

contribute



autumn



summer



star



thank

As always, the success of **In the Loop** depends on your contributions. Please submit your stories, poems, recipes, craft ideas, and photos. This will keep the newsletter exciting for you. We love to hear what you have been up to and cannot wait to share it with our readers.

Have a wonderful Autumn.

Jayne

Ayrshire Summer Event

Last month we held a Barbeque at Troon beach. Everyone had a lovely afternoon with some friendly company, sunny weather, and delicious food. A huge thank you to Stevie Furey for his wonderful culinary skills - the burgers and hot dogs went down a treat.

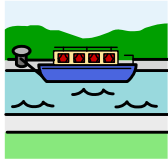
The star of the show was Bramble, the Border Terrier who may have had a sausage or two from the BBQ.



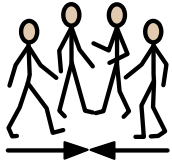
Thank you to everyone who managed to come along.

We would also like to thank **Scotmid Co-operative**. They donated £50 of vouchers for the event. We used these to purchase food and drinks for the day. Small donations from organisations go a long way to helping our fantastic work in the community.





canal



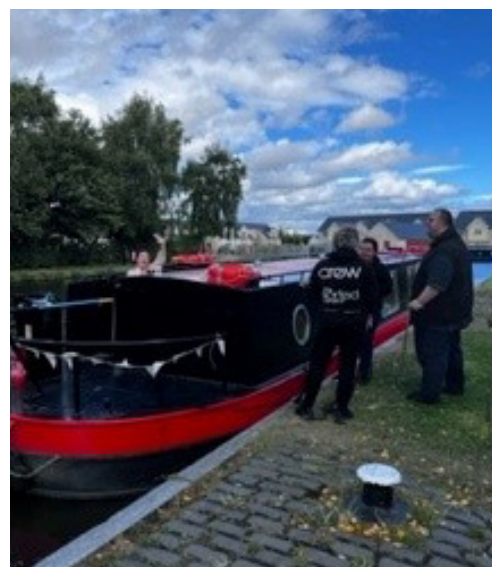
catch up

Edinburgh & Lothians - Ratho Canal Day

Some of our members enjoyed a beautiful afternoon on the Union Canal last month. Equal Futures teamed up with The Sorted Project, a recovery charity based in Edinburgh. We made use of their canal boat the Panasea.

Our members, staff, and volunteers had the opportunity to catch up in person and meet new people. We had a nice time tucking into our packed lunches while meandering along the peaceful canal.

Thank you everyone who came!



Members' stories

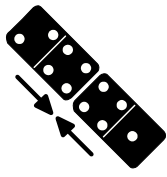


birthday

Liam's 40th birthday

Happy 40th Birthday Liam!

We hope you had a wonderful day and wish you all the best!



match

Ayrshire – New Befriender Match

Fiona Dawson from Ayrshire has a successful befriender match! Fiona met with her new befriender, Jennifer, a few weeks ago. They went to The Chatterbox Café in Ayr, and they were friends in no time at all.



fun

They already called each other several times. They met last weekend for another coffee - we are sure they did not cause too much trouble with their fun.

Everyone at Equal Futures cannot wait to hear more about their days out.



Our new volunteers



volunteer

Volunteer Befriender – Niamh

I am Niamh. I am 24 and I moved to Glasgow at the start of the year. I completed a four-year degree in English, and I have a couple years of experience working in administrative roles for the health and social care sector.



After completing an English degree, I decided that I would like to pursue a career where I am able to help and support individuals. This is something I find extremely rewarding. A career that piques my interests me is in speech and language therapy. I think this is a career that I would enjoy as it incorporates the communication aspect of my degree and the caring aspect that I enjoy. Volunteering with Equal Futures has given me the opportunity to gain practical experience in supporting an individual with additional support needs which will ultimately, benefit my future. I have thoroughly enjoyed my time with Equal Futures so far as it has been a very positive and worthwhile experience.



volunteer

Volunteer Befriender – Carrie

My name is Carrie. I am 25 and live in Airdrie, North Lanarkshire. I am a Psychology graduate. I enjoy films, music, playing bass guitar, and going to gigs. I started volunteering for Equal Futures as a Befriender in 2022. I was looking for a volunteering role that I would find meaningful and personally rewarding, and that would benefit individuals, families, and the community. I



have multiple chronic illnesses and invisible disabilities. This means I understand first-hand the impact of social isolation and the importance of a good quality of life. I wanted to make a positive difference to the lives of individuals with disabilities. I have a keen interest in ASD and learning disabilities, so when I discovered Equal Futures, I knew it was the perfect opportunity for me. My experience with Equal Futures has been amazing. The staff are friendly and supportive. They have delivered high quality training and ongoing skills development. I have really enjoyed meeting new people and have been made to feel like a valued member of a team. I am excited and looking forward to continuing volunteering at Equal Futures and making a positive difference to people's lives.

