

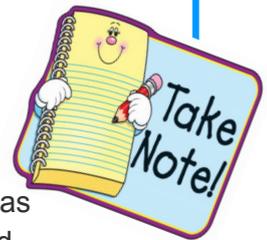
07 August 2021

# NEWSPOINT EXTRA

Viewpoint Community E-Bulletin

Number 34

## Health and Disability Green Paper Open Consultation— Make sure you have your say



"Shaping future support: the health and disability green paper" explores how the benefits system can better meet the needs of disabled people and those with health conditions. It was informed by extensive engagement with disabled people, people with health conditions, and their representatives.

The green paper is now seeking views on how we can improve our current services so they are better and easier to use. We want to hear about the approaches we should consider to improve the system.

Following the 12-week consultation, detailed proposals will then be brought forward in a white paper next year, setting out how we can better enable people to take up work and live more independently. It will outline the changes we want to make to the benefits system to better address structural and delivery challenges.

The green paper, along with accessible versions and a link to the consultation site, is now available on [GOV.UK](https://www.gov.uk). Please encourage your members, supporters and networks to get involved in this consultation.

<https://www.gov.uk/government/consultations/shaping-future-support-the-health-and-disability-green-paper?>

### In this issue:

- ADAM— Technology to help you
- Things to do on a rainy day
- 5 Ways to Wellbeing
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## National Disability Strategy published

This week the Government has published its landmark National Disability Strategy.

<https://www.gov.uk/government/publications/national-disability-strategy>

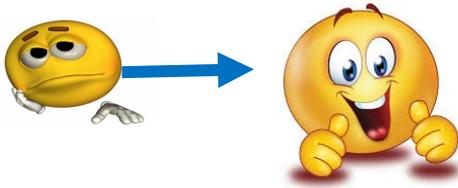
The strategy aims to transform the lives of disabled people across the UK, tackling the barriers that prevent many disabled people from fully benefiting from, and contributing to, every aspect of our society.

Bringing together departments and agencies across Government, the National Disability Strategy is focused on the priorities that disabled people have highlighted through one of the largest listening exercises of its kind. It includes a wide-ranging set of practical actions to improve the everyday lives of disabled people.

Its focus ranges across public services, housing, transport, education, leisure, shopping, employment, and rights and perceptions.



## Things to do online



- Play games online with friends or against the computer e.g. Scrabble, dominoes, Gin Rummy etc.
- Have a look at Google Maps and visit an urban area and click on the street view. You could find the street where you grew up or somewhere you went on holiday and see what it looks

## Things to do on a rainy afternoon

Let's face it, the nice weather won't last for ever. Here are some things to do indoors on a rainy afternoon.

- Share photos with your family and friends online
- Watch a favourite TV programme or film or turn on the radio or play some of your old records

like now, without leaving your house.

## On this day in History.....

This is always worth a browse and it brings up stuff from all different eras.

You can just do a Google search or use sites like [www.historic-uk.com](http://www.historic-uk.com) or [www.bbc.co.uk/history/forkids/](http://www.bbc.co.uk/history/forkids/)

Here are some moments in history for August

### 1 August 1740

Rule Britannia was sung for the first time in public. It started out as a poem, written by two Scottish poets before being set to music by the English composer Thomas Augustine Arne.

### 6 August 1881



Birth of Sir Alexander Fleming, Scottish discoverer of penicillin

### 31 August 1900

Coca Cola is sold for the first time in Great Britain



### 8 August 1963

Britain's Great Train Robbers takes place with £2.6 million stolen from the Royal Mail



And of course there is nothing to stop you getting on your rain jacket and going for a wee walk or jump in a puddle or two.....

## 13 August 2021 is International Left Handers Day

It is estimated that 10% of the population is left handed. International Left Handers Day is about raising awareness of left handedness and the challenges caused by living in such a right handed world.

Discover all sorts of information about left handed people just by putting a search in on Google e.g. International Left Handers Day





# ADAM

Finds what you need

<https://www.sfha.co.uk/news/news-category/sector-news/news-article/meet-adam-about-digital-me>

## **By Geraldine Begg, SFHA Technology Enabled Care in Housing (TECH) Programme Co-ordinator**

For over a year ADAM has been assisting people living with dementia, their families, and carers, to source consumer technology solutions to help with wellbeing and day-to-day living. Now Alzheimer Scotland is set to develop ADAM further so it will support a wider range of people with a variety of long-term health condition.

ADAM is a platform which assists people living with dementia and their families and carers, to source consumer technology solutions to help with wellbeing and day-to-day living. We want people to live well for longer and to keep doing things which are important to them. As ADAM only recommends consumer technology, it does not recommend medical devices, users will be able to purchase recommendations online, or off the shelf on their local high street. It is also worth noting that ADAM has been co-designed, involving people living with dementia and their families, from day one.

ADAM has been created as a trusted friend. It uses a conversational questionnaire to create recommendations. The more of the questionnaire that is completed, then the more personalised and tailored recommendations you will receive. However, there is also the option to browse the product catalogue without completing the questions. Products are arranged in different categories according to the area of need.

All of the products listed on ADAM have been tested by people living with experience of dementia, and results are provided without

bias. We do not have any affiliate arrangements with any of the manufacturers, our reviews are shared to help you make good decisions about what you might find useful.

ADAM provides a description of each product, if there are additional uses for the product, good to know information, an ease of use and set-up time estimate, and an idea of costs and where to purchase.

