



# COMMUNITY PACK



- Feature of the week -



## Evaluations 2025

How do you feel about your support?



There is still time to tell us how you feel about your support from The Action Group by completing our evaluation!





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

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Click the button to use an online Community Pack





Each year The Action Group does an evaluation to find out how people feel about their support.



The good news is that we have decided to keep the evaluation open a little longer.



The evaluation will now close on the 2<sup>nd</sup> of March. So, make sure you have your say.

Click the button to complete the evaluation





## Help us to find new staff to work at The Action Group



We want to involve the people we support in finding new staff to work at The Action Group. **This would include doing things like:**



- Working with Robin Hamilton, Head of Services and Jade Haw, Recruitment Lead at The Action Group.



- Writing job adverts.



- Planning interview questions or taking part in interviews



- Deciding who gets the job.



## Help find new staff to work at The Action Group



If this is something you would be interested in doing, then please apply by filling out the form at the bottom of this page.



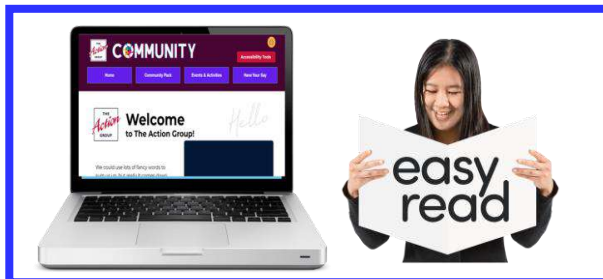
You must be supported by The Action Group to apply.



You have until the 28<sup>th</sup> of March to apply.

Click the button to complete the form.

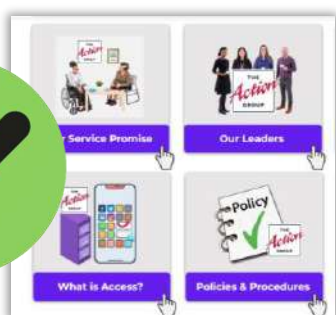




## The Action Group Easy Read Hub



Visit our new The Action Group easy read hub so your support can get off to a **good start**.



You will find lots of information about how things should work at The Action Group. You can use it at anytime.

We will be adding more information over the coming months.



We would love to hear what you think of the easy read hub so why not complete the hub feedback form.

Click the button to go to the easy read hub.





# HYS Conference

2025



We would like to say a very big thank you to everyone who took part in our very first **Have Your Say Conference** on the 18<sup>th</sup> of February.

It was great to see people we support coming together to talk about

- How to get involved in finding new staff to work at The Action Group.
- Updating our Charter Training course with your stories of what good support looks like.
- Learning about how we campaign for change with The Scottish Assembly.





# HYS Conference

2025



It was also a great way for people we support and staff to talk and work together.



**Amy and Jack from The Scottish Assembly:** Thank you so much for inviting us along. We had such a good time hosting our workshop, everyone involved had so much to say.





# HYS Conference

2025



**Conference attendee:** Very interesting and I learnt a lot. Not just talking lots of games and fun. Sandwiches were nice too.



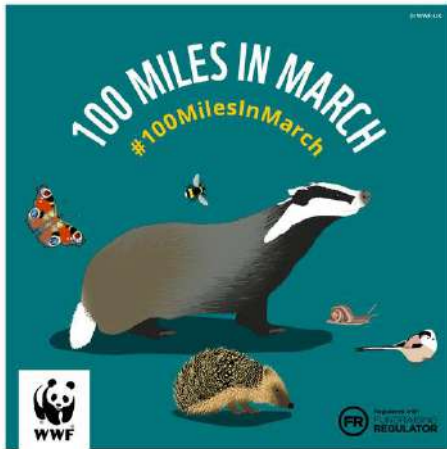
**HYS Member:** I thought it was amazing to be part of the day, and everyone said I did really well at presenting. All the planning took a long time, but it was great to see it all going smoothly on the day and everyone enjoying themselves.

Click on the button for more  
Have Your Say information



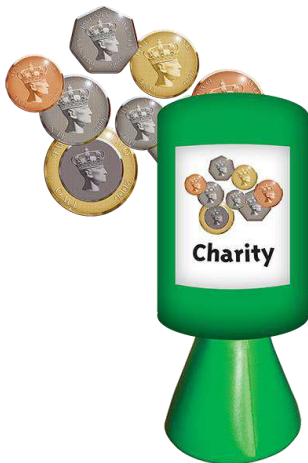


## Help raise funds for the World Wildlife Fund



GET MOVING WITH THE WWF 100 MILES IN MARCH CHALLENGE!

Whether you want to walk, run, cycle, swim or dance, you choose!



Get sponsored for completing your challenge and help raise vital funds for WWF.

By signing up to this challenge you are helping to bring our world back to life.

Click the button to find out more and apply





Open

**Help campaign to keep community spaces open!**



Across the country, vital community spaces are disappearing.



These are more than just buildings; they are the heart of local communities.



There is a petition to urgently call on the government to restore and properly fund community spaces before it's too late.

