

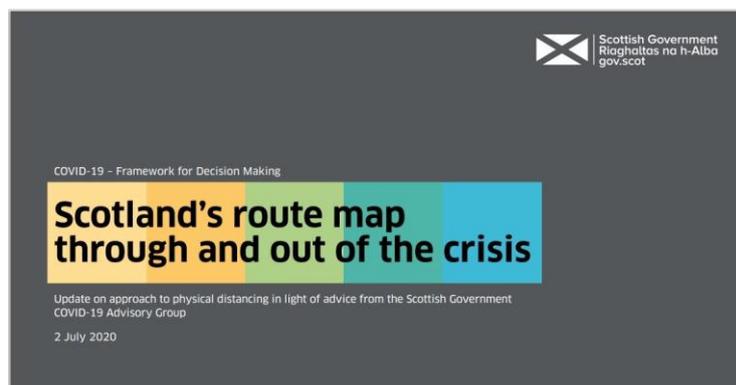
# News Brief July 2020



## Covid-19 Update

We hope all our friends, colleagues and members continue to keep healthy and safe. As Scotland moves through the different phases of lockdown, we have seen some of the restrictions around coronavirus relaxed in recent weeks and things are getting a little bit better as we move forward into some sort of normality. The Scottish Government have released a collection of route maps for each phase setting out how Scotland will transition out of lockdown, including the framework that sets out the approach and principles that will guide decision making.

You can find this and lots of other information and guidance from the Scottish Government website by clicking on this link: <https://www.gov.scot/coronavirus-covid-19/>



## Our new Website



## We are One



## Stay Up Late



## Our On-line Forums



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

## Our new website

We are delighted to announce that our new and improved website is now live. After many months of development and consultation with our colleagues and members, we launched the new website during the In Control Scotland webinar on 1<sup>st</sup> July 2020. So far, we have received some really good feedback.



We will continue to update and add new resources to our website and we would also be delighted to receive and share people's real stories, telling us what you like to do, what you enjoy in life and what self-directed support means to you. So if you would be interested in sharing your story, please contact us. We hope you will enjoy visiting our new website and will find the information and resources helpful and useful. Check out our website on the following link below:

<https://www.in-controlscotland.org/>

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



We are delighted to say that we are currently in the process of organising the next 'We are One' festival, which will take place on-line this year due to current restrictions with Covid-19.

The fully inclusive festival is planned to take place between 14<sup>th</sup> and 19<sup>th</sup> September 2020 with something for everyone to enjoy, including music, arts & performances, talks & debates, short films, a 'Stay up Late' events and much, much more. We will be working in partnership with our international friends at 'No Labels No Walls' to bring you an amazing festival full of different opportunities. You can keep up-to-date with what is happening with the festival by visiting our facebook page: <https://www.facebook.com/pg/citizenfestweareone>

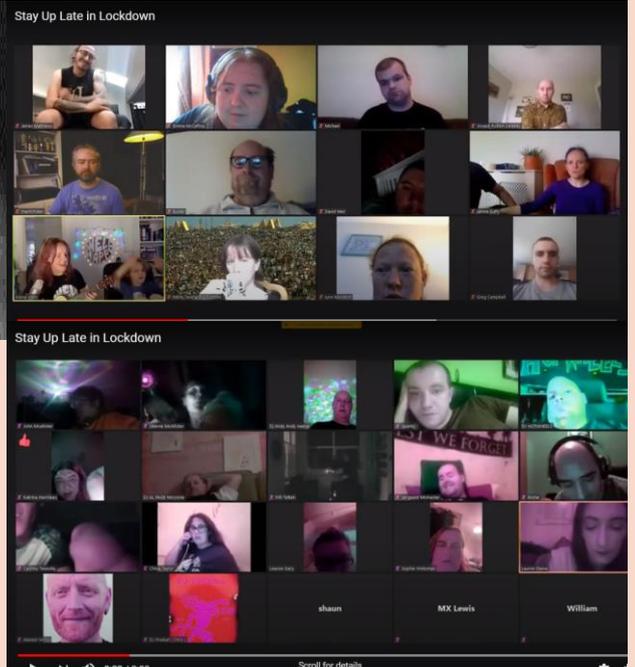
## Stay Up Late – Hoose Party



On Friday, 9<sup>th</sup> June 2020, *Stay Up Late* Scotland held a '*Straight Outta Lockdown*' hoose party, an inclusive on-line event. The party started at 9.00 pm and ran on until about 2.00 am in the morning with over 60 people joining in on the fun-filled evening. Party goers on the evening were able to visit various different breakout

rooms which included DJ's, bands and singers, there was even a 'Bar' room. Watch a short video of just a few of the highlights from the evening here:

[https://www.youtube.com/watch?v=wGhdE\\_Ktxvc&feature=youtu.be](https://www.youtube.com/watch?v=wGhdE_Ktxvc&feature=youtu.be)



## Tuesday Talks



From the start of August we will be live streaming a series of short talks through YouTube on a Tuesday, ingeniously called '*Tuesday Talks*'. You will be able to watch these talks live and make comment, or watch later at your own convenience on the In Control Scotland YouTube channels. On the first Tuesday of every Month, Dr Danielle Farrell will be the speaker in a regular informative and illuminating slot called '*Being Danielle*'. First one is on Tuesday 4<sup>th</sup> August at 2.00 pm, so don't miss it!

## Our On-line Forums

### Webinar Wednesday's



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

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

We invite different guests to join us every week to share information and discuss a variety of different topics of interest to our viewers. 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 Friday's

The Feelgood Friday's chat room, still takes place every Friday at 1.00 pm. Feelgood Fridays is a relaxed weekly video chat where people can get together to check in on each other, have interesting discussions about what is going on and share information and ideas.

People have been joining us from all over Scotland as well as staff from various organisations.

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.



## Other Work

### Working with Children's Services

We are planning a series of online events for childrens services later in the summer, including a networking event at the end of August and a series of short webinars over several days in the week commencing 21<sup>st</sup> September 2020. To find out more information about these events please get in touch.

### SDS Collective

In Control Scotland is a founding partner in the SDS Collective which has been very active during the pandemic working collectively to promote good practice in self-directed support and challenge and offer solutions when things are not working well. The Collective has a new website which houses resources and information as it is developed, you can check it out here: <https://thesdscollective.wordpress.com/>

## Helpful Resources

### New rules about wearing facemasks on public transport and in shops.

From 10<sup>th</sup> July, it will be mandatory to wear a facemask when you travel on public transport or go into a shop in Scotland. There are some exceptions where you do not have to wear a mask, for example if you have a disability or health issue which would make wearing a mask difficult or distressing for you. You can find some helpful posters and some examples of exemption cards on the following website: <https://www.keepsafe.org.uk/posters>



In Control Scotland, c/o Neighbourhood Networks, Pavilion 5A, Moorpark Court, 25 Dava Street, Glasgow, G41 2JA,  
Tel: 0141 440 5250, Email: [info@in-controlscotland.org.uk](mailto:info@in-controlscotland.org.uk)

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