

Clap for

Cornerstone

Newsletter

Thank
you!

April 2020

An Unusual Start

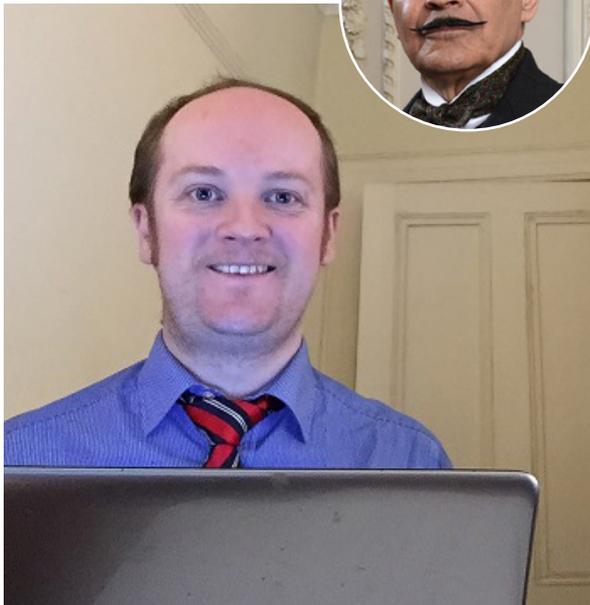
Jamie joined Cornerstone as an HR Advisor in February this year, just before Coronavirus started to become a household name in the UK. He describes his experience of joining the charity whilst the world around us started to change.

"My first three weeks at Cornerstone allowed me to visit offices and services where I had the pleasure of meeting colleagues and people we support in Dundee, Aberdeen, Elgin, Stonehaven, and Glasgow. That feels like a different world but that's because it was. The last six weeks I've been working from home and utilising technology to stay in touch with colleagues and to hold meetings.

"It's been quite an experience being so new and having to adapt to a new organisation, a new way of working, and the change to life in general. There have been moments when I've felt challenged but I'm lucky to have the support of my team and I'm genuinely appreciative of those early weeks when I was out and about.

"My advice to other colleagues in a similar position is to be kind to yourself, we are not working from home through choice but we are confined to home during this pandemic. This can be challenging to our wellbeing and we need to be mindful of that; cut yourself a bit of slack!

"Things that help me are; dressing appropriately for work, walking around regularly, and drinking coffee! When work is finished, I exercise or run and I'm currently binge-watching Glee (sorry but not sorry!) as well as growing myself a Poirot moustache!"



Hazel Brown, Chief Executive

A warm welcome to this very special edition newsletter.

As I am sure you will all agree, the recent global pandemic has thrown up so many challenges for all of us, both personally and professionally, and particularly in our social care sector. I have to say that I've worked for Cornerstone for 12 years but I have never been prouder to be part of such a great organisation than I am now. The way everybody has pulled together, supported one another and done absolutely everything they can to ensure the wellbeing and care of the people we support has been incredibly inspiring. I wish I could thank every one of you individually, but as social distancing doesn't allow, we've put together this newsletter in the meantime, by way of thanks and to share some of the fantastic stories that have been happening all over Cornerstone!

Please continue to do all that you can to keep yourself, colleagues and the people we support safe and well by following official guidance. We will get through this incredibly challenging time together. In the meantime, thank you once again and happy reading!



Providing care
and support in
your community

For more fantastic
stories, find us on...



Aberdeen City North & Aberdeenshire



Outdoor Fun in the Garden Café

Lower Arnha are proud to announce the opening of their Garden Café! This has been created by the team as a substitute for the people we support who are unable to follow their usual routine of visiting local cafés. This is going a long way towards maintaining routine and encouraging the people we support to go outside and enjoy some fresh air. Mike, Iain, and Peter who are supported at Upper Arnha have been baking fresh goods and creating art work for the Café.



David is Crushing It!

David, who we support at Lower Arnha, usually attends a work placement once a week where one of his duties is to crush cans! Like many, he has been really missing his regular routine. Recently, the wonderful team at Lower Arnha sourced a can crusher and installed it into their garden. David is delighted and has been having a great time working from home!



