



# COMMUNITY PACK



- Feature of the week -

## SAVE THE DATE!

February

18



# HYS Conference

2025



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Click the button to use an online Community Pack





# HYS Conference

## 2025

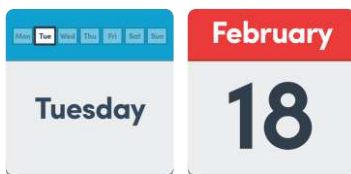


**Have Your Say** are holding a conference where people who are supported by The Action Group can come together and speak up about what is important to them.



There will be 3 fun workshops on the day and lunch is included!

Staff/parents/carers needed for support on the day are welcome.



**Day:**  
Tuesday  
18<sup>th</sup> February



**Time:**  
The session will  
start at 10:00  
and finish at 2:30



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



# HYS Conference

## 2025



### Workshop 1

Find out how you can get involved with finding new staff to work at The Action Group with **Robin and Jade** from The Action Group.



### Workshop 2

Learn and share your ideas on how we can campaign for change with **Jack and Amy** from The Scottish Assembly.



### Workshop 3

Get involved with training at The Action Group by helping us update our Charter For Involvement training course with **Lynn and Gayle**.





## Evaluations 2025

How do you feel about your support?



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



This year we will be running our evaluation in February.



Now is a good time to think about getting a date to do this in your diary.



More information will be on the community website soon.



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



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 at:

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



## Need help with getting digital devices?



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



Or you can email the advice team.

[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







**LEITHCHOOSES**  
OUR MONEY OUR PROJECTS OUR LEITH

**VOTE TO FUND  
YOUR FAVOURITE  
COMMUNITY PROJECTS!**

**IN PERSON VOTING EVENT**  
**LEITH COMMUNITY CENTRE**  
**18 JAN 2025**

**ONLINE VOTING**  
**20 JAN – 3 FEB 2025**

QR CODE: SCAN ME

Illustration of two people on a building holding 'VOTE' signs.

Facebook: LEITHCHOOSES | Twitter: @LEITHCHOOSES

[WWW.LEITHCHOOSES.NET/PROJECTS](http://WWW.LEITHCHOOSES.NET/PROJECTS)

**•EDINBURGH•**  
THE CITY OF EDINBURGH COUNCIL

**Click the button for more  
information**





# Cutting Food Costs



# ASDA

## £1 Winter Warmer Cafe



Asda have brought back its café 'winter warmer' £1 meal deal to support the over 60's this winter.



This includes soup, a roll and unlimited tea and coffee for just £1.



This offer will run each day, until the end of February. There is also a 'kids eat for £1' offer.



Asda's Community and Customer Champions are also inviting and encouraging many local over 60's groups and individuals to come along to their store Chatty Café. Ask in store for details.



# Cutting Food Costs



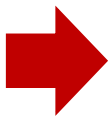
## ASDA Joe Wicks Meal Pick's



Asda has teamed up with Joe Wicks, also known as The Body Coach, to bring customers a series of nutritious and hassle-free recipes this January.



The main ingredient in each of Joe Wicks' Meal Picks will be part of the Price Drop offering *seriously low prices* to help support families when budgets may be tight after Christmas.



The Big January Price Drop will take place across Asda stores and online from 2nd – 29th January 2025

Click on the button for more information





## To Good To Go! Food for less



The **To Good To Go** app helps you find food at local cafes, shops and restaurants that needs used up, so costs less to buy.



This helps make sure good food does not go to waste and that you get a good deal.



It is also better for the environment as it helps fight food waste.

Click on the button for more information





## Join the fun



**Burns Night celebrations**

January  
**24**

1pm-3pm

**Haggis, neeps & tatties**

**Poetry creation**

**Ceilidh dancing**

**Quizzes & games**



**Wear your kilts, tartan or anything that reminds you of Scotland pride.**





# Events and Activities



THE Action GROUP



## Activities at The Prentice Centre



Our exciting January 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.



### ACTIVITY CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30th-5th		Vision boards for 2025 10:30am-12:30pm	Centre closed	Centre closed	Catch up over board games 10:30-12:30pm		
6th-12th			Healthy dessert making 1-3pm	Macrame making 10-11:30	First aid training 9:30am-12:30pm		
13th-19th	Meatless Mondays cooking 11-12:30		Yoga with Hayley 10-11	Macrame making 10-11:30			
20th-26th	Internet safety peer chat 11am-1pm		Yoga with Hayley 10-11		Burns night celebration 1-3pm		
27th-31st		Vegan cook up 11:30-1pm		Macrame making 10-11:30			



Social



Digital



Try Something New



Health and Wellbeing



Life Skills



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





## TAG Weaving Project!

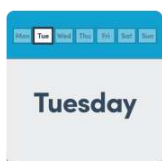
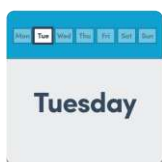
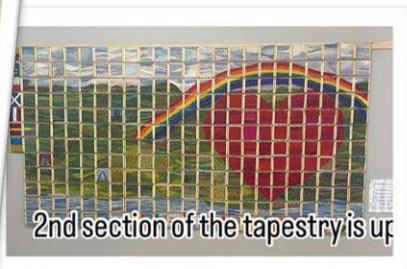
### Tapestry Sessions with Clare Coyle



Exciting times! We started the year by hanging the second of three sections of our community tapestry, *Weaving a Community*.

