

GDA Newsletter. May 2020.

Hello from GDA! GDA's "Resilience Response: Leaving No-one Behind"

How are you coping? How can we help?

We are still here and we are able to support you in lots of different ways!

We are here to help! You may not need help right now – please keep this newsletter in case you need help in the future.

Call free: 0800 432 0422 or Text: 07958 299 496 or E: info@gdaonline.co.uk

BSL users can contact us via Contact Scotland.

Find out more about all the different ways we can help you and how to contact us!

How we can help you or someone you know.

GDA Helpline: Phone free on 0800 432 0422 for information, support and referrals to services. We are contacting as many GDA members as possible to ask how you are doing. We are asking questions about what support you are getting, or what support you need. You may already have had a call from us, or you may have filled in our survey form, or both. If you are a disabled person of any age, or someone with a long term condition, or an older person, please contact us if you need support, information, or just someone to talk to.

You can call our new Freephone helpline on 0800 432 0422 and we will connect you to services and support that best meets your needs during these challenging times.

GDA Lifeline: Coordination and free delivery of shopping, supplies & medication.

We can help disabled people, older people and people with long term conditions across Greater Glasgow who are unable to get food shopping, medication or other essential household items.

This support is free of charge. The team of staff doing the deliveries are wearing masks and gloves to keep themselves, and you, safe. If you are not able to get food shopping, or if you are going out when you should really be staying safe at home, **please contact our new Freephone helpline on 0800 432 0422 to ask for help.**

GDA Learning: Free, fun learning & peer support online and by phone. We are now running our free, fun learning programme online. We support all learners to get set up, and provide ongoing support too. You can also join in by phone to some sessions. Learning sessions on offer for all ages include:

Tai Chi and gentle exercises; Relaxation; Conversations; Music; Dance - everything from disco to ballet! Mindfulness; Meditation; Knit and Natter; Creative Writing; Literature appreciation; Keep Fit; Local History; Arts and Crafts.

Contact us with your suggestions too!

The programmes are running in 6 week blocks so there is plenty of time and support from the tutor, and you get to make new friends! Do not worry if you have never taken part in online learning before – we will support you to get going!

Quote: “I’ve always struggled getting out due to my anxiety, but I’ve loved the online learning”

Young disabled people are also getting together online with support. So far they have been doing:

- Fun learning sessions.
- Young Drivers for Change meetings to plan their priorities and goals for the next few months.
- Pollok Action Group – the “Southside Superstars” are making plans for their Pollok Access Improvement project.

Find out more or apply for a place on our free learning sessions:

Call: 0141 556 7103 or Text: 07958 299 496 or Email: learning@gdaonline.co.uk

GDA Connects: Help and support to get online & stay connected. We are delighted to have received a grant to support disabled people get online and stay connected - making sure no-one is left behind!

The grant provides funding for equipment including tablets with built in Wi-Fi, mobile phones, and access solutions. Support to set it all up is provided as well as ongoing support from a network of coaches.

We can also support people who do have their own equipment, but do not know how to use it, and those who do not have Wi-Fi. If you would like to get online but do not have a device, or have a device but do not know where to start, contact 0141 556 7103 or text: 07958 299 496 or email connect@gdaonline.co.uk

GDA Wellbeing: Support by phone and online. We have so far phoned 3000 GDA disabled members to ask how they are coping! Conversations highlighted that many people are struggling with their mental health & wellbeing. New funding for a Wellbeing Service means we can provide dedicated professional wellbeing support on the phone and online:

- Regular calls to check on how you are feeling.

- Advice and support on keeping well and ways to manage anxiety.
- Referrals to specialist mental health services, including counselling.
- Group learning - including mental health support, exercise and life coaching.
- Referrals to other supports– e.g. food, financial, learning, community organisations.

Call free on: 0800 432 0422 or Text: 07958 299 496 or Email: wellbeing@gdaonline.co.uk

GDA Rights Now: Welfare Rights advice, information, support and representation. Our Welfare Rights team are able to support disabled children, adults, older people and those with long term conditions, to deal with disability benefits issues - e.g. PIP, DLA, ESA, Universal Credit, Attendance Allowance, Welfare Fund Grants, Carers Allowance, etc. They can help with completing forms, arranging appeals and representation - some tribunals are taking place by phone at the moment. **If you need welfare rights advice or support contact the team on 0141 556 7013 or email RightsNow@gdaonline.co.uk**

GDA Voices: Support to have your voice heard, share experiences & plan actions for change. GDA staff have called 3000 disabled people so far! We have shared their experiences and concerns with the Scottish Government, local Councils and the media, so decision makers can better understand the impact of Covid-19 on disabled people and what needs to happen to protect our rights.

GDA's Drivers for Change (DfC) are meeting online to keep up their knowledge and skills and feed their views into a range of policy & planning areas - like new police powers, social care and exit from lockdown.

The PPP drama group – who are part of DfC – are creating new materials to reflect disabled lives in lockdown. They've released their new song - 'Self Isolating Blues'.

GDA's Chief Executive Officer, Tressa Burke shares disabled people's experiences of the Covid crisis on TV, radio, newspapers and on social media. See more at gda.scot

If you want to get involved with DfC or share your views call 0141 556 7103 or email voices@gdaonline.co.uk

Important information: About Coronavirus

Coronavirus (COVID-19) can cause a new, continuous cough, fever or loss of smell or taste. Phone your GP practice or NHS 24 (111) if you think you have developed any of these symptoms.

Do not go to your GP surgery or hospital if you think you have Coronavirus or if you have been in contact with someone who has been diagnosed with the virus. Phone first to speak to a medical professional who will give you advice.

You can get more information from NHS Inform. If you are looking for general information, a free helpline has been set up on 0800 028 2816. The helpline is open Monday to Friday, 8am to 10pm and Saturday & Sunday, 9am to 5pm. Or look at the website www.nhsinform.scot

Help reduce the spread of infection.

Wash your hands often. Avoid touching your eyes, nose & mouth Cough and sneeze into a tissue.

Shielding Support: Shielding is for people, including children, who are at very high risk of severe illness from coronavirus (COVID-19). If you are in this group you will have received a letter with information, including how to register with the text service to get support. In Glasgow, contact Glasgow City Council Shielding Support on 0141 276 1185, open 9am - 5pm every day or email ShieldingResponse@glasgow.gov.uk

In other areas contact your local council.

People at higher risk of severe illness: This group includes people over 70 and those who receive a flu jab due to medical reasons. These people should strictly follow physical distancing measures. Their household and other contacts should also strictly follow physical distancing advice. For advice call 0800 111 4000.

Glasgow Helps: This resource gives information about lots of local services that can help you. Contact Glasgow Helps on 0141 345 0543, 9am-5pm Mon-Fri or email helpline@gcvs.org.uk Or look on the GlasgowHelps.org website.

In other areas check out: covid-19.scvo.org.uk

Remember - you can also contact GDA for help!

Find out more or ask for help: Call: 0800 432 0422 or Text: 07958 299 496

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

GDA Facebook and Twitter @GDA__online

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 funding and new Covid Funding

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

Glasgow Disability Alliance is a registered Scottish Charity number: SC034247

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