



Summer Magazine 2025 Connecting Through Activities

Featuring
your feedback,
news stories,
creativity,
and so much more!





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A Note from the Chief Executive



Here we are in the summer months, and I'm sure you will enjoy reading about the increased outdoor activities everyone is getting involved in.

In Carr Gomm, **we recognise and learn** from everyone sharing their thoughts about how you either receive or we deliver services; this is really important to the decisions we make about managing and developing the organisation. We have heard how much people enjoy being together in the Carr Gomm community, we hear that doing more activities is enjoyable, we hear that having **good relationships** enhances how we cope when times are tougher.

This is why we organise lots of opportunities for people to get together, participate, and build relationships, we have heard what you have said, and it is also especially nice when the sun is shining.

Your voice is important to help us be a great organisation that delivers what matters to you, in this magazine you can see reflected back what you have told us. It is important we keep talking and sharing our thoughts. We all have the influence and power to help Carr Gomm be the organisation we want it to be

Lucy Wren
Chief Executive Officer

A handwritten signature of Lucy Wren in a teal color, written in a cursive style. The signature is positioned to the right of her printed name and title.

Carr Gomm's

Biannual Survey

Every six months, Carr Gomm surveys the **people we support** and their key contacts to gather their feedback on the services we provide, enabling us to **continually improve**.

93% of respondents said their service is working for them, and almost **88% said they would recommend** Carr Gomm to others.

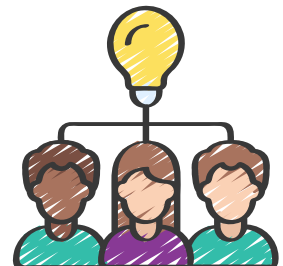


91% I am involved in decisions about my support

"They are very people-centred, it feels like they actually want to help and understand the situation you're in and help."

96% The people who work with me understand my needs

"The respect you get from the support workers and the office staff anytime I contact the office, I am listened to, and they help with my needs."



96% Staff listen to me

"I am very grateful for the support I receive. I feel secure and supported with the help they provide, and the staff go above and beyond."

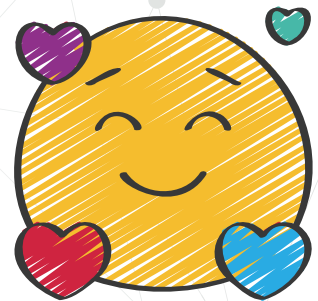


93% My service is well organised and managed

"Having the same support workers allows me to build up a good friendship with them."

97% My support is making a positive difference in my life

"Service allows my husband to go out and attend his activities and gives me peace of mind that my needs are being met at home."



93% If I had a suggestion to help improve my service, staff would take me seriously

"The staff are always available to provide help, assistance and guidance whenever it is required."

93% If I had a concern or complaint about my CG service, staff would take me seriously

"Friendly and approachable to converse with at any time, especially if an issue arises and the problem requires attention, then Staff Members and Management work together to sort the problem out."





The difference your feedback makes

Spotlight on Morningside

In previous questionnaires, people in the Morningside community in Edinburgh highlighted that they would like to have opportunities to get together and socialise.

The team heard this feedback and worked alongside people to explore this further and create new opportunities.

Movie Nights

There is now a **weekly movie night**, with people agreeing together what to watch. At the latest event, people gathered with **burgers, hot dogs and sweets** and enjoyed the absurd comedy classic, Monty Python and the Holy Grail.



BBQ's

Morningside Service hosted a BBQ in the gorgeous sunshine, bringing the people they support together for a great day of **delicious food, upbeat music, and fantastic company**. There was laughter, chatting, games, and even a spontaneous sing-along jam session.

Porty Festival

The Morningside team supported two people to attend the **Porty Festival** in Portobello. They had a fantastic time visiting stalls, watching buskers, DJs and music acts, tasting all the delicious food on offer! The festival gave them the chance to bond and **enjoy a fun day out together**, and they even brought games back to play at their next group event.





Pedals & Positivity

People we support in Dundee had a fantastic day at the **Try Cycling event!** With reconditioned bikes from **Dundee Cycle Hub**, adaptive trikes from **Dundee Dragons**, and snacks from **Tesco Monifieth**, there was something for everyone.

Enormous congratulations to Support Practitioner **Graham Tooze and the team** for putting the event together, and a big thank you to everyone who attended.





Forth Valley Sports Festival

This Summer the inaugural Forth Valley Sports Day took place at The Peak in Stirling. Everyone had the chance to **try something new**, with an amazing range of sports and activities on offer.

We enjoyed cycling with **Bikes Without Barriers**, played some games of football, rugby, cricket and golf, and tried our hand at athletics, archery and even fun **fitness challenges** with our friends at **Health by Science!**

A huge congratulations to Senior Administration Officer/Healthy Living & Wellbeing Coordinator **Daniel**, Lead Practitioner **Vadim**, and everyone involved in putting on the event, and a special shoutout to **Futures**, our staff innovation scheme, for providing funding for the day.





Thank you to everyone who attended and made the day a success, and a special thank you to our partners who helped make it possible.

- Active Stirling's Bikes Without Barriers
- Milton All Stars Football Club
- Forth Valley Clan
- Bannockburn Rugby Club
- Cricket Scotland
- Forth Valley Disability Sport
- Healthy by Science
- Sportability





I Never Did Leave You 'Carr Gomm'

By Alana Paula Burns

The rights of the individual to be individual
Respected by Carr Gomm, I know to be so,
Visiting my humble abode
A helping hand. Even Einstein needs go!-go!

