



Futures News

Autumn 2022

hillcrest.org.uk/futures



Hillcrest
Futures

Welcome

Hello and welcome to the autumn edition of Futures News for 2022.

The newsletter is filled with good news stories, touching articles and fun photos – thank you very much for sharing your experiences with us. It is wonderful to read about the wide range of activities taking place across Hillcrest Futures.

Futures News is your opportunity to let other people know what is happening at your service. Have you enjoyed an activity recently? Have you been on any outings? Do you want to share feedback on the service you receive? Whatever you have to say, we want to know!

The newsletter goes out to the hundreds of people we support throughout Scotland; be it in their own homes, out in the community or in residential projects. If you would like to contribute to future editions of Futures News, then let your support worker know and they'll help you to do so.

Happy reading,



Joy Dunlop
Managing Director, Hillcrest Futures



Overdose Awareness Campaign

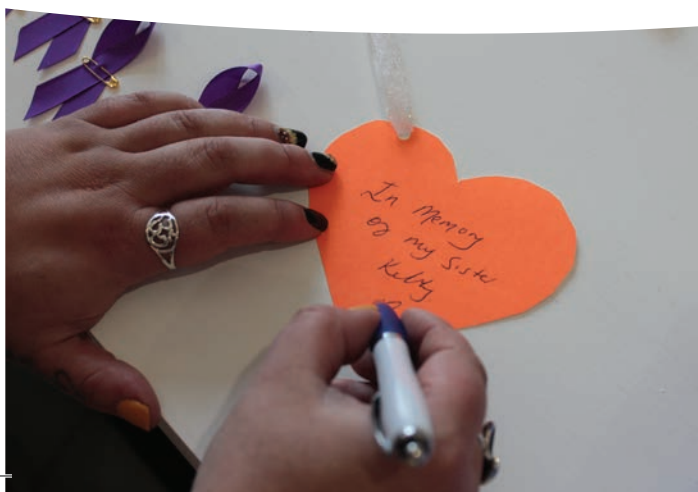
To help mark International Overdose Awareness Day (IOAD) on 31 August, our drug and alcohol services hosted a number of information stalls at various locations across Dundee, Angus, and Perth and Kinross throughout that week.

The stalls offered visitors the chance to find out more about the campaign, receive free naloxone and overdose awareness training, meet the teams and take home a goodie bag filled with Hillcrest Futures and #ODnotMe branded merchandise.

People also had the chance to add the name of a loved one to a Tree of Remembrance, in memory of those who have lost their lives to overdose.

If you would like more information about the IOAD campaign, visit:

overdoseday.com





Hillcrest Futures goes for a ‘wee wander’ as part of the Dundee Kiltwalk

On Sunday 21 August, Carol, Michael, Shauna, Tania and Aaron from our Alexander Street service took part in the Dundee Kiltwalk and were proudly supported by staff members Lynn, Rosie and Hannah.

They had a fantastic time walking the ‘Wee Wander’ route from Broughty Ferry Castle to the Blue Seaway park in Monifieth, waving to passers-by and congratulating other walkers. Everyone wore their piece of tartan with pride and the atmosphere throughout was great. In just over one hour, the team had walked, rolled and chatted for three miles, and by doing so raised funds for the Hillcrest Foundation.

Congratulations also go to a number of staff and people supported by our Millview and Pitkerro services who took time to raise funds and complete the Kiltwalk. Well done to everyone who took part, it was a fantastic day for all!





Picnic in the Park

In June, we held a 'Picnic in the Park' festival following two years of postponements due to the Covid-19 pandemic.

Around 150 people from our learning disability and autism services were invited to the gathering in Monikie Country Park and festival-goers were treated to a range of fun activities throughout the day including karaoke, face painting, wet sponge throwing, games, races and a petting zoo.

The event was organised by a working group comprised of people who use Hillcrest Futures' services and staff, and was funded by the Hillcrest Foundation.

Hillcrest Futures Managing Director Joy Dunlop said: "It was fantastic to see so many people coming together to enjoy themselves, some of whom haven't seen each other since the first lockdown in 2020. Events like these really instil a sense of belonging and community among the people we support so it's important they get opportunities to meet and have fun.

"The pandemic hampered Hillcrest Futures' ability to host events and for the more vulnerable people we support, who were disproportionately affected by lockdown restrictions, this impacted significantly on their mental health and wellbeing. So it's great to see everyone getting out and enjoying the activities they've spent so long organising."



