

# PLUS Newsletter

Quarterly PLUS Newsletter



Spring 2024

## Location, Location!

We are delighted that we have secured the lease on our current premises. However we are awaiting an update on our asset transfer request for the 'Family Hub' in Cornton, which we hope to be able to purchase from the Prison Service. We will know by the end of April if we have been successful. We will keep you updated.

We appreciate the support from families, friends and staff who took the time to submit feedback to the Prison Service directly.

Fingers crossed!!!

## So long, Farewell



For anyone interested in dropping in to wish Susan well in her next chapter, you are welcome to join us on;

**Thursday 18th April, 10am-1pm,  
Crawford Hall,  
173-181 Colquhoun Street,  
Braehead**

If you plan on dropping by, please complete the form below to ensure there is enough caffeine and cake to share.

SCAN ME



<https://forms.office.com/e/Z3At9dXNay>



## Welcome from Susan, CEO

As we approach the end of March, I am delighted to see the brighter nights finally make an appearance. Seeing the spring plants brightening our surroundings is a positive sign of growth and change.

This is more significant for me, as I contribute to my last newsletter at PLUS before leaving at the end of March. Having started with the team back in November 2006, I feel privileged to have grown and developed with so many of our now adults, and their families. I still find it hard to believe that I am no longer in my 20's..! I am thankful for the trust so many of you have placed on me and our team over these years. PLUS will forever hold a place in my heart, with so many great experiences, positive memories, lifelong friendships and significant learning curves!

I reflect on the talented staff we have grown and nurtured - many of whom are now our local nurses, doctors, social workers, family support staff, school support staff, teachers, head teachers, youth workers, psychologists, speech and language therapists and O.T's. The training and knowledge they gained with PLUS will have a significant influence on how they work within their careers now, offering ongoing benefits to families.

Our team continues to grow and develop with many skilled practitioners modelling excellent relationship styles and truly understanding personalisation in practice. This provides a perfect setting for our new recruits to learn and grow during every event.

I am pleased to introduce you to our leadership team for the future, with Karen Moffat continuing in the Operations Manager position and Karen Sweeney being welcomed into the CEO role from 1/4/2024. Both Karens will continue to be supported by Lesley-Anne Livesey, Sarah Noble and Lillian Campbell. I wish you all well in the months and years to come.

# PLUS Core Staff

## Welcoming New Staff and Staff Changes



**Karen Sweeney**  
CEO

Hello, my name is Karen Sweeney, and I'm thrilled to be appointed as the new CEO. For the past 2 1/2 years I have been a trustee on the board of directors and had great pleasure to serve alongside such dedicated individuals at this organisation.

My first involvement with PLUS was as a young volunteer play leader, when the organisation was first established in 1988. The support and nurture I received from PLUS at this young age, provided the building blocks to pursue a career path spanning 3 decades in social care. So it seems like I've come full circle to where I belong.

With a background in learning and development, quality improvement, social care management and specialism in autism practice and learning disability, I'm excited to get to know the children, young people and adults who attend PLUS and learn more about their interests and goals.

I recognise this is an exciting but challenging time and I look forward to leading the organisation on its journey of continuous improvement.

Hello, I'm Karen Moffat. I came into post as Operations Manager in October 2023 and have enjoyed getting to know and understand all the different elements that make PLUS.

I have 19 years experience in the 3rd sector, predominantly supporting individuals with autism and complex needs. I have experience with a variety of settings including Residential, Day Service, Outreach and Housing Support.

I am committed to enabling and influencing positive change to improve practice and quality of life for those who use services provided by PLUS.



**Karen Moffat**  
Operations Manager

## Changes to the Office Team



**Jordan Polley**  
Business Administrator



**Muirne Nicholl**  
Business Administrator



**Sarah Noble**  
Manager: Group  
Support



**Anna Freuer**  
Coordinator: PlayPLUS  
PLUS youth



**Sarah Traynor**  
Coordinator:  
Family Support

Information about our board of directors can be found on our website.



# Event Staff at PLUS

## Introducing our Event Coordinators

Our highly skilled team of coordinators lead group events, across all projects and ages. They plan the events, risk assess, support staff, act as the key point of contact with families during events and support their team to work towards positive outcomes for the young people attending.

**Piers Dhadly**



**Claire Winchcole**



**Gracie Blackford**



**Niamh Campbell**



**Rhona Ogilvie**



**Mariann Evans**



**Katie Hopkins**



**Lewis Taylor**



**Sarah Wirtz**



**Sarah Stewart**



**Zoey Colquhoun**



**Eilidh Tedford**



**Mia Joyce**



**Anna Herd**



**Muirne Nicholl**



**Anna Ridley**



# Service Updates

## Staffing and Training

We have had a really successful round of recruitment so far this year with 17 new members of staff joining our workforce. We appreciate this can be challenging for families and young people and will monitor our rota to ensure there are not too many changes taking place in each event.

