



Unity believes in fair and inclusive communities where everyone is valued & has opportunities to fulfil their potential

In This Issue

Welcome to the Spring edition of the Unity Newsletter 2018. As usual it's been an exciting and busy time for all of our projects. As well as updating you on our projects we will be focusing on the introduction of the Carers (Scotland) Act 2016 which came into force on the 1st April 2018. We will also be bringing to your attention the issue of 'Hate Crime' in Scotland, its effect and what can be done to stop this happening to our most vulnerable in society.

Learning Disabilities

Empower are launching a new pathway for our service users towards positive employability services. Also, find out how our Empower Service users have been involved in Learning Disability Week 2018.

Carers Centres

Focusing on the great work by our Young Carers Team and the need for a School Link Worker

Social Enterprise Cafes

Spoon Cafes have signed up to be part of the Chatty Café Scheme to encourage a bit of human interaction and reduce social isolation. Talking and Interacting with others really can improve lives!

Staff and Service User Stories

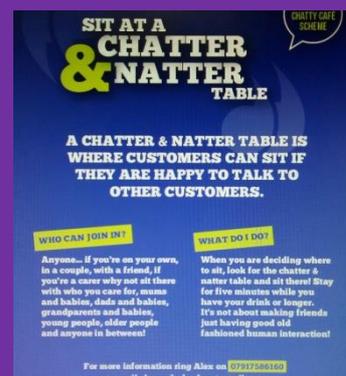
Melissa Munro from Inverclyde tells us about her role and why she loves working for Unity

Events and Fundraising

A Horse or Stag?



The Carers (Scotland) Act 2016



Let's Start a Conversation



Empower Adults with Learning Disabilities for Work Opportunities



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A Message from Our CEO Emma Soanes

Hello everyone!

A busy few months here at Unity, developing and improving the services we deliver to people across the west of Scotland.

In particular, our Empower service has been working closely with other partners to create a pathway towards the best possible employability opportunities for those who use our service. A great example of collaboration in action.

In other news, we have also recently undergone our Investors in People assessment using the new standards. It is a credit to all our teams that we have successfully met the standards and continue to be recognised for this. We still have much to do, but this shows the impact of the work we have done so far, thank you to all.

We're looking forward to a busy summer and continuing to work collaboratively in the city to widen our social impact. Look out for information about #FairSaturday – watch this space! Emma

Please join us-visit us, ring for a chat, support our work, be our friend, help us do more.

All welcome



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Empower

NEW EMPLOYABILITY SERVICE

Empower Glasgow are excited to launch a new Employability project over the summer. The new programme lasts up to two years and gives people the opportunity for tasters, training, qualifications and work experience in a range of sectors, from Admin to Construction to Retail and Catering.

We will be working alongside partners from local DWP Job Centres, training providers and employers from across the city. The project promises to offer something unique as we support people into genuine employment. If you are interested in finding out more about the project, contact James or Loretta at Empower on 0141 406 9891.

Learning Disability Week 2018

The theme for Learning Disability Week 14th -20th May is 'My Generation' with the focus on the experiences of young people with learning disabilities in Scotland. Empower are creating a short film with Producer/Director Laura Kingwell, who has generously donated her time and experience to work with the service users to give them a voice about their experiences as young people with learning disabilities in Scotland. The Video will be released soon. Check in with Empower Facebook Pages and the Unity Website for updates.



EAST VS WEST

Empower East and Empower West Dunbartonshire held a pool tournament which was a great success!

Everyone enjoyed playing pool followed by a buffet lunch.

Well done to Dylan from Empower West who took home the trophy!



Empowered to take part in the Special Olympics

Shannon McGhee, who attends our Dalmuir service has proudly secured her place at the Special Olympics being held in Abu Dhabi 2019 for her sailing skills. The Special Olympics transforms lives through the joy of sport and showcases the skills and dignity of the athletes. With more than 4.9 million athletes in 172 countries, it's the world's largest sports organisation for people with intellectual disabilities.

Good Luck Shannon x



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HATE CRIME IN SCOTLAND - KEEP SAFE

Empower teamed up with Police Scotland last month, who presented safety training sessions to our service users and staff in our Dalmuir Project.

Hate crimes unfortunately still happen in Scotland today. These are any crimes that are targeted towards a person due to:

Disability

Religion or Beliefs

Ethnicity or Race

Sexual Orientation

Transgender Identity



Keep Safe Training Session

Therefore, anyone could be a target for Hate Crime. According to the Police, Disability Hate Crime is one of the most under reported crimes in the UK. Many people are unsure how to report it or worry about not being believed. More worryingly is that many disabled people have accepted abuse or harassment as part of daily living.

