



A CHANCE TO CELEBRATE THE BEST

Carr Gomm's Time to Shine Awards are always a highlight of the year. It's an opportunity to celebrate the truly inspirational work of our team, and their commitment to going above and beyond to provide innovative, compassionate support with a focus on the involvement, choice and control of people supported.

At the AGM, our Chief Executive, Lucy, announced the winners of the 2017 awards. Before the awards ceremony began, Lucy also acknowledged the 47 team members across Scotland who had qualified for their SVQ certificates this year - a huge achievement that also ensures we are compliant with the SSSC registration requirements.

The first award to be announced was for Most Innovative Team or Individual, which was awarded to Rachel Walsh for her going above and beyond in the support

of a young woman with highly complex needs in Midlothian.

Next up, the Involvement and Innovation Award was jointly awarded, as there were simply too many amazing nominees. Shona McLeod from Dundee was awarded for her support of Karen, who has a love for craft. With Shona's support, Karen delivered her very own craft workshops this year.

And the Corstorphine Team in Edinburgh was also awarded for their work with the Garvald Centre, supporting people with learning disabilities.

Next, Aileen Sinclair was awarded the Most Inspirational Individual by her team at the Edinburgh Firrhill Service. Aileen's team spoke about her motivational approach to management, and the way she always commits more than 100% to people supported.

Finally, the Team of the Year was awarded to the Dundee Visiting Team, who were nominated for their hard work, and their flexibility and adaptability to the needs of people supported. A key example of this was their work with a young man with Prader-Willi syndrome, who through their support was able to go on holidays - bringing a benefit both to him, and offering some respite to his parents.

To round out the awards, staff who have been with Carr Gomm for 12 years were recognised for their service to the organisation and the community. When we see such inspiring examples of the outcomes and impact of the support that Carr Gomm provides, it's no surprise our staff stick around for over a decade!

Congratulations to all of the award winners, and everyone nominated - we're very proud of our team, and the brilliant work they do every day.

Chief Exec's Column



Welcome everyone to the Winter edition of the Carr Gomm newspaper. I hope you enjoy reading and catching up on everything that has been happening in recent months.

As we wrap up 2017 with our Annual General Meeting, it's a great opportunity to reflect on some of the exciting things we have been doing over the past 12 months. The CG100 fundraising really stands out as a highlight; mostly because we have raised a lot of money to help support our services that relieve loneliness and isolation for many individuals, but also because hundreds of people have participated in such a wide range of activities to raise the funds. Having taken part in many events myself, they have been such fun to be part of and I congratulate and thank everyone who organised, participated, and donated for their fantastic effort and contribution. The funds raised make a huge difference to the projects we can support during the year.

It has also been a very full year with new services starting in Glasgow and Edinburgh and lots of development work happening for services starting in 2018. It continues to be really exciting when we can bring new services to people that will become part of our Carr Gomm community. Please make sure you get a copy of our annual Impact Report to get the full stories for the year.

This is also a time for us to reflect on the past and plan for the future, as our current Strategic Plan wraps up in 2018 and we look towards a new three year plan which will take us to 2021. Over the next several months we will be pulling together all of our thoughts about the direction and choices Carr Gomm should take. It is important we have a plan that everyone owns and can contribute to. Please help us get the plan right by feeding back to me your thoughts about your support and Carr Gomm into the future.

Finally, I would also like to use this opportunity to congratulate everyone who was recognised in our annual Time to Shine awards this year - I am immensely proud of the Carr Gomm team, and the commitment that our staff have to providing quality support. The awards highlight the great lengths that many of our staff go to to ensure the people we support live life to the full.

Enjoy reading through this newspaper, and I wish you all the very best for 2018.

Lucy Wren

With best wishes, Lucy

In This Edition..

The future can seem like an intimidating topic to many of us. Often, we know what we want to achieve, but it can be quite challenging to see how we are going to get there. At Carr Gomm, we are currently planning for our future. Our Strategic Plan 2015-2018 will be drawing to a close, and we are beginning to focus on the coming three years – what impact do we want to have, and how do we achieve that?

