



The Blether

October 2022

Welcome to The Blether!

Hello from everyone at Thera (Scotland) and welcome to the second edition of the Blether in 2022.

Welcome to our Summer 2022 Blether, we really hope you enjoy catching up on all things Thera (Scotland). We have been busy making up for the last two years. Every aspect of Thera (Scotland) is amazing, but it is our people that make it extra special.



welcome



summer



We have some exciting news about supporting more people. We have been busy looking at new areas we could start working in and have been successful in North Lanarkshire and West Lothian.

Referrals have come in to begin supporting 3 amazing people in the North Lanarkshire area. We also have 2 new people in Edinburgh and 1 in Midlothian. We are delighted that even more people can become part of the Thera (Scotland) family.



family



months

Some of the things Thera (Scotland) has been up to over the last few months:



Thera (Scotland) Annual General Meeting (AGM)



thank you

The Thera (Scotland) AGM was held in Edinburgh at the end of March. We had a good number of people we support attending as Company Members. Thank you to our Company Members for helping us to run Thera (Scotland) you do a great job!



beer

Here is Alex enjoying a well-earned pint with Jordan after the meeting:



contact

We are always looking for new Company Members – staff, family members and people we support can all apply. Please contact Jordan for further information

Email: Jordan.Allan@thera.co.uk

Phone: 07718 962307



Picnic in the Park



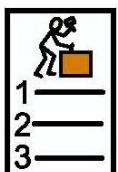
picnic

We held a picnic in Bellfield Park, Inverness for the people we support and staff in June this year.



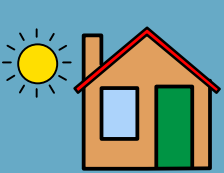
dance

As well as delicious sandwiches and cakes, there was a fantastic dance display by CSL Viv's daughter. We were also joined by volunteers and their bikes from "Spokes for Folks" and a laughing yoga session which had everyone giggling.



planning

We are planning a similar event for the people we support and staff in Midlothian.

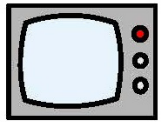


Dawn's birthday and new summer house



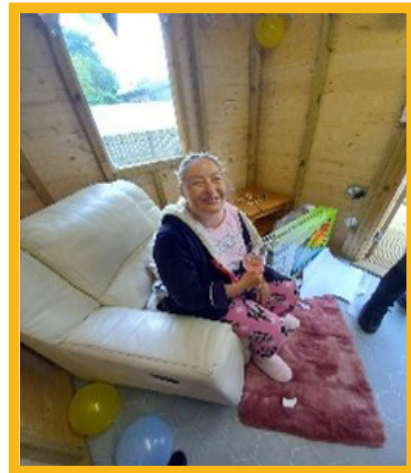
birthday

Dawn celebrated her birthday in style with a new summer house in the garden of her house in Inverness. There was an official opening with Jordan cutting the ribbon and everyone enjoying some birthday cake.

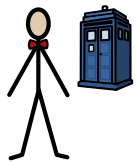


television

The Summerhouse has a comfy chair for Dawn to chillax in, plus a new wide screen TV which was one of her birthday presents.



George's Tardis at home



Doctor Who

George is a huge Doctor Who fan and has a lot of memorabilia from the TV shows - He loves to dress up as the Doctor and has also been to a Doctor Who convention which he really enjoyed.

Currently George has been transforming the shed at Brewlands Dell into The Tardis. I wonder where in the Universe his travels will take him...



universe

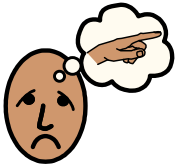


Pat Gunn's Retirement



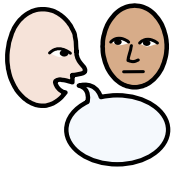
One of Thera (Scotland)'s longer serving staff members retired in May this year.

retire



miss

Pat worked in Dalkeith at the same house for over 20 years, and worked with all five of the original residents. Pat always said she would stay for as long as the individuals were still there. Sadly Alec, the last of the five, passed away in March this year.



stay in contact

Pat always put the people we support first and has been a mentor to all staff over the years - she will be missed by all but has promised to keep in touch and still pop in to see everyone.





