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Let's make poverty a thing of the past.

Poverty Leadership Panel Newsletter



Jan 2021

A happy New Year to you all and welcome to the Poverty Leadership Panel's first Newsletter of 2021, I hope you enjoyed the Christmas and New Year holiday period. Our volunteers and many organisations played a key role in making the holiday period a happier time for some of our most vulnerable families.

Local Child Poverty Action Report (LCPAR).

The LCPAR for 2019/2020, which was delayed due to Covid-19 has been completed and submitted to the council's General Purposes Committee for review and recommendation for approval by the City Administration Committee in February.

Challenge Child Poverty Partnership

The Challenge Child Poverty Partnership held a development session on 14th January to identify the issues raised during the Covid-19 lockdown. Attendees were from the council, HSCP, Child Poverty Action Group, Scottish Social Security, the Improvement Service, GCVS and One Parent Families Scotland.

The attendees looked at:

- **What's worked well during the pandemic?**
- **What do we want to keep?**
- **How are we learning from it?**

They were then asked:

- **Why is this a key area?**
- **What role does the CCPP have in tackling this?**
- **What are the next steps?**

Each participant was also asked to select their 3 main priorities from:

- **Accessible and affordable child care**
- **Employment opportunities for parents**
- **Take up of entitlements and accessibility of financial inclusion**
- **Understanding the shifting landscape of service provision; gaps and robust pathways**
- **Reaching priority groups more vulnerable to experiencing poverty**
- **Preventing crises; meeting basic needs & precarious housing**
- **Ensuring access to education**
- **Other**

An update will be provided at the PLP on 2nd February

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Scottish Social Security update

Hear directly from the Scottish Government about the new Scottish disability benefits

2021 is the year that we will start delivering the first of the new Scottish Disability Assistance benefits. Unless the Covid-19 pandemic causes further disruption that we cannot currently foresee, then Child Disability Payment, which replaces the UK Government's Child DLA, will be introduced this summer as part of a pilot, ahead of full roll-out across Scotland from this autumn. It will be followed next year by Adult Disability Payment, which replaces PIP.

We have bold ambitions to create a system that is centred on the needs of disabled people from application onwards, and there are many areas of the current system that we want to improve upon.

As we move towards the launch of Disability Assistance, we want to give you the opportunity to talk directly to the people who are designing these new benefits.

So over the next few months we will be putting on a **series of online events**, where interested organisations and members of the public can hear from the staff of the Social Security Programme about important aspects of the new disability benefits.

We are planning to hold events on the following topics:

- The new application form for Disability Assistance (January 2021)
- Full walk-through of the new Child and Adult Disability Payments from application to appeal (February 2021)
- Reviewing your award and what happens if your circumstances change (February 2021)
- Blue badges, assisted vehicles and other entitlements linked to your disability benefit entitlement (February 2021)
- How to challenge the decision on your Disability Assistance: redeterminations, appeals and Short-Term Assistance (March 2021)
- Consultations - these will replace DWP-style PIP assessments for the minority of cases where they are needed (March 2021)
- How the pilot approach will work for Child Disability Payment (March 2021)

Events will be small, with a maximum of 30 people attending. You will hear a short presentation from the staff about the topic, followed by an opportunity for you to comment and ask questions.

If you would like to attend, please contact socialsecurityprogramme_briefingandevents@gov.scot and mention which topics you are interested in. We will then get in touch to arrange dates for the online sessions (these will be on weekdays during normal working hours).

Please also feel free to contact us with any suggestions for other aspects of the new Scottish disability benefits that you think we should hold sessions on.

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A focus on our Community Activist Panel members.

Donna Henderson

Donna is an inspirational figure with the work she has done over the past few years. Donna set up Glasgow's Pre-Loved School Uniform starting with one school, she now works with 18 schools.

Donna accepts donations of school clothing from all over the city, gets them laundered and ready for families in need. Once the lockdown rules are changed the uniforms can be picked up from Donna's new premises at 249 Govan Road or delivered to homes or schools. To enquire about donating or requesting uniforms you can contact Donna through the following methods, and arrangements can be made for delivery or pick up:

Facebook & Twitter– glasgowspreloveduniforms

Email – glasgowpreloveduniforms@outlook.com

Online - glasgowspreloveduniforms.co.uk

Phone – 07565 726446 #helpfamiliesavemoney #reducereuserecycle

Donna explained “Due to Covid-19 we are restricted in some of our normal practices. However, we are looking forward to opening our doors at our new premises in Govan and welcoming the public in to browse our fantastic range of school uniform. We hope to be able to do this in the near future as well as passing on uniforms into our 18 partner schools. If you know any organisations working with/and/or supporting families, please let them know about us. Since July 2020 to the end of the year we delivered **over 200 bags** of uniform throughout the city. No referrals are needed as we are open to everyone.

Like other organisations we rely on funding and as we are a small charity, we are struggling to find funding to keep us going to pay our bills. and to be able to continue our work, we need to keep our wee mean orange machine on the road.

So, if you know where we may be able to access funds or know someone who's successful in applying for funding applications and would like to help us please let us know.

