

Cornerstone News

All the most recent news from across Cornerstone

Autumn 2024



In this issue:
**Scottish Borders Connects Hub,
Menopause Friendly Awards,
Kiltwalk 2024 round-up
and much more!**



**Providing care
and support in
your community**



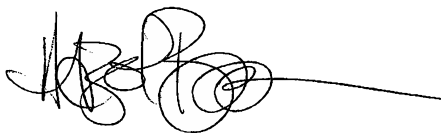
Welcome!

We might have had a dismal summer with the weather but this hasn't stopped any of our colleagues or the people we support from living their best lives.

As usual this is a bumper edition of our newsletter with so much happening across the country. From Moray to the Borders the people we support have been **learning to swim, taking part in dressage competitions, learning First Aid, taking holidays and even making a trip to Lourdes amongst other things**. Equally colleagues, families, carers, and the people we support have been taking part in some pretty amazing fundraising efforts including **Kiltwalks, zip slides and marathons**. Our mascot Baxter Bear has certainly been busy and has been popping up at various events where he always gets the star treatment. As I write this I'm looking forward to seeing him at the long awaited grand opening of our new hub in the Scottish Borders.

This newsletter is a chance for us to celebrate so many achievements and good news stories and this feels more important than ever in the difficult world we find ourselves in just now. **From fantastic 5's from the Care Inspectorate for our North Lanarkshire Community Support services, being finalists in the national Menopause Friendly Employer of the Year Awards to celebrating 10 years of our Self Directed Support Service in Aberdeenshire there is a lot to be proud of**. Having just passed my 16th anniversary of joining Cornerstone I find myself reflecting not only on how much has changed but also how much has stayed the same and that sameness is about the bravery and confidence of the people we support taking on new challenges and learning new skills as well as the commitment and dedication of my colleagues across the organisation to helping them live their best lives possible.

Happy reading!



Hazel Brown
CEO, Cornerstone



Cover story!

Our front cover photo features the opening ceremony of the Scottish Border's new Connects Hub building in Galashiels. This ceremony gave the branch the opportunity to celebrate the new building and was followed by a fantastic Cornerstone's Got Talent variety show!

Read more on [page 2](#).

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Highly Commended finalist at Menopause Friendly Employer Awards

Cornerstone has been awarded Highly Commended in the Menopause Friendly Employer of the Year category at the industry-recognised 2024 Menopause Friendly Employer Awards.

Hosted by **Henpicked: Menopause in the Workplace** the Awards **celebrate and recognise excellence among organisations and individuals going above and beyond to support menopause in the workplace.** TV and radio presenter Lisa Snowdon directed proceedings as over 400 guests attended in person and via live link from across the country.

Now in its third year, the 2024 Menopause Friendly Employer Awards were judged by the Menopause Friendly Independent Panel who were looking for both innovation and evidence of the impact and positive change achieved within the workplace. The Menopause Friendly Employer of the Year Award goes to the organisation which, regardless of its size, has embedded menopause into its culture, transforming the workplace experience for all.

“The Menopause Friendly Employer Awards shine a spotlight on the incredible work being done by members of the Menopause Friendly Membership and Accreditation,” says Deborah Garlick, CEO and founder. **“What our members are doing is changing hearts and minds about menopause for good, helping people live better lives today and for generations to come. I congratulate each and every one and thank them for all they’re doing.”**

Hazel Brown, Chief Executive said **“We were thrilled to learn that we were a Highly Commended finalist in the Menopause Friendly Employer of the Year category at the recent UK Menopause Friendly Employer Awards. There was some stiff and significant competition including the likes of BAE Systems, Leicestershire County Council, the Nuclear Decommissioning Authority, Specsavers and Thames Valley Police! I was delighted to see Cornerstone hold its own and be recognised for our commitment to fostering a supportive and inclusive menopause friendly culture”.**

“It is a significant achievement and true testament to the hard work and dedication of our colleagues and their efforts to bring about long-term, sustainable change. From developing a Menopause Support Policy, running manager awareness workshops, creating online resources, hosting ‘Your Menopause Journey’ virtual sessions, resourcing lending libraries and establishing a Women’s Health Ally role, a huge amount has been achieved”.

“My sincere thanks go to our amazing project partners The People Portfolio and grant funders The Workplace Equality Fund for all their support, guidance and assistance”.

Supported by



THE PEOPLE PORTFOLIO





A brand new hub for the Scottish Borders

We were delighted recently to be able to officially open our new Cornerstone Connects Hub in Galashiels. Having left our Langhaugh Lane building at the end of March last year, it has been a long and hard journey to get to this point, but over the past few weeks, everyone has been excited to see their friends again and make the hub their own. Everyone agrees that it was well worth the wait!

Fully adapted to meet the needs of adults with learning disabilities, physical disabilities, complex care needs and autism, the hub offers a safe and friendly environment and access to a wide range of outcome-based activities and learning opportunities that will help the people supported to reach their full potential. There is also a fully accessible sensory room, changing space, activity kitchen, physio and therapy room, tech and multi-media room, bookable meeting space, a common room and sensory garden.

Andrew McInnes, Scottish Borders Branch Leader said **“We were delighted to officially open our new hub and to welcome so many of the people using our services, their families, and other special guests. The Connects Hub allows our Scottish Borders Support Service team and Care at Home and Housing Support teams and Shared Lives team to work even more closely together and provides a unique opportunity for the people we support to access an enhanced range of activities across the whole week, including daytime, evenings, and weekends. We look forward to developing what is on offer at the hub in close consultation with the people we support, their families and our Health and Social Care Partnership colleagues. We are confident that with our person-centred approach the new hub will go a long way to increasing social inclusion, reducing isolation,**

promoting independence, encouraging participation, and improving the health and wellbeing of the people we support.”

Activities and opportunities arranged from the hub are both building-based and local community-based and include everything from early morning, evening, and weekend clubs, ‘Cuppa & Catch Up’ events to doors open days, and hosted visits from a range of NHS Borders healthcare professionals.

Chris Myers, Chief Officer, Scottish Borders Health and Social Care Partnership and Integration Joint Board, said: **“This opening represents the significant amount of work that has been undertaken by Cornerstone to identify and establish a suitable setting in the central Borders to deliver their services from. Great care has been taken to adapt the premises to provide a safe and friendly environment for all those attending, while its location makes it ideal for the wide range of community-based opportunities that are also being planned. I wish Cornerstone, their service users and family carers all the very best as they settle into their new environment with all the benefits that this will bring.”**

The hub’s dedicated Support Practitioners are committed to supporting individuals reach their full potential, ensuring they are fully involved in all aspects of shaping their care and support. A wide variety of timetabled events will be on offer within the Connects Hub, but people will also be supported to access their local communities, explore active citizenship and volunteering opportunities, and take part in day trips. The service also provides an important alternative to respite support for families and people supported.



Tracey Turnbull, Service Lead, explains **“The priority of both our Support Service team and Care at Home and Housing Support team is to ensure that the people using our services are safe, happy, encouraged and involved in all aspects of their support. We can support people to attend further education and offer enhanced learning and peer networking opportunities. We promote independent living skills, and encourage healthy and positive wellbeing activities for all, be that through supporting with physiotherapy exercises, accessing local swimming and gym sessions, or taking part in Boccia. Making and maintaining friendships and accessing locally run art and music groups are also an important part of what we facilitate.”**

One of the people supported is Faye from Melrose, who enjoys attending Care to Create (C2C) every week. Susan, Faye’s mum, said **“Cornerstone colleagues have been absolutely fantastic; they take care to match the right people to support my daughter. I have got a very, very happy 25-year-old woman who is thriving”.**

Nicholas has recently transitioned to Adult Services. Sarahjane and Rodger, Nicholas’ mum and dad, spent the week in the Support Service, helping colleagues to get to know Nicholas. Sarahjane says **“Thank you all so much for the wonderful week I have had visiting with Nicholas. You have the best team ever, they are all so brilliant at what they do, and it has been amazing to watch Nicholas transform over the week and really settle into Cornerstone.”**

Cornerstone’s Shared Lives Borders team will also work from the Cornerstone Connects Hub, facilitating transitional and long-term placements for individuals (16 years+) with a wide range of disabilities, conditions and other support needs, as well as offering day support and short breaks.

