



Disability Shetland

...working together

Annual Report 2009/2010



Shetland
Islands
Council



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Chairman's Foreword

Disability Shetland has during the past year continued to maintain all services to our clients and their families / carers. I am please to report that we have also added Pilot Outreach Projects to our services – situated in Brae and Unst at present – this is due to the hard work carried out by staff not only in securing funding (a difficult and time consuming task) but also liaising with local organisations in each area to ensure the client needs are being met.

Our success is due to the hard work of the staff and volunteers – without their dedication we would not be able to maintain the quality service for our clients. There have been some staff changes this year, Lindsay Tonner has replaced Stephanie Bain as co-ordinator for the Children and Young People's Project – we wish Stephanie well in her new career and welcome Lindsay.

The Trustees express their thanks to Catherine Hughson (Executive Officer, Voluntary Action Shetland) and her staff for their invaluable advice and support throughout the past year.

I wish to thank the Trustees for their support during the year – both to the staff and myself. We will endeavour to build on delivering a quality service to our clients and their families / carers.

Marie Williamson
Disability Shetland
Chairperson

Management Support – Voluntary Action Shetland

Disability Shetland

Since April 2006 Voluntary Action Shetland has been supporting Disability Shetland staff and Trustees in the day to day running of the organisation.

Disability Shetland staff and trustees with our support staff have worked earnestly to gain funding to sustain the current service delivery. This is never an easy task as all funding agencies have a reducing amount to offer and very strict criteria for application.

Voluntary Action Shetland continues to represent the interests of the sector and a priority for us is more sustainable funding models of 3 or 5 years and commissioned services. This will assist organisations plan for the future and allow staff a certain amount of security.

As you will see from the annual report there have been various successes including more trips in the Wootton Lass, Wheelchair lending service and the continuance of the various clubs that are vital to Disability Shetlands client families.

Trustees and staff continue to do their bit for fundraising coming up with new ideas such as the Stretch and Breathe DVD and what is becoming the annual dance, this all takes time and effort on behalf of all concerned including the volunteers who make such a difference to the delivery of the services and are all very committed people.

I wish to thank all involved personally for their continued support and the desire to see Disability Shetland continue to deliver a quality service to a very deserving group of individuals.

Catherine Hughson
Executive Officer
Voluntary Action Shetland

Disability Shetland Profile

Disability Shetland is a registered Charity and company limited by Guarantee. There is an elected Management Board of 9 Trustees while day to day management support is provided by Voluntary Action Shetland.

Disability Shetland began providing services in 1987 and this has grown to 3 main projects : - Children & Young People's Project, Recreation Club and Access Panel. Specific activities include leisure and recreational activities for adults and young people, Access Panel, Access Audits, Access Guide information, Wheelchair Lending service, advice on Disability Discrimination Act, Disability Awareness Training, support to families, support to disability groups and representation of disabled persons on local multi agency committees.

Disability Shetland currently employs 3 part-time members of staff – Access Co-ordinator, Children and Young People's Co-ordinator and Recreation Club Co-ordinator.

Key Aims and Objectives

Disability Shetland's mission statement is : -

**“To support the efforts of disabled people
to realise their full potential in all areas of life.”**

Disability Shetland's Key Aims

The object of Disability Shetland as set out in their Memorandum and Articles of Association is:

- To relieve the needs of persons in Shetland with disabilities, regardless of age or impairment.

Disability Shetland will further this above object by :-

- Carrying out activities in a way that is progressive, raising the awareness of society that people with disabilities are valued individuals.
- By participating in a means of consultation and joint action among voluntary and statutory organisations concerned with the welfare of physically and mentally disabled people of all ages.
- By increasing understanding of the problems of disability and by encouraging integration in its fullest sense between disabled and able-bodied members of the community.
- By promoting, providing and encouraging the development of services and facilities for people with disabilities, including a barrier-free environment.

