



Equal Futures



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Edition 10 ▪ January 2023 • • • • •

A word from managing director

Hello one and all and welcome to our January edition of **In the Loop!**

New Year, New Beginnings.

Dear Friends,

I hope you all had a wonderful time over Christmas and managed to avoid all the seasonal illnesses that seem to be doing the rounds. I had a cosy time at home with my sons overindulging on gastronomic treats and binge-watching telly. It was also a very reflective time as I looked back on our journey since I joined Equal Futures at the end of 2020 and everything we've achieved together. It's been an absolute privilege to work alongside you and support you, but it is now time for me to move on from Equal Futures and take up a fresh opportunity in the voluntary sector. I leave you in the very capable hands of our amazing Project Co-ordinators; Jane, Donna, Shona, and Stacey, while the Board considers recruiting. There will be no change to your service and the team will continue to attract new volunteers to deliver befriending and social support to even more people with a learning disability. I wish you and your loved ones all the very best for 2023 and beyond.

Thank you,

Jayne

A message from the Board of Trustees.

A Message from the Board of Trustees

Jayne Laidlaw, Managing Director of Equal Futures, will be leaving us at the end of February to take up a new position as CEO of a larger charity. Jayne has led Equal Futures with clarity and steadfastness through the pressures and constraints of the Covid-19 pandemic and, during her time with the charity, we have seen the number of people supported increase from eighteen to ninety-four. This was only possible through passionate strategic leadership and the hard work and determination of a highly motivated team of project co-ordinators and volunteers, dedicated to making a real difference to people in their own communities.

Jayne leaves the charity in an improved position both financially and reputationally, having grown our income and our networks. Equal Futures recently secured grant awards from Alliance Scotland, the National Lottery and Communities Mental Health and Wellbeing Funds. Its fundraising strategy provides confidence of more of the same for the rest of this year and for the longer term, as we seek to support even more people supported and broaden the geography over which we work. Over the last two years, our team have established and nurtured new stakeholder relationships across the Central Belt and beyond and they will continue to serve our beneficiaries while we look to recruit.

We wish Jayne well in her new endeavour and thank her for her contribution to our continued success.

Equal Futures Board of Trustees

Introducing our new Project Coordinator Stacey Burgess.

I am the new project coordinator for Greater Glasgow. I am excited to be part of the Equal Futures team. I began my career in social care when I was 16 and have spent the last 16 years working with people with a learning disability and autism. I love working with people and helping make a difference in their lives. I have lots of experience working with people to access their local community. I have 3 young children who keep me very busy when I am not at work. When I do get some free time I love shopping, going out for meals and going away on family holidays.



Wellbeing.

As we are now in a new year it is important to remember to take some time out for yourself.

Below we have some tips to help chase away the January blues.

 <p>One Moment</p> <p>Equal Futures</p>	<p>Having good Mental Health can help us relax, achieve more and enjoy our lives.</p> <ul style="list-style-type: none">• 1 in 4 people have mental health problems• Depression is the number 1 cause of disability and ill health worldwide affecting over 300 million people <p>But there is help out there for you You could talk to one of our Mental Health First Aiders – make sure you know who they are.</p>
<p>It's okay not to be okay.</p> <p>If you are struggling, take 40 seconds to kickstart a conversation with someone you trust about how you are feeling.</p> <p>Sometimes it just takes One Moment to</p> <ul style="list-style-type: none">• Change a life• Make a difference• Take control	<p>Help and advice can be found at:</p> <ul style="list-style-type: none">• Every Mind Matters- www.nhs.uk/oneyou/every-mind-matters• Mind- www.mind.org.uk• Mental Health and Wellbeing in Bury- www.healthwatchbury.co.uk• Employee Assistance programme- Contact Number: 0800 174319 Website: www.carefirst-lifestyle.co.uk Username: Thera001 Password: Trust456
<p>Helping ourselves - 6 areas of life we can make simple changes for good mental health.</p> <ul style="list-style-type: none">• Reframe unhealthy thoughts• Be in the present - be mindful• Get good sleep• Connect with others• Live a healthy life• Do something for yourself	<p>Helping others</p> <p>Top things you can do to help someone else:</p> <ul style="list-style-type: none">• Express concern and say you can help• Reassure them• Offer your time to listen• Act as you usually do together• Be patient• Listen - if they do not want to get support• Do not force people to talk or get help• Look after yourself
<p>Better Health - Every Mind Matters Positive action you can take: Complete your Mind Plan</p> <p>Answer 5 questions to get top tips and advice that works for you.</p> <p>Visit the link below and take the quiz:</p> <p>www.nhs.uk/every-mind-matters/mental-wellbeing-tips/</p>	<p>Employee Assistance Programme</p> <p>You can access free information, answers and advice to a range of workplace and personal issues.</p> <p>When life is good it's easy to hold your head up and smile.</p> <p>But occasionally you might experience a time when nothing seems to go your way, that's when things can start to feel like they are getting on top of you.</p> <p>Support and counselling is free of charge to all our staff members.</p>

Ayrshire & Glasgow Christmas Party.