Shared Lives is a unique model of care that helps people (16 years+) to live in their local community, by matching them with an approved Shared Lives carer. Carers share their home, family and community life with the person they are supporting, whilst providing them with the care they require in an inclusive and homely environment. Every placement is unique, with the support provided being tailored to meet the individual needs of each person.

Huge thanks go to the many individuals, colleagues, businesses, groups and organisations that have helped along the way including: Graeme McMurdo from Live Borders, Amanda Millar at Eildon Housing Association, Laura Douglas and Kelli-Anne Milne from the Care Inspectorate, Scottish Borders Council Health and Social Care Partnership and the commissioning team, contractors - Matt, Michael, Joe, Brian and Adam, the B&Q Foundation, Gala Rugby Club, The Focus Centre, Philiphaugh Community Centre, Borders College and MacArts.

If you are interested in finding out more about the Cornerstone Connects Hub or any of the services offered, call **01896 801420** or email **sbranchadmin@cornerstone.org.uk**

Welcome to Gillian

We are delighted to have welcomed Gillian McPake to the new role of Head of Continuous Improvement and Learning at Cornerstone.

Gillian comes from a nursing and regulatory background having previously been an inspector with the Care Inspectorate. She has extensive experience in quality management roles in large health and social care organisations, successfully implementing strategies to enhance and improve service delivery in line with regulation and standards. Gillian is passionate about ensuring the people we support have the best outcomes by delivering high quality care and support, with a commitment to continuous improvement and learning, fostering a culture of excellence within teams. Gillian said,



Gillian's newly formed team includes a Regulation and Standards Officer, three Quality Improvement Officers, two Culture Leads and an Investigation Officer. The team will be looking to drive quality, continuous improvement and learning to achieve the best outcomes for people we support, working closely with services to identify what works well, areas we can improve, finding solutions and embedding sustainable improvements.

"Since joining Cornerstone as part of the Senior Leadership Team I have experienced first-hand the strong values people hold, their passion for the work they do and the people they support. The dedication to providing exceptional care and support is evident in the positive impact they have made on the organisation."

Our new Trustees

We were delighted to welcome two new members to our Board of Trustees recently – John Bruce and Sean Skelton.

John is a distinguished and accomplished senior executive with over two decades of invaluable experience at the forefront of cyber and information security leadership, across the private and public sectors. He is a strategic thinker and trusted advisor, renowned for developing and executing enterprise-wide security strategies that drive operational excellence while safeguarding organisations against emerging threats and regulatory risks. John holds prestigious industry certifications, complemented by a fellowship with the Chartered Management Institute (FCMI) and has demonstrated expertise in optimising and spearheading strategic programme initiatives that enhance organisational resilience. John joined the Board in February 2024 and said,



Left to right: John Bruce and Sean Skelton

Peter Bailey, Chair said,

"We have been focussing recently on ensuring that we have the right knowledge and skills on the Board to provide the governance that the organisation requires and the people we support deserve. The appointment of John Bruce and Sean Skelton are evidence of the success of this strategy. They both bring invaluable skills to the Board and in the meetings that they have attended since their appointments they have proved to be constructive and passionate contributors. Sean's involvement in the Quality and Service Delivery Committee and John's in the Digital Development and Delivery Committee ensures that the organisation benefits from their specific knowledge in these areas. I am looking forward to working with them in the future."

"I am honoured to be able to support the Cornerstone team as it continues to deliver vital services to the people we support"

Sean is a public sector procurement and commissioning professional with significant experience in high-value, high-risk frameworks and capital projects across construction, professional services, social care and environment. He is skilled in negotiation, stakeholder and contract management, data analysis, and project management and is a MCIPS member of the Chartered Institute of Procurement and Supply and full member of the Chartered Management Institute. Sean commented:

"I'm thrilled to join the Cornerstone Board and contribute to its aims. I'm passionate about the social care sector and I hope my skills and knowledge can support Cornerstone to continue to be a leader in the sector. I look forward to working alongside dedicated individuals to ensure Cornerstone continues to be a vital resource for those who need it most"

If you would be interested in becoming a Board member at one of Scotland's leading social care charities and would like to find out more, please feel free to get in touch with our Chief Executive, Hazel Brown at hazel.brown@cornerstone.org.uk You can also view our **Trustees of the Board Information Pack** by [clicking here](#) to find out more from our current Board members and learn about Cornerstone's current strategy, vision and aims.

Employee Board Director

We have recently been looking to recruit a new Employee Board Member to our Board. Our current Employee Board Member **Alastair Forbes**, reaches his maximum term of eight years in office next year. We will be sorry to see Alastair go but to ensure a smooth and supportive transition the search has started now for his replacement!

Hazel Brown, Chief Executive said **“Having an Employee Board Member on the Board is very important to Cornerstone and the contribution that Alastair has made to date, has been absolutely invaluable! Recruiting Board Members internally from the workforce helps ensure the diversity of our Board. Employee Directors can help to close the gap between the boardroom and the front line, bringing a perspective that is founded in the reality of operational delivery, the challenges and priorities. They can bring an understanding of the organisation that can be very different to the rest of the Board – drawing on their direct experience as an employee, and of working in social care, as well as the experiences and views that they have picked up from colleagues”.**



Alastair has also shared some reflections:

“I joined the Cornerstone Board in 2017 after various colleagues encouraged me to apply. At the time, I was working as a Service Manager in Housing Support and had been working for Cornerstone for 13 years.

I was initially appointed to the Quality Improvement Committee, which aligned well with my frontline experience. As my understanding of the governance processes grew, so did my confidence and I was keen to use my knowledge of operations to scrutinise information coming to the committee and ensure the committee and Board had a clear picture of how the organisation is performing.

I think one of my main points of learning from my time on the Board is my understanding of the constraints that Cornerstone, and the rest of the voluntary social care sector, work under.

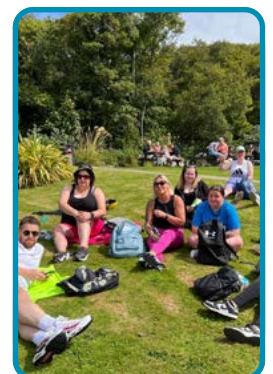
Another point that is very clear to me is the skill and commitment of all our Cornerstone colleagues, and just what nice people we work with. Prior to being an Employee Board Member, my knowledge of the work we do was fairly limited to my own area. Being on the Board has really opened my eyes to the fantastic things that are happening in services from one end of the country to the other”.

North Ayrshire Colleague Engagement Day

Thanks to the North Ayrshire Primary and Social Care Wellbeing Fund, Cornerstone were successful in a funding application to support a colleague engagement day.

The team decided to cycle around Great Cumbrae, starting and finishing in Millport. The journey should have totalled ten miles but some ended up cycling fourteen!

A broken bike along the way was a great team building exercise and a great day was had by all.





Mental Health Awareness Week 2024

To recognise Mental Health Awareness Week 2024, **our North Aberdeenshire Branch Management Team got together for a short session with a key theme of “Unplug to recharge”.**

Our highly committed colleagues often forget to take some well deserved, important time out for themselves. The branch team spent the day looking at different self care strategies through a short meditation session, discussions and reflections on the different ways we can look after ourselves and a game of “Find someone who – BINGO”, rounding the day off with homemade Macaroni and Chilli!

Successful Care Inspectorate results!

Some of our North Lanarkshire Community Support services have been inspected by the Care Inspectorate over the summer with impressive results!

Our Airdrie and Coatbridge Housing Support Service supports 24 people and as part of their inspection, the Care Inspectorate team had conversations with the people supported, relatives, staff and other professionals as well as making observations, documentation reviews and considering questionnaire responses.

The inspection evaluated key aspects of the service against the following statements:

- **How well do we support people’s wellbeing?**
- **How good is our leadership?**
- **How good is our staff team?**
- **How well is our care and support planned?**

Each of these statements were graded **5 – Very Good.**

The Care Inspectorate noted that **“People were fully involved in planning their care and support and the service had taken account of the importance of matching staff to people, along with the considerations of compatibility and continuity. People and their families were very happy with the support they received and spoke very highly about the service, with many staff having developed meaningful relationships with the people they support. People were enabled to get the most out of their day with options to develop and explore their interests and aspirations. A range of communication techniques were used including technology to ensure that everyone who wished to could communicate their hopes, wishes and preferences”.**

It was also noted that **“There was a stable leadership team who had a clear understanding about what was working well and what improvements were needed within the service. Leaders ensured that the outcomes and wishes of people using the service were at the centre of improvements and people benefitted from personal plans that were regularly reviewed, evaluated and updated involving other relevant professionals. Staff training with specific health care conditions had also been facilitated to ensure that staff were up to date with best practice and staff had the necessary skills, training and competence in adult support and protections”.**



Our NLCS Cumbernauld team support 17 people, and also welcomed Care Inspectors back in July. The Care Inspectorate report noted that the people we support were respected and listened to; that staff treat everyone with dignity and were respectful when working in others homes and importantly, that the people we support were very happy with the care and support they receive.

