

Newsletter

SEPTEMBER 2019

FEATURE: KEITH CHAIRS HIS FINAL MEETING AS A TRUSTEE ON OUR BOARD

COVER STORY: EMILY MOVES ON TO LIVE IN HER OWN FLAT AFTER MANY YEARS

FEATURE: REBECCA AND PETER ARE FINALISTS IN LEARNING LEADERS LIST



LATEST NEWS

STAFF CHANGES

Mariana Wilson has joined the Shared Lives staff team as our ICT Support Officer.

She has replaced Phil Hodgson, who is now our Business Leader.

Mariana, who is originally from Romania, spent her early working life as a teacher of English, Romanian and Latin for a year before deciding it wasn't for her.

"I got a job as a computer operator and stayed there for six years and got promoted to the leader of the IT department."

She moved to the UK in 2007 after meeting her husband and became his full time carer for 12 years.

"I always kept learning even though I wasn't working I completed courses online," said Mariana.

She saw the job advertised at Shared Lives and felt the ethos of the organisation matched her passions.

"The fact that I was a carer and I have that experience as well as having the knowledge of computers will help me in my new role," said Mariana.

"I didn't think twice about applying as I was drawn to the job."



It's early days as our ICT Support Officer, but she is enjoying being part of Shared Lives South West.

"It's very good, I'm finding the people very supportive and friendly. I'm still getting to know how to use all the equipment but it's going well," she said.

"I like a good challenge and problem solving. I like helping people and making

improvements where possible."

Outside of work, Mariana enjoys spending time with her Cava-Cockapoo Dotty. She also has a strong faith and helps run her church website and social media pages. She is also phenomenal at crocheting and makes all sorts of wonderful creations out of wool.

SLSW

Sleepwalking for Rowcroft Hospice



Sam Baxter from our admin team and her daughter Kitten completed a ten mile walk for Rowcroft Hospice.

They took part in the Sleepwalk fundraiser and raised £185.

It is the fifth year they have signed up for the event. The first year they did a five mile walk and since then have upped their game and now do the ten mile challenge each year.

The walk takes in various Torbay landmarks.

Congratulations to them both.

Doing our bit to recycle in the offices

Following Etherington Farm Shop's recent addition of their plastic free milk refill service, our Shared Lives South West Cornwall office now has two glass bottles in the fridge to be used and refilled whenever milk is needed.

Both the Devon and Cornwall

offices are also now recycling crisp packets and drop off the boxes at pick up points.

Any brand of crisp packet can be taken and once recycled, they are cleaned, shred and made into new recycled products.

You can find out more here:

www.terracycle.com/en-GB/brigades/crisppacket/brigade_faqs



SLC Jane calls it a day and relocates



The Shared Lives South West team has said a fond farewell to Shared Lives Coordinator Jane Rolfe, who has left the organisation after almost ten years.

She has been a valued member of the team. We will miss her wealth of knowledge, honesty and compassion. Many of the team came together to wish her all the very best and gave her vouchers to spend on crafting and gardening- her passions out of work.

"The amazing people I work

with at Shared Lives South West are what I will miss the most. It is like a second home to me," said Jane.

"The team is just so lovely, caring and thoughtful." Before joining SLSW, Jane worked for social services in the learning disability team in Ivybridge. There she helped a man who was struggling with his supported living placement. "Shared Lives South West was mentioned as a solution for the man. I was so impressed with what SLSW was offering and before long a job came up working for the organisation," said Jane.

"I had to apply and I got it." Over the years, Jane has seen the charity grow, evolve and blossom.

"The core essence hasn't changed, but we've smartened

up our practices. We have got cleverer about doing things in a more timely manner," she said. "I've also seen new legislation come in which has been really good for the care sector."

Jane has had many highlights over the years, including working with the parent and child placements.

"Working on our parent and child placements is emotionally tiring, but when you see how successful they have been you can't help but feel really proud," she said.

She has left SLSW to live closer to her daughter in Worcester.