Informing our planning will be the new Health and Social Care Standards and the new requirements for all workers to have their SSSC registrations. We are committed to always upholding the highest standards of quality in the support we deliver, and will be working hard to ensure that all of our services continue to meet and exceed the standards required of us.

In this edition of the Carr Gomm newspaper, we explore these topics in more detail, and reflect on how Strategic Plans work in action, what quality and standards mean to us and the people we support (p3), and also what the future looks like for many of us.

You'll hear from our team and people we support about what impact they want to have, and what they're excited about for

their futures (p6 & 7), as well as find out more about how we put standards and strategies into action through our work (p2).

We also have plenty of highlights to share from this year's Annual General Meeting, so flip to the back page to see some great snapshots from the day!

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



Quality, standards, and planning for the future

Guest Writer - Andrew Thomson



I often wonder about New Year's Resolutions. Do you ever commit to making positive changes in your life at the start of the year?

The New Year represents a moment to reflect on the year that has just finished and to think about how we would like the next phase of our lives to be different. Will it be trying a new sport to feel fitter, joining a social group to expand one's horizons, or eating more fruit and vegetables to feel healthier?

For Carr Gomm, this time of year is our opportunity to imagine how we'd like our future to develop and improve. It's our time to reflect on our purpose as a charity, our ambitions for what we should look like in 2021, and to set out how this will impact on people's lives. It's our opportunity to think about how social care in Scotland is changing – including workers being required to formally register with the SSSC and new Health and Social Care Standards being introduced – and how we can be at the forefront of making policy changes a positive reality in people's lives.

When we last reflected forward in this way – in 2015 – we set a “building strategy” to transform us into a “next generation social care provider”; we imagined



Planning for the new season at Rosebank Allotment

how people would want bespoke social care services in a way that fits their lifestyle, including through technology. Since then, we've supported people to use the different Self-directed Support options throughout the country; we've seen hundreds of people choose to use technologies like ClickGo and CareFree to have more control, choice and visibility of their support; we've re-designed support plans to ensure they are bespoke to each person; and we've worked with commissioning partners to introduce innovative new models of service, including responder teams, to best meet people's outcomes within the available budgets.

When we reflect now, we can see that we are building on strong foundations. This strengthens our capacity to imagine what the future could look like, and gives us the confidence to know that we can achieve our dreams.

What do you imagine that your life will look like in 2021? What will be different? How do you see Carr Gomm in 2021? If you have thoughts, please speak to your Key Worker or manager and we'll see how we can make a plan for those aspirations to become a reality.

If we all work together then we can all contribute to a better future for ourselves, our communities and our country.

Introduction

Delivering quality support is very important to Carr Gomm – but how do we know what ‘quality’ looks like? In Scotland, we are held to the national Health and Social Care

Standards, which make sure that every organisation providing support is held to the same best practice standards across the board. We are also now required to have all of our staff undertake

a SSSC registration, to further ensure that our staff meet the requirements to provide the highest standard of support.

In these pages, we look more deeply at what quality looks like when it comes to supporting people.

Relief through respite – quality of life for carers



Hazel, John and family

According to Carers UK, 6.5 million people across the UK are carers, supporting a loved one who is older, disabled, or seriously ill. The support they provide is invaluable, but it can also take a toll on the individual. Much like how safety on an airplane requires you to place your own oxygen mask before assisting others, it’s vital for carers to be supported to ensure their physical and mental wellbeing, such that they are then best able to support their loved one with their needs.

Carr Gomm provides respite services across Scotland, and has specific contracts in Edinburgh and Highland.

Our respite services have dual purposes – to support the carer to have time to themselves and a much needed break from their full-time caring

responsibilities, and also to ensure the individual supported has their needs met for the duration of the respite support.

