

SCOTIA CLUBHOUSE VISION

Every individual has the right to be shown respect and dignity and be appreciated as being a valuable and important part of any community and society as a whole.

MISSION STATEMENT

- ▶ Scotia Clubhouse is dedicated to the recovery of people experiencing mental health problems by providing opportunities for our members to live, work and learn, while contributing their talents through a community of mutual support.

GAMH

- ▶ Equality Act 2010 and the Promotion of race equality.
- ▶ Human Rights Legislation
- ▶ Race Relations Act (RRA) 1976
- ▶ Disability Discrimination Act 1995

RATIONAL

- ▶ The Scottish Government is providing funding of over £8 million during 2012-15 to organisations which aim to tackle racism and religious intolerance, as well as improve the lives of minority ethnic and religious communities in Scotland.

SCOTIA KITCHEN

- ▶ Work ordered day - active
- ▶ Standards - work side by side
- ▶ Training - Hygiene and REHIS
- ▶ Cooking Skills
- ▶ Customer Service
- ▶ Socialising

CHALLENGES/EQUALITIES

- ▶ Engaging members and new members from diverse communities
- ▶ Challenging stigma
- ▶ Challenges to our own preconceptions/misconceptions
- ▶ Challenges to target groups preconceptions/misconceptions

HARDLY ENGAGED

- ▶ Barriers include ;
- ▶ Different backgrounds- cultural, language, nationality, gender, ethnicity, religious, socio-economic, age, diagnosis.
- ▶ Tendency to rely on own communities.
- ▶ Difficulties taking the first steps to integration (where to start, where to go, who to see).
- ▶ Common ground not identified, only differences.

INITIAL CONTACT

GAMH Group

Met some of the group before at events.

Initial formal and informal contact made during GAMH training, social and community events.

Several planning meetings organised.

HOW IT WORKS

- ▶ Scotia arranged to have an interest visit from the Awaaz group who are women from different ethnic, cultural, age and religious backgrounds who had an interest in, amongst other things, creating a recipe booklet. For this they wanted some help with using Information Technology.

WHAT WE DID

- ▶ AWAAZ group were invited to Scotia Clubhouse to jointly prepare and eat an Asian themed dinner with Scotia members and staff.

MOVING ON

- ▶ The Awaaz group and Scotia members decided to have a celebration of the programme by cooking some of the recipes from the booklet together in Scotia's kitchen. A fantastic day was had by all where everyone enjoyed themselves enormously.

MOVING ON

- ▶ The Awaaz group participants in the ICT programme have now become members of Scotia Clubhouse and are expressing interest in other aspects of Clubhouse activities. Scotia members involved have gained the confidence to take up college courses.







EFFECTIVE CLEANING
PRIORITY cleaning and disinfection

Wash, Rinse, Sanitize, and Dry Surfaces

CLEAN

- Wash surfaces with hot water and detergent
- Rinse surfaces with clean water
- Sanitize surfaces with a bleach solution
- Dry surfaces with a clean towel

DISINFECT

- Use a disinfectant that is approved for food contact
- Apply disinfectant to all surfaces
- Allow disinfectant to sit for the required amount of time
- Rinse surfaces with clean water
- Dry surfaces with a clean towel

WASH HANDS

- Wash hands with soap and water for at least 20 seconds
- Use hand sanitizer if soap and water are not available

DANGER!
DO NOT PLACE ANYTHING ON TOP OF THIS WATER URN

Allergic

To

- Shellfish
- Milk/Dairy
- Eggs
- Treenuts

ALLERGENS

- Wheat
- Soy
- Peanuts
- Tree Nuts

Travel Fund
Scotia C

Assorted Fruit Lot







Allergic To

- Shellfish
- Milk/Dairy
- Egg
- Treenuts

Let Us Know Your Responsibility

Which ingredients can cause a problem?

Ingredients that can cause allergic reactions are listed below. Some people are allergic to one or more of these ingredients. It is important to know what ingredients are in the food you are eating to avoid an allergic reaction.

Ingredients that can cause allergic reactions:

- Shellfish
- Milk/Dairy
- Egg
- Treenuts
- Wheat
- Soy
- Peanuts
- Other nuts
- Other seeds
- Other grains
- Other fruits and vegetables
- Other herbs and spices
- Other additives

Wash your hands!

Washing your hands is the most important way to prevent the spread of germs. It is especially important to wash your hands before and after eating, before and after touching food, and before and after using the bathroom.

How to wash your hands:

- Wet your hands with water.
- Apply soap.
- Scrub your hands for at least 20 seconds.
- Rinse your hands with water.
- Dry your hands with a clean towel or paper towel.

When to wash your hands:

- Before and after eating.
- Before and after touching food.
- Before and after using the bathroom.
- Before and after coughing or sneezing.
- Before and after touching a sick person.
- Before and after touching a pet.
- Before and after touching a surface that has been touched by a sick person.

