

Cornerstone

News

All the most recent news from across Cornerstone

Summer 2023



In this issue:
Cornerstone Weekly Lottery
4 Steps to Fair Work campaign
Sunshine round up
and much more!



**Providing care
and support in
your community**



Welcome!

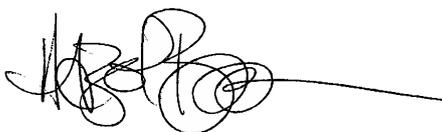
Welcome to our August newsletter and as usual it's a bumper edition, with our colleagues and the people we support having been very busy!

There's just too much going on for me to mention everything. The newsletter begins with a really good news story and our [Ayrshire services receiving great grades after their recent inspection from the Care Inspectorate](#). This is really worth celebrating given the challenges the whole sector is facing with the recruitment and retention of staff so well done to all those involved!

Related to that you will also read about the [CCPS 4 Steps to Fair Work](#) campaign. This is a really important campaign to apply pressure on the Scottish Government to increase the funding for social care. [Did you know that social care staff in the third sector get paid 20% less than their colleagues in the statutory sector for doing exactly the same jobs?](#) That doesn't even take account of the better terms and conditions they also receive. We will not be able to resolve the recruitment and retention challenges we're currently facing unless this unfairness is addressed. If the current situation makes you as frustrated as it makes me, we have outlined ways you can help. We have even included a [template letter](#) you can send to your local MSP to let them know how unfair you think the situation is.

I'm really looking forward to our [Star Awards](#) this year which take place in Dundee on the 4th October. We have a superhero theme so brace yourself for photos of some creative and exciting outfits. Once again we'll be livestreaming this on our Youtube channel so as many people can get involved and enjoy it as possible. I'm dusting off my cape in preparation!

Some personal highlights for me in this edition were hearing about [service dogs Yogi and Cindy Bear and their visit to West Park, the amazing Marc and his epic fundraising journey in memory of his brother Shaun, Eric's retirement from Glasgow, the success of our Menopause Awareness Project and Ian's newsletter in Dundee, to name but a few](#). I'm sure you'll have your own personal favourites too so please, dive right in and enjoy reading about the difference we make in people's lives every day across Scotland. Enjoy!



Hazel Brown
CEO, Cornerstone



Cover story!

Our front cover features Ryan and Mikie from the Glebe Road and Fod Street services in our Dundee, Perth, Fife and West Lothian branch. They volunteered to be the faces behind our new Weekly Lottery campaign!

You can see more photos of Ryan, Mikie, and the other stars of this campaign on [page 4](#).

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“Very Good” grades for Ayrshire!

Since our last newsletter our Community Support and Housing Support services in Ayrshire welcomed the results of two unannounced visits from the Care Inspectorate.

Between them, the services provide support to 27 adults and children with learning disabilities, autism, and mental health needs in North Ayrshire.

The inspections evaluated two key aspects of the services; “how well does the service support people’s wellbeing?” and “how good is the service’s leadership?” **Both aspects were awarded a grade 5—very good.**

In awarding the grade fives the Care Inspectorate noted how well the Housing Support services care for people’s wellbeing, **“This service was excellent at ensuring that people received support that was filled with compassion, dignity and respect. Independence was promoted and there was a real focus on what people were able to do and experience. One person’s family member shared, ‘they have really turned her life around’ and ‘she is smiling again’. Staff were recognised for being flexible with their shift times to ensure people could attend activities with their friends. This ensured that people were able to maintain and develop their interests and friendships.”**

Additionally the Care Inspectorate praised the leadership of the Community Support services and highlighted its strengths in supporting positive outcomes for the people they support, **“We found that staff received regular meaningful support and supervision which explored person-centred goals for people supported and staff were encouraged to reflect on their achievements and challenges. The service had a clear overview of this. This allowed staff to reflect on their practice and how it impacts on improving outcomes for people [they support].”**

The Care Inspectorate provided an overall summary of the inspection, **“People’s choice and independence was encouraged and they were able to take part in activities and new experiences. The service ensured people supported were at the centre of their care. People and their families were included.”**



The Community Support team on a recent trip to Farm Park (see more photos on page 22).

Carly Nevsat, Branch Leader, expressed her pride in the report;

“Within Cornerstone Ayrshire, our aim is to provide the best care to individuals with learning disabilities, autism and complex needs by ensuring each individual is at the centre of every aspect of their support to achieve their goals and outcomes. Our staff teams are passionate, dedicated and hold a strong value base which was evidenced during our recent unannounced care inspection within our Housing Support and Community Support Services. Cornerstone’s values are at the core of everything we do within the branch which are to be caring, person-centred, professional and pioneering and I am extremely proud to be the Branch Lead for Ayrshire. A huge thank you to our Support Practitioners, Lead Practitioners, Service Leads and Branch admin team, as well as our external partners within North Ayrshire Health and Social Care Partnership. Most importantly our sincere thanks to the people we support and their families who continue to support us as an organisation!”

Caroline MacDonald, Service Lead, added;

“A huge thank you to the whole North Ayrshire team; the grades reflect the hard work the whole team has put in over the years. Most importantly, thank you to the people we support and their families who continue to support our branch. We definitely have a great team!”

You can read the full reports by [clicking here](#).



4 steps to Fair Work campaign

Cornerstone is proud to be backing the **4 steps to Fair Work** campaign recently launched by the Coalition of Care Providers in Scotland (CCPS).

The CCPS campaign asks the Scottish Government to take 4 steps that will ensure social care staff in Scotland can experience Fair Work. They are:

- Deal with pay inequality
- Ensure equal pay for equal work
- Value all staff who play their part
- Give us hope of equality

You can find out more about the 4 steps and the campaign by [clicking here](#) where you can watch an introductory video by Rachel Cackett, Chief Executive of CCPS, read additional background information, and access related blogs and resources.

Hazel Brown, Cornerstone Chief Executive commented;

“The 4 steps to Fair Work campaign is an important one, and a campaign that we at Cornerstone fully support. Whilst we were fortunate enough to be able to confirm a improved pay offer with UNISON and colleagues back in May, there is still much to be done in terms of addressing ongoing funding issues as well as pay inequality, fair pay, appropriate recognition and recruitment challenges across the sector”.

“It’s Cornerstone’s ambition to be one of the best employers in social care in Scotland. A big part of that is being able to recognise, remunerate and reward our colleagues appropriately. Paying people fairly, is simply the right thing to do. A well-funded, healthy, social care sector is fundamental to the fabric of Scottish society. The impact our workforce has is huge and they are making an important difference to the lives of people and families across the country every single day. The skills, responsibilities, professionalism and commitment of people working in social care cannot and must not be underestimated and I am hopeful the 4 steps to Fair work campaign will help to shine an important light on all that the social care sector offers”.

CCPS COALITION OF CARE AND SUPPORT PROVIDERS IN SCOTLAND



We have been sharing the 4 steps campaign on Cornerstone’s social channels over the last few weeks, [including some short opinion pieces from members of our Senior Leadership Team](#). They explain why Cornerstone supports CCPS’ Four steps to Fair Work campaign; why dealing with pay inequality and issues of fair pay are so important; and how important it is that social care staff feel valued and are recognised for the vital role they play.

You too can support the 4 Steps to Fair Work campaign by:

- ✓ Sharing the campaign on social media
- ✓ Following CCPS and Cornerstone on **Twitter** and **Instagram** to stay updated and engage with posts
- ✓ Using campaign hashtags: **#4StepsToFairWork** and **#StepChangeInSocialCare**
- ✓ Writing to your local MSP. **Click here** to access a letter template.

Survey satisfaction

Thank you to everyone who has completed this year's customer satisfaction survey. All feedback received helps us understand what we are doing well and what needs to improve. The short survey is aimed at a wide range of people from family members, carers, professionals, and of course the people we support.

During the 2022–2023 period we received 136 responses. The majority of people who responded to the survey were family members (71) or a person we support (35)—with the other 30 responses coming from a collection of 'professionals, carers and "other."

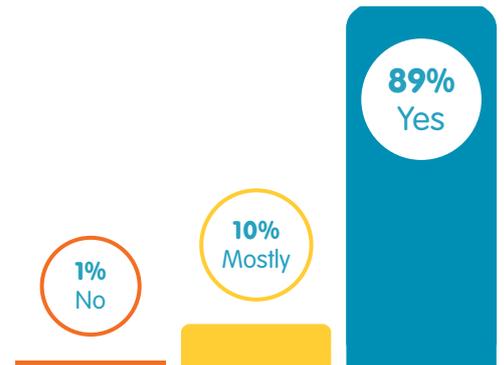
Of the 136 responses, 89% answered that they are "completely happy with Cornerstone"—this is a significant and positive increase on last year's percentage of 79%. 10% of people answered they were "mostly happy" with Cornerstone and only 1% of people indicated that they weren't happy with Cornerstone. Some comments include:

"Cornerstone have recently started supporting my brother and he is so much happier and relaxed. This has given me great peace of mind and allowed me to get on with my day without worrying."