Disability hate crimes can take on many forms including:

- Verbal or Physical Abuse
- Bullying
- Online Abuse
- Threatening or Insulting Texts

Although there are no specific disability hate crimes, any criminal offence can be classed as a disability hate crime if you have been targeted because of hostility or prejudice against disabled people.

To find out more go to www.iammescotland.co.uk



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Carers Centres: South and North Ayrshire Carers Centre

Young Carers News

“a young person may face stress and sadness’, They may not have the chance to do things a normal child would do” (Ayrshire School Pupil)

North Ayrshire Young Carer’s staff have managed to deliver Young Carer Awareness sessions to a number of schools in the local area over the last few months. Christine the North Ayrshire Service Co-ordinator stated

“we see our referrals significantly increase when we are able to deliver these sessions. Ideally, we would like to employ a full time School Link Worker to ensure that every child that needs our support is identified.”

South Ayrshire Young Carers Group had some fun days out during the Easter week. Our primary groups enjoyed a day at Flip Out Trampoline Park in Glasgow; Kayleigh said ‘no broken bones was a bonus!’ The rain didn’t stop S1-S3 Group from having a ball at Kelburn Castle, taking part in the Alice in Wonderland experience Go-Karting and Bowling was the choice for our S4-S6 Group, finishing off the week with a lovely meal with our Young Adult Carers. Staff will be taking 8 young carers to Arran in July for a residential break.

Positive Mental Health Workshop

North Ayrshire presented a fantastic ‘Positive Mental Health Workshop on 26th April. Carers found this to be very interesting and informative, as well as getting to meet other carers and a break from their caring role.



Young Carers Bowling



Young Adult Carers enjoying a night out



Positive Mental Health Workshop



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The Carers (Scotland) Act 2016

The Act came into effect as at the 1st April 2018.

Unity operates two carers centres: North and South Ayrshire, supporting young and adult carers. We currently support over 3000 carers and find out what this means to our service users and anyone else that identifies as a carer.

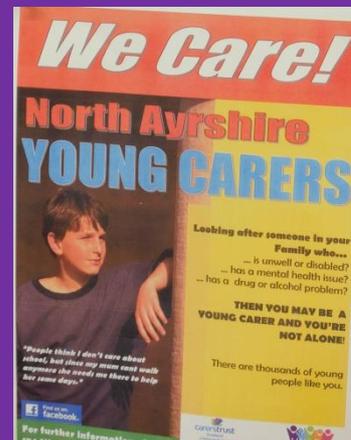
The Act aims to ensure better and more consistent support for carers and young carers so that they can continue to care, if they so wish. It is designed to support carers' health and wellbeing and help make caring more sustainable with measures including:

- a duty for your local authority to provide support to carers, based on the carer's identified needs which meet the local eligibility criteria
- a specific adult carer support plan (ACSP) and young carer statement (YCS) to identify carers' needs and personal outcomes
- a requirement for local authorities to have an information and advice service for carers which provides amongst other things, emergency and future care planning, advocacy, income maximisation and carers' rights
- a requirement for the responsible local authority to consider whether that support should be provided in the form of a break from caring and the desirability of breaks from caring provided on a planned basis

Therefore all people who provide unpaid care for family, friends or neighbours, will now have the right to a personalised plan to identify their own needs and help them access information, advice and support before reaching crisis point.

This gives you an idea of what is included in the Act and should you need any further information or support you can contact your local carers centre.

If you are unsure whether you are a carer or not, you can find useful information on the Unity and Carers Trust Scotland Websites.



It's important that you take care of your own health and wellbeing, even if you are busy looking after someone else's health.

Three out of five of us will become carers at some stage in our lives. One in ten of us are already in some sort of caring role.



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Spoon Cafes

PIO



Chatter and Natter

The Spoon has recently signed up to the Chatty Café Scheme with a dedicated area in the café to promote human contact and reduce social isolation.

Lonely individuals are difficult to identify because many people will not say that they are lonely. It can affect people because of bereavement, retirement, disability, relocation, illness and many other reasons.

Anyone can sit at the tables, mothers with young babies, people with additional needs, carers and the person they care for, professionals, students, older and younger adults.

So Let's Have a Conversation...Pop in, sit at the table and have a good old fashioned blether.

All Welcome!

New Spoon Opening June 2018

We are delighted to announce that we are opening another social enterprise café at 3 Atlantic Quay in Glasgow. We will be situated in the foyer of the new Scottish Tribunals Headquarters. As well as the Café which is open to the public, we will be offering a trolley service for the staff situated over the 4 floors.



Pioneer Pop Up

Pioneer Mutual Credit Union will be popping in to both the spoon cafes to give staff and customers the opportunity to become part of a Credit Union.