Achievements 2009/10

Disability Shetland had another successful year achieving the following:-

- Taster sessions undertaken to ascertain need in rural Shetland for Saturday clubs for children with Additional Support Needs (ASN)
- Funding secured and New Saturday Clubs established for young people with ASN in the North Mainland and the North Isles
- Funding secured for a further pilot Outreach project in Whalsay
- Lerwick Saturday club sessions extended to 50 per year including school holidays
- BBC Children in Need visited and filmed the Saturday Club in November
- Funding secured for trampoline, short tennis and soft play sessions for children with ASN
- Children & Young People Co-ordinator instrumental in establishing a Helping Hands Forum for people in Shetland working with children with ASN and parent members
- Exclusive Singing Kettle performance held for children and adults with ASN
- Over 150 sessions delivered at our 7 clubs through our recreation project
- Funding secured for delivering a New Age Kurling project for families in Unst
- Funding secured for delivering bowling sessions to clients of the Wednesday Club
- *Stretch and Breathe* DVD launched
- New Hoist in place to make trips on MV Wootton Lass fully accessible
- Access Co-ordinator completed Royal Yachting Association Powerboat Level 2 training course and practical assessment and also Coastguard VHF Radio Operator's exams
- Partner in Forum which won a Shetland Environmental Award for the wheelchair accessible gate and pathway to the Sands of Sound beach
- Access Panel continues to work with organisations including SIC and NHS and Disability Shetland now represented on 12 committees
- Disability Shetland website pages regularly feature on the Shetland Community Portal top 20 most visited sites
- 9 Volunteers recruited during the year and 1 existing volunteer received a Millennium Volunteer Award in recognition of their volunteering
- Third annual traditional Shetland Dance Fundraising event held
- Staff participated in a team building Away Day
- Moved office within Market House

Services and Clients

Children and Young Person's Project

In the last 12 months the Children and Young Person's Project has expanded and continues to provide families of children with ASN (additional support needs) all over Shetland with support and advice.

We now have 50 children on our **ASN Database**, which is an increase of 16 from last year. These families are kept up to date with quarterly newsletters containing local and national information on services and legislation. This database is so important in identifying unmet need in relation to geography within the Shetland Isles and also potential support groups for families or children with specific needs. The coordinator has been able to consult with the families to gain feedback regarding current services and also any gaps in services.

The reason for the increase in numbers on the ASN database is due to working closely with the local authorities and health board. The coordinator has represented Disability Shetland at parents' evenings at schools and has attended meetings with the social worker for children with ASN. Links have also been established with the local Inclusion Officer who provides holiday and out of school provision for children and young people with ASN. Due to these positive links, parents have been informed about the project's services and requests to be referred to the project have been made. The increase in clients has encouraged the project to set up another 3 Saturday Clubs in the more remote areas of Shetland. Funding was gained from the Awards for All fund of the Lottery and also Children in Need for this.

The project also received funding from the 2014 Communities Fund of the Big Lottery Fund to provide 20 **trampoline, short tennis and soft play sessions** for children with ASN. Parents had expressed an interest in this for their children after taster sessions were carried out previously. These sessions are proving popular with families and because children have to be accompanied by a parent / carer, it acts as an informal support group and networking opportunity for the adults. The current register for these sessions is 18.

The **Helping Hands Pack** continues to be popular with both professionals and families. In the past 6 months we have distributed 1 to a mum whose child had just been diagnosed with autism, 1 to the local short breaks facility for children and young people with ASN, 2 to the Health Promotions department of Shetland Health Board, and 2 to Shetland Pre-School Play. The resource is also available on the Disability Shetland website to download. The coordinator was recently approached with regard to combining the Helping Hands Pack with the Family Information Service Directory which would be a positive move for families of children with ASN feeling included and not always looking for a separate document for their circumstances.

The Lerwick **Saturday Club** continues to be well attended and has increased to 50 weekly sessions per year for 2 groups. A session leader and 2 relief session leaders continue to support the volunteers on the day and are involved with the planning of sessions. We have had 8 new referrals for this club and the current register for both clubs is 19. Activities that the children have recently been enjoying include DJ workshops, dancing, drumming, swimming, roller-skating, baking, arts and crafts and visits to nature parks. The families are constantly consulted regarding the club and feedback is gained from questionnaires and regular informal meetings with children and their parents / guardians.



