

# in Control<sup>®</sup> Scotland

**We are One  
On-line Festival**

**Tuesday Talks**

**Webinar  
Wednesdays**

**Feelgood Fridays**

**Our Other  
Work**



**WE ARE ONE**  
CITIZENFEST

**No labels walls**

We are One & No Labels No Walls On-line Festival Programme

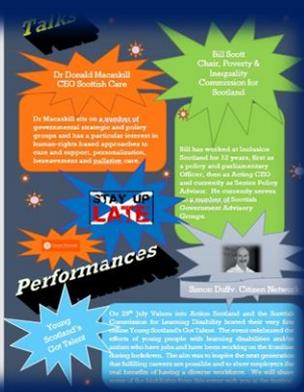
14<sup>th</sup> - 19<sup>th</sup> September 2020

We would be delighted if you could join us. Here is just a wee taste of what you can expect over the 6 days...

**Electronic Glasgow Tent**  
Friday, 18<sup>th</sup> September 2020  
8.00 pm - 1.00 am

**Emma Nallen**  
**Brass Traxx**  
**Manakins**  
**MIG**  
**The Chosen Lonely**

These are just some of the fabulous artists who will be performing at the We



**Talks**

**Dr Donald Macaskill**  
CEO Scottish Care

**Bill Scott**  
Chief, Poverty & Inequality Commission for Scotland

**Bill** has worked at Disability Scotland for 12 years. Bill is a policy and performance officer, then as Acting CEO and currently as Deputy Policy Advisor. He currently serves a number of different professional advisory groups.

**Simon Duffy** - Citizens Network

**Young Professionals Get Togeth**

The 10<sup>th</sup> July Vlog was set in Glasgow and the Scottish Government for Improving Disability Access. Very Dislike Young Scotland's Get Togeth. The vlog featured a number of young people with learning disabilities who have jobs and have been working as the Disability Inclusion. The aim was to inspire the new generation that building careers are possible and to show employers that the benefits of having a diverse workforce. We will be



**Being Danielle**

Hi Everyone,

I'm Dr Danielle Farrel, the Managing Director of Your Options Understood (Y.O.U.). I'm excited to be launching a regular broadcast on In Control Scotland's YouTube channel called 'Tuesday Talks'. I will be hosting on the first Tuesday of every month from 2.00 pm and my slot will be called 'Being Danielle'. I will talk about issues of different topics around living with a disability, challenges I face and how I've overcome them.

In my first vlog, I will be talking about my 'avatar' and what designing it highlighted in terms of disability inclusion. I will also talk about the journey my avatar and I are on.....

I look forward to welcoming you to my first vlog on Tuesday, 4<sup>th</sup> August 2020 at 2.00 pm. You can join me by clicking on the link below on the day:

<https://www.youtube.com/watch?v=hP44H0ok-2o>




**Tuesday Talks**

Hi Everyone,

In the second of our series of 30 minute Tuesday Talk (webcasts on our YouTube channel, Michael McEwan, journalist and disabled activist will talk about labels, the importance of seeing everyone as an individual and not making assumptions about others, particularly during the current pandemic.

Michael looks forward to welcoming you on Tuesday, 18<sup>th</sup> August 2020 at 2.00 pm. You can join us by clicking on the link below on the day:

<https://www.youtube.com/watch?v=ze3IV9qf-Bk>



**in Control**



Join us for webinar Wednesday




Control Scotland Webinar Wednesdays



**CitizenFEST!**  
GLASGOW'S FESTIVAL OF CITIZENSHIP  
14TH-19TH SEPT 2020  
ONLINE FESTIVAL

WE ARE ONE  
No labels walls

IN ASSOCIATION WITH:  
Citizens Network  
in Control  
Public Health Scotland

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

## Welcome



Welcome to the August edition of our monthly news brief. We hope all our friends, colleagues and members are doing well and keeping safe during this uncertain time. We just wanted to keep you updated and share with you some of the work we have been involved with over the last few months. We hope you will find our news brief interesting and you enjoy reading about some of the projects we have been involved in.

## We are One – Glasgow's Festival of Citizenship

**FEATURING...**  
MANAKINZ • ELECTRONIC GLASGOW TENT  
• EMMA NAILEN • BRASS TRAXX • LP •  
THE CHOSEN LONELY • THE RONAINS •  
WELL HAPPY BAND  
DR DONALD MACASKILL  
CEO SCOTTISH OCEAN  
BILL SCOTT  
CHAIR, POVERTY & INEQUALITY COMMISSION FOR SCOTLAND  
SIMON DUFFY  
CITIZEN

**WE ARE ONE**  
No labels  
No walls  
JOIN THE MOVEMENT

**IN ASSOCIATION WITH**  
Citizen Network  
Control Scotland  
RADICAL VISIONS  
Public-i Fi  
PILLARS

**CitizenFEST!**  
GLASGOW'S FESTIVAL OF CITIZENSHIP  
14TH-19TH SEPT 2020  
ONLINE FESTIVAL

We continue to be involved in planning for the 'We are One' – 'No labels No Walls' on-line festival, which will be taking place between Monday, 14<sup>th</sup> & Saturday, 19<sup>th</sup> September 2020. We are delighted to be working with some great people and can confirm that we now have a fantastic line up of acts and performances, talks, music and interactive slots on our programme. We can't wait to share our programme with you all very soon! For further information and to keep up-to-date with current news on the festival, check out the 'We are One' facebook page and website:

<https://www.facebook.com/citizenfestweareone>  
<https://weareone5.wixsite.com/website-2>