Keeping Busy at Craigewan Court

The people we support at Craigewan Court in Peterhead have been keeping busy with a visit from the Easter Bunny, doing crafts, and enjoying the sunshine. Jonathan even grew his own cress which he enjoyed in a delicious egg and cress sandwich.

Cute Doll Donations

Our Huxterstone Drive care home in Aberdeenshire have been touched by the kindness of their local community. They were overwhelmed with offers of support after putting out a call for donations of baby dolls for the people we support. Within hours, they received two baby doll toys. These have been a great comfort for June and Maggie.



Aberdeen City South & Aberdeenshire



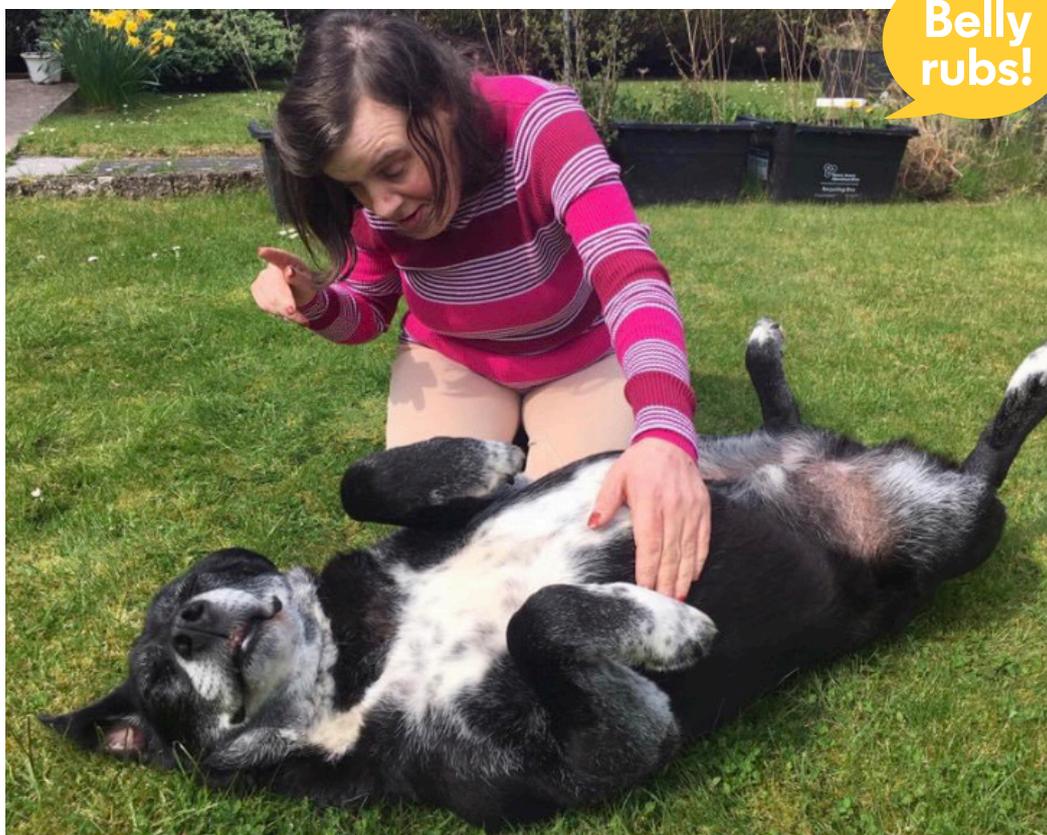
Happy Birthday James!

Our team at Sunnybank went above and beyond to ensure James enjoyed his 63rd birthday in style! James got dressed up, had a lovely meal and birthday cake before spending some time in the garden with his support team. He had so much fun that he fell asleep in the sensory room before the day was over!

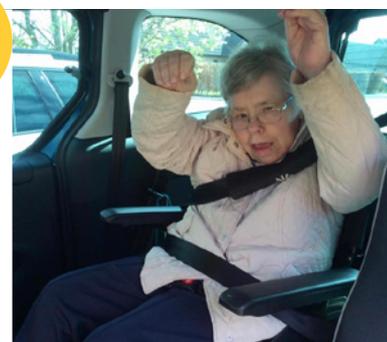


Pamper Party for Murray

There were big smiles from Murray at Sunnybank when he had a pamper session in the sensory room, complete with a face peel and a story read by his support team Kerry and Reece.