Doreen and Jimmy birthday celebrations



party

Two of the people we support celebrated their 60th birthdays recently with fabulous parties organised by their support staff.



disco

Jimmy's party was on the 22nd April and it was held at his local pub, his first birthday party ever and first time in a kilt. He had a custom cake, balloons and a banner showing pictures of him when he was 4,5 & 6 and then pictures of him today. Lots of people attended and enjoyed the disco/karaoke.



karaoke

There were lots of comments on how happy Jimmy was as he will vote with his feet and leave if there's something he doesn't like - it's too noisy or he can't get comfortable but he was so relaxed the whole party.

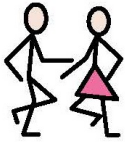
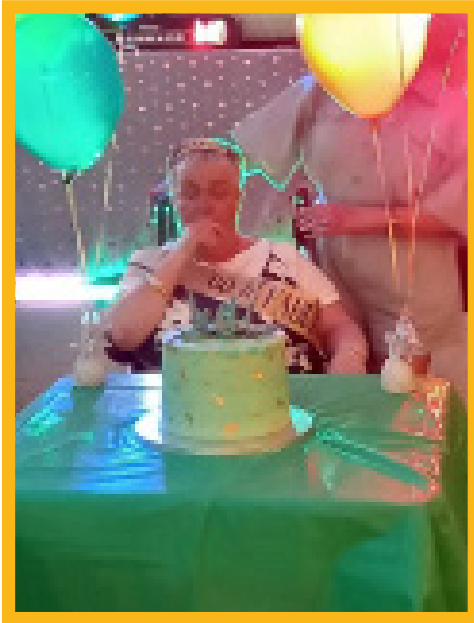


celebration

Doreen celebrated her 60th at The Dean Tavern in Newton Grange with a party themed in green and gold – her favourite colours even the cake was green!



cake

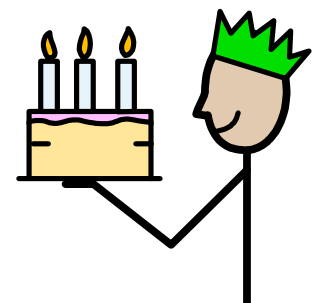


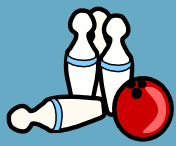
dance



DJ

The DJ played many of Doreen's favourite songs with Abba and Daniel O'Donnell being the most requested.





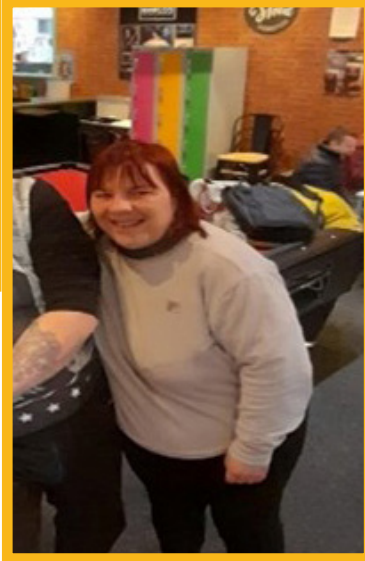
Bowling at the Corn Exchange

The Monday Club gang



bowling

On Monday mornings, people we support can choose to meet up together at the Horizon Café in Dalkeith and go out on a day activity together. We have been to the beach, Musselburgh, but the one that has most people attending is the bowling - a real favourite!



bus

Some people come with support - staff are happy to tweak their shift times so everyone can travel together - others come alone so they don't miss out. We go to the World of Bowling at the Corn Exchange, Edinburgh. This means a minimum of two buses there and back and the group travels together with no complaints.