It was the season to be jolly.

We held our Christmas party which was attended by our families from Ayrshire and Glasgow. The event was held in the Take a Bow Opportunity Centre in Kilmarnock which was kindly offered to us free of charge.

We were very lucky to receive a visit from James Hamilton Primary School Primary 7 class who performed some Christmas songs for us and certainly helped to get everyone in the Christmas spirit. We also played some party games and to top off the afternoon we received a visit from the main man himself, all the way from The North Pole.

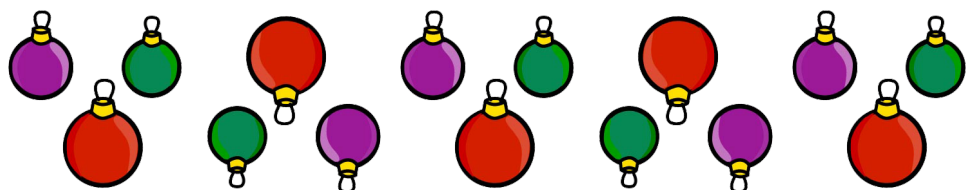
Once again donations from local organisations and individuals helped make the day a success and we would like to extend our thanks to:

Myra Bickerton at Greggs Cumnock for sausage rolls, mince pies and a delicious sponge cake.

Tommy & Gillian McBlain for donating selection boxes.

Sally Loy for donating mince pies and biscuits.





Edinburgh & Lothians – After Christmas Event.



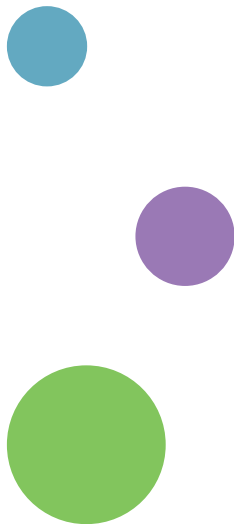
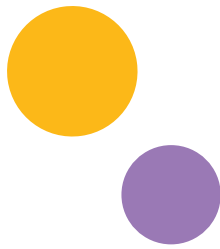
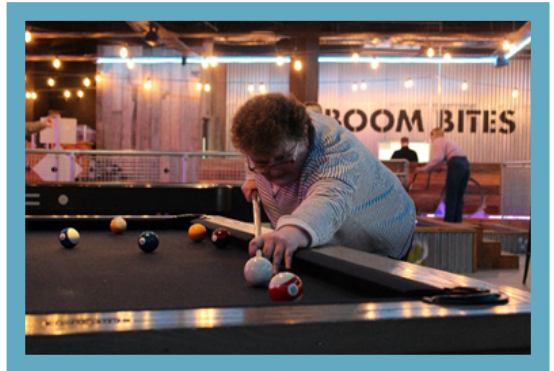
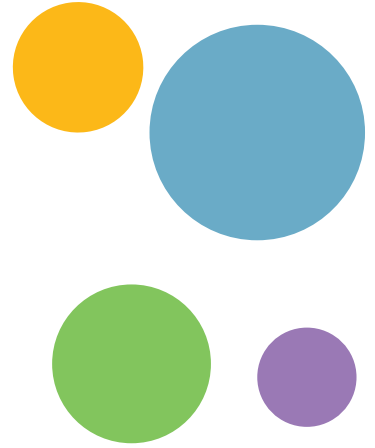
A group of people we support in Edinburgh and Lothians came together to shrug off dull January and enjoy an afternoon get together of gaming. We were delighted when the Team at Boom Battle Bar, a newly opened activity game venue and bar, generously offered to throw a belated Christmas party for us. Game stations were booked for us so our guests could try a range of different activities, in their own time with no pressure. Adjustments were made to lighting and sound to make the environment as welcoming as possible for our gathering.

Our guests enjoyed trying their hands at augmented darts, Crazier golf, pool and Shuffle board.

Our group had an awesome time! Thank you to Boom Battle Bar, highly recommend a visit.

Contact the venue directly if you need their assistance when planning a session there.