"I'm moving up there and will take my time in getting a job as it's such a big move," she said.

We wish her all the very best.



Ayeshe

Ayeshe came across to Shared Lives with her foster carers Chris and Debbie Girdler last summer.

At a similar time, she met Brandon and her carers supported Ayeshe to learn about boundaries and expectations of relationships and supported Ayeshe to maintain her relationship with Brandon who she is still with. Since Ayeshe has been in a relationship she has really worked on developing her independence, and she is planning a trip away for a few days with Brandon.

Ayeshe in the last year has also developed independence in other areas of her life, she now travels to and from activities and college independently and requires less support to manage and maintain her social life and understand social norms within friendships.

Ayeshe is still developing other daily living skills such as cooking, and can now buy ingredients for a meal independently by following a list. She has completed a catering course at Plymouth



City College and is currently considering her options for the next academic year.

Ayeshe has been keen to become as independent as possible, this also includes driving so she is currently trying driving lessons to see if this is something she could work towards in the future, and Debbie and Chris are looking

at different ways they could support Ayeshe in passing her driving theory.

SLC Holly Anderson



Jolly good jam

George, who enjoys short breaks for SLSW carer Tracey Chase, has sent in these amazing photos! The fruit came from the local farm where they went to pick strawberries. George chopped up the marrow and apple and grated the lemon rind. He took some home for his family to enjoy.



Find us on online...



sharedlivessouthwest



@sharedlivesSW



www.sharedlivessw.org.uk

FILM FANS CEA CARD

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability,

cinema staff should make them for you whether you have a CEA Card or not.

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

Visit www.ceacard.co.uk for more details on the card.

Circus fun



Gary, who lives with SLSW carers Debbie and Rick Smith, had a great time at the circus! He also got to meet Optimus Prime and Bumblebee from Transformers! Thanks for sending us these great photos. We welcome pictures of Shared Lives South West families enjoying their lives together.



COFFEE TIME



Karen Hibberd, who is a Shared Lives South West carer, is hosting a coffee morning for Macmillan Cancer Support at Truly Scrumptious Cakery in Plymouth on September 28th from 10am-1pm. Go along, have a bit of cake and a drink and raise money for a good cause at the same time.

Training

If you need to update your carer training or need more information on dates, contact your Service Admin team on:

CORNWALL
01209 891888

DEVON
01626 882565

Keith's board term ends after nine years



I didn't look any further. I was already on a quick learning curve re adult social care, and the 'Shared Lives' concept was simply inspirational.

• If you could sum up your time as a trustee in three sentences, how would you summarise it?

Occasionally challenging. Mostly fun and always rewarding.

• What would you say you are most proud of in your time as a trustee with SLSW?

I'm most proud of our 'Outstanding' rating from the CQC. It gives a great platform for future growth.

• What will you miss about the charity and the role?

I'll miss all the amazing people that make our charity and the inspirational achievements of those that use our services.

• Now you'll have a little more time on your hands, what will you fill your time with?

I'll still be volunteering. I recently joined the board of Westbank, a health and care

After nine years on our Board of Trustees, Keith Richards has chaired his final meeting.

He has seen the charity blossom and evolve during his time with the organisation.

Here we catch up with him and talk about his highs and lows of being part of Shared Lives South West.

• What made you decide to join the board of trustees at SLSW all those years ago?

I took early retirement in 2010 at a time when my wife and I were taking on the responsibility of looking after three close relatives, all in their nineties. I knew that I wanted to do 'something voluntary' and when I found out about SWAPS, as it was called then,



charity based at Exminster. As to home life, Pauline and I have a 40th wedding anniversary coming up. We're renting a Spanish villa and inviting family to come and enjoy the pool with us. Trouble is I can't swim. Maybe time to learn?

• **If someone is thinking about becoming a trustee with us what would you say to them?**
In return for giving your time and your experience, you'll be joining an amazing group of people.

• **What do you think the future holds for SLSW?**
It must surely be coincidence that our future has never looked brighter, just as I'm leaving!

