

# News Brief

January/February  
2022



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

# Welcome

Welcome to the January/February edition of our monthly news brief. We hope all our friends, colleagues and members continue to keep well and safe during these changing times.....

We did most of our work on-line last year and also managed to have a few in-person meetings, which was really great as we were really missing seeing people face to face. We hope with the recent changes in the Covid-19 restrictions, we will be able to do more and more of our work and meetings in person, but we will also continue to do some of our work online as we recognise that this is more suitable and accessible to a lot of the people and families who In Control Scotland work with.

**We are really looking forward to working with everyone again in 2022**



Pauline



Keith



Alastair



June

# National Care Service Consultation Responses

*Published – 1<sup>st</sup> February 2022*



The Independent Review of Adult Social Care recommended the creation of a National Care Service, with Scottish Ministers being accountable for adult social care support. However, the Scottish Government's ambition was to go beyond that. A consultation was carried out to seek views on creating a comprehensive community health and social care service that supports people of all ages. Responses to the consultation on the National Care Service show 'huge enthusiasm' for changing the way we deliver support and services for people who use community health and social care in Scotland. Almost 1,300 responses were received from a wide range of individuals and organisations, after Ministers sought views on plans for the biggest reform of public services since the creation of the National Health Service.

A significant proportion of the responses came from individuals with lived experience, or bodies that represent them. The social care workforce are also well represented in the responses, along with providers, all of whom see much room for improvement.

The responses also helpfully highlight the risks that will emerge from such significant change, but the main theme is that change is needed, and it is needed now, as well as in the longer term.

The public consultation represented the first phase of engagement for the National Care Service programme. Moving forward it will be critical to have lived experience and co-design at the heart to ensure that we deliver for the needs of people. You can read some of the responses here: [https://consult.gov.scot/health-and-social-care/a-national-care-service-for-scotland/consultation/published\\_select\\_respondent](https://consult.gov.scot/health-and-social-care/a-national-care-service-for-scotland/consultation/published_select_respondent)

# Our Current Programmes



**Making a Difference**  
**Shifting Power**  
**Supporting Human Rights**  
**Forming Alliances**  
**Building Confidence**  
**Working Together**

Our *Working Together for Change* programme continues to take place with a mixture of on-line and in-person sessions. We are now nearing the end of the programme with only 2 sessions remaining.... Our participants have been fantastic and have really got into the programme, working together and looking at how they can contribute to making a difference and positive change to the way support is provided to people.

Our Winter lunch-time sessions for those working with children, young people and families have proved very popular. We have had a number of great speakers attending our sessions to discuss a variety of topics, which participants have found very informative and interesting. There are still 2 sessions left from the Winter programme and these are taking place on Thursday, 24<sup>th</sup> February and Thursday, 31<sup>st</sup> March 2022 12.00 pm – 1.30 pm on Microsoft Teams.

**Sharing Practice in Control Scotland**  
**Finding Solutions**  
Children, Families, Young People

**WINTER LUNCHTIME SESSIONS**  
SHARING PRACTICE  
FINDING SOLUTIONS FOR  
CHILDREN, YOUNG PEOPLE  
& FAMILIES

In Control Scotland  
Our popular series of online lunchtime sessions will be returning for the New Year on the last Thursday of every month open to anyone interested in making self-directed support work well for children, young people, and families. These interactive sessions are held online using Microsoft teams from 12.00 pm (noon) – 1.30 and will be taking place on the following dates:

- Thursday 27<sup>th</sup> January 2022
- Thursday 24<sup>th</sup> February 2022
- and Thursday 31<sup>st</sup> March 2022

**in Control Scotland**

**Next Session:**  
**Thursday, 27<sup>th</sup> January 2022**

The purpose of these lunchtime sessions is to make connections and share things that work so that more children, young people and families can really be involved in directing their own support in ways that make most sense to them.

In our January lunchtime session, we will be exploring ideas, practice and experience about how families and young people can direct their own support to get an enjoyable and helpful short break. Join us at lunchtime on Thursday 26<sup>th</sup> January 2022 for our usual mix of shared personal experience, discussion and presentation.

For further information about these sessions and the link to join contact:  
june.d@in-controlscotland.org.uk

Contact us at:

[info@in-controlscotland.org.uk](mailto:info@in-controlscotland.org.uk)

if you would like to register for any of the remaining Winter Lunchtime sessions.