This can mean any number of things for our workers, including being out and about, attending an excursion or activity with the person, or being at home to enable the carer to get out. The key factor is always ensuring that the support provided is person-centred and responsive to the individual needs of both the carer and the person supported.

Often the relationships built through respite support lead to long-lasting connections. An example of this is Hazel, who first engaged with Carr Gomm when her husband, John was diagnosed with Alzheimer’s and vascular dementia. After John’s condition rapidly

deteriorated in 2015, Carr Gomm provided Hazel with respite support each week.

‘This respite was very welcome, as I couldn’t leave John, and this care continued until he went into care in May,’ Hazel said.

After John entered residential care, Hazel continued to be part of the Carr Gomm community by volunteering at the Carr Gomm Charity Shop.

‘I have done voluntary work over the years, and I felt I wanted to give something back,’ Hazel says. ‘I thoroughly enjoy being in the shop and meeting so many pleasant people!’

We’re so glad to see the impact we have made in both Hazel and John’s lives, and to see the importance of respite support in ensuring quality of life for carers.

Ensuring the next generation of high quality workers

Carr Gomm is passionate about building a strong team of high quality professionals delivering excellent support in the community, meeting and exceeding the mandated standards for health and social care.

Our service in Lochaber has embarked on a new initiative this year, in partnership with the West Highland College UHI, to build a pipeline for individuals studying for their care qualifications to gain valuable work experience and apply for a role with Carr Gomm.

Earlier this year, we had our first work placement student. She completed seven months of placement with our Lochaber service, and has now been inspired to work hard to achieve her degree qualification.

Through the initiative, our team also gained valuable networks across the Highlands, leading to four new employees in Skye as a direct result of our partnership.

Mandy Cameron, Service Manager for Lochaber and Skye, said that the initiative has been hugely successful, and is leading to high quality candidates kick starting their careers in care.

“By employing students undertaking their health and social care studies we know that we are not only gaining employees with an interest in the sector but that they are also well educated in both the theoretical and practical side of our work,” Mandy said.

Importantly, work placements ensure that young people have a clear sense of what a career in care looks like, and are given a strong foundation in Carr Gomm’s values, as well as the high standard of social care support we provide from the very beginning.

This initiative will be continuing in 2018, so we look forward to sharing more fantastic outcomes then!

Introduction

When we support people, as well as making sure that they are able to live each day to the fullest, we want to be able to support them to plan for their best possible

futures. On these pages, we're excited to share with you some of the ways that Carr Gomm has worked with people to enhance their futures, including an innovative method

of 'social prescribing' using a person-centred 'link working' approach, which helps people see a more bright and less daunting future.

Making change for the future - Vivienne and Precious

Getting the right support at the right time can make a world of difference to a person's present life and their future. Vivienne was supported by our South Glasgow Integrated Service, to help her build her confidence in going out and about.

Here is her story of how the support she received from her worker, Precious, made a difference to her life, and the impact it will have on her future:

"When Precious first turned up at my home months ago, I was worried. My psychiatrist had arranged for Carr Gomm to come to my house for two hours per week.

The idea of going out of the house, especially on a certain day and time terrified me. Yes, I could sometimes go out via taxi to the 24-hour ASDA at 2am when it was quiet, but only on a good day. The idea of it having to be at a "pre-arranged" time put me in full blown panic mode.

I struggled to answer the door, or pick up the phone and getting out and on a bus was unthinkable to me. Precious, or as I call her "Patience", quickly took control of the helm the first few times, and was able to transfer that confidence to me in a warm and professional manner. By her third visit we were going out and about and we were both amazed at how quickly my fears and worries had subsided. We both look back and talk about how my situation went from bleak to brilliant so quickly.



Precious was patient, calm and always listened to my rambling on when I was so happy at being out and about. I have kept the bus ticket from our first bus journey. It's a reminder of "I can do this". Precious understood and realised just how physically difficult it was to get from A to B via public transport if you are in a wheelchair, so not only did Precious help me psychologically but also physically.

