Welcome to the ENABLE Scotland Annual Review 2012

The ENABLE Scotland family tree spans many generations! Our Annual Review gives a snap-shot of some of the people who make our charity unique.
I'm Andrew Doyle and I've been a member of ENABLE Scotland for over 20 years. This year I got the chance to do something that was a once in a lifetime experience!

I took part in the Olympic Games Torch Relay. I carried the torch through my home town and it was amazing!

There were other people with learning disabilities taking part. Being included in such a big and important event, and being given the chance to show what we can do, shows how attitudes have changed.

I was chosen to be a torch bearer because of the things I do for ENABLE Scotland. Things like being on the Scottish Government’s ‘The Same as You?’ advisory group and being our representative with Inclusion Europe – the European organisation for people who have learning disabilities and their families. Being part of this group has given me the chance to work with people in Eastern Europe and help them set up self advocacy groups like ACE. They are now talking to their own governments, fighting to get treated fairly.

I’ve also been involved in a project to make elections easier for people who have learning disabilities to understand and take part in, and a project to show people how to make information easy to read which involved working with the European Parliament.

In Scotland this year our ACE group told the Scottish Government what we think about benefit changes, and took part in the consultation about what should happen next with ‘The Same as You?’

All these things show that we are speaking out as members of ENABLE Scotland and trying to make a difference.
Brayden

This is Brayden. He's almost two and lives in Kirkintilloch with his Mum, Dad, brother Kheren, aged nine and his sister Ainslie, aged 14.

Brayden loves being the centre of attention. His favourite things to do are passing the ball with his brother and sister and playing with his toy train.

He also loves playing peek-a-boo. His favourite food is chocolate pudding.
Brayden’s mum Kirsty takes him along to the ENABLE Scotland Toy Library at Campsie View in Kirkintilloch every week. Brayden gets the chance to play with a whole range of toys that promote learning and development as well as having fun with children his own age, including his new friends Sophie, Liam and Elouise.

Brayden’s Mum Kirsty says,

“The guys at the Toy Library are fantastic at recommending toys that Brayden will enjoy and benefit from. They have provided great support to both me and Brayden, from tips on how to bring Brayden on with his milestones to a friendly ear for me when I need one.”

The Toy Library is a mobile service which tours various locations throughout central Scotland.
Mirren

Mirren is nine and is supported full-time by her mum and dad, Gail and Stevie. Mirren has Cerebral Palsy and is quadriplegic. She cannot walk or talk and has a tracheostomy to help her breathe.

There are over 24,000 parents in Scotland who, like Gail and Stevie, care around-the-clock for children who have learning disabilities – many never get a break.

When Mirren was five Gail found out about ENABLE Scotland’s Lend a Hand Service, which provides short breaks and respite support for families. Mirren now stays with carers Brenda and Paul once every fortnight. Gail says,

“Without the short break carers who look after Mirren I don’t know what we would do. The difference it has made to all our lives is amazing. For Mirren it is different faces, different outings, different everything and she absolutely loves it. And now I am used to having that time with Stevie I realise it is important we get that break if we are to keep everything going. It has had such an impact in our lives.”
Young people who have a learning disability want to enjoy the same experiences as every other teenager. Jennifer, Caitlyn and Lindsay, who are all 15, met through the ENABLE Link project – an inclusive project for young people with and without learning disabilities. The three girls regularly go to the cinema, go out for a burger and get active at the skateboard park.

For Jennifer, who has a learning disability, this is the first time she has done these things with young people her own age – without an adult there. This makes her very happy.

Jennifer said, “We like getting together to do our own thing without any adults. My mum likes it too when I get to do that. It’s really fun; we just spend all our time laughing when we’re together.”
Andrew MacIntyre

Andrew, who is 25, won't let anything hold him back. He is a Paralympic gymnast, winning gold and silver medals, and has over 50 medals from other competitions. Keen to help other people who have disabilities enjoy a full and rewarding life, Andrew volunteers as a Gymnastics Coach for young disabled people.

Born with Down’s Syndrome and a major heart condition, Andrew underwent two open heart operations before the age of 20 months.

