



Glasgow Disability Alliance
Confident Connected Contributing

**Learning
Bulletin**
September
2020

**GDA online learning
and opportunities to
make connections!**

“Get connected” Meet others! Have Fun!

GDA has moved all our learning, events, and opportunities to connect and have your say online for the time being. You can also join in some sessions by phone.

Inside this newsletter:

- ✓ Online learning
- ✓ Drivers for Change
- ✓ Young Disabled People
- ✓ Have your say!
- ✓ LGBTQIA+ network
- ✓ BAME network



**See inside for
more details and how to join in >>>**

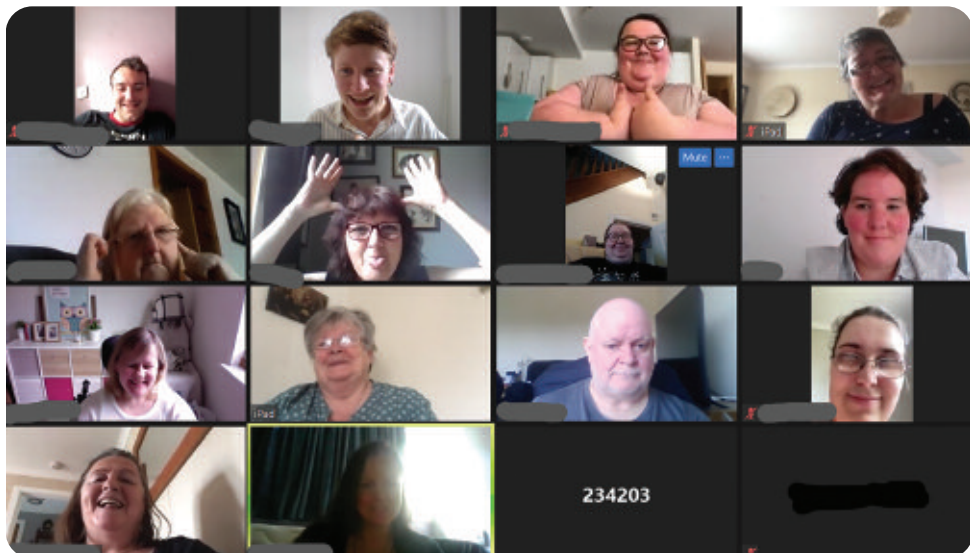
Free online learning!

You need a device with a camera, microphone and speaker so you can participate fully in online learning. This could be a smartphone, tablet, iPad, or similar device.

If you do not have a camera or microphone on your device, you can still watch the session.



We can help you download Zoom, learn how to use it and gain confidence before you join in the learning.



- We can send you the resources you need if you do not have these, e.g. craft materials, ingredients, handouts.
- You can take part in some sessions over the phone if you are not online.
- If you are not able to get online – contact us – we may be able to help.

**To find out more or book a place call us on:
0141 556 7103 or email learning@gdaonline.co.uk**

Mondays...

Effective Thinking Skills

- Learn ways to deal with anxiety and stress.
- Develop tools to help you cope.



Local History

- Enjoy an interesting talk and discussion about local history in and around Glasgow.
- Find out about local landmarks, how streets got their names and about key moments in the history of the City.

Tuesdays...

Tai Chi

- Try out a different new way to feel better and improve your mental and physical wellbeing.



Literature Appreciation

- Discover different styles of writing from classics to modern.
- Find out about authors and their lives.

Tea and Chat

- Get together with others to discuss all sorts of topics agreed by the group.

Song Writing

- Learn how to create song lyrics and develop your talents.



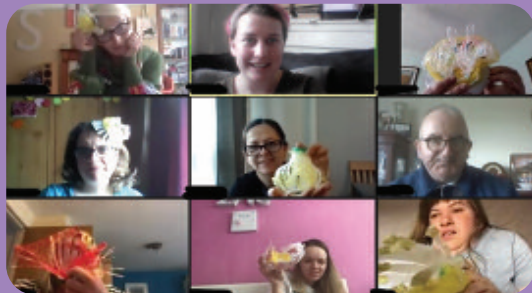
**To find out more or
book a place call us on:**

0141 556 7103 or email learning@gdaonline.co.uk

Wednesdays...

Recycled Crafts

- Create gifts and works of art using bits and pieces found around the home!



Seated Yoga

- Learn some gentle movements to relax and improve wellbeing.

Dance

- Have fun and get some exercise to music!

Relaxation

- Learn how to de-stress, try new ways to feel calmer, keep well and sleep better.

- ✓ **Most sessions last 2 hours.**
- ✓ **All sessions are suitable for beginners.**
- ✓ **Open to all ages!**
- ✓ **We may be able to supply resources needed for taking part.**

Also on offer:

- ✓ Cookery
- ✓ Singing
- ✓ Photography
- ✓ Arts and Crafts



And more...!

Contact us with your suggestions for sessions you would like us to run.

Thursdays...

Printing Techniques

- Learn ways to design and print your own artworks!



Scottish Playwrights

- Discuss different theatre productions and the works of selected Scottish playwrights.

