



Glasgow Disability Alliance
Confident Connected Contributing

**Spring
2022**

"New beginnings!"

GDA learning, events and information

Inside our first bulletin of 2022:

- ✓ GDA online events, learning sessions, peer support networks.
- ✓ Opportunities to have your say.
- ✓ Find out about our plans for a safe return to face to face activities.



Also inside:

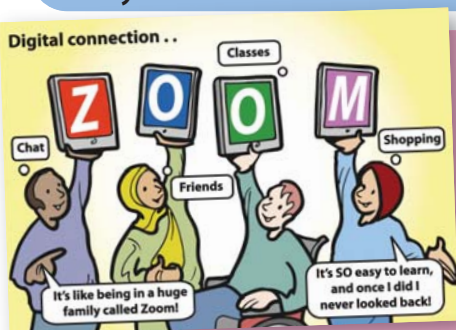
- ✓ GDA's exciting new digital employability project.
- ✓ How to get help with digital technology.
- ✓ Important information about Scotland's Census.
- ✓ New laws about fire alarms.

Join us for some free, fun, online learning!

Mindful Meditation

**Mondays from
12.30pm - 2.30pm**

Help reduce stress and tension by using different breathing methods, guided imagery and other practices to relax body and mind.



All the learning sessions on pages 2 to 8 take place online using Zoom.

We can help you learn how to get online and build your digital skills. If you do not

have access to digital equipment or internet we may be able to help you.

Contact the GDA Office for more information - details are on the back page.

- ✓ **All physical movement sessions can be done seated or standing.**
- ✓ **All sessions are suitable for beginners.**

Contact us to book a place - see back page!

Online learning: Tuesdays

Book Talk 11am - 1pm

Do you love to read, or want to read more and discover new authors? Then join GDA's online book group for stimulating discussions on a wide range of fiction, poetry and essays.

Tea & Chat 2.30pm - 4pm

Make yourself a cuppa and log on for some interesting and fun conversation with other GDA members.



Singing 2pm - 3pm

You don't need to be able to hold a tune to join these lively online sing-alongs!

✓ Open to all ages and abilities!

✓ Contact us to receive the latest calendar of dates & times for all courses.

Online learning: Wednesdays

Seated Yoga 11am - 1pm

A relaxing blend of stretching movements and breathing exercises to ease your body and mind.

Tai Chi 11am - 1pm

A combination of gentle movements and stretching with mindfulness to help release any physical and mental tension.

Gentle Keep Fit 2.30pm - 3.30pm

Gentle aerobic and mobility exercises and stretching to increase fitness levels, strength and stamina.

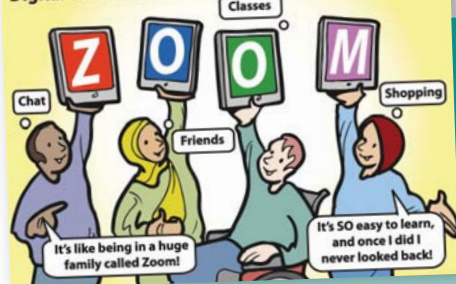


Dance 2pm - 3.30pm

Whether standing up or sitting down, you won't be able to resist moving to an infectious mix of old and new music!

- ✓ We may be able to supply resources for taking part.
- ✓ All sessions are suitable for beginners.

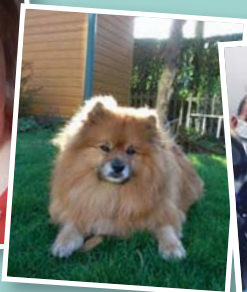
Digital connection . .



Online learning: Wednesdays

Photography 11am - 12.30pm

A chance to swap tips and techniques as you share and discuss photos taken across different themes.



Mind and Draw 2pm - 4pm

Follow step-by-step instructions to create a colourful picture of different scenes every time in these fun, relaxing sessions.



Beginners Gaelic 2pm - 3pm

This 10 week course is the perfect introduction to one of Scotland's native languages. Get to grips with the basics of its grammar and vocabulary.

✓ **All physical movement sessions can be done seated or standing.**

Online learning: Thursdays

Introduction to Scottish Genealogy 10.30am – 12.30pm

Discover how to trace your Scottish family history. Use different sources to find out who your ancestors were. Learn how to record information to build your family tree.

Basic iPad Skills 11am – 12.30pm

If you have an iPad but are not sure how to use it or what it can do, then these sessions are for you! Over 6 weeks you will learn about your iPad's controls, Apps and browsing the web, as well as tips on device security and online safety.

