

MOMENTS THAT MATTER: THROUGH LIZ AND AMENDRA'S EYES

Welcome to the second edition of our newsletter, co-authored by Amendra Konara and Liz Donnachie. In this issue, we are pleased to share reflections on recent events, highlight personal journeys, and explore the moments of growth and connection that continue to inspire us all.



To begin, we are pleased to present our reflections on the recent Conversation Café, which took place at Perth Civic Hall as part of Learning Disability Week. It was a valuable opportunity to engage in open, thoughtful discussions with members of the community around topics such as wellbeing, independence, learning, and inclusion. We were grateful to

take part in such a meaningful event and to hear directly from individuals about what matters most in their lives



This edition also highlights Liz's recent personal journey as she explores a new interest, pickleball. What began as a casual activity has quickly become a rewarding and energising part of her weekly routine, offering connection, laughter, and the benefits of staying active.

Liz's experience serves as a reminder that resilience and growth often emerge through embracing change. With creativity, determination, and optimism, she continues to demonstrate how we can all find new ways to thrive.

Conversation Café – Reflecting on a Successful Learning Disability Week Event



As part of Learning Disability Week, we were pleased to participate in the Conversation Café held at Perth Civic Hall on Thursday 11th September, from 11:00 AM to 2:00 PM.

The event provided a welcoming and inclusive space for attendees to enjoy refreshments, connect with others, and engage in meaningful conversations. Tea, coffee, juice, and cake were available throughout, creating a relaxed and friendly atmosphere for open discussion.

Participants were invited to share their thoughts on several key themes:

- ❖ Living Well – What helps you feel happy, healthy, and safe?
- ❖ More Choices – Do you feel you have enough choices in life?
- ❖ Supporting Independence – What kind of support makes life easier?
- ❖ Learning – What would you like to learn more about?
- ❖ Connections – What helps you feel part of your community?
- ❖ General Feedback – Anything else you'd like to share?

During the session, Liz had the opportunity to speak about her personal experiences, particularly around the importance of inclusion. She also engaged in discussions with other participants, contributing to a broader conversation on how to improve support and promote community connection.

The event also featured a display of positive affirmation cards, offering encouraging messages such as “I am loved,” “I am here for a reason,” and “I am learning.” These small but powerful reminders helped foster a positive and affirming environment throughout the day.

Overall, the Conversation Café was a great success. It provided a valuable opportunity for individuals to share their voices and help shape future support and services.

We would like to thank everyone who attended and contributed to the event.

SPOTLIGHT ON PICKLEBALL: FUN, FRIENDSHIP & FITNESS



This season, Liz has found great joy in joining pickleball sessions at the Madoch Centre every Friday. For those unfamiliar, pickleball is a dynamic sport that blends elements of tennis, badminton, and table tennis. Played on a court with a lightweight ball, it's easy to pick up and accessible for all ages and abilities.

But what makes pickleball truly special is more than the game itself; it's the laughter, the cheers of encouragement, and the friendships built along the way.

LIZ'S WORDS OF ENCOURAGEMENT

"I didn't know what to expect when I tried pickleball for the first time, but I was amazed at how much fun it was. The people are so welcoming, and I always come home with a smile. It has really lifted my spirits and given me confidence." — Liz



For Liz, these sessions are not just about staying active; they bring a sense of belonging, teamwork, and joy. Each week ends on a perfect note as she relaxes with a coffee at the Madoch Centre Café, a calm and welcoming place to unwind.

WHY PICKLEBALL MATTERS

Pickleball is more than a sport, it's a movement towards togetherness. It encourages teamwork, patience, and connection while offering plenty of health benefits:



- Gentle but effective exercise that supports physical health
- Improved balance, coordination, and movement
- New friendships and stronger social connections
- A boost to confidence and overall wellbeing

FINDING JOY IN NEW BEGINNINGS

At the heart of this newsletter lies an invitation: to explore, to try, and to grow. Just like Liz, each of us can discover fresh opportunities that bring joy and connection.

Whether it's picking up a new hobby, joining a local activity, or simply sharing time with others, every small step forward can open doors to new friendships and experiences.

If you're part of Capability Scotland, know that your journey is unique and valuable. The courage to try something different, no matter how small, can lead to moments of confidence, laughter, and belonging. Let Liz's story remind you that it's never too late to start, and that joy often greets us in unexpected places.

A SPECIAL THANK YOU

As we conclude this edition, we wish to recognise the outstanding commitment of Susan Gilruth, Manager at RBT. Her leadership and dedication continue to shape an environment where confidence, respect, and collaboration thrive.



We also extend our thanks to our team leaders, the staff at Rosiebank and Tummelunit, and to our valued customers across RBT. Your ongoing support and contribution are central to the energy and sense of community within Capability Scotland.

We look forward to the months ahead with optimism and enthusiasm, and to creating many more moments of achievement and connection together.

Liz Donnachie
Amendra Konara