
forth valley sensory centre

Summer 2018 Newsletter

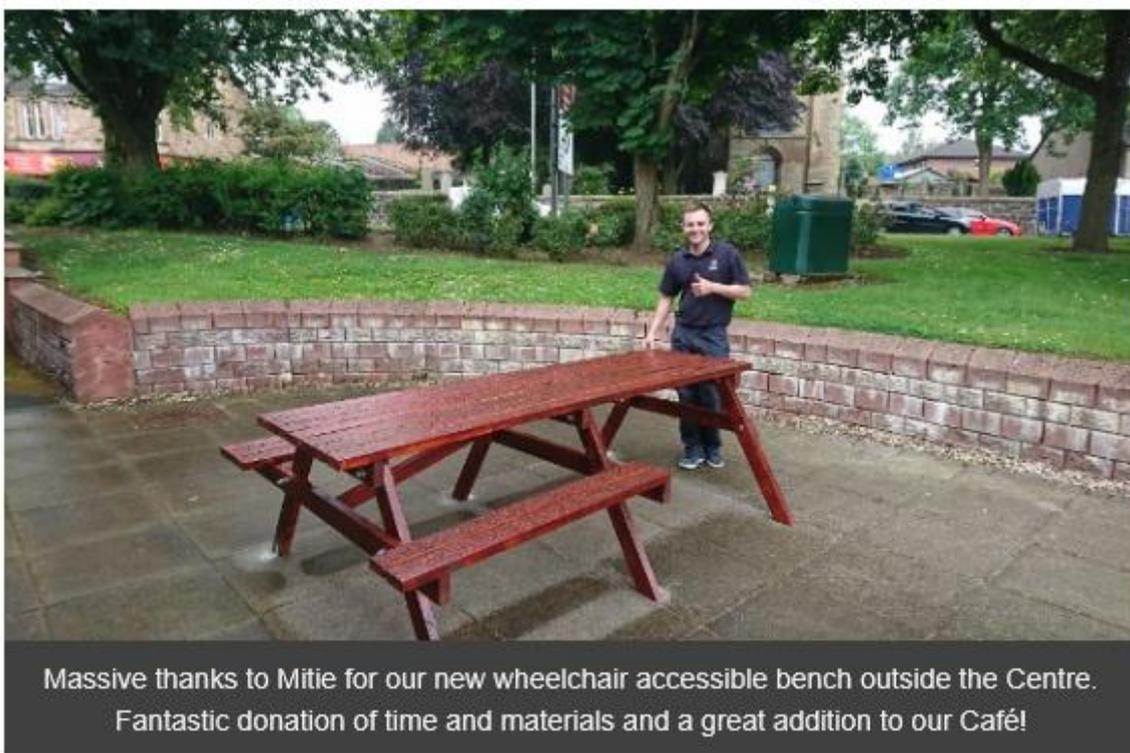
Welcome to our summer newsletter! We have all been enjoying the extended period of warm sunny weather which has been a real bonus for our Braveheart walking group and for al fresco coffees fresh from our Café.

We also have a bumper crop of organic herbs growing in the sensory garden which the Café are making good use of in our soups and salads.

A variety of organisations including; Scottish Senior Computer Group, Falkirk Council Housing Tenancies, RNIB Scottish Managers, SCOVl and Deaf Scotland and all made good use of our flexible event space and catering facilities. Two Centre staff who directly support Centre Users and Volunteers attended Safeguarding Training provided by Falkirk Council. We were delighted to host a garden party “Thank You” event for our volunteers to mark the start of Volunteer Week and we have lots more events still to come.

All of this can't happen without your support so do look at getting involved with our Fundraising Group or taking part in the upcoming Edinburgh Kiltwalk on behalf of the Centre. More on these things later in the newsletter.

Many of our groups take a wee break for the summer so if you are going away, or staying home, we hope you get nice weather, a chance to relax and that you aren't a stranger to the Centre. There is always a reason to pop in!



Massive thanks to Mitie for our new wheelchair accessible bench outside the Centre.
Fantastic donation of time and materials and a great addition to our Café!

Upcoming Events

Afternoon Tea and Bake Off - 19th July

We will be holding an Afternoon Tea and Bake Off event at the Centre on Thursday 19th July from 1-3pm. This is traditionally a popular event and should be a perfect summer treat! Tickets are on sale now and cost just £8.