Mind and Draw

- Have fun and relax with mindful drawing

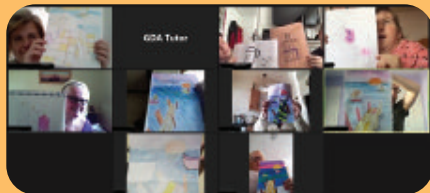
Online basics - lots of topics including:

- How to run your own Zoom meetings.
- Discover the internet and searching online.
- Staying safe online.

Fridays...

Creative Writing

- Learn how to bring your imagination to life through stories and poetry!



Mindful Meditation

- Discover ways to relax and new techniques to improve your wellbeing.

LGBTQIA network online

Safe space - only for disabled people who **also** identify as LGBTQIA+



- Join our safe, supportive, fully accessible community space – now meeting online!
- Connect, learn, speak out, have fun.
- Regular online peer support meetings in the evenings as well as daytime.

To find out more call the GDA office on **0141 556 7103** or email charlotte@gdaonline.co.uk

BAME network

Open only to **Black, Asian and Minority Ethnic** disabled people!



- Have your say about things that matter to you.
- Fun and relaxing activities taking place online.
- Chats on the phone if you are not online.
- Interpreters can be provided if needed.

To find out more: call on **0141556 7103** or email voices@gdaonline.co.uk

Drivers for Change

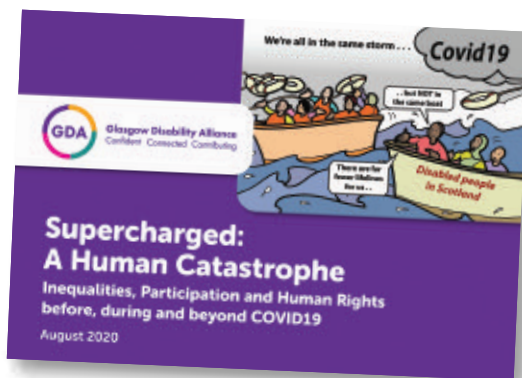
Over 150 GDA members are actively involved in championing disabled people's rights and lived experiences through Drivers for Change (DfC).



DfC take every opportunity to speak out against barriers and help build solutions.

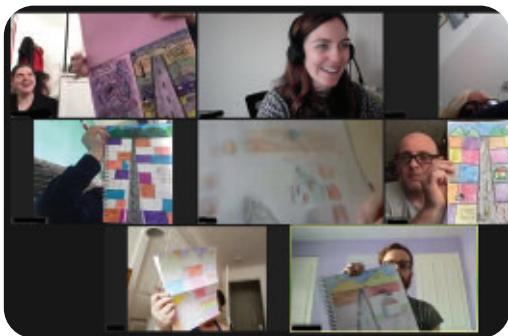
DfC have been busy during lockdown, meeting online, making sure that disabled people's voices and experiences are heard by those in power, and supporting other GDA members.

Get involved this autumn with a series of DfC online events exploring issues and recommendations raised in our latest report, **“Supercharged: A Human Catastrophe”** which you can read on our website, or contact us for a copy.



**We want to hear from you! Call 0141 556 7103
or email voices@gdaonline.co.uk**

Young Disabled People



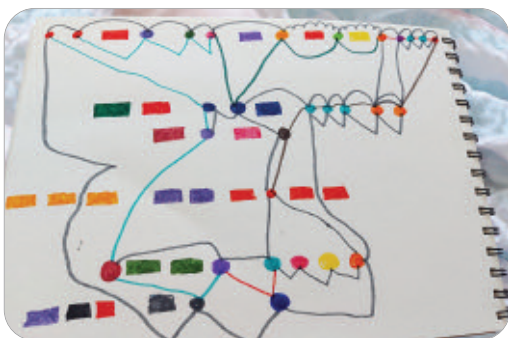
Our Young Disabled People Network has been meeting regularly online since lockdown began.

Sessions have included creative writing, Mind & Draw, and our well established monthly quiz, run by young people for young people!

**Age
15-30**

Join us online to:

- ✓ Meet new people.
- ✓ Share your experiences of lockdown with other young disabled people.
- ✓ Make sure the issues and priorities of young disabled people are heard by decision-makers.
- ✓ And most importantly, have fun!



**Find out more by calling 0141 556 7103
or email voices@gdaonline.co.uk**

Scotland in Lockdown: Research project

This Glasgow University research project is exploring how lockdown affects people in Scotland who may already have been isolated or excluded before the pandemic.



GDA has shown that many of the barriers facing disabled people have increased during lockdown: inaccessible information, digital exclusion, social isolation and further cuts to social care.

This project focuses on the experiences of different groups including disabled people and those with long term conditions. By talking to these groups , the study aims to quickly inform Scottish Government efforts to prevent further hardship and inequalities.

The researchers are particularly keen to talk to disabled people and those with long term health conditions who

are not able to take part online, or who have only recently been able to connect with others online.

The project runs until November and will be reporting findings through the project website and organisations such as GDA. The researchers will be talking to people until mid-October, so if you would like to take part, please contact them by the end of September.