Precious has a beautiful soul and it really does shine when she relaxes a little. I think we were both a tad apprehensive meeting up the first few times, but now I would be proud to call her my friend.

Thank you for all of your support workers' help. We started with me not leaving the flat, to me saying goodbye on my way to get a train on my own to travel to the Lake District!"

Making real Connections for Wellbeing

At Carr Gomm, we know that our wellbeing is about so much more than our physical health. While there is a clear way for us to get help with any physical issues, it can be harder to find the right support for social challenges.

That's why we are excited to pilot a social prescribing service in Dunoon and Rothesay, with funding from NHS Highland. Social prescribing is an innovating approach to support, where GPs can refer patients who present with social problems or concerns to Carr Gomm's Link Workers, who can then meet with the individual and offer them support.

So far, Connections for Wellbeing has seen some fantastic results. For one person, the support provided by our Link Worker meant that she was able to access Carr Gomm's drop in service and address some significant budgeting concerns she had. The support received through both services meant that

she reported having a more settled home environment for her family, as her stress regarding her finances was reduced.

Another gentleman presented to his GP with social isolation and was feeling stressed about some repair issues in his home. With the support of our Link Worker, he was able to have his heating repaired in his house, which meant he was able to get out of bed and head to the gym again.

He was also supported to access a disabled parking permit, which allowed him to connect with other community services as his mobility was improved. Our Link

Worker also helped him find a list of social groups and activities to get involved with.

Graham Bolton, the Practice Manager of the Bute GP Practice, is pleased to see the impact of social prescribing to date. He said, "This is an invaluable resource which taps into the available support in the community, something the GPs do not always have the time or knowledge to be fully aware of or support".

Connections for Wellbeing has already been a great success, and we're looking forward to seeing more positive outcomes from the service in the future.



Link Worker Fiona and Reception Manager Iain

HAVING A VOICE FOR OUR FUTURE

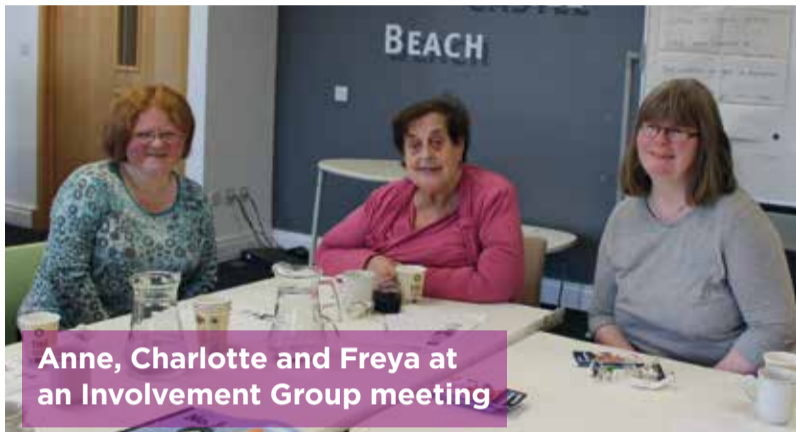
Introduction

Carr Gomm's future wouldn't exist without our people – from the people we support to our staff, our Board, and the broader

community. We know that unless we are all involved in planning our future together, we won't be able to achieve our goals. In this

section of the newspaper, we take a look at how people we support and our teams have a voice in shaping Carr Gomm's future.

What true Involvement looks like



Anne, Charlotte and Freya at an Involvement Group meeting

Involvement isn't just a buzzword at Carr Gomm; we really do ensure that the people we support are involved in shaping the organisation, and each voice is essential to making sure that we continuously improve our services.

A key way that we do this is through our Involvement Group, which provides a space

for people we support to come together and guide the organisation in ensuring that our services are always person-centred and achieving the best possible outcomes.

The Involvement Group meets throughout the year, and participates in events such as our recruitment day. They also provide input and steer the development

of the Charter for Involvement.