• *At his last meeting with Shared Lives South West, Keith was presented with a world atlas signed by all staff by our CEO Dominic Spayne. We wish him all the very best for the future and we are grateful for the time he has dedicated to Shared Lives South West.*
Cheryl Lewis is now Chair of the Board of Trustees. We

have also appointed three new board members Francis Bourke and Keith Roberts who are pictured at the bottom

of the page with Cheryl and Dominic. Kevin Orford was also appointed but is not pictured.



Prom night and award success for Rebecca



Rebecca, who lives with SLSW carer KC Markwick, has been to her first ever prom. Rebecca enjoyed the prom to celebrate completing a year at college- we love this photograph that they sent to us. She is also celebrating being a finalist in The Dimensions Learning Leaders' List.

Both she and Peter, who also uses our services and lives with carer Danuta Lewis, have made it as finalists in the Work and Education category. The Learning Leaders' List celebrates the achievements of people with learning disabilities and autism, who are helping to make society a better place. Rebecca was nominated

for the education and work category. Since moving in with her SLSW KC Kelly Markwick, she has transformed her life. Over the last 18 months or so, with determination, Rebecca is now off medication. She's also working hard at her education and now has the chance to learn to read and write. KC fought to get her into

WE CATCH UP ON ALL THE LATEST SHARED LIVES NEWS

college. She's working on speech, language and literacy and has come on leaps and bounds. Above all, through technology, including a mobile phone and tablet Rebecca's life has improved greatly. She now listens to audio books and uses a Fitbit to stay healthy (and has lost 5.5 stone). Rebecca can also use Alexa - speech recognition information device. She asks Alexa what the weather will be like and dependent on the answer will make a decision about what clothes to wear. Rebecca has also increased her sense of independence and can now walk independently. She can also now catch a bus on her own.

Peter

He was recognised in the same category in the Learning Leaders' List awards for his commitment to working at his local supermarket. A 15 year service award was given to him for working at Waitrose in Holsworthy. Peter is part of the team there and is well respected amongst his colleagues. He was also responsible for fundraising for Shared Lives South West and nominated us for the store's coin token

scheme. A judging panel will now go through the entries. The final List with all the Leaders' stories will be published on December 3, which is International Day of Disabled Persons.



FEATURE SLSW

Emily moves on to her own flat!



After 11 years, Emily has moved into her own flat after living with SLSW carer Julie Hughes

Emily has taken the leap and after 11 years she has moved on from Shared Lives South West. She has lived in Torbay with carer Julie Hughes and now lives in her own self contained flat, not far from Julie. "I loved living as part of a Shared Lives family," said Emily. "The house is central and

close to the bus station and beach. I loved it." She built up a great relationship with her carers. "They were very welcoming. They made me part of their family," said Emily. "I learnt how to iron, make my bed, how to wash my clothes and put them on the line and cooking sometimes. "I'll miss not being with Julie



Tommy and Ellie.”
After more than ten years, Emily felt it was time to move on and she has learnt the skills to have her own home. She now has a lovely self contained flat close to local amenities. It’s clear she is extremely proud of the move. “I’ve decorated it, it’s got all my things in that I’m familiar, it’s comfortable and I really love it.” said Emily

After so long in the family home, Julie said it’s ‘quieter’ without Emily around. However she is thrilled that Emily found such a well situated flat. The pair have said they will stay in contact. Julie, who has a history in nursing and care, has enjoyed watching Emily blossom. “She was quite dependant when she first moved, but over the years she has learnt new

skills,” said Julie. “She has done travelling training, cooking, cleaning and her own washing. “It’s nice that rightly so, she is part of society and has friends go to the cinema with, just like everyone else. It’s great to see people move on and develop their skills. It’s lovely to see Emily so happy in her flat.”



