

News Brief

Sept/Oct 2020



in  **Control**®
Scotland

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



Welcome

Welcome to the September/October edition of our news brief. We hope all our friends, colleagues and members are still doing well and keeping safe during these still 'very' uncertain times.



We have been involved in lots of different and very interesting projects over the last month, the '**We are One – No Labels No Walls' CitizenFest**, which was a week long on-line festival running from 14th – 19th September, our '**Sharing Practice Finding Solutions**' on-line sessions for Children's Services, as well as our weekly **Webinar Wednesday's**, **Feelgood Friday's** and **Tuesday Talks**. You can read all our news and updates in the following pages.



What's Inside:

- We are One – No Labels No Walls CitizenFest 2020
- Our On-line Forums
- Stay Up Late Online Music Sessions
- Sharing Practice Finding Solutions – Children's Services Online Sessions
- Scottish Government's Covid-19 Updates

We are One – No Labels No Walls CitizenFest 2020



The '**We are One – No Labels No Walls**' CitizenFest took place online between 14th & 19th September 2020. It was a fantastic event, with over 47,712 people reached and between 400 and 1,000 viewers joining in the festivities each day over the week long event. Many fabulous and very talented artists, speakers, performers, comedians and others contributed to the festival and delivered amazing performances. There was something for everyone from music, comedy, inspiring speakers, debates, interactive activities and much much more..... We cannot thank everyone involved enough for their contributions and commitment to the festival and for helping us to raise awareness around the many difficulties we all face in society and the importance of citizenship. Everyone has a place in their community, every single one of us matter and we are all citizens together no matter who or where we are. '**We are One**'

If you missed any of the week long Citizenfest, you will be delighted to hear that you can still watch each individual day of the festival via the video footage on the 'we are One' facebook page: <https://www.facebook.com/citizenfestweareone>

and You Tube channel:

<https://www.youtube.com/channel/UCLOVXfh8MnDcKg1VsCnqHJA/videos>

Festival Highlights



Scott & Susie

Susie McCabe & Scott Agnew



Tom Urie



Zoe



Nigel Clark



Fionnathan



Stay Up Late Scotland



Steph MacLeod



Jessica Lee Morgan jessicaleemorgan.com



Rebecca Vasmant

Our On-line Forums



Webinar Wednesday's

Our weekly 'Webinar Wednesday' sessions continue to take place at 11.00 am every Wednesday on the In Control Scotland facebook page and You Tube Channel.

We have had some fantastic guests throughout the month of September, including the fabulous, funny and friendly Fionnathan, who shared some stories about what people he has spoken to love most about life and what support means to Fionn.

We look forward to being able to welcome different guests every week and having different discussions about various different topics, so 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

You can join Webinar Wednesday live at 11.00 am every Wednesday at:

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

or

<https://www.youtube.com/channel/UCZ9-c-YXnPdcldF1Dd4ExrA>



Feelgood Friday's

The feelgood Friday chat room continues to take place every week (Friday) at 1.00 pm

Today's Question: What Would Self Directed Support Info Look Like If We Designed It?



Feelgood Friday's is an informal online chatroom, where we explore how people are doing and make plans about staying connected during this difficult period with the Covid-19 pandemic. We also discuss current topics and share some great ideas.

We love welcoming new members to this forum, so if you would like to join us, please email:

info@in-controlscotland.org.uk or call Alastair Minty on **07388397074** for further information and to receive the link.



Tuesday Talks

Our Tuesday Talks sessions take place most weeks on our facebook page and You Tube Channel. We have different guest hosts at each of the sessions who speak about various different issues and also share their own personal stories and experiences.

Our next Tuesday Talk session is taking place on Tuesday, 6th October 2020 at 2.00 pm and will be hosted by Dr Danielle Farrell. Danielle will be sharing her experience of living with cerebral palsy, the highs and lows of living with the condition and raising awareness of cerebral palsy.



Stay Up Late Scotland

On-line Music Sessions



The Stay Up Late Scotland campaign promotes the rights of people with learning disabilities to be able to get the right support to stay up late.

Stay Up Late Scotland will be running a series of live music sessions on the first Friday of every month from 9.00 pm until 10.00 pm.

The first session took place on Friday, 2nd October 2020 on the In Control Scotland You Tube Channel and Stay Up Late facebook page

Hope you can join us.....

Other upcoming dates for Stay Up Late Music Sessions:

- Friday, 6th November 2020 – 9.00 pm – 10.00 pm
- Friday, 4th December 2020 – 9.00 pm – 10.00 pm



Stay Up Late Live Music Sessions

The first Friday of
every month join us
for an hour of live
music 9-10pm.

**October 2nd
November 6th
December 4th**

Find us here:

Stay Up Live Scotland page:
facebook.com/StayUpLateScotland/

In Control Scotland:
www.youtube.com/user/InControlScotland

We are looking for new and inclusive music for future sessions, if you are a musician or singer who would like your music featured in any of the upcoming sessions, please get in touch by contacting us at:

info@incontrolscotland.org.uk

Sharing Practice, Finding Solutions for Children, Young People & Families

Online Sessions

We ran a series of online lunchtime sessions over four days from **Monday 21st September** to **Thursday 24th September** for anyone who was interested in self-directed support for children, young people, and families. The sessions took place via Microsoft Teams and we had over 30 participants attending on each day. A different chair hosted each day and discussed various different topics, centered on how more children, young people and families can really be involved in directing their own support. We recorded the discussions and presentations from each of the sessions and are happy to share these with anyone who was unable to attend. If you are interested in finding out more about these sessions, and/or our work with children and young people please contact us.



Scottish Government Covid-19

These are still 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. It's ok to not feel yourself right now, and the Scottish Government have now updated some information on their '**Clear Your Head**' campaign, which promotes the importance of looking after your mental health during the coronavirus pandemic. You can view this information on following link: <https://clearyourhead.scot/> and find the most up-to-date information on Covid-19 here: <https://www.gov.scot/coronavirus-covid-19/>

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