A total of 288 small looms have been individually woven by the people we support, carers, staff, and The Action Group supporters. Come and join us to help complete the full tapestry of 432 individual pieces before 25 June

### Next Sessions



**When:**  
21<sup>st</sup> January and  
4<sup>th</sup> February



**Time:**  
The session will  
start at 9:30  
and finish at 3:30.



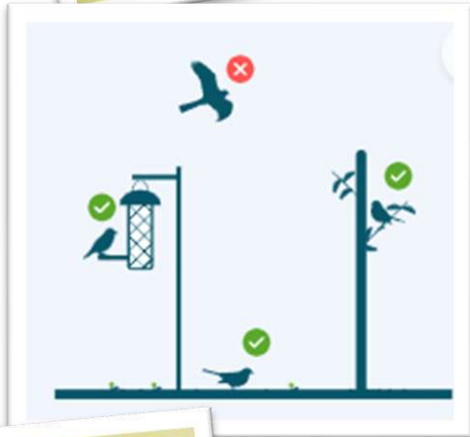
**Where:**  
The Prentice Centre.  
1 Granton Mains Avenue,  
Edinburgh,  
EH4 4GA.



## Big Garden Birdwatch and how to take part!



Big Garden Birdwatch is the world's largest garden wildlife survey.



With birds facing so many challenges, it's more important than ever to get involved in the Birdwatch.



Every bird you do – or don't – count will give us a valuable insight into how garden birds are faring.

**Click for a video of how to take part**



**Click for more information**







## 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

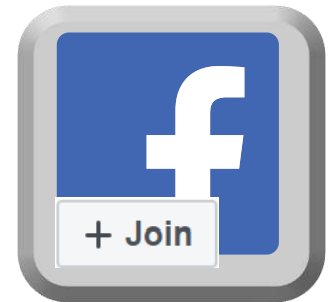
An email address will be needed for all bookings.





## 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.



Social Security Scotland  
Tèarainteachd Shòisealta Alba

## Social Security Scotland need your help?



Social Security Scotland want to speak to people with additional communication needs and what their experiences have been with Social Security Scotland.



Additional communication needs are when people need information in different ways. For example, easy read.



If you would like to take part you can:

Click the button below to register

or



Call 0800 029 4974, Monday to Friday, 9am to 3pm to find out more.

Click the button for more easy read information.



Click the button to sign up to take part.





## SCLD Leadership Webinar Book Now!



SCLD are holding a leadership webinar to talk about SCLD's international work on leadership.



The webinar will be held on Zoom on Tuesday 4<sup>th</sup> February at 2pm UK time.



If you would like to attend, you can register by clicking the button below.

Or you can email us on [events@sclد.co.uk](mailto:events@sclد.co.uk) or call us on 0141 248 3733

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





# Speaking Up



**THE ASSEMBLY**

@THESCOTTISHASSEMBLY

## ZOOM

WEEKLY #ACCESSIBLE POLITICS MEETINGS FOR PEOPLE WITH LEARNING DISABILITIES AND AUTISTIC PEOPLE

Quizzes  
Guest Speakers  
And More!

Join us in person  
for this week's  
Zoom meeting!

The Assembly makes politics, current affairs and news fun, accessible and interactive!



Meet New People



January Meetings

Friday 10th

Friday 17th

Friday 24th

Friday 31st



Have Your Say



9.45am - 12pm



Greyfriars Charteris

Centre,

138-140 Pleasance

EH8 9RR



Drinks Provided



Jack \_07350420920

jack@theassembly.scot

Amy - 07586097372

amy@theassembly.scot



SOUTHEAST  
ASSEMBLY



## Janaury Workshop

Come and Join us for a fun quiz about Robert Burns  
and your local councillors



**Thursday 30th  
January 2025**

**Fun  
Quiz**



**3pm- 5pm**

**Refreshments  
Provided**



**Greyfriars Charteris Centre  
138-140 Pleasance, Edinburgh  
EH8 9RR**



**Amy-07586 097372  
Jack-07350 420920**



**amy@theassembly.scot  
jack@theassembly.scot**



## People First (Scotland) Newsletter



The People First (Scotland) winter newsletter is out now.

### Inside this issue



LDAN and Human Rights Bill	1
National Care Service	2
Parents Group	3
SOLD	4
Impact Network	5
Law and Human Rights Group	6-7
Local Updates	8-9
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Keep up to date with the work they have done including

- LDAN Bill and Human Rights Bill
- National Care Service
- Parents Groups
- and more

Click the button to go to the newsletter





# 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.



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**





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.



 @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





# 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**



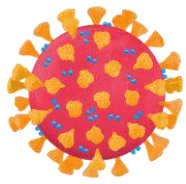
 NHS 24:  
**111**



 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:



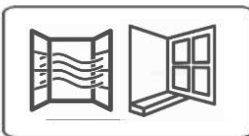
- staying at home if you have symptoms



- 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

