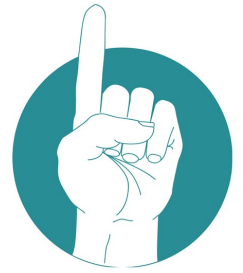


People First (Scotland) Newsletter



December 2021



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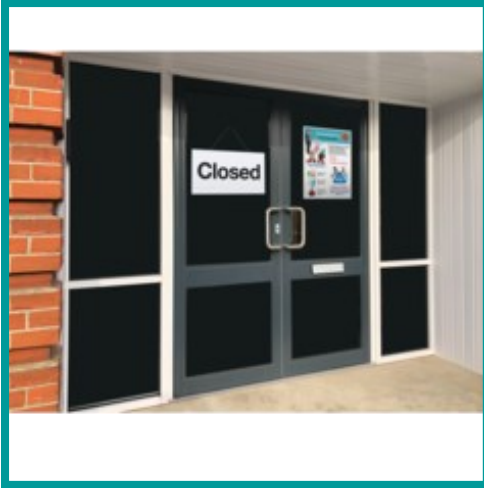
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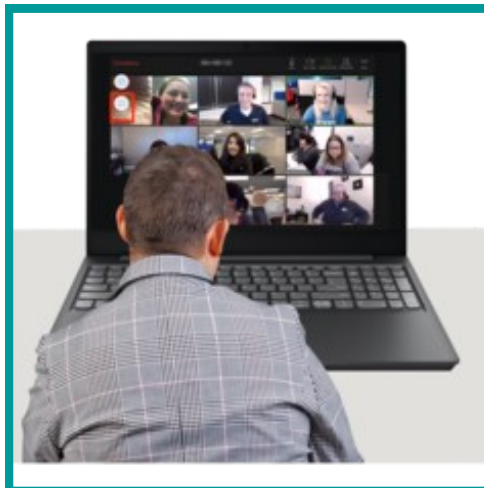
We have tried to make our Newsletter accessible. If there is anything that is not clear then please ask a People First worker to explain.

People First Update



The People First (Scotland) offices are still closed. You can reach workers on their mobiles or by calling the Edinburgh head office number 0131 478 7707.

We still work for our human rights
NOTHING ABOUT US WITHOUT US !



Groups are meeting online and People First workers will support you to attend.

The People First website and Facebook pages have information about the Covid19 guidelines and rules.



People First (Scotland) will close for the holidays. Directors and workers will be on leave from **Friday 24 December 2021 to Tuesday 4 January 2022.**

We hope you all have a safe and happy Christmas. We look forward to working together in 2022!

Covid 19 Guidelines



The Omicron variant is a new type of Covid19. The First Minister changed some rules to slow the spread of the Omicron variant.



You should limit your contact to 3 households a day. You should do a Lateral Flow Test (LFT) before meeting people who aren't in your household or bubble.



If someone in your home has Covid, then everyone from the household must isolate for 10 days. People should still isolate even though they are vaccinated.



If you've had contact with a Covid positive case but you don't live with them, you can leave isolation if you have had two vaccines and after a negative PCR test.

SOLD Update



In September, the SOLD user group had its first **face-to-face meeting** since the start of the pandemic. It was good to see everyone again.

We worked on the **National Care Service consultation**. We shared our experience about Justice Social Work and Prison.

We said it is very important that people with a learning disability who are released from prisons can access the right support. This helps stop reoffending.



We worked on the **Solicitor's Toolkit**. The Toolkit is a set of cards with easy read text and photosymbol pictures. It will help solicitors to communicate better with their clients who have a learning disability.



OFFICIAL

Victim Care Card

Telephone 101 In an emergency always call 999

Incident / Crime Ref. No.	Date Reported	Crime Reported

Investigating Officer Name

You can ask to have a person of your choice or your legal representative with you while you give your statement; however, there may be circumstances when this is not possible and the reason for this will be explained to you.

There are also standards of service that we should meet. To view these, please go to the web address or ask us for more information:
www.scotland.police.uk/victimsandwitnesses

You can find details of your rights as a victim within the Scottish Government's Victims' Code. You can ask us for a copy or you can find it here:
www.mygov.scot/victims-code-scotland

OFFICIAL

We replied to **Police Scotland's** survey on Victim Care Card and said the card does not work for people who have a learning disability. We recommended lots of improvements.



National Care Service



The Scottish Government organised a consultation to discuss ideas on what a National Care Service will do. This consultation closed 2nd November.



We told them we want flexible and accessible health and social care services that are run to a high standard and work for us.



Adults with learning disabilities need to be included in the planning and design of the National Care Service.



Services should be based on human rights and improve people's lives. It should not be based on old fashioned institutions and day services.

The National Care Service Group are still working with other Disabled People's Organisations. We are making sure the Scottish Government includes adults with learning disabilities in their planning.

The Law and H



In November the group met with John Scott QC who is the Chair of the Scottish Mental Health Law Review.

We told him we are disappointed with parts of the Review.

People with learning disabilities should have been more involved in the Review from the start.



We should have been in some of the working groups for the Review. For example the group working on supported decision-making and capacity.

As a group we have been campaigning for supported decision-making for many years and we know what we want from that support.



