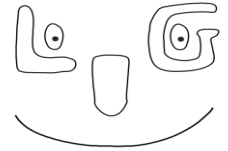




Same As You
Inverness



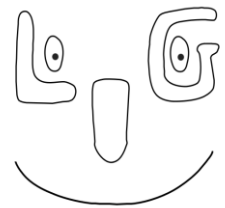
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Note next venue is at the Shirlye
[xmas meeting is 7pm on Thursday 2nd February 2011](#)

Well okay, we did say we would have a holiday in January but thank you to everyone old and new members who turned up ready for work at the 2012 SAY Inverness table and thanks to Alan who thought he had a night off - it was amazing how many of us had started the New Year busy and had only just remembered we were into a new year, so two weeks late! and with our heads finally looking up
HAPPY NEW YEAR to ALL

OUR NEWS

N – spent the xmas holidays with family away and doing and eating a lot of home cooking so weight watchers will definitely be getting a visit – N did so well last year that the new year resolution will be to keep going



A – spent xmas in Belgium with family and kids and grandkids and had two new years because Belgium has their new year one hour before us in Scotland and his new year resolution is to find someone in each time zone in the world for xmas 2012 so he can celebrate all day long every hour – we hope this will be by text only and not whisky or he may only get as far as Australia before falling asleep!

D – spent the xmas working hard on the community TV newsletter with people from channel four but also with neighbours for the first time and neighbours relatives and babies and texts and his resolution is to pass his driving test this year – this brought many gasps of admiration and we wish him very well – the other new year resolution is to stop

the 'norm' of Experts going out to meet people but looking at how we get the 'community' to visit and come in – well done – integration does not always mean getting out but getting people in, for tea, to visit, to party, to just ring the doorbell – and while we are at it, unpaid carers are desperate for this too so put away the hanky groups for all, lets party through 2012 then maybe rest in 2013 to watch the Glasgow Olympics! as I believe we have quite a few local Expert heroes in training for them

J – was working in the café for xmas but did get home to the islands and their phone was non stop with all the messages and they managed to travel a lot to see relatives in other places – definitely a well travelled family christmas

L – spent Xmas with their family and loved it, no new year's resolution yet but will think of a dream goal to reach this year

M – buses changed again and M saw people waiting as the bus had not turned up, numbers have changed too, a suggestion was to ask for a timetable but you had to catch the bus to get one! care staff got caught out again, timetables were in the station the week before so if you hear of a bus change you can go in there – why could the buses not have the timetables the week before?

C – was working for Xmas and has no New Year resolution as they always break them! M told us especially if chocolates are involved

J – Got boxing gloves for xmas and a boxing bag and is very good at it! – we thought they should try for the next sports event as quite a few Experts have gone for the different Olympics coming up, they had no resolution yet but would think of a wish for this year to challenge their key worker

E – had a good new year because they cleaned and tidied everything and even gave the council 13 jobs to do! even though that sounds like they have completed a whole new years resolutions, they still have a resolution to go on a cruise and move house

C – had a great Xmas with families and dogs and a relative's new girlfriend to approve!

M – told us all about the Monday and Wednesday art at the bike shed from 10 am to 2.30 pm, Billy is the co-ordinator and Merkinch enterprise give out the information – it has been a welcome activity since the art activities were stopped for some Experts – we also discussed age and retirement for Experts – Experts who were older said they would like to be able to retire from some activities as they got tired like everybody else who worked and getting older was about enjoying yourself and just keeping the activities you felt relaxed you or you wanted like art or just going out

E – passed the computer course 1 on settings and webs and is now hoping to pass computer course 2 on copy typing and numbers. They now use the computer for watching films like the 'royal bodyguard' and 'thorn birds' and also loves the art at the bike shed. for New Year they are starting the school anti bullying tour and are going as far as golspie this time

M – had an idea to put Experts work like the anti bully talks on Skype and having computer talks so that pupils could watch and listen to the Experts as far away as the islands – SO COME ON COUNCIL AND NHS help the experts get mentoring HIGHLAND WIDE not just to pupils but communities and staffs there's a lot of scope and a lot of Experts with Expertise to share

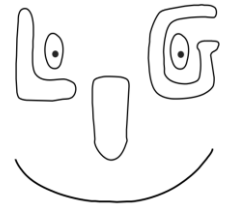
E – Christmas was a bit sad due to a loss of a family member but all got together to try to make it good for the children and had musical crackers which worked a treat for them so new year was spent with memories and this brought everyone close and glad they were not alone

R – was working through Xmas and missed the fact it was new year as work had loaded more on for the new year so the year started too fast, so suddenly remembered at the meeting we were in 2012 and wished everybody present a happy new year!