World Autism Acceptance Week

The last week of March marks the annual World Autism Acceptance Week, a campaign to raise awareness and acceptance of autism. We support many people with autism across our services, including our Housing Support and Care at Home services, Activities Hubs and Student Support service.

To mark the week, the team at our Alexander Street service in Dundee added a splash of colour to the garden by giving their shed a makeover - the striking design features the blue Autism Ribbon, as well as a collage made up of everyone's handprints with the slogan 'Hillcrest Helping Hands' in the middle.

In addition, Daniel and Aaron shared how the support they receive from the service helps to improve their lives.

Daniel

"I often become anxious when trying new things or if a family member becomes unwell. I have strategies to help me cope and talking to my support workers helps me stay calm. Staff are very good at talking to me, listening to what I have to say and they help me see things more clearly. They help me to feel safe."

Aaron

"My support workers help me with my routines. I like staff to know my meal times. When I go out for lunch, I like staff to also eat or have a drink when I'm in the restaurant as I don't like eating alone. When I go out to clubs, college and when showering, I feel safe to know staff are there to help in case I have a seizure."



Suicide prevention training being offered in Tayside

A suicide prevention course is currently being run by the Tayside Suicide Prevention Training Group, a collaboration between Angus Health & Social Care Partnership, NHS Tayside and Angus Council.

The course is being run with the aim of breaking down barriers and removing stigma around suicide. Hillcrest's mental health peer support worker Kelly Christie, has recently become a voluntary trainer for the Tayside Suicide Prevention Training Group and is delivering these sessions. After suffering a severe brain injury herself 16 years ago, Kelly is using her own experiences of mental health struggles during her extraordinary recovery to help others by sharing her inspiring insights.

The course runs for one day each month, and is free and available to anyone in Angus, Dundee and Perth and Kinross local authority areas.

If you would like to attend or for more information about the course, please email: kchristie@hillcrestfutures.org.uk



A Joyful Jubilee!

In June, a number of our services gathered to celebrate the Platinum Jubilee of HM Queen Elizabeth II to mark the 70th anniversary of her accession to the throne.

Our Milnab Street service in Crieff honoured the day with a gallant Garden Tea Party and everyone came together to decorate the garden for this very special occasion. The service was very grateful to receive colourful gifted bunting and pompoms from the Crieff Community Arts Group. It was a truly treasured and memorable moment for all.

Our Housing with Care services across Dundee also joined in the Jubilee celebrations by holding a street party style gathering. Staff from the services decorated the communal lounges with Jubilee bunting and tableware. The party-goers were treated to an afternoon tea of both savoury and sweet treats, including cakes decorated with crowns and Union flags. Everyone had a great time, with lots of laughter, food and jokes.





New wheelchair accessible activities in Dundee

Since reopening after the pandemic, our Dundee-based Activities Hub has been expanding its offering with the addition of new and exciting wheelchair accessible activities.

One of the most popular activities is 'Boomwhackers', a fun musical activity where participants hit different pitched plastic tubes off nearby surfaces to create a range of sounds.

Accessible baking has also been introduced and has proved to be a hit, with the baking group now running two classes a week on the lower floor of the Hub. The group creates delicious cakes and goodies in a safe, spacious environment.

This summer, Hub attendees enjoyed growing plants in the lovely Duntrune Community Garden in Broughty Ferry, where there is plenty of accessible space for people who use wheelchairs to roll up their sleeves and get stuck into weeding and planting.

The boccia group has also taken off, and the lower Hub is the perfect place for people to compete in this wheelchair accessible game. It gives attendees an opportunity to meet up with friends where they enjoy cheering on (or booing!) their teams.

If you'd like to get involved in any of our Hub activities, you can follow them on Facebook at:

facebook.com/HFActivitiesHub



Award-winning mental health support

This summer, staff from our Angus Mental Health Peer Support service were delighted to collect the trophies for two awards they won at NHS Tayside's Mental Health Nursing Forum Scotland Awards late last year.

The service is part of the Angus Health and Social Care Partnership, a multi-agency group made up of GPs, mental health, wellbeing and substance services staff. The group received the Community Mental Health Nursing Award for their development of the Enhanced Community Support (ECS) Mental Health Hub in Angus. They were also joint winner of the Overall Prize.

The ECS Mental Health Hub is based in Montrose but also covers Brechin and Edzell. The Hub provides a range of services for patients, including access to the community mental health team, drug and alcohol services, psychology, third sector peer support and social prescribing.

