



## CARE AND WELLBEING COMMUNITY NEWSLETTER – SEPTEMBER 2020

A warm welcome to this September newsletter for the Care and Wellbeing community. We hope that alongside your working commitments, you are managing to find some time for self-care and perhaps even enjoying some of the wonderful harvest and changes in nature that autumn brings.

It has been a very busy month for the team, working on both the longer-term strategy development for the Care and Wellbeing CiC and some new and exciting events for the coming months. We very much hope you will be interested in the range of activities and opportunities we have outlined below.

### PEER LEARNING SESSION, 30TH SEPTEMBER 2020 – 12 – 1.30PM (ZOOM)

We invite you to join us for this informative and interactive peer learning session, where as well as the invaluable networking, you'll have the opportunity to learn more about some key services that are being delivered across Perthshire, ask burning questions and join in a practical demonstration.

- Jeni Guthrie and Kim Macbain, Social Prescribers from Perth and Kinross Council, will share information about their roles, how and what they prescribe, and offer an opportunity for you to chat with them to raise awareness of the services you offer to clients.

- In our member showcase, we'll hear from Fiona Perry, mobile hygienist and owner of Flying Smiles, who will talk about her innovative business and give us a practical demonstration in oral hygiene. Although there's no doubt we'll all benefit from learning more about oral hygiene, this session will be particularly useful for those with caring



We are limited to 20 spaces for this zoom session and it is open to members and/or anyone who is interested in joining and would like to find out more.

Don't delay! To book, please email Fiona Fraser -

[coordinator@thecareandwellbeing.coop](mailto:coordinator@thecareandwellbeing.coop)

This meeting is jointly facilitated by GrowBiz and the Care and Wellbeing CIC and provides an opportunity to get to know other practitioners who offer a range of services to support client needs.

### **PROGRAMME OF EVENTS – 2020/21**

Our interim co-ordinator, Fiona Fraser, has been working with Alison Finlay, GrowBiz Learning and Development Manager, to design and produce a programme of 'not to be missed' learning sessions and events for the months ahead.

We will be launching the programme at the peer learning session above on 30th September 2020 (another reason to come along!) but for now, we can tell you that the programme has been designed to focus on three key areas

- 
- Self-care – how practitioners can support themselves while giving to others
- Learning – alternating between care and wellbeing and 'managing your business/practice' themes – including new approaches, practical tools, solving problems and/or answering burning questions
- Showcase – members' opportunity to showcase their products or services and engage with other care and wellbeing practitioners

We hope that a blend of practical learning, active participation, networking and reflection will be valuable to you all and we look forward to welcoming you in due course.



In the meantime, to find out about the wide range of existing and forthcoming GrowBiz events and learning sessions that are free and available to book, please visit

<https://www.growbiz.co.uk/events>

### **A WARM WELCOME TO NEW MEMBERS**

We are delighted to welcome some new members, who have joined during August and September. Please do look out for them and say 'hello' at future meetings and events.

application.

## FREE MEMBERSHIP FOR CARE & WELLBEING CIC MEMBERS TO SCOTLAND'S DIRECTORY OF RURAL BUSINESSES

Rural Enterprise Directory Scotland (REDS), is a source of one to one enterprise support and flexible finance created specifically for the needs of the self-employed, social enterprises and micro-enterprises based in rural Scotland. The initiative is led by GrowBiz, Scotland's rural enterprise support organisation, and they are delighted to announce the recent launch of the REDS Directory: an online directory of Scotland's rural businesses and practitioners to stimulate connection and collaboration across every sector and corner of rural Scotland.



Members of the Care & Wellbeing CiC automatically receive free membership to the REDS Directory (priced at £120 p/a) and we invite you to take a look at the great member benefits available to you below and to sign up to the platform free of charge <https://www.reds.scot/signup>

Members of the directory receive an individual listing page and access to all the member benefits below:

- Put your business or practice on the map to be found by customers, suppliers and visitors locally and nationally.
- Benefit from the profile and ongoing promotion of REDS to a national audience.
- Access to flexible grant funding of up to £5,000 when available.
- Monthly member-only events and networking opportunities.
- Establish new connections with other self-employed and micro rural businesses in your local area, or further afield.
- Have your contribution counted and your needs prioritised as REDS strives for more support for Scotland's rural economy.

Visit REDS to find out more <https://www.reds.scot>

## STRATEGY DEVELOPMENT – HAVE YOUR SAY

As we outlined in last month's newsletter, we are working with the GrowBiz team to review our vision, strategy and plan for delivery. If you are

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

perhaps have a few questions you would like to pose, we'd love to hear from you.

We are ambitious and we want to promote change through a creative and innovative approach to delivery, promoting the unique and diverse services offered by practitioners in our community.

For an informal and confidential, 1-2-1 chat with Fiona Fraser, who is leading this work, please email Fiona at [coordinator@thecareandwellbeing.coop](mailto:coordinator@thecareandwellbeing.coop)

### **YOUR NEWS – SHARED WITH THE CARE AND WELLBEING COMMUNITY AND FEATURED ON OUR DIGITAL CHANNELS**

Do you have something to share with members and the wider GrowBiz community? Perhaps you're interested in securing some press coverage for a new service or offering? You may have some reflections on the challenges faced for you and your business in these last few months that could form an interesting blog post.

We want to hear from you! As members of the care and wellbeing community you have the opportunity to tell your story, promote your services and share your learning through our range of digital channels.

We're always looking for ways in which to help you reach and connect with others, as well as showcase the diverse and high quality services available to potential clients.

To find out more, please email Fiona at [coordinator@thecareandwellbeing.coop](mailto:coordinator@thecareandwellbeing.coop)

### **MEMBERSHIP FEES**

We are currently reviewing our membership and registration process as part of our ongoing strategy work and as such, we haven't yet been in touch regarding membership renewal fees. Over the coming weeks, we will be emailing members individually to advise of due dates for the annual fee. In the meantime, if you have any queries, please don't hesitate to contact Corrie at [hello@thecareandwellbeing.coop](mailto:hello@thecareandwellbeing.coop)

---



## JOIN US!

We would love to welcome new members to the community, to join us, enjoy the benefits of being a member of a professional and inclusive community, and help shape our direction.

Becoming a member provides a whole range of benefits tailored to the care and wellbeing community, including

- 1-2-1 business support – from start up to growing your business
- Access to useful resources
- Peer learning and networking sessions
- Mentoring
- Regular communications and information email bulletins
- Listing on our website – your business, photograph and website address/contact details

Our care and wellbeing community exists to support both clients and providers of care. We know that being a professional provider of care, support and wellbeing services can be a challenge, from understanding the system through which care services are arranged and paid for, to building a network of others who can offer services which complement your own and sharing the challenges of training, to the admin of running your business whilst caring for your clients. We are here to help make your job easier.

We welcome all local professionals who believe in local, compassionate, flexible and personalised care and wellbeing.

To join us, please visit <https://thecareandwellbeing.coop/our-services-for-members/becoming-a-member/> and complete the simple contact form. We'll be in touch with you quickly after we receive your information.

### TEAM CONTACTS

**Corrie Watson** provides administrative and operational support. You can contact Corrie by email [hello@thecareandwellbeing.coop](mailto:hello@thecareandwellbeing.coop)

**Fiona Fraser** is an Enterprise Facilitator with GrowBiz and the Care and Wellbeing CiC Coordinator. You can contact Fiona by email [coordinator@thecareandwellbeing.coop](mailto:coordinator@thecareandwellbeing.coop) or by calling 07960 178961.

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

---

*Copyright © 2020 The Care & Wellbeing Co-operative, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