Pet of the newsletter

Meet Muffin!

Muffin lives with Nicole Slater in Irvine. Muffin is 15 years old. Nicole has had her since the day she was born on her living room floor – Muffin's mum, Mollie, was their cat!

Muffin is always by Nicole's side, even sleeping in her bed with her at night. Muffin is a therapy cat who helps Nicole stay calm.

Muffin loves attention. She will paw you to keep clapping for her!

If anyone would like to share their pets in the next edition, please send some photos and information to:

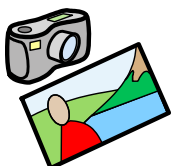
info@equalfutures.org.uk



pet



therapy



photo

Hobby section



share

With summer 2022 waving us goodbye, it is time to look ahead to the joys of autumn. This section is for us to share some favourite recipes, crafts, and activities. We hope you will enjoy them while staying cosy during the longer nights.

Please send us photos of your creations! We would love to include them in the next issue.



send

If you have a winter warmer recipe, a festive craft, or a jolly activity – we would love to have it in our winter edition. Please send them to info@equalfutures.org.uk.



recipe

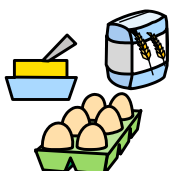
Treacle scones

This recipe by John Hannavy first appeared in Scotland magazine, www.scotlandmag.com/scottish-treacle-scones - published with permission.

Cooking time: 10 to 12 minutes

Ingredients:

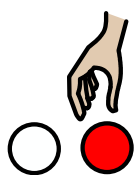
- 200g (7oz) self-raising flour – plus a bit extra for coating your work surface, hands, and rolling pin.
- 25g (1oz) caster sugar
- pinch of salt
- 50g butter (2oz) at room temperature
- 1/2 tsp ground cinnamon
- 1/2 tsp mixed spice
- 1/2 tsp baking powder
- 60g (2oz) black treacle
- 125ml (4oz) milk



ingredients

Optional ingredients for serving:

- extra butter
- clotted cream
- jam
- extra black treacle



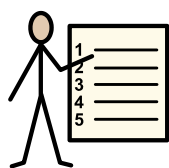
optional



equipment

Equipment you will need:

- oven
- large mixing bowl
- measuring jug
- rolling pin
- circle-shaped cutter or a round glass you can use to cut dough
- baking tray
- wire rack



instructions

Instructions:

1. Pre-heat your oven to gas mark 6 or 200°C.
2. Sift the flour, sugar, and salt into a bowl.
3. Add the butter to the bowl.
4. Using your fingers, rub the butter into the mix lightly until it is evenly distributed. The mixture should look like fine breadcrumbs.
5. Stir in the cinnamon, mixed spice, and baking powder.
6. Mix the black treacle and milk together in a measuring jug.
7. Pour the milk and treacle mixture into the dry mix a small bit at a time and stir through. Keep adding mixture until you have a soft dough – it should not be wet and sticky.
8. Leave the dough to rest for a few minutes, until it has absorbed most, if not all, of the liquid.
9. Spread a thin layer of flour onto your work surface while you wait.
10. Tip your well-rested dough onto the work surface.
11. Put a thin coating of flour on your hands and rolling pin.
12. Roll out the dough until it is between 2 and 3cm thick.
13. Use a circular cutter or a glass to cut the dough into circles. When you have run out of dough to cut, gather it up and roll it out again. You can then cut this newly rolled dough. Continue until you have no dough left.

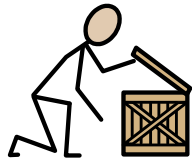
14. Place the circles of dough on a baking tray.
15. Bake in the pre-heated oven for 10 to 12 minutes - or until the scones rise and are dark golden brown.
16. Transfer your treats to a wire rack



suggestions

Serving suggestions:

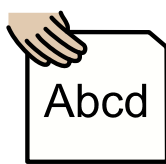
- eat the scones whole once they have cooled
- cut the scones in half and spread a little butter on while the scones are still slightly warm
- let your scones cool completely, cut them in half and put some thick clotted cream and jam on each half – add some black treacle for an extra treat