Units 3 & 4, Omni Centre, Edinburgh, EH1 3AU
email:edinburgh@boombattlebar.com



New Befriending Match - Ayrshire.

Alistair lives in Ayrshire and has been a member of Equal Futures for sometime. Alistair has been keen to find a befriender with the same interests as him. Stephen recently joined us as a volunteer and was successfully matched with Alistair. After a few meetings they seemed to get on really well and had their first one to one outing last week. They have been discussing things they can do in the future, covering everything from a game of snooker to kayaking.

Everyone at Equal Futures is very excited to see what the future holds for this new befriending match.



Meet our new Volunteer Chris

Hi, my name is Chris McFadden and I'm a new volunteer with Equal Futures.

I am an IT Manager within a central Government organisation based in Glasgow and have worked there for just over 19 years.

I live in the Southside of Glasgow and I'm married with 2 kids, 3 dogs, 2 chinchillas and a rabbit!

I don't have a lot of spare time as I'm also doing an Honours Degree in IT Management for Business, however I do like golf and watching football, movies, and listening to music (when I get time).

I decided to volunteer as I've utilised various support services over the years to help me cope with grief and depression and I felt I was now in a good place to help others who may need it. I'm thoroughly looking forward to working with everyone at Equal Futures.



Alistair's trip to York.

Alistair, from Ayr, celebrated his 50th Birthday in December with his Mother who had booked a weekend coach trip from Glasgow to York.

They stayed 2 nights in a grand house outside York which, interestingly was Government owned. Apart from the hotel the surrounding buildings are used as an emergency Training Centre. Here is Alistair's recap of his break

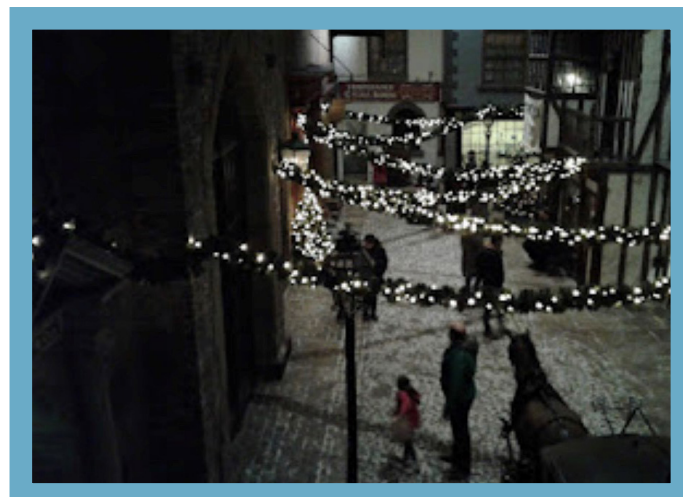
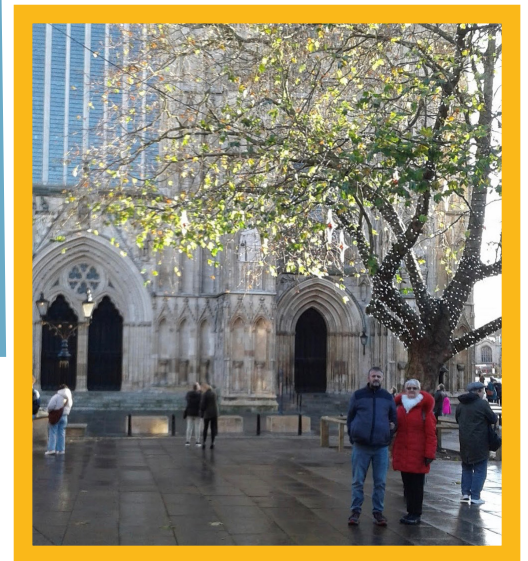
On Saturday, the coach dropped passengers off in York. On arrival, we stopped en route, to buy a bag of hot roasted chestnuts. It had been a long time since we had tasted these. We then walked straight to the Castle Museum. In particular I found the guide at the narrow Victorian Street really interesting and how dark the lighting was in general.

Afterwards we headed on to the Jorvik Viking Centre. The last time I visited here I was still at school. There were a few changes, like a glass floor covering and some excavations (which was a bit disconcerting to walk over). The ride was great seeing how the Vikings lived long ago. Another change, during this ride around the village, was the lack of odours (good and bad) from our last visit. A pity as we remembered this with amusement!

Early afternoon we walked around the crowded narrow streets, at a standstill at times with long queues for every shop, cafe and restaurant. However, we did find a crepe stall and a nearby mulled wine stall where we enjoyed our lunch.