# Tuesday Talks

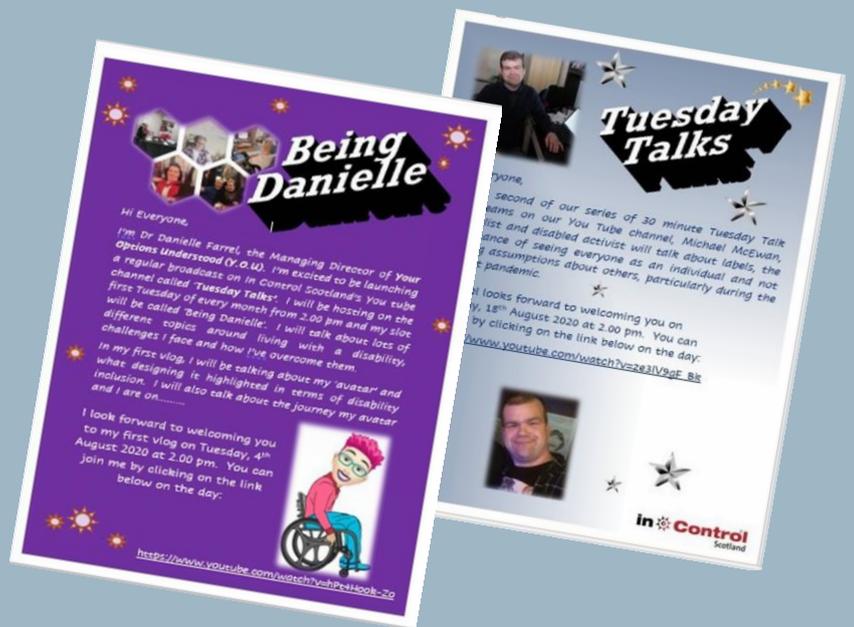
We have now held the first few sessions of our 'Tuesday Talks'. On 4<sup>th</sup> August 2020, Dr Danielle Farrell hosted her first slot 'Being Danielle' where she spoke about different topics around living with a disability, the challenges she faces and how she has overcome them.

Danielle also spoke about designing her 'avatar' and the journey she is now on with her avatar.....

On the 18<sup>th</sup> August, we were delighted to welcome Michael McEwan who hosted a slot. Michael is a journalist and disabled activist and spoke about labels, the importance of seeing everyone as an individual and not making assumptions about others, particularly during the current pandemic.

Our next Tuesday Talks session will be hosted by Dr Danielle Farrell on 1<sup>st</sup> September 2020, where she will be speaking about the 'We are One' on-line festival and also discussing the barriers to employment. You can join us for our Tuesday Talks at the In Control Scotland You Tube channel on:

<https://www.youtube.com/watch?v=1gv7NhpnfEo>



# Webinar Wednesdays



We have had some really interesting discussions with our fabulous guests on our weekly Webinar Wednesday sessions. We have also been sharing some really good up-to-date information on covid-19 and listening to some great ideas on what you can do during the current restrictions.

Our sessions continue to take place at 11.00 am every Wednesday on the In Control Scotland facebook page.

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

Our varied schedule of guests for upcoming webinars:

- ❖ **Wednesday, 26<sup>th</sup> August 2020** – *Becs Barker, Carr Gomm and Mark Han-Johnston, Self-Directed Support Scotland* on the value of independent support and being part of the SDS Collective.
- ❖ **Wednesday, 2<sup>nd</sup> September 2020** – *Ian Wilson, Independent Living Fund Scotland* will be sharing information and views on the benefit of the fund and young people in transition.
- ❖ **Wednesday, 9<sup>th</sup> September 2020** – *Markus Valhala from Finland* will bring an international perspective and tell us about the 'No Labels No Walls' movement and on-line festival.
- ❖ **Wednesday, 16<sup>th</sup> September 2020** – *Fionnathan, Fionn and Jonathan Angus* will join us in a special Wednesday Webinar of talk, music and laughter as part of the 'We are One' on-line festival of citizenship.

If you would like to join us as a guest or have a specific topic you would like to discuss, please let us know by contacting us at: [info@in-controlscotland.org.uk](mailto:info@in-controlscotland.org.uk)

# Feelgood Fridays

The Feelgood Friday's chat room continues to be our weekly informal video chat, where we can explore how people are doing and make some plans looking forward to staying connected over the next few months sharing ideas and plan for how we respond to what happens next.



If you would like to join us, please email us: [info@in-controlscotland.org.uk](mailto:info@in-controlscotland.org.uk) or call Alastair Minty on 07388397074 for further information and to receive the link.

# Helpful Resources

## Clear Your Head Campaign

The Scottish Government have now launched phase three of their 'Clear Your Head' campaign, which promotes the importance of looking after your mental health during the coronavirus pandemic. You can view their new advert on the following link:

<https://vimeo.com/447159181/c0b6a013f8>



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

## Other Work

### New Routes Home

We are working as part of a broad collective of people looking to create resources and support to ensure all people with disabilities are able to be supported in their own homes with person-centred support (linked to the findings of the Coming Home Report).



We are calling this 'New Routes Home' and are continuing to develop our ideas and a statement of our aims, alongside practical offers of support to prevent the consequences of out of area placements and promote choice and flexibility. More info on this soon.

### Rights and Equalities

We have been working to extend the support available to care experienced young people with a disability in East Renfrewshire, as well as our work in East Lothian and Aberdeen / Aberdeenshire. We are looking at how we can ensure that our work to improve connections and social opportunities following Covid-19 is as inclusive as possible. This work is funded by the Life Changes Trust.



People with Disabilities  
with Care Experienced Young

# Person-Centred Planning Network



Following discussions with the Community Brokerage Network about extending the availability of information and choice of Person Centred Planning around the Independent Living Fund, In Control Scotland has helped facilitate some development work for a group of independent planners.

This will be launching soon, giving more info to people about where they can access local planners to work on individual Person Centred Plans throughout Scotland – in person and online.