Belly rubs!



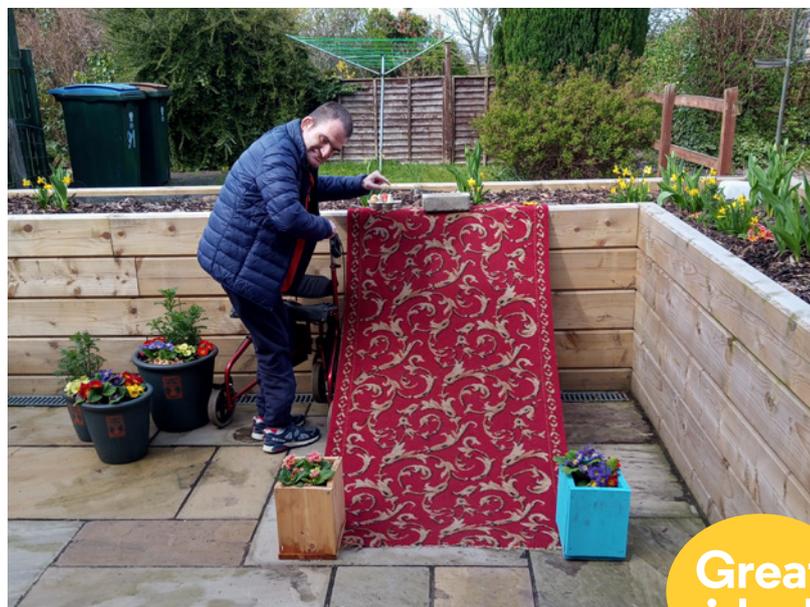
A Whole Lot of Fun Activities at West Park

Lockdown hasn't stopped the fun at West Park in Aberdeenshire! They have been keeping super busy with drives in the car, baking delicious scones, playing with their therapist Nero, and enjoying an Abba dance party.

Perth, Dundee, and Angus

Claire Gets Creative

Claire who is supported by the team in Clepington, Dundee is used to a busy social life with lots of clubs and outings. Since the lockdown has been in place, her team have been busy keeping her spirits high with fun indoor and outdoor activities. They have even created an indoor boccia course made from pom-poms and toilet roll tubes so Claire can keep practicing!



Great idea!

Max Keeps on Rolling

Max who is supported in Craigie, Perth was busy painting eggs on Easter Sunday and was looking forward to rolling them down a hill. Unfortunately, due to the current restrictions and his mobility this wasn't possible. Luckily, team member Graeme had an idea and got creative in the garden so that Max could still roll his eggs!



Dundee Indoor Boccia Tournament

The people we support at Fairfield in Dundee have been using technology to keep up with their hobbies. Dundee Boccia Club held a virtual boccia tournament and everybody had a blast getting involved.

Beautiful Bonnets Competition

Our Perth, Dundee, and Angus branch have been getting arty and held an Easter bonnet competition. Everybody looked out their ribbons and glitter to compete for the grand prize of a giant cuddly Easter Bunny. Well done to Andrew who came in first place with his beautiful bonnet design!





Roxanne's Cornerstone Experience

Roxanne Gellatly, a support worker in Dundee shares her early Cornerstone experience with us. "I have been with Cornerstone for six months now. Due to the ongoing COVID-19, my probationary review meeting was held virtually over Teams in the middle of April. It was this call that gave me the chance to reflect on my journey so far and I thought it would be good to write some highlights to share with others. I feel at a time like this, it is more important than ever to share positive experiences and highlight the good work done by those in the organisation.

"I work at Blackwood Court and enjoy every minute I spend here. From the first time I met Elaine, Gemma and the team I felt so welcome and included. Very quickly it became clear to me that the team here are a capable, united, and very willing. Everyone I've worked with on my shifts has been enthusiastic and supportive of me learning my way around the service and I have never felt lost, excluded or not part of the shift I was working. The team's knowledge of Gemma and Elaine is amazing and this is reflected in how they both are supported.

"Something else that I could see very quickly was that Gemma and Elaine's lives were planned first, then their care needs fitted in, instead of the other way around. This happens every single day - it is second nature to everyone, it is the norm.

