



COMMUNITY PACK



- Feature of the week -

HAVE YOUR SAY


TAG Evolve Evaluation



Pack index

You can scroll through the pack or click on the squares to go straight to the page you want.

NEW



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NEW



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In the top right hand corner of every page you will see a yellow arrow. Click to return to this page.



Click the button to use an online Community Pack

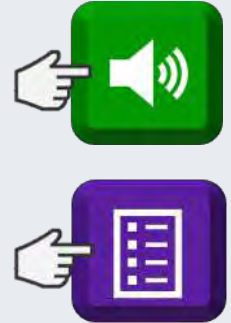




TAG Evolve Evaluation



As you might already know, this month we are taking the time to find out how TAG Evolve has been going for you.



If you missed our **Meeting Sessions** to tell us what is going well or what could be better, **do not worry!**

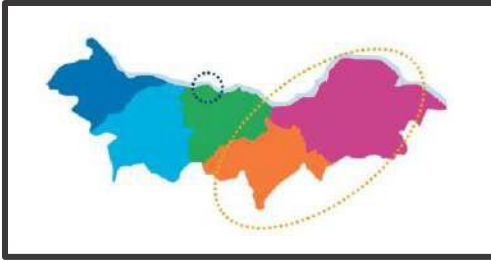
You still can have your say by **completing the TAG Evolve Evaluation**



We would like to say a big thank you to everyone who has been involved in the TAG Evolve project or have contributing by giving us feedback

Click the button to complete your TAG Evolve Evaluation





TAG Leaders Newsletter



Don't miss the latest updates and insights from all areas of support!

- Leith, Newhaven & Restalrig
- Seafield & Edinburgh South
- West Lothian, Falkirk, & Edinburgh West
- Granton, groups, and Children's services
- Portobello, East Lothian, & Midlothian



Leader's Newsletter

Click the button to read
the newsletter



Click the button to listen
to the newsletter





@actiongrouprealjobs



All in Edinburgh

www.actiongroup.org.uk



Real Jobs



All in Edinburgh is a **supported employment service** to help people with a disability, autism, long term health condition or other support need to find paid work. The service is **fully funded** by Edinburgh Council therefore is **free to use**.

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

Getting a job can be very difficult, especially for people who may not be familiar with online job searches and applications.



Our Real Jobs Team can help overcome barriers that people with support needs face when looking for a job. *Contact us!*
realjobs@actiongroup.org.uk



All in
Edinburgh





Traveline Scotland App



Did you know that Traveline Scotland has a new website and app!

Traveline Scotland is the national public transport information service for all bus, rail, coach, air, and ferry times in Scotland.



The Traveline Scotland website and app is supported by a 24/7 call centre.



Traveline Scotland would love to hear your feedback, click the button to tell us what you think of our new website or app

Click the button to visit the new website



Or search for **“Traveline Scotland”** in your app store.





WEEKLY AUTISM AND NEURODIVERSITY FOOTBALL SESSIONS

EDINBURGH SOUTH

**WEDNESDAYS
6-7PM**

**DRUM PARK
GILMERTON, EDINBURGH**

Open to:

- **Boys and Girls**
- **Ages 10-15**
- **All skill levels**

For more details please email
ben@teamunited.org.uk

All new players must complete a Player Profile before we can confirm a place



How you can help FAIR!



FAIR (Family Advice & Information Resource) are protesting a cut to end funding from the Edinburgh Integration Board (EIJB).

Why is FAIR important?



Fair provide one to one advice and information, an Easy Read service to make information accessible, send a Newsletter to members, work to promote positive health outcomes and support key partners to coproduce and consult people with learning disabilities and their carers.



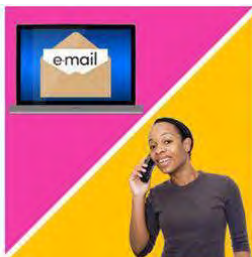
FAIR's service helps to prevent crisis situations in the first place and so we need to be saved from closure to be able to do this!