Andrew is a member of ENABLE Scotland and regularly gives talks about his life, his hopes and aspirations and campaigns to dispell myths about Down’s Syndrome. In recognition of his sporting achievements and the support he gives to young people, Andrew was selected to carry the Olympic Flame for the 2012 Games.

Andrew said,

“I’m a gymnastics coach and a trainer with Down’s Syndrome Scotland. I go to Cardonald College and to a Day Centre. I have achieved many things. Down’s Syndrome has definitely not held me back. It is important to me to get more independent skills, to get my own place and to have choices in my life. It can be difficult when people have the wrong idea and when people with learning difficulties don’t get good support. It can work if a person gets the right support — by asking young people what they want and by helping young people find out what is going on in their area.”
The Inspire Me Project was launched following ENABLE Scotland and Mencap’s Charity of the Year Partnership with The Co-operative Group whose staff, members and customers raised more than £7m during 2011, £605,000 of which remained in Scotland. The Inspire Me project encourages young people with learning disabilities to aim high and fulfill their dreams.

20 year old Tara is an Inspire Me Ambassador and volunteered at Gorgie City Farm in Edinburgh.

“We had a great time at Gorgie Farm – washing turtles and feeding snakes.
I’m getting really confident about travelling and going places, that gives Dad’s taxi a rest!
I did the Ambassador Training which makes me an official helper for the project! The best thing about Inspire Me are the friends, the fun and everything really. All of it!
I am getting more confident. Now I’m at Telford College doing an NC in Childcare. The presentation skills workshops I did with Inspire Me have helped me speak up. I hope to use my college qualification to get a job in a Nursery.
I also work now at McDonalds.
My mum and dad say I have grown up a lot. Inspire Me has been a really positive experience with lots of encouragement.
My Dad says it has helped me become a confident, independent young woman.”
I enjoyed the workshops so much. Since taking part I am more confident about meeting new people and making new friends. I can talk to people of all ages. I feel more confident at college and more focussed on what I want to do in my life. It helped me find my voice. I feel ready to achieve things.

I have changed. I used to be very nervous about speaking up now I feel confident I can explain myself properly. My Auntie Anne says I never stop talking now!

My highlights were the ENABLE Scotland Conference, Ambassador Training, meeting an Olympic Torch bearer and holding the torch.”
The Bradley Family

Lauren, 20, is studying at North Glasgow College and doing an Introduction to Caring placement with ENABLE Link. She got involved with ENABLE Scotland in 2008. She would like to work with children and young people with learning difficulties. She also volunteers with ENABLE Scotland and loves going to the pictures.

Amanda, 40, is currently in second year at Glasgow Caledonian University studying Risk Management. She first got involved with ENABLE Scotland through a Parents Together event at Lauren’s school. She is currently the Chair of ENABLE Scotland’s Young Families Support Committee which is developing a Family Toolkit, offering advice to parents, and our Bridging the Training Gap campaign with school teachers.

Grace, 6, keeps a journal and loves reading, writing and drawing. She enjoys riding her bike and going to Rainbows. At school she’s very popular and has a better social life than the rest of the family put together! She also fancies herself as a bit of a street dancer and will run the country one day!
Gabriel, 8, loves computers – particularly Skylanders, a game on the Wii. He has recently started playing the Euphonium and could live without school (if that was legal!). He goes to Cubs and will be going to his first camp soon. He’s very chatty and very big for his age – he wears age 11 clothes and a size 5 shoe!

Eli, 4, is the youngest but definitely not the quietest! He likes his scooter and playing outside, no matter the weather. He goes to nursery and doesn’t stay still for a minute!
Peter McMahon

Peter is an ENABLE Scotland member and an Ambassador for ENABLE Scotland’s Open Your Mind, Not Your Mouth Campaign.

In March 2008 Peter was travelling by bus to his home in Easterhouse. On this journey Peter was bullied by a gang of girls — the experience had such an impact on Peter that he did not leave the house for a month. However with the support of his family Peter began to regain his confidence. Since then he has, with the help of his friends at The Bridge Group in Easterhouse, made two short films about bullying, My Life and My Life 2.

