



What we have been up to.....

We are still available and working away doing what we can to continue to help and support everyone during the Covid - 19 pandemic and current lockdown. Alastair Minty, one of our associates who most of you may know, is currently working with us two days a week, so that we can continue to deliver the work that we do. Alastair has been very involved in helping us to develop new social media forums and thinking through the different and new ways we can deliver our work at this difficult time. We are delighted to have him on board.

We are aware there is so much information out there, and it can be hard to make sense of it and work out what works for you. For many people life has changed so much just now and we are all trying to make it work the best we can. For some people the effect on their mental health and well-being cannot be underestimated, and this will be more important the longer the restrictions go on.

We will be sharing ideas and resources like many others are, but we also need you to tell us where the gaps are for you. We are particularly interested in connecting and supporting individuals and groups in whatever way makes sense.

You can contact us at info@in-controlscotland.org.uk or on our facebook page.

In the meantime, check out what we have been up to recently and how you can join us in our online forums in the following pages.

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



Come and join us on our online forums



Webinar Wednesday's



We are running a series of weekly webinar discussions on the In Control Scotland facebook page. Our webinars take place every Wednesday at 11.00 am. We would be delighted if you could join us in our weekly sessions, where we will be having a general look at how people are coping with the changes due to Covid-19, and discussing what is important for people right

now! You will be able to ask questions in the comments section, which we will answer during the webinar. We will be joined by different guest every week. For further details and how to join the webinar check out our facebook page.



Feelgood Friday's



Feelgood Friday's is a video chat, which will be taking place every Friday at 1.00 pm, giving people a chance for an inclusive space to catch up and share ideas. The chat will be facilitated by

Alastair Minty from In Control Scotland. If you would like to join us, please email us: info@in-controlscotland.org.uk or call Alastair on **07388397074** for further information and to receive the link.



Other events we are involved in:



Skills Project 2 Webinars

Self-Directed Support
A chance to explore developments around Europe
Webinars 7th May & 11th June 2020

- What is the experience in different countries?
- What is the impact of the coronavirus on self-directed support?

Presentation, discussion, interactive polls

Sign up for the links to these exciting online events!
More information → [Citizen Network](#)

On Thursday May 7th we have planned two webinars about self-directed support. At 10am(CEI) there will be presentations and discussion about the development of self-directed support in Europe and the impact of the current coronavirus pandemic. What does this mean for people being able to direct and get the right support?
At 1pm(CEI) the webinar will focus on the thoughts and reflections from experts through experience about how self-directed support has been working for them in practice in Scotland. There will be input from both a family member and an individual who are directing their own support.
7th May: 1. part 10-11 a.m. CET, 2. part 1-2:30 p.m. CET → [Registration](#)

On Thursday June 11th at 10am (CEI) the webinar will explore the development and progress of self-directed support in Europe. What has been done so far? What has been learned? What do we want to do in the future?
In all sessions there will be an opportunity and space for interaction, questions and further discussion.
11th June: 10-11:30 a.m. CET → [Registration](#)



The SKILLS II project partners are running a series of webinars about self-directed support, the first webinars took place on Thursday, 7th May and the next will be taking place on 11th June 2020. Each of the webinars include presentations and discussions about the development of self-directed autonomous care support in Europe and the impact of the current coronavirus pandemic.

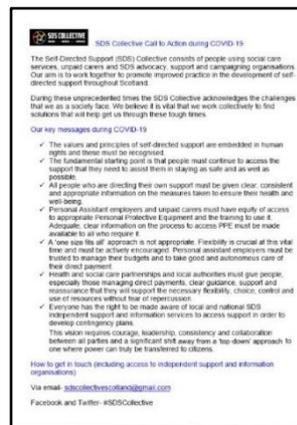
For further information and how to register for any future webinars check out our events page on the In Control Scotland website:

<https://in-controlscotland.org/programmes/events/>

Helpful Resources

SDS Collective 'Call to Action'

As a founding member of the SDS Collective, In Control Scotland is pleased to share this statement from the Collective encouraging flexibility in the way that people are able to direct their own support in these unprecedented and challenging times for us all.



<https://in-controlscotland.org/wp-content/uploads/2020/05/SDS-Collective-Call-to-Action-COVID-19.pdf>

Covid -19 (Coronavirus) – Help with Social Distancing

This is a guide to encourage you to have a written record of any of the things that can cause people to misunderstand your behaviour and write down the best way to help.

<https://in-controlscotland.org/wp-content/uploads/2020/04/Help-with-social-distancing.pdf>

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