What can you do?



If you want to stop this cut, then contact your local Councillors and explain to them the work of FAIR.

[WriteToThem - Email your Councillor, MP, MSP, MS, MLA or London Assembly Member for free](#)



Or send us some information or a video explaining how FAIR supported you and the difference we made to kimberley@fairadvice.org.uk or call **07570949378**.

November

25



LSA Legal Services Agency
Doing the Right Thing,
the Right Way

Free Legal Advice For People With Learning Disabilities

Monday 25 November
11am to 1pm

**BOOK
NOW**



Free legal advice session with LSA

Monday 25 November between 11am and 1pm.
Email lucy.g@scl.d.co.uk to reserve an appointment or
call **0141 248 3733**



SAVE THE DATE!

HAVE YOUR SAY REVIEW OF THE YEAR

Learn more about what we do, buffet, disco and more. Watch the Community Pack for more details coming soon.



December

5

When:
Thursday 5th
December



1:00



4:00

Time:
The meeting
will start at
1pm and finish
at 4pm.



Where:
The Prentice
Centre
1 Granton
Mains Avenue,
Edinburgh,
EH4 4GA



Join Our First Aid Training Course

Learn Life-Saving Skills

December

13

13TH OF DECEMBER

FREE

from 10-1pm

Spots limited
Register now!



AT THE PRENTICE CENTRE



THE
Action
GROUP

Click the button to book your space





TAG Carers Meetings



Don't miss out!



Open to carers **for anyone supported by The Action Group**

A chance to share feedback, chat with leaders and meet other carers

Next Sessions



When:
Thursday 28th
of November



Time:
The session will
start at 1:30
and finish at 3:30.



Where:
The Prentice Centre.
1 Granton Mains Avenue,
Edinburgh,
EH4 4GA.



If you plan to attend, please email **Matt Ogden**
at: mattogden@actiongroup.org.uk



Events and Activities



Activities at The Prentice Centre



November Calendar of New Activities at the Prentice Centre!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st-3rd						
4th-10th	Monday movies 1-3pm	Bonfire night scratch art 1-2:30pm	Chair yoga 10-11			
11th-17th		Wind catcher making 10-11am	Dancing with Claire 10-11	Self collage art 10-11:30am		
18th-24th	Bingo + morning tea 9-12pm			Community art space activity 10am-12pm	Overnight oats cooking 1-3pm	
25th-30th		Gardening planning 10:30am-12pm	Dancing with Claire 10-11	Thanksgiving tree with afternoon tea 12-3pm		



All Activities will be at the Prentice Centre with **Tiffany Bunter**, everyone is welcome!



Social



Digital



Try Something New



Health & Wellbeing



Life Skills



EDINBURGH'S CHRISTMAS



Christmas transforms the beautiful city centre with festive fun for all the family, including traditional Christmas Markets, funfair rides, spectacular live outdoor events, delicious food and drink, plus so much more.

Click the button for more information



Please look at the FAQ section for information on EH postcode discounts and accessibility information



Events and Activities



Have your art works
on show at
The Prentice Centre



We have a **Community Art Space** at The Prentice Centre, where people we support, and staff can display art works and creative pieces they have made.