Laughter in the face of adversity
Come on girls and boys,
We are all kids at heart
Come, play with my toys.

Helping around the house
Gaiety alongside productivity,
All rolled into one
A compassionate, guiding, helping hand.

Thank you Carr Gomm; for being Carr Gomm
Can't think of anything else,
Many hands make light work
All for a good cause.



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Life Has Not Been an Easy Ride

By Brian



Brian shares how moving into his own flat with support from Carr Gomm helped him feel more settled and hopeful after years of struggling with schizophrenia. Brian hopes that by telling his story it might help others.

I'm Brian, I'm 44, and I live in Dundee. I have schizophrenia, and life hasn't always been easy. I spent time over ten years in hospital and struggled living alone, especially after my dad passed away.

Things changed when I moved into a lovely new flat with support from the Carr Gomm team in Dundee. Although I wasn't too sure to begin with, the staff there are good, and I really don't know what I would do without them.

I now feel a lot more settled and secure, which means the voices are a lot better than they were.

I'm much healthier, have more energy, and my DVD collection - 400 and counting - gives me purpose. I even go for cooked breakfasts when I'm out. I'm in a better place now. It's still a work in progress, but I'm hopeful and looking forward.

If you're struggling, keep going. Things can change.

Brian.

Connecting Through Activities Across Carr Gomm



Robert's Highland Adventure

By Vadim Zolotukhin

Lead Practitioner



Robert always wanted to explore the Highlands and spend a few days travelling around the most scenic and remote areas. Once the weather improved, we organised a **5-day trip** to have enough time to explore the Highlands properly.

Robert arrived in **Inverness** and enjoyed exploring the city, while staying in an apartment in the city centre, making it easier for him to commute.

On day two, Robert visited **Loch Ness** to explore the mystery behind the Loch Ness monster. The next day we travelled to **Stromeferry** to visit his family. Robert travelled to **Applecross** with his brother, where they discovered many picturesque spots, from the white sand beach to the top of the mountain.

After such an adventure, Robert returned to Inverness for the last day of his trip, which ended with a delicious dinner at a local restaurant. Robert is already **planning to come back** to spend Christmas with his family in Stromeferry.



Our National Involvement Group

By Involvement Group members



Carr Gomm's National Involvement Group exists to **build a strong connection** between the organisation and the people we support. Our role is to monitor Carr Gomm's work, ensure that our **shared values** are upheld, and ensure that our voices are heard.

Recently, we've been active in a variety of ways, including:

Sharing our views with the Scottish Government on the National Care Service

Helping shape Carr Gomm's approach to digital inclusion

Sharing our views with the Scottish Government on the National Care Service

Our Purpose

We are members of the Carr Gomm National Involvement Group because:

- 1. We want to talk and share our views on what we'd like to see in Carr Gomm.**
- 2. Our role is to monitor what Carr Gomm is doing.**
- 3. It's a time to get Carr Gomm to listen to us.**
- 4. We want to monitor how Carr Gomm's values are being upheld.**
- 5. We want to speak to the staff and to share our views.**
- 6. We want to help Carr Gomm.**
- 7. We want to help people understand what it's like to need the support of Carr Gomm, even if we have difficulties with our speech.**

Our group is open to anyone supported by Carr Gomm. If you are interested in joining, please speak to your key worker or service manager for more information. **We welcome your voice and your involvement.**



Care Beyond Borders

By Rebecca Robinson
International Collaboration
Project Manager

Through our **International Collaboration project**, we continue to build meaningful global connections.

We recently joined disability rights leaders at the **Global Disability Summit** in Berlin and were acknowledged at the **European Network's** members forum in Warsaw.

Our Involvement Group connected virtually with peers in **Ukraine**, and we celebrated international connections on **Cultural Diversity Day!**



**Learn, grow, connect
and be inspired!**



Connecting Through Activities Wordsearch

Can you **find all the words** in the wordsearch that have been inspired by this edition of the Carr Gomm Magazine?

Words are hidden: ↓ → ↘

C H W F H O L I D A Y Q K Y G C N K
O R R O C T Y R S Y C G E B R C R C
N P Y O O K W I G R M O V I E S W P
N L G T M I N V O L V E M E N T O N
E B O B M Y Q V K A M U V Y B B X O
C C L A U X P R F D J B D U Q J M A
T B F L N G P O E T R Y I R F F G S
I X B L I W C J K C F Y C H C M V A
O J E Q T K S A Y E X F Y C I C Q T
N L T W Y D L K C H A L L E N G E K
G U T I C Y C L I N G Z G A B K J A
G G G N U X A C T I V I T Y G J J O

ACTIVITY CONNECTION HOLIDAY INVOLVEMENT BBQ CYCLING
FOOTBALL CHALLENGE MOVIES COMMUNITY GOLF POETRY

Challenge Events

Events and challenges are a great way to fundraise for Carr Gomm, whether your goal is to challenge yourself, get fit or simply have a fun day out with friends and family.



**Scan the QR to check out
our 2025 Challenge Events!**

Be Featured In The Next Issue

Do you want to appear in the next issue of the Carr Gomm Magazine? Send us your stories, photos, fundraisers or ideas and you could be featured in our next issue.

Email us at stories@carrgomm.org