**Click the button to sign the petition**





 @actiongrouprealjobs



## All in Edinburgh

[www.actiongroup.org.uk](http://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**.



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



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

[realjobs@actiongroup.org.uk](mailto:realjobs@actiongroup.org.uk)



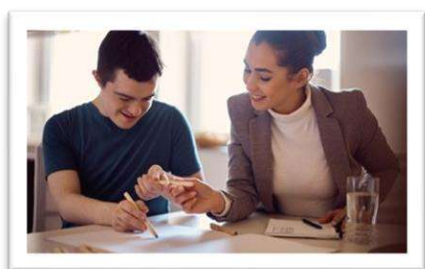
All in  
Edinburgh



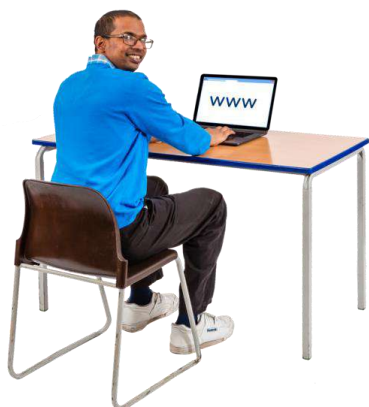


## Free epilepsy training course

### EPILEPSY ACTION



**Epilepsy Action** are offering a **free** training course to help people with learning disabilities, and their family, friends, and carers to learn more about epilepsy.



This is an online course.



The course will teach you:

- What epilepsy is
- What different types of seizures look like
- How to stay safe if you have epilepsy

Click the button to find out more





**YOU  
CAN  
COOK**  
Enjoy Eat Learn



**THE  
Action  
GROUP**





# \* Cooking Class \*

**Get hands-on or just watch** — either way, you'll take home the delicious food you make!

**Only 12 spaces available!**



Join us for an exciting cooking class where you'll learn to make:

-  Veg Stir Fry
-  Bolognese (veg option available)



## **DALKEITH ONE**

21 Eskdail Ct, Dalkeith EH22 1AG

on the **Friday 7th March**  
starting at **4.30pm**



 **Book now to secure your spot!** Don't miss this chance to cook with the pro from You Can Cook!, **please contact Pamela Fish at [pamelafish@actiongroup.org.uk](mailto:pamelafish@actiongroup.org.uk)**



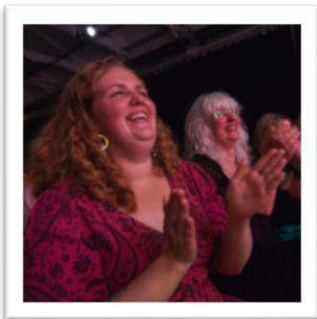
 THE BRUNTON at THE CORN EXCHANGE, HADDINGTON

## The Brunton Theatre in Musselburgh and Haddington



**THE BRUNTON**  
in Musselburgh  
and Haddington

The Brunton Theatre Trust are using the Haddington Corn Exchange and Musselburgh Loretto Theatre and Northesk Parish Church to run regular events and activities



Including things like :

- live concerts
- Comedy
- children's shows
- theatre and film.

**Click the button to find out what's on and how to get there.**





## Gig Buddies helping adults with learning disabilities to live an active social life

West Lothian

East Lothian



Gig Buddies helps adults with a learning disability to live an active social life.



They do this by pairing members to like minded volunteers to enjoy their shared passion together.



They also work with a wide range of venues and arts organisations to make local events more welcoming for people with a learning disability



There are Gig Buddies groups in Glasgow, Edinburgh and West Lothian.

**Click the button to find out more.**







## FAIR & WELL Events

Edinburgh



The FAIR February newsletter is out now and includes things like:



- FAIR and WELL events in February and March.
- Changes to child benefit
- Fair Survey

And more

Click the button to read the newsletter





# Events and Activities



## March activities at The Prentice Centre



Edinburgh



Our exciting March activity calendar is out now! All activities will be at the Prentice Centre with Tiffany Bunter and are **FREE** for anyone who is supported by The Action Group.

**PRENTICE CENTRE** **ACTIVITY CALENDAR** **MAR 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st-2nd							
3rd-9th		Pancake making 11:30am-12:30pm	Cross Party Meeting @Scottish Parliament 12:45-2:30pm	Digital learning session 11:30-1pm Please register	Music session with Graeme 1:45-2:45pm		
10th-16th			Shadow boxing session 11am-12pm	Digital learning session 11:30-1pm Please register	Music session with Graeme 1:45-2:45pm		
17th-23rd			Tapestry with Clare 11:30am-4pm	Digital learning session 11:30-1pm Please register	Music session with Graeme 1:45-2:45pm		
24th-28th		Fabric bowl making w/Naomi 10:30am-12pm	Gardening session 1-2:30pm		Music session with Graeme 1:45pm-2:45pm		

**Social**

**Digital**

**Try Something New**

**Health and Wellbeing**

**Life Skills**



Want to share activity ideas for the Prentice Centre? Please Click the pink button





## The Action Group Caravan

Why not book a week away at The Action Group caravan based at Seton Sands in East Lothian.