"My son and his main Support Practitioner have a fabulous relationship. The Support Practitioner understands him very well and treats him with great respect."

"I'm happy in my flat and happy with the support I get from my staff team."

Are you happy with Cornerstone?



Of course, it's also vital for us to identify areas we can improve on. Key areas include communication, recruitment/ staff retention and providing better pay for staff—all points that we have taken on board and are addressing.

Overall, the responses show a consistently high level of customer satisfaction and all questions show increased positive results from last year which is very encouraging. It is hoped that as we continue to move forward from the pandemic and achieving our strategic aims that satisfaction will be sustained and indeed further improved next year.

Menopause Awareness Project update



Last summer we were delighted to announce we had been successful in our grant application to the Workplace Equality Fund, allowing us to progress with a Menopause Awareness Project (MAP) in partnership with our project partners The People Portfolio.

With over 78% of our workforce being female, and 45% being between the ages of 35-55, it is vitally important that we better understand the impact of perimenopause, menopause, and post menopause and identify ways in which we, as an organisation, can better support those experiencing symptoms.

To date the project has successfully delivered a number of online and physical resources, introduced mandatory Line Manager Menopause Awareness Training and a Menopause Support Policy which sets out the guidelines for managers

and colleagues to provide the right support to help manage menopausal symptoms at work.

"Your Menopause Journey" workshops are specifically designed for women at all stages of the menopause journey and have been delivered across the organisation. Ultimately, the workshop is designed to help colleagues better understand menopause and increase awareness around the range of support available. This workshop will be available to colleagues to watch on-demand shortly. And a Peer Support group, which any colleague can join, has also been set up.

Additionally, we are currently applying for accreditation to be an official Menopause Friendly Employer.

Earlier in the year a number of Cornerstone colleagues, along with representatives from the People Portfolio and Pam Stewart, Deputy CEO Advice Scotland visited the Scottish Parliament to meet with Maree Todd MSP, the then Minister for Public Health, Women's Health, and Sport.

During the course of the meeting the Minister heard all about the Menopause Awareness Project, and commended Cornerstone on their efforts to better support colleagues across the country. She also expressed an interest in hearing further updates, and to exploring future shared learning and resource opportunities once the project nears conclusion.

For more information contact:
MenopauseAwarenessProject@cornerstone.org.uk



From left to right, back row: Lead Practitioner Rachel Glynn, Mikie, Support Practitioner Megan Hardie, Support Practitioner Diane Baxter, Lead Practitioner Claire Agnew. Front row: Support Practitioner Shanice Martin, Emma, Ryan, and Julia.

Cornerstone

WEEKLY LOTTERY

We are delighted to have officially launched our weekly lottery!

Money raised from the lottery goes towards helping the people we support to live their best possible lives. **For just £1 a week, players can win a jackpot prize of £25,000!**

Ryan and Mikie, two of the amazing people that Cornerstone support, were keen to get involved in the new fundraising campaign; lending their support and providing the happy faces behind the new Cornerstone lottery!

Lead Practitioner Rachel Glynn explained,

“Mikie and Ryan are both full of fun! They absolutely loved having their photos taken recently at the lottery photoshoot. Mikie has a great sense of humour and loves to be out and about. He has a very charming smile, which is pretty much on display all of the time—perfect for photos! Ryan is also very sociable; he loves to meet new people and enjoys drawing and art. Both gentlemen embraced getting involved in the making of the new lottery campaign and are delighted with the end results! We even created a special edition, mini-lottery newsletter to showcase their involvement, which they were very proud to share with their support team, family and friends!”



Mikie has been supported by Cornerstone for around eight years and receives 24-hour support from his team. He previously lived with his mum but is now supported by Cornerstone to live in his own home and enjoys the independence that comes with it. **Mikie likes to walk everywhere, loves animals and recently really enjoyed visiting some therapy ponies.** Mikie communicates through signs he makes up himself.

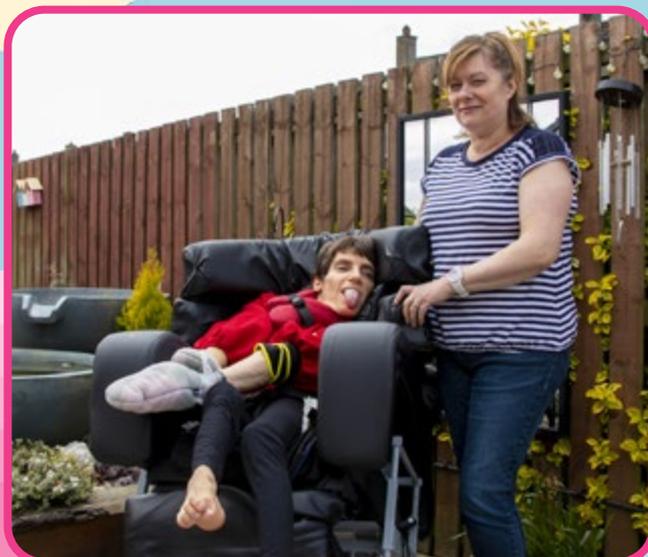


Ryan has been supported by Cornerstone for around five years, receiving 24-hour support. **Ryan loves to DJ and is always open to trying new things.** He likes to work alongside his staff team when they are completing notes and other administration duties, enjoys having his photo taken and is very good at using Makaton sign language. Before being supported by Cornerstone, Ryan lived with his mum until he decided that he wanted to live in his own house. Ryan has now been very happy living independently in his own home with his housemate for almost five years now.



Public Fundraising Manager Julia Smith said;

"We are so excited to be promoting our weekly lottery and to be giving our supporters the chance to win fantastic cash prizes whilst raising vital funds for Cornerstone. **Our thanks in particular go to Ryan and Mikie, as well as Julia and Emma, and all the support team, for so enthusiastically embracing this new initiative.** Through our lottery we can boost regular fundraising income, meaning we can do even more to help improve the quality of life of people with disabilities across Scotland. It's so simple to join and we are hoping friends, families and supporters of Cornerstone will sign up today for the chance to win big!"



How to play

To play you must live in Britain and be over 18. You can **enter online today.**

Once registered, You'll be sent a six-digit lottery number which is selected at random. This will be unique to you for as long as you play. And you can have more than one chance and number if you wish.

Our draws take place every Friday and the result will be published on **the winners page.**

For every £1 raised from our lottery, 50p goes directly to helping Cornerstone to care for people with learning disabilities, autism and complex care needs.

Sign up today at [weeklylottery.cornerstone.org.uk](https://www.weeklylottery.cornerstone.org.uk)
Participation is subject to **terms.**

Please gamble responsibly.

Scottish Learning Disability Week

Scottish Learning Disability Week took place from Monday 1st–Sunday 7th May 2023 and focussed on the theme **'Lead to Change.'** The Scottish Commission for People with Learning Disabilities (SCLD) made loads of resources available to help services and providers across the country participate and mark the week including posters, badges and fun activities such as **Leadership Bingo**, **a Fortune Teller**, **a Leadership workbook** and lots more!

There was also an easy-read online events programme, which included details of events taking place during the week like: Human Rights Leadership, SCLD Leadership, Annual Health Checks; Coming Home; Learning Disability and the Menopause; Leadership and Engagement.

Our Dundee, Perth Fife and West Lothian Branch were just one of the teams that got behind the week hosting sessions at our Dundee office for the people we support. You can watch all the fun and games they got up to by [clicking here!](#)



Mental Health Awareness Week

Mental Health Awareness Week, hosted by the Mental Health Foundation took place between 15th–19th May, with the focus of the week being **'Anxiety.'** To mark the week, **we offered all colleagues access to a series of new Health and Wellbeing videos spotlighting useful methods and techniques that could help to better maintain mental and physical health.**

Made possible with funding from the Scottish Government and Inspiring Scotland, the videos were presented by holistic therapist, **Saffron Mullen**, from **Weegie Wellbeing** and covered a whole range of issues including topics suggested by colleagues in a Cornerstone wellbeing survey issued last year.



Get on Board

We are currently inviting notes of interest from people who would like to hear more joining [the Cornerstone Board](#).

As a member of our Board, you can help to guide the strategic future of the charity, ensuring exemplary governance and fiscal control that is in the best interests of our stakeholders and most importantly the people we support. Our Board ensures that the organisation's strategy and policies are adhered to in line with our charitable purpose and ensures that Cornerstone complies with all applicable rules and regulations. The main Board meets four times a year and members support our key strategic subcommittees, as well as acting as ambassadors for Cornerstone.

We are particularly keen to hear from those with skills, knowledge and experience in one or more of the following areas who feel they can make a positive contribution to our charitable activities:

- **Management experience in social care compliance, quality and standards**
- **Senior management experience in the social work/ social care sector with strategic planning skills**

There is no remuneration attached to the role but expenses are reimbursed.