The report also highlighted that **“People were supported to choose the care and support they wanted, based on their assessed needs and outcomes. We heard how people were supported with personal care, trips out, cooking and being generally supported to live as good a life as possible. People and/or their families felt fully involved in all aspects”.**

It also noted that **“Staff were confident in building positive interactions and relationships with people. We heard how Cornerstone spent time to ensure that staff were well matched to the people being supported. Staff we met enjoyed their work and spoke with a genuine fondness of the people they supported”.**

The gradings were once again impressive!

- **How well do we support people’s wellbeing? 5 – Very Good**
- **How good is our leadership? 4 – Good**
- **How good is our staff team? 5 – Very Good**
- **How well is our care and support planned? 5 – Very Good**

Overall, for both NLCS Airdrie and Coatbridge and NLCS Cumbernauld two very positive inspections, with helpful suggestions to build upon going forward.

Riverside Drive

Earlier in the year, The Care Inspectorate also made an unannounced inspection to our care home at Riverside Drive in Stonehaven, **awarding a range of 4 and 5 gradings.**

They noted that **“The home had a warm, happy and welcoming atmosphere. The environment was clean, bright and comfortable. People were happy with the staff supporting them and enjoyed a range of activities and opportunities. The needs, outcomes and wishes of people living in the service are held central to plans for improvements. We saw some examples through the service improvement plan which had led to better outcomes for people”.**

“People’s health and wellbeing benefitted from their care and support. There was very good information about people’s needs and any conditions that might impact on their wellbeing. People had access to a range of other professionals that helped to ensure their health and wellbeing was regularly assessed and that they could access advice or treatment when it was needed”.



It was also noted that **“There was a strong leadership team who had identified areas for improvement and taken appropriate action to address these areas”.**

In particular **“The manager provides strong, consistent leadership within the service. This resulted in an ongoing learning culture that contributed to service improvements and developments. Staff told us they felt they enjoyed their jobs and that the managers were supportive and approachable. There was a clear understanding about what was working well and what improvements were needed. A range of trackers had been introduced that were designed to provide up-to-date information about key processes such as maintenance, recruitment, staff training and observations of practice.”**

Influencing change

The Coalition of Care and Support Providers in Scotland (CCPS) is the influential voice of third sector providers, who campaign on behalf of the sector, influence policymakers, and provide a forum for collaboration. Our CEO Hazel, sits on their Board, helping to steer the direction of the organisation. Lesley de Jager, Cornerstone’s Director of People and Culture recently attended the CCPS AGM and reports,

“The AGM saw around 50 senior leaders from across the social care third sector in Scotland gathered together, taking the opportunity to reflect upon and talk about the challenges and opportunities in our sector, and to think about how we can best influence change in the year ahead.

We were joined by Neil Gray MSP, Cabinet Secretary for Health and Social Care who held a lively and challenging question and answer session with the members. The Cabinet Secretary was keen to stress that ‘the Scottish Government remains committed to investing in social care’ but also emphasised the restrictions of the ‘challenging’ government finances. He highlighted progress that had been made to improve fair work in the sector, but also conceded that some planned activities had stalled due to lack of available funding. CCPS members highlighted the disparity between public third sector pay, and made it clear that the government must take a whole system approach to health and social care”.

Keen to look forward, Rachel Cackett, the CEO of CCPS, focussed on what can be done collectively in the next 12 months to increase CCPS’ impact on how the government and the public recognise the value of social care. There were many discussions about how providers can work together to tackle common challenges and improve conditions for our workforce and outcomes for the people we support.

Cornerstone remains committed to supporting the collaborative efforts of CCPS and its other members to influence and effect change in the sector and will be active members of the campaigning community over the next year.



Cornerstone film stars!

It has been a busy time for the Marketing and Communications team as the filming of our new story-led filming commission took place. We have been out and about all over the country, working on a new and exciting film project with support from The Marketing Cafe in Ayrshire.

The footage features clips from colleagues and the people we support sharing their experience of Cornerstone care and showcases some of the wonderful personalities we have here at Cornerstone from people we support to our incredible colleagues.

A huge thanks to all the stars of the show who have participated so enthusiastically! **They include: Anne Higgins, David Farmer, Rosa Allen, Allan Haffenden, George Brannan, Emily Cairns, Louise Whannel, Victoria Beattie, Erin McSkimming, Scott Goodfellow, Ruth Byron, Megan Bilsland, Helen Millian, and Morag Sterrick from Aquarius Hair Design!** A special mention to the **The Marketing Cafe** team for filming and editing the footage.

You can watch the new film [by clicking here](#), and please enjoy some of the new photographs that were taken as part of the project too!





Scottish Learning Disability Week

Cornerstone was delighted to once again take part in Scottish Learning Disability Week, hosted by the Scottish Commission for People with Learning Disabilities (SCLD), running from the 6th–10th May 2024. This year's theme was **'Digital Inclusion'** and our branches and services showcased how digital assets can and have improved the lives of the people we support.

Our Glasgow and East Dunbartonshire branch showcased the incredible work that Ashleigh has done through her YouTube channel. Ashleigh uses the digital platform to blog her day-to-day life, doing things such as attending her music class, going to watch Celtic play and creating cooking tutorials for others to follow.

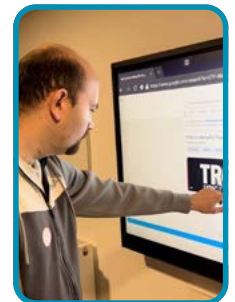
What's truly remarkable about Ashleigh's journey is the way in which she embraces digital technology to showcase her story, achievements and bursting personality. Ashleigh's platform allows her passion and talents to reach a much wider audience, all while empowering her to embrace the power of digital technology.

Our Airdrie Hub also spent the week highlighting steps they have taken in promoting digital inclusion. A number of people we support in North Lanarkshire had a wonderful time visiting the hub to try out the newly installed touch smart screens. They enjoyed setting up dance videos and searching for their favourite songs to listen to.

Another highly successful activity during the week was an outdoor trip to play the popular mobile app game Pokémon Go, where people we support had fun catching virtual creatures in the wild.

Additionally, the hub hosted a conversation café, where discussions focused on the steps that can be taken to enhance digital inclusion.

The week was a fantastic way to highlight the incredible work that can be done using digital means to break down barriers for people we support.



Service visits

In July CEO Hazel Brown visited a number of our Glasgow Housing Support services.

We heard from Hazel following her visits:

"I really enjoyed my travels meeting some of the people we support in Glasgow. It was lovely to meet Amy and her Support Practitioner Maria and hear about her learning Spanish then meeting the ladies in Herries Road including Ashleigh and Debbie who was off to see JLS that night, hope you had a lovely time Debbie! And finally a quick jaunt over to Ashgill Road to meet Gavin.

It's always so lovely to get out and about to not just meet the people we support but our colleagues too, it reminds me of what a great bunch of people we have as part of our team. Thanks to everybody who made it such a great day!"

Hazel will be out visiting more services and people we support over the coming months.

Shared Lives Week

To mark this year's Shared Lives Week the teams organised fun events for the whole community to come together and enjoy. **Some took part in Bowling at XSite in Braehead and buffet lunch afterwards, and the Borders carers enjoyed a Mad Hatters Tea Party, it was a good turnout and fun events for all.**

Bauer Media broadcast a radio campaign on most local stations continually over the week to support the recruitment of new carers across Glasgow and the central belt, hopefully you managed to tune in! We were also able to share some new Shared Lives videos including an interview with new carers Patricia and Alistair which **you can view by clicking here.**

Patricia and Alistair care for a young man called Archie Bates. Annabel is Archie's mum and she told us about the difference Shared Lives has made to them as a family:

"As parents of two young people with complex additional needs, the future was always very scary and overwhelming. We have spent years worrying about what our boys' futures will look like. Will they ever have the chance to gain independence and find their place in the world as others have the chance to do if they want to? We live in the middle of nowhere with no accessible public transport or shops. Options are few and far between and the future looked bleak and depressing.