- New caravan with ramp
- 3 Bedrooms (1 double and 2 twins) for 6 people max
- Central Heating & Double Glazing

Caravan available for booking now with prices starting from £340 to £360, these prices include Leisure Passes and Fuel costs.

Families with School age children will be given preference for a holiday requested within the school holiday periods.

- Kitchen: Microwave, Fridge/Freezer, Kettle & Toaster.
- Rooms: Duvets & Pillows. Wardrobes and USB sockets for charging your phones.
- TV and Blue/DVD Ray player.

For more information, please contact:

[karenyoung@actiongroup.org.uk](mailto:karenyoung@actiongroup.org.uk)

07803 414 621

An email address will be needed for all bookings.



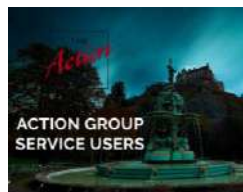


## Do you want to join the Service Users Facebook Page

- 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.



## NEW Have Your Say in East and Midlothian

Midlothian

East Lothian

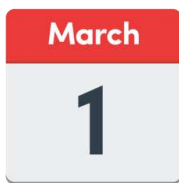
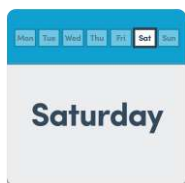


**Have Your Say** is a place where people who are supported by The Action Group can come together and speak up about what is important to them.



**NEW**

We are starting a **new** Have Your Say group for people we support in East and Midlothian. This means we will have 2 HYS groups.



**When:**  
Saturday  
1<sup>st</sup> of March



10:00



12:00

**Time:**  
The meeting will  
start at 10 and  
finish at 12



**Where:**  
One Dalkeith  
21 Eskdail Court  
Dalkeith  
EH22 1AG.



One Dalkeith will be also be open for games from 1 till 4. This is open to HYS members and the public.



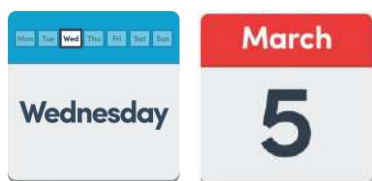
## Have Your Say: Edinburgh

Edinburgh



We will be going to the **Cross Party Group meeting** at the Scottish Parliament.

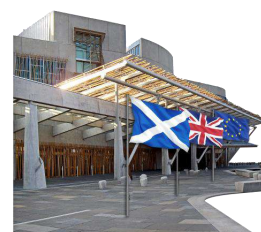
The Cross Party Group aims to make sure that human rights and the wishes of people with learning disabilities are taken into account by big decision makers. This includes the Scottish Parliament and public policy makers.



**When:**  
Wednesday  
5<sup>th</sup> of March



**Time:**  
The meeting will start at 1 and finish at 2.30.



**Where:** The Fleming Room of the Scottish Parliament.



For more information email:

[HYS@actiongroup.org.uk](mailto:HYS@actiongroup.org.uk)



# 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 can email, video call, 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**





# Get Ready for Winter



## 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.





## Getting support to check your care charges



If you get bills for care charges, it is worth checking that they are correct.

The Council sometimes makes mistakes, like

- charging you the full amount of your care costs
- using old information about the money you have coming in or who you live with.



If you would like help to check your care charges bills, contact The Action Group's Advice Service on:

- Phone: 0131 285 5207

Or

- Email: [advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk).





We know that everything is costing more these days.



The Action Group have put a little money aside for a Hardship/Crisis Fund.



This money is for anyone who is really struggling.

To apply, please contact our advice team:



**Phone:** 0131 285 5207

**Email:** [advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk).



## Need help getting digital devices. The Action Group can help!



We know that being part of the digital world is not always easy.

The Action Group have put aside a little money for a digital fund.



This money is for anyone who is really struggling with money and needs help to buy a digital device.

To apply, fill out the Digital Equipment Fund Form by clicking the button. You can ask your staff member to help you



To apply, please contact our advice team:

**Phone:** 0131 285 5207

**Email:** [advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk)



## Did you know The Action Group have a digital library?



- Have a look at what is available on our **Community website**.



- Visit our main hub in Edinburgh, **The Prentice Centre**.



- **Select the device** you would like to try from our glass display case in reception.



- **Speak with the admin team** in reception to borrow the device you would like.
- The admin team will **take your details**. You can borrow the device for 2 weeks and if you need more time just let us know.

**Click the button for more information**





# 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.



## 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](mailto: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**





# 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**



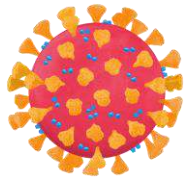
 NHS 24:  
**111**



 United to Prevent Suicide:  
**Urgent Help Call 999**

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





## 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:



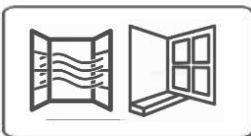
- staying at home if you have symptoms



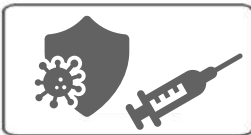
- wearing a face covering



- washing your hands regularly



- meet in well-ventilated spaces



- Stay up to date with vaccinations

Click here for more information



Click the button for Distance Aware badges and lanyards