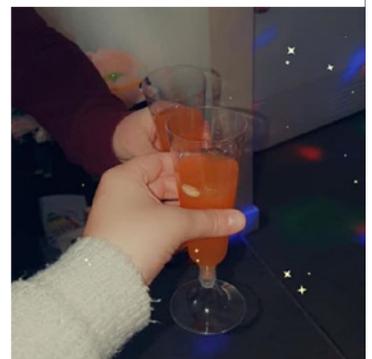
"I can truly say that transferring to a new service has been a wonderful experience for me. The support I was given from the project leader has been amazing and her reassurance has made all the difference. The team at Blackwood Court are an extraordinary example of how a service should be run and how care can be person-centred, passionate, and committed. The team are so enthusiastic and ensure that the people we support have the highest level of care and their needs are always met, but at the same time push the boundaries to help the people we support live fulfilled, valued and exciting lives. I am very thankful for the team's warm welcome, guidance and support because I find myself in a team that I feel very proud to be a part of."

Moray



If You Go Down to the Woods

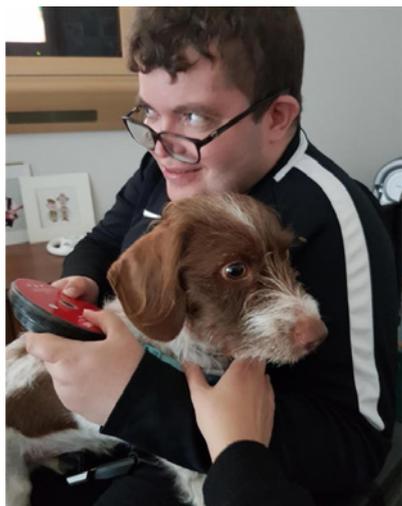
You're in for a big surprise! The people we support at Wardend in Elgin have been busy enjoying an indoor teddy bears' picnic!



Teinland Loves House Music

The team at Teinland have been getting creative and have converted their living room to an at home night club! The people we support put on their dancing shoes and had a good boogie, not to mention a few sneaky 'poptails'.

West Dunbartonshire and Argyll & Bute



Rainbows of Support

David, who is supported in his own home in West Dunbartonshire, has been creating rainbows to show his support for our key workers. His support team were amazed by his artistic talent and are so proud of his colourful drawings.

Therapet Fun and More at Baxter View

The fun doesn't stop at Baxter View, even during lockdown! The people we support have enjoyed an Easter egg hunt, planting flowers, getting crafty, and enjoying some much-needed fluffy cuddles with their therapet.



Knitting Teacher

Jacqueline, who is supported by West Dunbartonshire Community Support, has been busy knitting a blanket for her niece who is expecting a baby! Her team member Claire said, "Jacqueline has taught me how to knit which has been a great way of boosting her self-confidence and has made her feel more valued. I enjoyed learning this new skill and it's been a great help for taking our minds off the current situation.

"She has the patience of a saint and has succeeded where others have failed!"



Tom is Keeping Upbeat

Esther Blair, who supports Tom through West Dunbartonshire Community Support, has told us all about how he has been keeping busy throughout lockdown, "Keeping busy and upbeat while staying indoors is a job in itself and you might find this even more so if you live alone.

"Tom's been conquering this by looking after his house plants, tidying up his back garden, and watching lots of old cowboy movies.

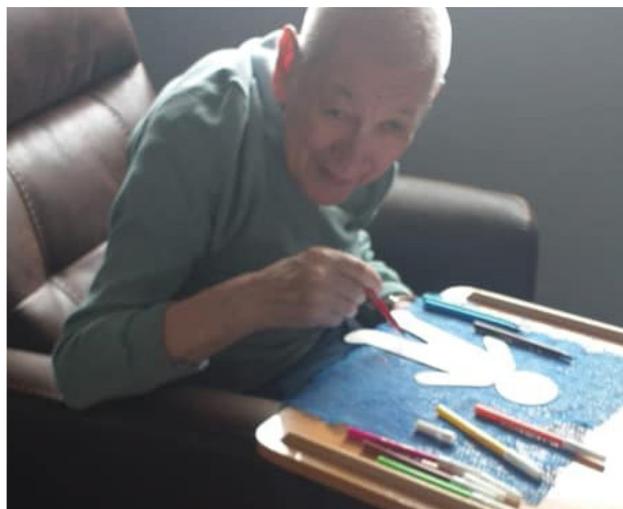
"He is understanding the importance of keeping safe and that the Barras will be waiting for him with open arms in the future."