Guests have the option to bring an item of home baking to enter in our 'Bake Off' and also to vote on the best cake of the day. There will be a prize for the winner and cakes, or slices thereof, will be sold in order to raise funds for the Centre.

There will also be a raffle and food will be provided by our wonderful Café team so you can be sure of a great spread!

Malvina's Garden - 5th August

Centre User Malvina Dwyer is once again opening her beautiful, award winning garden in Avonbridge to visitors. Over the last few years, Malvina has raised over £2000 for the Centre and over £9000 overall for charities in the local area.

The garden will be open to the public on Sunday 5th August from 1 – 4pm. Tea, coffee, home baking and a tombola will all be available on the day.

Tickets £3 entry (£2 for concessions) Malvina has been battling ill health for the past few months but is determined to open the garden one final time, saying:

“I was given a diagnosis of terminal illness some months ago and only given a few days to live. However, despite predictions, I am still here and I would like to be able to welcome people to the garden one last time. It is always a great day, even in poor weather which can often bring people together in shelter!

“Even if I am not here, I would like this to go ahead as a fond memory of the happy times I have had here and let people say goodbye if they wish. I have supported the Forth Valley Sensory Centre for the last few years since I took part in the lip-reading classes there. They do some great work for people locally and I am happy to continue to help the cause.”



The Singing Provost - 27th September

Falkirk Provost Billy Buchannan will be hosting a Sing along entertainment roadshow at the Sensory Centre on Thursday 27th September from 2 – 4 pm.

This popular show will feature well known songs from World War One, memorabilia and fancy dress. Tea Coffee and cakes will be provided. Tickets cost £5, all welcome.

Volunteering

Thank you volunteers!

In celebration of Volunteer's Week 2018, we held a thank you event for all our volunteers in our garden. The event was attended by MSP Alison Harris who handed out long service badges and certificates.

Alison commented:

“I was proud to be able to pass on my personal thanks to all these wonderful volunteers for all they do. To give up your personal time is something precious but being involved with a charity like Forth Valley Sensory Centre is extremely rewarding and it was clear that all the volunteers get so much from the experience.

“Thank you once again, from myself, and everyone at the Centre for volunteering and making a difference to people with sensory loss in our local community.”

Ten year service badges were given to; David Black, Gordon McNeil, Christine Moroney, John Ormsby, Gillian Orr, John Preston and Peter Wilson. Five year badges were given to; Rita Balloch, Catherine Carmichael and Lee Russell. The event was supported by Asda who donated cakes and treats and Falkirk Delivers with the loan of candy stripe stalls.

Forth Valley Sensory Centre has active volunteer roles open at the moment, especially for drivers and fundraisers.

We have two great case studies on the Volunteer Scotland website as part of Volunteer's Week and volunteering in the community. You can read about veteran volunteer John Ormsby and what he gets from giving up his time to help others here. You can also read about 'young pretender' Jennifer Preston who has already built up an impressive volunteering background and wants to gain her 100 hours Saltire Award over the school holidays. Well done to John and Jennifer.



FVSC in the Community

Sensory Awareness Training

We continue to build and develop our connections with other organisations. Centre staff and volunteers assisted First Bus drivers in the Stirling area to understand just what it can be like to use public transport with a sensory condition. Feedback from a similar session we delivered with Falkirk First Bus drivers earlier this year was really positive, and customer service changes implemented as a result have been very

popular with Centre Users. We are confident that our Stirling session will have a similar impact.

We will be delivering sensory awareness training for Forth Valley Rape Crisis staff and volunteers in June. This organisation wants to offer people with sensory loss the best welcome possible to help them feel safe and able to talk about their experiences. We will also be providing similar training for gallery staff and artists at Edinburgh Printmakers.

Forth Valley Sensory Centre would like to hear from any other companies and organisations who want to find out how to be more inclusive and considerate to people with sensory loss. Please contact us for more information.



Centre User and Paracyclist Laura Cluxton went along to the launch of the new Get Out get Active (GOGA) adapted cycling scheme. Bikes are available to hire and try out, including a tricycle with electric assistance

Centre Tours and Talks

During the last couple of months we have been busy providing awareness talks and Centre tours to highlight the features that make us such a unique service. We gave talks to University of the 3rd Age, Grangemouth Probus, Falkirk Beavers.