Olly works away during the week and I was looking after both boys practically as a single parent which was exhausting and stressful. I could not give enough time to either of them and I could see that Archie was frustrated at home, needed to get away and develop his independence and social skills. This was not going to happen at home.

We had heard about the Shared Lives scheme but knew that getting a suitable placement was like finding hen's teeth, so did not hold out much hope. The alternative of Archie living in shared accommodation with carers coming in to support him felt like too big a step for Archie and for us. However, we were at the mercy of the system. So, to find a Shared Lives placement for Archie with Tricia and Alistair Paterson has been beyond incredible.

Archie is so happy with them. He is busy – with college, clubs, learning independence and living skills, and he has a better social life than we do! He now lives in an area where he can practice his independence skills, access buses and shops, and is only a short distance from college. Tricia and Alistair are so much more than just carers...they obviously really care about him, and they have a great relationship with him. Furthermore, they really include him with everything they do, give him opportunities we could never provide and make him feel valued. We have seen his confidence and sense of self grow over the last few months, and that is entirely down to them.

Our lives are far less stressful. Knowing that Archie is living such a happy and fulfilled life means that we can focus on his younger brother's needs now. We also have more time to spend with their older sister who has missed out as looking after two boys with complex needs has taken up so much of our time, energy and patience.

Archie comes home regularly and knows he can see us whenever he wants, however we are increasingly finding that he doesn't want to come home for long. He just wants to touch base and can't wait to get back to his other home, with the Patersons."

To find out more **click here to visit the Shared Lives & Short Breaks section on the Cornerstone website.**

Customer Survey Feedback 2023–24

Every year through our Customer Satisfaction Survey, we invite feedback from people we support, their families, guardians, health and social care professionals.

Our Quality Improvement team have been busy compiling and analysing all responses from the past year. A key question in the survey is 'What do Cornerstone do well?'. Many of the 179 people who answered this question mentioned the caring and inclusive nature of Cornerstone colleagues.

Family members appreciate how well they are kept informed, and several said that they feel they are listened to and that they have confidence in colleagues to address any concerns. Others mentioned the positive effect that Cornerstone's support has had on their relatives and family members.

Several respondents said that matching people with the most suitable Support Practitioners was something else Cornerstone does well.

A full breakdown of the survey results will be available in our upcoming Annual Report.



Recruitment

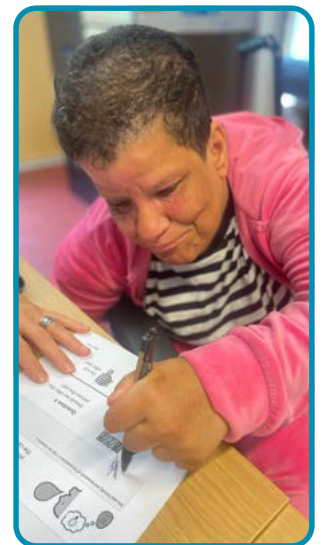
Rosa joins the interview panel

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 as part of this commitment our Recruitment Advisors promote and encourage involvement from the people we support and/or their families in our hiring decisions.

Denise Elder, Recruitment Advisor for the north/east of Scotland said, **"I'm always promoting the value of having the people we support involved in our recruitment process, something that our managers are equally as passionate about. We like to look at different ways to include the people we support and/or their families in our hiring decisions, there's no one size fits all"**.

Rosa is supported by our Forrest Walk team in West Lothian and has become a regular on our interview panel. Jackie, mum to Kevin, one of the people we support, has also been getting involved recently too. Kevin is non-verbal and with Jackie knowing him best, she was able to ask questions that she knows are important to him. The questions Rosa chose to ask the candidates recently were 'Can you cook?' and 'How would you feel supporting me at an activity later at night'. Jackie opted to add in a question around how the candidates felt about providing personal care to her son.

We asked Rosa what she enjoys about being part of the interview panel, and she said, **"I love helping with interviews because it means I get to talk to lots of new people. I get to choose and ask questions and can always tell whether someone will be a good fit for the team. Interviewing for my support team makes me feel included, involved, and important."** Jackie added **"It was nice to speak to the candidates, ask them about themselves and get to know them a bit better"**.



Rosa and Jackie's involvement was initiated by Lead Practitioner, Aimee McCabe and Service Lead, Marrianna Nelson who shared, **"It is always a pleasure to have Rosa and Jackie join us on the interview panel. It's a great way to show them that their opinions matter to us and that the people we support are involved in decisions about their care and support. Rosa is also able to bring a totally different perspective to the interviews, she can describe Forrest Walk life to candidates from her point of view with ease. We invite and encourage candidates to ask Rosa and Jackie questions at the end of their interview, a part of the process that Rosa particularly enjoys."**

We also include a 'meet and greet' as part of our selection process, where candidates get the opportunity to meet more of the people we support and our colleagues too. While it's important we find the right fit, it's equally important that the candidates go away with enough information to decide if we are the right fit too".

Training Academy

Supporting career development

David Harkins and Lynn McHugh are both new Trainers with our Training Academy. They shared their experience of developing their career at Cornerstone.



David said, "I moved to Cornerstone in 2021, to be part of an exciting and innovative new service at Bessie Dunlop Court in the Ayrshire Branch. Over three years, I met loads of interesting and wonderful people and worked as part of a fantastic team delivering person-centered support and outcomes for the people we support. Leaving the service in May was an emotional roller-coaster and something I was equally nervous and excited about, coupled with the sadness of leaving the service that gave me so much.

In the five months that have followed, in my new role as Trainer with the Training Academy, I have been made to feel so welcome, not only my colleagues in the Academy, but everyone from the Glasgow office to Airdrie and West Dunbartonshire, not forgetting my fellow Ayrshire residents. I continue to learn and grow by being part of an experienced and supportive team, I know this will continue in a positive vein.

I am looking forward to getting out and working with the Branches in the West more and helping our fantastic Support Practitioners and leaders with training across a number of topics. Teamwork makes the dream work!!"

Lynn said, "I started my career at Cornerstone Dundee in April 2001, over 23 years ago.

I first started as a Support Assistant, and after four years progressed to Assistant Service Manager, now known as Lead Practitioner, being part of opening one of the first Complex Care Services in Dundee (Keswick), I remained there for 16 years before moving to the Fairfield Service. During my time I have experienced a lot of organisational changes, worked with several truly inspirational teams and had the opportunity to be part of the Dundee management team, building a positive and engaging working environment.

Every day I had the privilege to come to work and have been very fortunate to be part of something I really enjoyed, making a difference and impacting on people we support's lives.

In March 2024, I decided to move on from the operational side and was successful in securing a new role as Trainer with Cornerstone's Training Academy. The Training Academy has always been close to my heart, I am excited to work in an area that I have a keen interest in, that inspires and motivates me to pass on my knowledge and learn. When I started my new role I was immediately made to feel like part of the Training Academy team. Everyone has been so supportive, it made me feel welcome and been very patient while I completed the different training packs, offering advice and the opportunity for me to shadow the amazing Trainers.

I have visited different Branches and met many Branch Leaders. I am excited to work across the organisation, start this new journey and pass on my experiences and expertise to the dedicated staff teams.

It has been an amazing journey so far; I am ready for the new challenges ahead of me with the Training Academy!!"

SQA annual visit

The qualifications team have had some of their annual visits from SQA in July and have been given green high confidence ratings.

In our Care Verification report SQA said "In discussions with staff and following a review of materials it was clear that there is much attention to detail and a commitment from assessors and verifiers to ensure that candidates are supported from initial contact through to completion."

For our Business and Administration SQA visit, the Verifier spoke with one of our business support colleagues. In her report she said "I spoke to one candidate by phone. She was very complimentary saying 'My assessor was fantastic from start to finish'. The candidate concluded that she had really enjoyed the process, that it was a valuable experience that had helped her to grow in confidence and subsequently apply and be successful in securing a new position within Cornerstone."



10 year anniversary!

The SDS team, together with their esteemed clients and professional partners, **recently celebrated a remarkable 10 year anniversary at the Inverurie office.** For a decade, the team at Cornerstone SDS has been providing valuable information and advice throughout Aberdeen and Aberdeenshire, as well as offering care support within the community.

