

Newsletter

AUGUST 2020

**FEATURE: IAN'S MOVE HALTED BY
LOCKDOWN FINALLY GOES AHEAD**

**COVER STORY: SLSW FAMILY ENJOYS
DAY OUT TOGETHER AS RESTRICTIONS
SOFTEN**

**PICTURES: LOCKDOWN PICTURES GALORE
SHOWING HOW PEOPLE HAVE BEEN BUSY**



LATEST NEWS

SHARED LIVES WEEK

We had grand plans for Shared Lives this year to grow on last year's huge running and picnic events, but due to Covid-19 our ideas were quashed. However, it didn't stop us celebrating Shared Lives Week in different ways.

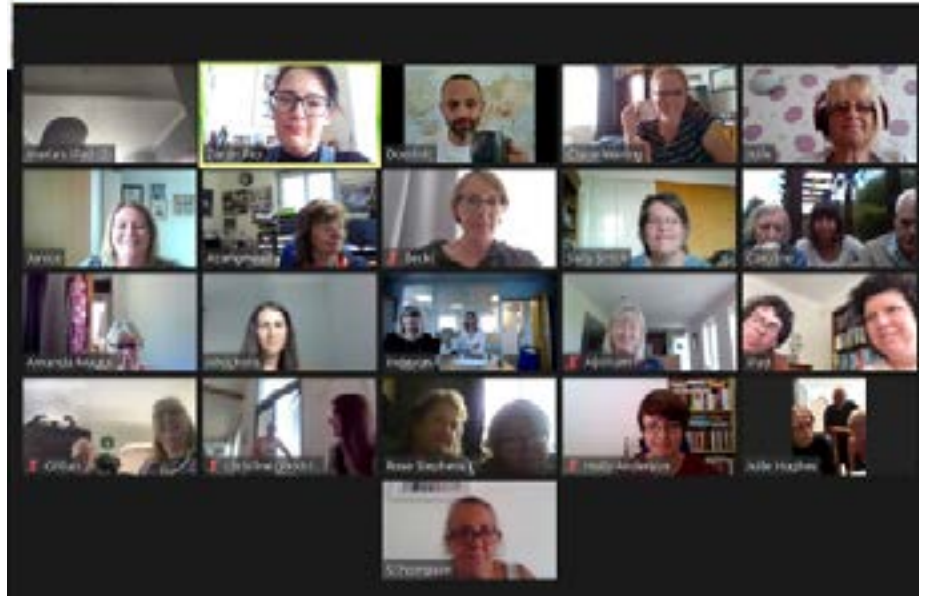
We created a fun flow paper aeroplane video where staff and SLSW families held up pieces of paper with words that sum up SLSW Carers. They then made them into a plane and flew them off screen to the next person.

It has been viewed more than 1,500 times on our Facebook page.

It is a pinned post, so you can still view the video, just search Shared Lives South West on Facebook.

Thanks to all SLSW families and staff for contributing to the upbeat and positive video.

We also held a virtual tea party on Zoom attended by SLSW families and staff.





Melissa is green fingered in the garden

Melissa has been harvesting
beetroots and carrots in the

garden.
She is supported by SLSW

Carer Andy Jones in Somerset.
Great work Melissa!



Smile!

It's all smiles for Gareth and
his friend Lottie the dog!
We love this photo of Gareth,
who lives with SLSW Carers
Marc and Chrissie Walpot in
Torbay. Thanks for sending it
in.

Ian finally moves in after Covid-19 hold up



Covid-19 may have put a halt to a lot of things in society, but thanks to careful planning and the Government softening restrictions, it meant Ian could still move into his new Shared Lives South West household this month. Ian has moved from a Mencap home into a SLSW household and is being supported by SLSW Carer Karen McClaskey near Penzance. He was thrilled to be matched with Karen as he has family nearby including his brothers- he is one of

triplets! A further two brothers and a sister also live close by and he's even been able to cycle to see some of his family members.

The move was in the pipeline since the New Year, but Covid-19 held it up. Ian waited patiently and spoke regularly with his Shared Lives Coordinator Angela Rowe to make sure the placement was still on track.