Halloween word search

search

U	W	U	I	A	O	C	P	R	K	H	U	H	L	E
Z	G	I	U	O	O	U	E	D	A	C	C	A	A	E
F	U	F	T	B	S	B	S	U	Q	U	K	L	N	I
A	G	H	W	C	O	E	N	A	Z	Y	T	L	T	U
E	C	E	Z	T	H	T	L	K	P	A	Y	O	E	K
Y	B	P	C	Y	E	T	R	D	B	T	K	W	R	C
S	I	O	X	D	T	D	A	C	N	H	Q	E	N	I
O	N	N	I	F	F	O	C	C	D	A	Z	E	M	R
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T	U	J	C	E	F	F	W	K	G	U	Y	T	Q	N
I	A	W	T	X	E	T	Y	C	R	S	T	S	Z	J
S	C	Q	V	X	F	F	Y	K	N	A	C	R	P	E



words

Halloween
Cobwebs
Coffin
Candles
Cauldron

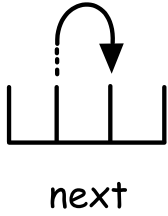
October
Treat
Witch
Lantern
Haunted

Ghost
Cat
Trick
Bat

Equal Futures social events

Glasgow and Lanarkshire

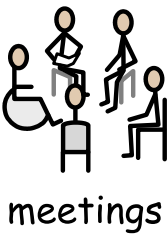
Our next event will be in October. The details will be announced soon – keep a look out for them.



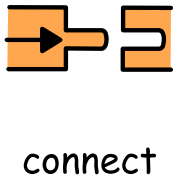
Edinburgh and Lothians

Our regular drop-in, meet-up sessions have begun in the Lothians.

Our first session was planned for Mid-September. Our project coordinator, Jane, invited members to chat, try their hand at tabletop pool, play some games, and enjoy a treat from the café.



These sessions are a chance for you to connect with some of our Equal Futures family. They also help spread the word about who we are directly within the communities, where the people we support live. We hope this will interest people to become volunteers.



The September drop-in was at Penicuik Storehouse. Jane will be looking for other venues all over the Lothians to hold these drop-ins. If you have any ideas for a drop-in venue, please email Jane at: Jane.Mcallister@equalfutures.org.uk



What's on in your area

Ayrshire



illustrations

Quentin Blake: Illustrating Verse

Dates: Saturday 10 September 2022 to Wednesday 11 January 2023

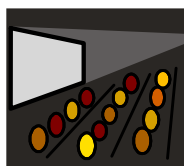
Venue: The Dick Institute in Kilmarnock

Cost: Free

The first ever exhibition dedicated to Quentin Blake's illustrations for poetry is on tour across the UK.

This exhibition features previously unseen work from Blake's archive – such as surreal illustrations for Sylvia Plath's 'The Bed Book' and mischievous cats for T.S. Elliot's 'The Song of the Jellicles'.

You will also see his artwork for popular nursery rhymes like 'The Owl and the Pussycat' and classic books like 'Alice in Wonderland'.



movie

Monster movie season at the Scottish Maritime Museum

Dates: Various (see information below)

Venue: Scottish Maritime Museum, Irvine Linthouse Building Harbour Road Irvine KA12 8BT

Cost: Various costs. Adult tickets are £8.50 and Concession tickets are £6. 3 Child tickets (for children under 16 years old) can be purchased for free with every adult or concession ticket – after that, they are £4 per child. Children under 3 years old can attend for free.

The Scottish Maritime Museum are running their first ever movie season. You can enjoy sea monster movies in the atmospheric Victorian Linthouse!

- 11 September: Splash (1983)
- 25 September: The Shape of Water (2018)
- 9 October: Luca (2021)
- 30 October: 20,000 Leagues under the Sea (1954)



music

The Cumnock Tryst

Dates: Thursday 29 September to Sunday 2 October

Venue: Across Cumnock

Cost: Free

For four packed days and nights, The Cumnock Tryst is a meeting place for music-lovers. The event brings together Scottish traditional music with gospel, jazz, classical and more in the heart of East Ayrshire.

Edinburgh

Edinburgh Car Boot Sale Market



boot sale

Dates: From 7:30am, every Saturday and Sunday from now to Sunday 30 October

Venue: 02 Academy Edinburgh, 10 New Market Rd, Edinburgh West, EH14 1RJ

Cost: Free to attend as a buyer, various costs to purchase items. £14 to bring a car to sell items from, £22 to sell from a van.

If you're a bargain hunter, Edinburgh's longest running car boot sale still in operation might be the place for you.