Glasgow and East Dunbartonshire



Window Artists

The people we support have been using the time indoors to get their creative juices flowing! John and Malcolm have been making colourful artwork for their windows to spread some joy in their neighbourhood.



Fife, Edinburgh, Lothian, and Borders



Canalside Easter Surprise

Prior to lockdown, P4 pupils at Canalview Primary School kindly made Easter cards to be shared with the people we support at our Canalside Day Service. Although this service is currently closed, the team made sure they received the cards to enjoy at home!

Ryan's Lockdown Birthday

Despite being on lockdown, Ryan still had a brilliant 26th birthday with his support team. He had a fantastic day and video called his mum so that she could see him opening his gifts.



Fife, Edinburgh, Lothian, and Borders



Challenge Ian

Ian, who is supported by our Coldstream service, usually enjoys maintaining a very busy schedule, and in particular loves his weekly slot presenting on TD1, a local radio station in Galashiels. He relishes being able to reach out to people this way, and spends the week planning out his next broadcast.

Sadly, due to current social distancing rules, he has been unable to do his weekly show which he has found difficult. Instead, he has been turning his focus to his other favourite pastime which is setting people quizzes and puzzles. Therefore, Ian and his brilliant support team have come up with a new daily challenge called 'Challenge Ian' for Cornerstone colleagues and people we support to get involved in! Ian will be setting a new puzzle each day for people to solve, which will be shared on the [Cornerstone Fife, Lothian, and Borders](#) and [Cornerstone Colleagues](#) Facebook pages.

We would like to invite all Cornerstone colleagues and people we support to get their thinking caps on and have a go at solving them! Ian will be producing a variety of puzzles which will be anything from anagrams to conundrums, number puzzles, and music quizzes. You can send your answers via the Cornerstone Fife, Lothian, and Borders Facebook page either by commenting on the puzzle itself, or email Stephanie, Ian's support worker at stephanie.holloway@cornerstone.org.uk.

And why not return the favour and delight Ian by sending over your own puzzles for him to solve?

Have a go at Ian's first puzzle below, which consists of ten anagrams of villages or towns in the Borders. Let Ian and his support team know how you get on via Facebook!

Tricky!

1. **OSLKE**
2. **LOHLETMIH**
3. **MACLEODTRS**
4. **TRHEUERTWS**
5. **WAENGRLE**
6. **RICLOLHN**
7. **SOPNRSOTU**
8. **ALNEOSRT**
9. **ELSMOER**
10. **HIBGMAR**

Can you solve Ian's anagrams of villages or towns in the Borders?

Interview with Eddie

My Life in Lockdown by Eddie McNeil

Lockdown is happening across the country. Schools off, cafés and restaurants are shut as well as venues like theatres and cinemas. But does lockdown have to mean a total end to activity? Not according to Eddie McNeill of Methlan Park, Dumbarton who has been using the time to his advantage including sprucing up his garden, and his tan!

We caught up with former 'Cornerstone Best Gardener' winner Eddie to find out how he has been keeping during lockdown.

What have you been doing during lockdown?

I've been doing my garden every day and watering my plants, sitting in the sun all the time and enjoying it every day. I am also enjoying listening to my music and doing my washing and hanging it up – Abba is my favourite!

What have you been missing?

I have been missing going to my art class and going out myself to the shops and the cafés. I'm not enjoying being stuck here all day due to the virus.

How have you been keeping up with activities you enjoy?

I've been doing my colouring-in books in the house and decorating my garden. My support worker Angela has been helping me by getting me garden decorations from B&M to help me get my garden back to normal. My garden is looking great and wonderful! I can't wait for my family to see it once this is finished.

How have you been keeping up with friends and family?

