**What could you bring to plans to move things forward?**

***Thoughts from people at the We’re Here Too event in East Renfrewshire, 24 October 2016***

* Show and enjoy Scottish films from years back
* Validating good work
* By inspectors speaking out
* Information
* Belly dancers
* Made aware of what’s available – activities, chat groups
* Bring older people at home alone out into Community Groups
* Chair exercise
* Sharing knowledge
* Hands on. Need time to share and validate.
* We have ‘permission’ to do things
* The importance of listening – choice!
* More places to go – people to see!
* Media links (IT skills)
* Communication
* Go make friends
* Skills and Hope
* Listen with your heart
* Taking away the stigma of social care
* Appreciating that many people in the care sector really care
* Hearing people
* A lot of information from various backgrounds
* Valuing contributions of older people
* Celebrate. Alan. Inclusive.
* That people doing transformative work (Kirkton/My Life My Way) make themselves available
* People are individuals
* Continue to share experiences
* Have a ‘let’s try this’ attitude
* Really listen to people!
* Keep dancing!!!
* Ask: What CAN we do?
* Transition changing lives
* Proud and celebrate
* Sharing
* Hearing people
* Evolving
* Inspection volunteers
* Belly dancing
* Don’t need permission
* To learn there are opportunities which continue then transition from community to care home
* Remember that I am a person
* Reflection
* Being involved
* Learning
* That carers can access so many activities/opportunities for loved ones now, giving themselves respite in the process
* Just ask: What is your community?
* Voices that now matter being listened to and actively involved in change
* Hearing aid assistance
* Links between co-ordinators
* Go talk to Queens Park Football Club (55+)
* Just ask us