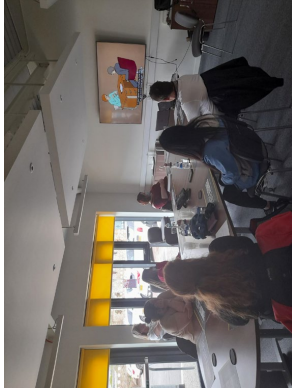
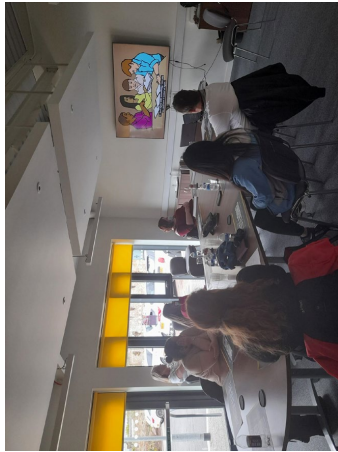


McDonalds

After the bowling, the group has lunch together at McDonald's (another favourite) before travelling home. The bowling days are now going to be fortnightly.



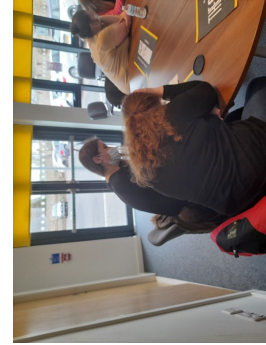
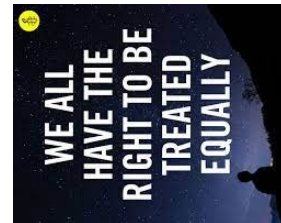
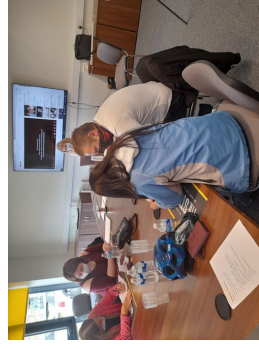
Scottish Learning Disability Week 1 to 8 of May



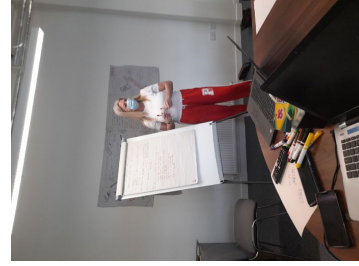
SLD week- One of the ways we thought of ensuring people supported have their human rights taken into consideration was to inform the staff. This is the WHR staff team using some of their team meeting time to watch a video presentation about Human rights https://www.youtube.com/watch?v=zK_CgVeFCSM followed by some small group work and then a full team discussion.

The small groups looked at

1. When can my human rights be impeded – this was for staff to understand that there are other acts & legislation that work alongside the Human rights act, e.g. Adults with incapacity act
2. Examples of how the people we work with are supported with their human rights
3. Examples of how people we work with team/service may affect my human rights



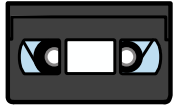
Your Right to Say NO!





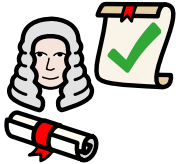
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rights

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**WE ALL
HAVE THE
RIGHT TO BE
TREATED
EQUALLY**





The Watermill, Inverness



cycling



all abilities



safe

Jordan and Silvia enjoyed a trip to the cycling track at the Watermill in Inverness, where a person we support visits every week. This is an amazing community resource enjoyed by many in the area, opened on the 23rd May 2013 by Paralympian hand-cyclist Karen Darke. The Watermill is the first all-abilities cycle track in Scotland.

The Centre is run by The Watermill Foundation Ltd (a Scottish registered charity SC042811) with one very simple aim: to give everyone a safe and enjoyable place to come and cycle, regardless of ability.