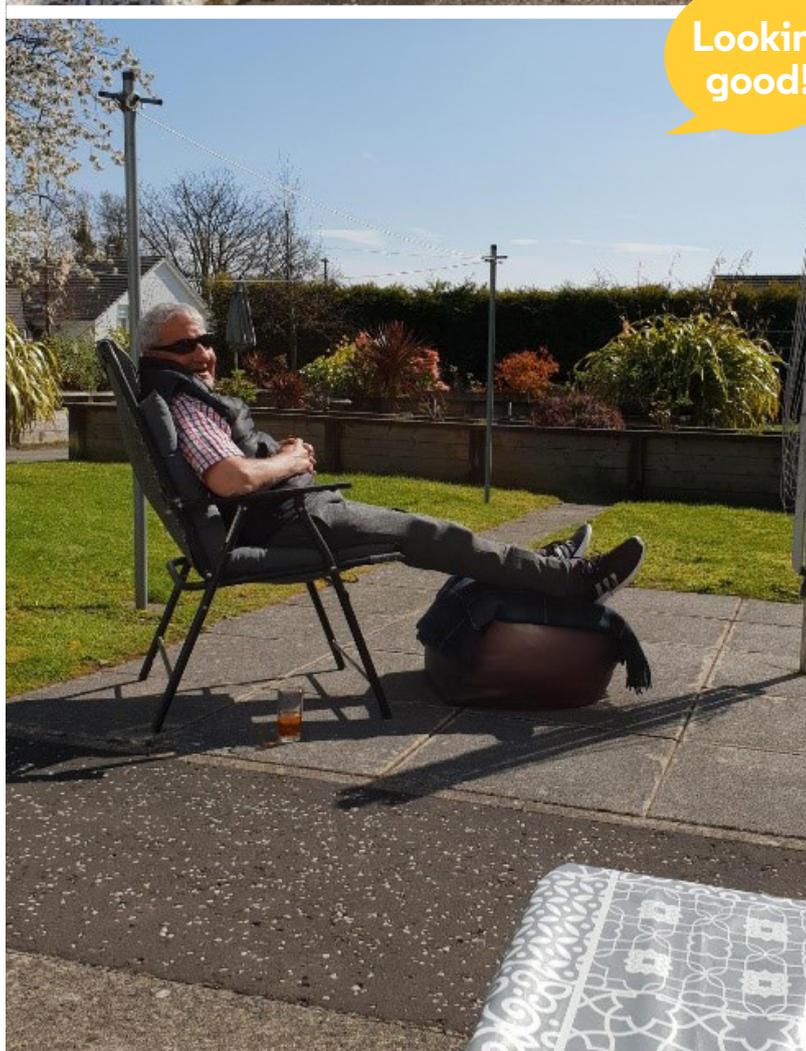
My dad has been keeping in touch with me phoning and my two sisters. The staff are getting on alright with me and keeping me going! I enjoy when staff go to the shops for me to get ice lollies and bring me nice home baking. I have also been enjoying eating my lunch outside and lots of salads

What are you looking forward to once lockdown is over?

I'm looking forward to going back to my art class and back to the shops once it's over and done with! I am also looking forward going back to the bank and credit union myself – and to Corries in Balloch for a roll and sausage and mug of coffee!

Any final words from you?

A big thanks to my staff who have been keeping me going during this time!



Ayrshire



Get Well Soon, Connor

The current pandemic has presented some serious challenges for Connor Jones and his support team at Castlecraigs Court in Ardrossan. Recently diagnosed with cancer, Connor struggled being admitted to the Beatson in Glasgow as he was on his own and he didn't know anyone. This caused him great anxiety, but due to the COVID-19 pandemic there was unfortunately no option for him to be treated as an outpatient.

To help Connor access the vital treatment he needs, his consultant agreed for Cornerstone staff to support him at all times in the hospital, and to support him through chemotherapy. Two members of his fantastic team arranged to live at the hospital for a week at a time over six weeks, until his treatment has been completed. Well done Daniel Johnstone and Kayleigh Hunter, what a caring and compassionate commitment!

We are delighted to let you know that Connor is doing well. He has been playing the piano to everyone in the hospital, with the song 'Lean on Me' being a favourite that he plays and sings to all the patients.

All the Castlecraigs Court tenants recorded a video for Connor to let them know everyone is missing him and wishing him well. Connor replied saying that he is doing okay and will see everyone soon!



