



## Chief Exec's Column



As we come into the summer, it always feels that Carr Gomm becomes a hive

of activity, and this year is no exception. We have just finished our forums and I am delighted so many of you managed to attend and, in turn, help us to think about delivering even better services. We have also launched our CG100 fundraising campaign to raise money for some of our projects that support people who particularly find themselves isolated and lonely.

This focus takes us back to the core of why Carr Gomm delivers services to people. Our purpose throughout the years has always been to help people who, for whatever reason, have found themselves excluded or in need of support to participate fully in communities. Perhaps sadly, this feels as important a focus today as it has in the past. But, we can challenge and work to enable those who experience isolation and loneliness to become part of our society and, at the same time, change our communities for the better. You can support us in this effort by helping us to fundraise for our projects or by donating at: [www.cg100.org](http://www.cg100.org)

We continue to experience some changes as a result of the difficult financial times, but we must not lose our passion for ensuring that excellent person-centred services exist. We continue to work hard at finding the resources and ways to do this. You can always help by participating in your own local service, or in the Carr Gomm Involvement Group; just let us know.

*Lucy Wren*

With best wishes,  
Lucy

# CONTEMPLATING COMMUNICATION: THE 2017 FORUMS

Carr Gomm's annual Forums took place in May and June this year throughout the country. Forums provide an opportunity for people we support, their relatives, staff and commissioners to get together and have a "big

conversation" about a chosen topic.

This year's theme was "communication". We were looking at the different ways we gather views, share information and make changes

to achieve a positive outcome. The Forums are one method of gathering views and sharing information, as well as suggestions and compliments cards, complaints and questionnaires.

(continued on page 6...)

## Stop The Press

We have been nominated for two awards!

Check out: [www.carrgomm.org](http://www.carrgomm.org)



## Want to join the CG 100?

Check out page 8 for more information



100 people each raising just £500 to help end isolation and loneliness

# GETTING SUPPORT RIGHT: CIRCLES OF SUPPORT

## In This Edition...

In this edition of the newspaper, we are focusing on getting support right. We are proud to be a person-centred organisation, but what does that really mean? How do we ensure that our support is actually about the individual and what is important to them? How can we be sure that we are supporting people in the way they need and, indeed, want? There are stories describing how we know we are

getting it right in each person's Support Plan on pages 2-5.

Our Forums also play an important role in getting support right, and have been a key focus of activity recently. So we have dedicated the centre pages to them, celebrating and reporting back on the fantastic discussions we had, the time we spent together and creatively displaying some of the best

photos. Check out pages 6 and 7: you can even pull them out and pin them up on your wall.

As always, our newspaper aims to involve as many people as possible. We have gathered some great stories, including personal experiences, award nominations, fundraising updates and even a throwback to Christmas! Following lots of positive feedback, we have

expanded the noticeboard section to include even more exciting news-bites from all across Scotland.

Please make sure you give us your feedback on the newspaper. Details of how to contact us can be found in the 'Share Your Views' section below.

Happy reading!

## Share Your Views

We need your thoughts, ideas and feedback to help shape the newspaper. After all, it's your paper!

There are lots of different ways you can join the conversation...

@ Send us an email

marketing@carrgomm.org

📞 Pick up the phone

0131 659 4734

✉ Write us a letter

Marketing Team, Carr Gomm, SPACE, 11 Harewood Road, Edinburgh EH16 4NT

We can even come to you. Just get in touch and we'll arrange a time to meet.

Thank you.

🐦 @CG\_CarrGomm

📘 www.facebook.com/CarrGomm



## Who's Important To Me?

We all have important people in our lives. Family and friends are often a central part of our lives, but other people like doctors, nurses and Social Workers are important too. When we support someone, we become a part of their life. We can become just as important as a friend or family member might be. Together, this group forms a Circle of Support which can look very different for each individual; it is important and unique.

Carr Gomm workers have a huge impact on people's quality of life; we enable some people to do things they couldn't alone. Eve, a Service Manager in Edinburgh, talked to us about the lives we have been changing through our Carers' Respite service.

***"Dan cares for his wife and was unable to get out of the house. We now support his wife for six hours a week, giving Dan a chance to pursue his hobbies again. He attends a walking group where he is in charge of navigation. It's great to see him back in the community."***

Dan's community and the walking group are very important to him. He explained to us that ***"its invaluable time for me, I wouldn't be able to do it without Carr Gomm. I'm part of the community again."***

Eve has seen an immensely positive change in Dan: he's told us that he feels independent again. This shows how even a small amount of respite can really benefit someone.



A Circle of Support in progress

We work closely with staff from other organisations, such as Social Workers and Care Professionals. Ellen, Service Manager in Caithness, knows the best way to get things right is with effective communication.