"Ian was anxious that it wasn't going to go ahead and we did all we could to reassure him we were onboard and so was Karen. He was originally moving in on April 24, but

couldn't due to Covid 19 restrictions," said Angela. "We had done a risk assessment and put all the measures in place for a safe move. It was fate he moved in the day he did as it was the day the Government reduced restrictions and it meant that he didn't have to wear a mask or PPE when he went to Karen's house. "We kept positive and knew it was a case of when, not if, Ian would move in." "It wouldn't have been nice to welcome Ian into the house and not be able to help him unpack and get settled, the

date was definitely timed right. It would have been hard on Ian to come in and wear a mask and have minimal contact with us," added Karen.

"I think it was fate that Ian moved in the day he did," added Angela.

"I am happy and thankful I moved, I love Karen's cooking and Sky TV," said Ian who has settled in quickly.

Ian now lives in an annex apartment complete with his own room, kitchen, living room and conservatory.

"I feel at home already and I've already had my first visitor, my pastor," said Ian, who has a strong faith.

"One of the things I wanted was to live with a family and I have that thanks to Karen.

"Ian can come and go as he pleases, as he also has his own entrance if he chooses to use it," added Karen.

"He spends most of the time in his room but we are here to support him and he joins us at meal times. He can also come and go from the main house as there is a connected staircase."

Karen is there to help and encourage Ian with everyday life.

"She helps me with keeping my bedroom nice," said Ian.

"Karen also reminds me to wash and change my clothes." Ian, who loves sports including football, cricket and tennis, as well as doing word-searches, is already making plans for the future.

"As a family we like to travel and Ian has already said he'd like to go to Spain, so we can look into that when we can," she said.

"He also said he wants to go to Newquay Zoo, so we can start trying to think forward and take into account what Ian wants to do."

Karen, who has been a SLSW Carer for around 13 years, enjoys the rewards the role brings.

"What I like about being a SLSW Carer is you can help people do things they may not have been able to without your support and give them opportunities which may help them thrive," she said.

Caring runs in the family as Karen's Mum used to be a SLSW Carer and is now a support carer and her sister Sarah is also a carer and lives half a mile away in the same village.

"We all help and support each other, we couldn't do it without one another," said Karen.

"I've already met Peter, who uses SLSW services and lives with Sarah, he likes cricket like me which is great," added Ian. "We all see the family a lot out and know each other so well so can help with respite," commented Karen.

SLC Angela is thrilled Ian has settled so well, especially with the added pressures and measures due to Covid-19.

"There used to be a TV series called Surprise, Surprise where they made nice things happen," said Angela. "In my role I feel like the show's presenter Cilla Black," she said with a smile on her face.

"It's all about making people feel happy. I just love it and watch people develop and grow."



Lucas celebrates his 18th birthday

Lucas celebrated his 18th birthday with cake and balloons.
He lives with SLSW Carer Jo Crocker in Cornwall.
It looks like he had a great day!
A big Happy Birthday to you Lucas.



WE CATCH UP ON ALL THE LATEST SHARED LIVES NEWS



Lee Whyman and Michael Taylor have been helping to revamp the garden furniture and been making bird boxes during recent months. They live in Somerset with SLSW Carer Debbie Robus.



Sam and Katie have enjoyed colouring outside, with an amazing view! They live with SLSW Carer Zoe Maycox.



Connor relaxes in the sunshine



Connor is sat taking in the view in the sunshine.
He lives with SLSW Carer Les Redfern Philips in Cornwall.
What a lovely photo!



Briony wanted to show off her new hair style!
With the support of her SLSW Carer Sue Johannsson, she coloured it a lovely shade of purple.
They live in Somerset.
Thanks for sharing such lovely photos!





Brian, Colin, Neil and Tony enjoyed their first outing to Teignmouth seafront with their SLSW Carer Debbie Rowsell, and Richard and Diane Holland. Diane and Debbie

are sisters and live in a house converted into two, so they have managed to see each other as one household throughout the Covid-19 crisis.



A big well done to Cornwall based SLSW Carer Tracey Chase for completing British Sign Language Level 1 online course.
What a great effort!