Working collaboratively with other health and social care teams, and offering a single point of access to different types of support, makes it easier and faster for each person to get help when it is needed.



Canning Place celebrates Red Nose Day

Residents from our Canning Place service in Dundee had a great time marking this year's Red Nose Day. In advance of the celebrations, Paul, Harry, John, Harry, Gus and Christopher baked a selection of delicious cakes and cookies.

On the day, everyone at the service enjoyed a buffet lunch with the home-baked goods going down a treat. Unfortunately, the red noses didn't arrive in time, however staff at the service quickly improvised and used red lipstick instead! Everyone

had a fantastic day and raised a total of £80 for Comic Relief to help change lives in the UK and around the world by tackling poverty, violence and discrimination.



A 'pawsome' visit from Tim the therapy dog

Dan and Gary from our Millview service in Dundee recently had a visit from Tim, a therapy dog who is trained to provide affection, comfort and support to everyone he visits.

The pair had a great time meeting him, and enjoyed stroking and walking him on his lead. They both hope to see Tim again soon.





Discovering Dundee on foot

After Covid-19 restrictions eased in summer 2021, our Dundee Futures project launched a weekly walking group which visited different areas around Dundee.

Shortly after this, a second group was established, however attendance dwindled after a few weeks.

Speaking to group members, the Dundee Futures team realised that walking as a group was what people valued most, but found that planning the details of the walk was a barrier.

Taking this on board, the team has revised how the groups are run in order for participants to get the most out of them. They are now running two groups, one gentle and one more strenuous, which meet on a weekly basis and are ongoing so people can dip in and out as they please. This has enabled group members to spend more time taking part in an enjoyable, shared therapeutic activity while building stronger ties and friendships.

The groups have explored places and parks around Dundee, some of which are new to many of them. This included a Taymara boat trip, which gave participants the chance to explore the coast of Dundee, Angus and Fife from a very different vantage point. They also visited Dundee's Botanic Garden and explored secret pathways, discovered amazing trees and took in the wonderful views over the River Tay.

The walking groups have now proved to be a success and have 29 regular attendees. **When we asked our walkers what the walking groups mean to them, they told us:**

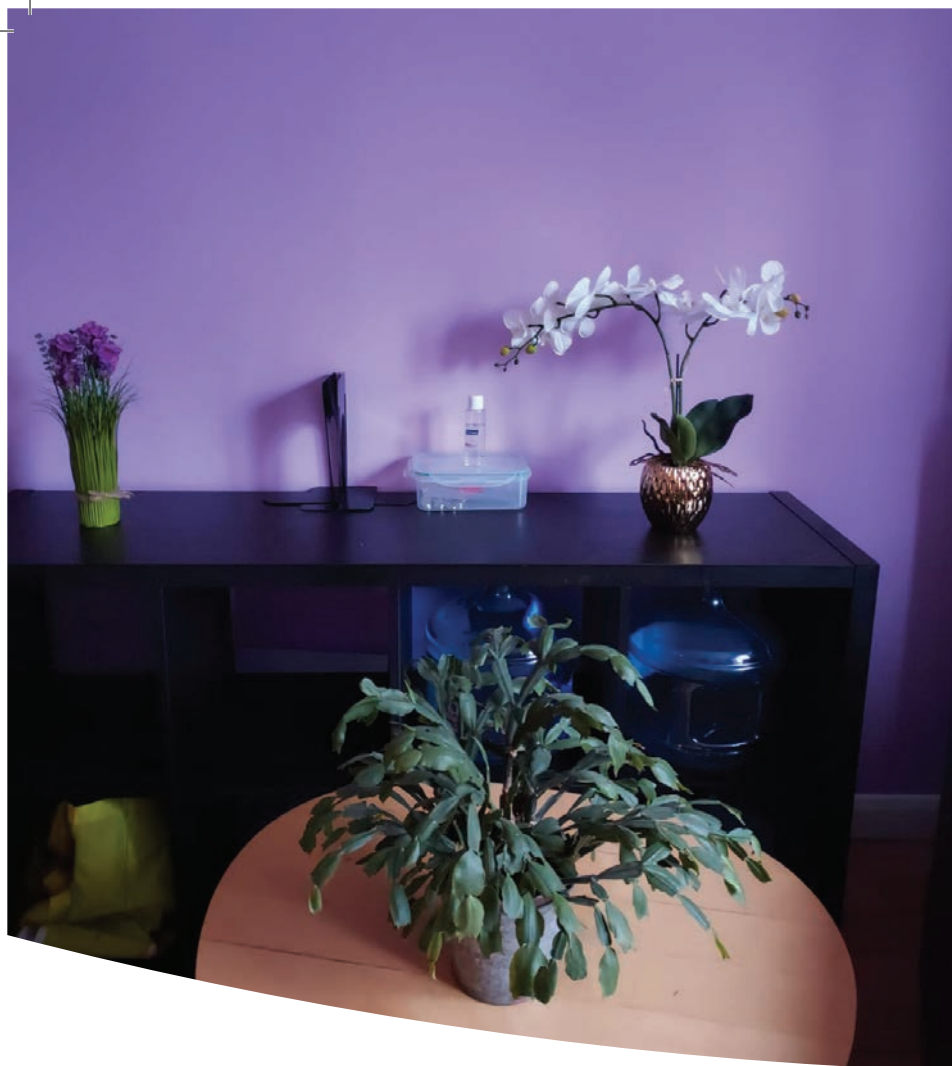
“Walking keeps me healthy, both mentally and physical. It gives me a better head space.”