Saturday Club outing to Michael's Wood in Aith

Disability Shetland received nearly £20,000 to set up and run 3 **Outreach Saturday Clubs** in the North Mainland, North Isles and Whalsay. The coordinator had consultations with ASN school staff in these remote areas to identify children who would benefit from an Outreach club. The North Isles project will be based on the island of Unst and will provide activities for children aged from 4 to 18 with ASN. There will be a session leader and a group of up to 10 volunteers. The North Mainland project will access different venues to ensure it is reaching as many families with children with ASN as possible in that area of Shetland and activities will be chosen by the young people. This group will be run for secondary aged children with learning difficulties relating to social and behavioural issues. Again there will be a session leader and appropriate numbers of volunteers for this group. The consultation process has not yet begun on Whalsay but it is hoped to get this going after the summer.

The Children and Young Person's Coordinator along with the manager of the short breaks unit for children with ASN has recently established a **Helping Hands Forum**. This group consists of professionals in Shetland working with children, and families of children, with ASN and also parent representatives. There are currently 17 people involved with this forum. There has been 4 meetings so far and have proved to be great environments for identifying unmet needs of families. Through these meetings we have identified the need for support for siblings of children with ASN. The coordinator has been in touch with the national organisation *Sibs* who are going to come up to Shetland to deliver training and workshops to professionals and parents. We then hope to start a support group for siblings.

In April the Coordinator attended a *Families as Learning Partners* conference in Glasgow where workshops specifically related to **Parents**. She undertook a Parent Network Scotland Course and also investigated the establishment of “Parent Support” group in addition to a “Sibling Support” group.

A private **Singing Kettle** performance, funded by Disability Shetland, was held for children and adults with additional support needs at the Sound Hall.



Leanna delighted to meet Cilla from the Singing Kettle concert funded by Disability Shetland

In addition to the above services the coordinator continues to provide advice and support to families through informal and formal meetings and by representing both Disability Shetland and parents on various groups and forums.

Recreation Club - Young Adults and Adults

Sports Club

Disability Shetland held 14 Sports Club sessions with an average of 26 clients and 16 volunteers attending each night. This has included 1 new client and 4 new volunteers. Activities on this night include; carpet bowls, table tennis, adapted tabletop games, basketball shooting, netball shooting, football and use of the Apex fitness suite. New age Kurling was introduced as a new activity this session, which clients have really enjoyed. We provide transport for all service users and reimburse volunteers for any out of pocket expenses.

As part of the Welcome 2 project, Disability Shetland held a private tour of the Library for all Recreation Club clients. This allowed them to try out first hand all the new equipment and technology that was purchased as part of this project.

Our annual **Bowls Competition** was held on Monday 11th May 2009 and 27 participants, 11 volunteers and 7 spectators attended the event. Per Breivik was crowned the 2009 champion and Anne Robertson; Lerwick Women's 2009 Bowls Champion, presented him with the Sportswise Shield and trophy. Jack Harcus who secured 2nd place was also presented with a trophy. After a tense game Shona Mair secured 3rd and Gina Leslie 4th place.



Prize-winners Shona Mair, Per Breivik, Jack Harcus and Gina Leslie celebrate at the 2009 Bowls competition

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All Stars Football Club

The All Stars Football sessions ran fortnightly during October and November for young people aged between 8 – 18. These sessions were not as well attended as we would have like and we will be publicising this club for the 2010/11 sessions. Kevin Moreland is our volunteer coach for these sessions and is assisted by Gary Smith another volunteer.