Mental health and Wellbeing

The COVID-19 pandemic and lockdowns are sources of stress, this has been going on so long now, many of us, if not all of us! May be experiencing chronic stress. When time is a pressure, we often put self-care last, yet, if we don't charge our batteries then we are left feeling fatigued and the current situation takes an even bigger toll on our wellbeing. Take 5minutes and put on a cuppa, paste this into your browser and have a wee read www.cope-scotland.org/index.php/latest-blog/understanding-our-own-wellbeing Perhaps reflect on the WEMWBS and consider any areas you want to give attention. Tips to improve scores will be updated regularly on the COPE Scotland site. If you or someone you know, wants to talk about your score, why not phone 0141 944 5490 and arrange a confidential chat with one of the team. Or, for regular wellbeing tips email hilda@cope-scotland.org for the Mon-Thurs daily wellbeing emails. You matter and making time for your mental health matters more now than perhaps it has ever done. 10minutes a day even, can make a big difference.

GOAL SETTING SNAKES AND LADDERS

We may have a memory as children of playing that well known game Snakes and Ladders? This is a variation on that theme looking at the steps we need to take to achieve our goals, the possible obstacles we may encounter, how to overcome them and the reward for each step.

This tool is part of a variety of tools aimed at helping us solve what can sometimes be the complex puzzles which are our own lives. This one has a focus on steps to achieve goals and works well when used with the Jigsaw lid and getting back your oomph workbook all available for FREE on the COPE Scotland website www.cope-scotland.org

HOW TO USE

- If using a hard copy please write your goal in the section of the poster relating to your goal, ideally in pencil so you can rub out and use the poster again, so being kind to the environment
- There is also an editable version on www.cope-scotland.org and instructions below on how to edit if doing an e version
- Take time to think about what are the steps you need to take to achieve your goal and write these in the space in the poster
- Then for each step think what obstacles you may encounter and add that in the section on what may hold you back
- Having identified what may hold you back, then think, what can I do to overcome that obstacle? and add that in the space provided
- We all need some motivation, so think about the rewards you can have when you take each step and add that in the rewards section

The poster is a motivational tool to help you plan the steps you intend to take towards a goal which has meaning for you. These are some useful tips for goal setting:

IS IT YOUR GOAL?

Might sound obvious BUT achieving goals takes motivation and if it's not really a goal you would choose for yourself then it's hard to get motivated so make sure any goal you set is your goal and something you really want to achieve.

IS IT REALISTIC?

Now there is always a balance between confidence and having a go and not setting yourself up to fail, we can all set goals which are set so high they are unobtainable and then we feel disheartened, so once you decide on your goal maybe ask advice from others who can help you achieve it or a step towards it as sometimes its wee steps which get you there, dream big and go for it while balancing that with not putting yourself under undue pressure.

TIMELINE

Moving from dreaming to having dreams come true requires more than talk it requires action, having a timeline helps achieve goals as it focuses you on what you need to do within a specific time. Now it may be a big goal, no problem, just break it into smaller goals each with their own timeline.

HAVE A GOAL BUDDY

Having someone to share your goals with can help motivation, also it means there is someone who you can keep up to date with progress this helps in making sure you keep to your timeline. This is a buddy someone to offer support and encouragement.

DON'T FEAR TO FAIL

We all fail all the time, we learn from what didn't work to try again, so don't worry if it all doesn't go to plan first time, review the plans for next time.

GET ADVICE

There are so many agencies, groups, and maybe people you know who can help you set and take steps to achieve your goals so find out what and who is in your area that can help you achieve the goals which are important for you.

FOCUS ON THE POSITIVE

Imagine how good you will feel even taking steps towards your goals, believe they can be achieved and see it in your mind's eye how good that will be, remember, success isn't measured by the position we achieve but the obstacles we overcome seeking to achieve.

This tool is for wellbeing promotion, if you are struggling with any issues just now, please speak to someone, you matter.

Produced by COPE Scotland, inspired by Snakes and Ladders

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Latest reports

Attached are 2 of the latest reports published relating to poverty.

CRER Report

A report by Coalition for Racial Equality and Rights (CRER) issued this month states that in Scotland, someone from a Black and minority ethnic (BME) background is nearly twice as likely to experience poverty as someone from a white Scottish/British background. The full report is attached via this link.



Covid analysis on
ethnicity and poverty .

JRF Report

This Joseph Rowntree Foundation report discusses the impact on families due to Covid-19. It states that before coronavirus, an unacceptable 14.5 million people in the UK were caught up in poverty, equating to more than one in five people. Child poverty and in-work poverty had been on the rise for several years and some groups were disproportionately likely to be pulled into poverty. Many of those groups already struggling most to stay afloat have also borne the brunt of the economic and health impacts of COVID-19. The full report is attached via this link.



uk_poverty_2020-21
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Famous Quotes

“Overcoming poverty is not a gesture of charity. It is the protection of a fundamental human right, the right to dignity and a decent life.” — Nelson Mandela, Former President of South Africa

If you would like to contribute with relevant information on what is happening in your area to help tackle poverty in Glasgow please send the details to gerry.quinn@glasgow.gov.uk. I hope you find this Newsletter useful and interesting.

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