More information about the study and the groups involved can be found on the project website:
scotlandinlockdown.co.uk



About the research team: This research is being conducted by a team of researchers from the University of Glasgow led by Prof Sarah Armstrong and Dr Lucy Pickering. The team leads for this area are Dr Nicky Burns and Dr Philippa Wiseman.

If you would like to get involved in the study, you can contact the team for more information:

By phone, text or WhatsApp: 07856 998937

By email: scotlockdown@glasgow.ac.uk

By twitter: @LockScot

This work is funded by the Chief Scientists Office.

Public Conversation on Glasgow's Transport Future

Glasgow City Council is thinking about how people and goods move around the city daily, how to transform the city centre, and how to create liveable neighbourhoods. They will be developing new transport related plans on these issues and want you to be a part of a public conversation on Glasgow's transport future.



Glasgow City Council knows that transport in the city needs to change, and has been exploring the problems that need to be tackled. They have used feedback from previous consultations and workshops earlier this year to identify key issues and draft outcomes for future planning.



Now the Council wants your feedback. There may be issues you would like to highlight, solutions you would like to propose, and key issues you think should be prioritised.

Is there something you would really like to do, but lack of accessible transport stops you doing it?

What kind of city do you want Glasgow to be?

How can the Council support you to make changes in how you move about?

How your feedback will be used.

The Council want to know what you think of the outcomes (goals) they have identified. They will listen to what you have to say, let you know what they have heard, and show how your contributions are shaping the plans as they are developed. The draft strategies and plans will be available for comment before they are put into place.

How to take part:

From Monday 21st September to Friday 30th October you can complete the online survey :

www.glasgow.gov.uk/ConnectingCommunities

Call 0800 808 9911 to talk through the survey by phone.

There will also be online events to join in. Look out for details on the **GDA Facebook** page and the **Connecting Communities** website.

Town Centre Action Plan

The Scottish Government want to develop healthier, vibrant, and greener town centres that support communities to thrive.

This is really important especially because of the impact of the Covid crisis where we have seen so many changes in our towns and streets. Experts in town planning, public health, transport, and business want to hear your views about to improve our town centres.



You can complete an online survey to give your views:

<https://www.surveymonkey.co.uk/r/yourviewsontowns> or you can send your views to voices@gdaonline.co.uk and we will submit them on your behalf. If you are not online, you can call us on 0141 556 7103 and we will arrange for someone to record your views.

What changes would you like to see in your town centre?

How did Covid affect your town centre?

What is important to you about your town centre?

What barriers stop you from using your town centre more?

Rights Now

– we can help!

Look out for our new Rights Now leaflet which has important information about Personal Independence Payment – PIP.

It is important to get help to understand how to apply for PIP and make sure you get all the money you are entitled to.

You can get PIP even if you do not have someone to help you.

PIP is for you. It is not for your parent or carer.

PIP replaces Disability Living Allowance and is a benefit for people aged 16 to 64, who have a disability or a long-term health condition and have difficulties with mobility or carrying out daily tasks.

GDA's Rights Now Welfare Rights Officers can help.

Contact us for information, advice and support: Call 0800 432 0422 or email RightsNow@gdaonline.co.uk

Claim your Rights Now!
Important Update on changes to disability benefits

The benefits system is changing. We can help you get all the money you are entitled to - contact us now on 0800 432 0422!

GDA Rights Now!
Our Welfare Rights Officers can help make sure you get everything you are entitled to!
Get support on the phone, video meeting and email.

Contact GDA Rights Now for help to:

- Apply for Personal Independence Payment (PIP).
- Challenge DWP decisions you are not happy with.
- Get as much money as you are entitled to.
- Claim your Rights Now!

Call: 0800 432 0422 or Email: RightsNow@gdaonline.co.uk

Thanks so much for everything, I would have really struggled without your help and advice, so happy I got my PIP awarded!

See inside for some important information about Personal Independence Payment (PIP) >>>>

We want to thank our funders for their ongoing support, particularly their flexibility to allow us to change the way we deliver our support to disabled people. This has meant we could meet their needs as quickly and creatively as possible.

- ✓ Scottish Government– existing and new Covid Funding
- ✓ National Lottery Community Fund – existing and new Covid Funding
- ✓ Glasgow City Council – existing funding
- ✓ Impact Funding Partners – existing and new Covid Funding
- ✓ Wellbeing Fund – new Covid Funding

For more information:

Call: 0141 556 7103 Text: 07958 299 496

Email: info@gdaonline.co.uk Web: www.gda.scot



GDA Facebook



@GDA__online



Glasgow Disability Alliance
Confident Connected Contributing

**contact
SCOTLAND
BSL**



Scottish Government
Riaghaltas na h-Alba
gov.scot



**Glasgow City
HSOP**
Health and Social Care Partnership



**THIRD SECTOR AWARDS
Glasgow**
Glasgow's Third Sector, working together



Glasgow Disability Alliance

is a registered Scottish Charity number: SC034247

Private Limited Company number: SC248467