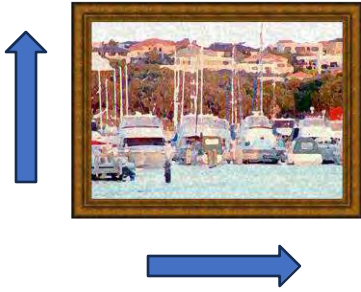
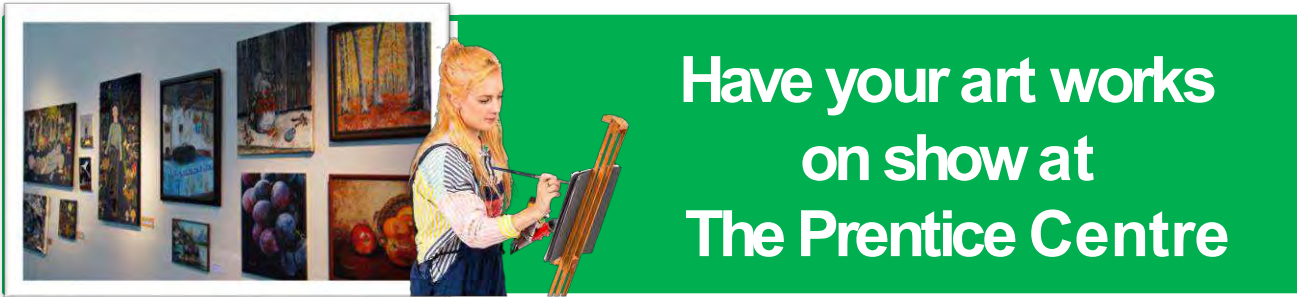


We need your amazing work for our new community art space show. Things like drawings, paintings, photo's or poems.



Our theme for the show is to celebrate **the environment** and remind ourselves why it is so important to look after it.

This could be animals, our oceans, the land or air and can be using a style of art you like.



Art works should be no bigger than 28cm by 40cm. Please make sure you fill out the form at the bottom of this page when entering your artwork.



Your arts works must arrive at The Prentice Centre by Monday the 25th of November. They will be on show for around 3 to 6 months.

Send or deliver for the attention of Lisa Williamson.



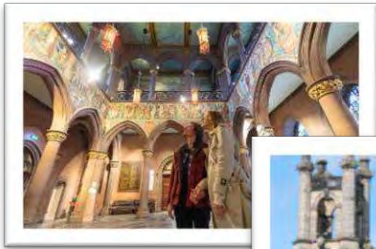
The Prentice Centre
1 Granton Mains Avenue
Edinburgh
EH4 4GA

Click the button to complete your Community Art Space Form





What's on at National Galleries Scotland



Did you know that the National Galleries Scotland have a range of FREE community and accessible courses and workshops on offer!

Including things like:

- Dementia friendly sessions
- Autism and learning disability friendly sessions
- exploring art through audio-description and conversation for people with a visual impairment
- British sign language led tours



Click the button to find out more and book your place.





Statues of marmalade loving bear, Paddington, have appeared across Scotland.

Launched by STUDIOCANAL, in partnership with Ordnance Survey, visitors can take pictures with the meticulously crafted and painted statue, which sports his signature red hat, blue duffle coat, and, naturally, a marmalade sandwich in paw.



The statues are located in:



St Andrew Square Garden, Edinburgh
John O' Groats Sign Post, John O' Groats, High St Lanark

Click the link to find out more places to find Paddington.





The Brunton presents
in association with
Wonder Fools

A panto twist on
the classic tale!

A CHRISTMAS CAROL

Corn Exchange
HADDINGTON
Fri 6 – Sat 14
Dec '24

Loretto Theatre
MUSSELBURGH
Wed 18 Dec '24 -
Sat 4 Jan '25



TICKETS thebrunton.co.uk ★ 0131 653 5245

Click for Haddington Corn
Exchange information and
tickets



Click for Loretto Theatre
Musselburgh
information and tickets





Events and Activities



This year's panto at Reconnect Howden Park, Livingston is Peter Pan!

Come and join us on our trip to Neverland and find out if Wendy, Peter and the lost boys will be able to get the best of Hook and his crew!



Peter Pan is on from:

Sat 23 Nov to Tue 31 Dec 2024

Click the button for more information and to book your ticket





Cinderella at The Festival Theatre Edinburgh



Join Cinders as she goes from rags to riches, outwits her very wicked sisters and meets her Prince Charming.



Panto 2024: Cinderella
Sat 23 Nov to Tue 31 Dec 2024

Click the button
for more
information and
to book your
ticket.