“I enjoy seeing nature, the changing things on our doorstep. I like going with the group as I don't think I would go on my own.”

“It's been a joy every week to meet and connect with like-minded folk. Also lovely to be close to nature and explore Dundee!”

“I enjoy the walking group so much, it's such a good way of meeting and getting to know people and I look forward to going every week. I enjoy the variety of walks we do as we visit places I would not normally visit. My mental health has improved since I started the group and I feel more confident and chatty with the group as the weeks go by.”





St John's Hill accommodation gets a fresh lease of life

Our St John's Hill homeless service in Edinburgh was awarded funding in 2019 by the Hillcrest Foundation to redecorate the office and communal areas within the building.

The work has now been completed and the interiors are looking brighter, colourful and fresh. All the staff members and residents were involved in selecting the colours for the paintwork and also chose new artwork to feature in the drop-in room.

There's also a new pool table that can turn into an air hockey or table tennis table for residents to enjoy.

Feedback from the residents has been very positive:

"Now I can gladly invite my family for a visit."

"I'm happy to have been included in choosing the colours of the paint and the pictures."

"Feels like home now."





Injecting Equipment Provision in Portman Street

Staff from our Portman Street homeless service in Glasgow recently completed injecting equipment provision (IEP) training, as part of an exciting new initiative delivered in conjunction with NHS Greater Glasgow and Clyde.

The training has enabled the team to start providing IEP within the service and better engage with people who use drugs.

The IEP is available daily from 8am until 8pm, and the people who use it are encouraged to give feedback and share any ideas they have. The service is completely confidential and is provided discreetly in a comfortable environment where individuals have the opportunity to discuss any health concerns they have.

An individual who uses the service commented: "I feel comfortable asking the staff for injecting equipment and talking openly about my drug use without being judged. I now no longer share or use dirty needles, which has had a positive impact on my health and wellbeing."

Walking through Edinburgh with the Resource Hub

Our Edinburgh Futures Resource Hub supports people to learn new skills and experience a range of recreational, educational and social activities including cooking classes, walking groups, art and crafts, and IT skills.

After receiving money from Hillcrest Futures' Service Improvement Fund, the Hub's walking group has been able to attend exciting exhibitions and activities around Edinburgh. In April, the walking group took part in Edinburgh Council's #CleanUpScotland initiative, which involved picking up litter to tidy the city. In June, they visited the new multi-sensory Van Gogh Alive exhibition where visitors got to immerse themselves (literally!) in the work of the famous artist Vincent Van Gogh.

With all the exploits of the walking group, they've needed to refuel and thankfully they've been kept well fed by the Hub's cooking group, which has made lots of delicious dishes over the past few months and even took their skills outdoors, enjoying a picnic and a BBQ.

To find out more about the Resource Hub, follow their Facebook page at: facebook.com/HFResourceHub or contact the team on 0121 667 9407 or edinburghhub@hillcrestfutures.org.uk.





Maintenance teams undertake naloxone training to reduce drug deaths

As part of our ongoing campaign to reduce drug-related deaths, tradespeople from across Hillcrest Maintenance received training to learn how to administer naloxone, a medication which temporarily reverses the effects of an opioid overdose.