The event was a tremendous success, filled with delightful cakes, coffee, and engaging conversations.

Congratulations to Cornerstone SDS on this remarkable milestone!



Fundraising

Partner with Cornerstone

We're currently looking to build new relationships with corporate partners interested in supporting Cornerstone's work. Previous corporate partners have told us they really valued the team building, morale-boosting and wellbeing benefits their employees have enjoyed as a result of supporting Cornerstone and we're keen to explore how we might be able to deliver more of those benefits to more corporate supporters.

Partnering with us provides organisations and businesses with meaningful opportunities to demonstrate their charitable commitment and make a real and positive difference in their local communities.

There's plenty of ways we can work together:

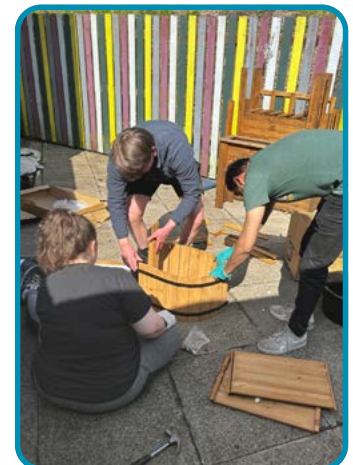
- Take part in an exciting corporate challenge.
- Donate goods, services or prizes.
- Support payroll giving.
- Assist with home/garden makeovers.
- Develop your own bespoke fundraising idea, with full support from our team.
- Sponsor events like our Star Awards or Christmas Dinner Dance.

We are delighted that CNR International have kindly chosen to support our Star Awards and Dinner Dance once again this year, helping us to celebrate the amazing achievements of the people we support and our colleagues.

There are however, some other great sponsorship opportunities available! If you would like to make a real and positive difference to the lives of people with learning disabilities, autism and complex care needs, please get in touch.

There are a number of sponsorship packages to choose from, but we can also offer bespoke partnerships tailored to your business priorities. At Cornerstone we are passionate about being person-centred, and that also applies to your business too.

If you'd be interested in finding out more about how we can work together, get in touch with our Fundraising Manager, Julia Smith at julia.smith@cornerstone.org.uk to arrange an informal chat and discuss how you can fulfil your Corporate Social Responsibility goals by supporting Cornerstone. The perfect partnership!



Hallowe'en Care for Cake

We've created a special edition Hallowe'en-themed Care for Cake pack to support your fundraising efforts. From Frankenstein French fancies to pumpkin cake pops, there's endless fun to be had in designing and promoting a Hallowe'en Care for Cake event.

Hosting a Care for Cake fundraiser is a simple and enjoyable way to raise funds for our services. You can showcase baking skills that would impress even Mary Berry, while enjoying a cuppa and cake with friends, family or colleagues.

[Click here to download our new Hallowe'en pack](#) from our website for plenty of tips, inspiration, and printable spooktacular bunting and more!

For more information or to order a collection bucket or can, please email getinvolved@cornerstone.org.uk



The best possible Christmas

We're looking for local supporters and companies to help make Christmas with Cornerstone the best possible!

At Cornerstone, we love Christmas! And we love to celebrate the festive season with the people we support. Last year, we piloted a great new project where we gave each service in one of our branches a box of goodies as a Christmas present. This box includes wrapping paper, tape, Christmas food, festive decorations, hot chocolate/coffee and a range of things to make Christmas with Cornerstone extra special.

This year, we're asking you to help us.

Ways you can help

Hold a 'Christmas in a box donation station' in your organisation and workplace for your teams to donate much needed items.

A donation of your choice to support this initiative and pay for additional presents for people we support.

Volunteer teams (we like to call them elves!) to help wrap presents and deliver the boxes to our services.

Cornerstone's Christmas List

- Donations to support this project
- Wrapping paper and tape
- Christmas Decorations
- Festive food and drink
- Slippers, blankets and hot water bottles
- Any other ideas?

If you'd like to be involved please contact us on getinvolved@cornerstone.org.uk and talk to our friendly team.

The Kiltwalk is Scotland's largest mass participation walking event with over 172,000 people taking part since 2016.

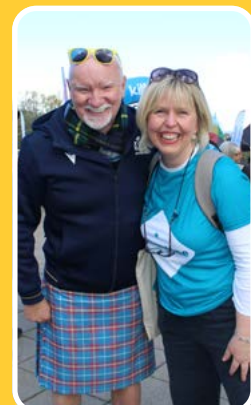
The kind-hearted Kiltwalk community have taken big strides for charities close to their hearts and together with The Hunter Foundation, have managed to raise a staggering £47.5 million to date. All funds raised have been distributed to 3,660 Scottish Charities.

This year many Cornerstone supporters from all over Scotland took part in Kiltwalks across Glasgow, Aberdeen, Dundee and Edinburgh to raise funds to enable the people we support to live their best lives possible.

Glasgow participants

– April 2024

- Danielle Quinn and her support team
- Isobel Kerr and her support team
- George Brannan and his support team
- Genelle & Liam Harkins and Ruth Hendrie
- Team Castlecraigs



Aberdeen participants – June 2024

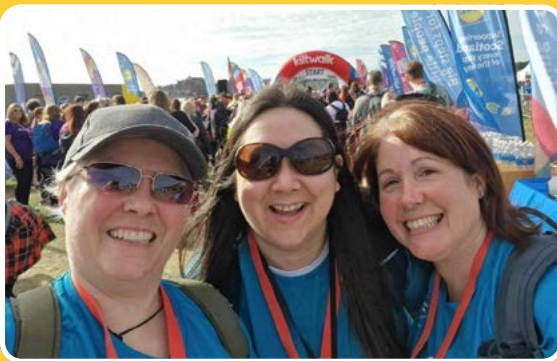
- Team Berrybank
- Chris Fullerton
- Denise McDougall
- Team Crawling for Cornerstone
- Team Sunnybank Strollers
- Donna Arnold
- Amy Brook
- Philippa Barron
- Team HSBC
- Team Craigewan
- Team Crudenlea
- Team Inchbrae Punks



Dundee participants

– August 2024

- Sonia Jordan, Nikki MacFarlane and Robyn Wardlaw from the Dundee office
- Team Rankine Street
- Team Sysco
- Team William Barclay Square
- Team Keswick



Edinburgh participants

– September 2024

- Louise Howitt
- Team Forrest Walk
- Team Shared Lives Borders



SDS at the Kiltwalk!

Self Directed Support Advisor **Denise McDougall** was one of 5,200 people walking "The Mighty Stride" in Aberdeen on 2nd June to raise money for the charity of their choice. She started at Duthie Park and walked approx. 18 miles to the end site at Bellfield Park in Banchory. She said afterwards **"The last few miles were tough in the scorching heat, so I was looking forward to a cold drink at the finishing line. I felt a real sense of achievement at the end and knowing that the money raised will go towards the people we support, at Cornerstone SDS, was what kept me going. The friendly participants, scenic route, supportive and fun Kilties (volunteers), inspirational entertainment, well stocked pit stops, imaginative outfits and beautiful weather all made for a fantastic event!"**

Denise's fundraising efforts have raised **£410 for Cornerstone SDS. Well done Denise!**



Support Practitioner **Caroline Durnan** told us about her and Firbank's **Danielle Quinn's** experience,

"Danielle just loved it, we both did. There was a fantastic atmosphere and it was very well organised. Danielle's mum, sister and brother all surprised her at the finish line. She was delighted and we all got a bit emotional too. Great day out for Danielle...she slept like a log that night."

George Brannan from our North Lanarkshire Supported Living branch said,

"I enjoyed it and I'm glad I did it"

Ayrshire Branch Leader **Carly Nesvat** had this to say,

"It was an absolute privilege to attend the Kiltwalk in Glasgow this year to support colleagues both from my branch in Ayrshire and other colleagues across the organisation. The highlight of the day for me was seeing the people we support cross that finish line."

We asked the **Crudenlea** support team and the people they support about their experience of the day. They told us,

"The people we support made us all so proud at the Kiltwalk. Everyone tried their best and did as much as they could. The atmosphere was brilliant, and we all had a laugh while doing it. Everyone was smiling, especially at the end when everyone was cheering us through the finish line. Everyone finished it off with a well-deserved bite to eat and a drink!"

"I had a nice time and enjoyed my well-deserved burger afterwards."

"I loved seeing all the kilts and I was shouting about Scotland the whole way and chatting to everyone."

