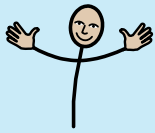




The Blether

January 2022



welcome

Welcome to The Blether!

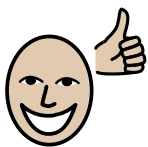
Hello from everyone at Thera (Scotland) and welcome to the fourth edition of the Blether.



fun

A word from Suzanne Abbate, Managing Director

What a year 2021 was! We have been super busy with lots of fun and exciting activities.



enjoy

We hope you enjoy reading all about what everyone has been up to over the past few months, the pictures will most definitely make you smile. It has been great that so many people have been able to get back to enjoying the things they love to do.



christmas

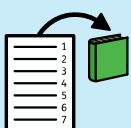
We hope you have all had a fantastic Christmas and that Santa paid everyone a visit. No doubt some of you were able to enjoy great food and see family and friends.



new year

Everyone at Thera (Scotland) would like to wish you all a very Happy New Year and a wonderful 2022.

Also in this edition of The Blether:



contents

- How to book a virtual visit or a phone call with Jordan Allan, Service Quality Director for Thera (Scotland)
- Pictures and stories of what has been keeping us all busy



A word from Jordan Allan - Service Quality Director



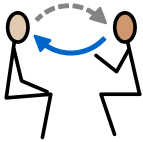
hello

Hello everyone, I hope you are all safe and well. I just wanted to give an update of what I have been doing.



visiting

I have been visiting you all either in person at your house or at another venue in your community and I have been doing regular virtual calls too.



meeting

I also met quite a lot of people at our Being Heard Events in September. If you would like me to come and visit you or to speak to you on the telephone or virtually, please give me a call and we can arrange a visit.



recognition

We will soon be having our staff awards so please do start to think of any staff that have made a difference this year who you wish to nominate.



thank you

Finally, on behalf of Suzanne and myself I would like to thank you all for your hard work and support this past year it is greatly appreciated. I hope you had a very Merry Christmas and wish you all the best for 2022!

- Jordan

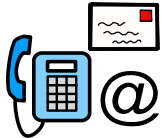


Virtual Visits



zoom

Jordan has been checking in with the people we support virtually using Microsoft Teams. He has been going through a virtual questionnaire and has been using Zoom and the visits have been going really well.

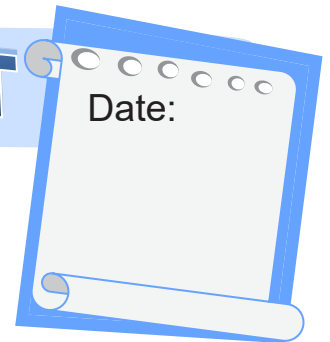


contact

If you would like a virtual visit or a phone call, please contact Jordan Allan, Service Quality Director, on 07718962307 or **Jordan.Allan@thera.co.uk**

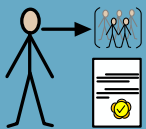


SQD VIRTUAL VISIT

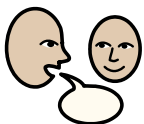


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Spoke to: _____



Company Membership



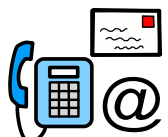
say

We are on the lookout for new company members in Thera (Scotland) where you would have a say in how the company is run and be able to vote at our Annual General Meeting (AGM).



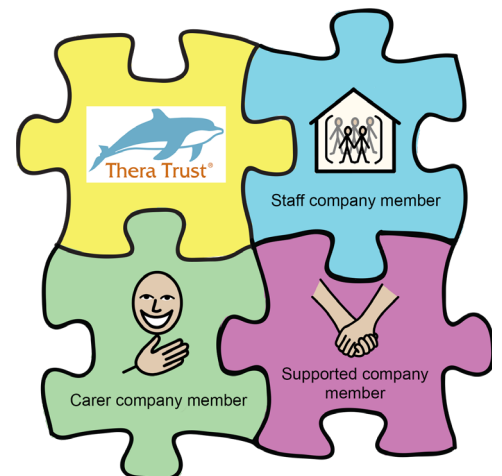
interested

If you are interested or would like to know more about what company membership is please contact



contact

Emma Willis-Butler on 07718961919 or **Emma.Willis-Butler@thera.co.uk**





Having fun and keeping busy



busy

There have been lots of **barbecues, birthdays, outings, events and celebrations** over the last year.

