

# News Brief

January 2021

**in  Control<sup>®</sup>**  
**Scotland**

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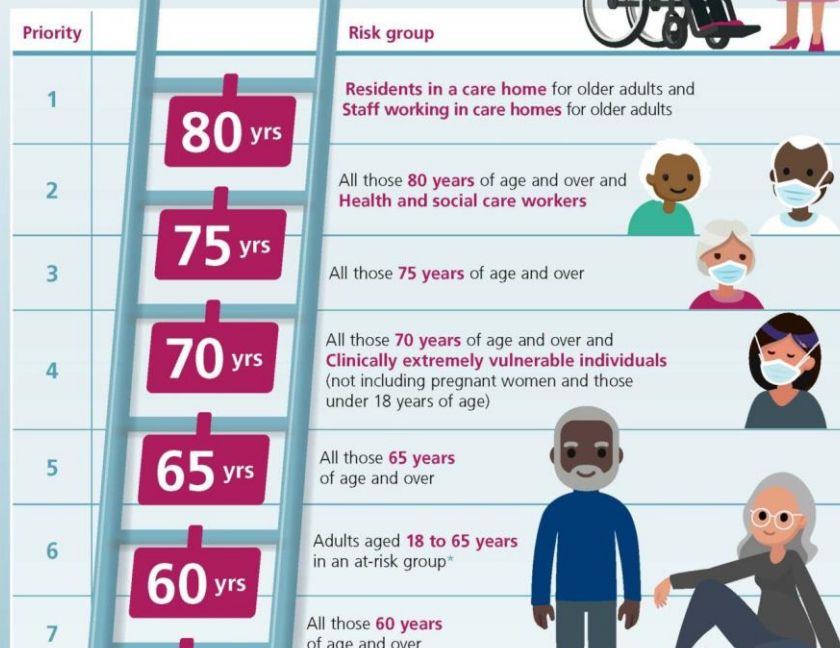


  
Public Health  
England

**NHS** **CARE**

## COVID-19 vaccination

### First phase priority groups



Priority	Risk group
1	Residents in a care home for older adults and Staff working in care homes for older adults
2	All those 80 years of age and over and Health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and Clinically extremely vulnerable individuals (not including pregnant women and those under 18 years of age)
5	All those 65 years of age and over
6	Adults aged 18 to 65 years in an at-risk group*
7	All those 60 years of age and over

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

# Welcome

Welcome to the January edition of our news brief and here's hoping to an even bigger welcome to a brighter and better year for everyone. We hope all our friends, colleagues and members continue to do well and keep themselves safe during this on-going difficult time.



Like much of last year, we are continuing to do most of our work on-line, but we are really missing meeting people face to face and look forward to the day when we can all get together again. Until then, we are planning to build on the work that we do and love which, supports people in the best possible way.

We have had to work in new and very different ways over the last year and this has created some great opportunities for us and all the people that we work with. We have really welcomed the feedback we have received about what works and what doesn't work and will embrace this feedback to help us move forward in new and exciting ways to help us continue supporting our friends, colleagues and members in the best way we possibly can.



Here's to a brighter and positive 2021, where everyone feels in control.....

# GET TO KNOW THE COVID PROTECTION LEVELS



Stopping the spread starts with all of us

## Covid-19 – The New Protection Levels in Scotland – updates

In November 2020, we created an easy read version of the Covid-19 protection levels information, which was provided by the Scottish Government. As we entered another new lockdown period on 26<sup>th</sup> December 2020, the Scottish Government have made a few changes to some the restrictions within the protection levels. We have now updated our document with the changes. If you would like a copy of our 'updated' easy read version, you can now download a copy from our website by clicking [here](#)

**Please Note:** We would like to remind you that the document we have created is a short summary of the Scottish Government restrictions, which we have taken from the UPDATED information provided on their website on January 2021. You can check out the restrictions in fuller detail at: <https://www.gov.scot/publications/coronavirus-covid-19-protectionlevels/>



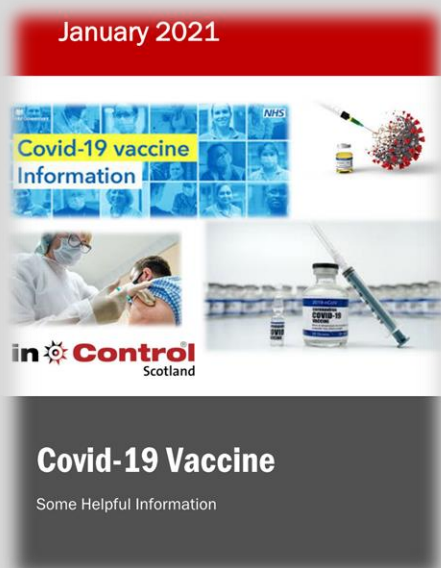
# Covid-19 Vaccine



We have all faced many challenges due to the pandemic caused by the COVID-19 virus. The Scottish Government are acting as fast as possible to try to stop the virus from spreading and the the new strain of the virus is more infectious than the one we saw last year.