Thank you to everyone who took part or helped at each walk and thank you for #CaringwithCornerstone!

Looking for new goals?








Events and challenges calendar

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 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.**



2025

	Supernova Kelpies	14th & 15th March	Falkirk
	Kilomathon	6th April	Glasgow
	Edinburgh Marathon Festival	24th–25th May	Edinburgh
	Glasgow Men's and Women's 10k	15th June	Aberdeen
	Scottish Half Marathon and 10k	17th August	Edinburgh
	Loch Ness Running Festival	26th & 27th September	Loch Ness
	Supernova Forth Road Bridge	1st November	Forth Road Bridge

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!

We can send you a t-shirt and sponsor form and are here to help you set up your Just Giving page. Keep an eye out on our social media channels and bulletins for more challenge events in 2025.

To register for a place and get support with fundraising please contact us on **01224 256 000** or at **getinvolved@cornerstone.org.uk**.



Cycle for Cornerstone

In February 2025, we are launching an amazing new static bike cycling challenge and are looking for teams to sign up now.

This is perfect for workplace team building, ticks all the health and wellbeing boxes and gives back to a worthy cause so fulfils your CSR commitments too!!

We are challenging you to put together a team together and cycle 160 miles in one day during the month of February.

What we're asking you to do

- Recruit a team from your workplace.
- Select a date in February.
- Let us know if you have a gym in your building or you need us to support you to borrow a bike for the day.

Not a team player? Prefer to get out and do it on your own?

So, you're part of the lycra clad elite are you? Brilliant! We know you love competition and would prefer to go outside on your own bike so the race is on!

Interested?

Register your interest by emailing us on getinvolved@cornerstone.org.uk and we'll send you all the information you need to get started on this challenge.



Photographed above are **Gemma and Elaine from our Blackwood Court service in Dundee**. They recently enjoyed an adapted bike session with their support team around Lochore Meadows Country Park, thanks to Outdoor Education Fife.

Keep the wheels turning at Cornerstone!

easyfundraising

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

TESCO JOHN LEWIS & PARTNERS ASOS Sainsbury's JUST EAT amazon ASDA 7000+ brands

Scan here  to get signed up



Part of our new fundraising strategy is to increase donations through easyfundraising. Easyfundraising turns everyday shopping online into free donations. **When you use easyfundraising to shop with any of the 3,600 retailers, the retailer makes a small donation to your cause to say 'thank you'.**

Asda, Tesco, Sainsbury's and Morrisons are all signed up so when doing your weekly shop, why not go through easyfundraising; or Apple if purchasing iPads and other tech items; or Booking.com when booking accommodation; Amazon, Argos and Dunelm if purchasing homewares; or Go Compare and Money Super Market when renewing insurance. There are so many retailers to choose from!!

Please join the 59 supporters who are already signed up and are raising money for Cornerstone Community Care!

You can access our easyfundraising page [here](#).



YPI events

Since it was introduced to Scotland in 2008 by The Wood Foundation, **the Youth Philanthropy Initiative (YPI) has engaged more than 350,000 young people who have taken responsibility for £7.6m of charitable giving.**

YPI is the biggest independent initiative being delivered in Scottish education. Each school is responsible for directing a grant of £3,000 to a local charity championed by its students through a unique programme of teamwork, research, and competition.

This year we have had the pleasure of attending a number of different YPI events and were recently invited along to **Peterhead Academy** and to **Coatbridge High School** to meet with pupils and tell them more about the work we do at Cornerstone.

Louise and Jasmine from our Aberdeen North branch chatted with S5 pupils at Peterhead Academy and Robyn and Robyn from our North Lanarkshire branch met with S2 pupils from Coatbridge High School. On the day pupils were encouraged to try wearing visual impairment glasses and play Connect 4 or write their name to experience what it might be like for someone to live with a visual impairment.

The pupils were great and keen to learn more about the support we offer at Cornerstone.



Shared Lives



Dylan learning to swim

Dylan has always loved being in the water and shared with his carers that he wanted to learn how to swim.

His carer Donna supported him to purchase a wetsuit and he is now swimming regularly at his local pool.

Dylan shared with Mel, his Shared Lives Assessor, that this is great fun and he wants to continue this experience.



Well done Lucy

Lucy recently completed her Skills for Learning and Work course at Borders College, after working hard all year.

Here she is receiving her certificate for her achievement, well done Lucy!

Student placement

The Shared Lives service provided social work student Sarah Allan with her first placement which ended on Friday 26 July.

We would like to thank Sarah for her support and contribution to Shared Lives and wish her all the best in her future studies.





Welcome Cameron!

Cameron is 22 years old and is the first person in Perthshire to be supported by Cornerstone Shared Lives. Cameron transferred over to Cornerstone with his carers in August after a period of assessment. **Cameron is pictured on holiday to Banff in Aberdeenshire where he went with his carers Sheena and Alan.**



Dressage champion

James recently competed with the RDS (Riding for the Disabled) in the dressage event, and as you can see won lots of rosettes!

James' carer Chris helped him pick out his outfit for the event so he looked the part.

James said he loves horses and this experience has made him love them more!



Kerryann celebrating her daughter's first birthday

Kerryann, Sandra and Stephen celebrated Lily's first birthday in May, having a party at the local soft play to celebrate the big occasion. Everyone had a great time and Lily was understandably spoiled.

In June, they all went on holiday to Haggerston Castle. The weather wasn't the best, but they still had a fantastic time with everything that's on offer at the holiday park.

Aberdeen North and Shire



New Deer annual summer BBQ

As you can see Team New Deer had a great turn out for their annual summer barbecue earlier this year! Fundraising towards the day allowed the team to purchase their brand new gazebo and food for everyone.

The people we support, their families and our colleagues were definitely all well fed and the sun stayed out all day for them.



Wayne and Sheena's Scottish summer break

Wayne and Sheena recently had a lovely break away on their jolly holiday with Elma, Keavy and Lorna from their support team.

They went to the Highland Wildlife Park, Loch Ness and even had a wee jaunt on the Strathspey Steam Railway!



Team Berrybank at the New Deer Show

Rosie, Rosheen and Sheena who are supported at our Berrybank service recently had a great time at the New Deer Show.

They were happy to show off their craft winning rosettes.

Aberdeen South and Shire



Happy 40th birthday Chris

Chris, who has been volunteering with Cornerstone for 17 years recently celebrated his 40th birthday. Chris is a very important part of the team and his passion for Cornerstone shines through from taking part in the Aberdeen Kiltwalk three times to stepping up as the volunteer banner holder at the recent Celebrate Aberdeen parade.

The Aberdeen branch decided to throw him a party where he was treated to pizza and cake by the Aberdeen office. He was completely surprised with his party and was made to feel very special.

Chris told us that he really enjoyed the pizza and **wanted to say a big thank you to Barbara for making him two cakes!**



Elizabeth knitting it up

There's just no end to Elizabeth's talents! She's recently been enjoying using the summer house as her knitting station.



Abbotswell Animal Assisted Therapy

Claire, Mr Forbes and Wendy really enjoyed meeting the animals from Joyful Ponies & Pygmy's – Animal Assisted Therapy.

The session was organised at the Kincorth Community Centre and as you can tell from the photos it was a huge hit.



Wynford Farm Park

Gordon enjoyed a lovely sunny trip to Wynford Farm Park with Gail from his support team this summer making friends with the local alpacas and parrots!



Celebrate Aberdeen

Services, colleagues, and family members took to Union Street on Saturday 31st August and proudly marched through the city centre as part of the annual Celebrate Aberdeen parade.

The sun shone down as teams from Inchbrae, Abbotswell and Bob Cooney Court were joined by colleagues from the Fundraising and Finance teams, and some of their family members too.

Aberdeen office volunteer Chris led them off, holding the Cornerstone banner with Henry and Oscar Smith and Taylor Milne, with the rest of the team waving flags and bang bang sticks.



This year's parade saw over 150 organisations walk from Albyn Place to Marischal Square while being cheered on by a huge crowd of well-wishers. The 150 organisations were in alphabetical order and Cornerstone walked behind Cycling without Age, a pioneering charity that provides free rides in the fresh air in its unique trishaws for the elderly and people with limited mobility. Susan from Abbotswell had a go trying out the wheelchair transport bike for part of the route and you can tell by the smile on her face that she enjoyed her ride!