We are now looking to see how we can develop the platform further and increase its accessibility and develop ADAM to support various health conditions, although in its present form it is dementia orientated, we recognise that it could be beneficial to people living with a range of long-term health conditions.

Alzheimer Scotland now have Katie, ADAM Partnerships Facilitator, and Rachel, ADAM Products & Testing Facilitators in post.

Katie is available to meet with your teams and provide a walkthrough of the ADAM platform and provide an update on this stage of the ADAM build, which includes looking at a number of long-term health conditions, and how we can utilise ADAM to assist a wider audience, beyond those living with dementia.

Rachel will be facilitating testing circles, looking at new products that come to market and pieces of technology that families are currently using to assist them to live well in their own homes. Providing unbiased feedback to support individuals to decide which consumer technology could work best for their situation.

The ADAM team are keen to raise awareness and take feedback on your experience of the platform. They are also keen to involve members of the community that you are working with to participate in the testing of products. Please contact Katie directly for arrange a meeting and become more involved in the project: [ktaylor@alzscot.org](mailto:ktaylor@alzscot.org)

Adam is a free service, and you can try it here [www.meetadam.co.uk](http://www.meetadam.co.uk).

# 5 ways to wellbeing

As restrictions ease



1

## Connect

Catch up with someone you haven't seen for a while

2

## Be Active

Get out and about in the lovely Scottish sunshine

3

## Keep Learning

Use the long summer nights to take up a new hobby

4

## Give

Clean out your closet and give away what you don't need

5

## Take Notice

Look up when you are out – Edinburgh's buildings and rooftops are full of surprises

Many people could be feeling more isolated and lonely over the coming weeks, so if you are feeling distressed, in a state of despair, suicidal or need emotional support, the following organisations can offer support:

**Breathing Space**  
0800 83 85 87  
Mon-Fri (6pm-2am)  
Sat-Sun (24 hrs)

**Samaritans**  
116 123  
Mon-Sun (24 hrs)

**The Silver Line**  
0800 4 70 80 90  
For over 55  
Mon-Sun (24 hrs)

Edinburgh Health and  
Social Care Partnership



# Support for Carers

We know that caring for others, whether that's your friends, families, or neighbours, can be isolating and difficult. It is often hard for carers to find the time to take care of themselves and connect with others too.

That's why we are delivering support for carers as a partner in the Carewell Health and Wellbeing Partnership. This partnership is a new joint initiative between ourselves, VOCAL Edinburgh, Eric Liddell Centre and Milan Senior Welfare.

We are offering a range of courses and peer spaces to support the mental health and wellbeing of carers. These safe spaces will allow carers the time to explore and discover ways of keeping well and to be able to connect to a wider community of carers and experience peer support.

Do you have experience of caring for someone and would you like to support others? We are also looking for volunteers and people to be involved in the development of our carer services.

For more details, please contact Paulina on [paulina.szach@health-in-mind.org.uk](mailto:paulina.szach@health-in-mind.org.uk) or [07435274586](tel:07435274586).

## Listening Space for Carers

Do you care for a family member, friend or neighbour, and live in Edinburgh? We offer the Listening Space for Carers, a place to meet other carers, talk about how you're feeling, and to share, listen and receive support.

### Dates and times

This takes place online on Zoom every Monday from 6.00 - 7.00pm.

### How to join

For more information or to sign up, please email [paulina.szach@health-in-mind.org.uk](mailto:paulina.szach@health-in-mind.org.uk), or call [0131 225 8508](tel:01312258508) and ask for Paulina Szach.

## Summer events for unpaid carers

Join our drop-in events and courses to enhance your wellbeing.

### Wellbeing Workshops (online)

Five workshops on: Breathing, Mindfulness, Relationships, Thinking Styles and Resilience that will help you to improve your wellbeing.

Starting Tuesday 10 August, 3.00 - 5.00pm.

### Coping strategies (online)

A four week course that is looking into what is stress and different coping strategies to help stress management. Join us if you want to know more about how to provide more emotional, practical and proactive support to yourself.

Starting Wednesday 11 August, 12.00 noon - 2.00pm

## Short courses for unpaid carers

We offer several one-off workshops for unpaid carers, including:

### Crisis skills

Join us on this short workshop to explore strategies to tackle a crisis. You will learn new tools, meet other carers, and get support.

Monday 9 August, 3.00 - 5.00 pm

### Meeting with yourself

Join us if you are interested in finding out more about yourself - your needs, values, and motivations. This sessions offers a chance for some guided reflection around these topics.

Friday 3 September, 3.00 - 5.00pm

For more details, please contact Paulina on [paulina.szach@health-in-mind.org.uk](mailto:paulina.szach@health-in-mind.org.uk) or [07435274586](tel:07435274586).



# And Finally....

## Rupert of Bankton

Did you know him, or have you heard about him? I recently read this article in the Edinburgh Evening News and it brought a smile to my face and a tear to my eye.

Rupert was a very handsome ginger top cat, who visited local facilities in Prestonpans including the Co-op, the carpet shop, the garage and the town's ambulance and railway station. He was also known to visit the local vets voluntarily! Known by many locals as he meowed at them or seen sleeping peacefully in the shops.

But he was not a lonely stray—just very sociable and loved by many. However he did get banned from the local Co-op after someone reported it to Environmental Health.

Rupert was sadly run over, however his owner has now raised money for Lothian Cat Rescue and Edinburgh Cat and Dog Home.

Read the full story at:

<https://www.edinburghnews.scotsman.com/must-read/fundraiser-launched-in-memory-of-rupert-the-cat-banned-from-his-local-east-lothian-co-op-store-3290423>



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