

ScotsCare Newsletter



Shona Fleming, Deputy CEO of ScotsCare says: "Working with CPU seems to us a natural fit. Our clients will benefit from CPU's expertise and experience, and receive a form of support we can't provide directly ourselves".

Mental health provision added to ScotsCare services

With more than 50% of our clients dealing with mental health issues, it's important that they are given the support and treatment they need.

That's why ScotsCare are pleased to announce the launch of a joint pilot project with Camden Psychotherapy Unit.

Under the project, CPU will provide weekly psychotherapy sessions for up to 5 ScotsCare clients. The first client attended CPU in Kentish Town in September.



Fighting for your rights: advocacy services expanded

Following the successful launch of ScotsCare's advocacy service last year, we will now be expanding its reach with the creation of a second full-time advocacy post.

The service, which helps clients voice their concerns over their health or social care provision has proven to be a valuable resource, with clients successfully resolving housing, disability and social service issues.

Advocacy: Jean's* story

Jean approached ScotsCare because she felt unsafe and physically restricted by living in unsuitable accommodation.

Jean, who has severe physical and mental health conditions, had become increasingly desperate living in her third floor flat in one of the most difficult estates in London. Regularly a victim of anti-social behaviour and physical threats, she had reported the incidents to her local council, but it failed to tackle her worries.

As time went on, she fell deeper into depression and also considered suicide, as she felt she would never have a better quality of life. However, with help from a ScotsCare advocacy worker, she was able to put forward a case for re-assessment. She was subsequently re-banded as vulnerable with an urgency to be rehoused in more suitable and safer accommodation. Now Jean is looking forward to settling into a new home. She has a safe space to park her mobility scooter and no longer has to live in fear of abuse.

*Jean's name has been changed to preserve confidentiality.



Spread the word! ScotsCare to increase client reach through Community Outreach Workers

We are constantly thinking of new ways to make contact with Scots who wish to use our services, and you can help. If you know of potential clients who could benefit from ScotsCare or know places to advertise our services then why not join our network of volunteer Community Outreach Workers? We are looking for volunteers to go out into their communities to share posters and distribute leaflets to community centres, libraries and supermarkets. If you are interested in becoming a volunteer Community Outreach Worker, please email louise.davies@scotscare.com

"Volunteering has given me the routine and stability I needed and has enabled me to help my fellow Scotsmen and make new friends. I enjoy helping and adding value to another's life – volunteering is often the highlight of my week."



Archy has been volunteering for ScotsCare for 10 years.

Everyone has a story to tell

ScotsCare recently welcomed Yvonne McKeown to the team as the new Communications Officer. Having previously worked for BBC Radio and grant-giving charities, she is keen to hear your stories.

If you have a picture or a story to tell then contact her on yvonne.mckeown@scotscare.com Or alternatively, you can message via ScotsCare's Twitter and Facebook pages.

Fly the flag at sporting events

It's time again to fly the Saltire! With sporting events, such as the Rugby World Cup and ATP finals in mind, we have thought of an ingenious way of supporting our favourite sporting stars and also advertise the charity. If you would like to fly the flag (well actually, a handy A4 Saltire card) then contact yvonne.mckeown@scotscare.com for your free supporter's pack.



We're going digital

There are now many ways to keep up-to-date with ScotsCare news. If you would rather receive your news by email, please fill in this form and send it back to us!

Title:	First name:	Surname:
Address:		
		Postcode:
Email:		
Mobile phone*:		

***Mobile phone for internal ScotsCare communications only. ScotsCare will never call you to ask you to donate, and we will never pass on your details.**

How would you like to hear from us: Email Post No contact