



January 2025



Dear supported people and Carers

Happy New Year. I hope 2025 is a successful, healthy, and happy year for you all, in life and with your connections with The Action Group.

There is a lot to look forward to this year in the organisation:

- ✔ **TAG Talks**, giving you time to meet with other supported people and carers, and engage with myself and other staff in the organisation.
- ✔ **The Annual Review**- a chance to contribute stories about your life and your support to share your news, positives, challenges and how TAG is supporting you in areas that help you have the life you want.
- ✔ **TAG EVOLVE** is more bedded in after the changes last year and there are plans this year to really show the benefits of these community-based teams for you, our quality of service and wider offer in your team and community etc. The Evaluation of TAG Evolve involved many of you giving your views. All your responses are being looked at just now and a report will come out by March with the conclusions and next steps.
- ✔ **Ongoing support and resource** targeted at recruiting new staff in the TAG Evolve Teams in a person-centred way to you, ending agency use, and new training in digital skills for your staff, so they can help you more in this area, if you need this. I know many of you are already digitally skilled- but others might struggle in this area.
- ✔ **The Prentice Centre** as a Hub for you to use- why not get involved in running activities, or social groups- sharing your skills and gifts with the wider TAG community. Or coming along to some of the activities that Tiffany runs each week: **please visit:**
<https://www.actiongroupcommunity.com/calendar>
- ✔ **TAG Weaving a Community**: the Tapestry has 2 full panels completed and it looks amazing. Clare is looking for as many of you as possible to come along to make your own tapestry squares- and take some time to be creative for your wellbeing and Joy. If you have not saw the tapestry, please take the time to come to the Prentice centre to see this amazing piece of art showing The Action group as a community. **For the next tapestry sessions dates, please visit:**
<https://www.actiongroupcommunity.com/calendar>

All the above reminds me of the joy I find every day in the role I have, the work I do and the people I connect with in the organisation. I hope you can notice the joy in your life, as this makes such a difference to our wellbeing. In the world we live in it can be easier to notice the difficult parts and the less joyful parts- so we need to make sure we all can see the joy in life.



As part of this – our theme for the year is **Be Kind**- so let's start by being kind to ourselves- pat ourselves on the back for the things we do well- **Be Kind** to yourself and then you have the capacity and joy to **Be Kind** to others. Kindness to yourself and others is a key part of our Wellbeing, and this is why we are trying to support everyone in this area through all the support and services we offer.

So, in the spirit of Wellbeing, I am delighted to announce -if you have not heard already, that Danny Hayward, your deputy CEO, has managed to get **Joe Wicks** MBE also known as **The Body Coach**, a British fitness coach, television presenter, social media personality and author, to come to The Action Group on February the 10th 2025 in the morning time tbc. Out of thousands of organisations, Danny managed to get us to be one of 10 Organisations he is visiting in Scotland, as part of our wellbeing focus. A note your interest form has been sent out, so please complete this if you want a chance to secure a spot- as numbers will be limited: **Link Here:**
https://forms.office.com/Pages/ResponsePage.aspx?id=qljIEWU3nEOUmzn6TezWDiivf0_XyOxDiCmy0KrUMeLU NDixREw2VzFXUOZQRJFWTFXUIRDNjZOSy4u

Let's all come together and be inspired in this New Year by Joe! I don't know about you but I need more motivation to get fitter and look forward to getting this on the day!

A great year- but not without its challenges

The whole of social care is facing funding pressures this year, and this will mean the money (Budget) we have for 2025-2026 will be tighter than it has been in the last few years. We will get through this and we are safe as an organisation- however there might just be less money to do some of the extra things we try to do every year.

Once I am clearer on our funding, I can update you in Feb/March on what this might mean.

The 5 Council areas we work in also have challenging budgets and this will impact on you in your own lives as well as on The Action Group. However, we have been here before and we will get through this and make sure we prioritise your support and the services you use.

As always, thanks for being part of The Action Group.



Any information you need should be on our **TAG Community Website:**
www.actiongroupcommunity.com. If you cannot find info, contact **Johanna** at Communications@actiongroup.org.uk. If you want to get news or a story about some of the things you are doing in your life, you can also send this to Johanna.

I am happy to "take requests" for my Dear everyone, so if you want to know about any aspect of The Action Group, please just let me know and I will aim to include this info in my next letter.

Have a Great 2025,

If you wish to contact me, please do so via <https://forms.office.com/r/JxEZaqwNX3> or email.

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