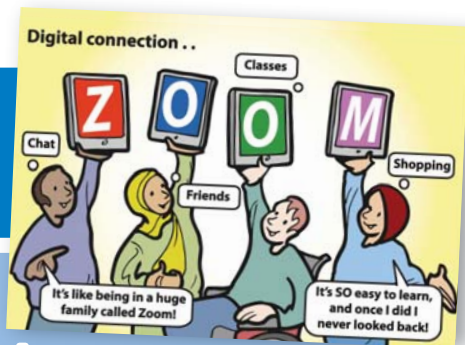


Beginners' Spanish 2.30pm – 4pm

A 6 week course to introduce you to the basics of the Spanish language, and the culture of Spain. You'll cover greetings; colours and numbers; talking about yourself; and food and drink.

Contact us to receive the latest calendar of dates & times for all courses!

Online learning: Thursdays



Healthy Vegetarian Cookery

2pm – 3pm

Watch Chef Claire demonstrate cooking delicious, healthy vegetarian recipes, then try to make for yourself later.



Comedy Workshop **2pm - 4pm**

Think you are funny?
Learn how to take your own experiences and opinions, find humour in them, and turn them into stories to make others laugh.



- ✓ All sessions are suitable for beginners.
- ✓ Open to all ages and abilities!
- ✓ Try out something new!
- ✓ We may be able to supply resources for taking part.
- ✓ More courses being added every week!

Online learning: Fridays

Creative Writing 11am – 1pm

Use your imagination to create and share your own stories, prompted by suggestions from the tutor, or focussing on different themes.



Craft & Chat 11am – 1pm

Bring along whatever craft project you are working on – knitting, crochet, sewing or anything else – to swap tips and advice on where to get materials and patterns, as well as just enjoy some general chat.

Mindful Meditation 12.30pm - 2.30pm

Help reduce stress and tension by using different breathing methods, guided imagery and other practices to relax body and mind.



Contact us to receive the latest calendar of dates & times for all courses!

Remembering Susan

The GDA team were devastated to learn that our beloved colleague Susan McKinstery died suddenly, but peacefully, on Saturday 5th February. Her loving wife Maria was by her side.



We are shocked and deeply saddened by the news and we know that many GDA members will be too. Susan was a valued and active member of GDA for many years, before joining the team as Policy and Participation Officer for our Future Visions for Social Care Team.

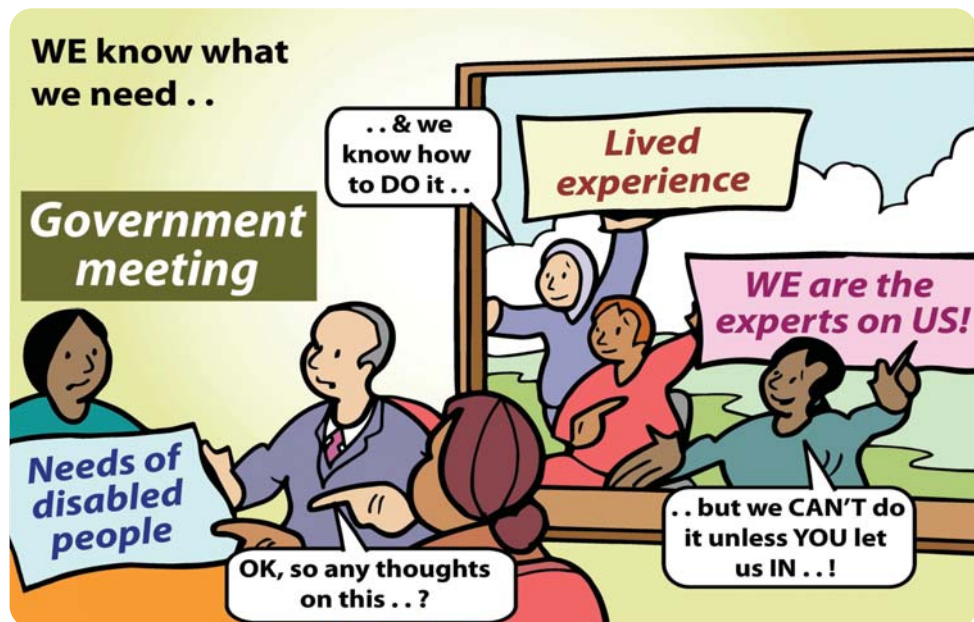
Susan was talented in the field of social care policy analysis, enriched by her personal experience and insights. She had an unshakeable commitment to human rights for disabled people and worked hard as a staff member of GDA and a volunteer of her much loved Flourish House to improve lives of many, many people.

Susan was a joy to work with and had a fabulous sense of humour. She was a talented writer and a wonderful colleague. We will miss her so much.

If you are struggling with grief at the moment, you can call Cruse Bereavement Support.

Their volunteers are trained in all types of bereavement and can help you make sense of how you're feeling right now. Their helpline number is **0808 808 1677** and is open 7 days a week.