Swimming Sessions

During the summer months we had ten swimming sessions at the Clickimin Pool. Our service users can choose from 3 different areas of the pool on the night. These areas are; the hydrotherapy pool, lane swimming or the floating floor area. The hydrotherapy pool is used by those who have limited mobility and wheelchair users, as the warm water is therapeutic and can help with their circulation. The lane swimming area offers our confident swimmers the opportunity to practise their strokes and improve their general swimming ability. Finally, the floating floor area is raised to approximately 1 metre so that our weaker swimmers can learn to swim with floatation aids. Our numbers for this club are approximately the same as the Sports Club with an average of 35 swimmers and 18 volunteers this summer. Again, these figures include 1 new client and 4 new volunteers.

Our annual **Swimming Gala** was held on the 7th September 2009 and we had 24 participants, 18 spectators and 10 volunteers at the event. Disability Shetland continues to provide transport for all our service users.

Our Swimming Club in **Unst** continues to be very popular with the young people who attend. We currently have 6 young people that attend these sessions twice a week through term time. In total we provide 60 sessions in the year.

Yoga Sessions

We held two spring yoga sessions on the 7th and the 14th April 2009 and there were 18 attendees. Last year the autumn sessions ran from 8th September – 17th November 2009 providing 10 sessions to on average 12 attendees. Our instructor again for these sessions was Hazel Thomson a qualified yoga instructor. Hazel holds a Diploma in Yoga Teaching from the Scottish Yoga Teachers Association; this is a two-year course, which include yoga practice, anatomy and yoga philosophy.

Wednesday Club

Our Wednesday Club continues to meet at Montfield Day Hospital on Wednesdays from 10am – 3pm for 50 weeks of the year. We provide this social service currently to 8 physically disabled adults. Each Wednesday consists of tea, chat, news and current affairs, board games, stretch and breathe exercise DVD. We also have lunch and have a variety of speakers, presentations and sometimes play bowls.

Our Stretch and Breathe Exercise DVD was produced with the help of Hazel Thomson and Maurice Smith and launched in November 2009. The idea for the DVD came from the Wednesday Club and to date we have sold 71 of the 100 copies produced

MV Wootton Lass

7 trips during the summer months enabled 28 Clients to experience short sightseeing and fishing trips around the Scalloway Harbour area onboard the specially adapted MV Wootton Lass. The Wootton Lass Project is managed by Disability Shetland in association with Shetland Recreational Trust and Scalloway Boating Club. Trips last from about one hour and begin and end at the Scalloway Marina, Port Arthur. A hoist is situated at the marina so that wheelchair users can access the boat. If you would like more information or would like to book a trip for yourself, a family member or for your organisation's clients please contact our office at Market House.



A group of Clients looking forward to the Wootton Lass experience

Disability Awareness Training

The Recreation Club Co-ordinator continues to raise peoples' awareness of disability via generic and tailored disability awareness training. During the past year training has been provided to Shetland Befriending Scheme volunteers, staff at Scoop Wholefoods and Scatsta Airport and a peer support group at the Janet Courtney Hostel. This provides a further source of income for Disability Shetland.

Access Panel

Panel Membership

Membership of the panel has grown from seven to nine. Alan Owen stood down after many years of valued service and three new members joined. The new members are Val Jamieson, Katrina Christie and Doreen Williamson who previously served as a Trustee and is a volunteer for the Recreation club.

Access Guide

Routine updates have been carried out to the Access Guide including the section on Inter Island Ferries and Ferry Terminals, which we host on behalf of the S.I.C. Marine Operations Dept. The Access Guide is available on the Disability Shetland website at <http://www.shetlandcommunities.org/disability-shetland>

Wheelchair Lending Service

Five new conventional self-propelled wheelchairs were acquired in addition to our existing three Landeez Off Road Buggies. A portable ramp was also purchased to complement the service. The eight chairs now form the basis of our re-launched service which makes wheelchairs available on short term loan to clients who need a chair temporarily or who are waiting to receive a permanent one of their own. The service was particularly well used during the summer months when demand was boosted by high numbers of elderly visitors to Shetland.