***"We make sure all relevant information is passed on to Social Work. We work closely with district nurses and GPs. I am always on the phone talking to people to ensure we get things right."***

Open and honest communication helps us to provide excellent care and support.

A recent project in Caithness is bringing a lot of people together; Carr Gomm staff raised money then, together with friends and family, are creating gift boxes to surprise some of the people we support. It is a collaborative

effort, working out what each person would like and might need most. Ellen is involved in the process and said it is a great experience:

***"A gentleman we support loves games so we got him some board games and jigsaws. One woman loves flowers and plants so we got her a gift basket of those. Other gifts included perfume, bedding and sweets. We are collecting the items and will gift wrap them and deliver them in the coming months."***

These gift boxes will show the people we support that they matter, that they are being thought of and that those in their Circle of Support really care. Everyone is working together to get the perfect gift for each person and we can't wait to see their surprised faces.

# GETTING SUPPORT RIGHT: GUIDELINES

## Guidelines

It is essential that we deliver a positive impact into people's lives. A key method of getting it right for every person and focusing on what really matters is through the Support Plan. We

discuss and agree the Support Plan together with the person and their Circle of Support.

Within every Support Plan, there are personalised guidelines that

clearly describe in detail 'how' we will undertake particular support tasks consistently and in the way that we've agreed. Guidelines may cover communication, managing

someone's money, personal care or medication. All Carr Gomm workers follow the agreed guidelines, so we can be sure that we are getting it right.

## Different Ways To Communicate



Catherine and Sheena from Falkirk

Catherine, William and Sean live in Falkirk and are supported by workers from our Broomage service.

Sheena works at the Broomage service and she told us how the team deliver a consistent service by using clear guidelines in support plans.

Sheena told us about Sean, and the guidelines that the team use to support him to communicate well, including his box of

different items that he has collected. Sheena explained that if Sean wants to communicate with someone, then **"he will hand them items from his box for them to interact with him. You know when Sean hands you his box that he wants to communicate with you"**.

Sheena also told us about Catherine, and explained that she prefers to initiate first contact with people,

usually by laughing or smiling. Catherine can sometimes appear quiet but she enjoys dining out, going to the cinema and attending her church.

William has been supported by the team at Broomage for a shorter period of time, but has already told everyone about the time that he scored thirteen goals in a single football match. William recites amusing poems from memory and sings songs.

Everyone is different and uses different ways to communicate. We ensure that we get it right for everyone by taking the time to learn and understand what works best for each person and recording this clearly in everyone's personalised support guidelines.



Doreen, Sheena, Marjorie and Sean from Falkirk

## In Memory Of Wilf

We've mentioned the great people and staff at Broomage, but we would also like to mention Wilf. Wilf was one of the first people to be supported by the team at Broomage, until he passed away in September 2016.

Wilf had a lot of adventures at Broomage. Staff supported Wilf to get his own specially adapted car to ensure that he could get out and about in Falkirk and further afield. Support guidelines were in place to ensure the team were managing his support consistently. We strive to ensure that we are getting things right for people, so all staff followed the guidelines put in place to make sure Wilf could have the best experiences possible. Wilf loved

being out in his car, whether it was going to the tea dance, out doing his weekly shopping or just going for a wee drive.

Wilf also enjoyed going on holiday trips to Aviemore. Wilf appreciated the peaceful rural setting. Last summer, Wilf's workers were concerned that he was becoming weaker and might not be able to go to Aviemore, but with adapted support guidelines he got back to the peace and tranquillity. The trip had a very positive effect on Wilf. He had a great holiday. The team have said they are so glad that he had the chance to enjoy it before he passed.

Wilf holds a special place in all of the staff members' hearts and he won't be forgotten.



Smooth sailing with Sean and Wilf

## Outcomes

All across Carr Gomm, there are conversations taking place that focus on “what matters” to each person. Once we share an understanding of what matters, we work together to plan support to achieve these ‘personal outcomes’. Everyone’s

personal outcomes are unique.

We’ve gathered some great stories from across the organisation of how people are working towards and achieving their outcomes, including how ClickGo has been enabling us to do just this.

## ClickGo: A Tool For Conversation



Chloe demonstrating ClickGo

ClickGo, our innovative digital tool, is revolutionising how outcomes are being recorded. People we support can log in to ClickGo to record how they are progressing towards achieving their outcomes, and can also view the comments and opinions recorded by anyone else in their Circle of Support. This improves communication and facilitates outcomes-focused conversations. ClickGo helps to foster a culture of openness, honesty and respect, and ensures that we maintain a focus on what is most important in people’s lives.