We're proud to be an equal opportunities employer and value the diversity of our workforce. We work hard to create an inclusive environment where each individual can bring their unique skills, experiences and ideas to the table to help us grow, bring creative innovative solutions and develop our people. We are therefore really keen to receive applications to the Board that reflect and enhance the diversity of the organisation.

Learn more about our current Board Members by **clicking here**.

If you're up for the challenge and would like to join the Board at one of Scotland's leading social care charities, please get in touch today by dropping our Chief Executive a line at **hazel.brown@cornerstone.org.uk**

Some of our current Board members have shared their thoughts on why they joined the Board and what they enjoy:



I've really enjoyed getting to know a range of people and perspectives outside my normal world and circles.

Angus Murray



I have become so passionate about solving the multiple challenges faced by organisations such as Cornerstone to continue to allow them to continue care for the people we support.

Tony Dinozzi



There is a need for different viewpoints and experiences in the Board and as a Board Member you will be part of a team that works well together providing support and governance to an excellent leadership team.

Helen Stuart



I can see first hand how Cornerstone's vision and aim is promoted throughout the organisation. There is a great sense of achievement when we see plans and projects progressing. Being on Cornerstone's Board is interesting and rewarding. There are always new developments and challenges and the people Cornerstone supports need and deserve trustees with a diverse range of experience and skills.

Alastair Forbes



Cornerstone is an excellent organisation in this sector doing important work. Working on the Board is enjoyable and fulfilling.

Stephen Lynch



As a parent carer, I appreciate the vital importance of engaging with the governance of such a key organisation to ensure that families lived experience is recognised. There is good camaraderie and open-minded culture: questions and alternative viewpoints are welcomed. I've served on several Charity Boards before, and Cornerstone has a very high calibre of skills and knowledge.

Robert Kay

Celebrating 20 years of giving



CNR International

We were delighted to secure a generous pledge recently from our loyal corporate partner CNR International, who are celebrating 20 years of supporting Cornerstone this year.

CNR International's generous donation will be used to fund our much anticipated **2023 Star Awards and the Christmas Dinner Dance** this year.

Barry Duncan, Managing Director and Vice President Finance said;

"At CNR International we are very proud to call Cornerstone one of our 'evergreen' charities and have long enjoyed a very rewarding relationship. I was very privileged to attend last year's Star Awards, when I was able to hear first hand about the amazing and humbling achievements of many of the people Cornerstone supports across Scotland. I was particularly delighted to be able to present the 2022 Fundraiser of the Year Award to Beth McPhee and to congratulate the worthy winners of both the Colleague of the Year and Team of the Year awards. It was great event to be part of, and we are already looking forward to this year's event very much!"



Following on from the success of last year's awards, the 2023 Star Awards provide us with the opportunity to recognise and celebrate the outstanding work of colleagues across the organisation, as well as the amazing achievements of the people we support and our supporters. This year's categories include:

- **Colleague of the Year (Operations) North & South**
- **Colleague of the Year (Business Support)**
- **Team of the Year**
- **Fundraiser of the Year**
- **Learner of the Year**
- **The Mary Williamson Personal Achievement Awards**

Star Award finalists, Mary Williamson Award winners and long service colleagues will all be invited to attend a glittering awards ceremony on Wednesday 4th October at the Apex Hotel in Dundee when Superhero fancy dress will be strictly encouraged! Watch this space for photos and news from the event!

A Human Rights Bill for Scotland



Scottish Government
Riaghaltas na h-Alba
gov.scot

The Scottish Government is gathering views to help inform how they will take forward the Human Rights Bill. The Bill will incorporate a range of economic, social and cultural rights into Scots law for the first time, as far as possible within the limits of devolved competence. A new framework will look to incorporate four international human rights treaties into Scots law, including the Convention on the Rights of Persons with Disabilities (CRPD).

You can find out more about the consultation [here](#).

There is also an Easy-Read version of the Consultation [here](#).

We would like to encourage people to respond to the consultation using the Scottish Government's consultation

hub, [Citizen Space](#) up until Thursday 5 October 2023. If you are unable to respond online, please complete the Respondent Information Form which can be found on [Citizen Space](#) and send with your completed questionnaire to:

Human Rights Strategy & Legislation Unit
Directorate for Equality, Inclusion and Human Rights
Scottish Government
Area 3H North
Victoria Quay
Edinburgh EH6 6QQ

Or by email to:

HumanRightsOffice@gov.scot

Please note the Scottish Government are also welcoming responses in the form of a Word document, BSL video or audio clip.

Branching out!

We are delighted to announce three recent new Branch Leader appointments at Cornerstone. **Aidan Severino is the new Branch Lead of South Aberdeen and Shire, Nicola Alexander is the new Branch Lead of North Aberdeen and Shire and Ryan McCrory has joined Cornerstone as the new Branch Lead of Glasgow and East Dunbartonshire.**

Aidan Severino has worked in Health and Social care for many years. His team supports adults with a variety of support needs and disabilities across various locations in Aberdeen, Stonehaven, Portlethen and Inverbervie.



Aidan says;

"Our priority at all times is making sure that the people we support have a package that is person-centred and enables them to reach their goals and live their best possible life."

Nicola Alexander has worked with Cornerstone for over ten years. During her time at Cornerstone she has learned and grown a lot and is passionate about helping the people we support to live their best lives possible.



Nicola says,

"In our branch, we work across North Aberdeenshire, supporting adults with a variety of additional support needs and disabilities. As a team, our priority is ensuring that the people we support have a person-centred package that enables them to reach their goals, play an active part in their local communities and live their own valued life."

Ryan McCrory started his career in Health and Social care as a frontline support worker in housing support services whilst gaining professional qualifications and has supported people in a variety of care and support settings during his career.

Ryan has also held management and strategic roles before joining Cornerstone and he is very passionate about quality care, support, and ensuring people we support are at the centre of everything we do.



Ryan says,

"I am enjoying working with the different teams within the branch and across the organisation, and am looking forward to supporting and implementing Cornerstone's Strategic Plan."

Recognising success

We wanted to take a moment to celebrate some of the recent, significant achievements of our Marketing and Communications and Fundraising teams.



Our Public Fundraising Manager, **Julia Smith** MCIOP (Dip) has recently **been awarded her Diploma in Fundraising (with Merit!) by the Chartered Institute of Fundraising** after 13 months of hard work, commitment and dedication. The course focussed on strategic planning and the innovative techniques involved in managing the sustainable development and growth of fundraising income streams like; direct response fundraising, major gifts and legacies, corporate and grant fundraising and fundraising management—including volunteer recruitment, retention, induction and training. It was certainly no easy task, and we are so impressed. A huge well done to Julia!



Well done too to **Cathal Burke**, our Marketing and Graphic Design Coordinator who recently **completed a Photosymbols course**. Photosymbols is an accessible information format specifically designed for people with learning disabilities. Course topics included writing, sketching, using pictures, design, co-production and information sharing strategies. Cathal was awarded the Foundation Certificate in Easy Read Information. Congratulations Cathal; it's great to have such expert skills on the team!

In February, **Dervla McCormick** (Storyteller) was **awarded the Scottish Book Trust's 2023 New Writers Award in the Fiction and Narrative Non-Fiction category!** The award provides Dervla with a bursary as well as tailored support, including mentoring from writers and industry professionals, training opportunities and the platform to showcase her work to publishers and agents! You can read more [here](#). Well done Dervla!

Congratulations everyone!

Immediate Left, photo credit Rob McDougall.

Sunshine round up!

It's been wonderful seeing all the lovely photographs of the people we support getting out and about in the sunshine this summer. A huge well done to all our teams for helping the people we support to enjoy the weather and keeping them safe, hydrated and happy!



Left to right, from top: Scott and Support Practitioner Sharon enjoying the sun in our Dundee, Fife, Perth, and West Lothian branch; Abby and Lorraine at the seaside in Ayrshire; Ann having fun at a garden party in West Dunbartonshire; Graeme enjoying an ice cream, some 'Pin the Tail on the Donkey', and Claire at the pier in our Moray branch; Charlotte sunbathing, and Marc and Tails enjoying an ice cream in our South Aberdeen and Shire branch; Debbie boogieing down and Martin from our Glasgow and East Dunbartonshire branch; Robbie and Nancy enjoy ice lollies in our North Aberdeen and Shire branch.

Charter for Involvement

The Charter for Involvement is written by people who use care and support services. It outlines how supported people want to be involved in the care that they get, in the organisations that provide their services and in the wider community.

Cornerstone is proudly signed up to the charter and part of this commitment is that we involve the people we support and/or their families in our hiring decisions.

