

The Action Group Community Newsletter

Edition N°7 - July 2021

- Story of the month -

Congratulations



Angus, we want to congratulate you!

[Read more](#)

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The Action Group
Community Newsletter



Edition N°7 - July 2021

1.02 Edinburgh



We want to give a big shout out to Angus who has just been recognised for **20 years of service** at his bingo job.

We are very happy for him having done this work for so long, helping others and doing charity work.

We would like to congratulate you!

- The Action Group






Services

1.08



These are pictures of Dorothy and William's second date. Dot & William are enjoying a picnic lunch in the summerhouse of Cameron Crescent. 

Dorothy has been speaking to her support staff for a long time about wishing to find a someone for a relationship. This was during lockdown and many discussions had taken place about how and where this could be facilitated once lockdown eased.

In a conversation between myself and Emmanouil we talked about perhaps William would be interested in meeting up with Dorothy to see how they got on. Both of us became quite excited at the prospect of a budding romance.

A date was set for Dorothy and William to go out for lunch in a cafe accompanied by staff. Immediately they hit it off. Dorothy likes to talk, and William likes to listen. Upon returning home to Cameron, Dorothy said she would be marrying William! The team were really pleased how this went but also encouraged Dorothy to take her time. Another date was booked unfortunately, William then was admitted to hospital and the date was postponed. Dorothy was very upset by this and lots of reassurance was given. The staff even printed out a picture of the date so Dorothy could have this in a frame in her bedroom and she was referring to William as her darling.

Once William returned home a second date was arranged in the summerhouse at Cameron Crescent, a lovely space where they could enjoy some time on their own but also supported at arms length.

We are looking forward to the next date which, especially for Dot and William, we believe it will be an evening meal out. We hope this romance continues as we can see the happiness in both of them when they are around each other.

- Leigh Baird • Team manager





Successful moving!

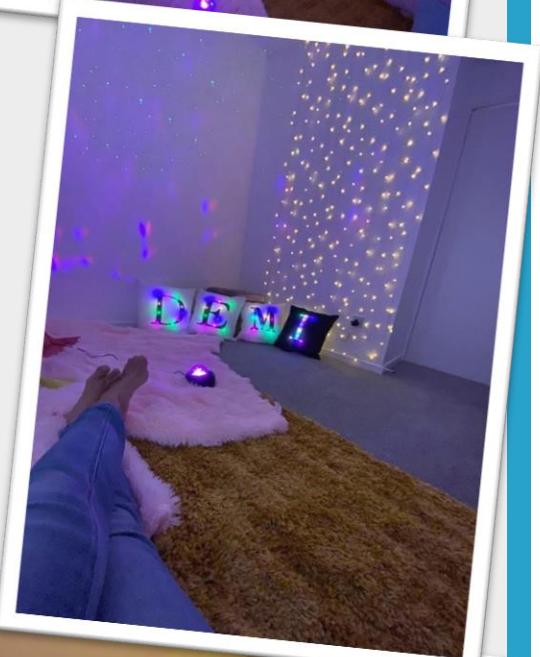
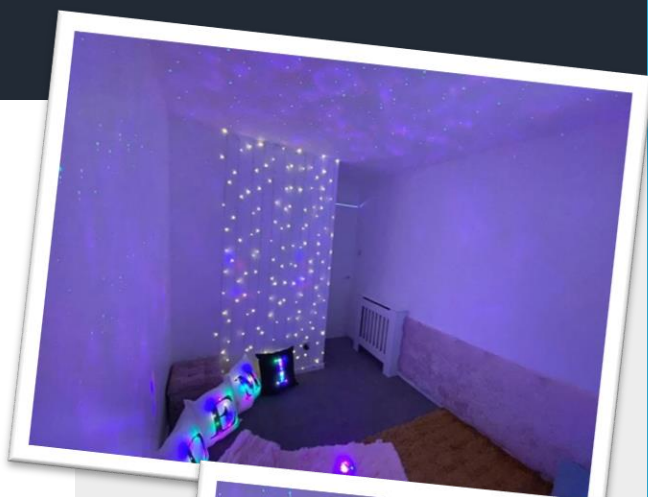
Demi moved into her own home from a long-term respite care in June. Demi has lots of space in her new house, including a lovely big garden. Her brother bought her a trampoline and some garden furniture for her garden and she is enjoying spending a lot of time out there in the sun!

