

News Brief

November 2020



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Stay Up Late Scotland

and much more.....

Person Centred Planning Network Scotland



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Are you looking for help to plan your future and any support you need?

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GET TO KNOW THE COVID PROTECTION LEVELS



Stopping the spread starts with all of us

STAY UP LATE SCOTLAND
Pre-Christmas Social & Music Session

Come join us for a fun filled evening on Friday, 4th December 2020. We will be holding a pre-Christmas social event, from 8.00 pm – 9.00 pm on zoom at: <https://us02web.zoom.us/j/23476165164>. This will be followed by the Stay Up Late 'music session' from 9.00 pm – 10.30 pm. Which will be livestreaming on the night from the Stay Up Late Scotland facebook page and In Control Scotland YouTube Channel <https://www.youtube.com/user/inControlScotland> <https://www.facebook.com/StayUpLateScotland-201667092553558/>.

We hope you can join us and look forward to seeing you then! This will be a fun evening full of music from around the world and great entertainment, which we hope everyone will enjoy!

FRIDAY 4TH DECEMBER 2020
8.00 PM - 10.30 PM



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

Welcome



Welcome to the November 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 continue to do most of our work on-line and are still keeping ourselves very busy doing what we love best, working with and supporting people around self-directed support and providing up-to-date information and advice. Here is just a wee taster of what we have been up to.....

- Covid-19 New Protection Levels 0 – 4 – Our Easy Read Document
- In Control Scotland AGM – Planning for our online open AGM
- Person Centred Planning Network Scotland – update on the network
- Stay Up Late Scotland – What we have planned for the near future

You can read more on the following pages.....

GET TO KNOW THE COVID PROTECTION LEVELS



Stopping the spread starts with all of us

Covid-19 – The New Protection Levels in Scotland

The Scottish Government has recently introduced a new system of local protection levels from 0 – 4 around Covid-19. Regulations around the pandemic have been changing constantly and quickly and we understand that it can sometimes be confusing and difficult for people to understand the amount of information which is being provided, particularly as different regulations apply to different local areas.

Following the many conversations we have had with people about the new protection levels in Scotland, we decided to create an easy read document using the information which is currently available on the Scottish Government website. In this document we try to explain things in a way that is easier to understand about what you can do and what you can't do under each of these levels.

If you would like a copy of our easy read version, you can download a copy from our website by clicking [here](#)

Please Note: This is just a short summary of the Scottish Government restrictions, which we have taken from the information provided on their website on 6th November 2020. You can check out the restrictions in fuller detail at: <https://www.gov.scot/publications/coronavirus-covid-19-protectionlevels/>



My Choice My Future

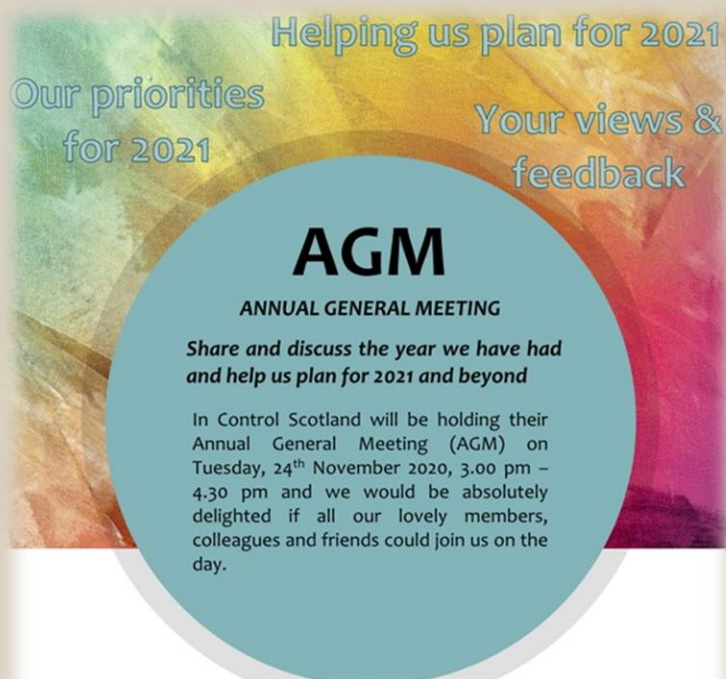
Life Changes Trust has launched a new Individual Grants programme for young people with care experience, '**My Choice, My Future**'. This will be the last individual grants open call funding before the closure in March 2022, and they want to ensure that they can reach as many young people as possible. The funding is open from 16th November 2020 and they plan to close to applications on **Monday 14 December at 2.00 pm**.