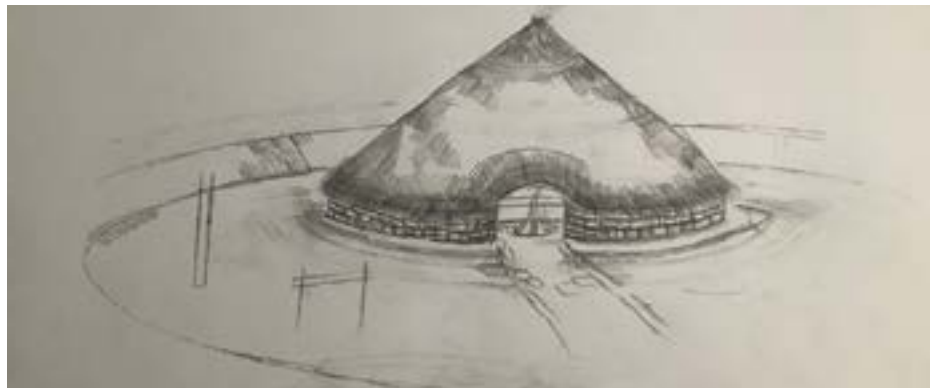
Artist Matthew shows off his talent



How wonderful is this artwork by Matthew? He is supported by SLSW Carer Claire Thomas in Somerset.

He's also seen here in the hot tub with Emma, who also lives with Claire and uses our services.

What an amazingly talented artist Matthew is!





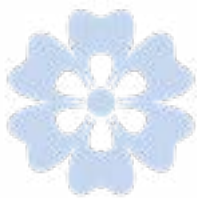
Damion has been making the most of his time at home. He's been enjoying afternoon tea, time in the hot tub, tending to his lillies that he's grown and also enjoy baking with Helen (just before lockdown restrictions were brought in). Damion is supported by SLSW Carer Heather Cocks. Helen enjoys short breaks with the same carer.



Crafting and gardening to pass the time



SLSW Carer Debbie Swan, who supports Julian and Catherine, sent in these great photos. It looks like this SLSW household has been busy crafting, enjoying the hot tub and growing flowers.





John and David who are supported by SLSW Carer Anne Dowsing have been showing off their creative side by making mosaics. Aren't they fabulous?
They are also getting used to wearing face masks when out and about.



A trip out to the the beach

How wonderful does this look?
SLSW Carer Eileen
McLoughlin in Cornwall
enjoyed some time in the
sunshine with the people she
supports- Ann-Mari, Sam and
Tracy.



SLSW Carer Anne Buckley
and Linda, who uses our
services, enjoyed the
breath taking scenery on a
little trip out.
They live in Cornwall.

Blooming lovely place to live for John



What a beautiful picture!
This is the view from John's
cabin, which is covered in

beautiful flowers.
He enjoys our just next door
service and lives with SLSW

Carer Caroline O'Sullivan in
Devon.



It looks like Wendy had a
great birthday. She lives with
SLSW Carer Sam Robertson.
Belated Happy Birthday
wishes to you Wendy!



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RACISM DISCUSSIONS

Too many people in the UK are complacent about racism in this county. Across all aspects of life, people from black and ethnic minority communities have much lower outcomes in life, highlighting that racial inequality is systemic. We have begun some internal discussions about racism in response to the ongoing movement lead by Black Lives Matter.

Whilst Shared Lives South West haven't been outspoken about racism in the past, it is

clearly an affront to our values and beliefs. We recognise that we are a largely white organisation, that we have a lot to learn, and that we can do better. Right now we don't have all the answers, but we will keep asking questions and keep learning. The aim going forward is to have informal meetings each month to start conversations and share resources to inform our choices about how we move forward as an organisation. One thing we are clear on is

that we need to be explicit in having a zero tolerance to racism and a commitment to equality and diversity. We want to embed this in our practice, to educate and inform people about racism, and to ensure that everyone in our community feels empowered and supported to challenge racism when they experience it.



IS RACISM A PROBLEM IN THE UK?

COVID – Right now, people from black and ethnic minorities are twice as likely to die from COVID-19 than white British people.



LIFE EXPECTANCY – Black people have a 7-9 year lower life expectancy in the UK than white British people.



EMPLOYMENT – Black people are twice as likely to be unemployed and earn on average 21% less than white British people.

10X
more likely



CRIME – Black people are 50% more likely to be the victims of crime, 10 times more likely to be stopped by the police, 3.5 times more likely to be arrested and serve 50% longer prison sentences than white people.

HOUSING – Black people are more likely to be homeless in the UK than white British people, and twice as many White British people are homeowners than Black people.

MENTAL HEALTH – black people are 3 times more likely to be detained under the mental health act than white British people.



BLACK LIVES MATTER EASY READ

United Response version explains about Black Lives Matter:

<https://s33156.pcdn.co/wp-content/uploads/Easy-News-BLM-special-web-ready.pdf>

Mencap's version:

<https://www.mencap.org.uk/sites/default/files/2020-06/BLM%20%281%29.pdf>



SLC Jean Harper has written this about promoting Anti-Racism...