Recently, **Peter who is supported by our Rankine team in Dundee joined the interview panel to have his say on who he thought would be a good fit for his support team.**

We asked Peter what he enjoyed about this experience and he said, **"I liked asking questions and I managed to find two good staff for my team, I got to ask questions and write answers."**

Peter's involvement was initiated by **Lead Practitioner Erin Torrie** who shared, **"I really enjoyed having Peter involved in the interview process, although I am looking for candidates who show values and transferable skills and the desire to provide care and support, Peter of course also knows the kind of person he would like to work within his support team. It also gives the interviewees**



an opportunity to meet one of the people they would be supporting and to ask them questions directly. It's also really good evidence to show that the people we support are involved in decisions about their care and support, which links with our commitment to the Charter for Involvement."

Talking Mats

For the past few years Cornerstone have been working with **Talking Mats—a social enterprise whose vision is to improve the lives of people with communication difficulties.**

Together Cornerstone and Talking Mats **have developed a resource that will allow anyone we support to be more involved in the process of recruiting their own support staff.** The resource will enable the people we support to express what qualities, skills and knowledge are most important to them in a Support Practitioner, and most importantly have their voices heard.

Recruitment Advisor Kerri Bellingham and HR Projects and Research Advisor Debbie Masson set out to create an approach that would directly reflect the National Involvement Network Charter. The Charter was written by people supported in services who state;

"We want to be involved in choosing the people who support us. This includes our support worker, key worker, managers and other staff, volunteers and our advocates. This means we must have the choice to be involved in; writing job descriptions and person specifications, planning interview questions, taking part in interviews and deciding who gets the job."

Kerri, Debbie and everyone involved in the project believe this recruitment resource will **"enable us to more closely match the people we support with their ideal member of staff whilst ensuring they have a pivotal role in the process."**

Cornerstone are also currently working with other organisations who provide residential or day care to help trial this new resource. If you are interested in finding out more please contact Debbie.Masson@cornerstone.org.uk

TalkingMats



Training Academy

Investors in People

We were delighted recently to receive our **Investors in People Silver Award!** Thank you to everyone who took part in the benchmarking and accreditation process, your views were very welcome.

Investors in People (IIP) has one mission—to make work better. The framework has been developed and refined over 30 years to help organisations, leaders and colleagues to work together to create a better, more productive workplace. **The Investors in People (IiP) framework helps us to work towards our strategic aim of being the best employer in social care in Scotland.** The framework focuses on three key principles: 'leading, supporting and rewarding'.

The IIP Standards also help us to:

- Deliver great outcomes for the people we support by fostering a culture based on our values of caring, person-centred, professional and pioneering.
- Purposefully nurture, protect and develop a positive work culture underpinned by meaningful colleague engagement and teams proud to work for Cornerstone.
- Seek feedback, benchmark and review progress to improve our practice, approach, performance and sustainability
- Promote fair working, equal learning and development opportunities and reinforce our commitment to continuous improvement.
- Strengthen our proposition as an employer of choice.
- Take into account the experience, views and feedback of our colleagues when shaping our future organisational strategy.



Sheila Gordon, Training Academy Lead at Cornerstone said,

"I am delighted that we have achieved the prestigious Investors in People Silver Accreditation. For over 30 years Investors in People has been recognised internationally as a leading people accreditation. Employing IIP standards and working to reach the highest possible level of accreditation, undoubtedly helps to achieve fantastic outcomes for the people we support. Cornerstone achieving this award is a terrific achievement, demonstrating its commitment to our colleagues".

The IIP standard gives Cornerstone a clear and practical framework on which to build its management structure and practices. It works to ensure leaders live up to the best practices laid out in the standards. By measuring performance against the standards Cornerstone ensures it is at the forefront of innovation, ensuring that the best employment, leadership and working practices are evident across all areas of the organisation.

Fundraising



Walktober!

Get the steps, minutes, miles or kilometres in this October and sign up to **Cornerstone's Walktober challenge!**

Designed to keep you fit and healthy and encourage you outdoors before the nights start drawing in, Walktober is open to all abilities and ages. You set your own walking goal and your own fundraising target, and **all that we ask is that you sign up to commit to walking every day from 1st-30th October.**

The challenge will be supported through Facebook, giving you access to an exclusive Walktober group where you can exchange ideas, log your efforts, and share photos and encouragement with like-minded walkers. You'll also be able to take advantage of ways

to easily promote your fundraising efforts through your social media channels.

So, whether you are not so fit but aiming to improve, or an avid walker, this challenge could push you out of your comfort zone and perhaps even help you to increase your steps, or miles, every day.

And to top it all off, why not plan to wind up your challenge with a Hallowe'en Care for Cake celebration on 31st October!? Share a cup of tea and piece of spookily delicious cake with your supporters, colleagues, friends or family and share photos and stories of how your challenge went. The fundraising team will be able to provide you with all you need to celebrate with cake including a Care for Cake information pack, bunting templates, recipes and even cake toppers!

So what are you waiting for? Get in touch with the fundraising team by 30th September and we'll get you all set up with your Walktober Facebook Fundraiser! And we'll even send you a Cornerstone t-shirt to make sure you look the part too! Email getinvolved@cornerstone.org.uk

Marc's epic fundraising challenge



Marc with family and friends after the Edinburgh Marathon, and Marc mid-Three Peaks Challenge.

In our last issue, we told you all about Marc Eddie's challenge to run the Edinburgh Marathon and complete the Three Peaks Challenge.

Marc was fundraising for Cornerstone **in memory of his brother Shaun who was supported by Cornerstone for ten years**. Shaun was well loved and well known within Peterhead and the wider community.

In May, **Marc smashed the marathon** while his family and friends cheered him on. Members of our Marketing and Fundraising teams also went along to encourage him too.

Julia said, **"What an amazing day! We are so grateful to Marc for his ongoing dedication and we are so proud of him. It was a very hot day—so completing a marathon in such heat is admirable. Well Done Marc!"**

Then, in July Marc **completed the 24 hour Three Peaks Challenge**. He started at Fort William before trekking to the summit of the first and highest peak—Ben Nevis. Then, straight to the Lake District to conquer Scafell Pike by night. The final ascent took place in Snowdonia National Park where Marc climbed the mighty Snowdon! **In total he climbed around 9,500 feet and walked approximately 22 miles.**

We are delighted to announce that after completing his challenge **Marc has raised an incredible £1425.25!**

Well done Marc!

easyfundraising

You spend, and brands donate to **Cornerstone**

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JUST EAT | amazon | ASDA

7000+ brands

Scan here
to get signed up



Do you shop online? If so, make sure you go through the easyfundraising website first! That way your online purchases will also automatically raise a donation to Cornerstone, at no extra cost to yourself.

Over 7,000 brands will donate to us when you use easyfundraising to shop with them.

All you need to do is visit the easyfundraising website by **clicking here**, sign up, choose 'Cornerstone Community Care' as your cause, and then remember to use easyfundraising whenever you shop online! It's easy and completely FREE! All of these little donations really mount up.

Make sure you download the easyfundraising app too! Happy shopping!



**Remaining
Kiltwalk
Date**
Edinburgh
17th September

The Kiltwalk is Scotland's largest mass participation walking event with over 120,000 people taking part since 2016. Kiltwalkers walk for charities and causes close to their hearts, and the Kiltwalk, alongside the Hunter Foundation ensures that all money goes towards the chosen charities plus all eligible Gift Aid (up to 25% extra).

This year many Cornerstone supporters from all over Scotland took part in Kiltwalks across Glasgow, Aberdeen and Dundee. **Together they raised over £5,200** which will go towards continuing to enable the people we support to live their best lives possible.



There are three different walks you can take part in during the Kiltwalk.

<p>THE Mighty Stride</p>	<p>THE Big Stroll</p>	<p>THE Wee Wander</p>
<p>The Wee Wander is 3 miles long and takes an average of 1.5 hours to complete.</p>	<p>The Big Stroll is 14.4 miles long and takes an average of 5 hours to complete.</p>	<p>The Mighty Stride is 22.7 miles long and takes an average of 8 hours to complete.</p>



Glasgow participants

Wee Wanderers

Support Practitioner **Pauline Pointer** from Cornerstone's Riddell Street service in Clydebank who supported **Ann** in her wheelchair alongside Ann's brother **Robert**.

Big Strollers

Support Practitioners **Lisa Johnstone, Magali Bourgeois, Carolann McKenzie, Melissa Campbell, Andrew Gilchrist** and Cornerstone Supporters **Fiona Johnstone and Ian** from Cornerstone's Team Waterfront in West Dunbartonshire.

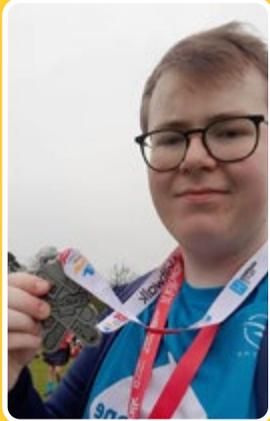
Cornerstone Supporters, **Genelle and Liam Harkins**.

Support Practitioner **Julie Peters** and Cornerstone Supporter **Beth Leitch** from Cornerstone's Castlecraigs Court in Ayrshire.

