

In Control Scotland

SUMMER NEWSBRIEF

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Coming out of Lockdown

Scotland is slowly starting to lift restrictions around Covid-19 and things are becoming a bit more normal for everyone, being able to get out and about again and meet friends and family and do the things we all enjoy. However, we must continue to follow the COVID-19 restriction levels system (0-4). Each area in Scotland may have a different set of rules on what you can and cannot do.

You can find out the restriction levels and rules for your area [here](#).

With life starting to get busier again, it's only natural that some people may feel overwhelmed as we get back to familiar places and experiences. The [Clear Your Head Campaign](#) have some simple ideas and great tips you could try to help you cope better.

Welcome



Welcome to our Summer newsbrief. We have continued to keep ourselves busy throughout the pandemic by doing most of our work on-line and will be sharing just some of things we have been doing with you here in this newsbrief.



STAY UP LATE SCOTLAND

We love working with others on projects close to our hearts that help and support people to be included and have great lives..... One such project is the Stay Up Late Scotland campaign. We are delighted to be able to continue to be involved with the National Committee and the many SUL events, such as the monthly music sessions, where we share inclusive music from all around the world. We also took part in the recent Learning Disability Week, where as part of SUL we held a music takeover.....

We will be taking a short break from the monthly music sessions, after the session in June, but not to worry we will be back again soon with some great new ideas for our sessions.



Other Work



SHARING PRACTICE, FINDING SOLUTIONS FOR CHILDREN, YOUNG PEOPLE AND FAMILIES

We held the third of our Spring sessions for children’s services on 27th May 2021. The sessions have been proving really popular and we have been delighted to welcome between 38 and 60 people at each session. We have also had the pleasure of welcoming some great presenters who have provided valuable information and shared personal experiences. We are so looking forward to welcoming everyone back again at our last session, which is taking place on 24th June 2021, where we will be sharing and discussing the experiences of organisations who are providing support to children and young people.

If you would be interested in attending our next Spring session on 24th June 2021, please contact us at info@in-controlscotland.org.uk

EUROPEAN SKILLS II PROJECT

Human Rights & Self-Directed Support Webinar

As part of our involvement with the European Skills II project, we took part in the ‘Human Rights and Self-Directed Support’ webinar on 12th May 2021. This fantastic event was attended by over 70 people from many different countries, and we were delighted to hear from some fabulous presenters and speakers, such as **Dionne McCabe**, *Civil Rights First*, **Tom Mitchell**, *National Involvement Network* and **Simon Duffy**, *Centre for Welfare Reform*. It was great hearing what is happening with human rights and self-directed support in other countries and hearing other people’s personal experiences during a great question and answer session.

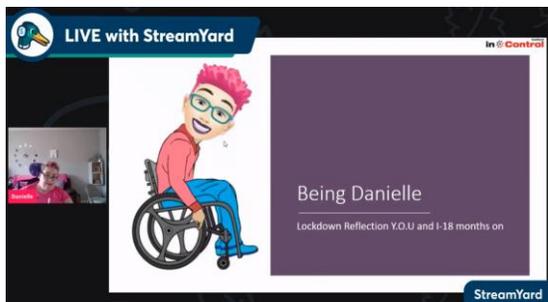


The final Skills 2 webinar before the summer is on **Monday 21st June 2021 at 10.00 am** (UK time) and will focus on de-institutionalisation and self-directed support. Get in touch to find out more!

Our on-line sessions



During the Covid-19 pandemic and lockdown restrictions it has been really important to keep everyone connected and as well as continuing the great work we do, we have managed to do this through our on-line forums. We have had a lot of fun getting people involved in our weekly sessions and have continued to have some great conversations with our guests and viewers.



Tuesday Talk's – *Being Danielle*

Dr Danielle Farrell has been hosting her '*Being Danielle*' sessions every month and has spoken about many different topics that affect disabled people and shared her own personal experiences. If you missed any of Danielle's sessions you can still catch the videos on our facebook and You Tube pages.

Tuesday Talk's – *Michael McEwan*

Michael has hosted many different sessions over the last year discussing many topics which are important to disabled people, including employment, relationships, sports and the media. Again, if you missed any of Michael's sessions you can catch all his previous videos on our facebook and You Tube pages.



Please Note: We will be taking a wee break from Tuesday Talk's through the Summer, but not to worry.... we will be back again soon with some great new ideas for future sessions.



Feelgood Friday's – **Alastair Minty**
 Alastair continues to host the 'Feelgood Friday' chat room, which now takes place every 2 weeks. Everyone is welcome to come along and join in just for a chat or to discuss anything of interest that they may want to share with friends and peers in the group.

Over the last few weeks, the group decided to shake things up a wee bit and have created the 'Thoughtful Thursday's', which will take place on alternative weeks in between Feelgood Friday's. So we will let you know how that goes.....

Webinar Wednesday's

We have been so lucky to have been able to welcome some fantastic guests onto our *Webinar Wednesday* sessions over the last few weeks. We have really enjoyed entertaining our viewers and having some great conversations with our guests about everything and anything of interest and importance, with some fun along the way.....

We will be taking a wee break at the end of June from the Wednesday sessions, but will be back again soon with something new.....

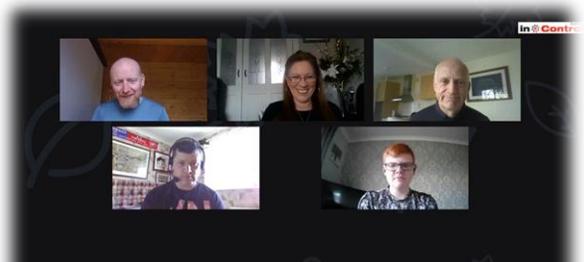
We would love to hear from all our members, friends and colleagues if there is anything that you would like to see us doing on our online forums. So if you have any great ideas, please feel free to get in touch with us at info@in-controlscotland.org.uk



Webinar Wednesday 2nd June 2021



Webinar Wednesday with Create Aberdeen



Webinar Wednesday 19th May 2021