We were able to secure some funding to build a sensory room, and Demi now has a beautiful space to chill out and spend time on her own. Demi has made friends with some of her neighbours already and has been inviting people over for cups of tea in the garden.

I asked Demi what she thinks about her new home, and she said:

'Demi happy in new house'.

- Lisa Williamson • Development Manager





Services

1.08



Beach Wheelchair Bookings:
Please call
Portobello Project
on **0300 666 0990**
or email them on
info@beachwheelchairs.org
to book for free



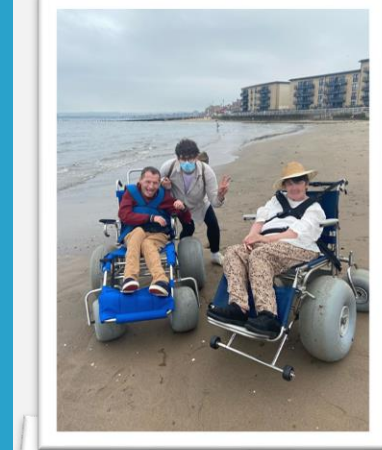
Day at the beach, ☁️ 🐉

Angus and Marian left the house at 11:30am, once in Portobello they had Brunch at The Beach House, Marian had coffee and a lemon muffin and Angus had hot chocolate and pancakes.

Marian had her Orcadia music session, when this was finished they both Angus and Marian went on a walk in these super wheelchairs - The Sandcruiser that you can book for free in Portobello beach, (booked in advance).

after Portobello we went for dinner to the fort Kinnaird, they both loved the walk next to the sea, we all had a lovely day out!

- Rodrigo Morgado • Assistant Team Manager





Services

1.8



Hi everyone,

Dot wants to share with you this picture of a dress she is making with the help of Rebekah MacRobert, Cameron's arts and craft lady.

This project was started just before lockdown and Dot is excited at the thought of finishing it soon.

The top is all Dots design.

- Dot

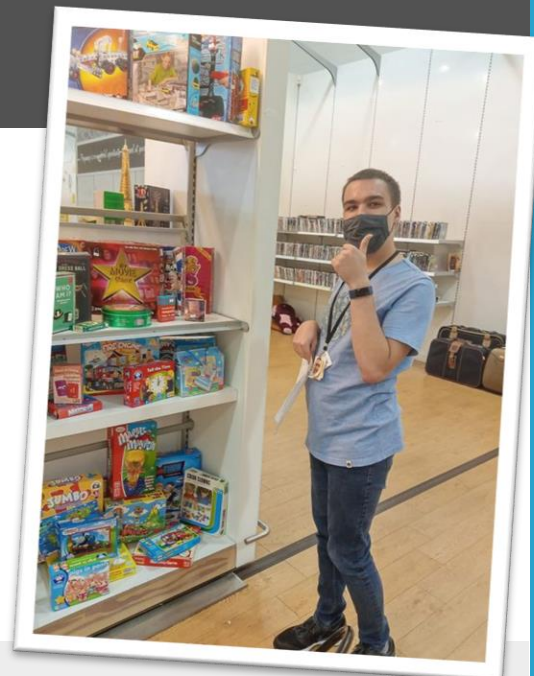


Services

1.17

We want to say congratulations to...

Benjamin who has started at his new job at the charity shop. Benjamin is enjoying his new job.



Saadia who has started a new job last month and she has taken to it like a duck to water we are so pleased for her.



Aaron who has 2 volunteer jobs, one at charity shop and one at farm.



As recently we celebrated National Volunteer's Week, we also want to say a big thank you to everyone else who volunteers to. 😊 – Oona Sear • Support Worker



Volunteer

Welcome Matthew!

We have a new volunteer!

Matthew, why are you coming to volunteer with us?