Aileen, a Service Manager in Edinburgh, told us that “introducing ClickGo to

*our service has allowed staff and people supported to interact in a way that we haven’t been able to previously. We’ve found that there has been a focus on re-personalising outcomes and this has allowed some really inspiring conversations to take place.*

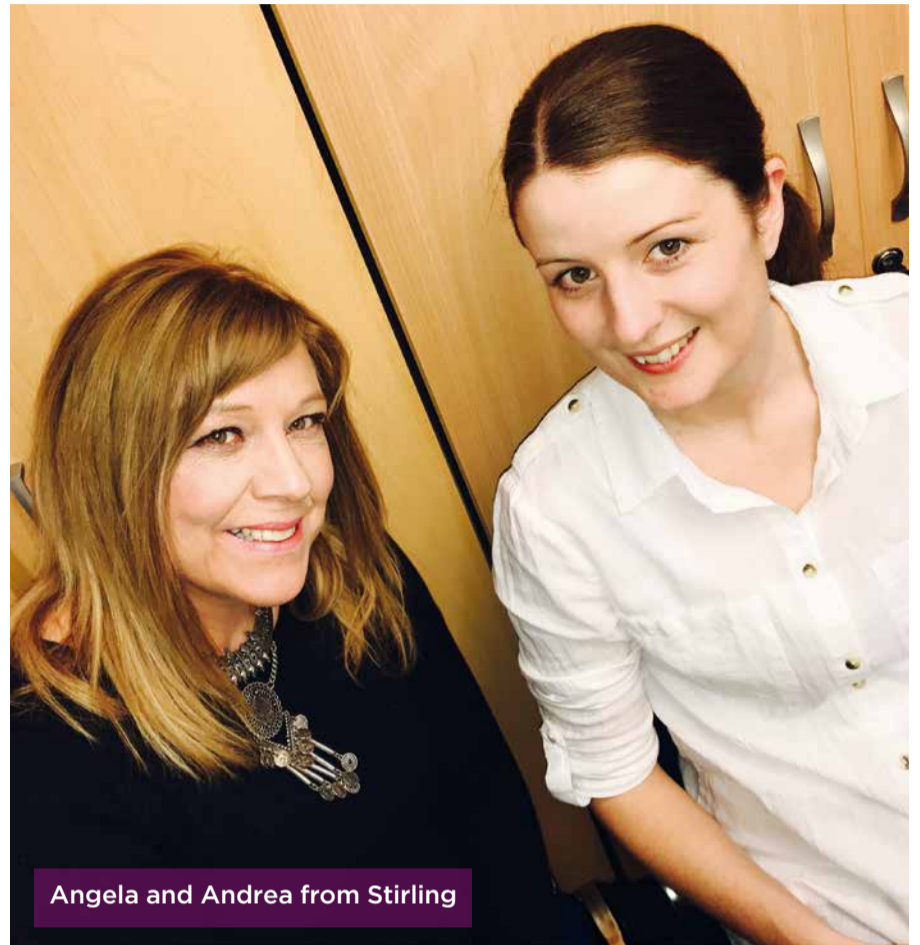
*People have told us how they feel they are more involved in their support and really enjoy the user friendly nature of ClickGo. One gentleman loves logging on to see if he has a smiley face [to indicate outcomes progress] and this is a really motivating factor for him. It is clear that introducing ClickGo has been a positive experience for everyone.”*

## Making Outcomes A Reality

We travelled across the country to discuss outcomes and what they mean. Nicola works at our Cheviot service in Dundee and explained that “*it always starts with a conversation*” so that we understand what really matters to people.

Nicola told us about supporting Val to manage her money and travel into Dundee city centre on her own, and how this tremendous independence was new to Val. Prior to being supported by the team at Cheviot, Val had stayed in hospital for 12 years and didn’t have control of her money or the choice to travel alone. Val explained that she goes “*to Tesco, Zumba and my art class where I make clay items and jewellery. I never thought I’d be able to go on my own*”.

Whilst Val wants to travel



Angela and Andrea from Stirling

independently into town, Sarah told us about supporting people through the Firhill service in Edinburgh; to improve their badminton skills, get fitter at the gym, and expand their culinary skills by learning to cook different foods. Sarah described “*getting to see people change and how far they have come is great. I*

*always have hope for them to do well and to be able to move on to different things one day.*” Sarah told us about Steven\* who has started working on canal boats; he has even started doing his Helmsman training and is working towards getting his certificate!

At our Visiting service in Stirling, Angela has countless stories of people achieving positive outcomes in their lives. She told us about Julie\*. “*We started supporting Julie when her daughter was first born; she was a single mum going through a hard time. Five years on and her daughter has started school, she has her own place*

*and great family support. Julie is happy without us: we have served our purpose and now she can go it alone.*”

Carr Gomm is always ready and available to support people to achieve what matters most in their lives. For some people, like Julie, this will mean a future without Carr Gomm and we are always delighted to help achieve that.