The Scottish Government plan, to vaccinate everyone over the age of 18 and those aged 16 and 17 who are frontline health and social care workers, young carers or have underlying health conditions in Scotland.

Some people are confused or worried about getting the Covid-19 vaccine. So, In Control Scotland have pulled together some information, which we hope you may find helpful. You can read or download a copy our document by clicking [here](#)



The information we have provided was taken from the Scottish Government website on 12<sup>th</sup> January 2021. This information may change or be updated at any time. You can keep up-to-date with information on the progress of the vaccine programme and any changes to the timescales around this on the Scottish Government website at:

<https://www.gov.scot/coronavirus-covid-19/>

You can also find further information about eligibility and helpful resources about the Covid-19 vaccine on the Public Health Scotland website at:

<https://www.publichealthscotland.scot/our-areas-of-work/covid-19/covid-19-vaccinations/>



**Citizen Network** TV  
CITIZENS OF THE WORLD UNITED

The Citizen Network TV was internationally launched on 25<sup>th</sup> January 2021. The CNTV YouTube channel offers programs and content from around the world. It is the channel for you, me, us and all people wanting to celebrate citizenship and to create and publish their own programs.

Citizen Network is an international network and not-for-profit cooperative of over 39 countries, 190 organizations and 800 people. CNTV is the first community media channel of the Citizen Network movement.



**Markus Vähälä, CEO of Citizen Network Coop**

*"CNTV is the channel for the rest of us. It is the place where people can watch, share, learn, network and create around themes and shared action. Linked with the No Labels No Walls movement and other communities in the Citizen Network we want to offer you both the possibility to explore but also to express and communicate on a citizens level. It's your channel!"*



**Simon Duffy, Founder of Citizen Network**

*"Citizens learn and citizens share what they learn. We are now launching Citizen Network TV as an alternative TV Channel: a place where we celebrate all the things that make us beautifully different and absolutely equal."*

**Our Webinar Wednesday's and Tuesday Talks will now be shown via Citizen Network TV as well as all our other regular platforms.**

# Feelgood Friday's



Our Feelgood Fridays continued right through the festive period following requests from our members. We know this can be a difficult time for many people and this year has made it even more challenging. We continue to have a mix of chat, support, fun and action.

We welcomed a new member on the 1st of January, who has been joining every week since. It was his first online event ever! 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 still take place most weeks on our facebook page and You Tube Channel and will also now be streamed to the all new Citizen Network TV channel. Our regular hosts Michael McEwan and Dr Danielle Farrell speak about a variety of different issues and continue to share their own personal experiences. Join us for all our upcoming sessions on facebook and You Tube on the links below. You can also use these links to catch up on our previous sessions:

<https://www.youtube.com/user/InControlScotland>

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

<https://www.youtube.com/channel/UCJI8G7dJe3kFhJft-4gJTPw>

[https://www.youtube.com/channel/UC3s-GZgNcGrzIq-MhDHTw\\_g](https://www.youtube.com/channel/UC3s-GZgNcGrzIq-MhDHTw_g)

### Upcoming sessions:

Join us on 2<sup>nd</sup> February 2021 when Dr Danielle Farrell will be speaking about the person behind 'Being Danielle' and being the face of 'Your Options Understood'

# Webinar Wednesday's



Our Webinar Wednesday's are still proving to be popular with our viewers and we have had some inspiring and fantastic guests joining us to speak about some great and interesting topics, sharing their ideas and telling us what they have been up to during the Covid-19 pandemic.

We are always open to welcoming new guests to join us and having an opportunity to hear from others about what they are doing whether this is individually or through work. If you would be interested in joining us for a future Webinar Wednesday session, we would be delighted to hear from you.



Join us on Wednesday, 3<sup>rd</sup> February when our guest will be Jordan Allan from Thera Trust.