The members of the Involvement Group have all gotten involved in different ways. Jackie has been part of the group for a year now. "I joined because I wanted something to do. I saw the advert looking for new members, and I thought it was interesting," she said. Jackie has anxiety, and joining the group took a great deal of courage and resilience.

"The first meeting, I had a panic attack. But from there, I've gone from strength to strength."

Like Jackie, Freya first joined the Involvement Group because she wanted to do something to engage more with Carr

Gomm. "I didn't know a lot about the Involvement Group, but I had loads of ideas and thought other people might be in the same boat as me," Freya said. "Now I've had the chance to get to know people who I wouldn't have met otherwise. In this group, you can talk about things knowing that other people are thinking the same thing."

The Involvement Group has lots of plans for the future, including taking the ideas that they have developed through the Charter for Involvement and turning them into real actions.

Freya wants people to know that if they're thinking of joining the group, they shouldn't be nervous about talking

with everyone. "My first time here, I just thought I'll be quiet and listen. I have loads of ideas but sometimes I need prompting. You don't have to say anything – just come along and just know that you can join in if you want to!"

The Involvement Group is key to making sure that Carr Gomm is upholding the Health and Social Care Standards, and even going above and beyond what's required to ensure that everyone we support has the individual, person-centred support they deserve

If you're interested in joining the Involvement Group, get in touch with Tricia Burnet, Involvement Manager on 0131 656 6270.

Putting our people at the heart of our future

When we say that Carr Gomm is a 'person-centred' organisation, we mean that in a holistic sense – just as the support we provide is centred around the person being supported, our organisation more broadly is also centred around our people. Our staff teams across Scotland are not just crucial to ensuring the high standards of support we pride ourselves on, but they are also integral to guiding the future of the organisation. Carr Gomm Futures is how our person-centred approach comes to life for our staff teams.

Carr Gomm Futures is a service led design approach which gives all staff the opportunity to help influence Carr Gomm's work. Our vision is to be creative, innovative pioneers within the social care sector; we are always looking for new ways to do things, big or small. We recognised that these ideas and creative solutions already exist within our staff teams, so we collaborated

with an award-winning Service Design Agency to create Carr Gomm Futures as a systematic method of collating, managing and implementing ideas.

Carr Gomm Futures brings staff together from across the entire organisation. It enables staff to submit ideas through an online portal or via email; from here, ideas are reviewed and taken forward.

So far, we have already seen some brilliant ideas coming through the online portal. Initiatives to date include staff having access to information about local community resources (a page has been set up on the Intranet called 'The List'), improving how we involve people who have limited communication in decisions about their support while finding out what matters to them, and using the 'Healthy Eating, Healthy Living' training pack when supporting people with learning disabilities to eat well. If



Designing the future through Carr Gomm Futures

you have an idea about improving our work, do get in touch – you can find out more on the Intranet.

This is an ongoing process, and we encourage all staff to check in regularly and contribute their ideas, especially as we enter the planning phase for our next strategic plan. Our people are what make our future bright!

What future do we want?

What do you want to be remembered for?

"As a lovely girl, and a smiler,"

Jennifer, Dundee

"As always trying to do the best that I could,"

Eilidh, Portree

"Being fair, trustworthy and for making a difference,"

Shirley, Dundee

"I want to be remembered as a compassionate person,"

Scott, Kirkintilloch

"As a loving mother, grandmother and for my contributions to the community,"

Mary, Inverness

"That I've been fair, that I've listened to people and understood them when providing support,"

Nicola, Dundee

"For being genuine, loyal, tenacious and an advocate for people to get the support they deserve. Oh, and having a GSH (good sense of humour)!"

Joan, Dundee

"My sense of humour and understanding of the care sector,"

Graham, Glasgow

What's one thing in your future that you're excited about?

"I'm looking forward to doing my SVQ, I love learning new things,"

Laura, Dundee

"I just want to keep opening my eyes in the morning to say, oho! I'm here!"