We reminded John that people with learning disabilities have different experiences of the law than other citizens.

Human Rights Group



We think the Review should pay better attention to how people with learning disabilities are treated under the Adults with Incapacity Act and the Adult Support and Protection Act.



We will keep reminding the Executive Team that a new law for people with learning disabilities is the best way to protect and secure our rights.

As long as we are grouped together with citizens who have different life experiences we will always suffer and be discriminated against.



Next we will look at other materials from the Review and share our views with members and the Review Team.

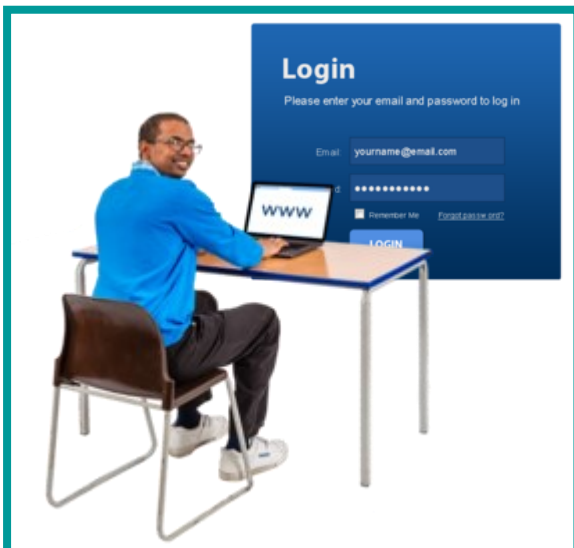
We expect to meet with John Scott again once the Review team shares more information about their recommendations.

Local Group Updates

South Lanarkshire



Following several online working groups, directors in South Lanarkshire recently held the first planned information event with representatives from both Police Scotland and Trading Standards.



The event focused mainly on internet safety. There was information on safety measures which can be taken when using social media, email, as well as keeping safe while using mobile phones.



Representatives from Trading Standards offered valuable information regarding other types of safety, such as from doorstep crimes, cold callers and overall home security.

Our most recent meeting was 3rd December.

Local Group Updates

Edinburgh



The Edinburgh groups are starting to get back to face to face meetings. Most groups are meeting in the People First office because some of our regular venues are still not available.



It is good to see everyone in person again! Here is what some group members said:

'I wasn't sure how I would feel coming back but it is good. I missed seeing all my friends'.

'It is good to be back at the group. I haven't seen people for a while'.



'I missed everything about the group. I am glad to be back'

'I like People First. I have a good time at the meeting. It is very good to see people face to face'

Local Group Updates

Midlothian

We have 3 local groups who have started meeting face to face:

- **Dalkeith Group** meets on a Wednesday evening
- **Gorebridge Group** meets on a Monday afternoon and
- **Penicuik Group** meets on a Tuesday morning.



It has been great to see each other after such a long time. We also have a Zoom meeting once a month.

The Midlothian Health and Social Care Planning Group asked us to help write the strategic plan for people with a learning disability.

The plan is for the next 3 years.

We said we need:

- More affordable housing.
- More supports to get out into our communities.
- Better health care.

We need life to get better for people with a learning disability in Midlothian.



Local Group Updates

Fife

There are 5 regular face-to-face meetings across Fife and a meeting has started again in Lynebank hospital. Everyone is really pleased to be back seeing each other again.



We are having Elections and looking for 2 Directors. David Scott and Alison Rae have put themselves forward. They made a video to show all the groups. Voting will be finished by Christmas and we look forward to having the Directors in post.



In Fife we are looking for a new Development Worker. We will miss Lisa who will be doing National Work. We have had some interviews and look forward to a new worker starting in January.



We have also worked hard on our Fife Winter Newsletter. The Newsletter group are making sure that everyone hears what is happening. It is really busy and we continue to enjoy being involved in all of the work of People First.



Local Group Updates



Glasgow

The Life I Want project with Values into Action Scotland has worked on Health, Relationships, Housing and Employment throughout the pandemic. The group meets every two weeks.



The group has been looking at Mental Health and doing activities to support people like Mind & Draw class where people learn simple drawing skills for relaxation. The group also met with Becca from Open Eye for a series of nature walks and photography sessions. These sessions were the first time many of us had seen each other in over a year!

50th Anniversary

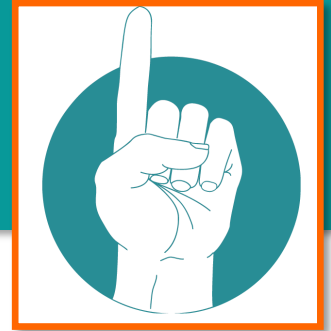


In December Values into Action Scotland celebrated its 50th Anniversary looking at how campaigning for rights for people with learning disability has changed over 50 years.



We are hoping that we will be able to start meeting in person again early next year! You can contact Glasgow staff if you want to **11** come along to a session.

Contact Information



If you would like more information about People First groups then please contact the National Office in Edinburgh. You can find the contact details below.

YOU CAN STILL SEND MAIL TO THE OFFICE , WE WILL RECEIVE IT.



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77-79 Easter Road
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Website www.peoplefirstscotland.org



Search 'People First Scotland' on Facebook!



**Malcolm Cochrane
Photography**