Click the
button for
accessibility
information





FAIR & WELL Events

There are several activities planned

Events in November:

- | | |
|----------------------------|--|
| Wednesday 6 th | Holyrood Palace: 10.30am - 1.00pm |
| Wednesday 13 th | Coffee morning at FAIR: 10.30am - 12.30pm |
| Wednesday 20 th | City Chambers: 10.00am - 1.00pm |
| Wednesday 27 th | Coffee morning at FAIR: 10.30am - 12.30pm |

If you want to come along or find out more, please contact Tasneem:

Email tasneem@fairadvice.org.uk

Phone **0131 662 1962** or **07513824259**.

Don't forget, you can follow FAIR on Facebook for updates:

<https://www.facebook.com/FAIREdinburgh>

Click to see FAIR's October/November
Newsletter



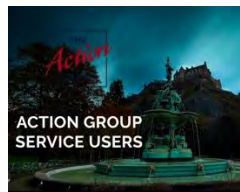


Do you want to join the Service Users Facebook Page

- 1 Click the logo here to go to the Facebook page



- 2 You will see this



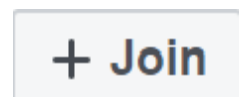
Action Group Service Users

Group · 138 members

a safe place for service users meet have a laugh ...

Member since September 2018

- 3 Click the button that says Join



- 4 A box will come up on your screen. In the box, you need to type in which team you get support from.



We ask everyone to answer this so we can check everybody is supported by The Action Group.

This is to make sure everybody is kept safe.



After we have checked, you will get a notification to say you have joined the group.



NIN Online Meeting



Our next NIN meeting will be on **Friday 6th of December from 1:30pm - 3.30pm.**

The theme for the meeting will be **'Money & Benefits'**. At the meeting you will be able to share your own experiences and talk about how things could be better.

Here is the link and number to join, we will resend this closer to the time too.



The meeting will be held on Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/84672974775?pwd=VUZmaTIHa1Nabk90U2IzL004OFR5UT09>

Meeting ID: 846 7297 4775

Passcode: 083733

Click the button learn more about the NIN





Speaking Up



AGENDA

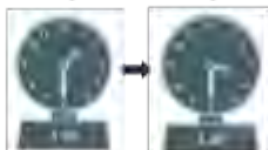


National Involvement Network meeting

Online

Friday 6th December 2024

1:30pm – 3:30pm




www.zoom.com

Meeting ID: 846 7297 4775

Passcode: 083733

	<p>1:15am – Early chat The meeting will open early if you would like to come along for a chat before we start.</p>
	<p>1:30am Welcome from NIN Chair Michael</p>
	<p>Involvement News What's been happening in your area</p>
	<p>Today's theme: Money & Benefits</p>
	<p>Breakout room discussion What's important to you about money and benefits?</p>



Today's theme links to Charter statement 2: We have the right to live our lives independently.



SAVE THE DATE!

HAVE YOUR SAY REVIEW OF THE YEAR

Learn more about what we do, buffet, disco and more. Watch the Community Pack for more details coming soon.

Thursday

December

5

When:
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1:00



4:00

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Where:
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1 Granton
Mains Avenue,
Edinburgh,
EH4 4GA



Speaking Up



I am your Chief Executive and I am here to listen. Maybe you want to



Tell me something



Ask me something



Give me a good idea

I will be responding in a variety of ways for example through:



- my Dear everyone email, on my Facebook lives or videos.
- or if you want to talk to me directly I will email, Teams contact you or phone you.

I look forward to hearing from you.

If you want to get in touch, **click on the button and fill out the form**





If you need to move to Universal Credit the Advice Team can help!



6 benefits are moving to Universal Credit.