Representatives from Solicitors firm Caesar and Howie, NHS FV trainee nurses, Stirling Council and DWP staff joined us for Centre tours.

We met with the Equality and Human Rights Commission at an event organised by Central Scotland Regional Equality Council (CSREC). Cycling Without Age (CWA), a new accessible project launched in Falkirk and rolling out across every Local Authority area in Scotland have invited FVSC to take share in one of their accessible bikes so that this opportunity will become available for all Centre Users in the next couple of months.

Rewarding Times!

We have several awards ongoing which is great news. Our cook David Black is nominated as an inspiring person in the National Diversity Awards for his work at the Centre both in our kitchen and teaching self-defence through his classes with The Scottish Centre for Personal Safety.

Our Café is also in The Falkirk Herald's Café of the Year list. We are very happy to be nominated and would love more people to come along and give us a try as a result. Our Café has been turning out some wonderful summer desserts including fresh fruit and cream tarts. Remember our menu changes every day so there is always fresh home cooked food on offer.



Finally, David was part of The Scottish Centre for Personal Safety team that scooped the 'Pioneering Project' award at the Scottish Charity Awards recently. David was called on to give an unprepared speech and had the whole audience in his hand with his humorous and forthright delivery style.

Congratulations to all involved!

Groups and Classes

BPS Social Group

The BPS went for a sail on Loch Lomond and lunch for their summer outing on 18th June. This was the last meeting before the summer break. The group will start back on Monday 20th August



Dining Group

Our Dining Group met for lunch at The Coppertop in Camelon on 1st June. This group will restart on Friday 7th September.

Stirling Outreach Group

Stirling Outreach Group enjoyed a Community Safety talk regarding financial harm by Bryan Mackie from Police Scotland. The group are looking forward to their summer outing to The Falkirk Wheel and then onto Bridge 49 for lunch on Tuesday 10th July.

Knit and Natter

Falkirk Knit and Natter Group –Continues fortnightly throughout the summer. A BSL interpreter is on hand to help with communication support.

Knit & Natter at the Engine Shed in Stirling are looking for new members. The group meets fortnightly on a Friday from 10.30 – 12.00 and will be running throughout July and August. Please speak to Brenda if you are interested in coming along.

Tennis

The next tennis class will be on the 22 June from 12.00 until 1.00.

Art Group

Our Art group have been busy painting designs on pebbles as part of Stirlingshire Volunteer Enterprise #VolRocks initiative. Look out for brightly coloured pebbles with our logo on the back. If you find them please take a photo and mention this on Facebook using the #VolRocks link. The art group are visiting Edinburgh Printmakers to take part in an interactive printmaking session 6th August.

Carers Drop-in Group

Our Carers Drop-In Project takes place on Thursdays between 12 – 2pm and includes information sessions from Princes Carers and a healthy lunch from our café. New members welcome. Group re-starts in August.

Personal Safety Class

This class, led by David meets on Friday afternoons. The next 8 week block starts on the 22nd June.

Voices Off Cafe

Our popular “Voices Off” conversational BSL class is open to members of the public and takes place on Wednesday mornings from 11 – 12 noon. This class is supported by volunteers and members of our local deaf community. Classes re-start in August.

Braveheart Walks

Braveheart Walks planned for Friday 29th June; Friday 27th July and Friday 31st August. 1.30pm leaving from Forth Valley Sensory Centre. The walks last around 45 minutes and there is Tea & Chat afterwards

For more information on any of these groups or classes please contact Centre reception or email brendawhyte@forthvalleysensorycentre.org

Kiltwalk - Edinburgh

A number of people have already signed up to take part in the Edinburgh Kiltwalk on 16th September.

Promise to raise £60 for us and we'll pay your entry fee and give you one of our unique, collectable Forth Valley Sensory Centre t-shirts. All funds raised are topped up by The Hunter Foundation who will add 40 per cent to the total. If you raise £100 we will receive £140! Speak to our team to find out how to sign up. Let's make the Edinburgh Kiltwalk, a Sensory Kiltwalk!

To highlight it can be done, Claire Moroney and Dawn McKinley recently took part in the Glasgow Kiltwalk and managed to raise over £700 for the Centre. Thanks and well done!



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