Outcomes are different for everyone, and some may be more difficult to achieve than others, but with the support of great workers we know that anything is possible.

\* Names changed to protect confidentiality



Val from Dundee

# GETTING SUPPORT RIGHT: RISKS

## Risks

**R**isk is a fundamental part of life. No one leads a life without risk. Many people automatically imagine risks such as falling or tripping, but this is not always the case. Risks can relate to food and drink, people's health and wellbeing, and being in busy places. The training for

all Carr Gomm workers focuses on supporting people to have as much control and choice in their lives as possible and sometimes this means taking measured or positive risks in a planned way. Taking measured risks can lead to positive outcomes.

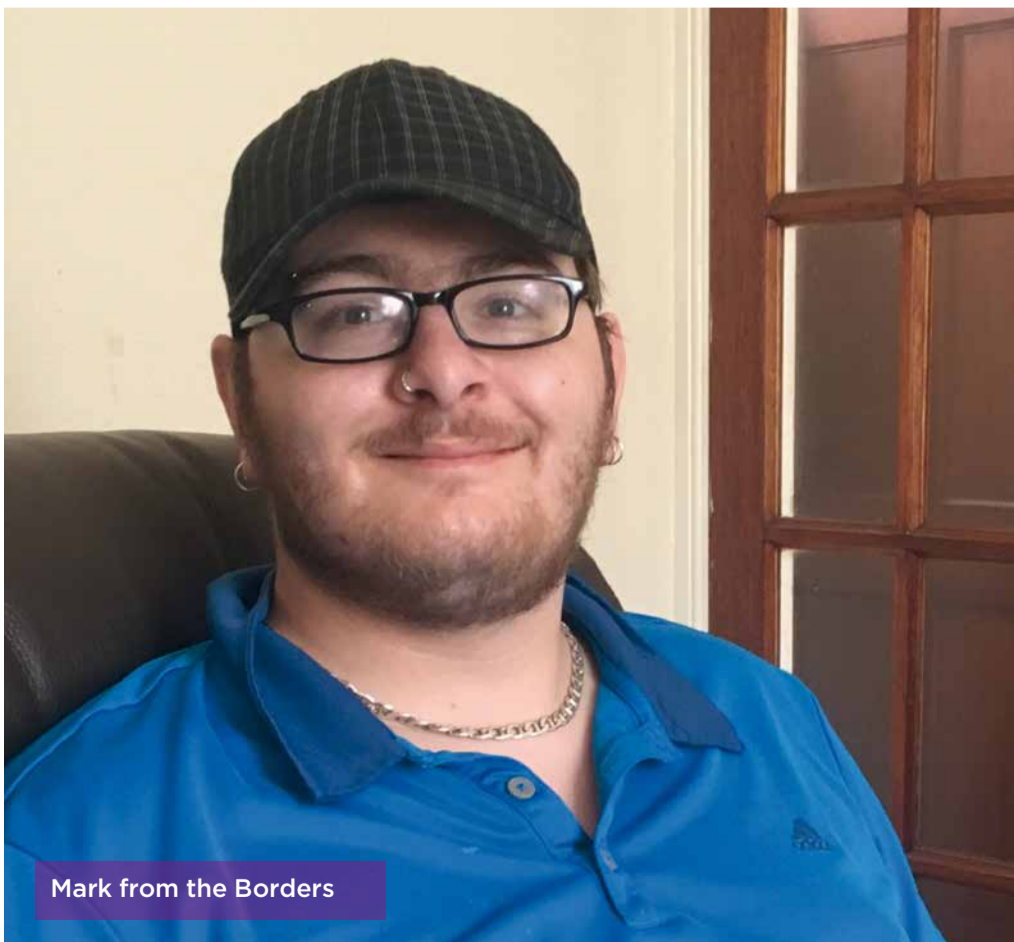
## A Small Risk For A Big Change

**M**ark loves nothing more than socialising with friends and his ambition is to build more relationships. We have supported Mark in Galashiels for four years and, as his social circles have grown, his independence has gradually increased.

About a year ago, Mark was diagnosed with diabetes. He suddenly found himself dependent on insulin and needing to tightly control his diet. Mark desperately needed extra support but was determined to maintain his newly developed independence. We agreed together to adopt a safe and positive approach to risk taking.

Initially, we observed Mark taking his insulin. Now, after supporting Mark to learn about diabetes and how to manage it, we are gradually reducing our support. In the afternoons, we now prompt Mark to take his medication over the phone, staying on the phone whilst he takes it instead of observing him in person. The next step will be moving to medication prompts in the mornings too. We're working with Mark at a pace that suits him.

Positive risk taking allows us to take small steps in supporting people to achieve their goals: for Mark, that's having the independence to live his life, his way.