The voluntary sessions were facilitated by staff from Hillcrest Futures' Harm Reduction service. Attendees were taught how to recognise the signs and symptoms of an opioid overdose, as well as how to administer naloxone safely.

Our Maintenance teams come into contact with people who use drugs on a regular basis and are therefore more likely to come across a situation where a tenant, or someone in our communities, has overdosed. By completing the training, our teams are much better equipped to help in an emergency situation and potentially save a life.

Since taking part, all 31 participants have volunteered to carry naloxone. Not only has the training raised awareness of what to do in an event of an overdose, it has also helped combat the stigma and barriers surrounding it.



Scottish Learning Disability Week

The first week in March is Scottish Learning Disability Week, a campaign raising awareness of learning disabilities.

Each year has a different theme that relates to the lives of people with a learning disability and this year, the theme was 'We all have human rights'.

With this theme in mind, Dan and Gary from our Millview service in Dundee created collages showcasing places that are important to them, where they feel their rights are heard.

Meanwhile, Allan and Angela from our Tullideph service in Dundee took photographs showing some activities they do with staff that are important to them. This included cooking, gardening and drawing.



World Hepatitis Day

To mark World Hepatitis Day (WHD) 2022, our Harm Reduction team signposted people to various sites across Angus, Dundee and Perth, encouraging them to undertake a blood borne virus test.

This was aimed at targeting the substance use population in these areas who may have missed out on blood tests over the last few years due to lockdowns during the pandemic.

WHD occurs every year on 28 July, bringing the world together to raise awareness of the global burden of Hepatitis. In 2020, Hillcrest Futures played a key role in the eradication of Hepatitis C within Tayside, becoming the first region in the world to effectively eliminate Hepatitis C in injecting drug users.

Our Harm Reduction team provides crucial services to people who use drugs, by offering information and advice to minimise the risks of drug use and support with recovery.



Joy for All Companion Pets

Carol and Michael from our Hillbank service in Dundee were delighted to receive a Joy for All Companion Pet.

Michael chose a dog which he has named Elvis, while Carol chose a cat who doesn't have a name yet, but is female.

Joy for All Companion Pets are interactive toy animals, designed to bring comfort and companionship to their owners. These innovative products help to alleviate social isolation and loneliness by delivering joy, fun and happiness to improve quality of life.

The pair were first introduced to Joy for All Companion Pets at our Activities Hub in Dundee, where they both really engaged with them. Carol and Michael are now really happy to have a 'pet' of their own that they can keep.



Happy 2nd birthday to Past Present Futures!

In July, our Broughty Ferry-based charity shop Past Present Futures celebrated its 2nd birthday.

Since opening in 2020, the shop has continued to grow and thrive which is all thanks to the people who volunteer, donate stock and shop with us.

Hillcrest's Chief Executive Angela Linton and Hillcrest Futures' Managing Director Joy Dunlop visited the shop on the anniversary to personally thank the shop manager Tricia and her group of volunteers for all their hard work.

Past Present Futures sells a range of high quality, affordable clothing, hand bags, shoes and more. Visit the shop at 104 Gray Street, Broughty Ferry from Monday to Saturday between 10am-4pm to see what gems you can find. All of the money raised goes to Hillcrest Futures to support vulnerable people to live fulfilling and vibrant lives.





Magdalen Yard Road resident receives new mattress thanks to Enabling Fund

Charles, a resident of our Magdalen Yard Road Housing with Care service in Dundee, recently received a new mattress after his support worker Kevin submitted an application to Hillcrest Futures' Enabling Fund.

The Enabling Fund provides financial support to enhance and improve the lives of the people we work with.

The application was made after Kevin discovered that springs were poking through Charles' previous mattress which could potentially cause an injury. Charles is very pleased with his new, more comfortable mattress.



An act of kindness

In March this year, Frances Warren, who receives support from our Burnside Court service in Alyth, organised a collection of donations to help people fleeing the war in Ukraine.

After watching the news and seeing the situation unfold, Frances felt upset and helpless. Knowing that she wanted to do something to help, she decided to go through her wardrobe and pick out clothes to send to Ukrainian refugees. She also donated a weighted blanket and teddy bears.

Frances encouraged others at the service to get involved and the pile of donations quickly grew. Along with her support worker Tracy, she loaded up her car to take the donations to Touch of Poland in Perth who will deliver the items on her behalf. Frances coordinated the collection of donations with minimal help from staff and everyone at the service is extremely proud of her efforts.



