

MOMENTS THAT MATTER: THROUGH LIZ AND AMENDRA'S EYES



We are pleased to introduce this new newsletter, which will be published every six weeks and co-authored by Liz Donnachie and Amendra Konara. Each issue will highlight the range of activities that Liz has recently participated in, showcasing the many opportunities available within our community.

The purpose of this newsletter is to encourage and inspire other customers to take part in more activities, whether they relate to health and wellbeing, learning, volunteering, or community engagement.

PARTICIPATING IN REGULAR ACTIVITIES OFFERS A WIDE RANGE OF BENEFITS, INCLUDING:

- Improved physical and mental health
- Greater independence and self-confidence
- Increased social interaction and connection
- Opportunities for personal development and learning
- A stronger sense of purpose and community belonging



We hope that by sharing Liz's experiences, more individuals will feel motivated to explore new opportunities and become more actively involved in shaping an inclusive and vibrant community. We look forward to keeping you informed and inspired in the editions to come.

COMMUNITY CONNECTIONS: UPDATES FROM THE CENTRE FOR INCLUSIVE LIVING PERTH AND KINROSS



We are excited to share updates from Liz, who recently attended the members' meeting of the Centre for Inclusive Living Perth and Kinross. The group is doing fantastic work to promote accessibility, inclusion, and community support and we want more customers to join us.

WHY JOIN?


Becoming a member means getting involved in life changing projects and events. The centre is a great place to connect, learn and contribute to the local community whether you are passionate about inclusion or simply want to meet new people, this is the place for you.

To apply to be a member, visit the Centre's website or pick up an application postcard. Liz or I have information card available in RBT. So, feel free to ask us!



IMPORTANT DATES AND UPDATES

1) Next members' meeting –  17 September, Don't miss it!

2) Techy tea party –  11 September, 11.00am – 1.00pm, at the Y centre – A great chance to learn about apps and websites. Open to members and non-members. But places are limited. Apply quickly via the centre.

3) Bus Transport Discussion with David Taylor –  4 August, time TBC. A special members' meeting to discuss public transport accessibility.

4) Learning Disability week – Starting  8 September, Activities are being planned, Stay tuned!

ONGOING PROJECTS AND OPPORTUNITIES

- 1) Toilets around Perth – Members are assessing public toilets in the city to improve accessibility. There's a £5000.00 project budget, and your feedback and photos can help make real change.
- 2) Keep safe Scotland – This project involves creating a website and promoting safe places in the community.
- 3) Hospital Radio- Tune in via Alexa! Members can request songs, share messages, and even volunteer.
- 4) 3D Bag Tag Sessions – Get creative with a 3D bag tag at the Y Centre. It is offered in 3 fun sessions.
- 5) Bowel and Bladder cards – These free cards can help members access toilet facilities more easily. You can apply online at the Bladder & Bowel UK website.
- 6) Support from Lead Scotland – Katie from Lead Scotland can help with employment, education and volunteering. Her details are as follows.

Email: Ktolland@lead.org.uk

Mobile: 07768917492

OPEN DAY

Liz shared the information regarding the open day of Capability Scotland. It is an inspiring event that shows how vital our members are to shaping the future.



We would love to see more people to join the Centre for Inclusive Living Perth and Kinross. Your voice matters, come be part of the conversation and help build a more Inclusive Upper Springland community.

For more information, contact Liz or me. We are happy to help!



SPOT LIGHT ON STAYING STRONG WITH SEATED EXERCISES AT THE MADOCH CENTRE

Every Wednesday at 2.30pm, Liz attends Seated exercise sessions at the Madoch Centre, a routine that has become a highlight of her week. Nestled in the heart of St. Madoes, the Madoch Centre is more than just a community hub, it's a vibrant space dedicated to inclusion, activity, and wellbeing for people of all ages and abilities. Every week, it offers a variety of events and classes that bring the local community together.

The instructor and all the participants said that they are thrilled to celebrate Liz, a cherished member of Capability Scotland, who has been regularly attending these sessions. Liz's commitment to her health and wellbeing is nothing short of inspiring. Through the seated exercises, she has not only improved her mobility and strength, but she has also found a renewed sense of confidence and community.



Seated exercises offer gentle yet effective ways to stay active, especially for individuals with limited mobility. They help improve circulation, flexibility, and posture, all while being safe and accessible.

Liz says, "I always look forward to Wednesdays now. I feel stronger each week, and the people are so friendly, it has made a real difference to my life."

Her story is a wonderful reminder that it's never too late to try something new and invest in your own wellbeing. Liz is a shining example of resilience and positivity, and we hope her journey will inspire others at Capability Scotland to take part in similar activities.

Let's keep moving, together!

A SPECIAL THANK YOU

As we wrap up this edition, we would like to give a heartfelt thank to Susan Gilruth, Manager at RBT. Susan's unwavering support, motivation, and guidance continue to inspire us all. Her leadership uplifts the entire team, and we are grateful for her dedication.

We also extend our sincere thanks to our incredible team leaders, staff members, and most importantly, our valued customers at RBT. Your enthusiasm, collaboration, and commitment make everything we do possible.

Together, we are creating a more inclusive and empowering community. Thank you for being part of it.

Liz Donnachie
Amendra Konara