We hope you enjoy all our pictures and stories of what has been keeping us busy . . .



birthdays

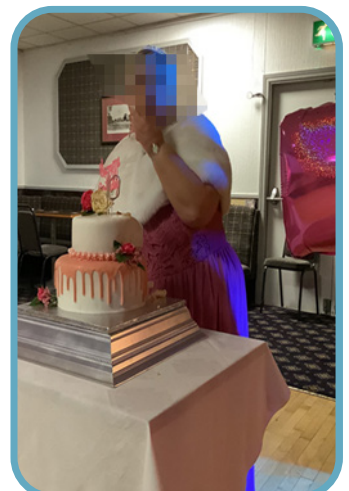
Birthdays

Alec celebrated his 83rd Birthday! Here he is celebrating at home with his friends. We think he looks amazing.



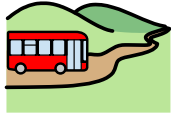
birthdays

Princess for the Day! H had a day of being spoiled and pampered for her 70th Birthday, we think she looks stunning.





Having fun and keeping busy



days out

Days Out



meals out

Alec, who lives in Dalkeith enjoys meals out – here he is looking dapper out for a meal at Slumdog.



afternoon tea

As things got back to normal, Alec also went to Dobbies for afternoon tea which he has been looking forward to for months. He thoroughly enjoyed himself.



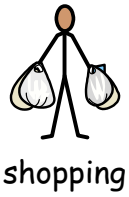
hot chocolate

Alec and Alex, double trouble, enjoying a delicious Hot Chocolate at the Fort Shopping Centre. Great to be out again.





Having fun and keeping busy



Here is Raymond on his first outing on the bus for nearly 18 months, going shopping for new shoes and to get some lunch. It's something he's wanted to do for months but he hasn't had the confidence recently. A member of staff supported him, they talked about it for a few days with him and he was all geared up and ready to go. It's brilliant to see and we are so chuffed he went. Another big step to being more independent.



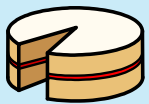
This was a big step back to normality for Raymond, it was such a long time coming and is huge for his mental health and wellbeing.



baking

Baking

Cakes and baking have been really popular during lockdown.



cake

Here is a Unicorn cake made by one of the people we support. The kit was provided by our friends at Gig Buddies.



Alec bashing biscuits for a cheesecake





Having fun and keeping busy



Singing Fun

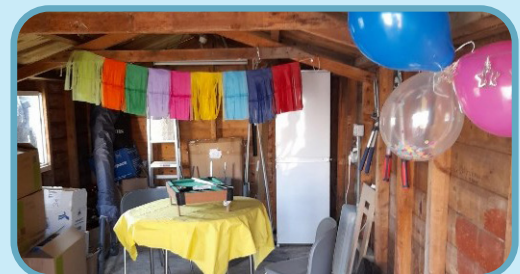
Alec, Alex and George, residents in Dalkeith, sometimes enjoy entertainment organised by Aaron at the day centre. The singer is John Davidson from Stirling. The guys had a great time.



Barbecue Fun

Gemma and Craig's BBQ for all their family and friends - It's been a long time in coming, due to the pandemic, but they were finally able to have the house-warming party they promised themselves when they moved into their forever home in August 2019.

Everyone enjoyed the food, games and beautiful weather.





Having fun and keeping busy



halloween

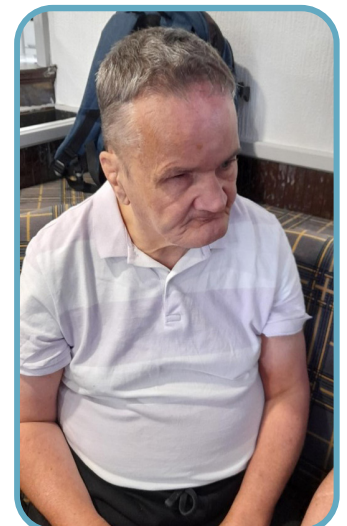
Halloween 2021

Have a look at everyone's fantastic costumes when we got into the spooky spirit for Halloween this year.



