

# ScotsCare Newsletter

## New homes for older people in Lewisham



ScotsCare is delighted to announce that we have gained planning permission to build an additional 12 flats at our Rothesay Court housing development in Lewisham. We have been providing supported sheltered housing in London for over 30 years.

CEO Shona Fleming says, *"It's very well known that there is a housing shortage in London. This is particularly true for older members of our society. Many of our residents are formerly homeless or insecurely housed, with a range of challenges including physical disability, income poverty and mental health. We have an on-site housing support worker to address their needs."*

*"This development enhances our ability to provide much-needed accommodation and services for older people in London."*

## Tell us about your ScotsCare experience



ScotsCare is putting together a promotional video, working closely with Clare Beavis and Una Hill from Pearl Films (<http://www.pearlfilms.co.uk/>). We want to interview people who have received help from us to inspire others who need it to seek assistance.

Interested in taking part? Contact us: **0800 652 2989** or [communications@scotscare.com](mailto:communications@scotscare.com)

## Linda's story – Pursuit of happiness



Linda knows about hard work, having spent 10 years as a support worker looking after elderly people with disabilities. Every setback only served to increase her determination to work in mental health and to help others that can't help themselves.

Linda said, *"Mental health problems can affect anyone at any time, whether in a positive or negative way. We're all just people."*

Mental health has affected her family directly with her boys requiring special assistance for ADHD and vertigo, all of which added pressure to Linda's schedule and finances.

Linda contacted ScotsCare, the charity that supports Scots and their families in and around Greater London, to see if she could get assistance to help her pursue her goals.

After evaluating Linda's needs the charity offered an education grant for her studies, a household grant and various children's activity grants including swimming, badminton and tennis.

*"They've helped massively, mainly so I can relax and enjoy being a mum and a student," Linda said. "It's something I could never thank them enough for."*

Linda plans to work with both adult and adolescent prisoners with mental health issues. To her, it doesn't matter how big or small the crime.

*"I always wanted to do this career and I want to teach my kids that you've got to work for everything in life, no matter how long it takes," Linda says.*

You can read Linda's full story at <https://scotscare.com/stories/lindas-story/>. To find out more about our education grants email [info@scotscare.com](mailto:info@scotscare.com)

## ScotsCare in the 'hood



ScotsCare has been busy in the community this summer, with stalls at events such as the Manor Gardens Health and Wellbeing Festival in June, Pride in London and the Lambeth Country Show in July and most recently, a return to the Angel Canal Festival in September. These events are an excellent way to spread the word about what the charity offers. We not only reach new people, we also reconnect with others who have used our services, and update everyone on the array of services we offer to help Scots in the Greater London area.

## Feeding the 50,000



Tickets are on sale for Feeding the 50,000 at St Columba's Church, the story of St Columba's Church's extraordinary efforts to look after Scottish troops in London during WWI. The event will feature readings and traditional Scottish songs in two performances on Saturday, October 20th. Well known performers taking part include David Robb (Downton Abbey), Isla St Clair (folk singer and TV presenter) and Gordon Kennedy (BBC Radio 4). To book either the 15:00 or 19:30 show, please visit [www.eventbrite.com](http://www.eventbrite.com) and search 'Feeding the 50,000'. For more information about Scots in Great War London, visit [www.scotsingreatwar.london](http://www.scotsingreatwar.london)

## Tech buddies



ScotsCare is piloting a new technology-focused volunteer role. We are looking for volunteers to share their skills and knowledge with our residents in Grove Park, Lewisham. Tasks involved include helping to set up email accounts, introduction to online shopping, helping residents to engage with others, and exposure to social media.

You'll need to commit to a regular 2-hour meeting once a week in Grove Park, Lewisham. If you have the time and skills to help us with this, or are interested in other volunteering opportunities, please contact Louise at [volunteering@scotscare.com](mailto:volunteering@scotscare.com)

## What's your favourite Scottish word?



James Millar (journalist and podcaster) is helping us put together a series of podcasts with a mix of interviewees (staff, volunteers, residents). The premise behind the podcast is for interviewees to share and discuss a Scottish word that means something to them, moving on to offer an insight into their experience of the charity.

Keep an eye out on social media and our website for more news about when the podcast is released. Let us know if you would like to get involved with this project at [communications@scotscare.com](mailto:communications@scotscare.com)

## We're going digital



There are now more ways to keep up-to-date with ScotsCare news. If you would prefer to receive your news by email, please send an email to [communications@scotscare.com](mailto:communications@scotscare.com) and include your full name and address and state that you would like to hear from ScotsCare by email. ScotsCare takes data protection very seriously. We promise we will not pass your details on to any other organization. By giving us your email, you agree that ScotsCare may use it to send you information about our work.