

Newsletter

OCTOBER 2020

**FEATURE: SLSW CARER NICOLA
PROVIDES 'A SAFE PLACE TO HEAL'**

**COVER STORY: PETER CELEBRATES HIS
60TH BIRTHDAY WITH A PARTY**

**PICTURES: HAYLEY GETS ENGAGED TO
RYAN IN CORNWALL**



LATEST NEWS

CHARTER

Shared Lives South West has renewed its Mindful Employer Charter.

It's a UK wide initiative run by Devon Partnership NHS Trust. It provides employers with easy access to professional workplace mental health training, information and advice; with the goal to help and empower organisations – large or small – to take a lead in supporting the mental wellbeing of staff.

As an employer SLSW recognises that in the UK, people experiencing mental ill health continue to report stigma and discrimination at work

Having signed the 'Charter for Employers Positive about Mental Health', SLSW is committed to creating a supportive and open culture, where colleagues feel able to talk about mental health confidently, and aspire to appropriately support the mental well-being of all staff. As an employer, it has made an ongoing commitment to:

- Provide non-judgemental and proactive support to staff experiencing mental ill health.
- Not make assumptions



about a person with a mental health condition and their ability to work.

- Be positive and enabling towards all employees and job applicants with a mental health condition.
- Support line managers in managing mental health in the workplace.
- Ensure we are fair in the recruitment of new staff in accordance with the Equality Act (2010).
- Make it clear that people who have experienced mental ill health will not be discriminated against,
- and that disclosure of

a mental health problem will enable both the employee and employer to assess and provide the right level of support or adjustment.

Dominic Spayne, CEO at SLSW, said:

"We are open about mental health and are committed to better working practices for mental health and well-being and will support any of the team who have a mental health condition.

"We proud to be part of this initiative continue to support the Charter."

SLSW

Lucas celebrates a year with SLSW family

Lucas, who has lived with SLSW Carer Jo Crocker for a year, celebrated by going for a meal with his SLSW family. That cake looks amazing! We hope you all enjoyed your meal together.



Peter, who lives with SLSW Carer Julie Hughes in Torbay, has treated himself to some new furniture for his bedroom. Here he is showing it all off. Doesn't it look great?

Chanroth enjoys a pampering session



What fun pictures! Chanroth, who uses our services and Bex McKnight who is a SLSW formal support carer, have enjoyed a pampering session. They wore face masks and had manicures and pedicures. Chanroth lives with SLSW Carer Tracey Chase. Bex McKnight is Tracey's daughter.



SLSW Carer Nick Higgins managed to take Kevin and Stephen to a remote cottage in France when lockdown restrictions lifted.

They are seen here in France and flew the flag for SLSW by taking their SLSW bag.





The Hill family support Kathryn and Sylvia Drew as well as David at their Devon home. They made a shop at the house, so that they can do their shopping with no worries during the Covid-19 crisis. What an inventive and great thing to do!



SLSW



SLSW Carer Christina Brown and her family have enjoyed a windy day out on Dartmoor with Ashley who they support through SLSW.



Eyes down!

