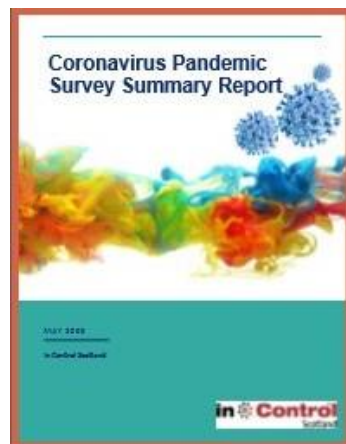




## Continuing our work in lockdown

Although we are now in Phase 1 of lifting some of the restrictions, most of Scotland is still in lockdown and we continue to work away doing what we can to support people through the Covid-19 pandemic. Here are some of the things we have been up to over the last few weeks.

## Cornavirus Pandemic Survey



At the end of April 2020, we created a survey to find out the impact of the Coronavirus pandemic on the life and support arrangements of people accessing support. We sent an electronic survey to people who had recently been involved in some of the programmes that are delivered through In Control Scotland. The survey asked people for their views about the impact of the pandemic on their support and wellbeing.

We received 52 responses from people who are living in 18 of the 32 local authority areas in Scotland. Unsurprisingly the survey showed that the pandemic has had a significant impact on the lives of people accessing support. We will now share these survey results with others and work together with other partners to encourage and promote flexible support for people and continue to provide and further develop activity that people are finding helpful. You can contact us at [info@in-controlscotland.org.uk](mailto:info@in-controlscotland.org.uk) to request a copy of the survey summary report.

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

# Join us on our online forums

## Webinar Wednesday's

We continue to run our weekly webinar discussions at 11.00 am every Wednesday on the In Control Scotland facebook page. Over the weeks we have had some fantastic guests join us and had some really interesting discussions. We would love you to join in and let us know what you have been up to and how you have been coping during the Covid-19 pandemic. <https://www.facebook.com/InControlScotland>



## Feelgood Friday's

We have been having some great discussions and sharing some fabulous ideas at our Feelgood Friday's chat room, which takes place every Friday at 1.00 pm. Feelgood Fridays is a relaxed weekly video chat that we have been holding to give a space for discussion, checking in on each other and making plans. We have had people from all over Scotland join us, as well as staff from various organisations. We have also shared resources and talked through ideas together.



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.

# In Control Scotland New Website



We have been working hard to develop our new website and are now delighted to say that we will be ready to launch it at our 'Webinar Wednesday' session at 11.00 am on 1<sup>st</sup> July 2020. We have welcomed lots of feedback and ideas throughout the development process and it would be great to hear what you think too! Please feel free to join us for the

'Webinar Wednesday' session to hear all about new website and much more at <https://www.facebook.com/InControlScotland>

## Other Work

We have been involved in working online with other colleagues and people with lived experience as part of the Social Work Scotland self-directed support project, which aims to develop helpful resources, practice and guidance that can be used to improve the implementation and experience of self-directed support. There are two active workstreams - one looking at Assessment; the other at Resouce release/ Resource allocation models. If you want to know more, please get in touch.

## Helpful Resources

### Clear Your Head Campaign

We are delighted to be a supporting partner of the Scottish Government's 'Clear Your Head' campaign during these worrying and uncertain times. The coronavirus outbreak has changed daily life for us all in Scotland and has had a real impact on how many of us are feeling and it's ok to not feel yourself right now. We are able to share some great tips to help get you through it. During these difficult times it's important to stick to the advice about staying at home and reducing social contact. But that doesn't mean you have to get through things all on your own. There are lots of organisations offering ideas and practical assistance to get you through. Whenever you need it, we can help point you in the right direction. You can find lots of helpful tips and ideas on the 'Clear Your Head' website: <https://clearyourhead.scot/>

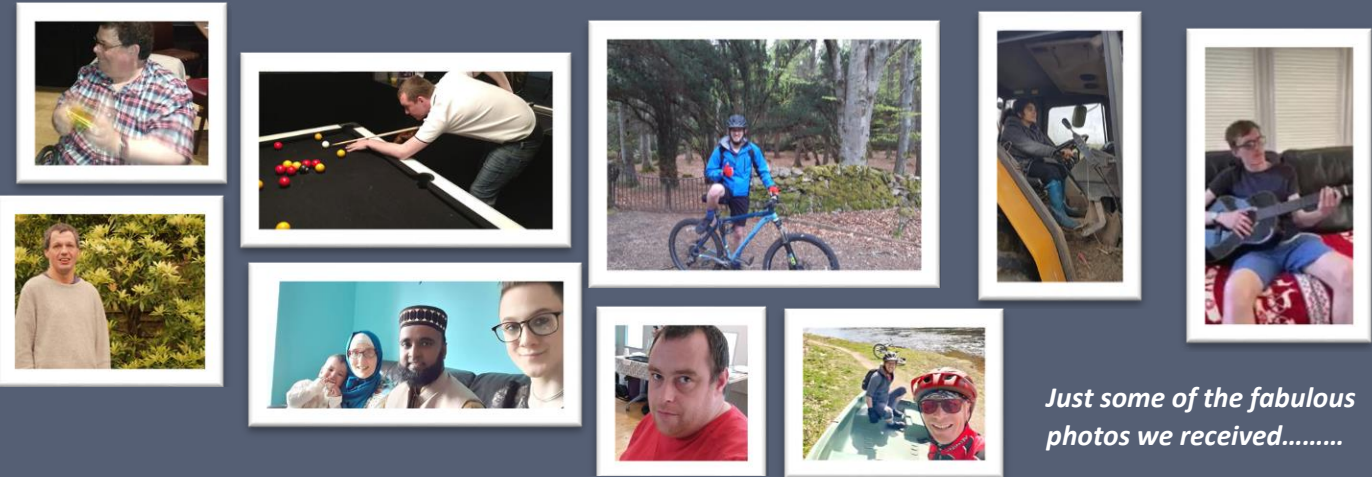


You can find lots of other helpful resources on our website at: <https://in-controlscotland.org>

# Photo & Video Competition

*People doing what they like to do and what is important to them!*

We recently ran a competition asking for people to share photos of themselves doing things that they enjoy and what are important to them that we can share on our new website. We were delighted by the amount of photos we received from people doing activities they enjoy and sharing what they have been doing during the Covid-19 pandemic. It was really hard to pick just one winner, as all the entries were just amazing.....



*Just some of the fabulous photos we received.....*

## Springing Back into Action for the 'We are One' Festival

The 'We are One' festival management team have been invited to be involved in the "No Labels, No Walls" online live Festival in September 2020 in collaboration with friends from Finland and California. Watch this space over the next few weeks for news of how this is taking shape. In the meantime, "We Are One" is springing back into action. From June 2020 each of our core team members will be sharing a short film on the 'We are One' facebook page about what they have been up to, how they are dealing with things during the current covid-19 situation, and what they are planning for later this year. Check out our facebook page to view our short films and find out more about the 'We are One' festival of Citizenship.

<https://www.facebook.com/pg/citizenfestweareone>