Life Changes Trust will be hosting some online drop-in sessions in the coming weeks for any queries you may have around the funding or the application materials. These will be a very informal set-up and will be open to workers and young people themselves to join. You can find out more information and how to book your session via this link: https://4463be4c-b33c-48ec-823d-c2682c9a9928.filesusr.com/ugd/fd9368_6b647758575f45f3b7901600208d7cf4.pdf

Support in Difficult Times for Unpaid Carers

Scotland's National Wellbeing Hub www.promis.scot has been set up for everyone who has a responsibility to provide support to others, including unpaid carers. The Hub offers advice and support to help people adapt and cope with the day-to-day challenges being experienced such as isolation, anxiety, fatigue, poor sleep.

If you are an unpaid carer you are invited to attend a web session to learn more about the Hub and a programme called *Feeling Good*, which focusses on building personal resilience to cope with stress, anxiety, low mood. The sessions will be held online on Tuesday 24 November (at 4.00 pm) and Wednesday 25 November (at 7.00 pm). They will be run by Dr Alastair Dobbin and Sheila Ross who developed the programme. If you would like to attend one of these sessions please click [here](#) for further information:



Due to the current Covid-19 restrictions this year's AGM will be taking place on-line.

If you would like to join us at our AGM at 3.00 pm on 24th November 2020, please contact us at: info@in-controlscotland.org.uk and we will forward you the link.

We look forward to welcoming you on 24th!



In Control Scotland Annual General Meeting

Due to the continuing restrictions around the Covid-19 pandemic, we will be holding our AGM online this year from 3.00 pm – 4.30 pm on Tuesday, 24th November 2020. We would be delighted if our friends, colleagues and members could join us on the day! We will be looking back at what we have done over the last year and looking at our priorities for 2021. We will also be sharing some

short films exploring the attitudes about disability in media. You can join us on the day via zoom on the following link: <https://us02web.zoom.us/j/86877606092>

We really value your views and feedback and would be delighted to see you at our AGM to help us to plan for the future

We look forward to seeing you then!



Feelgood Friday's

Our Feelgood Friday's sessions continue to take place every Friday at 1.00 pm and are hosted by the wonderful Alastair Minty. The sessions are a great opportunity to get together for a general chat or to discuss interesting topics that are happening in the world today.....

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 still take place most weeks on our facebook page and You Tube Channel. We continue to have different guests hosting each session and speaking about a variety of different issues and personal experiences. You can catch up on all our previous sessions on facebook and You Tube.

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

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

Upcoming sessions:

- **1st December 2020 – 2.00 pm 'Being Danielle' – Dr Danielle Farrell** will be reflecting on the last year
- **8th December 2020 – 2.00 pm Michael McEwan**

If you would like to join us as a guest speaker on one of our sessions, we would be delighted to hear from you.....

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 have more fantastic guests joining us soon for our upcoming sessions:

- **Wednesday, 25th November 2020 – 11.00 am**
Chris Third and Gosia Misiak, Healthcare Improvement Scotland,
- **Wednesday, 2nd December 2020 – 11.00 am**
Jay Moir – who is the first qualified Gym Instructor who has cerebal palsy
- **Wednesday, 9th December 2020 – TBC**
- **Wednesday, 16th December 2020 – 11.00 am**
Sam Sly, Director of I'm Out of Here Ltd. & a Consultant at Enough is Enough, Time 4 Change

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

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

Stay Up Late Scotland



Stay Up Late will be holding a pre-Christmas social event, on 4th December 2020 from 8.00pm - 9.00pm on zoom at: <https://us02web.zoom.us/j/83426165164> This will be followed by the Stay Up Late 'music session' from 9.00 pm - 10.30 pm. Which will be livestreaming on the night from the Stay Up Late Scotland facebook page, GIG Buddies Coronavirus Fest page and In Control Scotland You Tube Channel.

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

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

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

We do hope you can join us and look forward to seeing you then! 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!



Person Centred Planning Network Scotland



There was a recognition following connections with both the Community Brokerage Network and the Independent Living Fund that people were often struggling to access a choice of Person Centred Planners across Scotland. In Control Scotland arranged for some time to be allocated to help the Person Centred Planning Network group define what they were going to do, as well as helping them to develop a website and some videos, with the aim of improving choice and access to Self directed Support. Person Centred Planning Network Scotland is now active and growing. You can check out the website by clicking the following link:

<https://pcpscotland.wixsite.com/network>

Scottish Government & Covid-19

You can still keep up-to-date with all the information around the Covid-19 pandemic and 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>