

# THE SPEAKER

the quarterly newsletter of



**Independent Advocacy**  
Perth & Kinross

Summer 2009



Welcome from the Home Team  
to the Summer Edition of The Speaker

## Volunteer Update

Over the course of the last year we have been looking at ways in which we can offer diverse ways of supporting our 52 volunteers. These ways include informal telephone contact, emails, one to one support, peer support groups and ongoing training such as two ½ day trainings a year and other training as necessary.

### Peer Support Groups

The local peer support groups have been well attended and last month we started the first support group in Kinross. This means that we have now 5 support groups across Perth & Kinross. However, because some groups are quite small we are merging 2 groups together for every second meeting. This also means

volunteers get to meet and know those out with their own area.

### Half Day Training

Our first ½ day training in April was a huge success with 32 volunteers turning out for the afternoon. Both speakers were very well received and the feedback we had used words like 'entertaining' and 'very interesting'. Because of the excellent turn out the only downside became the limited space in the office! This is something which we are trying to address for the next ½ day training.

### Comments from Volunteers

*'I especially enjoyed meeting those volunteers whom I hadn't met before.'*

*'It was a good opportunity to make new volunteers feel welcome and part of IAPK'*

We give a special thanks to our speakers: Amanda Millar, Solicitor from McCash & Hunter who spoke on *Guardianship* and Nicola Sutherland, Team Leader at Welfare Rights who gave us an overview on *Benefits*.

## Ongoing training

The following training sessions are planned:

### 2009

October - **Dementia**

November - **Endings**

### 2010

February - **Local Voluntary Organisations**

(Community Transport, WRVS and Mediation)

## Awareness Raising Events

The Volunteer Fair in June was a great day! We received a lot of enquiries about voluntary work with Advocacy.

At our Open Day we welcomed over 70 people, most of whom were new faces.

At the Party in the Park in May we had a successful day - despite the weather!



Advocacy Open Day 2009



Party in the Park in May

We will be at the  
Walled Garden on  
Saturday 22nd  
August  
- do come along  
and say 'hello'

# Perth & Kinross Community Transport Group

## What is Community Transport and how can it help someone you support?

Community transport is transport owned and managed by Communities to meet Community needs. In Perth and Kinross, there are 17 voluntary car schemes, and 15 voluntary minibus operators. These transport providers help those individuals not able to access public or private transport, either through lack of provision or disability.

Disability takes many forms as can the help that volunteers provide. Some volunteer drivers help individuals to access medical appointments and provide a steady arm, while others help people access social events and opportunities to help individuals feel less isolated.

Charges for the service vary from group to group, so please contact us for further information.

It is widely acknowledged that access to transport plays a key role in maintaining health and well-being, so if you feel that someone you support could benefit from this service, please contact Angela or Jayne on 01577 866766 or email: [pkctg@btconnect.com](mailto:pkctg@btconnect.com)

**[www.pkctg.org.uk](http://www.pkctg.org.uk)** provides further information and additional links which may be of use to you.

## Roger – Volunteer Profile

“For many years I had been looking for a chance to do some voluntary work but it proved impossible to fit this into a life of office work in London and daily commuting. Early retirement 18 months ago has given me the opportunity I had been seeking and now I’m delighted to be able to contribute something to the community through IAPK.

I’ve been hugely impressed with the IAPK team at Perth. The induction training was brilliant, nicely balanced between expert presentations and group exercises in order to keep us all alert. That training and my first peer support group meeting at Crieff gave me a strong feeling of confidence about the advice and support that would be there for me within the IAPK network. Adrienne has now introduced me to my first ‘partner’ (a term I am still getting used to) and I have begun to ‘fly solo’.

I can’t imagine a better or more rewarding use of the skills I acquired in 36 years in the UK civil service. In all of that time I was supposed to be serving the public in a very remote and distant way. Now it is great to have the chance to try to make a difference to people’s lives in a much more immediate and tangible way.”

## Date for your Diary

### NETWORKING & TRAINING OPPORTUNITY

**Wednesday September 30th 2009**

5pm – 8.30pm

Venue to be confirmed

***SPEAKERS: Shelter and PUSH (both TBC)***

***Shelter*** will be speaking about housing issues including local authority responsibilities when someone is made homeless  
***PUSH*** works with adults with learning disabilities and will focus on Person Centred Planning

The format will be the same as the April training session, starting with tea at 5pm.  
The speakers will again be giving two separate hourly sessions,

so everyone will have the opportunity to hear both.  
This is another opportunity to network with all volunteers and staff,  
and we look forward to seeing you all.

## Independent Advocacy Perth & Kinross

**90 Tay Street, Perth, PH2 8NP** Telephone: 01738 587887 - Email: enquiry@iapk.org.uk

### Mission Statement:

To enable those people in Perth and Kinross experiencing mental health problems, learning and physical disabilities, dementia, frailty, people experiencing age related problems and also those who are carers, to have their voices heard by providing Independent Advocacy so that they are involved in decisions which affect their lives. We work together with volunteers to create a stronger community where people are valued.

#### The Home Team:

**Clare Gallagher** (Manager)  
**Sandra Young** (Mental Health Support)  
**Jordan Burns** (Children & YP MH Support)  
**Rhona Spowart** (Carers Advocacy Worker)  
**Amanda Moore** (Administration)

**Norrie Stewart** (Mental Health Support)  
**Sheina Bell** (Strathmartine Advocacy Support )  
**Angela Wright** (Mental Health Support Worker)  
**Adrienne Ruddock** (Volunteer Co-ordinator)

#### The Board:

**Christine McLeod**  
**Norma Bibby**  
**Marion McFadzean**

**Peter Fleming**  
**Frank Parnell**  
**Jim Dow**

[www.iapk.org.uk](http://www.iapk.org.uk)