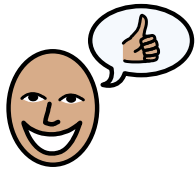


West coast 500 - Race at your Pace



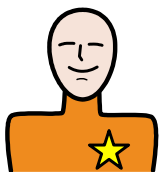
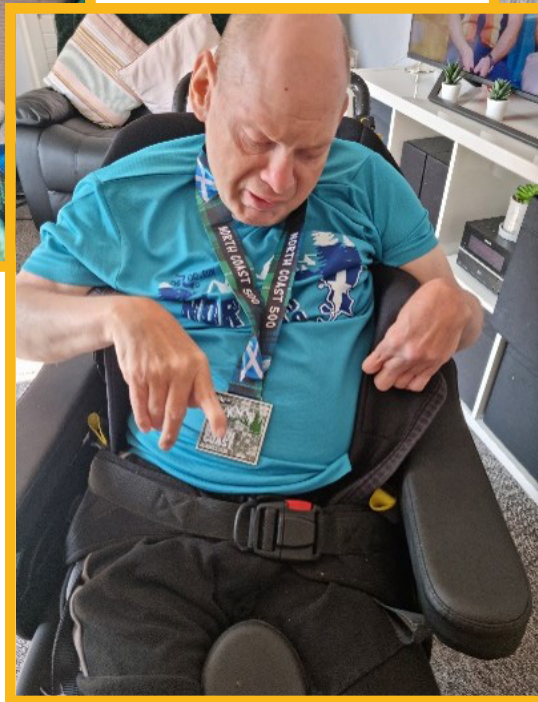
race

Malcolm recently completed the West Coast 500 with “Race at your Pace”. Malcolm was supported by Wayne over several months to walk the equivalent 516 miles in and around his local community pathways and parks. He tracked his progress on a huge map and received virtual post cards from all the towns they would have walked through if they were doing the actual NC 500.



well done

A massive well done to both of you! looking forward to hearing all about the next challenge.



proud

Also taking part in Race at your pace is Alister. Ali is really proud and pleased with his medal and Race at your Pace Tee Shirt.

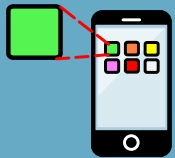


mile

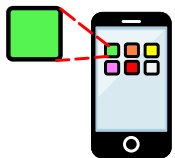


miles

He smashed 71 miles in July! Well done Ali, we are all so proud. A fantastic picture of Ali, his medal is beautiful.



Pictello App - By Margaret McKie



app

I want to highlight “Pictello”. Almost all of the people my team support now have the pictello app on their ipads and it’s amazing. The app lets you build a calendar of pictures and text for the week and when accessed it speaks the text back to you.



video

It goes through the week like a slide show and shows any video’s you’ve added – you can also have one off events and the best part is you can share it to the cloud and family can access and watch it exactly the same as you or you can share in a PDF. Pictello costs a one-off £18 to download.



communication

It’s a fantastic interactive communication tool for anyone, especially if you’re nonverbal or can’t remember what you’ve been doing and I’m sure there are so many others that would benefit from having it... Find out more here: www.assistiveware.com/products/pictello



Seagull Trust Trips



accessible

Seagull Trust Boat trips are fully accessible and are run by volunteers. The trips are from 1.5hrs to 5hrs long. The tea, coffee and biscuits are all complimentary.



sing-a-long

We have booked 3 trips so everyone from Rosewell, Nether Currie & Falkirk can get involved and they were all a huge success, everyone loved the relaxing movement of the boat, the sounds of the water and wildlife, the sing-a-long and a few even got to try their hand at steering the boat – no crash helmets or life jackets were needed during these times.



Jordan Allan – Service Quality Director Update on Quality Visits



visiting

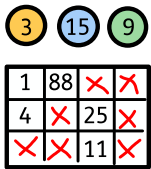
I have been visiting the people we support in person over the past few months in Midlothian and Inverness.