Mighty Striders

Cornerstone Supporter, **Joseph Pointer**, also from Clydebank and son of Pauline who walked "the wee wander."

Gillian Donald on behalf of Cornerstone's corporate partner, John Clark Motor Group.



From top, left to right: Gillian Donald; the Waterfront team and Cornerstone Supporters Melissa Campbell, Andrew Gilchrist, Ian, Liam Harkins, Genelle Harkins, Pippa the dog, Fiona Johnstone, Lisa Johnstone, Carolann McKenzie, and Magali Bourgeois; Beth Leitch and Julie Peters; Robert Clark, Pauline Pointer, and Ann Clark; Joseph Pointer; Sir Tom Hunter and Fundraising's Catriona Allan.



From top, left to right: Morven Hogg, Rachel Ramsay, Claire Milne, and Vikki McBain; Renata Andzane and Jennifer Rollo; Marc, Jennifer Rollo, Chris Fullerton, and Renata Andzane; Rachel Ramsay and Claire Milne.

Aberdeen participants

Wee Wanderers

Lead Practitioner **Tracy Calder**, and Support Practitioners **Owen Gillanders** and **Maureen Michie** supported **Rosheen** and **Sheena** from Cornerstone's Berrybank service.

Mighty Striders

Support Practitioners **Lorna Wallace** and **Elma Cumming** supported **Wayne** from the Berrybank service.

Cornerstone Volunteer **Chris Fullerton** and his friend **Marc**.

Team Leader **Renata Andzane** and Support Practitioner **Jennifer Rollo** from Cornerstone's Back Hilton and Inchbrae services.

Claire Milne and **Rachel Ramsay** from Cornerstone's Finance Team took on the Kiltwalk under the alias—**"The Cornerstone Counters"**, with support from friend **Morven Hogg**.

Dundee participants

Wee Wanderers

Team William Barclay Square: **Sean Crowe**, **Robert Barclay**, **Bruce Proctor** and **George Adams**.

Team Victoria Street: **Ian Nichol**, **Catherine Doig**, **Chelsea Harrison**, **Charlotte** and **Tina Poynter**, **Sarah Simpson**, **Tammy Edgar** and **Anna Borowiec**

Team Blackwood Court: **Gemma** and **Karen Britten**, **Elaine Thomson**, **Kelly Blake** and **Wendy Donnan**.

Team Clepington Street: **Claire Duff** and **Noel Provostali**.

Team Rankine Street: **Peter Brown** and **Brian Kiernan**.

Team Keswick: **Sharon Smith** and **Natalie Todd**.

Team Dundee Office: **Pauline Forbes**, **Sonia Jordan**, **Anna Watt**, **Lauren** and **Lily Millar**, **Nikki MacFarlane**, **Robyn Wardlaw**, **Pamela & Bryan Duell** and **Steven Gray**.

Cornerstone friends and supporters **Angus** and **Caroline McNicoll**.

Mighty Striders

Lesley de Jager, Cornerstone's Director of People and Culture



From top, left to right: Our fabulous Dundee Kiltwalkers!; Nicola McFarlane, Peter Brown and Brian Kieran; Ian McNicol and Pauline Forbes; Bruce Proctor, Sean Crowe, George Adams, and Robert Barclay; Caroline and Angus McNicoll.

kiltwalk



From top, left to right: Claire Duff and Noel Provistali; Fundraising's Julia Smith with MC Greg; Sonia Jordan, Robyn Wardlaw, Bryan Duell, Nicola MacFarlane, Pamela Duell, Lauren Millar, Anna Watt, Lily Millar, Charlotte Poynter, and Tina Poynter; Lesley de Jager; Gemma Britten, Karen Britten, Wendy Doonan, Elaine Thomson, and Kelly Blake; Catherine Doig, Tammy Edgar, Ann Borrowiec, and Chelsea Harrison.

Support Practitioner **Pauline Pointer** from West Dunbartonshire walked the "wee wander" while supporting Ann in her wheelchair. Pauline shared,

"Everyone on the walk supported each other no matter what charity they were from. One wheelchair was stuck in the mud so everyone nearby stopped to help. It was so touching to see. Another highlight for me was at the finish line when a youngster got out of his chair and walked the final yard with his walker. We walked beside him and cheered him along all the way."

Robert Clark, Ann's brother who walked alongside Ann and Pauline shared:

"It was a good day and thanks must go to Pauline who by 'thinking outside of the box' gave Ann and our family not only a good day but a week of excitement—while raising money for Cornerstone!"

Support Practitioner **Lisa Johnstone** who works in Cornerstone's Waterfront service in West Dunbartonshire walked "the big stroll," alongside four of her colleagues and some Cornerstone supporters. She shared,

"It was very emotional finishing the Kiltwalk. It was a tough walk with the bad weather so I think we were all very glad to see the finish line. There was an enormous sense of achievement at the end. Being able to raise money for Cornerstone was fantastic. Knowing that the money we raised as a team will go towards helping the people we support was what kept us all going. Especially knowing how much of a difference it will make to the lives of the people we support."

Claire Milne who walked the Mighty Stride shared,

"The highlight for me was sharing this amazing day with Wayne and the rest of the Berrybank team and seeing the amazing work of Cornerstone support teams first hand. Their dedication is inspiring!"

Rachel Ramsay who walked the Mighty Stride with Claire added,

"What a day! The sun was shining and we had a brilliant day."

Fundraising Support Officer, **Catriona Allan** was delighted to get the opportunity to thank Sir Tom Hunter in person, for all his charitable support, and to get a souvenir photo on the day! Catriona said:

"What a fantastic event! Huge thanks go to the Hunter Foundation and to everyone that chose to walk for Cornerstone on the day. Your support goes such a long way towards helping the people we support to live the best life possible!"

Successful partnership working

In 2019 Cornerstone was lucky to be chosen as the **Charity of the Year for John Clark Motor Group** alongside Aberdeen-based charity VSA. Due to the pandemic the partnership was extended and for three amazing years John Clark Motor Group has managed to help raise an incredible **£34,909.68** for Cornerstone.

The fundraising activities undertaken were many and varied, but always well supported! They included:

- Walktober
- Golf days
- Family fun days
- Banchory Beast races and 10ks
- Christmas campaigns
- Care for Cake
- Kiltwalks

While the partnership has now come to an end, John Clark's support has had a long lasting positive impact for us, and most importantly, made a big difference to the people we support.

Public Fundraising Manager, **Julia Smith** commented,

"A million thanks to our Charity Partnership Team but especially Vicki Barry—who has been the 'driving force' at John Clark Motor Group. Without the loyal support of our charity partners, we could not do the amazing work we do at Cornerstone. Our partnership with John Clark Motor Group has been absolutely tremendous."

John Clark Motor Group Charity Co-Ordinator, **Victoria Barry** added,

For over 40 years Cornerstone has been delivering care and support that focuses on enabling people in our local communities with a variety of needs ranging from learning disabilities, physical disabilities, autism, dementia, and complex care needs to be able to live their best life.

Cornerstone have a flexible approach and work tirelessly to the ever changing needs of adults, children and their families by providing care, support and guidance.

John Clark Motor Group has been proud to work alongside Cornerstone with colleagues taking part in a variety of fundraising activities to help raise funds to support the hugely important work Cornerstone do.

The partnership has worked extremely well and we as a business have learned so much more about the work that Cornerstone undertake in supporting individuals and their families in our local communities to be able to live life to its fullest.

We wish Cornerstone the absolute best for the future and sincerely thank them for affording John Clark Motor Group the opportunity to work alongside them to raise awareness and funds.

If you would be interested in discussing corporate partnership opportunities with Cornerstone please drop us a line at getinvolved@cornerstone.org.uk.
We'd love to hear from you!



Looking for new goals?

2023

Whether your goal is to keep fit, reach a personal best, conquer your fears or simply have a great day out with friends, family or colleagues—pick a challenge and we'll support you with the rest.

Run, walk, cycle, skydive or do your own thing. What challenge will you take on? We have highlighted just a handful of events you can get involved in this year whilst fundraising for Cornerstone at the same time! You can browse all of our events and challenges on our website, [click here to find more](#).

	Edinburgh Kiltwalk	17th September	Edinburgh
	Skydive	Choose your own date	Strathallan
	Three Peaks Challenge	26–28th October	National
	Mens 10K Edinburgh	22rd October	Virtual Event
	Dog Jog Virtual Challenge	Choose your own date	Virtual Event
	Walktober!	October	National

2024

	Glasgow Kiltwalk	April	Glasgow
	Edinburgh Marathon Festival	25th–26th May	Midlothian
	Aberdeen Kiltwalk	June	Aberdeen
	Mens 10K Glasgow	16th June	Glasgow
	Ben Nevis Trek	5th July	Lochaber
	Ben Nevis Midnight Trek	31st August	Lochaber
	Dundee Kitwalk	August	Dundee

Something else? Let us know! We'd love to hear your ideas so get in touch and we'll help you shape your bespoke challenge!