Graham, Glasgow

"Christmas, and my New Year's Holiday,"

Sam, Dalkeith

"Excitement isn't really the right word; I'm more motivated to keep growing the support we can offer and to keep meeting the needs of the people we support."

Susan, Musselburgh

"I'm going on holiday to Jersey in February, to celebrate my 40th birthday with my family,"

Jennifer, Dundee

"I have two holidays coming up, one to Egypt with my wife, and also to Crete with my wife, stepdaughter, and two grandchildren, which will be our first holiday all together as a family!"

Scott, Kirkintilloch

"I'm going to Israel, the Holy Land next November with my church."

Mary, Inverness



Mary



Scott



Eilidh



Laura



Nicola and Shirley



Nikki



Sam

What things are important to you, when you think about the future?

"It's important to me to do things with my grandchildren, to cook more, and to stay involved with the wellbeing and recovery sector, as it's my passion."
Shirley, Dundee

"When I think about the future, I think about friends and family, and concerns for the world",
Eilidh, Portree

"Spend lots of time with my friends – I've got lots of friends. And talking to people,"
Sam, Dalkeith

"My dog, Ziggy, security and having career satisfaction,"
Joan, Dundee

"My family."
Laura, Dundee

"Staying healthy,"
Graham, Glasgow

What's unique or special about the way that Carr Gomm approaches supporting people?

"We are very person-centred. We genuinely work with people to support them in the way that is most meaningful to them, and there is no one-size-fits-all."
Susan, Musselburgh

"We're very can-do and never say we can't support someone. We also invest in staff, and pull out all the stops."
Joan, Dundee

"It's very community-based. Everyone is connected and there's a great rapport with the local community and the service,"
Laura, Dundee



Jennifer



Graham



Joan

As well as providing services across the length and breadth of the country, Carr Gomm supports communities, including in the most deprived areas of Scotland, through our community development projects. These projects tackle social isolation and loneliness through supporting people to learn new skills, improve their confidence and self-esteem and connect with their communities.

All of our community development projects are funded entirely through grants and donations, so following in the footsteps of the Kili Climb and the Sahara Trek, in April our latest fundraising campaign was launched, the CG 100!

The CG 100 was launched on 28 April by Lucy, and we were thrilled by your response to her invitation to join her in taking part!

The plan? 100 people raising £500 each: to fund community development projects throughout Scotland.

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

Staff and people supported from Argyll & Bute to Midlothian, the Highlands to the Borders joined the campaign, coming up with fantastic and ingenious ways to raise money for the CG 100.

Our dedicated fundraising social media channels @CGFundraising on Twitter and Facebook as well as the CG 100 campaign website carried all the latest news of the campaign. With over 130 people taking part in fundraising we couldn't be more delighted by the response.

We want to thank each and every one of you who took part. Whether you organised an event, bought a raffle ticket, donated a prize or donated your time we're thrilled you chose to support the CG 100.

And thanks to all of you at the time of going to press the CG 100 total stood at an amazing £45,000!



Website: www.cg100.org | Telephone: 0131 659 4777 | Email: fundraising@carrgomm.org

Your brilliant fundraising efforts will go directly to supporting our community development projects, which include:

Craigmillar Community Grows uses growing and gardening to bring people together to build friendships and improve their health through growing and gardening.

The Merrylee Allotment provides a great space for people to come together, learn new skills and build their confidence.

Our Men in Sheds project provides a welcoming and informal space for men to come together to share resources and work on tasks of their own choosing at their own pace in a friendly and inclusive venue.

Community Contacts offers 'a helping hand with Self-Directed Support (SDS)' throughout Argyll & Bute by providing independent advice, information and support to people and their families at every stage of the SDS journey.

The Conversation Café brings together local people, who would otherwise be isolated, to socialise together in a way that suits them, meeting others in an 'ordinary' way, without feeling they are using or attending a service.