 My Life 2 has been shown in the Scottish Parliament and was highly commended at the Mental Health Arts and Film Festival, in October last year. Peter hopes raising awareness of bullying will help young people who have a learning disability.

Peter said,

“Some of the kids see a target and they like to pick on people. I made the first film because in March 2008 three girls boarded the bus and one of them shoved me up against the bus window. They called me all of the names under the sun. I closed myself away for four weeks, thinking about nothing but my experience on the bus. It is not about ‘poor Peter’, it is about the young kids that are coming up.”

Peter’s films have made a difference to his own life. He said,

“There were boys who used to go to The Bridge just to taunt people there. I spoke to a member of staff and he took the boys aside and showed them the film. When I got my film award they came to me and said they wanted to get their picture taken with me, and I thought that was great. I see them now and again these days and we have a chat.”
Alan Starrs

Alan is 50 years old and lives in Glasgow. At the age of six he was admitted to Lennox Castle, a long-stay institution, where he stayed until he was 32 years old.

Most six year olds get excited about ordinary things like going to school and making friends, but Alan was excluded from these opportunities altogether, just because he needed to learn in a different way from other children.

For 26 years nobody asked Alan what was important to him, or what he wanted his life to be like. When he left the hospital he went to live in shared accommodation with people he didn’t know and spent most of his days at a Day Centre. This wasn’t the life Alan wanted.

Today Alan lives in his own home, supported by staff he has chosen and he is in charge of his own budget. All of this has been possible because of Personalisation and Self-Directed Support.

“The best thing about having my own budget is going out to places like the pictures, bowling and being able to run my own car so I go out on short trips to parks and other towns.”

Life is different for Alan today because he can spend time doing the things he really enjoys rather than being told what to do and he now has the opportunities to go to different places, meet new people and make friends.

“The thing that matters most to me today is living in my own house. I get to choose who I do things with and I like going to the Greater Easterhouse Supporting Hands (GESH) to meet my friends.”

The way things were before, Alan did not get the chance to decide on what outcomes he would like to achieve. Nowadays he chooses what activities he wants to do, like swimming, and he is able to use his budget to do this.
In June 2012 Bill Learmonth was named as Scotland’s Charity Champion by SCVO. Bill has devoted 43 years of his life to ENABLE Scotland and to campaigning to improve the lives of people who have a learning disability.

When Bill’s daughter Lesley was born in with Down’s Syndrome in 1968, he joined the Scottish Society for the Mentally Handicapped (SSMH), which is now ENABLE Scotland, to gain support and information from other parents. He spent the next 43 years occupying a variety of voluntary positions, including Chairman, within the Charity. Bill has also been a great support and friend to countless families and individuals.

Volunteers are invaluable to ENABLE Scotland – we quite simply could not do it without them. Bill believes this award is an acknowledgement of the thousands of unseen volunteers, who have given so much to Enable Scotland over the decades.

Speaking about winning the award Bill said, “I was absolutely delighted to accept this award on behalf of all those who work with and care for people who have a learning disability. I am grateful to those who think I am worthy of receiving this award.”
Our branches

Enable Scotland Branches are the foundation of ENABLE Scotland. There are 46 Branches across Scotland – all working towards improving the lives of people who have a learning disability. These Branches offer support at a local level, campaign on issues affecting members and provide invaluable local services. Meet two of our Branches...

**Kincardine and Deeside, Established 1968**

An incredible history – here are just a few of their achievements!

» Campaigning for positive outcomes – Forest View Day Centre, accommodation units, holiday accommodation and a respite house.

» Raising funds and supporting other groups and agencies.

» Re-establishing the Branch after a quiet period and increasing Branch activities.

Anne says,

“The branch is a fantastic way of focussing on what people are capable of rather than their disabilities. The positive effects supporting has on the folks and their families is wonderful. The more people involved the quicker this message can be spread.”

Stuart says,

“Attending committee meetings has increased my own personal confidence and helped me express my opinions.”
Here are some of their many achievements.

» Establishing an after school care service for children with profound and complex needs. RASCALS celebrated its 10th birthday in 2012.

» Caber Club offers a range of social activities and a monthly inclusive disco bringing 140 people together.