By joining in our fundraising efforts you will make a huge difference to the lives of local children, young people and adults living with learning disabilities, autism and complex care needs. To register for a place and get support with fundraising please contact us on **01224 256 000** or at getinvolved@cornerstone.org.uk.

Shared Lives

Celebrating our carers

We were delighted to celebrate this year's Shared Lives week which took place from the 26th–30th of June. During this week we celebrated the amazing work of Shared Lives carers, focused on carer recruitment, and tried to raise our profile by asking people, **"have you considered Shared Lives?"** and demonstrating the positive impact our carers make.

The Shared Lives team arranged events throughout the week for carers and the people we support to get together in North Lanarkshire, Ayrshire, and the Scottish Borders. These events allowed everyone to gather and celebrate the amazing work and dedication of the Shared Lives carers.

We also promoted awareness of the Shared Lives service by sharing stories and photos on social media of our carers and the people we support. One story we shared was about Heather who is supported by Shared Lives in Ayrshire. She is an ambassador for Shared Lives Plus and helps to amplify the voices of people receiving care.

You can read more about Heather's story [here](#).

If you or someone you know would like to find out more about Shared Lives and what we do, please visit [this link](#).



Aberdeen North and Shire

School Park had a little lamb

In May the people we support and our colleagues from our School Park service had a lovely afternoon when a little lamb came to visit.

Fiona-Mary enjoyed feeding him and the people we support in School Park came up with a name for him—**Gordon! Isn't he cute!?**



Banchory Picnic

Wayne, Sheena and Rosie had a lovely wee trip to Banchory with Becca and Shona from their support team. They enjoyed a lovely walk and a picnic in the sun.



Afternoon Tea!



For her birthday Sheena received a voucher for afternoon tea and in June she was able to go to Mintlaw Country Park Inn for a lovely afternoon. She and her Support Practitioner Shona had a wonderful time enjoying some great food and a relaxing atmosphere.

Weekend in Edinburgh

Jackie recently enjoyed an overnight trip to Edinburgh with Rachael from her support team. They enjoyed a cinema trip, seeing the animals at Edinburgh Zoo and taking some truly amazing photos at the Camera Obscura and World of Illusions.



Aberdeen South and Shire

Lindsey's Summer fun

Lindsey from our Crudenlea service has been having a great summer. She's been enjoying PT sessions at the gym, lunch dates, beach walks and planning new adventures with Holly.

In June Lindsey also had a fantastic meal out at Cosmos followed by a birthday party with her housemates and support team.



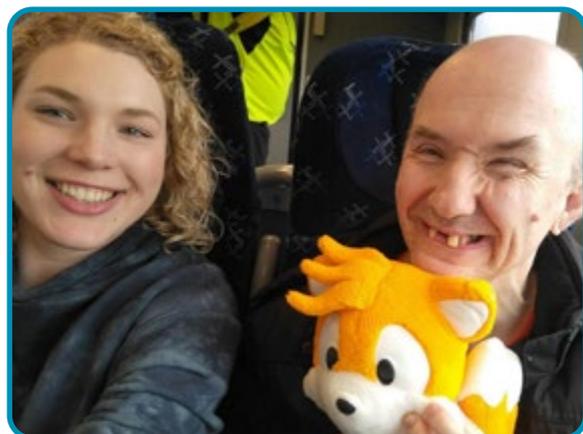
New chef in the kitchen!

Here at Cornerstone we do everything we can to encourage the people we support to be as independent as possible.

Recently Mr Forbes helped prepare supper for himself and his housemates. He did an amazing job peeling and chopping the potatoes (the best part of any meal!) Great job Mr Forbes, we heard it was delicious!

Ziggy Stardust and Mark

In July David Bowie fan, Mark went to the cinema to see a screening of the movie Ziggy Stardust and the Spiders from Mars. He was accompanied by Support Practitioner Maxine and his best sidekick Tails. They all had a wonderful time.

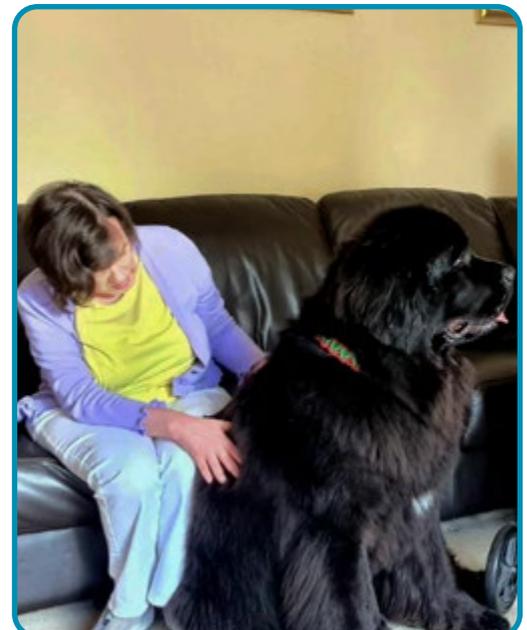


A Paw-fect day

Team West Park had some very special visitors recently—two dogs called Yogi and Cindy Bear.

Yogi and Cindy are both service dogs. Alongside their trainers, Yogi and Cindy work with people with learning difficulties and can assist in water rescue situations.

The people we support and the West Park team loved the visit, and getting to give the dogs lots of pets and cuddles.



Ayrshire

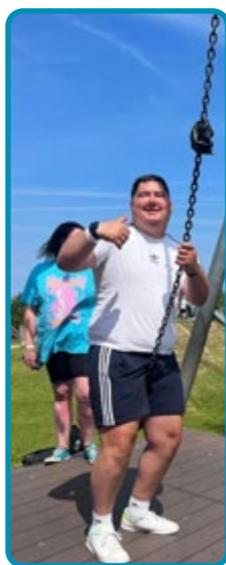
Partnership Champions!

Ayrshire Leadership were finalists in the North Ayrshire Health and Social Care Partnership Awards under the category of 'Partnership Champions.'

They were nominated by Branch Leader Carly Nesvat for their support and dedication to the people we support. Carly expressed, "While, they did not win this time, they are winners in everyone's eyes."



Heads of Ayr Farm Park



Ayrshire's Community Support service took advantage of the recent good weather and enjoyed a fantastic day out to Heads of Ayr Farm Park.

Craig Tara

Shannon who is supported by Ayrshire's Community Support service recently attended her first holiday with support staff Chloe and Sophie. They travelled to Craig Tara holiday park to celebrate her birthday. This was a massive achievement for Shannon and she had so much fun. Shannon enjoyed swimming, the evening entertainment, a roller disco and was so brave participating in the aerial climbing. Shannon's smile shows how much fun she had. **Well done Shannon!**



Update from the Cornerstormers



Ayrshire's consultation group run by the people we support and brilliantly named "the Cornerstormers" have been planning some fab activities during their monthly meetings.

They are in the process of securing a venue to watch the livestream of this year's Star Awards.

Louise is looking for table decor, Liz is in charge of place names and Mason is going to pick the music for the day.

Alasdair has also been thinking of other events they could run throughout the year and is keen to have a sports day.

Exciting times ahead for the people we support within Ayrshire!

Ayrshire moves to Landek House

The Ayrshire Branch has moved premises to Landek House in Irvine.

Ayrshire Branch Leader Carly Nesvat shared, "This is a great opportunity to be closer to the town centre and to raise the profile of Cornerstone as a social care provider. The move also ensures we have appropriate office space now that the Ayrshire Leadership team has expanded."

The new address is:
Cornerstone Community Care - Ayrshire
Landek House,
44-46 Bank Street,
Irvine,
KA12 0LP.



Dundee, Perth, Fife and West Lothian

Ian's newsletter

Since March Ian, who has been supported by Cornerstone for ten years, has been writing a monthly newsletter all about the things people in his service get up to.

Support Practitioners Charley and Stacey help out a little bit, as Charley explains, "myself and fellow Support Practitioner Stacey Wilson help with the local newsletter. We help Ian to type it up, categorise all the pages and put as much information in it as possible."

Gathering stories for the newsletter is something Ian greatly enjoys. He explains how he does it, "we have a tenants meeting and decide what we want in it."

The monthly tenants' meeting includes everyone in Ian's service and it's a space for them to share what they will be up to over the next month, their hobbies and any events they have coming up. Ian writes the minutes for this meeting and then uses the information for his newsletter which goes to all the people in his service.

Ian's newsletter is filled with lots of photos either taken from Ian's phone or from Cornerstone's Dundee, Perth, Fife and West Lothian Facebook page. It recently featured photos taken by staff during Scottish Learning Disability Week and Mental Health Awareness Week.

Writing the newsletter brings Ian lots of joy and when asked what his favourite part of writing the newsletter was he found it hard to choose just one! He said, "what a thing to say! I like taking in the ideas that [other people in the service] give to me."