Mayfield Tea Dance is back!

The popular Mayfield Tea Dance recently started up again. This well-attended Friday morning event has been very much missed by everyone. Friends get together - there is always music, a sing-a-long as well as a delicious lunch on offer – what's not to like? Be there or be square ...”





Having fun and keeping busy



Fun Day in Rosewell - 14th August 2021

fun day

We had a great time at the Fun Day as you can see from all the pictures.



We collected donations at our Funday and put together this hamper for the local cat rescue centre.



We bought over 100 meals for kittens, cat litter, toys and treats.



Our achievements



sensory

Sensory Room

Here is H doing the official ribbon cutting in the sensory room in Midlothian. We had to jump through so many hoops with cashless payments, card payment limits and lockdown but the team are delighted it finally all came together.



teamwork

It was definitely a joint effort and worth every stressful second when you see just how much the people we support love using the space for so many different things... the team were amazing!!



success



well done

Well done Donna!

We are all so proud of Donna. Here she is with her certificates and medals from “race at your pace” an online fitness incentive to set goals no matter what your sport or ability.

She set herself a goal of 15 miles for the month and she and Anna (her support worker) smashed it.

We think everyone should join!





Our achievements



climb

All the way to the top!

Gabi, Community Support Leader in the Highlands, hiked to the top of Ben Wyvis (A local Mountain, 3432 feet high) on 2 October. She and her group took a Thera (Scotland) banner to the top to help raise awareness of the work we do.



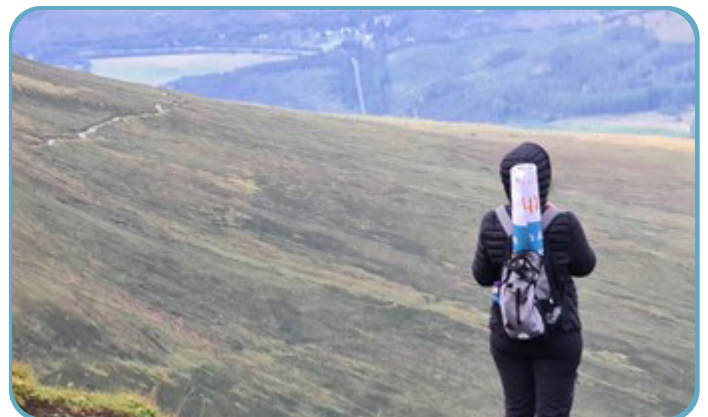
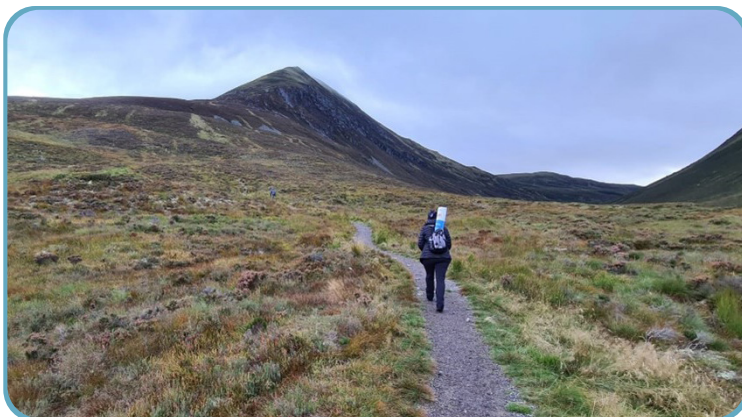
mountain

Ben Wyvis is a vast and sprawling mountain whose isolated position makes it the dominating feature of a wide area of the Highlands.

