

Number 1
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Inclusion Alliance

Newsletter



Supporting people to be part
of their community

Keys to life

The Keys to life is Scotland's learning disability strategy and provides a great deal of information in relation to what should be available and take place for people with learning disabilities.

"Launched in 2013, it is a joint commitment with COSLA and builds on the success of 'The same as you?' the previous strategy which was published in 2000 following a review of services for people with learning disabilities.

The keys to life strategy recognises that people who have a learning disability have the same aspirations and expectations as everyone else and is guided by a vision shaped by the Scottish Government's ambition for all citizens.

Everyone - including people with learning disabilities - should be able to contribute to a fairer Scotland where we tackle inequalities and people are supported to flourish and succeed.

People with learning disabilities should be treated with dignity, respect and understanding. They should be able to play a full part in their communities and live independent lives free from bullying, fear and harassment."

The keys to life implementation and framework priorities for 2019-2021 has recently been published and this provides a great deal of information in relation to the focus areas for the next 2 years.

The plan has 4 themes which are living, learning, working and wellbeing. The plan highlights comments from people who use support services and also expresses what will be done to overcome difficulties to promote peoples choices and ensure that peoples needs are being met.

Easy read versions of the strategy are available and video links and further information can be found on the keys to life website. Copies of the strategy are available in the office if people wish to look through these and we would also be happy to send copies out if you do not have access to a computer or printer.

www.keystolife.info

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ORGANISATION NEWS



Charter for Involvement

The charter for Involvement has been developed by members of the National Involvement Network who are a group of people who have support from different organisations throughout Scotland and share ideas about what is important to the members whilst promoting involvement.

The Charter was written because "everyone wasn't being asked their views, everyone isn't involved and everyone isn't getting the support they need to be involved".

The Charter shows how people want to be involved—"In the services we get, in the organisations that provide our services and in our wider communities".

"Most importantly, the Charter helps us to be listened to and respected".

Inclusion Alliance has been signed up to promoting the Charter, the values and objectives it holds since 2017 and in the past we have shared this information regarding the Charter.

Michael, who was involved with writing the Charter, and Sylvia have been working with many of the people we support and held 3 meetings to seek feedback and look at what else the organisation can do to assist and ensure that we are providing the support which people wish for and being listened to. To date the meetings have gone very well and we have had an excellent level of engagement and involvement. This feedback is greatly appreciated and will assist with ensuring that the organisation continues to listen and look at what else can be done in the future. Further meetings are due to take place and additional feedback as to the outcomes and thoughts of these meetings will be shared in future newsletters or correspondence.

Videos and further information can be found at- www.arcscotland.org.uk



Health and
Social Care
Standards
My support, my life.

Care Regulation News



New Care Standards

New and updated Care Standards have been introduced for organisation and staff to follow and this went live in 2018. The new standards are relevant across all health and social care provision and now one set of standards covers all types of services which is a change from the past. Many of the themes remain the same as the previous standards although significant updates have taken place due to one set of standards covering a wider area than previously.

The Health and Social Care Standards set out what people should expect when using health, social care or social work services in Scotland. They seek to provide better outcomes for everyone; to ensure that individuals are treated with respect and dignity, and that the basic human rights we are all entitled to are upheld.

The Standards are underpinned by five principles; dignity and respect, compassion, be included, responsive care and support and wellbeing.

The Standards are based on five headline outcomes:

- I experience high quality care and support that is right for me.
- I am fully involved in all decisions about my care and support.
- I have confidence in the people who support and care for me.
- I have confidence in the organisation providing my care and support.
- I experience a high quality environment if the organisation provides the premises.

For more information please see- www.careinspectorate.com



People who use
the service &
staff news

Drama Show

The drama group has been growing from strength to strength with more people joining and enjoying the workshops and opportunity to perform.

In December the group put on a performance of Alistair In Wonderland and this went very well with an outstanding performance from all involved. The group also went on tour and put on another performance at the Columcille Centre and this was extremely well received again. I spoke with numerous people who attend the shows and the feedback was excellent with people being extremely impressed with the performance. I would like to thank all of the people who were involved in the performances, the cast, the staff team and also Barbara and the group leaders for the huge amount of effort and work which went into the show.

The group have recently been involved with a dance group and further areas of development are being looked into for the coming weeks before a decision is made on what the next show will be.

Questionnaire findings

Towards the end of 2018 I sent out the annual questionnaire to seek input in relation to the service we provide and what else we could do to improve the service we offer.

I would like to take this opportunity to thank all of the people who took the time to complete the questionnaire as all responses are most welcome.

I have produced a summary of the findings and in the main the responses were extremely positive to the service we provide. I have forwarded copies of the findings on to everybody involved and if you have any questions regarding the findings please let me know.

We will use the information provided to look at ways for us to improve the service over the coming months and we would welcome comments at any time regarding other things which we may be able to do in the future.

Staff training

In the past have highlighted the training opportunities which the staff teams participate in to ensure that all staff teams have the required knowledge to undertake such an important role. We are currently in the process of introducing new training called Positive Behavioural Support training to enhance staff skills further. This training will be rolled out over the coming months and will provide staff with new skills and approaches to use in situations which may potentially be challenging. The PBS training is a relatively new concept and something which is not offered by all organisations therefore this is an exciting learning opportunity for all within Inclusion Alliance.

New administrator

We have recently appointed a new administrator, called Magdalen, who is not taking on a wide variety of tasks in the office including the financial side such as invoicing. If you have any questions relating to the finances please contact Magdalen or myself.

Healthy Eating Recipe-Spring chicken in a pot

Ingredients- 1tbsp olive oil, 1 onion, Chopped, 500g boneless, skinless chicken thigh, 300g small new potato, 425ml low-salt vegetable stock, 350g broccoli, cut into small florets, 350g spring green shredded, 140g petits pois, bunch spring onion, sliced, 2tbsp pesto



Method-

1. Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, then fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked.
2. Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.



Views expressed in this newsletter are not necessarily those of the organisation and staff.

AGM
Annual General Meeting



Any Ideas? Do you have any information or would you like to write a piece for the newsletter? Do you have any suggestions on how to make it better? If so – Get in Touch!

Email address

admin@inclusionalliance.org.uk
atunnock@inclusionalliance.org.uk
stuart@inclusionalliance.org.uk



The AGM will be taking place in May and the dates for this will be sent out in the very near future.

Sad news

Fiona Wallace who was one of the Board Members for Inclusion Alliance recently passed away and our thoughts are with her friends and family.



Fiona had been a Board Member with Inclusion Alliance for many years and her drive, determination and sense of fairness was an inspiration to us all. Fiona fought for the rights of people with disabilities for years and was highly regarded across many sectors due to the hard work and campaigning she was involved with. Fiona was an inspirational person who had huge amounts to give and will always be greatly missed by those who had the pleasure to meet Fiona



Inclusion Alliance
Office C, 2 Quayside Mills
Quayside Street
Edinburgh ~ EH76 6EX
0131 477 6501

If you require another format to read the newsletter then please get in touch and we would be able to produce an easier to read version or with bigger print.