Once the newsletter is finished Ian, with the help of Charley and Stacey will print it out and distribute it to service users and Team Leaders who all think it's very creative.

Outside of the newsletter Ian has a very busy and fun schedule. He describes some of the wonderful activities he



From top, left to right: Support Practitioners Stacey and Charley with Ian; a sample of Ian's fantastic newsletter; Ian at Madame Tussauds.

gets up to, "I do arts and crafts on Monday, I do drama on Wednesday and I do Boccia on a Thursday."

Charley added: "He also likes to go see Dundee United, go on trips and see shows."

Ian named "Jersey Boys" and "Mamma Mia" as a couple of favourites.

Great job Ian!

Bananas for ice cream!

Mustapha and Rosa have found a fun new way to keep cool in the summer. Guided by Support Practitioners Steph and Kylie they have been making some yummy banana ice lollies.



Kicking off to Manchester



Daniel's been off for a fun, football-filled trip to Manchester with Kerr and Ewan from his support team. They took a tour around Manchester United's Old Trafford stadium and also hit the shops for a bit of retail therapy!

Glasgow and East Dunbartonshire

Glenrothes day trip

James recently went on a day trip to Glenrothes with his Support Practitioner Craig to view the sights and have a lovely fish tea with a lager shandy for lunch.



Donohoe Court's garden plans

Our Donohoe Court service was "surprised, delighted and touched" **to be gifted a sizable donation from a family friend of a person they support.**

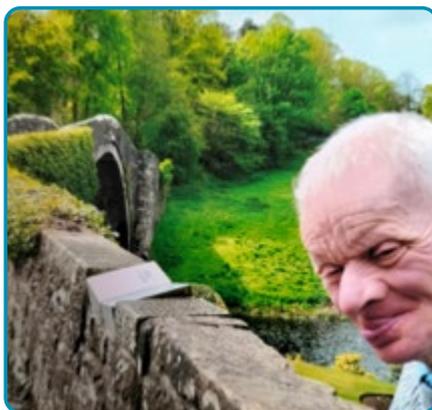
After taking some time to think about how best to spend the donation, **the service had decided to use it to make the most of their garden space.** Watch this space for updates on how this transformation will take place!

Out and about

Branch Leader **Ryan McCrory** has spent some time visiting services and introducing himself to the community. In May he visited **Michelle** who has been supported in our Glenorcy service for almost 16 years and as you can tell by the photo Michelle thoroughly enjoyed the visit.

Similar to many people we support, Michelle had a difficult time during COVID but is thankfully fighting fit again and has been massively enjoying getting back out and about with her staff team.

Michelle's parents, Mr & Mrs Donnelly shared, **"The care is outstanding. Throughout COVID the team did exceptionally well to keep everyone safe. The staff take care of Michelle and all of her needs."**



Robert's first holiday

Robert had his first ever holiday in Ayrshire this year!

While he was there he visited the Robert Burns museum, Robert Burns' cottage, crossed the Brig o' Doon and went on the extended and full Burns' Trail. The trail took Robert as far as Dumfries and all stops in between.

As Robert is a lover of the great outdoors, he also visited the Heads of Ayr, which is a world renowned location for nature spotting. Following an alfresco lunch, he enjoyed a long, bracing walk along the lovely Prestwick Beach.

Robert stayed in a very well appointed, traditional sandstone building in the very heart of Ayr.

On the way home from Ayrshire, Robert was able to stop off at Dunure Castle; which has lovely sea views and beaches and where he enjoyed yet another wee alfresco lunch.

Although it was a short stay holiday, Robert certainly crammed plenty into it. Hopefully the first of many, many more.

Robert is already working with his support team to plan another holiday for a few days longer!

Eric's retirement

For around 10 years Eric had been coming into the Glasgow and East Dunbartonshire offices every Wednesday to help shred documents. He started off in the old Sydney St office and transferred briefly to our new swanky office space in Templeton before the pandemic.

Eric's main enjoyment while shredding was networking—he met and would talk to everyone from visiting dignitaries to the wee guy at the desk (in Sydney St). He wore his name badge and was eager to tell everyone that he met that he had a job with Cornerstone. He took a huge amount of pride in doing a good job.

Eric had decided he is now at a 'good age' and it's time to hang up the shredding—although he will hang onto the name badge.



He would like to thank everyone he met and had a cuppa with over the years he shredded for Cornerstone—and he promises that he is only retiring and will still be very much involved in recruitment and will definitely see you all soon...especially if you have cake!

During May's event for the people supported in Glasgow and East Dunbartonshire Eric was given a card, balloon and a cash envelope for all his hard work.

Happy retirement Eric!

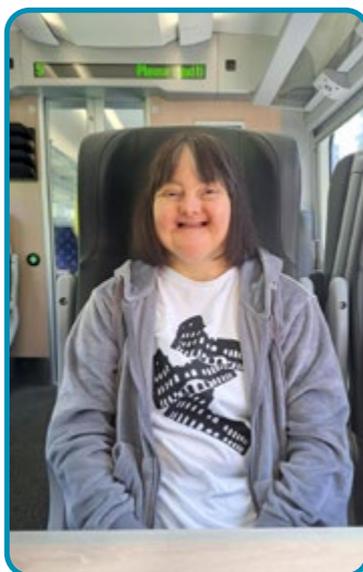
Ailsa's award winning trip to Edinburgh

Ailsa was presented with a Mary Williamson award last year for some amazing personal achievements. To recognise her accomplishments Alisa was given a certificate and £250 prize money. **When asked what she would like to do with her winnings she expressed she would love to have a trip to Edinburgh and a cup of tea.**

Ailsa chose to do this when the weather was nice so organised a trip with her Support Practitioners in May. Ailsa enjoyed a train ride in style—travelling first class—then went for an alfresco lunch and explored the city on a tour bus.

To finish off her wonderful day out Ailsa enjoyed sitting in a park, listening to live music with an ice cream in the sunshine.

Ailsa had a great day, saying, **"it was just marvellous."**



Happy Birthdays!

Debbie recently had an amazing birthday in Paris with her family and Alice, her Support Practitioner. They saw lots of different sights—including Disneyland Paris where she met lots of her favourite characters.

Joyeux anniversaire Debbie!

Frankie, from our Dalmarnock service recently celebrated his 88th birthday. He had an amazing time.

Happy birthday Frankie!

Derek had a fantastic time celebrating his 45th Birthday this year! He hired a hall and celebrated with all of his friends and family.

Derek has built many great friendships through all the clubs he attends so he had a busy day socialising and dancing to make sure he got to see all of them.



Glasgow branch party round up

Glasgow and East Dunbartonshire have recently been hosting monthly gatherings in the Glasgow office for the people we support. Organised by the Branch Admin team, Holly and Stephen have been thematically decorating the office, organising activities, arranging food and most importantly co-ordinating bingo and karaoke.

The people we support have been having a brilliant time socialising with people across the branch and taking part in lots of fun activities. **Most recently in June the Glasgow office hosted a Western themed party with a prize for the best dressed cowboy or cowgirl.** There was many a stetson to be seen travelling down the country roads to the office.

Looking forward to the next gathering!



Moray

Garden party

Team Wardend recently held a fun-filled garden party with lots of games and food!

Looks like everyone had a fantastic day! Thank you to all of the friends and family who came along to join in the fun.



Trip to Peterhead Prison

Kyle, Lynda and Al had a great visit to Peterhead Prison Museum! They enjoyed hearing all about it's history and interacting with the exhibits.



Highland games

Martin recently took part in Cedarwood Day Centre's Highland games and won! He couldn't wait to tell his staff team! Well done Martin!



North Lanarkshire Community Support

Center Parcs fun

We recently supported some young people from our family and transitions service to have an activity packed respite at Center Parcs. Everyone had an absolute blast!



A lark at Strathclyde Park

Aiden has been making the most out of the warmer weather this summer with a day out to Strathclyde Park!



Moving in

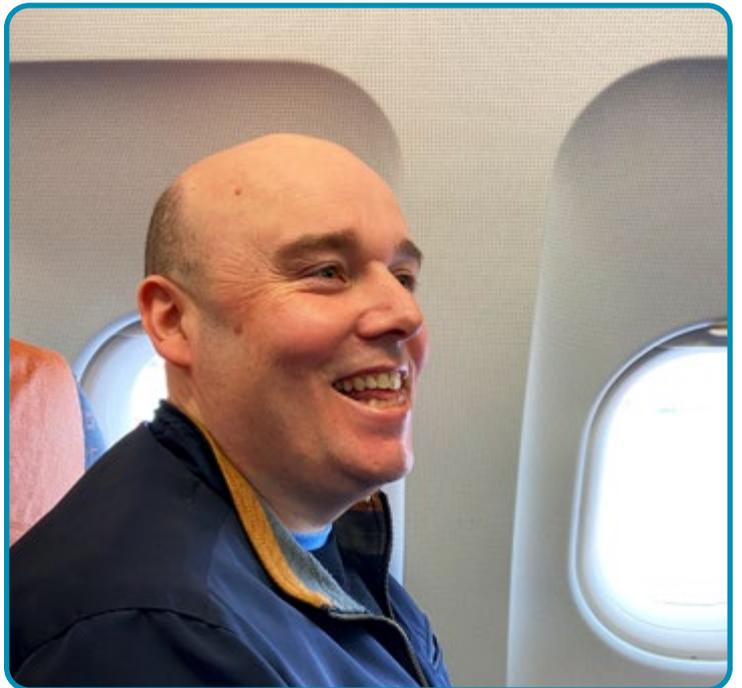
Graeme has been supported by Cornerstone for 10 years. Throughout that time Graeme always lived with his father but **he has just recently moved into a new house of his own which is great progress.**



The Real Madrid

James was recently supported to go to Madrid. It was his first time going on holiday supported by our Cornerstone colleagues.