N – told us people first were now called spirit advocacy and moving to corrie lodge on Millburn road near KFC and were hoping new year would bring funding - there was a bit of

confusion about religion, alcohol, older people, glasses and a séance but N put folk right Spirit means spirit in the body and advocacy means being able to have your thoughts heard

ALL – asked about health and happiness new year resolutions so we will ask to find out what people can ask for this year



Planning for integration planning for you! – if you have not been able to learn about the changes NHS and the Council are doing to make our services clearer to us, then call 01463 704907 for Janet Spence or Moira Paton

the Learning Disability Network – is going under a change as NHS and Highland Council are changing their services into children only and adults only and are having a planning event – so if you have an idea about what a network should look like then email jonathan.gray@nhs.net

Raigmore – an Expert told us how they got shown round the big white MRI machine because they were going to use it in the future and were given a picture of it to take away so they would not be so scared of it. this is part of a new programme of pre visits that Experts can have before using any part of NHS. they can get shown dummies to see what treatment they might have and all wards now have colours and numbers so this Expert got given a red card so they knew to show up at the red ward. if you want to know more about the signs email david.hughes6@nhs.net, if you want to help nurses understand about Experts needs in hospital call gill.hubbard@stir.ac.uk at Centre of Health Science Raigmore, or if you are an Expert going into hospital get help from val.watson@nhs.net

Love is – we were asked about the love is work we helped in and staffs asked would there be any more Love Is courses for new staffs and younger staff who were just joining care companies. we were told this question would be taken to the

Highland Council and to the HLDRG group. anyone else have an interest in this email Christine.gow@highland.gov.uk



EVENTS AND INFO

- **caring with confidence and other carer courses** call Tina on 01463 723573 or Cath on 01463 723574
- **connecting carers will meet on Tuesdays 10 am in the Dunbar Centre, Church Street**
- **Scottish independent advocacy alliance newsletter is on www.siaa.org.uk or subscribe to enquiry@siaa.org.uk**
- **SIGN Guidelines are now in Gaelic, starting with the Autism – ASD one and the Psoriasis one www.sign.ac.uk/patients/publications.html**
- **10 February 2012, Glasgow, including intersectional identities, a unique event to learn about, discuss with, people who have complex identities such as disability and transgender, multicultural and LGBT. sam@equality-network.org**
- **Housing Support Regulations End date 31/03/2012** Local authorities will have a statutory duty under section 32B of The Housing (Scotland) Act 1987 (inserted by The Housing (Scotland) Act 2010) to assess the housing support needs of homeless applicants who are unintentionally homeless, or threatened with homelessness, and who are priority need. The local authority needs to ensure that housing support services are provided to those assessed as being in need of them. The purpose of this consultation is to seek views and proposals on making regulations on the requirement of local authorities to carry out an assessment for housing support for homeless applicants, or those who are threatened with homelessness, and who are priority need, and on the provision of the necessary housing support.
- **Barnardo's and SAMH have worked together to produce a joint briefing document to encourage as many organisations as possible to respond to the Scottish Government's mental health strategy**

consultation. Go to website for briefing

<http://www.youngscotlandinmind.org.uk/news/article.asp?id=515>

- NHS Education for Scotland has developed a website www.knowledge.scot.nhs.uk/learningdisabilities to provide a 'one stop shop' for finding and sharing knowledge - including evidence, learning resources, legislation, standards and guidelines, publications, and topics such as nutrition, profound and multiple learning disabilities, autism spectrum and many more

- Better Info Better Lives www.betterinfo.org.uk- developed by the Scottish Consortium for Learning Disability in partnership with NHS Education for Scotland, this website contains accessible social care information for people with learning disabilities, their families and people who work with them. The website has lots of information on services and support and all the information is easy to understand. Topics on the website include employment, housing and transitions. The design of the website is clear and accessible so that it is easy for people to find the information they need. The information is available in a variety of accessible formats including easy read, plain English, audio and video

SAY LIG Dates for 2012 are

1 st March	5 th April
3 rd May	7 th June
5 th July	2 nd August
6 th September	4 th October
1 st November	6 th December

www.highland.gov.uk/socialwork/learningdisability/ligs

Most meetings will be at the Shirlie

SAY inverness is the Same As You inverness

we are a group of people with learning disability and/or autism, voluntary and private sector, carers and staff carers, professionals and planners who have been working together since 2003

we meet to either discuss a set agenda or meet to group advocate or self help, around anything to do with a same as you life. Thus our remit is life wide. Our discussions are shared to aid other planners, staffs, carers and 'experts' (the people using any service) to gain information, improve lives or services and raise awareness around barriers to this Our meetings are held in a safe and friendly environment. We meet the first Thursday of every month and meet at the Shirlie on the corner of Lotland Street and Longman Harbour Road. Our Newssheet can be accessed on the Highland Council website

rona.mem@hotmail.co.uk

alanryndycz@shirlie.co.uk **01463 716179**