They will be in the Spoon Trongate on the last Thursday of the month, starting on the Thursday 31st May between 1pm and 2pm and in Maryhill Spoon on the first Thursday of the month between 1pm and 2pm starting on the 7th June.

Spoon Cafes
46 Trongate, G1 5ES
Tel : 0141 552 2611

Maryhill Burgh Halls, 24 Gairbraid Avenue, G20 8Y
Tel: 0141 406 9892



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Service User and Staff Stories : Melissa Munro from Inverclyde

Melissa joined Unity in 2015 as part of the Community Jobs Scotland (CJS) Programme. The programme works to create employment opportunities for young unemployed people throughout Scotland. Following completion of the programme Melissa was offered a full time role as a Support and Development Worker for Unity at The Fitzgerald Centre.

Here's what Melissa had to say about working at The Fitzgerald centre.

"I came to work for Unity because it gave me the opportunity to develop my skills in both catering and working with adults with learning disabilities. Since being here I have completed an SVQ in Hospitality and various training courses including Adult Protection, Epilepsy Training, Food Hygiene and Health and Safety. In March I completed my SVQ Level 3 in Health and Social Care."



"What I most love about the job is helping to develop the service users confidence and skills. As well as preparing the meals for 30- 40 staff and service users in the centre, I work with the service users on ASDAN modules including Health, Team Working and You at Work."

From the end of August another 30 service users will be attending the centre daily, following a Health and Social Care review by the council.

"This will be an exciting and busy time for all of the team and we are looking forward to the opportunity of working with Adults with more complex needs."

The Fitzgerald Centre

Jane and the Team have been busy as usual serving up some delicious meals and hosting theme days at the Fitzgerald Centre as well as supporting service users with their ASDAN.

Afternoon Tea was one of the themes and Jane also showed off the team skills by preparing this beautiful Fruit Basket for a Meeting they were catering for at the Centre.





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Fundraising and Events

Race Night raises a fantastic £2294.20 for Unity

A great night was had by all that attended the Race Night in the Spoon Café on April 27th. As well as raising funds for Unity, those who attended the evening went home with some fantastic prizes including Festival Tickets, Hair and Beauty vouchers, Champagne and Clothing Vouchers. The night finished with an exciting bid auction for an original print donated by Clyde Studios. The beautiful image of a lone Stag generated a winning bid of a fantastic £70.

Did you know that the money raised could provide 458 individuals in food poverty with a meal, provide 229 hours of support to adults with learning disabilities or provide 44 young carers sessions in schools to identify and let children be children!

Saturday Social

The Next Saturday Social at the Spoon is on 26th May. Get your dancing shoes on and bring some friends along which is proving to be a popular night.

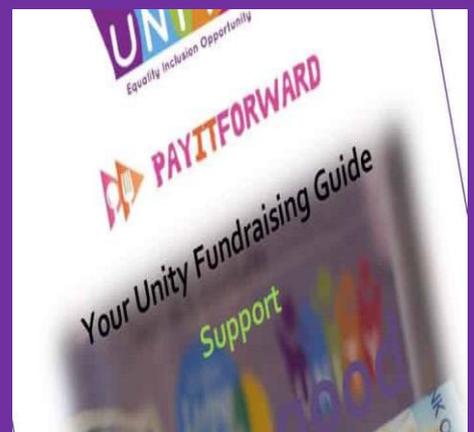
Empower East Sponsored Walk

The group recently completed a sponsored walk from Enterprise house to the Stables Restaurant and back (4 miles) to raise money for a day trip to Deep Sea world. The walk was planned by Jennifer Kitchener who made it her goal to raise enough money to go to Deep Sea world! Well done Jennifer! All in the group raised £340.00

Unity Fundraising Pack Launched

Unity has launched a brand new Fundraising Pack, giving our supporters an projects some great ideas and tips to promote your efforts as well as keeping it safe and legal. Template sponsorship forms and event poster are also included.

You can download a copy from the Unity Website at www.unity-enterprise.com or request a copy from Kirsteen at Head Office.





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Contact and Follow Us

If you have any queries or suggestions regarding any of our services, we would be happy to hear from you. To request a Fundraising Pack contact us at:



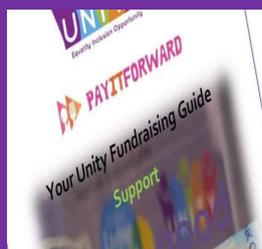
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Donate to Unity



All Welcome

The Unity Team

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We would like to thank all of our sponsors and supporters for making the Race Night the success it was and look forward to the next event.

A special thanks to the staff that gave up their own time on the evening.

Sharon Hendrie

Lynsey Magee
David McDade

Loretta Galloway



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