The reason I am coming to volunteer for The Action Group is that I used to be involved with The Action Group for many years when I was younger, and I attended the holiday clubs when I was 7 years old until I turned 16. The Action Group left a positive lasting impression on me as a caring and fun organisation which I am very keen to be involved in.

What are you looking forward to most about your volunteer role?

I am looking forward to joining the HR/ Learning and Development team and getting to know my colleagues and learning new skills.

What is your favourite hobby or what is your favourite thing to do?

In my spare time I like to play on my Xbox, watching films and I enjoy baking with my mum. Most days I love to go on nice long walks with my two Labrador dogs Connie and Nellie. My favourite walk I discovered during lockdown was Gosford Estate in Aberlady





Access

1.01



Since Access launched, our team focused on the transfer of medication to the new system, as it was our priority, we make sure this was the first thing we got staff signing off.

Brandon is some we support. Previously staff would need to prompt Brandon several times throughout the evening and the morning when it came to take his medication as he could often be reluctant to do this.

Since the medication has been added onto Access, staff decided to get Brandon involved with the Access Care Planning app, staff taught Brandon how to sign off his medication on the App once it has been taken. This has massively improved Brandon's willingness to take his medication on time and now he looks forward to being able to sign this off himself, he feels he has more control over his records.

- Katelyn Walker – 1.01 Team Manager

If you need to raise a tech/account/license/Access issue you can do so via [Service Desk - Raise a ticket](#). If you are enrolling your work devices for Access Care Planning please visit the [LMS Training System](#) for guidance.



Real Jobs

Community Recovery Project

Christopher was the first client on the project. He had previously only worked in hospitality and was made redundant due to COVID. He told us about his aspirations to work in a retail environment, even if it meant he collected trolleys. Christopher had no qualifications and no previous experience in retail. Christopher had many transferable skills from hospitality and the goal was to set his sights not just for an entry level job in retail but a position that could have progression opportunities.



Gaining experience through volunteering in a charity shop was not possible due to the pandemic. Online training courses were considered. Christopher was provided with a laptop. Initially, he learnt how to video call as he had never done this before.

Utilizing Systematic Instruction methods of breaking down tasks, he was supported to learn how to answer and start video calls. Furthermore, he continued to receive support to set up and use his email. Once this was done, he was supported through an online course:

Retail: Management, Merchandising and Distribution.

The course took 3 weeks with 2 large modules and 1 successful assessment attempt, which Christopher scored at 80% pass mark. He worked very hard for this by studying and asking for guidance and advice on study practice. Christopher has now received his first ever qualification which is industry recognised and successfully completed his time in the project. Christopher has now returned to the main service where he is supported to find suitable positions to start his new career in retail.



If you live in Edinburgh and have a health condition or disability and are looking for a job or are at risk of losing your job, please contact us! We can assist you every step of the way into employment or to help you keep your job.

If you would like to know more please email us at realjobs@actiongroup.org.uk



Staff News

Anne Flockhart

Big shout to Anne who completed in July her sponsored walk for pancreatic cancer. It was a very hot day but she still pulled through!!

Congratulations Anne! 🙌

- The Action Group



Mental Health First Aiders

Our organisation has an Employee Assist Program; however, our colleagues are not always aware they are struggling with mental health. Mental Health First Aiders are trained to recognise when someone is not the usual self and when to start an important supportive conversation. You never know when you will need to identify, reassure and provide information to a colleague.

If you are interested or need more information about becoming a Mental Health First Aider, please contact Learning and Development at learninganddevelopment@actiongroup.org.uk.

Keith Fricker • Health & Safety Officer



Staff News

Like most people, I have been staying at home a lot more over this past year. I have always had a garden and love spending time in it, but this year I decided to try growing my own fruit and vegetables.

I started off with some seeds. I tried to grow a few different things. Pumpkin, butternut squash, cucumber, beetroot, sweetcorn, spring onions, chard, peas and spinach. I grew the seeds indoors till they were big enough, and it was warm enough to go outside.

The hardest part was remembering to water them! When I planted everything outside, the cucumber died! Everything else seems to be doing OK.