The climb to the top is a reasonably straightforward ascent in good summer conditions by Munro standards and there are very extensive views from the summit. The altitude is 1046m above sea level and the distance covered is 14km. It took them around 5 hours to complete. Well done!



well done





Our achievements

Power 100 List 2021



proud

We are very proud to announce that our Service Quality Director, Jordan Allan, has been shortlisted for the Power 100 List 2021! Here are a few words from an interview with him about the nomination.



interview

Jordan, how did it feel to be nominated and shortlisted on this year's power list?

It was a huge honour for me to just be nominated to be on this year's Power 100 List. Last year I loved looking at the people on the list and saw a lot of inspirational people. When I found out I had made it onto the list, I was extremely proud of myself for what I have achieved and it is a real honour and privilege to be shortlisted for the Disability Power 100 2021.



honour

What is next for you following your shortlist, Jordan?



help

I want to use this shortlist to help other people with a learning disability to lead meaningful lives with support like I have had. Whether that is supporting them to have a job, a house, relationships. Whatever their dreams and aspirations are, I want to be able to help others with a learning disability achieve their dreams and show them that they can do so. This shortlist has given a lot of confidence in knowing I can support the people we support in Thera (Scotland) to achieve their dreams like I have been able to do.



support

What advice would both of you give to people with a learning disability following your success?



believe



achieve

Believe in yourself. You should never settle for something small; you **can** achieve your dreams and be leaders in society like everyone else. A children's psychologist once told me that I wouldn't be able to cope in school or in the wider world and I can now proudly say I have proved them wrong.



Our achievements

Interviews and application forms

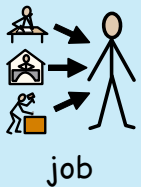
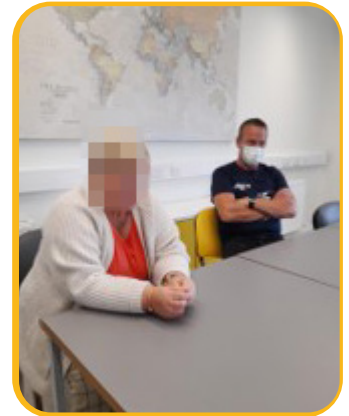
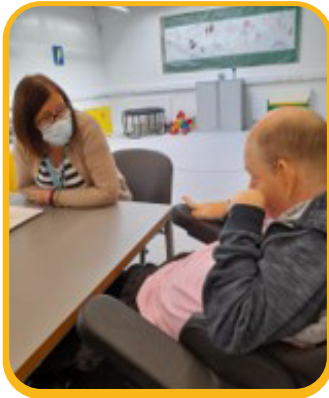


Malcolm completed his application form to volunteer in the Sensory Garden at the local Hub.

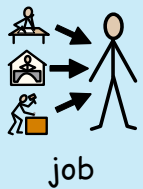
H filled in her application to volunteer at the local lunch club.



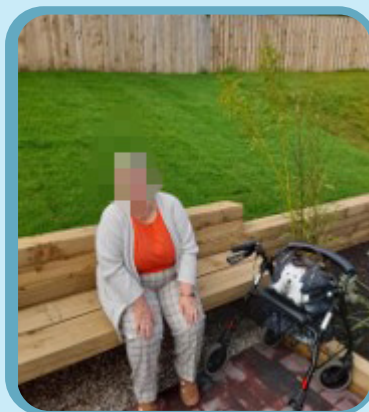
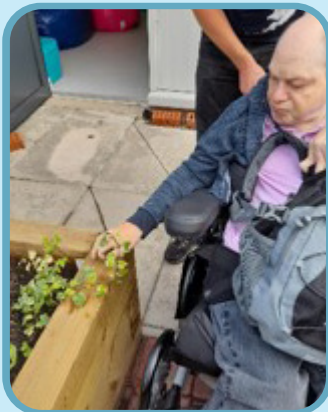
Job offer!!



Malcolm received a volunteer job offer to work in the community sensory garden and plant all over his village, Malcolm also delivered the Christmas newsletter to his neighbours.



