

# Key is 40!

## How it all began

It is 40 years since a group of parents got together with a vision for their disabled children's future.

Their vision was for their sons and daughters to live full lives at the heart of their local communities, close to family and friends.

They were passionate, committed and focused on finding the way to make this happen and their idea was far ahead of its time. They wanted to develop housing in local communities where people would be supported to live their life.

So Key Housing was born!

Over the next few years this group of parents worked tirelessly to bring their idea to reality and began recruiting staff to help them do this.

Then in July 1982 the very first Key Housing development was opened in Garscube Road, Glasgow. This was closely followed by more developments in Glasgow and further afield – Dumfries, Cumbernauld, Stranraer and Annan – all by October 1984.

We take great pride in these ground breaking roots and the fact that some of these parents, staff and indeed supported people remain with us today.

Things have changed too though...



## Key Today



As services and support for people with disabilities changed, so did we. Over the past 40 years we have continued to evolve and develop into the organisation we are today. The majority of people we now support live in their own homes and we support people with a wider range of needs.

One thing that has remained constant is our belief that people with disabilities have the right to be supported to live the life they want in their local communities.

Here are some Key Facts and Figures:

- We support almost 1600 people from Thurso to Stranraer
- We employ 1800 staff
- 55% of the people we support are male, 45% are female
- 12% of the people we support are under the age of 25
- 67% of the people we support are aged 26-65
- 15% of the people we support are aged 66 and over
- The oldest person we support is 94, the youngest is 8
- 3% of the people we support, have been supported for 20 years or more
- Over 700 of the people we support have an individual budget
- Our most northerly service is Thurso
- Our most southerly service is Stranraer
- Our most westerly (& a relatively recent) service is Portree
- Our most easterly service is Bathgate
- We own 713 properties
- We have 727 tenants.

## We have something to celebrate

Obviously not every service or staff member or person with support will have a 40 year relationship with Key. However a big birthday like this is a good opportunity to celebrate what's happening locally and do something a wee bit fun or different.



Here are some ideas of what you can do in your area to mark 40 years of Key. Many of these have been suggested by TAG members and they range from the very small to larger activities which will need a bit of planning:

### Personal and Group Challenges

These all make excellent fundraising opportunities too – we are keen to raise money for TAG's community development work.

- Walk a mile or a kilometre a day for 40 days
- Walk 40 minutes each day for 40 days
- Cycle for 40 minutes each day
- Sponsored 40k cycle
- Swim 40 lengths
- Swim 40 breadths
- Run/jog/walk 4 10k races – you will have run 40k by the end!
- Get a 10k relay team
- Bake 40 cupcakes/biscuits/something else
- Do something you've always wanted to try, e.g. walk the West Highland Way, take up a new sport
- Get sponsored for your hobby – play guitar, sing, drum, line dance for 40 minutes, knit 40 hats, read 40 books, stay silent for 40 minutes!



## Social Events

These could take place at a service level or even just small groups of staff/people with support/families and friends.

Why not think about hosting:

- A 70s theme day in the office – 70s food, clothes, music, games
- A 70s themed dinner party
- A 70s photo booth
- A Key quiz night
- A 70s quiz night
- A Great Birthday Cake Bake Off
- A mini sports tournament – boccia, darts, football, bowling, netball
- A 70s movie night – Star Wars, Grease, Superman, The Godfather, Rocky, Jaws, Saturday Night Fever, Monty Python and the Holy Grail, The Life of Brian, Blazing Saddles, Alien, Airplane
- A 70s TV marathon – ‘The Hulk’, ‘Charlie’s Angels’, ‘Starsky and Hutch’, ‘Wonder Woman’, ‘Six Million Dollar Man’, ‘Happy Days’, ‘MASH’, ‘Fawlty Towers’, ‘The Good Life’, ‘Are You Being Served?’, ‘The Sweeney’
- A 70s karaoke event
- A BBQ and invite family, friends, neighbours
- A 70s disco
- A 70s games night – ‘Simon’, ‘Operation’, ‘Perfection’, ‘Ker Plunk’, ‘Boggle’, ‘Connect 4’
- A 70s sports day – Space Hopper races, skate boarding, bean bag race
- A 70s fashion show – dig out those platforms and flares!



## Memories and Reminiscing

- Write or tell your story with words/photos/video/objects
- Make a local service memories scrap book
- Make a local service time capsule
- Have a reminiscence drop-in where people can share their local memories
- Make up a 70s playlist for the local service with all your favourite Abba, disco, punk, glam rock tunes
- Make a service memory wall with photos/ stories/ people's names from across the years
- Make a 70s wall with photos and memories from the era – if you have younger staff/supported people encourage them to get photos and memories from family members
- Make a 'then and now' board with photos of staff and people we support from the 70s and now – for those who were around during that decade!
- Chat to people during their support time about their memories and how their lives have changed.



## Community Events

- Host a local history event and invite people from the community
- Host a local Key history event at your local library/ community centre
- Host a stall at a local gala day – e.g. information stall, bottle stall
- Approach local supermarkets, shopping centres about having a Key info stall for a day
- If you have any talented artists locally, host an exhibition of their work at a local venue – e.g. café, gallery, community centre.





## Get in touch

We hope you have found the information in this pack helpful and that it has given you some ideas of what you could do locally.

We also have some poster and flyer templates available which will help you to publicise your event and get people interested in what you are doing.

Sponsorship forms are also available if anyone fancies a TAG fundraising challenge.

If you would like to talk over your idea or need some help with making it happen, get in touch.

Please do also let us know what you are planning, as we can add this to our calendar of 40th Celebration Events and make sure we feature these on our website and social media channels.

I look forward to hearing from you and finding out about your plans.

**Please email [keyis40@key.org.uk](mailto:keyis40@key.org.uk) or call Jan on 0141 342 1846.**