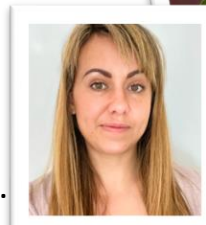
The pumpkins are the most exciting for me! Last year, at Halloween, I was too late to get to the supermarket to get a pumpkin. They were all sold out. So, my little girls had to carve a melon.

This year we will be able to pick pumpkins from our very own garden - I am so excited. They have taken over the whole veg patch. I had to move the butternut squash to a different part of the garden to rescue them.

I love going out to the garden to see how things have grown overnight. I also love watering everything at the end of a sunny day and noticing how things have grown.

If you would like to grow your own veg, I would say give it a shot. It's a lot easier than you might think. Next year I might try some courgette and more salad type stuff.

Jen Dow – Development manager





TAG Pets

Branka

James would like to welcome a new member of the team.

Say hello to Branka!
She is a very friendly young cat who is enjoying rummaging in staff's handbags.



Cath

Joanne Rye wants to share with you her new furry baby Cath. Joanne loves Cath so much.



Events

We are looking for recruiters!!

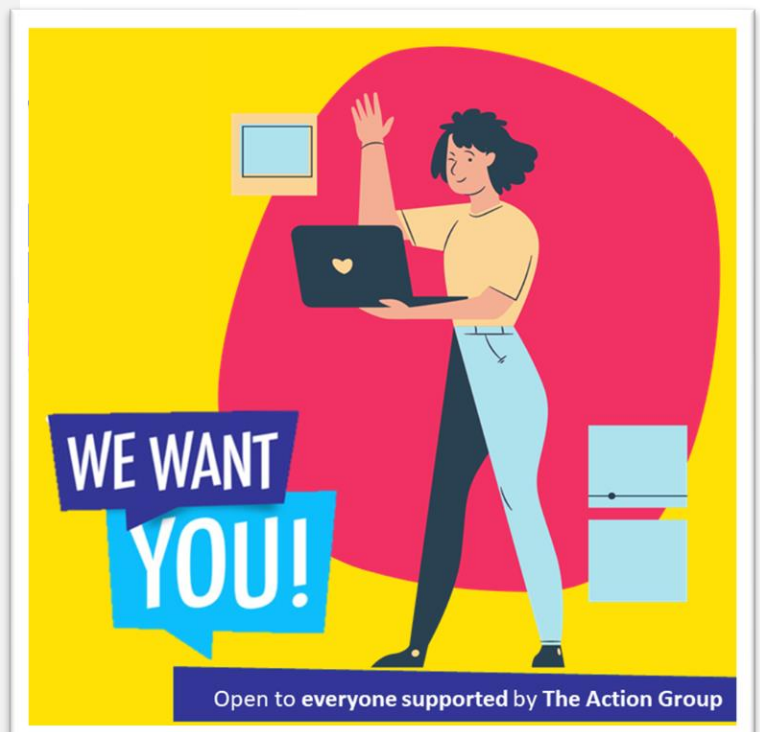
Do you want to help us
recruit new staff?

**The Action Group will host
our first Job Fair which will
take place in
August 9th - 13th.**

During that week, we
provide activities and explain
how recruitment works at
The Action Group. We will
also inform of what we are
looking for from you.

This event is open to
everyone supported by
The Action Group.

If you have any questions or
you want more information,
please get in touch at
support@actiongroup.org.uk



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Learning & Development



THE ACTION GROUP

SING AND SIGN
Group

Thursday 19th August
1 p.m. to 2.30 p.m
Via Zoom

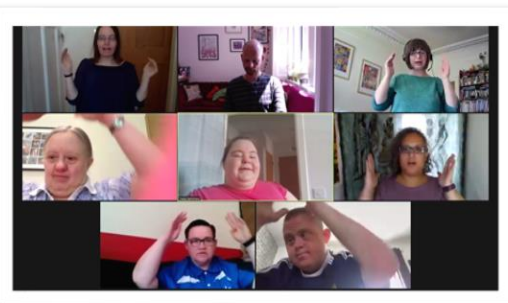
This group will meet monthly and is open to everyone, no need to be able to sing or to sign, you just need a willing attitude!

