

Inform



SDEF
Scottish Disability
Equality Forum



Scottish Disability Equality Forum



December 2016

SDEF Voice 39

Dear Member



Welcome to the latest issue of SDEF Voice, we hope you enjoy it. As always, if you are a member of an Access Panel or just a member of SDEF, if you have anything you want the SDEF community to hear about don't hesitate to get in touch with us and we can put it in the next issue.

On the next page is a picture of a Robin drawn by Lucy who is Chairperson of Harris Access Panel. We think you'll agree that it is spectacular!

We have two surveys out at the moment: one for SDEF members and the other is for SDEF members who are also members of their local Access Panel. They don't take long to complete and we would really appreciate your feedback.

The survey for SDEF members can be found by clicking on:
<https://www.surveymonkey.co.uk/r/7DTCH8Q>



And the survey for SDEF members who are also part of an Access Panel can be found by clicking on:

<https://www.surveymonkey.co.uk/r/7DV96FT>

Lastly, the SDEF office will be closed from Friday 22 December and we will re-open on Wednesday 4 January.

We wish all our members and supporters a very Merry Christmas and all the best for 2017.

Best wishes

Morven, Emma, Ian, James, Maureen, Gillian and Maeve



Image description: Wee sketch of a Robin from a RSPB (Royal Society for the Protection of Birds) photo. Drawn on iPad. Robin is perched on a branch looking to the right with his bright red/orange chest. The bottom half is filled with green with a wavy edge at the top below the robin, looks like snow. Below there is white text "Season's Greetings".



In this month's issue:



Access Panel and Members Survey Link



**Food
Buddies**

in the Borders



Training from Paths for All



and what this means



Be Prepared – Flooding



Thank You Message from Jeane Freeman- Minister for Social Security



Clackmannanshire Schools Support Service video



Christmas Quiz

Don't forget to share this newsletter with family, friends, and colleagues!



A Message from Ian

I've only been around for 24 and a half years but 2016 has arguably been the strangest year I can remember. We've spent it surrounded by stories about celebrity deaths, natural disasters and controversial elections which has undoubtedly left a bitter taste in our mouths. Amongst so many we've lost a Bowie, Rickman and Wood, gained a Trump in their place and we've decided to part ways with the European Union. But it wasn't all doom and gloom.

Giant Pandas are no longer considered endangered, we're closer to a cure for HIV after trials cleared a man of the infection and do you remember the ice bucket challenge which swept the planet in 2015? Well, the money raised from all those people tipping buckets of water over their heads has resulted in scientists identifying a new gene that they think contributes towards motor neuron disease.

Closer to home, SDEF has had a very busy year. We have held a series of transport engagement events the length and breadth of Scotland, we held our disability roadshows to gather the views of our members and we've gained two fantastic new members of staff!

I'm sure that 2017 will be just as exciting as SDEF develops its hubs on Inclusive Design, Accessible Travel and Inclusive Communication and we continue to develop and grow the Access Panel Network across Scotland.

I'd like to wish each one of you a Merry Christmas and an Accessible New Year and I hope that you continue with us on the journey of helping to improve the lives of disabled people in 2017.

Best wishes

The SDEF Team



Food Buddies

About the project

Food Buddies is a way for people to encourage and support each other around food. Food Buddies started with the concerns and priorities of a group of people in their community. Each project builds on the assets of that community – the experience and skills of all the people involved, professional expertise and the resources in the local area. There is reciprocity, rather than some people receiving a service from others. The approach focuses on supporting and building relationships. Food Buddies aims to be sustainable and for the impact to continue beyond a project that gets activities underway in an area. Food Buddies complements what other food projects and other social inclusion projects do, and works in partnership with them.



Jan Laing started as the Borders Food Buddies Development Worker in September 2016. Jan previously worked as the Central Borders Area Manager with the Bridge based in Galashiels. Jan will be contacting and meeting with a range of individuals and organisations in the coming weeks and months to explore ways of working together in an effort to establish the Borders Food Buddies project so that it best meets the needs of local people.

This project develops peer support for people with dementia and for carers, with a focus on aspects of food and keeping well.

It started in October 2015 with funding over 5 years from Life Changes Trust.

Activities include:

- Group activities that bring people together such as cooking classes doing food-related things together, and sessions on adapting to people's changing food needs
- Encouragement and support for people with dementia and carers on ways to look after yourself
- One-to-one peer support for people who prefer this and to help people follow up on the group activities
- Long-term support as people's circumstances change for people who want this

We will make the peer support work for people across the range of situations and stages of dementia and caring.

A second aim is to share the experience of the people involved in the project:

- Raise awareness about the benefits of peer support among people affected by dementia
- Reach more people through Tips, recipe books and the like highlighting practical tips on what can help as well as raising awareness
- Raise awareness among shops, food producers and retailers on what they can do to help.

Jan will be based at the Scottish Borders Chamber of Social Enterprise in St Boswells. Anyone wanting to know more about the Borders Food Buddies project can contact Jan at jan@otbds.org



Walking for Health Training

Inclusion Training – including people with a disability in Health Walks and outdoor activities

www.pathsforall.org.uk Tel: 01259 222336

Course Overview:

This is an interactive and practical 4 hour course for Walk Leaders and staff/volunteers involved in leading outdoor activities. This training aims to increase confidence in supporting the inclusion of disabled people in outdoor activities such as Health Walks or other low level activities. The focus of this course is on ability rather than disability, and the aim is to help you to influence and deliver good practice, to communicate effectively and to find out where to go for further information.