For more information, visit www.edinburghcarbootsale.com



Adults Open Circus Training

Dates: 7pm to 9pm, every Thursday between Thursday 1 September 2022 and Thursday 30 March 2023

Venue: The Wee Hub (First Floor), Ocean Terminal, Ocean Drive, Leith, EH6 6JJ

Cost: Free

Think Circus welcomes everyone – including beginners – to learn a range of circus skills, especially hula hooping. They believe that hula hooping is “one of the best ways to awake your inner playful, creative child, learning a new skill, making new connections and bringing you into your physical self”

For more information, email hi@thinkcircus.co.uk or visit www.thinkcircus.co.uk

Glasgow

Good Move Glasgow Health Walks



Dates: Now until Saturday 31 December

Venue: Across Glasgow

Cost: Free

Come along and enjoy the fresh air, meet new people, and take in the sights of Glasgow's parks and gardens. Glasgow Life is offering one hour, easy, and sociable walks. Walk leaders will help you get the most of your walks, though you are encouraged to bring a buddy.

For more information, contact Glasgow Life:

Phone: 0141 287 3831

Alternative phone number: 07827305361

Email walking@glasgowlife.org.uk

Website: www.glasgowlife.org.uk/communities/good-move/walking



parade

Barrhead Halloween Parade

Dates: Saturday 29 October

Venue: Across Barrhead

Cost: Free to attend, costs for various rides and food

The Big Barrhead Hallowe'en Parade will have funfair rides, spooky cinema, street performers, live entertainment and much more throughout the day - all leading up to a fancy-dress parade across town. Prizes will be given to the best individual and group costumes.

There will also be fireworks at the end of the night – please note, these will not be silent fireworks.

Find out more at

www.facebook.com/events/3149951688648512



craft

Merchant Square Craft and Design Fair

Dates: Every Saturday and Sunday

Venue: Merchant Square in the Glasgow City Centre: G1 5HD

Cost: Free to attend, various prices to purchase items

This fair showcases the work of some of Glasgow's best crafters. You might see handmade jewellery, candles, cards, original artwork, and photography. All exhibitors hand-make their products in Glasgow.



adventure

GlasGLOW

Dates: 26 October to 13 November

Venue: Glasgow Botanic Gardens

Cost: Various prices – see website for details

Explore Glasgow's Botanic Gardens, with an epic 60-minute, dinosaur themed outdoor adventure. You can also enjoy Marshmallow Land, a gourmet street food village. Plus, there is the spectacular GLOW bar

Find out more at www.itison.com/glasglow

Lanarkshire

Get Walking Lanarkshire

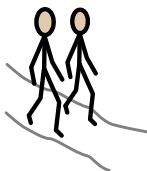
Dates: Now until Saturday 31 December

Venue: Across North and South Lanarkshire

Cost: Free

Come enjoy some short and gentle walks that last no longer than one hour. Everybody is welcome to join. The walks are particularly suitable for people who are not very active, people with a health condition, recovering from illness or injury, and people who cannot walk any distance or at speed.

www.whatsonlanarkshire.co.uk/listings/get-walking-lanarkshire



walk



festival

Pumpkin Festival at M&D's Theme Park Motherwell

Dates: Selected dates and times from Saturday 8 October to Sunday 30 October.

Dedicated performances for people with additional support needs at 11am Sunday 23 October and 5pm Thursday 27 October.

Venue: M&Ds Scotlands Theme Park

Cost: £8.50 including hot drink or £10.95 including a pumpkin. Free for children under 2 years old – must book tickets online

This festival includes several Halloween themed events for families. Enjoy theatrical story time every 30 minutes, the 'Bash a Pumpkin' game, the Pumpkin Trail, and the Pumpkin Patch where everyone can choose their own pumpkin. There is also a train ride and Halloween arts and crafts.

For further details and to book tickets, visit www.whatsonlanarkshire.co.uk/event/064872-pumpkin-festival-at-m&d's



market

Chatelherault Country Park Market

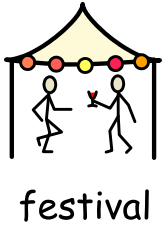
Dates: 10am to 4pm, every Sunday from now until Sunday 18 December

Venue: Chatelherault Country Park

Cost: Free to attend, various costs to purchase items

This market has many things to browse. Including fresh local produce, sweet treats, unique gins, upcycled furniture, ceramics, and much more.

To find out more, visit www.whatsonlanarkshire.co.uk/event/102342-chatelherault-market/



Biggar Little Festival

Dates: Thursday October 13 to Sunday October 23

Venue: Various locations across Biggar

Cost: Various prices for different events in the festival

The Biggar Little Festival has over 70 events, including 8 exhibitions, several workshops, and an Open Studios Trail stretching from Douglas and Lanark to Stobo,

Discover fabulous both in the town and in beautiful locations around the region.

For more information and to purchase tickets, visit:
www.biggarlittlefestival.com