A 'wheely' good time!

Aaron from our Alexander Street service in Dundee is delighted to return to his cycling sessions hosted by NHS Tayside's Physiotherapy team.

Aaron loves to do lots of laps around the park on an adapted tricycle, and although the weather can be very wet and miserable, he always has a great time and can't wait to return again each week.



Gardening fun at Bruntsfield House

Our Bruntsfield House homeless service in Edinburgh recently launched a community garden project, after a new green-fingered resident with a keen interest in gardening moved in. Maryse has made fantastic progress to the garden alongside the service's established volunteer gardener.

Maryse grew up on a farm in France and has a vast knowledge of gardening and landscape design. At Bruntsfield House, she has grown pumpkins, brambles, broad beans, plums and radishes. The long term plan is to use the herbs and vegetables in the service's Good Food, Good Practice cookery course, which runs year round. This will not only help the project become more self-sustaining, but it will also teach others at the service about sustainability and growing food.

Since working in the garden at Bruntsfield House, Maryse has started to help out at the garden in our Tollcross View service, as well as in other community gardens across Edinburgh.



Exploring new places

Our Dundee Adult Drug and Alcohol team has been making use of the Hillcrest minibus to take the people they support out on walking tours.

The groups have proved popular, providing people the chance to visit new places, make new friends and enjoy fresh air and exercise, and everyone has commented how all of these factors have had a positive impact on their mental health and wellbeing.

Having the use of the Hillcrest minibus has enabled the group to take people further afield and they have recently visited a number of interesting spots including Glenogil railway line, Lochearnhead, Kinshaldy Beach and Pinecone Point in Dunkeld.



Connecting with nature

A group of young adults supported by our Perth Outreach service recently completed the John Muir Award at Perth College UHI.

The John Muir Award is an environmental award scheme that encourages people to connect with, enjoy and care for wild places. It is the main engagement initiative of the John Muir Trust and is used by colleges across Scotland to inspire and connect both young people and adult learners with nature.

As part of the course, the group learnt about exploring, discovering and conserving nature through studying leaves, litter picking, installing bird boxes and more. Jane Neave, support worker at our Perth Outreach service, commented: "The group we support loved completing the John Muir Award and really enjoyed Hillcrest Futures' support during the classes. It's fantastic to see these young adults become involved, flourish and gain confidence."

Our Perth Outreach service supports the local authority transition team to help young adults move into further education and occupational activities, as well as helping them to access their local community and manage their own tenancies.





Rockwell Holiday Home

Did you know we have an accessible holiday home in Dundee? Rockwell Holiday Home offers a great environment for people to have a holiday or use for a respite break.

The holiday home, based in the Coldside area of the city, is both stylish and comfortable. The spacious bungalow is adapted for wheelchair users and contains height adjustable kitchen facilities, a large wet room, two bedrooms and a lounge. Other amenities include a mini hi-fi system, a Nintendo Wii video game console and access to Netflix. The enclosed garden at the back of the house contains a brick BBQ, table and chairs, as well as a shed full of games.

The house is situated in a quiet cul-de-sac two miles north of Dundee city centre which means it is in an ideal location for people to enjoy a quiet break, yet still have a wide range of attractions to see and do only a short drive away.

For anyone interested in booking the holiday home, email: Rockwell.holidayhome@hillcrestfutures.org.uk





Getting together to raise money for Macmillan Cancer Support

In August, our Canning Place service held a coffee morning in aid of Macmillan Cancer Support. The service invited people from our Milton Street and Millview services to the event, along with their friends and families.

A great time was had by all, and attendees enjoyed playing games, Tombola and taking part in a silent auction. A total of £215 was raised thanks to the generous donations.



New Housing with Care service opens in Dundee

In August 2022, we opened a new Housing with Care service in the Fintry area of Dundee.

Finavon Terrace is a purpose-built secure building consisting of three self-contained, fully adapted flats. It provides 24 hour support to adults with physical disabilities to enable them to live independently in their own homes and, where possible, prevent unnecessary hospital admissions.

The people who live at the service have bespoke support plans to meet their needs, which include physical and learning disabilities and/or mental health problems.

The staff at the service support people to attend activities in the local community to encourage social inclusion, while also assisting the tenants to manage their finances, do their own shopping and make personal choices.

Finavon Terrace welcomed its first tenant on 10 August and the team continues to provide transitional support for two further individuals in preparation for their imminent move in the next few months.





Helping people live better lives

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