Caitlin Chapman accessing the beach with the Landeez buggy

S.I.C. Building Standards Focus Group

The Access Panel continues to work with the Building Standards department to ensure a good level of disabled access to new builds and to buildings being altered and we were extremely pleased to be invited to participate in the new Building Standards Focus Group. This group will work to iron out potential problems in the building warrant process and ensure a smooth application process and quicker turn around for applicants.

Countryside Access Forum

The panel continues to be represented on this important local body, which has been responsible for carrying out improvements to around 100 routes within Shetland since it was set up. The issue of the proposed Viking Energy wind farm and how it might affect access stimulated much conversation and debate amongst forum members. During the year, the Forum was involved in partnership working with the Moving On Employment Project and ASN Summer Play Scheme staff to construct a wheelchair accessible gate and pathway to the Sands of Sound beach. The project won a Shetland Environmental Award.

External Transport Forum

This important forum has continued to attract very large numbers of participants as it closely monitors changes in both air and sea transport services with the mainland. The panel's continued representation on this forum has provided us with an opportunity to get the most up to date information about proposed developments and has provided us with a valuable platform to put our own views across to decision makers.

NHS Shetland Local Diversity Taskforce

This group was set up to raise awareness of equality and diversity issues within NHS Shetland and has met regularly throughout the year. Its agenda has developed in line with changing legislation and all equality strands are covered. The panel continues to value its role on this taskforce particularly as the new Equality Bill looms closer.

Disability Consultation Forum

Consultations were carried out by Disability Shetland on behalf of the Disability Consultation Forum in the summer of 2009. The purpose was to record the views of disabled people living in Shetland on the services they receive in order to identify gaps as well as existing strengths. Services included those delivered by public bodies and those that can be influenced by public bodies, including education, social care, transport, leisure and health services. This document is available for anyone that wishes to read it.

Volunteers

Recruitment and Training

Our services are made available to our clients through the continued support of our trained volunteers without whom we would not be able to operate our projects. We currently have 55 active volunteers. Three recruitment drives for volunteers for all projects took place during the year which resulted in 9 newly trained volunteers.

We provide the following training for all our volunteers; Disability Awareness Training, Managing Challenging Behaviour, Autism Awareness and Child Protection Training. Other optional training for volunteers includes Epilepsy Awareness Training, Generic Cerebral Vision Training and basic British Sign Language and Makaton Communication Methods.

We are currently offering advanced training in Autism Awareness and Managing Challenging Behaviour as well as a 5 week course in Makaton and Picture Exchange System, both of which are aids to communication for children and adults with ASN. We also plan to deliver Centaur training which is Manual Handling training specifically for those working with children with ASN.

Natalie Leask received an MV Award for reaching the 100 hours of volunteering milestone with Disability Shetland and other organisations.



Natalie Leask receiving her MV Award

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Volunteer Support Networks

Support is provided to Volunteers via the Recreation Club Co-ordinator and the Children and Young Person's Co-ordinator. Information is distributed to volunteers via email, letters and through our website which is updated frequently. Individual meetings for volunteers are also offered and we have instigated two volunteer team meetings where volunteers come together to air views and share experiences.

Funding

Funding continues to be a huge issue for Disability Shetland with the continuation of our services reliant on us securing external and local funding. It is becoming more difficult to fund projects as funders are receiving more applications from organisations and are often looking to support new projects. We continue to be proactive in looking for replacement funding for existing projects as well as funding for developing new services for our clients. We are extremely grateful to our funders for their continued support in our organisation.

Access Co-ordinator

Shetland Islands Council continues to fund this post and we hope to secure a Service Level Agreement with them in the future for a three year term.

Recreation Club Co-ordinator and Club

Shetland Charitable Trust continues to fund the Recreation Club which has been the case for over 10 years. The two external funders for this project are The Robertson Trust and the Peter Harrison Foundation where 3 year funding has greatly helped the planning of this service.

Children and Young Persons Co-ordinator and Club

Children in Need continues to support this project and also providing further funding for the new Outreach club in Whalsay. Lloyds TSB provided two year funding while The Gannochy Trust and Shetland Islands Council supported the project for this financial year. The Lottery funded the Outreach Saturday Club in the North mainland and North Isles whilst The Big Lottery 2014 Communities Fund providing funding for the Clickimin sporting sessions.