By mid afternoon, the crowds were increasing and it was with some relief we headed back to the coach.

Next morning we headed home stopping for lunch at the Moffat Woollen Mill. I really enjoyed doing 'something different' to celebrate his big birthday.



Cooking Companion.

Here is a lovely picture of Edinburgh and Lothians member Rosemary with her fabulous befriender Jacinta.

The icy weather outside this winter hasn't put this pair off spending some quality time together building their befriending relationship after being matched a few weeks ago.

Although the search for the perfect befriender may have taken longer than we hoped, I am certain the wait was absolutely worth it!

Rosemary and Jacinta have already spent time together planning an exciting list of activities and I can't wait to hear about all the adventures they will have in the coming months!

Good luck to the both of you on your befriending Journey.



Kiltwalk 2023

We are super excited to announce we are taking part in the kiltwalk again this year and we'd love you - our beneficiaries, families, volunteers, trustees and supporters to join us!

The Kiltwalk is an amazing, fun day out and an excellent way to help us raise much needed funds for the magic work we do at Equal Futures. Taking part is easy-peasy and we will support you every step of the way, having a right good laugh together in the process.

Project Co-ordinators can help you to complete the registration form and Equal Futures will pay the registration fee. All we ask is that you tell all your friends and loved ones that you're taking part and ask them to sponsor you!

There's a range of different walks in the Kiltwalk and as a group we sign up to the Wee Wander, which is about 3 miles. It's accessible for wheelchair users and manageable for people who use walking aids.

There's free snacks and water at the start and free hot food at the end. There's also a beer for anyone who wants to stay on and party afterwards! Please join us this year at either the Glasgow or Edinburgh Kiltwalk. We promise you'll have a fantastic time!

Please contact Jane, Shona, Stacey or Donna to express your interest and sign up for the fun in fundraising.

Jane.Mcallister@equalfutures.org.uk

Shona.Fleming@equalfutures.org.uk

Stacey.Burgess@equalfutures.org.uk

Donna.McCallum@equalfutures.org.uk

Below are some pictures from last years kiltwalk!



What's on in your area.

What's on Edinburgh and Lothians January and February 2023?

A visit to The National Museum Scotland is always a really interesting day out for many. A low-cost activity which has lots to discover.

Excitingly running from December 2022 – May 2023 is the Doctor Who worlds of wonder Exhibition, featuring 8 zones filled with immersive, hands-on experiences.

[Doctor Who Worlds of Wonder | National Museum of Scotland \(nms.ac.uk\)](https://www.nms.ac.uk)

Relaxed Viewings.

Join us for Relaxed Viewings of the exhibition on 5 February, 5 March and 2 April (10:00–12:00) and Tuesday 18 April (17:30–19:00).

During these sessions noisy interactives and videos will be turned off and visitor numbers reduced for those who would appreciate a calmer visit to the exhibition.

More information about relaxed viewings can be found via the museum website or contacting them directly.

National Museum of Scotland

Chambers Street, Edinburgh, EH1 1JF

Tel: 0300 123 6789

What's on in Ayrshire



Various locations across East Ayrshire.

East Ayrshire Leisure are offering spaces where local residents can access snacks, hot drinks and fresh fruit. You can pull up a chair, have a chat with the staff or share some family time with our selection of board games, colouring-in and activities. Need to charge mobile phones and devices? No problem with their new charging stations which will be free for anyone to use.

If you're looking for some practical information on how to access help with bills or heating, they can point you in the right direction. East Ayrshire Council's website also has a wealth of advice, support and resources to help with the cost of living crisis.

Ayr Concert Series – The Orchestra of Scottish Opera.

Ayr Concert Series present an evening concert with The Orchestra of Scottish Opera at Ayr Town Hall.

The Orchestra of Scottish Opera

Saturday 25 February 2023 at 7.30pm

Ayr Town Hall, 21-29 New Bridge St, Ayr KA7 1JX

01292288235





Open Now:

‘All Mortal Greatness is but Disease’

The Scottish Maritime Museum is pleased to announce its exhibition All Mortal Greatness is but Disease which opened to the public on Friday 18 November 2022 and will run until Sunday 19th February.

The exhibition considers the history and impact of commercial whaling with a particular focus on Scotland’s participation in the industry. Through artefacts, photographs and artworks, the display unpacks the unsettling story of industrial whaling and its impact on ecosystems alongside the stories of the whalers who took part in the hunts.