The parade route is just over a mile long, and everyone enjoyed a well-deserved lunch at the Lemon Tree afterwards.

Thanks to everyone who took part in what was a fabulous way to celebrate all things Aberdeen!

Ayrshire



Sophie's Marathon

Support Practitioner Sophie Wallace ran her first ever half marathon on the 6th of October in Glasgow to raise funds for the people we support. You can find the link to Sophie's JustGiving page by [clicking here](#).

Cornerstormers' Sports Day

In 2022, Ayrshire Branch Lead Carly Nesvat came up with the idea of creating a planning group, led and driven by people we support throughout the Ayrshire area. The focus was to ensure that people were given the opportunity to input in the consultation process with the hope they would become the go to group and voice at the heart of the activities being held in the branch.

The group adopted the name 'Cornerstormers', a name that truly resonates with what they do. 'Stormers', meaning 'something particularly impressive or good of its kind', perfectly sums up the group's purpose and journey. **The Cornerstormers now meet every month with Aly and Louise recently taking charge of chairing a meeting as well as taking notes.**

As well as holding discussions the group have organised a variety of successful events such as a sponsored local walk and the in-branch Star Awards 2022 and 2023.

The group recently held an 'Old Classic Style Fun Day' to raise funds to hold the Ayrshire Branch Star Awards for 2024. There was a fantastic lineup of activities, including Beat the Goalie, an Egg and Spoon Race, Basketball Hoops, an Obstacle Race, Beanbag Toss, Paddle Ball, and Tin Can Alley. There was even an impromptu football match between Team Bessie Dunlop Court and Team Castlecraigs Court, which added to the excitement!

Colleagues, families, and friends generously donated some delicious home-baked treats, making the day even sweeter. Our CEO, Hazel Brown, made a special trip to Ayrshire to present the medals adding to the celebrations.

The growth in confidence and independence among the people we support since becoming part of the Cornerstormers has been inspiring. **By prioritising the voices of those we support, the Cornerstormers have grown to become a community of leaders at the heart of the Ayrshire branch activities.**



Welcome to Lead Practitioners

Welcome to our new Lead Practitioners within our Community Support service **Cheryl Lynn** and **Debbie Kerr**. Cheryl and Debbie have recently moved from the roles of Support Practitioner to the roles of Lead Practitioners.

We would like to give them an official welcome to the Ayrshire Leadership Team!



Thomas meets Hamley

Recently Thomas, a person we support, enjoyed a trip to Glasgow and even got **to meet Hamley the bear at St Enoch Centre**. Thomas previously lived with his parents and has just transitioned into his own home within our housing support service and has coped remarkably.

Well done Thomas, it looks like you had a great time!

Dundee, Perth, Fife and West Lothian



Bonnie baby

Erin Torrie, one of our Dundee Lead Practitioners returned back from her maternity leave in June this year after welcoming **beautiful baby Mollie** to the world.

Erin says, "It's been lovely being on maternity leave and spending all my time with Mollie. I am really looking forward to coming back to my role at Cornerstone, I have missed the people we support, and my colleagues and I am eager to start my new chapter as a working Mum."



Fairfield's Summer Fete

Fairfield held a summer fete where the staff and people we support raised over £700. There were raffle/tombola stalls, Eden's garden (small animals for people to see and hold), beat the goalie, and cake stalls. The people we support had a wonderful time helping with the stalls, and the families of people we support and staff all had a great time.



Mikie's new caravan

Congratulations to Mikie in Dunfermline for his recent, huge achievement of buying his own caravan! Mikie absolutely loves caravans and after many chats back and forth with his mum they came to the agreement that he would buy his own caravan, owning it alongside his mum.

He is so looking forward to many holidays away in his new caravan with staff, making many memories with family and friends!

Happy caravanning Mikie!



Julie's art

Julia who is supported in the Drum Road service has been **enjoying attending different art classes recently** and especially loves painting with her hands and feet to make her masterpieces!



Angie's retirement

Team Drum Road held a goodbye afternoon tea for staff member Angie who recently retired from the service. Angie will be greatly missed by the team and missed even more by the ladies of Drum Road that she has supported over the years. Angie has promised she will be back for a visit and a cup of tea soon. Our photo features **Julia and Emma along with staff members Liz, Gillian, Angie, Kirsty, Inga and Elaine.**



Elaine's trip to Lourdes

Elaine had the best time on her special trip to Lourdes with Libby and Jodie from her support team.

Lots of memories made and fun had, here's a wee selection of photos that capture their amazing trip.

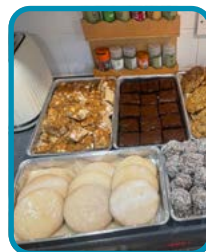


Forrest Walk summer fair

Forrest Walk had a summer fair in July and it was a **roaring success**. They were joined on the day by family, friends, people we support and lots of people from the local community. They also had a special visitor – Baxter Bear!

There were lots of fun things on offer. Face painting, tombola, home baking, raffle, hook a duck, bbq, sensory stations and our very popular human fruit machine! These were all manned by staff and family volunteers. **They also enjoyed some live music from Jason Sweeney, brother of Forrest Walk resident Kevin.**

Everyone had a fantastic day in the sunshine and the team raised an incredible **£1095.55**.



Branch engagement day

Our Dundee, Perth, Fife and West Lothian branch held a branch engagement day on the 29th June at Dudhope Castle and raised a fantastic £910 for their Branch fundraising pot.

It was a glorious sunny morning and they had a variety of stalls including tombola, cake and candy and adopt a pet. **They even had a visit from the local Fire Brigade** who allowed the people we support to sit in the fire engine, shoot water from the hose and try on some of the fire helmets. Baxter Bear was there on the day making an appearance.

Guests then enjoyed a picnic lunch before making their way to the Castle Ballroom for the **Branch Awards Ceremony**. This was hosted to recognise colleagues and the people we support who live Cornerstones' values. Eight special trophies were awarded along with a voucher for Greggs for the winners to enjoy.

A very special trophy in memory of the late Heather McNicoll was also awarded for "Exceptional Care". **Heather's Dad and Sister kindly presented the award which went to Team Keswick for the compassion, commitment and exceptional care they provide to the individuals who live at Keswick.**

Branch Leader Pauline Forbes told us, **"It was a fantastic day and our biggest engagement event yet. It was lovely to bring people together to have fun and celebrate. Everyone is keen to do this again next year. We have so many special colleagues and people we support who live Cornerstone's values everyday. I have long wanted to organise this type of event and I am so glad we were able to give some small recognition to the people who deserve it most. I would like to thank the Branch Management Team along with Denise Elder and Elaine Cochrane who really got behind the event to support on the day. I am also very grateful to Lesley de Jager, Chloe Hutchison and Andrew McInnes who had the difficult job of being on the judging panel."**



Glasgow and East Dunbartonshire

Ashleigh Glasgow Regional Office Volunteer

Ashleigh from our Herries Road Service recently became one of the Glasgow Regional Office Volunteers.

One of Ashleigh's goals was to be a volunteer within the office and specifically she wanted to be a greeter.

Ashleigh was interviewed for the role and after doing an incredible job was successful in landing the role.

Ashleigh now comes along to the office, to make sure people visiting the office correctly sign in, log their vehicle information (if required) and ensures people know their visitors are here or directs them to the relevant meeting room.

Well Done Ashleigh and welcome to the team!





Seagull Trust Canal

Stuart and Amar from our Coltpark Service recently enjoyed a trip down the canal with the Seagull Trust.

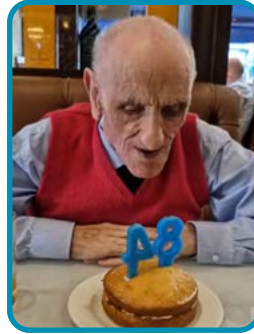
They had a wonderful day and the Scottish weather held up which made it even better!



James' 84th birthday

James Smith celebrated with a lovely birthday lunch at Coia's Cafe in Glasgow. The generosity of strangers never ceases to amaze – **someone from the cafe unexpectedly paid for J's and his staff's lunch.**

Such a heartwarming and kind gesture that made the day even more special. **Thank you to the anonymous person who brightened the day with your act of kindness.**



People We Support monthly events

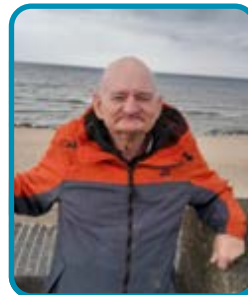
Recent monthly events in the Glasgow office have had the themes of **Pride/Scotland at the Euros Pride and Summer Fest!**

As usual, these were busy, lively and most importantly... fun!