Fundraising

Disability Shetland staff and trustees have been proactive again this year in carrying out a range of fundraising events. The main event is the annual Traditional Shetland Dance night which took place on 18th April 2009 and raised £1,976 for the Children & Young People's Project. This event continues to be a successful fundraiser as well as an enjoyable night out for our clients.



Guests enjoying the traditional Shetland dance night

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Disability Shetland receives income from Nathan's Wastesavers from 6 textile recycling bins across Shetland which feature Disability Shetland's logo.

We continue to receive Donations from members and organisations of the local community and have our charity boxes situated in various businesses premises throughout Shetland. Donations this year were received from 2009 Jarl Squad Ladies Section, The Rotary Club, The Sullom Voe Charity Appeals Committee and BP Exploration Co. Ltd in celebration of 30 years of operations.

Trustees Meetings

Disability Shetland has an elected Board of 9 Trustees who meet monthly. The Annual General Meeting in October each year is open to all members and staff of Disability Shetland as well as the general public. Two new trustees were elected to the Board in October 2009, David Eva and Sandy Peterson, while John Hunter and Gill Hession stepped down. Thanks from the Board went to John Hunter for his contribution and support to the organisation over the years. Trustees have a wide range of interests and experience on the Board.

Trustees are keen to participate in consultations about services which could affect existing and potential clients of Disability Shetland. During the last 12 months Trustees gave consideration to the following : -

- NHS Disability Equality Scheme
- Disability Consultation Forum
- Carers Information Strategy
- Impact of Digital Switchover in Shetland to those requiring additional help
- Future of Lloyds TSB Foundation for Scotland
- Pqasso Quality Assurance System
- Future of Wednesday club at Montfield Day Hospital
- Child Poverty Action Group press release regarding UK Government's consultation on the abolishment of Attendance Allowance in England

Representation

Disability Shetland is currently represented on the following bodies : -

- Access Panel
- SIC Building Standards Focus Group
- Countryside Access Forum
- External Transport Forum
- CIVIC Trust Awards Committee
- Scottish Disability Equality Forum
- Disability Consultation Forum
- NHS Local Diversity Taskforce
- Advocacy Shetland Management Board
- Helping Hands Forum
- Shetland Childcare Partnership
- Special Needs Action Group

If you have any issues which you would like brought to the attention of the above bodies, please contact us.

Trustees and Staff

Trustees

Chair	Marie Williamson
Vice Chair	Catherine Willn
Trustees	John Bulter David Eva Joyce Henderson Alice Kirkpatrick Iain Leask Sandy Peterson Eleanor Robertson

Staff

Access Co-ordinator	Malcolm Johnson
Recreation Club Co-ordinator	Sarah Johnston
Children & Young People's Co-ordinator	Lindsay Tonner
Management Support	Kirsten Harcus (Voluntary Action Shetland) Jo Jack (Voluntary Action Shetland)

Self Employed Session Leaders

Recreation Club

Social Activities Organiser and Yoga Teacher	- Hazel Thomson
Unst Swimming Project Leader	- Netta Forrest
Recreation Club Project Leader	- Dawn McKenzie
Recreation Club Relief Project Leader	- Tracey McKenzie

Children and Young People

Saturday Club Project Leader	- Stephanie Pagulayan
Saturday Club Relief Project Leader	- Angela Gifford
Saturday Club Relief Project Leader	- Emma Cripps
North Mainland Outreach Project Leader	- Ann Anderson
North Isles Outreach Project Leader	- Angela Thomson

Contact Us

For more information on Disability Shetland, our services and support please write to us at

**Market House
14 Market Street
Lerwick
SHETLAND
ZE1 0JP**

Telephone : - 01595 743900
Fax : - 01595 696787
Email : - disability.shetland@shetland.org
Website : - <http://www.shetlandcommunities.org/disability-shetland/>