# A few words from Danielle, one of our Board Members

*Over the last few months and throughout the pandemic, my various roles within In Control Scotland have kept my organisation, **'Your Options Understood'** (Y.O.U.) and I very busy.*

*As a Board member, I was given the opportunity to lead on a 'Salary and Benefits' review, which pushed me out of my comfort zone, but with the help and support of other colleagues we achieved what the review set out to do.*



*I am also part of the facilitation team for In Control Scotland's **'Working Together for Change'** programme. The first sessions, which took place in Dundee in October 2021 were face-to-face, which for Y.O.U. and I meant it was the first overnight stay away from working in the corner of the livingroom since the pandemic began (which was very much needed for my sanity on both a personal and professional level). As we look to be coming out to the other side of the pandemic and as 2022 progresses, I look forward to seeing what lies ahead and to continue enjoying being an associate and a Board member of In Control Scotland.*

*Danielle Farrell*



# Webinar Wednesday's



After a short break, we are delighted to announce that our Webinar Wednesday's are back! We had our first webinar of 2022 on Wednesday, 2<sup>nd</sup> February and were delighted to have Frances Brown from Radcial Visions join us as a guest to talk about 'Self Directed Support - Option 2' and 'Individual Service Funds'. It was a very interesting and informative conversation and we hope our viewers thought so too!

Join us on Wednesday, 2<sup>nd</sup> March for our next Webinar Wednesday.....



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>

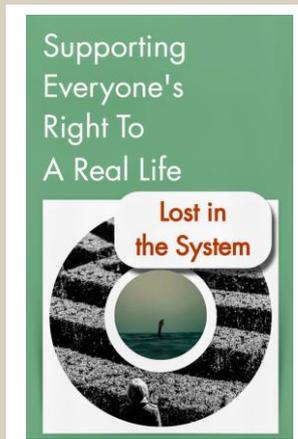
The first New Routes Home meeting of 2022 took place on the 3rd of February. This collective are committed to supporting real alternatives to the out of area placements and long stay hospital admissions that too many still find themselves in.



We focused on the aspects of getting individual stories across and also connected around supporting ways forward, with people who are stuck despite their best efforts.

We now have a six weekly schedule for meetings up on the website -

<https://newrouteshome.wixsite.com/scotland>



We will be holding future meetings on Teams instead of Zoom, to make it easier for more people to join us. Here are the dates of the upcoming meetings, (all at 3.00pm to 4.30pm)

Thursday, 17th March, Thursday, 28th April, and Thursday, 9th June 2022. If you have an interest in this group and would like to join us, contact: [alastair.m@in-controlscotland.org.uk](mailto:alastair.m@in-controlscotland.org.uk)



### SDS Network Webinar

**'Experiences in SDS Australia'**

**Tuesday, 22<sup>nd</sup> February 2022**

**10.00 am – 11.30 am (UK time)**

The SDS Network will be hosting a webinar on Tuesday, 22<sup>nd</sup> February 2022 from 12.00 pm – 1.30 pm EET (Eastern European Time) about '**Experiences in SDS Australia**' on zoom. In this webinar we are going to hear more about Leanne Pearman's (Co-Chief Executive Officer at Western Australia's Individualised Services) experiences in development of NDIS and the long-standing work on personalisation led by WAIS. If you would be interested in attending this event, you can register at the following link:

**[SDS Network webinar Australia experiences of Self-Directed Support \(lyyti.fi\)](https://lyyti.fi)**

## Other Information to Share.....



### **COVID-19 guided self-help booklets have been updated by Scottish Commission for People with Learning Disabilities (SCLD)**

**The COVID-19 guided self-help booklets (originally released in 2020 by SCLD) , which we shared on the In Control Scotland facebook page have now been updated to reflect the current COVID-19 (Coronavirus) situation in Scotland.**

It is now almost two years since the start of the COVID-19 pandemic. COVID-19 and its accompanying restrictions have had a significant impact on the emotional wellbeing of many people with learning disabilities. SCLD have now updated the guided self-help booklets again, to make sure they are relevant to this new stage of the pandemic, as restrictions begin to be lifted. This includes a new booklet to help people feel more in control of their anger.

The guided self-help booklets have been created for use by people with mild to moderate learning disabilities, with the support of family members, friends, volunteers and carers; they are also suitable for social work and health professionals. The booklets are intended to give people with learning disabilities an opportunity to talk through their feelings with people providing support to them. There is a guide accompanying each booklet, explaining how the content can be delivered. You can download copies of these booklets from SCLD's website.

[Click here to download a copy of these booklets](#)



You can still access the latest information of the Scottish Government's **'Clear Your Head'** Mental Health Campaign on their website.

We know January and February can often feel like difficult months and the *Clear Your Head* campaign continues to encourage people to be kind to themselves at this time of the year. Their website provides lots of helpful tips for people who might usually have good general mental wellbeing who may be feeling worn down and need some help to feel better again.

For more tips on getting through to brighter days, visit: <https://clearyourhead.scot/>



Keep up-to-date with all the information around 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>