The course is delivered by experienced trainers from Scottish Disability Sport.

Learning Outcomes: After attending this course, you will:

- Be able to recognise the influence of perceptions and experiences
- Be able to identify techniques for good inclusive practice
- Be able to identify potential challenges to participation and identify possible solutions
- Appreciate the importance of effective communication
- Be able to identify sources of additional information and further support

Who it's suitable for: Trained Walk Leaders, volunteers and staff from organisations that offer outdoor activities.

Course Materials: Paths for All provides all training materials including a course workbook and follow up slides and handouts which will be sent by email after the course.



Duration: Four hours. You will go outside for 2 walking sessions during the course, so please come dressed appropriately.

Price: To book your own course, delivered by our freelance trainers for up to 20 people, £600. If you are just looking for 1 or 2 places on a course, please check our training calendar for courses and prices. If you can't find what you're looking for, please contact us.

Location: Delivered in your local area.

Booking information: For more information or to book a course please contact training@pathsforall.org.uk or call Marion Munro on 01259 222336.

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Inform



In Scotland, 1 in 22 homes are at risk from flooding. Roads, transport networks and community facilities such as schools and health centres can be affected.

To help prepare for flooding here are some simple steps you can take to protect your family and property;

1. **Sign up to Floodline to get free advance notice if a flood is heading for your home**
2. Have a flood plan and flood kit ready, with dry clothes, a torch and fresh water
3. Know how to turn off your gas, electricity and water supplies
4. Keep a list of contact numbers handy, including the Floodline number
5. Ensure that your property has insurance that covers flood damage

To learn more about preparing for flooding, visit the Floodline website or you can get someone to download leaflets for you.



Message from Jeane Freeman- Minister for Social Security

I want to thank you for all the help and support you have given us during our consultation on a Social Security system for Scotland and the part you played in the recent social security consultation.

Over the three months we had engagement in every local authority area of the country, reaching many hundreds of people through these and social media. And we reached those we need to reach – people with direct, lived experience of the UK benefits system and with clear ideas on what they want to see improved. We've now received just over 500 responses with around half coming from individuals. We'll publish the independent analysis of these and our response, in early 2017.

I have always said, I hope very clearly, that we will have a Scottish social security agency delivering devolved benefits by the end of this parliamentary term. But I hope that I have also been clear that building it and making sure we get the benefits transferred safely and securely from day one, is a process. It's not a 'big bang' one- off event. We need to go through some legislative steps so we have the right legal framework for our agency and we need to make sure that the IT and everything else we need to make payments, is tested, re-tested and tested again. Like you and many, many others I want to fix the wrongs of the current UK system as quickly as I can for the 11 benefits we will be responsible for. But what I can't do is risk any one of the 1.4 million people all of this affects losing out and not receiving what they're entitled to, because I cut corners.

And one of the most important ways we can make sure we get this right is to continue that direct involvement with people on benefits and with those who provide vital advice and support to them that we started back in July.

So in early 2017 we will start our recruitment drive for 2000 volunteers to join our Experience Panels. We're looking for people who are, or have been on one or more of the 11 benefits to work with us to design, build and test our new social security system, making sure that we really do have the principles of dignity and respect threaded through everything we do and every decision we make.

Our success in ensuring a safe and secure delivery of powers depends a great deal on how well we work with you and your networks. So my thanks to you for all you have done so far, my very best wishes to you for the festive season and I look forward to the work we will do, together, in the New Year.



Clackmannanshire Schools Support Service's

Kids and staff have worked hard and produced this short film together with The Tablet Academy Scotland (01259 220611).

All of these kids have additional support needs and have really struggled in mainstream schools and have overcome so much in their young lives, this is a huge achievement for them. Click on the link below to be inspired!

(please note this video is not available on phones and some tablets but works perfectly on IPad and PCs. :<https://www.youtube.com/watch?v=3xBFf-jVqsk>

Your Membership Matters

Below is a reminder of what we offer our members.

Please contact us if you would like to find out more.

Support and Signposting

We answer many member enquiries and signpost them to the appropriate organisation, individual or information source.

Networking Opportunities

We make introductions to key decision makers and contacts and make sure members have frequent opportunities to meet and network with relevant audiences. We help members make the right connections.

Your views, experiences and expertise

All our policy is formulated directly from our member's views, experiences and expertise. We believe that our members are the experts.

We respond to all relevant Scottish Government, parliamentary, think tank and other consultations.

We regularly ask our members for their views on many diverse policy issues – which then directly feeds in to our policy work and government consultation responses.





Information Leaflets

We provide information leaflets on the projects we are working on. You will receive a copy of our leaflets in your Members Welcome Pack. If you require any additional copies, please call the office to request this or alternatively they can be downloaded from our website. See <http://www.sdef.org.uk/index.php/sdef-resource-centre/information-leaflets>

Our Sponsors

Scottish Disability Equality Forum would like to take this opportunity to thank our sponsors. We're very grateful of their support.



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