Mark from the Borders

## Keeping Safe And Well



Keifer from East Lothian

**A**t our Cameron service, in East Lothian, Keifer described a woman he worked with who relied on eating takeaway meals and, as a result, her health was at risk. Keifer worked closely with her to plan her meals, go shopping and then prepare her food. Her health has improved and, as a result, her confidence has greatly increased too. Keifer explained that he and his colleagues **"try to build solid foundations"** so that people develop valuable skills to live independently without support.

Everyone has a Safe and Well Plan as part of their Support Plan. This ensures that we have assessed risks and agreed how we will manage them together.

Laura works in Midlothian and told us about supporting Dave\*. Dave hears voices that encourage him to have conversations out loud that other people overhear. Laura and Dave agreed to try out listening to his MP3 player when he goes out to try and enable him to get on with his day without attracting unwanted attention. This has worked really well for Dave and

he now goes out independently a lot more often.

Asiya told us about a man she supports in Glasgow. He was apprehensive about receiving support as he finds it difficult to cope with change, but Asiya and the team were patient and worked through things slowly to ensure he didn't become a risk to himself or others. He has now met every member of his support team and feels comfortable opening up and talking to them. Asiya said that **"recently he gave us chocolate and a card to say thank you for all the work we do. It has taken a long time but it's all worth it to see the positive outcome."**

Everyone at Carr Gomm ensures Support Plans are up-to-date and contain enough detail for anyone to understand. Different risks arise as people's lives change, so the Support Plans change regularly too. Risks exist in everyone's life and we each need to learn how to understand and manage these to achieve what we want to.

*\*Names changed to protect confidentiality.*

## Forums

*Continued from page 1*

This year each Forum started with a short presentation to set the scene. It was then over to the audience to give their views. The main questions for discussion were about what helps and hinders good communication.

From the discussions, it is clear that what matters

most is for everyone to be patient, open, honest and respectful in their communication. People also stressed the importance of being listened to, keeping promises or commitments, and paying attention to non-verbal communication, such as body language and eye contact.

Whenever we get

feedback, the most important thing is that the person receives a response, so that they know they have been heard and what is going to happen next. With this in mind, we are collecting all of the contributions from the Forums and writing them up as a report, including any actions that need to be taken. This report will

go to Carr Gomm's Board and Executive, with every action being allocated to a specific person to implement.

We would like to say a big thank you to everyone who took part in this year's Forums; your views are vital in shaping the future of your support and all of Carr Gomm.



### Glasgow

Kevin gave a presentation about communication and was glad there was a good turnout: "it was nice people came out on such a hot day, and I'm thrilled the police agreed to come along and give a presentation." The police talked to everyone about Cybercrime, what kinds of Cybercrime

there are and tips on how to keep safe. The whole team were very happy with their forum, Kevin continues: ***"the interdependence of Carr Gomm was really on show today. It takes a lot of effort from staff for this to work and it takes a lot of people's time to come together and make a great forum."***



### Argyll and Bute

A whole mix of people attended the Forum in Inveraray which was packed full of different activities and discussions, and even a masseur. The Job Centre and Ali Energy gave some good talks and provided useful information, whilst Nicole, who has direct experience of our service, spoke about how

good communication is essential to achieving positive outcomes. There was a prize draw for anyone who submitted feedback, with one lucky winner going home with a wash, cut and blow dry donated by Amor Salon in Oban.

***"It was well worth the distance travelled. It was nice to meet other people and Carr Gomm workers; it's a super service."***

### Edinburgh

The Edinburgh Forum contained a mixture of old and new faces! Everyone joined in the conversations about the importance of communication. Jacquie, who is supported by us, said, ***"Every Friday I get a text saying who's going to support me and what time they will be arriving."***



# FORUMS



## Dundee

Chloe, our ClickGo guru, was at the Dundee forum talking to everyone about ClickGo and how it can help people manage their support. We are about to start using ClickGo with around 40 people in Dundee; this is an exciting time for everyone. Chloe said:

*"This forum was good as I was able to talk to people about ClickGo before they start using it. It really gave people the chance to have a taster session so they know what to expect."* Overall, the Dundee forum was a great success with lots of people sharing their thoughts and ideas together.



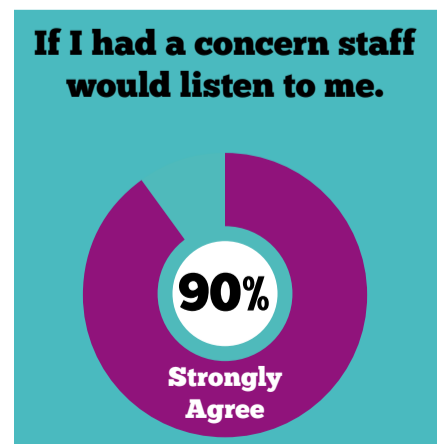
## Falkirk and Stirling

There was lots of fun in Falkirk during the group activities after Mavis gave a presentation about communication. During the first activity, one person from each table had to act out and mime, without talking, and everyone had to guess what they were communicating. This led on

to some interesting discussions about how difficult it can be for some people who are unable to communicate verbally to get their message across. One person said: *"it was good to see so many people, such a great turnout. A lot of communication doesn't work out, so I think it's important that people are able to say what they think is good or bad"*.