Whilst we've said goodbye the CG 100 the need to raise funds for our community development projects doesn't end here, and neither should your fundraising! We still have £5,000 to raise before Christmas, so check the CG100 website for some great ways to get involved. The Fundraising Team are always here for help and advice and we'd love to hear from you. Our next fundraising campaign will be coming soon so keep an eye on social media for all the news.

Website: www.cg100.org | Telephone: 0131 659 4777 | Email: fundraising@carrgomm.org

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, some recipes, and info on how to get involved with ClickGo and more!

We can't wait to hear what you've been up to, and to share your stories through the next Newspaper!

Send your pictures and stories to marketing@carrgomm.org, or tweet us.

 @CG_CarrGomm

 www.facebook.com/CarrGomm

It's time to get social!

Have you got a story to share? Or do you want to stay connected to the Carr Gomm community? Our social media channels are a great way to stay informed, share your news, and connect to our services all across Scotland!

You can follow us on Facebook (/Carr Gomm) and Twitter (@CG_CarrGomm). And we even have dedicated channels just for our fundraising news – Facebook (/CGFundraising) and Twitter (@CGFundraising).

And if you have something you want to share on social media, email it through with photos to marketing@carrgomm.org.

LIKE 

 SHARE

REVIEW 

The next step for ClickGo

We will shortly be launching the newest digital product in our award-winning ClickGo ecosystem: CareFree Social. Our CareFree niche social network has been developed for people and families who need somewhere to turn to for information, support and guidance they can trust. Users will have access to expert advice tailored to their specific needs, as well as details about relevant resources and upcoming events in their local area. Crucially, the network will also facilitate peer-to-peer conversations and support. With a supportive online community just a few clicks away, no one should have to feel alone.

For more information, please contact Chloe at clickgo@carrgomm.org.



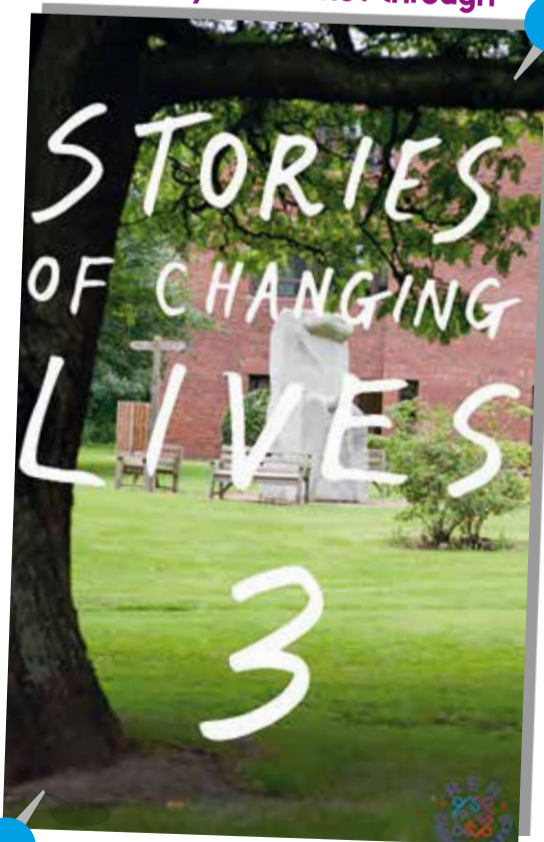
Esther

Esther, who is supported at our Firhill Service, has had her personal story included in *Stories of Changing Lives 3*, a special book that is published by the Royal Edinburgh Hospital Patients Council.

In her story *Keys*, Esther shares the impact that living at Firhill has had on her. She writes, "Coming to Firhill was life changing for me in a very, very, good way. It made me start to see the real world through my own eyes and not through nurses' eyes."

"My advice to others in hospital now is – Keep positive, don't look backwards, always look ahead. There is a chance for you. I was there and thought I'd never break free, but I did."

Well done Esther, and thank you for sharing this beautiful story!



Poem by Andrew Watt

We went to karaoke
last night.
She asked me if I'll
sing a song
I said to her that, I
might
But only if you sing
along.