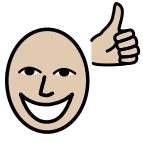
H received a volunteer job offer to help set up the lunch club, meet and greet those attending and help with the cleaning up afterwards. If all goes well H will become the host for other events held at the Hub.





A message from Diane Carson –

Operations Manager; Midlothian, Edinburgh and Falkirk



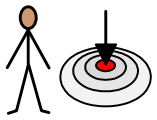
enjoyed

I hope everyone enjoyed the festive period and was able to spend Christmas with family and friends.



safe

Last year was a very difficult but also a positive year given the ever changing restrictions that we all have had to follow. I am delighted to say that all of the people we support and our dedicated staff team have remained safe and well. Our teams have worked hard keeping people supported safe and secure throughout this Pandemic - they have worked using a person centred approach to meet everyone's individual needs.



person-centred



changes

As a care provider, we have adapted accordingly to make all the necessary changes required during Covid-19 restrictions so that the people in our care continue to receive the best support.



activities

The people we support have enjoyed many different activities which are shown in this edition of The Blether and I do hope you have enjoyed reading about them. All activities have been held either face to face or online and everyone enjoyed taking part.



party

I am very pleased to inform you all that Midlothian Connecting Socially returned on 3 December and we celebrated with a Christmas party. So many people have missed this much loved monthly event.



new year

I do hope you all had a very Happy Christmas and would like to wish everyone a Guid New Year.

- Diane



A message from Scott Harkness – Operations Manager; Highlands



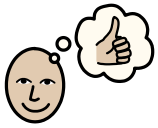
new year

It is hard to believe that we are at the start of another year, time goes by so quickly (perhaps an age thing!).



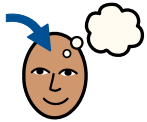
changes

On reflection of the past year in the Highlands, we have had our normal trials and tribulations mostly due to the pandemic and changes that have been required to ensure we keep everyone safe.



positive

However, overall, it was a positive year for the team in the Highlands. We have welcomed many new people into our teams with lots of their experiences to share.



learning

Members of our team has attained their SVQ qualifications with more staff currently embarking on this learning journey. Some members of staff have developed within their teams in to newly promoted positions and those whom have been with us for a while continue to offer great support. We have had a positive care inspection conducted where our grades have significantly increased and in turn received really positive feedback.



inspection

We have had a successful Being Heard event, staff awards and most importantly a pay increase for all the hard working, dedicated support workers. Further to this and perhaps most significantly, the people we support continue to receive great care and support, in a person centred outcome focused manner.



hard work



thank you

That just leaves me to say a big thank you to all the teams and staff for your continued hard work and dedication, you are what makes this difference.

- Scott



Get involved with Thera (Scotland)



fundraising

There are lots of ways you can be more involved with Thera (Scotland), including setting yourself a challenge and asking family friends to sponsor you. If you are interested in getting involved, please visit our fundraising page to keep up to date with what is coming up.

www.thera.co.uk/get-involved/fundraising/



team

Thera Trust have a new fundraising team who would love to hear from you. If you have any ideas you would like to discuss around fun fundraising please contact Alice Fletcher:

Alice.Fletcher@thera.co.uk

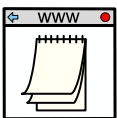


donate

You can also donate to Thera Trust by choosing Thera as your chosen charity on AmazonSmile.

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features.

The only difference is every time you shop on AmazonSmile, Amazon donates on your behalf, at no extra cost to you!



website

To find out more information visit:

www.thera.co.uk/news/amazonsmile/

smile.amazon.co.uk



See you next time



enjoyed

We hope you have enjoyed reading about what has been Happening in Thera (Scotland) recently.

We would love to share our next edition of The Blether with you.



email

Why not sent us your email address and we can send a copy straight to your inbox. Just email Liz at **Liz.Rankin@thera.co.uk** and she will add you to our newsletter mailing list



contact

How to contact us

If you would like to find out more about Thera (Scotland) or have a story you would like to tell, please get in touch:

- Email **tsoffice@thera.co.uk**
- Visit **www.therascotland.co.uk**
- Or call **0300 303 1286**