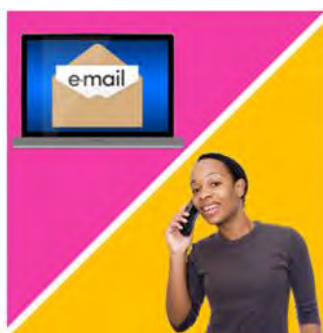
Did you know that The Action Group Advice Service can help.

To get advice

Email: advice@actiongroup.org.uk

Call on 0131 285 5207

or your support worker can fill in an Advice referral form.



For more information on the move to Universal Credit watch this video





Need help with household costs? The Action Group can help!



If you do not have enough money for food, Gas and electric bills or other important things, The Action Group can help.

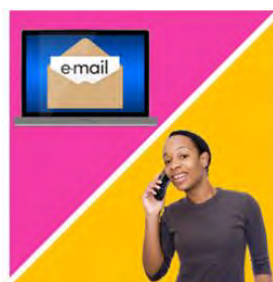
This is for people who get a support from HAACS and CAATS and carers who live with them.



The kinds of costs we can help with include

- Food costs
- Gas and electric bills
- Clothes
- Household essentials like a fridge or a cooker

If you need anything that is not on the list just ask ! We can also check you are getting all of the benefit money that you should be getting. **Watch out for our digital fund coming soon!**



Contact Jo McLaughlin or Louise Donaldson who can help you to apply for the fund.

- **Email:** advice@actiongroup.org.uk or
- **Phone:** 0131 285 5207



Spotting, avoiding and reporting scams



Scams are crimes, and they're a growing problem, so it's important to be aware of what they might look like and how you can avoid them.



Independent Age have made a Scamwise guide.



The guide looks at:

- Avoiding and spotting scams
- Security dos and don'ts
- Who is targeted by scammers
- Types of scam
- What to do if you've been scammed
- What to do if you think someone else has been scammed

Click the button to get your copy of the guide.





Advice



Police are warning people to be on the look out for scams. A scam is when someone tries to trick you into giving them something that belongs to you. For example, money or personal information.



Click here for information from Police Scotland.



Click here for information on TV License scams



Click here for information on digital scams and viruses



Click here for information on digital safety settings and permissions



Click here for a full guide on different types of scams



Please speak with staff if you would like to learn more about scams or are worried in anyway.




Wellbeing Support




Here are some useful helplines, that you may need for yourself, or to share with others if they are in need of help and support.




 National Assistance Helpline:
0800 111 4000




 Mind:
0300 123 3393




 Samaritans:
116 123



 Domestic Violence Hotline:
0808 2000 247



 Dementia Connect:
0333 150 3456




 Age UK:
0800 169 6565




 Childline:
0800 1111




 SAMH Information team:
0344 800 0550




 Parent Club:
0800 030 8003

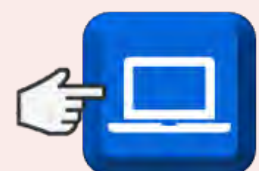


 NHS 24:
111



 United to Prevent Suicide:
Urgent Help Call 999

For more wellbeing resources please, click the blue button to visit the **Community Wellbeing**





Getting ready for winter weather



Cold weather can still be a problem at this time of year.

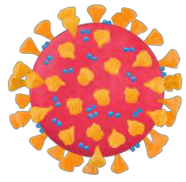


It is important to be prepared.

Click here for information on how to stay warm this winter .



If you are unsure in anyway please speak with your staff.



Keep using Covid sense



It is important to remember Covid has not gone away.

There are things you can do to stay well and protect others, like:



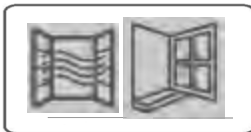
•staying at home if you have symptoms



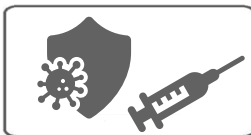
•wearing a face covering



•washing your hands regularly



•meeting in well-ventilated spaces



•Stay up to date with vaccinations

Click here for more information



Click the button for Distance Aware badges and lanyards