Drivers for Change



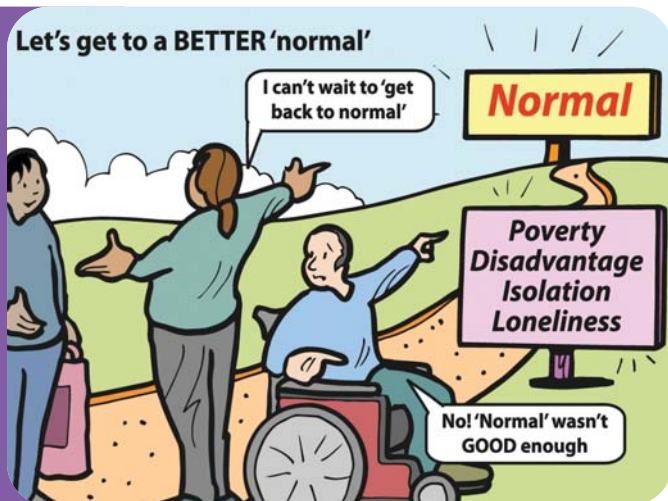
Almost 200 GDA members are actively involved in championing disabled people's rights and lived experiences through our Drivers for Change (DfC) Network.

DfC meet regularly to:

- ✓ Build skills, knowledge and confidence.
- ✓ Speak out against barriers & help build solutions.
- ✓ Make sure disabled people's voices and lived experiences are heard by those in power.
- ✓ Help improve services, support & communities for disabled people.

If you are not already a member of Drivers for Change, and interested in finding out how to get involved, contact us!

DFC online and in-person sessions over the next few months include:



Social Security

Health & Social Care

Access in the Community

Environment and Transport

Fuel Poverty & Food Insecurity

Recovery & Renewal after COVID-19

Employment, Education and Volunteering

Climate Change – join our Community Climate Change Assembly in February 2022

Local Authority Elections in May 2022 – help us shape our manifesto for action!

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

LGBTQIA network

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



- Join our safe, supportive, fully accessible community space.
- LGBT+ History Month activities in February!
- 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.
- Join information and peer support sessions.
- 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 the GDA office on **0141556 7103** or email **jamila@gdaonline.co.uk**

Young Disabled People



Age
14-30

Our Young Disabled People Network meets regularly online. Come along to:

- ✓ Build your confidence and meet new people.
- ✓ Monthly quiz run by young disabled people.
- ✓ Share your experiences and make a difference.
- ✓ Have your say on decisions that affect your life.
- ✓ Fun, free learning courses: podcasting, drama, TikTok, arts & crafts workshops and more!

Online peer networks

Disabled parents:

Meet other disabled parents. Share your experiences, get information and support.



Disabled women: Join our Women's Network online sessions in February and **book a place for our International Women's Day Event on Tuesday 8th March.**

To find out more about all these peer networks:
Call 0141 556 7103 email voices@gdaonline.co.uk

Return of face to face activities



Many people are nervous about coming out to learning and events. Others are desperate to see their GDA friends in person again.

Many of our members, and some GDA staff, are extremely vulnerable to infection and serious illness. We aim to go beyond minimum safety standards to keep risks as low as possible.

We are planning a few 'test sessions' to help us work out how to make activities as safe as we can. However, all in-person activities will have some risk. The types of safety measures we will put in place include:

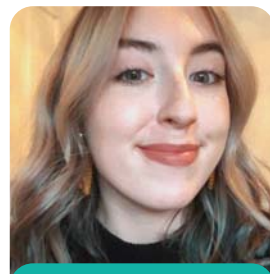
- ✓ Urge people to take a lateral flow test before coming to a GDA activity and only attend if the test is negative.
- ✓ Anyone with any symptoms cannot attend.
- ✓ We will only invite small numbers of people.
- ✓ Venues will be well-ventilated and seating well spaced out.
- ✓ We will respect everyone's personal space.
- ✓ We will take temperatures on arrival.
- ✓ Everyone will wear face coverings when moving around, unless exempt.
- ✓ Hand sanitiser will be provided.
- ✓ PAs will support people as before and will wear masks, gloves & aprons when assisting with personal care.

We will keep running some online learning when we do return to face to face activities.

GDA's New Digital Employability Project

Would you like help to be able to access opportunities for learning, training, volunteering or work?

So much information and many services and opportunities are now only available online. We know that many of our members face barriers that prevent them from being able to access and take up these opportunities. If you struggle to get online and to use the internet then our new project can help!



Alison, our new Digital Employability Coordinator!

Alison is here to support disabled people to identify digital learning and support needs and deliver accessible employability support to members who are currently not in work and facing employment challenges.

We can provide the equipment and technology that will help you to gain access to the internet and we can provide ongoing support and coaching to build your confidence to get the best use out of such equipment.