» Information day: Supporting young families.

Tommy Black says,

“We do this to put something back. As young parents we were helped and supported and by these terrific people. Some of them still attend the branch meetings. I’m most proud that members now in their seventies and eighties fought and established supported housing for their family members.”
All our local branches

1. Aberdeen
2. Airdrie
3. Annan & District
4. Ayr & District
5. Bellshill & District
6. Buckie & District
7. Bucksburn
8. Caithness
9. Castle Douglas & District
10. Cumbernauld
11. Deveronside
12. Dumfries
13. Dundee Link Club – Special Interest Branch
14. East Kilbride
15. Edinburgh
16. Elgin
17. Falkirk & District
18. Fraserburgh
19. Grampian Enable Regional Council
20. Glasgow
21. Helensburgh
22. Inverclyde
23. Inverness
24. Inverurie & District
25. Kilmarnock
26. Kincardine & Deeside
27. Lanarkshire Ace
28. Livingston & District
29. Lockerbie & District
30. Mid Argyll
31. Milngavie & Bearsden
32. Montrose, Brechin & District
33. Newmains & District
34. North Ayrshire Branch
35. Renfrew
36. Rutherglen & District
37. Selkirkshire
38. South Lanarkshire
39. South Queensferry & District
40. St Andrews & District
41. Stirling & District
42. Stornoway & District
43. Uddingston
44. Upper Nithsdale
45. Vale Of Leven
46. Wigtown & District
Your money makes a difference

Our Fundraising Team is pleased to report that this year we raised an amazing £1.01 million.

A lot of this success was down to the exceptional amount of money raised by The Co-operative Group Charity of the Year partnership, which raised a fantastic £7 million for Mencap and ENABLE Scotland.

£605,000 of this £7 million stayed in Scotland and allowed us to launch Inspire Me. This project encourages young people with a learning disability to aim high and fulfil their dreams.

It wasn’t just our corporate fundraising that brought in the money – we received over £96,000 from legacies and £70,000 from grants and trusts.

Our events alone raised well over £137,000.

To all of supporters, your contribution continues to make difference to the lives of people who have learning disabilities across Scotland. We thank you all.
The year in numbers

Money coming in

£27.7M ENABLE Scotland (Leading the Way)
£0.2M ACE Advocacy
£0.1M ENABLE Trustee Service
£1.4M ENABLE Scotland

Money going out

£27.2M ENABLE Scotland (Leading the Way)
£0.2M ACE Advocacy
£0.01M ENABLE Trustee Service
£1.5M ENABLE Scotland

1,451 People in Employment and Transitional Support
1,825 Short breaks supplied
2,492 Personalised Support Plans delivered
1,251 Volunteer hours provided

(Please note that chart scales are indicative only)
My name is Eleanor Reilly. I am 20 and live in Bridgeton in Glasgow. **ENABLE Scotland** helped me with work placements and looking for jobs. It’s been good working with the people from **ENABLE Works** and I was happy for them to support me because it helped me to achieve my goals.

In the future I would like to do something with cookery. I think I would like to work in a hotel restaurant as a Chef. I am now at John Wheatley College studying Professional Cookery Level 5.

I have had work placements with The Corinthian in Glasgow. I was working with the Pastry Chef. I have also had work placements at Celtic Park as a Kitchen Assistant and at a Chip Shop in Bridgeton. When I was at the Corinthian I made cakes and got to eat them at the end!

I enjoy netball and football and play football at the Firhill Complex with people from **ENABLE Scotland**. I am learning how to dribble and pass. It’s fun and you get to meet new people.

I am looking for a part time job and **ENABLE Works** has been helping me with this. I have been applying for jobs on the internet, looking in the newspapers. We’ve been to interviews and done my CV.

I received a Robert Bennie Award at College. I got put up for it by tutors and didn’t know anything about it. I got a letter through my door telling me I had won an Award. My Gran and Granpa were proud of me. The Award was for my Dedication to my Studies in class (2011-2012 NC Employability and Citizenship). I felt alright when I got the Award. It was presented by Alan Sherry the Principal, I was a bit embarrassed because everyone was looking. My granny kept grinning at me!