Sometimes it is hard to admit failure. Yet it is, potentially, one of life's learning opportunities. The low starting point for something great to begin - sometimes much bigger than we can imagine and possibly phenomenal. My failure to speak out about the racism I have experienced has led me to this place.

The ongoing conversation about racism around the world has featured in our newspapers and in the news. Black Lives Matter has become a global movement and the British press have followed up with numerous articles helping us to explore differing points of view. Our televisions have offered programmes exploring the injustice of slavery and what it means to be black in the UK today. One of these programmes aired by Channel 4 'The school that tried to end racism' used a series of exercises to explore with children their unconscious

bias.

We all have an unconscious bias, it informs our position in a disagreement.

Our bias influences everything we are. Within Shared Lives' households, our unconscious bias influences the kind of carers we are and the kind of experience we offer. The conversations that we have with and about the individuals we support colour their views of the world and speak into their unconscious bias.

The unconscious bias in the UK is: 'White is right.' This differs greatly from UK Equalities legislation. Racism is not an easy, conversational topic. However, by not having this conversation, we are failing to challenge our views and those of others. As a consequence, we are failing to open ourselves up to new understanding.

"Anti-racism is the commitment to fight racism wherever you find it, including yourself." **Ijeoma Oluo**

Racism is oppressive. When we use the fear of our differences, we make stereotypes. This, in turn, can create cycles of oppression. If the only way we see into a situation is based on these stereotypes, this leads to prejudice and without challenging prejudice, discrimination is a consequence. Discrimination is a pattern of behaviour that treats someone unfairly. This is unfair, unethical and illegal.

Our staff team has been researching the issues in recent weeks and have found the following resources to be helpful in better educating yourself on the problem. If you have any useful resources, please share them with us!

USEFUL RESOURCES

- A brief history of Black and Asian history in England:
<https://historicengland.org.uk/research/inclusive-heritage/another-england/a-brief-history/>

TELEVISION / VIDEO

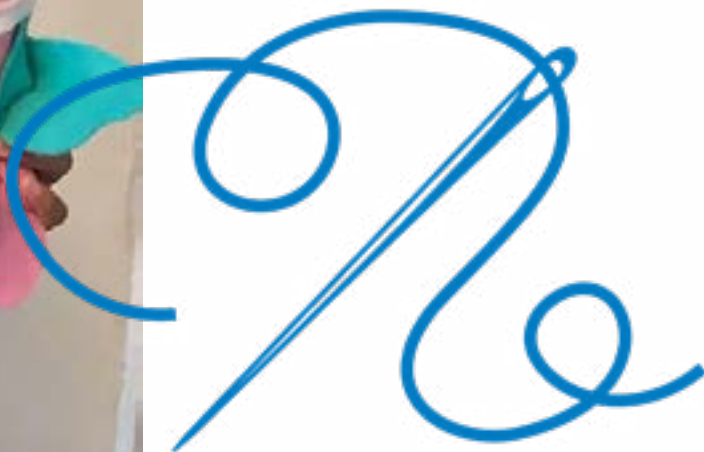
- "The Unwanted: The Secret Windrush Files" on BBC iPlayer
- "First Encounters - Black and British, a Forgotten History" on BBC iPlayer
- "Is Britain Racist?" on BBC iPlayer
- "The School That Tried to End Racism" on Channel 4
- "13th" on Netflix
- "Top 10 African Contributions to World Civilization" - YouTube

BOOKS

- 'Why I'm no longer talking to white people about race' by Reni Eddo-Lodge
- 'Staying Power - the history of black people in Britain' by Peter Fryer
- 'Girl, woman, other' by Bernadine Evaristo
- 'Fatal Invention: How Science, Politics, and Big Business Re-create Race in the Twenty-first Century' by Dorothy Roberts
- 'White Fragility: Why It's So Hard for White People to Talk About Racism' by Robin DiAngelo
- 'Brit(ish)' by Afua Hirsch
- 'Natives: Race and Class in the Ruins of Empire' by Akala
- 'How to Argue with a Racist' by Dr. Adam Rutherford



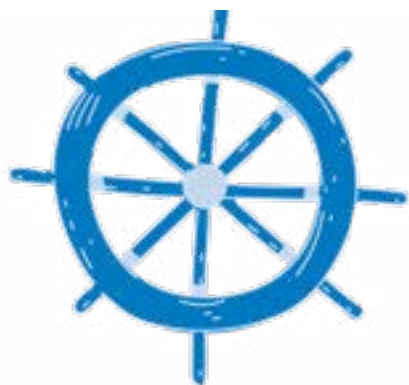
How incredible is this owl?
Chanroth who is supported by
SLSW Carer Tracey Chase in
Cornwall has learnt to sew and
this is the first thing she has
made.
Amazing!