She asked what kind
of songs I like
I said that doesn't
really matter
Because when I've got
the mic
I've also got the
patter.

Even though she
didn't like the song I
chose
And I thought it was
good
She would still sing
along I suppose
Just like I knew she
would.

She said, I would sing
along with you,
But not any other
boys

That's because I know
you can sing, Andrew
And the rest of them
just make noise.

She said I don't think I
could sing alone
You can come up with
me

That way you won't
be on your own
We shall sing a little
country.

She asked if we would
sing again
I told her we're now in
the last half hour
Now before it starts
to rain
I want to get back for
a shower.

Bathbombs



Rowan Macleod, Lochaber

I used:

citric acid, almond oil, bicarbonate soda
food colouring, glitter (makeup grade)
strawberry scent oil

How I did it :

I mixed in 1 cup of citric acid to 2 cups
of bicarbonate soda.

I added the oil and food colouring, scent
and glitter

I mixed them all together and added a
very very small amount of water to bind
it all together.

I put the mix in to moulds

I pressed the mixture down. And left to
set overnight.

I really enjoyed making these and as well
as using them in my own bath, I also
gave some out as Christmas presents.

Nice to meet you - Daniel Currie, Senior Relief Worker Hub Coordinator

Tell us a bit about yourself.

I was born in Broxburn have lived in
Edinburgh for most of my life. I attended the
Napier University Business School.

Can you explain a bit more about your role with Carr Gomm?

I have had various administrative and
operational roles since starting in 2008. I am
currently the Senior Relief Hub Coordinator.
My role includes supplying Relief Staff to
allow the organisation to cover vacancies in
rotas as well as take on new work.

Tell us three fun facts about yourself that people might be surprised to hear.

- I have been Djing for eight years.
- I trained in Muay Thai Kick Boxing, and whilst I don't kick box anymore, I'm still in the gym at 05:30 every morning before work.
- I can roll my tongue, I can fingerless whistle and have, apparently, the loudest hand clap that is Guinness World Records worthy.



Guiding Carr Gomm's future

Each year, Company Members gather for the Annual General Meeting, which is a great chance to celebrate Carr Gomm's achievements for the past year.

This year, the AGM took place at the Thistle Centre for Wellbeing in Edinburgh. Before the formalities began, we enjoyed a delicious lunch, giving people the chance to catch-up, reconnect and peruse some of the wonderful Christmas goods our team from the Inverness Charity Shop brought with them.

Guests were also able to see the amazing outcomes of our CG100 fundraising campaign, which were on display.

Many Company Members expressed how exciting it was to see how successful the campaign has been, with the target of £50,000 almost reached. You can read more about the CG100 on page 8 of this newspaper.

The formalities began with a wonderful opening from our Patron, Richard Holloway, who reminded us of the importance of *"doing good from where we are"* to help end social isolation.

Anne Austin delivered the Convenor's report, reminding us that *"despite finances being tight, Carr Gomm continues to deliver services responding to emerging needs"*. This sentiment was

further reflected in the finance report delivered by Derek Robertson, in which he stated *"we want to continue to be a vibrant and sustainable organisation that adapts to change"*.

Two new trustees were appointed to the board, each bringing with them a wealth of expertise. Beth Scott is an independent business consultant, with a particular focus on the technology industry. Beth is keen to particularly engage with ClickGo, and further expand the reach of this innovative initiative.

Andrew Steel is Financial Reporting Manager for the Royal Bank of Scotland, and has a great deal of knowledge in finance

and regulatory reporting. Andrew is looking forward to being able to offer his expertise to an organisation that plays a key role in providing support for the people who most need it.

The formal proceedings finished with a traditional whisky toast, allowing everyone gathered to once again acknowledge the great achievements of the past 12 months and look optimistically to the future.

We would like to thank everyone who came along to the AGM for their support, and we can't wait for another big year of delivering important services to our communities.