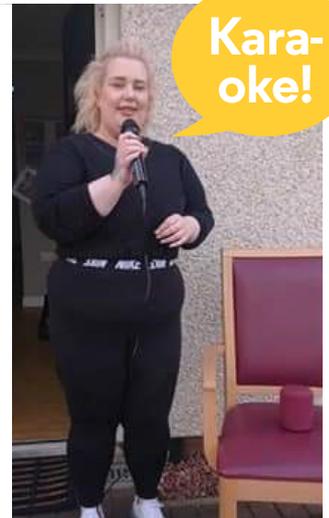
Bingo!

Remarkable Castlecraigs Court

Back at base, the Castlecraigs Court tenants have been trying to make the most of lockdown despite not being able to attend activities like their usual weekly discos. Instead, the team have brought all their activities to the service, with Saturday night live DJs streaming from YouTube or Facebook and all the tenants out in the courtyard dancing and having fun, whilst adhering to social distancing of course! The DJs even gave the tenants a mention on last week's live stream!

The tenants have coloured in rainbows and placed them on their windows with the key message 'stay safe and keep smiling'. There have also been bingo competitions, quizzes, scavenger hunts, giant snakes and ladders competitions, football, and karaoke etc. They've also had great fun recording Peter Kay's '(Is This The Way To) Amarillo' song and even acted out the video.

Lindsay Jackson, Service Manager at Castlecraigs Court said, "The team have been remarkable throughout this time and I cannot be prouder. They are truly living up to the values of the organisation, ensuring all the people we support are kept busy and motivated during these very strange times".



Karaoke!



Feed back!

North Lanarkshire

Crafty Easter Fun

Jean and her team made some lovely decorations on Easter weekend. They painted Easter baskets and crafted an Easter egg wreaths. Jean's living room was decorated from head to toe and she celebrated in style.



Great work!



Getting Out in the Garden

Ethan and his support team made good use of the sunny Easter weekend doing up the garden. They washed the decking, painted the fence, and potted some plants ready for the spring. The team bought him a rotary drier to make more use of the garden. Ethan loves to play outside with his bubbles that his mum and auntie bought for him.



Thank you!

Generous PPE Donations

St. Andrews High School made and donated 100 face shields to North Lanarkshire services and 50 to Glasgow. Our team members Julie and Amy picked them up and expressed our thanks with some wine and chocolates.



Brain Work-Out

Scott and his team keep their brains active during isolation by testing their general knowledge playing 'Who Wants to be a Millionaire?'



Easter Bonnets

Dale and his team made beautiful Easter bonnets to remind everyone to stay home. It looks great, Dale!

Walk About

Josh is supported to go out on walks. He loves taking along his toys and running to grab his drone when it hits the ground.



Sky's the Limit

Olly and his team built a huge trampoline together so that he could keep fit at home and have a bit of fun at the same time.

Fundraising News

Great effort!



Kevin Duthie 2.6 Challenge

Kevin Duthie, Associate Partner at EY, didn't let the postponement of the Virgin Money London Marathon stop him from supporting The Cornerstone Foundation. The 2.6 Challenge encourages people to take on any challenge that includes the numbers 2.6. Kevin will run 2.6 miles everyday for 26 consecutive days and managed to raise over £650 in his first morning. Thank you so much, Kevin!

Kevin told us, "I had been due to run the 2020 London Marathon on behalf of The Cornerstone Foundation, but recent events have removed that as an option for me at the moment. I hope to still run in October if the marathon goes ahead but when the '2.6 Challenge' came along, which my firm EY actively supports, I thought I would take the opportunity to raise some much-needed funds for Cornerstone in the meantime. Like many essential social care charities across the UK, Cornerstone is still delivering the best care to so many vulnerable people during these difficult times. In my small way, I hope to raise some funds to help support the care and support teams who are doing such excellent work during Covid-19."

If you know anyone else who would be interested in taking on the 2.6 Challenge for Cornerstone, get in touch via getinvolved@cornerstone.org.uk

Personal Protective Equipment Appeal

To help boost vital Personal Protective Equipment (PPE) supplies we recently launched a successful appeal on our central Cornerstone Facebook page! We received lots of suggestions, contacts, and donations from businesses, organisations, and schools across Scotland; including gloves, masks, visors, and hand sanitiser. The generous response allows us to continue to care for the people we support whilst ensuring both they, and our colleagues, are kept safe and well during the current pandemic. Huge thanks to everyone who liked, commented and shared the appeal and special thanks to Jeanne Bhadani, Neil Crawford, and James McQueen for co-ordinating the response to the appeal and the donations.