WE TALK TO A SHARED LIVES FAMILY ABOUT THE LATEST NEWS
WITHIN THEIR HOUSEHOLD

Award shortlisting for SLSW carer Sarah

Shared Lives South West carer Sarah O'Shea has beat off competition from almost 350 nominations to be shortlisted for an award at the forthcoming Cornwall Care and Support Awards 2019 which take place in her home county.

She is down to the final three in the Supported Housing Worker or Team of the Year category. She will find out if she's won at the award at the gala awards night on September 27.

"I was so shocked when I heard I'd been shortlisted," she said. "I didn't know I'd been nominated, but I feel honoured."

Sarah became a Shared Lives South West carer 13 years ago. She has worked a lot with young people who used their Shared Lives South West placement as a stepping stone to independent living.

She decided she wanted to become a carer with the organisation after having a second child and not wanting to miss out on them growing up. "I looked into fostering and then heard about Shared Lives," she said. "My parents



ran a care home when I was growing up and I have worked in care all my life. Being a carer with Shared Lives seemed perfect as I could be with my family and have an extended family- the people I support."

In more recent years she has supported Alan and Janet in her home. They are aged 65 and 70 respectively.

"They are very settled and it's different supporting them to the young people. I do enjoy it just as much though," she said.

"I've also recently started as a Home from Hospital Carer where I help someone out of hospital to recuperate."

Her husband Edward and her SLC Lesley Saunders will accompany Sarah to the ceremony.



South West shortlisting at GB Care Awards



We are celebrating the news that Team Leader Anne Bilham and carer Sarah O'Shea have been shortlisted for the South West heat of the Great British Care Awards.

Anne is up for The Home Care Registered Manager award and Sarah is in the Putting People First Award.

They will both have to go to a judging day in Bristol in October and will find out if they've won at a glitzy award ceremony at Ashton Gate Stadium, Bristol, on October 25. If they win they will then go forward to the Great British Care Awards final. Both are inspirational in their fields and we wish them all the very best.

Penalty charge notices support

Some individuals on Universal Credit have been receiving Penalty Charge Notices (PCN) from the NHS after dental treatment or when collecting prescriptions. This is because there isn't yet a box to tick for Universal Credit. If you qualify for free NHS prescriptions through Universal Credit

in the future, please tick BOX K (gets income based Jobseeker's Allowance) on the back of your prescriptions and write 'Universal Credit' next to it.

If you have collected any prior prescriptions and not selected BOX K, you may receive penalty charge notices due to

the way the exemption check is performed.

If SLSW is the appointee, please contact the Funding and Benefits Team for assistance.

FEATURE

Proud to Care Ambassador News

Shared Lives South West Team Leader Laura Maker is now officially a Proud to Care Ambassador for Devon.

Ambassadors are front-line staff who work in a variety of roles in health and care and including nurses, care workers, community matrons, registered managers, mental health nurses, social workers, occupational therapists, support workers, and many more.

The ambassadors are using their own knowledge, passion and experience to encourage people to consider careers in the health and care sector.

They can attend career events at schools, colleges, universities, job centres, employment fairs and apprenticeship events, to enthuse and inspire others to take up opportunities in the health and care sector.

They are able to promote current job opportunities in the sector and also demonstrate a variety of career pathways in health and care.

Laura has worked at Shared Lives South West for three years and enjoyed a varied care career before joining the



organisation.

“My first professional experience in health and social care was when I spent a Summer in America working on a camp for children and adults with support needs.

“It was here that I discovered what I really wanted to do; work with people with support needs. I also wanted to learn from, advocate for and felt inspired by them.”

Laura went on to work in a variety care settings, including residential, supported living and for the local authority. With so much care experience under her belt and being a leader in her her current position, she feels that she can

offer a lot to the ambassador role.

“I have learnt so much about the local community, legal framework and legislation,” she said.

“No day has been the same and there is always something new to learn.

“It has its challenges of course, life is full of these; but passion and drive keeps me motivated to get good outcomes for those around me.

“I have become a Proud to Care Ambassador to hopefully encourage other young people to consider a career in health and social care ... There are so many opportunities if you look and want them.”