*This is an example of good communication as it makes me feel happy and well organised. I got a chance to speak on the microphone earlier, I was nervous but I'm building my confidence. I feel good, I've been with Carr Gomm for two years and I wouldn't have been able to talk to people before but now I can!"*



## Changing Lives With Our Fundraising

**W**e fundraise to address the gaps in society, to provide support where no one else is. With strong partnerships in local communities, we innovate and work together to develop long-lasting legacies and projects which seek to put an end to social isolation and loneliness.

The following projects are funded entirely through donations, so your support is vital. To make a donation, visit Carr Gomm's Virgin Money Giving page. For more information on these projects, contact Scott at [scottmcnair@carrgomm.org](mailto:scottmcnair@carrgomm.org)

**Carr Gomm United is capitalising on Edinburgh's proud footballing tradition to improve people's health and wellbeing. Backed by Street Soccer Scotland and the Mental Health Football Association, we're bringing people together to train, talk tactics and compete, all in a friendly and accessible way.**

**Jamie, our Community Project Worker, describes how important Carr Gomm United is:**

*"Taking part in projects like Carr Gomm United encourages people to take more care of their health, make new friends and recognise skills they never knew they had - all of which impacts the rest of their lives."*

**We're delighted to be supported by Hibernian FC, who donated training kits, and by the Kevin Thomson Academy.**

**Fancy joining the team? Come along to Meadowbank Stadium, Edinburgh, 10am-12pm on Mondays.**

Men in Sheds supports men to meet and share ideas and skills in a friendly atmosphere. Adopting the successful Australian idea, the project is run for and by men of 35 years and over who feel socially isolated.

A core group meet regularly in Craigmillar, with others dropping in when they can. They work on gardening, joinery and painting projects, sharing ideas and learning from each other; some come for the practical side, others for the company.

We're very grateful to NHS Lothian and to the Scottish Prison Service for donations of tools and equipment.

This summer, the group are looking forward to their next challenge: working with people at our Drummond service to build raised beds for their garden. We can't wait to see the results!



Cooking soup at Men In Sheds



Carr Gomm United with footballer Kevin Thomson

**Sumia was isolated, depressed and worried about making ends meet when she was referred to Community Compass, our social prescribing service, by her GP.**

**Like many people, Sumia's most pressing issue was sorting out her benefits, which she did with help from local welfare rights staff and her Community Compass worker. With support, Sumia enrolled on an IT course so she could help her daughter with her school work, began attending an exercise group and going along to her local community garden.**

**Sumia's confidence has dramatically increased as a result of support from Community Compass. She and her daughter have made friends and she is now able to look positively to the future.**

**In three and half years, Community Compass, working in close partnership with GPs, has provided vital support to over 330 people like Sumia.**

In the spring and summer sunshine, community gardens all over Scotland are a hive of activity. Karin, our Project Worker, is busy making plans for Craigmillar Community Grows. This innovative project uses growing to help people make new friends, connect with their community and improve their skills and confidence.

An exciting new development this year is Karin's work with Castleview Primary School, where the children are learning mathematics outdoors through gardening. This is very different from traditional maths, but very effective. Primary 1s have already planted up their raised beds with beans and courgettes and these are now being re-potted. With over sixty children taking part, it's sure to be a busy time.

In 2016-17, over 350 people who had considered themselves isolated were supported to build relationships and learn new skills by participating in gardening-based activities through Community Growing.

## The CG 100

### What's the aim?

We need to raise at least £50,000 by 1 September 2017 to continue our impact and develop new projects across Scotland. In doing so, we can help end social isolation and loneliness.

### How can we achieve it?

We are looking for 100 people, or teams, to raise £500 each in the most creative, exciting and fun ways possible. That's as simple as raising £5 one hundred times!

### How can you sign up?

Head over to the CG 100 campaign site at [cg100.org](http://cg100.org) By signing up to the CG 100 campaign you will be part of a fundraising community tackling social isolation and helping to build a more resilient Scotland.

the **CG**  
**100**  
together raising  
**£50k**  
helping to end  
**isolation**

Contact the Fundraising Team | Telephone: 0131 659 4777 | Email: [fundraising@carrgomm.org](mailto:fundraising@carrgomm.org)

## Involvement, Quality And Innovation

Lyn Ryden is our new Involvement, Quality and Innovation Manager. Although this is a new role, Lyn is a familiar face as she has been working with Carr Gomm since 2004.