We have a significant induction process in place for new staff with opportunities offered throughout the year for more bespoke training and skill development.

This unfortunately doesn't resolve all our staffing issues as we have also been sad to lose several team members who have moved on to pastures new, returning to study, going travelling or relocating from the area.

We wish them all well in their next steps and will continue to work towards further enhancing our team.



## Falkirk Services

*Coordinated by: Kate Bundy*

In addition to the phenomenal donation of £6,000 which we received from Falkirk Grandparent Tom Horne, we are delighted to have secured funding for Falkirk which we hope will provide some sustainability.

As a result of this funding, we now have some limited spaces available for weekend support, once per month.

We have also been able to develop a fortnightly Autism Support Project (ASP) in Falkirk, aimed at autistic children with lower support requirements, who are in a mainstream school environment.

If you are aware of any families looking for support, please ask them to phone the office or email [family@plusforthvalley.org.uk](mailto:family@plusforthvalley.org.uk) for further information.



## Scottish Social Services Council (SSSC) and the Care Inspectorate (CI)

Due to an increase in the support we have been providing to adults, a lot of which is under our 1:1 project, we applied to the Care Inspectorate to alter our registration. As a result of this change, we now require staff working within our 1:1 project to be registered with the SSSC. This is an ongoing process as staff are recruited in to PLUS. This will also result in some staff members working through SVQ qualifications to enable them to undertake their role.

### What is the SSSC?

The SSSC are the regulator for social work, social care and children and young people workforces in Scotland. They have the vision that people in Scotland can count on social services being provided by a trusted, skilled, confident and valued workforce. As an organisation registered with the SSSC, all of our staff, regardless of whether they are registered or not, are required to work within the code of conduct, which you can view at the link below, or by scanning the QR Code to the right.

<https://tinyurl.com/3nx5cnd5>

SCAN ME





# Family Support

## Family Day

We held a very successful Family Day on 22nd October, with over 100 people in attendance and we raised more than £800 through fundraising initiatives on the day. We also received a donation from the RWN Lodge of Dunblane, which was greatly appreciated.

Thank you to all who attended, donated delicious home baking and fantastic tombola prizes. An extra thank you to families who had travelled from outside of Stirling to get there. It really was great to catch up with you all in person. It was lovely to see so many members of both PLUS and the wider community coming together. There was a real buzz in the air... although that could have been the sugar!

We hope you had as much fun as we did and hope to see you all again at our next Family Day on 21st April at Bonnybridge Community Centre.



## Play and Chat Christmas Party

It was also great to see so many of our families come together at the Play and Chat Christmas Party. It was a magical time made even more exciting by our special visitor Santa Claus. Thank you also to the Stirling Observer for their contribution via their annual 'Give a Gift' campaign which we are privileged to benefit from.



## Bake and Blether Event

We have hosted 3 bake and blethers since September and it has been lovely to catch up with families, old and new!

We have some very talented bakers amongst our families. Thank you so much for all the donations. Attendance at some of the more recent events has been mixed, so we are looking to change the format of the next event and potentially offer a short information session as well as a social event.



## Family Questionnaire

Please find a link to our annual family questionnaire. We apologise for not having the capacity to collate all the data from the 2023 questionnaire for publication, however you can view a lot of the feedback on our annual report, which we can send directly to you on request.

We do appreciate all of the time families take to provide us with information on your experience and do see this as a significant part of our learning as an organisation. Your responses are monitored as they are received with any easy to fix suggestion implemented as quickly as possible. Your feedback, along with our staff questionnaire, forms a significant part of our ongoing self-evaluation.

SCAN ME



<https://forms.office.com/e/C9SRPHjRah>

# Looking Ahead

## Upcoming family support events and fundraising opportunities

Let us know if you have any event requests and we will see what we can facilitate.



### Family Support Events

Coordinated by Jemma Laird & Sarah Traynor

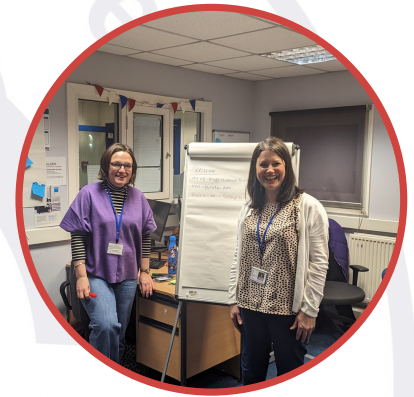
#### Family Focus Group

Our first family focus group of 2024 took place on Wednesday 20th March. A number of parents came together online and in person to provide information regarding the type of support they would like to receive from PLUS. There was some great discussion and lots of useful feedback (some comments shared below) and ideas which we will now work through and begin to implement. We really valued everyone's time and contribution.