Foundation Partnerships

We've seen some incredible support from businesses across Scotland throughout the Covid-19 crisis, with an influx of PPE donations for our services, corporate donations and messages of support for our incredible support workers on the frontline.

The Cornerstone Foundation has recently established two fantastic partnerships with two amazing businesses, both based across Scotland.

Firstly, with Space Solutions. The recently established partnership will see teams across the Space Solutions Group working with The Cornerstone Foundation at both a local and national level. Supporting the charity with a series of fundraising events, employee volunteering, and work experience opportunities.

Most recently, John Clarke Motor Group have made The Cornerstone Foundation their Charity of choice for their employees and customers in their Elgin, Dundee, Perth, Stirling, Fife, and Edinburgh branches. Already hitting the ground running, the John Clarke team are planning a corporate golf event to help kick off their support.

At an unprecedented time for Cornerstone, we are delighted to have the enthusiasm and support of our current corporate partners, local and national businesses alike.



John Clark
Motor Group



Remembering...

It is with sadness that we include the news that two of the people we support have died during the current COVID-19 crisis. Our thoughts are with their families and their caring support teams at this time.

Janey Twemlow was a 59 year old lady with Down-Syndrome who had lived in institutional care before her life changed in 2001. Janey was then supported in the community by Cornerstone Ayrshire to live a valued life. She was known as an absolute character by everyone who knew her.

Her social worker offered these words of comfort, "I am so sad to hear of Janey's passing. She was an amazing character to know. I've seen first-hand, from my position as a student having the pleasure of spending lots of time with Janey and her team, just how amazing her life was. This was largely due to the care, support, and compassion from everyone at Cornerstone. I think everyone can take comfort in the fact

that Janey passed peacefully. I hope everyone from Janey's team are safe and well. I would like to say 'thank you' to them all for truly caring for Janey over the years."

Cornerstone West Dunbartonshire and the team at Moss Cottage said a farewell to their former resident Jackie Brown after he passed away two weeks ago. Jackie had lived at Moss Cottage for 15 years but moved to a care home over a year ago, where the team had continued to visit him. Jackie had the leading role in the video promoting our Gift Of Time programme and, as usual, stole the show.

Jackie was a real character and was the life and soul of Moss Cottage. The family paid tribute to the Moss Cottage team at Jackie's funeral and wanted to thank them for supporting him. His niece Pauline said Jackie's years at Moss Cottage were the happiest time of his life. He will be sorely missed.



Useful Links to Official Guidelines and Help for Colleagues

Self-Isolation

- If you need to generate a self-isolation note you can do so [here](#).

Government and Professional Bodies Advice

- Find all official up to date information on Coronavirus (COVID-19) on the government [site](#).
- The government have issued guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults which can be accessed [here](#). An indication of the type of conditions that are regarded as increased risk are outlined in the link as well as social distancing measures.
- Official NHS advice on Coronavirus and what to do if you have symptoms can be found [here](#).
- Care Inspectorate [FAQs](#) for social care workers.
- Read the latest information for social service workers and

employers and what the SSSC are doing to help in their role as regulator [here](#).

Mental Health

- Tips on how to support your mental wellbeing during the pandemic from [Mind.org](#).
- More [information](#) from the NHS about stages of bereavement; and things you can do to help with bereavement, grief and loss.
- [A WHO guide](#) to coping with stress during the COVID-19 outbreak.
- All colleagues and immediate family members can access confidential support and advice from Axa BeSupported. To access the Axa BeSupported website go to www.axabesupported.co.uk (username: cccare, password: supported) where you can access a huge range of information on a variety of practical, medical and wellbeing topics. You can also call them on 0800 072 7072.

- The Mental Health Foundation have some specific [tips](#) about looking after your mental health and wellbeing while confined to your home.

- This first aid [guide](#) for field workers from the WHO covers psychological first aid which involves humane, supportive, and practical help to fellow human beings suffering serious crisis events.

General Coronavirus information

- You can find the latest information from the WHO on where COVID-19 is spreading [here](#).

If you have any queries regarding Coronavirus and how it may be affecting your work, please contact us at virusqueries@cornerstone.org.uk