A holiday in Zante making memories



A Plymouth Shared Lives South West family sent in these wonderful photos of a recent holiday to Zante. SLSW carer Karen Hibberd

her husband John, who is a support carer, took Shelly and Glenn to sunny climes... and it looks like they had a fantastic time.

One of the highlights was going on a galleon. It was Glenn's first holiday abroad since he was a child.



SLSW Carers Maria and David Wolstencroft sent in these great photos of a day out. They support Pam long term and Tony on respite. Pam and Tony have been together for 30 years. They are pictured together in the 'Love Shack'. They also had Jamie staying with them on respite, who is also pictured. It looks like a lovely day out.

FEATURE

Rosemary retires as a SLSW Carer

Carer Rosemary Wassmuth who has dedicated so many years to care has retired. SLC Sarah Casey presented her with some flowers and praised her dedication at a recent Devon Carer's Meeting. Rosemary has worked in the Care field for more than 60 years. She had a small residential home and transferred to Shared lives in 2004 and continued to provide a loving home for Margaret for 28 years. Rosemary has prided herself that Margaret is still so positive and independent and really liked socialising. Rosemary enjoyed taking Margaret away on Turkey and Tinsel breaks and often enjoyed a weekend away at a hotel.

"Rosemary has been an inspiration to other carers and always on the end of a phone for support," said Sarah.

"Rosemary was devastated in November when Margaret was given a terminal diagnosis after having a stroke and admitted to hospital.

"She was keen to get Margaret home to familiar surroundings. Rosemary and Husband



Helmut have been so attentive to Margaret and her changing support needs."

Rosemary has continued to provide Margaret with an amazing quality of life, including her night team tipple of Guinness, even though she has been unable to mobilise after her stroke.

"I remember last year when Helmut had finished his last service with the Navy and took retirement.

"This took some getting use too. Rosemary said she had already prepared "to do lists" for him including indoor jobs for the Winter and outdoor jobs for the Summer.

"Rosemary is looking forward to spending time with her family particularly her grandchildren whom she is very proud of.

"Rosemary is a professional to the hilt, she has principles and values and is not afraid to challenge when necessary," added Sarah.

"I will sadly miss my visits to her welcoming home and the scrumptious smells of home cooked bread (Helmut prepared). I wish her a happy and contented retirement," said Sarah.



Tommy is driven to succeed!



Charlotte is now an SLC

Charlotte Williams who joined us as our Leadership Team Assistant in the Spring has moved roles.

She has been covering for Clare Waring while on maternity leave.

However, with the departure of SLC Jane Rolfe, a position became available.

Charlotte has a wealth of experience in person centred planning and health and social care.

“I am really looking forward to meeting all the Carers and people who use our services,” she said.

“It will be great to get to know them and build a good rapport.”

Tommy is seen here proudly showing off his all terrain vehicle competence certificate. He worked hard to achieve the skill. He volunteers at a local farm and they are putting

him through various training courses.

The award was given by Lantra. A big well done for Tommy for gaining the certificate.



SHARED LIVES SOUTH WEST SUPER HERO AL IN RIVER RESCUE!



Al Baker, who lives with a Shared Lives family in the Sidmouth area, is a real life super hero and has been praised by police after rescuing a woman from a local river. He says he heard the woman calling for help and alerted some joggers nearby. He then jumped into the river and got her out. Thanks to his quick thinking, the lady was taken to hospital

with signs of hypothermia. Jean Thompson, his Shared Lives carer who he calls FM (Foster Mum) said she is extremely proud. To celebrate and recognise his heroic actions, he helped make burgers as he's doing his best to develop his cooking skills. A huge well done to Alex! How very brave. His story made the front page of The Sidmouth Herald.



The deadline for the December newsletter is December 2

If you have any questions or comments about this newsletter or any stories you'd like to share with us, please do get in touch - we would love to hear from you!

Telephone: 01626 360170 / 01209 891888

Email: dgillingwater@sharedlivessw.org.uk