Keep an eye on our social media and emails for our next session.

*"The support available from PLUS is a bonus to families and creates a community"*

*"Our son is happy to go and we feel reassured he is cared for and supported when attending"*



#### Upcoming Events



Trauma Informed Parenting Workshop  
Online Event  
Monday 29th April, 6:30pm - 8:30pm



#### Family Day

Sunday 21st April 11am - 2pm  
Bonnybridge Community Education Centre, FK4 1AA

SCAN ME



#### Join Our Board

Have you considered volunteering as a charity trustee?

We know how precious your time is, but we would be delighted to hear from you or your wider network if you have any of the skills we are looking for!

- HR
- CHANGE MANAGEMENT
- SERVICE REDESIGN
- STRATEGY
- GOVERNANCE
- BUILDING DEVELOPMENT
- HEALTH AND SOCIAL CARE
- CHILD/ADULT PROTECTION

ceo@plusforthvalley.org.uk

#### Play and Chat

Events take place during term time. Dates, times and locations for holiday support will be confirmed in advance.

St Ninians Parish Church  
Hall, Monday,  
1pm-2.30pm

PLUS Office,  
Friday,  
1pm-2.30pm

Join us to spend some quality time meeting other families from the Forth Valley area.

Information, advice and support is available from staff during these sessions. Contact family@plusforthvalley.org.uk to find out more.





# Fundraising

## How you can help us

We would love to hear from you if your workplace supports match funding or workplace volunteering!



## Edinburgh Kiltwalk



We had 2 teams in the Edinburgh - Wee Wander:

### Team Reid

Alfie, Graham and Julia completed the 5 mile Wee Wander. The training gave some focus to Alfie and Julia in their evening walks, helping Alfie to regulate and preventing Julia from going crazy! It also helped Graham in his recovery from sepsis and pneumonia. They raised a whopping £1,135!!

### Team PLUS

Susan, CEO; Laura, Trusts and Grants Fundraiser and her husband Pete also took part in the Wee Wanderers and raised £512.50. In addition, event sponsor Arnold Clark encouraged walkers to take selfies with their branded merchandise and share on Arnold Clarks social media. Pete was one of five walkers whose images were selected to receive an additional donation of £500.



A huge thank you to our walkers and donors for their support.

**Kiltwalk 2024 dates: GLASGOW 28/4/24, ABERDEEN 2/6/24, DUNDEE 11/8/24, Edinburgh 15/9/24**

**Get in touch if you would like to join team PLUS!**

## How can you support us?



Are you a keen baker, gardener or painter? Or are you hiding a talent/skill from us?

SCAN ME



If you are keen to help support PLUS in the weeks, months and years ahead, we would love to hear from you!! Scan our QR code and fill in your information.

## Good Hub

Good Hub is a fundraising platform, similar to Just Giving - with the added benefit being that it costs PLUS less to be registered. This means that a higher percentage of money donated comes to PLUS.

PLUS Friends, Families and the wider community can all access this site to make donations or register any fundraising activities you might choose to do on our behalf. The QR code and link below will take you directly to our page.

If you are interested in planning an event, you can set a personal page up directly. Alternatively, you can get in touch by emailing [office@plusforthvalley.org.uk](mailto:office@plusforthvalley.org.uk) to share your plans.

<https://app.investmycommunity.com/plus-forth-valley-limited-2803>

SCAN ME



# Contacts

## How to get in touch with us

### Office Hours Phone

Monday-Friday, 9am-5pm

01786 450086

### Out-of-Office Hours

Monday-Friday 7:30am-9am, 5pm-10.30pm\*

Saturday & Sunday - 7:30am - 10:30pm

07775 619 574

\*\* Please note this is a different number you receive reminders from during the week\*\*  
This number should only be used for urgent situations which cannot wait until the next working day, including cancelling from a session.

### PLUS Email

[office@plusforthvalley.org.uk](mailto:office@plusforthvalley.org.uk)

### Facebook

@PLUS88

### Twitter

@Plusforthvalley



# SUMMER

Are you aware of any fun summer activities our Young People can get involved in?



Please email Anna with your suggestions  
[anna@plusforthvalley.org.uk](mailto:anna@plusforthvalley.org.uk)

PLUS (Forth Valley) Ltd, Broadley's Road, Springkerse Industrial Estate, Stirling, FK7 7ST

Family PLUS is funded by The National Lottery Community Fund

Registered Charity No. SC003945 Care Inspectorate: CS 2003035186 Company Limited by Guarantee No. SC226225