Scottish Maritime Museum, Linthouse Building, Harbour Rd, Irvine KA12 8BT

When

Friday 18th November 2022 - Sunday 19th February 2023

Start: 10am

End: 5pm

What's on in Glasgow?

Adult Art Group.

Art Factory is a studio style art session for those age 16yrs+. A relaxed and informal space for adults to get creative and inspired with a range of activities exploring different themes and materials. No previous experience is required and everyone is made very welcome.

They run two Art Factory sessions on a Tuesday afternoon - the first at 12pm - 1.30pm, followed by a second session at 2.30pm - 4pm.

Led by an artist, each week the group will explore artists and their work, themes - exploring different techniques alongside an insight into the period of time and social context.

The new block of sessions will be kick started by Kirsty and Freya from National Galleries of Scotland. Over two weeks of sessions, the group will explore themes around local landscapes and portraiture, through artworks in the National Gallery of Scotland collection, by artists John Quinton Pringle, Alex Frost, the Scottish Colourists and Alison Watt.

No experience needed, all materials will be provided.

For more information please email info@platform-online.co.uk or phone Platform Box Office: 0141 276 9696 (option 1). Please book your space before attending the session.

Additional Dates: 31 January 2023, 07 February 2023, 14 February 2023, 21 February 2023, 28 February 2023, 07 March 2023, 14 March 2023, 21 March 2023, 28 March 2023

The Love of Print

18th Nov 2022 to 12th Mar 2023

As per opening hours

Kelvingrove Art Gallery and Museum

Kelvingrove Art Gallery and Museum Argyle Street, Glasgow
West End G3 8AG

Adult £7.50 / Concession £5 / Under 16s Free

Event organiser/part of Glasgow Museums

Visit the event website here

<https://www.glasgowlife.org.uk>

Since 1972, thousands of artists have made prints at GPS, from Turner Prize winners and nominees to recent graduates and complete beginners.

The exhibition will include significant works created by well-known artists spanning five decades to the present day. Artists include Ciara Phillips, Martin Boyce, Alasdair Gray, John Byrne, Ken Currie, Adrian Wiszniewski, Claire Barclay, Barbara Rae, Alison Watt... the list goes on and on!

It's really a who's who of Scottish art over the past 50 years, with around 225 works from more than 130 artists.

The exhibition will also include a 'Here and Now' section of 50 newly commissioned works by a selection of artists currently working in and using the printmaking facilities at GPS.

What's On In Lanarkshire?

Hollywood Bowl Coatbridge.

If you're looking for bowling in Coatbridge, you've come to the right place. The Hollywood Bowl Glasgow Coatbridge centre has lots of lanes to choose from, and a great range of food and drinks too. Bowling's never been easier!

With an incredible 28 lanes to bowl along, an exclusive VIP area, an American inspired diner, a brilliant bar and a thrilling amusements area; what are you waiting for? Head down to the Coatbridge centre today!

Contact information –

Address - Hollywood Bowl Showcase Leisure Park,
Coatbridge G69 7TZ

Phone – 08448261460

The Health & Wellness Hub Motherwell

Are a social enterprise in Motherwell that offers a range of services in our local community. The income that they generate by running exercise classes and workshops from The Studio allow them to deliver classes, mindfulness, complimentary therapies and befriending support to local individuals and communities in need.

Their classes and workshops are suitable for everyone from complete beginners through to advanced practitioners. Their fantastic team of teachers will ensure that whatever stage you're at, that you will love their classes and leave feeling rejuvenated and revitalised.

Address -Unit 3, 58-60 Albert Street, Motherwell, ML1 1PR

Phone – 01698 262437

Website – www.thehealthandwellnesshub.org.uk

How to contact us

Your first point of contact is the Project Co-ordinator for your area, and you can reach them by email or telephone

as follows:

Jane Mcallister (Edinburgh and Lothians):

Jane.Mcallister@equalfutures.org.uk

0771 334 2311

Donna McCallum (Lanarkshire)

Donna.McCallum@equalfutures.org.uk

0792 139 7615

Stacey Burgess (project co-ordinator for Glasgow)

Stacey.Burgess@equalfutures.org.uk

0759 096 5527

Shona Fleming: Personal Assistant to Managing Director (Ayrshire)

Shona.Fleming@equalfutures.org.uk

07787516597

Please note that all Equal Futures staff are home-based and don't have an office. If you no longer wish to receive In the Loop, please contact Shona Fleming.

Our members are at the heart of everything we do. If you have a good news story or something to celebrate, please let us know we would love to hear it!

Contact your project coordinator to be involved.

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