



Equal Futures

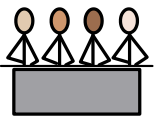
Equal Futures Newsletter - Edition Three May 2021



Update from Jayne

Our Business Plan for 2021-22

Hello everyone, I hope you are keeping well and glad to be coming out of lockdown at long last.



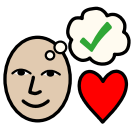
board

I'm delighted to let you know that our Equal Futures business plan was presented to Thera Trust Board on Friday 23 April and was very warmly received.



objectives

The staff team and Trust Board have given us the green light we need to succeed. This means we can get on with our planned objectives over the next 12 months.



interested

If you're interested in hearing more about our business plan and our development ambitions please do get in touch – I'd love to hear from you!

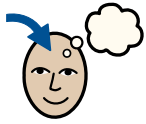


contact

Mobile: 0772 513 4292

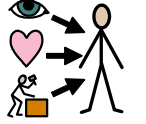
Email: Jayne.Laidlaw@equalfutures.org.uk

Trustees



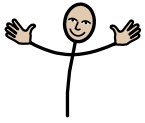
knowledge

I'm so pleased to welcome our two new Trustees, Alex Hewitt and Steven Whalley to the Equal Futures Board. Alex and Steven bring a wealth of knowledge and wisdom from their respective careers and will play a vital role in our Governance.



experience

Their experience and skills will also help us realise our aspirations for stability and growth as we continue to raise our profile and reach more people who would like our support.



welcome

Alex and Steven will join the Board on Monday 10 May and I'm sure you'll join me in giving them a very warm welcome to the Equal Futures family.



fundraising

Fundraising

We are delighted to let you know we have been successful in our bid to the Alliance Self - Management Fund and have been awarded £3,000 to fund scoping in new areas of need in Scotland.



successful

We will most likely scope need in Inverclyde, West Dunbartonshire and the Scottish Borders. Evidence from the scoping exercise will be used to support larger bids later in the year with a view to covering core costs of appointing new staff to support people and families in other local authority areas.



unfortunately

Unfortunately we were unsuccessful in our bid to Edinburgh University's Community Grant for funding to recruit and train volunteers, but our new Project Co-ordinator has already made excellent connections with volunteering agencies in the Edinburgh area and expects to commence volunteer recruitment very soon. Watch this space!



creative

Creative Corner

We know a few of you have artistic talents and are wizards in the kitchen so we have decided to create our very own Equal Futures Creative Corner where recipes, arts and crafts activities and other hints and tips will be shared. Input from all of the Equal Futures Community is very much welcomed!



recipe

Easy lemon drizzle cake

Preparation time: less than 30 mins

Cooking time: 30 mins to 1 hour

Serves: 8–10



Ingredients

- 225g caster sugar
- 4 free-range eggs
- 225g self-raising flour
- 1 unwaxed lemon, zest and juice
- 85g icing sugar
- 225g unsalted butter, softened, plus extra for greasing



ingredients

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease a 900g/2lb loaf tin with a little butter and line with baking paper.
2. Tip the remaining butter and caster sugar into a food processor and blend for a few seconds. Add the eggs one at a time, blending after each addition. Add the flour and lemon zest and blend until smooth.
3. Pour the batter into the lined baking tin, flatten the top with the back of a spoon and bake for 50–55 minutes.
4. Meanwhile, stir together the lemon juice and icing sugar. When the cake has cooled a little, poke holes in the top using a skewer or chopstick. Drizzle over the icing, set aside for a few minutes, and serve.

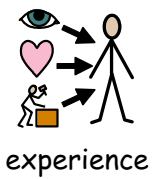


method

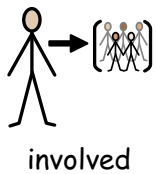
Jane McAllister

Hi, I'm Jane! I am the new Project Coordinator for Edinburgh and Lothians.

I have a background in both hospitality and social care. Having worked for both Autism Initiatives and Scottish Autism I have gained years of experience supporting individuals with ASD and other learning difficulties.



I have personal lived experience of Autism too. My Eldest son was recently diagnosed with ASD and we are currently exploring a diagnosis for my youngest son too. I live with my lovely boys, husband and two cats in East Lothian.



I knew straight away when I saw the post advertised that this was an organisation I just had to be involved with. As a parent to children that have additional support needs, the goal of Equal Futures to support more adults with Autism and Learning difficulties towards social inclusion resonates strongly with me.



We all want the best for our loved ones and as coordinator for Edinburgh and Lothians I will work my very hardest to make that happen.

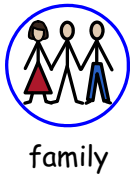
Shona Fleming

Hi, I'm Shona and I have recently started working with Equal Futures as PA to the Managing Director.

I have a background in Office Management in the Scottish Third Sector with many years experience working with Charities and local Development Initiatives.



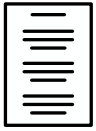
I am delighted to be part of the team at Equal Futures and I am very much looking forward to assisting the team and meeting the families they support.



I live in East Ayrshire with my husband, my two boys and my Golden Retriever puppy Harper (who is actually my favourite in the house as she doesn't answer me back, but that's a secret.... Sssshhh!)



I love the outdoors and travelling and I am always planning my next holiday to sunny climates.



poem

Careen Muir sent this poem for sharing. We hope you love it as much we do!

A Smile



smile

A smile costs nothing but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment but the memory of it sometimes lasts forever.

None is so rich or mighty that he can get along without it and none is so poor that he can be made rich by it. A smile creates happiness in the home, fosters goodwill in business and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen... for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

- Anon

Name the Newsletter



suggestions

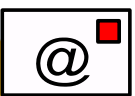
We have recieved a couple of suggestions for the name of our newsletter and we would like to take it to a vote.

The two suggestions are:

- The Dot
- In the Loop

Email your vote to Shone at:

Shona.Fleming@equalfutures.org.uk



email