Join us for a fun afternoon

"Under the sea"
- from the Little Mermaid -

"Suspicious minds"
- Elvis Presley -

To register your interest Please email justynakubicka@actiongroup.org.uk



Great fun during last month's Sing and Sign Group session 🎤 🗣️

Do not miss our next session!!

For more information, please email Sharonyeoman@actiongroup.org.uk or ElizabethTaylor@actiongroup.org.uk

To those who have passed the SVQ we want to say... Congratulations!



Louise Nimmo - Heather Baxter - Heather Colvin
Yazz (Yayoi) Cavanagh - Keiran Burnett -
Hannah Whybrow

Congrats!

For more information about your SVQ, please email louisebrunton@actiongroup.org.uk

The Action Group

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Activities

We have new content for you!

TAG GEOGRAPHY

Johanna

Katie



One episode every Wednesday at 1pm

New episodes
every Friday
at 1pm

TAG FILM CLUB

Johanna

Katie

**DON'T
MISS OUT!**

For more activities, visit:

<https://www.actiongroupactivities.com/events>



Quality



TAG Quality Team

Why we have a new Positive Behaviour Support Policy?

A person we support, Sam* had been distressed, and their support worker had been hurt – as support workers this is a difficult situation to be involved in, but it happens. Even though PBS is about good support all the time, our Quality Officers are there to get involved in teams when something had gone wrong or someone had been hurt.

After making sure everyone was okay, which thankfully they were, it was time to get into the nitty gritty of getting to know Sam, their life, and the team around them. The first questions that needed solved were: Does Sam have a good life? Does Sam have things to do that they enjoy and make them feel good about themselves? Does Sam have good relationships with the people around them? After some visit and conversations, it was becoming clear that many of the answers to these questions were no.

The staff who supported Sam, told us that Sam had only recently left their home after 18 months of not crossing the front door. The staff supporting Sam could see they did not have a good life but they were not sure how to make it better in a safe way. After all - someone had just been hurt.

What did we do?

We worked together by having regular meetings to plan how Sam's team were going work together on improving their life and providing good support. The staff team were experts so they would talk about their ideas, what they thought would work. We would think about risk assessments and how they might take small steps toward bigger goals.

Most of the initial work was to prepare and plan, we made sure that they had the tools, the training and plan A, B and C.

For example, when we attempted to introduce a new activity for the very first time, we had the tools to help prepare Sam and a couple of questions that needed to be answered before we did so. Did staff have an option to cut the activity short if Sam did not enjoy it? How would they communicate this? What was the plan B in case all went wrong?

Additional training for staff was arranged to improve their confidence and skills in different areas. This process repeated and repeated. Over a long time.

What happened?

Gradually Sam from going a short walk, to going a longer walk, to going to a shop and out for a meal. Once the team started to see things coming together their confidence in themselves increased, as did Sam confidence. Before long, Sam, who never left the house, had a more rich and full life and their support workers found they did not get into situations where they were hurt.

So... to answer your question about why we have a new PBS policy?

We realised the Policy on Positive Behaviour Support at The Action Group did not reflect the experience described above with Sam and their team. It was time to change it and we did! We made it more accessible to everyone, we have also included an [easy info](#) describing what to expect from Positive Behaviour Support at The Action Group.

Positive Behaviour Support is about having a good life. As The Action Group we need to make sure that the people we support have good lives.

If you someone you support need some help. Please speak to your Development Manager.



Equality Network



Congratulations to everyone who took part in our Pride March last month!!



Even though our goal was not reached, it is still a fantastic result and distance made together. 🏃

We hope you all enjoyed your wonderful adventures and thank you for tracking them!



If you would like to get involved with the **Equality Network** you're more than welcome! If someone you support requires information, you can email us at equality@actiongroup.org.uk.

The Action Group Community Newsletter



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Communications



To our readers,

We hope you enjoy our Seventh edition of **TAG Community Newsletter**.

A special **thanks** to everyone who contributed with their stories and information.

If you or the person you support would like to share a story and pictures, please email it to your **Team Manager** and they will pass it on to us.

I hope you have an amazing month, full of great stories to share.

Kind regards,

JohannaMR

Communications Officer

johannaromero@actiongroup.org.uk