Pictured below are John showing off his Pride t-shirt and Scotland flag, along with Eric and Stephen posing in front of our colourful wall display.

James performing a song as he often does and Elizabeth showing off the beach balls that were everywhere during our Summer Fest.

We also held another of our People We Support Forums to discuss plans for the future and to receive valuable feedback and suggestions.



Ronaldsay

It's been a busy few weeks at Ronaldsay service with **Glenn visiting Ayr, Millport and reminiscing about childhood memories** with places he used to visit back in the day.

John has been working hard on maintaining his fitness levels to reach his goal for health and wellbeing and continues to go for local walks and exercises on his mobility trainer, that's when he's not too busy dancing and singing.

Robert has been visiting farms, and visiting his favourite place – the train stations in Glasgow city centre where he likes to people watch for hours on end and sometimes a wee chat with passers-by.

The guys embraced the Euros with staff by having a game of football in the back garden, a BBQ making use of our new garden furniture and even got dressed for the occasion to watch Scotland V Germany in style. Might have not been the ending we all hoped for but was all part of the fun at Ronaldsay!



Lewis in Blackpool

Lewis had a fantastic time on holiday in Blackpool.

Peter Murray, Service Lead said,

“The year before last we supported Lewis to Brickhouse Cottages just outside Blackpool. He was supported by two members of staff for five days. His mum visited and stayed for the last three days.

Mum said it was the first time she has actually managed to go away with Lewis and feel like his Mum, and not his main carer.

Lewis had an absolute blast, he really enjoyed the hydro pool on site, going to the zoo and the sights and sounds of Blackpool itself.”



Danielle setting goals

Danielle has been spending a lot of time in her new sensory garden. Support Practitioner Caroline came up with the idea as she noticed Danielle likes to go in and out of her garden.

Caroline, Danielle and all the staff team at Provanmill are adding to it each week and taking good care of the garden. This has given Danielle yet another hobby to participate in.

Danielle has also been enjoying striving towards her new goal set by her Support Practitioner, Megan. Danielle enjoys the tv show ‘Still Game’ and Megan thought it would be a great goal for Danielle to visit some of the filming locations. **Here is Danielle at Osprey Heights (where Jack and Victor lived).**

Moray

First Aid Course

A few weeks ago Philippa popped into the office for her weekly cuppa and catch up and expressed that she would like to attend a First Aid course. Philippa felt it would be good to get other people we support involved too.

Seven people signed up and took part in the First Aid course which was facilitated by Outfit Moray.

The day was a huge success and was easily measured by the laughter, smiles (and certificates), with Support Practitioners being bandaged up as though they were the casualties.

Following the session, the people we support joined the management and admin teams in the front office to talk about their day. During this time they demonstrated what they had learned, showing their certificates and recounting their stories of everyone all wrapped up in bandages. Everyone was very confident that they knew what to do if someone was in need of first aid assistance.



Philippa told us, **“That was a fantastic day, I really enjoyed it.”**

Sarah told us, **“I know what to do if you’re choking or collapse. It was very good!”**

Rebecca said, **“Mum will be proud of me, I passed first time.”**

Well done everyone!

North Lanarkshire Community Support



Alistair's trips

Alistair loves getting out and about and accessing his local wider community. Just over the past couple of months Alistair has been supported to attend the **Piping Live festival in Glasgow as well as visiting the Falkirk Wheel!**

As you can see from his face he had a wonderful time visiting both.



Happy birthday Craig

Craig celebrated turning 28 at the beginning of August and had a wonderful time where he was supported out to dinner with his friends Sophie and Brogan!



STRIIIIIKE

Calum loved his day out at Probowl Kirkintilloch recently, winning both games and scoring four strikes in the process.



Grease is the word

Martin recently had a great time seeing Grease The Musical at the King's Theatre which he attended with his All Stars Drama Group.

Martin loves all things drama so he especially enjoyed seeing a production like Grease in person at a great venue like the King's Theatre.



Fergie time for Zak!

Despite the results not going our way everyone still loved the Euros, nobody more so than Zak who was over in Germany for the Scotland games.

He even managed to get some time with Scottish football royalty **when he met Sir Alex Ferguson!**



Thomas' Powerchair Football win

Thomas recently captained his powerchair football team to 3rd place in the league!

Their final game was a 3-1 win versus the champions and Thomas was delighted, he even scored on the day as well.

North Lanarkshire Supported Living



Charlie's a winner!

Charlie attended Hamilton Park Racecourse recently and **even managed to get a few winners in the process!** Charlie has always been a keen fan of horse racing so getting to witness this in person was something he particularly enjoyed.

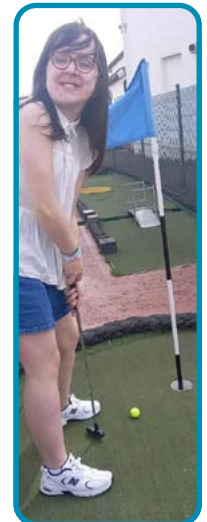
Well done Charlie!



Peatbog Faeries

Neil had an amazing time at the Peatbog Faeries concert in June.

Neil was supported by our colleague Susan who said he loved the music, the lights, the people, the atmosphere and enjoyed every minute of the night in general. Attending this concert live really met one of Neil's goals of accessing the wider community.



Putting in the sun

Aynsleigh and Lesley made the most of the very short period of good weather we had at the start of the summer with a day trip to Ayr at the end of May. **They even had some time for mini golf with Aynsleigh showing off her putting skills.**

Both of the ladies really enjoy socialising and meeting up together.



George smashes the Kiltwalk 2024

Huge congratulations to George who participated in the Kiltwalk in April!

George was able to raise over £220 for Cornerstone North Lanarkshire through everyone's kind donations, which we are very grateful for!

One of George's outcomes relates to his health and wellbeing so getting out and being active in the outdoors plays a massive part in that.



'90s Summer Party

Colleagues Becca Syme, Robyn Broadley, Cassie Kane and Beth Pedlar organised a '90s themed summer party for the people we support. There was lots of entertainment from the DJ such as '90s music, '90s quiz, guess the '90s items and lots more.

Becca Syme said, **"It was an amazing day watching all of the people we support getting involved with the games and all up dancing to the music. So glad I got the opportunity to help organise such a fun day for everyone."**



Christine soaking up the sun

Christine has been enjoying getting away from this Scottish summer and **jettied off to Benidorm in August!**

Scottish Borders

B&Q FOUNDATION

Generous donation

Thanks to the generosity of the B&Q Foundation, our brand new Cornerstone Connects Hub has **been furnished with a fully accessible kitchen which caters to the needs of the people we support.** This space is key to the support we will provide at the hub and will offer learning opportunities to attendees so they can learn about food preparation, nutrition, safety, and other life skills which can increase their independence in their everyday lives.

Branch Leader Andrew McInnes said **“We look forward to welcoming people into the hub and supporting people to realise their potential and become more independent. The accessible kitchen is key to our plans within the hub and we can’t wait to get started.”**



Megan and Rosie's Girls (Aloud) night

Rosie from our SBCS Tweedbank team and Megan recently went to see pop sensation Girls Aloud at the Hydro in Glasgow. When they got to their seats Megan was a little disheartened that the seats didn't allow much space for dancing but soon found this wasn't the case. Megan had a fantastic night singing her heart out and dancing the night away. Rosie and Megan were lucky to be sat next to a lovely mum and daughter who sang and danced with them throughout the show. Not only that but they also had a lovely overnight stay at a nearby hotel in Glasgow. All involved had a fabulous memory-making evening!

Rosie shared **“Megan had a fantastic night singing her heart out and dancing the night away.”**

West Dunbartonshire and Argyll & Bute



Blackpool trip

The ladies at our Waterfront service decided they wanted to do a group holiday to Blackpool.

They are just back and slightly tired after a busy week swimming, climbing wall, go karting, archery, target shooting, horse and cart rides, afternoon tea in the tower, Madam Tussauds, the zoo, Sea Life Centre, crazy golf and enjoying an evening disco or two!

The ladies are already discussing where they can book next...





0300 131 3333

enquiries@cornerstone.org.uk

www.cornerstone.org.uk



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