for "Feelgood Fridays". It features a pink calendar icon with "SEPTEMBER" written on it. To the right is the "in Control Scotland" logo. Below the logo is an illustration of a group of people, including a man in a wheelchair, sitting around a table. The text reads: "10th and 24th of September". At the bottom, it says: "Our inclusive video chat in September will be 1pm - 2pm every second Friday Alastair.M@in-controlscotland.org.uk for the link".

You can join us for Webinar Wednesday on the In Control Scotland facebook page at:

<https://www.facebook.com/InControlScotland>

or on our you tube channel at:

<https://www.youtube.com/user/InControlScotland>

Citizen Network TV:

<https://www.youtube.com/channel/UCJl8G7dJe3kFhJft-4gJTPw>

# Partners in Policymaking Programme



We are delighted to be able to welcome our participants from 2019/2020 back to complete the Partners in Policymaking programme. Due to Covid-19, we had to postpone the programme half way through the course and our participants are really looking forward to getting back in a room together for the next session in September and working together to do some great work.



**STAY UP LATE  
SCOTLAND LIVE.....**  
Our On-Line Music Sessions  
are back.....  
*Bringing you new and inclusive music  
from around the world*

Come join us for the next *Stay Up Late* Scotland music session, which is taking place at the new time of 9.00 pm until 10.30 pm on Friday, 3<sup>rd</sup> September. Join us for a fun evening full of music from around the world. We will have a live band joining us on the evening to entertain you with some great songs.....

**FRIDAY 3<sup>RD</sup> SEPTEMBER 2021  
9.00 PM – 10.30 PM**

We will be livestreaming on the night from the Stay Up Late Scotland facebook page, In Control Scotland You Tube Channel and Citizen Network TV. We hope you can join us and look forward to seeing you then!

<https://www.facebook.com/Stay-Up-Late-Scotland-2016690928553668/>

<https://www.youtube.com/user/InControlScotland>

<https://www.facebook.com/coronavirusfest>



<https://www.youtube.com/channel/UCJ18G7dJe3kFhJft-4gJTPw>

## Stay Up Late Scotland Music Sessions

Stay Up late Scotland are bringing back their live music sessions after having a short break in the Summer. The first session took place on Friday, 3<sup>rd</sup> September from 9.00 pm until 10.30 pm

Stay Up late are very welcoming and invite anyone who is interested in a great fun night to join in and listen to some great inclusive music from around the world on the night! You can join in on any of the following links:

<https://www.facebook.com/Stay-Up-Late-Scotland-2016690928553668/>

<https://www.youtube.com/user/InControlScotland>

<https://www.facebook.com/coronavirusfest>

<https://www.youtube.com/channel/UCJ18G7dJe3kFhJft-4gJTPw>

# New Routes Home



We are having an open meeting about New Routes Home on the 23<sup>rd</sup> of September 11am to 1pm on Zoom. This focuses on working together to avoid people having to move out of area to be supported, as well as working with others to help them move out of institutional settings.

We will be sharing some of the work that we have started, gathering resources, stories, and helpful starting points to describe our approach in more detail.

You can join our meeting here: <https://bit.ly/3hagh3R>

## Useful Information:

### Clear Your Head



In the week beginning 23<sup>rd</sup> August 2021, the Scottish Government launched the eighth phase of their '**Clear Your Head**' campaign, to help reinforce that there are things people can do to keep looking after their mental health as Scotland moves beyond level 0.

The campaign provides practical hints and tips on how to cope as things get busier, highlighting that it's more important than ever for people to look after themselves as life changes again. As with previous phases, it will signpost to sources of information and support.

You can view all the updated 'Clear Your Head' information on the following link: <https://clearyourhead.scot/>

### COVID-19

Find the most up-to-date information on Covid-19 here: <https://www.gov.scot/coronavirus-covid-19/>



You can find lots of other helpful resources on our website at: <https://in-controlscotland.org>