James had a wonderful time with his favourite part being the tour of Real Madrid's football stadium, the Santiago Bernabéu Stadium.



North Lanarkshire Supported Living

A beautiful wedding

Branch Leader of North Lanarkshire Supported Living, Robyn Birrell recently celebrated her wedding to another Cornerstone colleague, Graeme.

It was a beautiful day and the couple looked absolutely amazing.

We wish them both well and hope they enjoyed a wonderful honeymoon!



Donna at the Disco

Donna absolutely loved her first night out at the G.E.S.H disco! She is looking forward to her next night there already.



Happy Birthday Lesley!

Lesley made the most of her 50th birthday celebrations and had a fabulous dinner at Fourways surrounded by friends and our Cornerstone North Lanarkshire colleagues!



Aynsleigh's Coronation Party

Aynsleigh had a lovely tea party to celebrate the coronation.



Scottish Borders

Thank you to Carers Week

In May two of our fantastic Support Practitioners Jill Dradge and Alison Spooner were invited to the 'Thank You to Carers' event in Kelso racecourse. Held in conjunction with the council, the event recognised the hard work of the social care sector over the past year.

Jill and Alison were nominated to recognition of their hard work, dedication and commitment to the people we support.

Alison has worked for Cornerstone for almost 5 years. During the pandemic she split her time between Cornerstone and a care home before becoming a full-time employee in 2020.

Service Lead Andrew Will says, "Alison has really strong relationships with a number of people we support. She always goes above and beyond and is quick to raise concerns if anything is amiss."

Jill joined Cornerstone in December 2019 and since joining she has primarily supported three young men.

Andrew said, "Jill always goes above and beyond; her standard of work is very high. Although she would say she isn't the best at IT, during lockdown she was often the first person to call other colleagues on teams and support them through tough days."

The event itself was a huge success. Jill and Alison had a lovely day out as a reward for all their compassion, dedication and care for the people we support.

Jill shared, "Alison and I had a fabulous day at the races. Being able to care for the people we support is a joy to us and we never expect anything in return. We both try our best in our jobs and if we can do one extra act of kindness during every shift for someone we support then hopefully we have done our jobs well."

The pair then shook hands with Princess Anne, who was there to recognise the hard work of carers, and had a brief chat with her.

Congrats Alison and Jill!



Baking class

James has been enjoying cooking up some tasty treats in his baking class. Look at these delicious Jaffa Cakes he made earlier this year!



Off to Prom

In June Dylan attended his end of school prom. He looked so handsome in his kilt, very dapper indeed.

Dylan danced, laughed and had the best time with his teachers and friends.

We wish Dylan well as he transitions into adulthood and new beginnings!



Darren's Fundraising Adventures

With the support of three of Cornerstone's Support Practitioners, Darren recently completed a fundraising challenge. **In his wheelchair and wearing a variety of football kits he went from Melrose to Selkirk to visit his Dad's work**, then returned to Galashiels—a total distance of 16 miles.

Great job Darren!

Lunch club aims to improve wellbeing

Cornerstone Scottish Borders Branch has recently launched a monthly Lunch Club for people with learning disabilities, autism and complex care needs who live across the branch. This project, which is supported by the Communities Mental Health and Wellbeing fund, aims to offer a relaxing atmosphere where people can connect, make friends, enjoy a hot meal, and take part in an activity.

The first session which took place in July was well attended with over 30 people **enjoying lunch at Abbotsford's Ochiltree Café before taking on the neighbouring Witch Corner**—an interactive story trail about local folklore and witchcraft based on the writings and research of Sir Walter Scott. Goblins, elves, fairies were lurking around every corner!

Branch Leader of the Scottish Borders Andrew McInnes said, **"After everything the past few years has thrown at us, we wanted to start a project where people could come together, relax, chat, and make friends. We hope that these friendships will continue in between, and long after, the fun activities and good food we provide. We are grateful to the Mental Health and Communities Fund for their support of this project."**

Supported by



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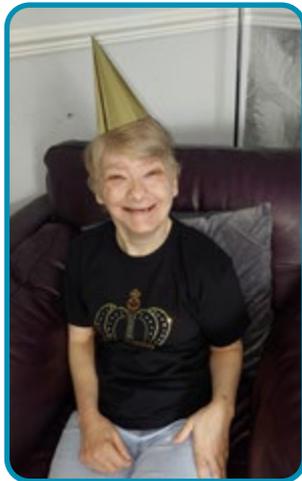
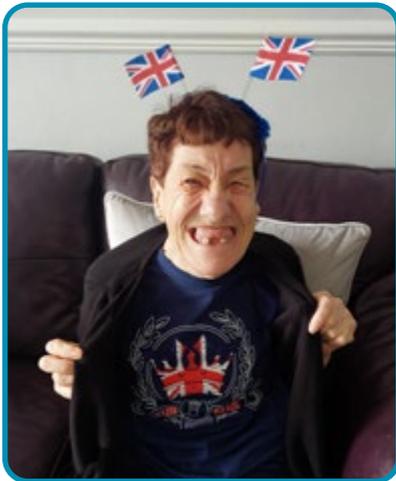


Getting crafty

Vikki has been settling into her new home in Galashiels with her new housemate. Recently she and Support Practitioner Malina have been doing some fun arts and crafts—including mug decorating.



West Dunbartonshire and Argyll & Bute



Party time!

West Dunbartonshire have recently been holding regular garden parties at their Housing Support Services.

In May Ailsa Drive hosted a gathering to celebrate the coronation and the whole Branch was invited. There were lots of fun lawn games, a raffle and plenty of food for everyone as they watched some of the coronation on the TV. Everyone had a great time as you can tell from the photos!

In June New Cordale Road held a garden party as a way to raise funds to build a new summer house in their garden. Lots of people we support and colleagues from throughout the branch came along. Cornerstone's Chief Executive, Hazel Brown also came to join in the fun.



To raise funds a colleague at New Cordale Road baked a fruit loaf and people donated money in order to guess the weight to try and win a prize. There was also a raffle, and plenty of sweet treats. **Everyone had a great day and the service managed to raise £369! Well done!**

There are plenty more parties planned over the next few months so watch this space in the next issue!



Jigsaw's trip to Edinburgh Zoo

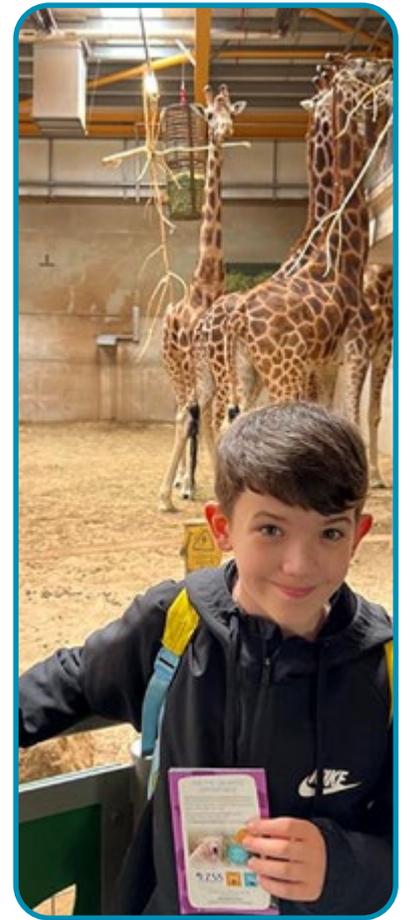
Thanks to funding from BBC Children in Need, this summer a group of children from Jigsaw's youth clubs went to Edinburgh zoo alongside support staff.

Sean, Harry, Blake, Eva, James and Carson alongside staff members Aimee, Liam, Kirstie and Lynn hopped in a minibus and drove down to Edinburgh.

It was a lovely sunny day so the children were able to enjoy a special ice cream treat as they visited and learned about a variety of different animals.

Eva was really pleased to see the zoo had a chimpanzee who was also called Eva! She asked a lot of questions throughout the day.

Sean was also full of smiles all day.





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