You can join us for Webinar Wednesday on the In Control Scotland facebook page at:

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

or on our you tube channel at:

<https://www.youtube.com/user/InControlScotland>

Citizen Network TV:

<https://www.youtube.com/channel/UCJI8G7dJe3kFhJft-4gJTPw>



# Stay Up Late Scotland



In Control Scotland provides administrative support and is actively involved in the National Committee of Stay Up Late Scotland – promoting the rights of everyone to get the right support when and in what way works best for them, including support to stay up late and party! Well, obviously during the current pandemic this is limited(!) but the Stay Up Scotland committee meets regularly to discuss and develop ideas about keeping people connected. This includes the regular Stay Up Late Scotland music session, live streaming new and inclusive music from around the world at 9.00 pm on the first Friday of every month (From February 2021 also livestreaming through Citizen Network TV). If you want to be added to the Stay Up Late Scotland mailing list, get in touch at [stayuplatescotland@gmail.com](mailto:stayuplatescotland@gmail.com)

We hope you can join us for our next music session, which is taking place between 9.00 pm and 10.00 pm (UK time) on 5<sup>th</sup> February 2021. This will be a fun evening full of new and inclusive music from around the world and great entertainment, which we hope everyone will enjoy!

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

<https://www.youtube.com/user/InControlScotland>

<https://www.facebook.com/Stay-Up-Late-Scotland-2016690928553668/>

<https://www.youtube.com/channel/UCJI8G7dJe3kFhJft-4gJTPw>

A poster for the 'Stay Up Late Scotland' online music session. The top features the 'STAY UP LATE' logo. Below it, the text reads: 'STAY UP LATE SCOTLAND On-Line Music Sessions – Bringing you new and inclusive music from around the world'. The main body of the poster contains the following text: 'Come join us for the next Stay Up Late Scotland music session, which is taking place from 9.00 pm until 10.00 pm (UK time) on Friday, 5<sup>th</sup> February. This will be a fun evening full of music from around the world with some fantastic musicians lined up to entertain you with various different music sets, which we hope everyone will enjoy!'. The date and time are listed as 'FRIDAY 5<sup>th</sup> FEBRUARY 2021 9.00 PM – 10.00 PM (UK TIME)'. At the bottom, it says: 'We will be livestreaming on the night from the Stay Up Late Scotland facebook page, GIG Buddies Coronavirus Fest page, In Control Scotland YouTube Channel and Citizen Network TV. We hope you can join us and look forward to seeing you then!'. The poster also includes several social media links: <https://www.facebook.com/StayUpLateScotland-2016690928553668/>, <https://www.facebook.com/coronavirusfest>, <https://www.youtube.com/user/InControlScotland>, and <https://www.youtube.com/channel/UCJI8G7dJe3kFhJft-4gJTPw>. The poster features a background image of a crowd of people at a music event.





In Control Scotland has been working in partnership with a number of other interested individuals and organisations to develop a campaign and an offer of support to help achieve the right of all people with disabilities to be supported to live in their own home and to have meaningful choices around where they live, and who (if anyone) lives with. This includes of course, also having choices around how support is organised and directed. The partnership is working together under the title of '**New Routes Home**' and we will be launching a new website and publishing the offer of support soon.

If you want to know more about 'New Routes Home', please get in touch and we'd be happy to talk to you about this.



## **Sharing Practice, Finding Solutions for Children, Young People and Families**

We continue to work (online) providing input to children's services in several areas of Scotland exploring how the principles and practices of self-directed support can be used effectively and more universally with children, families and young people. We will be holding further open 'lunchtime sessions' on this topic in late March, so look out for the dates of these meetings coming soon.



We would love to hear from all our friends, colleagues and members about what you have been up to over this last year. It has been a really challenging time for everyone due to the Covid-19 pandemic and we have heard some wonderful stories about the different things people have been doing to help them through this difficult period.

So, we thought we would introduce a page to our monthly news brief, which is totally dedicated to all our readers, friends, colleagues and members, where they can share anything they want with us, this could be a story of what they have been up to, photos and pictures, a poem, a recipe, an on-line event you may be running or be involved in, anything you feel may be of interest and want to share.

This is your page....., so if you want to submit an item to add in to our future news briefs, just send all the details about your item to: [info@in-controlscotland.org.uk](mailto:info@in-controlscotland.org.uk)



The latest phase of the Scottish Government's '*Clear Your Head*' Mental Health Campaign is the Winter Launch.

We know January can often feel like a difficult month and the new campaign for January encourages people to be kind to themselves at this time. This year winter looks very different due to restrictions, and people who might usually have good general mental wellbeing may be feeling worn down.

For more tips on getting through to brighter days, visit [clearyourhead.scot/winter](https://clearyourhead.scot/winter)



You can still keep up-to-date with all the information around the the '*Clear Your Head*' campaign on the Scottish Government website.

You can view '*Clear Your Head*' information on the following links:  
<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>