Lyn's job, as her title suggests, covers a few different areas. Involvement is about how we can maximise feedback and do something about it in order to improve the impact we have in people's lives.

The quality aspect involves questioning what it looks and feels like to receive a quality service. A key focus is whether the work we do supports people to achieve outcomes and how we can demonstrate this. Lyn knows how important having that conversation with people really is: **"What do people want out of their support? I'm looking at not only the conversations we**

**are having, but at the quality of those conversations."**

Innovation happens when we listen to ideas and make changes happen. We set up Carr Gomm Futures specifically for this; it's our process for enabling staff to submit ideas which we examine to see if they could improve a service, or the organisation as a whole. Lyn recognises the value of staff ideas: **"people who do the work often know how to do it best."** Some great projects have already come out of Carr Gomm Futures, which you can read more about on page 8.

Of course, Lyn is not alone in her role and works alongside a great team: **"I enjoy working with Scott and Tricia, they are both really talented."** Scott McNair manages all of the gardening projects, Men in Sheds and Carr Gomm Futures. Tricia

Burnet manages our outcomes monitoring project in which we sample and monitor outcomes for quality.

Tricia also works closely with the Involvement Group. They are currently taking forward the statements of the Charter for Involvement. This year's focus is on Statement One - "we must be at the heart of any plans about our lives" - which relates to the quality and monitoring of outcomes.

When asked how she felt about her new role, Lyn said **"I love it and feel really privileged to be able to help ensure the work we do is high quality. Quality service is about being listened to and making the things that need to happen, happen."**

We congratulate Lyn on her new role and know she will do well!



Lyn Ryden, Involvement, Quality and Innovation Manager

## Partnership With NHS Lothian

The Rivers Centre and Meadows Child and Adolescent Trauma Service (part of the Children and Adolescent Mental Health Service), were both established by NHS Lothian in 1997, to offer specialist psychological services to people affected by the psychological effects of trauma.

In 2016, we joined a new partnership project - the Rivers Public Social Partnership (PSP) - with these teams, NHS Lothian and other third sector organisations. It was set up with the help of funding from the Scottish Government. The new PSP is based at the Fountainbridge Library building, and offers an integrated service to those who need post-trauma support, to which adults can self-refer.

Carr Gomm's role is to work alongside the two teams of therapists to support people with other challenges they

may have in their lives. This allows people to focus on their recovery whilst in therapy or group work, secure in the knowledge that they also have the practical support they need. Our Specialist Link Workers

support people to address things like housing, benefits, debt, access to community activities and other social problems that may otherwise get in the way of them making progress in their recovery.



Specialist Link Workers, Jenny, Roslyn and Barry

## New Developments In Argyll And Bute

We are thrilled to announce that we successfully bid for an Early Help Strategy Worker Pilot in Oban. The pilot, which started in April, is testing a new early intervention approach in providing support to children, families and young people under the age of 25. It aims to prevent people reaching a crisis point by supporting overall health and wellbeing. The pilot will initially run for 6 months, after which point it will be evaluated; here's hoping it achieves its aim of building

people's resilience and engagement in the community.

And there's more: a new partnership in Argyll and Bute successfully applied to the Big Lottery Fund, to deliver a Money Skills advice service. Carr Gomm is part of this partnership, offering budgeting and life skills advice, and signposting people to relevant services.

We wish the Argyll and Bute team the best of luck in taking these exciting initiatives forward!



## Welcome To Our Noticeboard!

This is where we share stories from YOU. We have a variety of notices from all across Scotland, including a poem, a recipe, discounts and even some easy ways to raise extra funds for the CG 100 campaign!

Tweet us your pictures and stories @CG\_CarrGomm or email [marketing@carrgomm.org](mailto:marketing@carrgomm.org)

We look forward to hearing from you. You never know, it could be your picture or story in the next newspaper!

 @CG\_CarrGomm

 [www.facebook.com/CarrGomm](http://www.facebook.com/CarrGomm)

### Staff awards now open!

Nominations include:

- Innovation
- Involvement
- Most Inspirational
- Team of the Year

Go to the staff intranet for more information!

Winners May and Ty, pictured with their manager, Susan, who nominated them.



Our Staff Award winners, May and Ty, from last year are thrilled to have won team of the year and had this to say:

“ We were delighted to receive the award as it recognised the benefits and importance of good integrated working between different organisations.

We feel that nominating others is an effective way of letting them know that they are valued. ”

### Want to earn some extra cash?

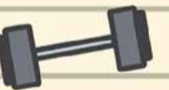
Our recommend a friend scheme offers you and your friend **£100** each for recruiting someone new!

Check out the staff intranet for more details.