I have also continued to do virtual calls with people we support. In June we held a picnic in the park in Inverness with people we support and staff it was a great day.



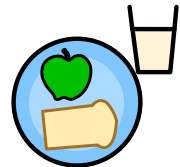
picnic

In the next few months, we will be holding afternoon teas and bingo with people we support and company members.



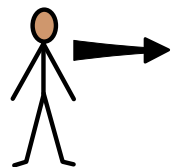
bingo

We will be going for lunches with people we support, joining people we support on a Monday when they go bowling and going to the Horizon Café for lunch with people we support. I now work three days a week which will allow me to spend more time with people we support and staff in Thera (Scotland). In May I celebrated two years at Thera (Scotland) as Service Quality Director.



lunch

We are always looking out for new company members to join us and we have recruited some new company members this year already. If you would like more information please do get in touch



join

If you would like a visit from me either virtual or in person, don't hesitate to get in touch with me.

Email: Jordan.Allan@thera.co.uk

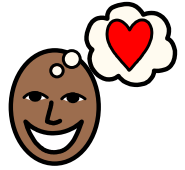
Phone: 07718 962307



contact



Introduction To The Quality Company



One of Our Dreams

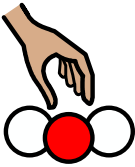
dream

“We will help people with a learning disability have a voice about their support”



quality

The Quality Company undertakes Quality Checking across Thera (Scotland) to make sure that people with a learning disability are living their lives as they choose.



choose

Our Quality Assessors have received support themselves, so they know what good support looks like.



support

The Quality Company believes that every person with a learning disability has a right to the best support to lead their lives the way they want to.

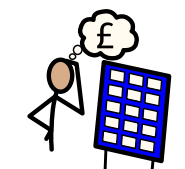
Quality Checking

People are able to speak about the support they receive to someone with lived experience, who is independent from their support.



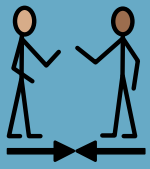
speak

“It was easy to have a chat with the people from The Quality Company, as they came to the house, it was comfortable, and they were really nice”



vacancies

If this sounds like something you would like to be a part of, we have vacancies for Quality Supporters in your area. Please call Julie Karp on **07841 341887** for an informal chat.

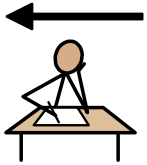


Getting Involved - Meet The Quality Company Team



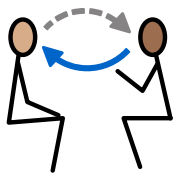
my name

My name is David Ledner. I live in Gorebridge which is a small town in the County of Midlothian near Edinburgh, Scotland's Capital City.



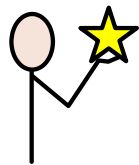
worked

I am a Quality Assessor and I have worked for The Quality Company for seven years.



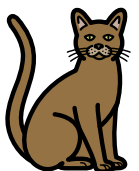
meeting

My job with The Quality Company means that I meet people and ask them questions to see if they are happy with the care and support they are getting.



important

I enjoy my job and like meeting people. I think the work I do is important as finding out about people's support can make a difference to their lives. I like it when I do Quality Checks and the people I know remember me.



cat

I have two cats called Ruby and Molly. I work in a Charity Shop every Friday and also help out on other days if needed. I like going out to coffee shops and often have hot chocolate and a cake. I usually go to Church on Sundays.



welcome

Announcing our new Chair



A huge welcome to John Stevenson, who has just taken on the role of Chair of the Thera (Scotland) Board, John has been a non-executive director for two and a half years, and chair of our ECC and H&S Committees.

Thank you to Simon Conway for supporting us as Interim Chair for the last 12 months.



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

If you would like to receive The Blether by email, please email **Liz.Rankin@thera.co.uk** to be added to our 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**