Here are some lovely photos of
Bruce enjoying some time out in
Charlestown.

The town is a hot spot for TV
filming, including the likes of BBC's
Poldark and Taboo.

He lives with SLSW Carer Glynis
Maloy in Cornwall.

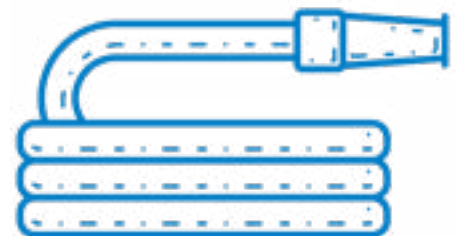




What a beautiful photo of SLSW Carer Dawn Jago with Josette and Robert with a backdrop of stunning roses in Cornwall.



Well done for helping out Robert!
He's been helping out with watering the plants at the home he shares with SLSW Carer Diane Milligan in Cornwall.



Cornwall's colourful fields



How fantastic to have these colourful poppy and lavender fields close to where they live... Lynn and Lucas who live with Jo Crocker in Cornwall have been getting out and about and enjoying the amazing scenery and countryside near to where they live.





Cara has been enjoying baking sessions and has made these



incredible scones! We hope you saved us one!

She lives with Sylvia Marsh in Plymouth.



Michelle and Tracy, who live with SLSW Carer Karen Miles, have been enjoying a walk in a local forest in the sunshine. Thanks for sharing the photo with us.



Blooming marvellous activities for Susan



Susan has kept busy. She's enjoyed a walk to Sandford Park with John who also uses SLSW services.

She's also now seeing the results of her lovely hanging basket which is flowering, and also been potting lavender for the front garden. Susan lives with SLSW Carer Caroline O'Sullivan in Devon.



Ursula is all smiles enjoying what she loves



What a wonderful picture of Ursula doing what she loves best... crocheting and knitting. She lives with SLSW Carer Lesley Waller and has enjoyed some breaks with SLSW Carer Sally Thomas.



It looks like Jodene has made a new friend at Greendale Farm Shop! She lives with SLSW Carer Simone Shay in Exmouth. What a fun photo!

A warm welcome to our new Somerset SLC

Shared Lives South West has welcomed new Shared Lives Coordinator Chrissy Goodridge to the team. She will be based in Somerset covering Anne-Marie Carmichael's role while she is on maternity leave.

Chrissy started at SLSW earlier this month and has a wealth of experience in the care sector.

We caught up with her and welcomed her to our organisation...



Can you tell us a little about your background?

I have worked within the Health and social care Sector for 16 years.

Predominantly most of my experience has been with adults who have a learning disability. I also have experience working with mental health issues and autism. I've had many different roles including: Support Worker, Enabler, Team Leader, Service Manager; the list could go on.

Had you heard of Shared Lives before joining?

I heard about the Shared Lives scheme through a work

colleague who had recently become a Shared Lives Carer herself this inspired me to do some more research on Shared Lives.

What do you think you can bring to the team?

My friendly, outgoing and enthusiastic personality.

What do you think of Shared Lives as a model of care?

I personally think that the Shared Live model of care is how the future of care will look. Through my many years of experience, almost all of the people I have worked with when you ask them they say that they would like to be part

of a family and feel part of the community.

How is it joining the team as a Shared Lives Coordinator during the current Covid-19 crisis?

It is a very different way of working and my IT skills have improved immensely, but I'm really enjoying it.

What do you enjoy doing in your spare time?

I love to dance, sing, spending time with my children.

If you could take three you'd things to a desert island?

My children, food and water.



Briony, who lives with SLSW Carer Sue Johannson in Somerset, wanted to share with us these happy photos. Pictured is Briony on holiday with Sue's grandchildren at Doniford Bay. The other photo is of Briony at Doniford Bay.



Jenny has been out for a lovely trip at Roseland Peninsula, Cornwall, with SLSW Carer Nicola Drewett who she lives with. They stopped for a cream tea and took in the scenery.



The deadline for the October newsletter is September 15

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!

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