We can provide coaching and support to help you find out about and apply for online opportunities that match your skills and interests e.g. online learning courses, volunteering opportunities or job vacancy websites.

Project support will be tailored to meet your individual support needs and your interests and plans.

To find out more about how the project could support you, contact GDA on 0141 556 7103.

New Fire Alarm Regulations



The law on fire alarms changed in February 2022. The law was changed to make us all safer, following the Grenfell Tower fire in London in 2017.

All Scottish homes now need to have interlinked fire alarms. Interlinked means they are connected to each other and when one goes off they will all go off so you are alerted wherever you are in your home. You do not need Wifi or internet for this.

Whoever owns the property is responsible for this. If you own your home it is your responsibility. If you have a landlord it is their responsibility. Housing Associations are responsible for their tenants. Most Housing Associations and Councils have a programme underway to install new alarms.

About the new rules

You must have one smoke alarm in the living room or the room you use most, one smoke alarm in every hallway or landing and one heat alarm in the kitchen. All smoke and heat alarms should be mounted on the ceiling and be interlinked. You must also have a carbon monoxide detector in rooms that have gas boilers, heaters or flues, but this does not need to be linked to the fire alarms. More information is on the Scottish Government website and at www.gda.scot.

Fitting the new alarms

The new alarms can be sealed battery alarms or mains wired alarms. You may be able to fit sealed battery alarms by yourself but mains-wired ones need a qualified electrician to do these.

You can buy alarms online or in stores. You should shop around to find the best price. The Scottish Government website estimates the cost for an average three bedroom house needing 2 smoke alarms, a heat alarm and a carbon monoxide detector is £220. For help with costs you can contact your local Care and Repair service. Please be aware of rogue traders charging lots of money to fit these alarms for you. If in doubt, contact your landlord or Citizen's Advice Bureau.

The Scottish Fire and Rescue Service do free Home Fire Safety Visits and provide information



SCOTTISH

FIRE AND RESCUE SERVICE

Working together for a safer Scotland

and advice about smoke, heat and carbon monoxide alarms.

If you are assessed as high-risk they can also fit alarms for you. If you have no alarms at the moment they can provide temporary ones. **To request a Home Fire Safety Visit contact SFRS on 0800 0731999 or text "FIRE" to 80800.**

GDA is running online info sessions with the Fire Service – contact us for the date of the next one.



Scotland's Census

Shaping our future

A' dealbhadh ar n-àmh ri teachd

Census 2022

The aim of a Census is to gather information to help make decisions about public services and make them work for the community.

This includes things like schools, healthcare and roads. In Scotland it is run by the organisation the National Records of Scotland.

The Census is a count of the population and only happens once every ten years. It is a legal requirement for every household in Scotland to fill in the Census, including those in rented accommodation. It contains questions about the type of housing you live in, who you live with, age, gender, health, employment, education, religion, ethnicity and car and van ownership.

Every household will receive instructions on how to complete the Census in the post. You can complete the Census online on the Census website. You can also request a paper copy of the Census online or over the phone and there will be instructions on how to do this in the letter.

The new Census website will have information and advice about the Census. You will also be able to get accessible formats like Braille, large print, audio and BSL as well as support in other languages.

You will receive the official Census letter in the post soon. Census day is Sunday 20th March. You can complete it as soon as you receive your letter.

If you need help with the Census

If you are not able to complete the Census by yourself you can ask someone you trust over the age of 16 to do it for you – perhaps a family member, carer or a trusted friend.

If you stay in a hostel or supported accommodation the staff can give you advice on completing the Census.

All the information provided in the Census is kept secure and confidential for 100 years.

There has been a Census in Scotland every 10 years since 1801, apart from 1941 due to the Second World War. You can see previous Census data on the website scotlandspeople.gov.uk The Census can be a fascinating snapshot of Scotland's history. Maybe try searching for your relatives! GDA is running a Genealogy course - see page 6 for details.

Be wary of Census scams

You do not have to pay any money to complete the Census. If you receive any suspicious texts, phone calls or emails you can call 101, the Police non-emergency number to report it or email dataprotection@nrscotland.gov.uk.

You would only receive a call, text or email from the Census team if you had requested it. Someone from the Census team might visit your home only after the 20th March if you have not completed the Census.

Please contact us for the latest calendar of dates and times for learning courses and events. Loads of courses running every week!



How to join us online

You need a device with a camera, microphone and speaker so you can take part in online learning. E.g. smartphone, tablet, iPad etc.

- 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.
- If you do not have a device or Wi-Fi, please contact us to find out if we can help.

For dates, times, more info or to book a place:

Call: 0141 556 7103 Text: 07958 299 496

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



GDA Facebook



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