Dominic (pictured left) and Angus (pictured right) from Lochend, were pleased to visit the Hibs stadium recently: here they are with the Scottish Cup.

### Borders Gym Pilot



A new pilot has just been launched in the Borders. People supported by Carr Gomm now have exclusive use of the local gym on Tuesday afternoons as part of a focus on improving mental health and wellbeing. It only costs £2 a week and you don't have to attend every week!



Further information contact: Paul Davis  
[pdavis@liveborders.org.uk](mailto:pdavis@liveborders.org.uk) | 07458 040481

We want  
your  
stories!

Remember we couldn't  
do this newspaper  
without YOU!

There are many ways  
to contact us. Go  
to page 2 for details.

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## Dong Dong's Malaysian Chicken Curry



- 1.8kg chicken
- A few Sichuan Peppercorns
- 1.5kg potatoes (diced)
- 1 packet curry sauce
- A few chillies
- A few spring onions (chopped)
- 5-6 tbsps oil

1. Clean the chicken and cut into medium sized pieces
2. Heat the pan over a hot flame and add the oil
3. Fry the chicken with the peppercorns and curry sauce
4. Next add a half litre of water and potatoes and boil for about half an hour
5. Add the spring onions before serving with boiled rice or noodles



## Morning Dream

BY LOTTY

At 6 of the o'clock in the morning, I awake abruptly from thy slumber to find one's self lying in a magnificent, beautiful, field with lush, green, grass.

As I look around I notice a still pond filled with beautiful and graceful pure white swans making lives for themselves and their families.

I lie there and watch them for a while, then slowly I drift back to sleep once more.

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## It's all about Y.O.U.!

### Y.O.U. is the service for you!

Your Options Understood, or Y.O.U., is an independent advice service set up by Dr Danielle Farrel for people with disabilities, their parents and carers. Its aim is to simplify the world of Self-directed Support.

Danielle, who has Cerebral Palsy, completed a PhD in the summer of 2015 before taking on the temporary role of Development Worker at Carr Gomm, all the while setting up her own business.

Your Options Understood is the first of its kind in Scotland to be funded by the Prince's Trust. In September 2016, it received the North Ayrshire Business of the Year Award and was granted money to develop a website and hold a formal launch event. Y.O.U. officially launched in January 2017.

So, what's the future for Y.O.U.?

Danielle and her team of volunteers are already delivering training in schools and giving advice to children with disabilities and their parents. They're eagerly applying



Danielle receiving Business of the Year Award

for more funding with a vision to roll out services across Ayrshire and Glasgow, and maybe even further. Fingers crossed they're successful!

*If you live in North Ayrshire and would like advice on Self-directed Support, visit the Y.O.U website [www.youroptionsunderstood.co.uk](http://www.youroptionsunderstood.co.uk). For advice throughout the rest of Scotland, get in touch with us on 0300 666 3030.*

## Nice to meet you... Ross, Falkirk

### What's your connection to Carr Gomm?

I have been supported by Carr Gomm in Falkirk for over 13 years.

### Tell us a bit more about yourself...

I enjoy spending time with my friends and visiting the museum. I work as a Director of the Falkirk Theatre Group; last year I directed Sister Act and this year I'm directing Elvis Presley. I've always loved musicals. When I first started being supported by Carr Gomm, a dream of mine was to go and see Phantom of the Opera in London. My Key Worker supported me to achieve that dream. I even got to meet Andrew Lloyd Webber and the cast back



Ross with Director's book

stage. It was an amazing experience!

### Tell us three fun facts about yourself...

1. I have lots of hobbies and like collecting all different genres of films.
2. I love cooking; my favourite food is pasta.
3. My favourite colour is red.

*If you would like to feature in this column, please get in touch!*

*Email [marketing@carrgomm.org](mailto:marketing@carrgomm.org) or call 0131 659 4734*

## Christmas card winners!

In the lead up to Christmas last year, we ran a Christmas card competition in our East of Scotland services. The competition, which was open to everyone we support in the East of Scotland, acted as a creative and festive way of engaging people and encouraging participation. We

received fantastic entries; a big thank you to everyone who entered. There could only be three winners of the competition, however, and we were delighted to choose the designs by Catherine, May, and Rena and John as the winning entries.

Each of the winners

was given a very special and personal prize; a professionally printed copy of their winning design, along with a £10 Marks and Spencer voucher.

We were delighted with the success of this competition and hope to hold one again in the future.



Catherine: "I enjoyed designing my card, the flowers in the centre represent springtime bringing us new hope."



May: "I love flowers and trees, and especially like the Botanic Gardens. In fact, that's where the inspiration for my Christmas card came from."



Rena and John: "I designed the Christmas card with our granddaughters. I enjoy making cards anyway, so I thought entering the competition was a great idea."