

# Catalyst Ebulletin

## January 2012

### News

#### **Big Lottery Fund Boost for Momentum**

The Strathclyde Momentum Programme has started 2012 with a funding boost from the Big Lottery Fund after being awarded £793,061 to assist people with disabilities into work. Momentum is one of eight charities to benefit from BIG's Investing in Communities fund which is aimed at supporting those most in need.

The programme will be offered to people living in Glasgow, Renfrewshire, Lanarkshire and Ayrshire and over the next three years will assist 900 people with disabilities, helping them to build their skills and find meaningful employment. Support will continue once individuals are in the workplace to ensure that they have the best chance of sustaining their employment long-term.

Gail Sinclair, Area Manager for Momentum Skills said, "We are delighted at receiving this grant from the Big Lottery Fund. Momentum is experienced in providing specialist employability programmes to those furthest from the labour market. This award will enable us to provide a comprehensive employability service to even more people across Scotland, assisting them to gain and sustain meaningful employment and to lead more independent lives."

Maureen McGinn, Chair of the Big Lottery Fund Scotland said, "These awards mark the beginning of an exciting and rewarding new year for many people across Scotland who, with that extra bit of support, will be able to realise their potential. The Big Lottery Fund is delighted to fund these projects which can, and do, make all the difference."

For further information, contact Gail Sinclair on 0141 554 8822 / [gail.sinclair@momentumscotland.org](mailto:gail.sinclair@momentumscotland.org)

#### **Momentum Skills' Allotment Project Receives *Evening Times* Grant**

Momentum Skills' Pathways programme in Glasgow is delighted at being awarded £1,000 from the *Evening Times*' Streets Ahead campaign to buy equipment for its allotment project in Bellahouston Park.

Participants of the project are not just learning a range of practical gardening skills but are reaping other benefits, including gaining confidence and improving skills that will help them gain employment in the future.

Peter Neely sustained a brain injury at work when loose scaffolding fell on his head.

Peter said, "After my accident, my life was turned upside down and I had to learn everything again. Beforehand, I was easygoing; I played football and golf and enjoyed work. Now, despite looking physically fine, I have problems that people can't see, problems that are in my head. As a result of my injury, I have poor concentration and am easily distracted by noise. Even the telephone ringing or people talking can be distracting.

"I find working at the Momentum Skills' allotment relaxing and peaceful. It's really helped me improve my teamwork skills and my ability to talk to people again. It's also good being able to use my brain for things like planning and problem-solving."

James Japp, who is a psychologist with Momentum and is co-ordinating the allotment project, said, "Streets Ahead is a fantastic campaign and the award from the *Evening Times* will give us an enormous boost. Gardening is one of those things that can unite people and here at Momentum Skills, we see that in action. But our little plot is about more than just digging and planting, it's about helping people get their lives back."

Momentum Skills' Pathways programme provides specialist training and support for adults with an acquired brain injury who want to return to work, training or further education. The programme is offered in Glasgow, Ayrshire, Aberdeen and the Scottish Borders.

For further information, contact James Japp on 0141 333 0567 / [james.japp@momentumscotland.org](mailto:james.japp@momentumscotland.org)

## Fundraising

Momentum's fundraising team has a wide range of events on offer throughout 2012. However, if you have your own idea for a fundraising event, then get in touch with the team who will support you in making it a success!

### **Forth Rail Bridge Abseil**

Reach new heights in 2012 by abseiling 165 feet SAS-style (or free-fall) from the spectacular Forth Rail Bridge at South Queensferry, near Edinburgh in April.

### **Midlands Golf Event**

The fundraising team is pleased to announce the return of its golf event in the Midlands, to be held at Warwickshire Golf and Country Club on 29 June 2012.

Before teeing off, players will be served breakfast and on completing the course a fantastic social event with live entertainment will follow.

## **White Water Rafting**

If you like to make a splash, we want you! Why not round up family and friends to take part in a white water rafting thrill-ride? Or even convince some of your colleagues to participate as part of a team-building exercise. Rafts can accommodate teams of six to eight people and no previous experience is required as all training is given by a qualified instructor.

For details on fundraising for Momentum, email [events@momentumfundraising.org](mailto:events@momentumfundraising.org) or call 0141 419 5286.

## **Momentum on Facebook**

You can now read about Momentum's latest news and events on Facebook. To join our group, visit [www.facebook.com/MomentumUK1](http://www.facebook.com/MomentumUK1)

## **About Momentum**

Momentum enables and empowers people with disabilities and those who are socially-excluded to identify and achieve their goals. We promote equal chances, equal choices and equal futures to more than 2,000 people every year. Momentum is part of the Rehab Group, a leading non-governmental organisation which works towards a world where every person has the opportunity to achieve their potential.

[www.momentumuk.org.uk](http://www.momentumuk.org.uk)

# RehabGroup

Investing in People, Changing Perspectives

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