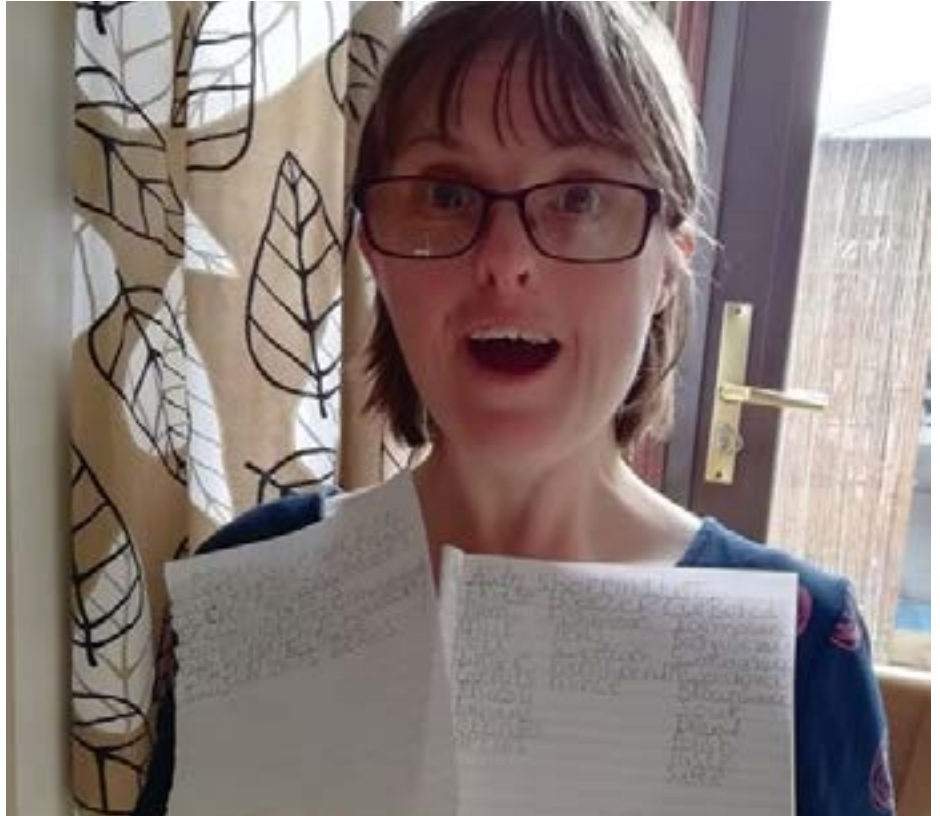
The Wolstencroft household enjoyed a bingo night with Pam and Jamie who use SLSW services.

Maria and David Wolstencroft are SLSW Carers in Cornwall. It looks like you all had fun!



WE CATCH UP ON ALL THE LATEST SHARED LIVES NEWS

Briony has been really busy menu planning and writing a shopping list for the next shop. She's also seen here on a trip out to a garden centre wearing a mask for the first time. She lives with SLSW Carer Sue Johansson in Somerset.



We have recently sent Phil Ackerley some flowers to say thank you for being such a dedicated panel member. He has recently stepped down from our Cornwall Approval Panel. We are extremely thankful to him for being a volunteer on our panel. Panel members play a vital role of assessing all new carers joining our scheme.



Michael, who uses our services, met with Somerset based SLC Amanda Maggs. They went for a coffee by the river and talked about his time during lockdown.

"Michael paid tribute to his SLSW Carer Barbara. He told me he is very happy living with her and she has been very patient with him," said Amanda.



Jenny was happy to share this great photo of her after she had her hair done and enjoyed a trip to Charlestown, Cornwall.

Jenny lives with SLSW Carer Nicola Drewett.



SLSW Carer Teresa Campbell sent in these great pictures of her SLSW family enjoying being out and about and helping out at home. They live in Somerset.





A big well done to Charlene! She has been awarded an NVQ Level 2 qualification in retail. She lives with SLSW Carer Lisa Dougal in Exmouth. Lisa messaged to say she is extremely proud of Charlene.



At Home Dental has reopened. It is now fully operational again and able to provide a comprehensive dental service. At Home Dental is an

established dental provider in Devon, visiting patients in their own homes, care homes and work places. To find out more about the

service, please visit: www.athomedental.co.uk

Our latest Annual Report is now live on our website. It celebrates all the achievements of SLSW in the last year. There are stories galore, stats, figures and so much more. A big thank you to all staff and

SLSW families who provided stories, photos and information for the report. Visit: www.sharedlivesw.org.uk and click on 'About Us' to read it.



We had this lovely photo sent to us from SLSW Carer Simone Shay who supports Jodene.

"Jodene had her boyfriend coming around after work for tea, so she decided to make a quiche," said Simone, who lives in Devon.

"Here's a pic of the quiche with Jo looking very proud and rightly so. All made without me in the kitchen."

It looks amazing Jodene! Well done!

Jodene and Simone also recently enjoyed a day out to Axe Valley.



Emily popped by for a catch up with Julie



SLSW Carer Julie Hughes in Torbay had a visitor recently... Emily, who she used to supported, dropped in to see her.

After more than ten years living with Julie, Emily moved into her own flat last Summer. Isn't it great they are still in touch?



What a blooming marvellous sunflower Cara! She has grown it through lockdown and it has now finally flowered. She's very proud of it and rightly so. She lives with SLSW Carer Sylvia Marsh.



Ivor and Peter, who use SLSW services, are celebrating being national finalists in the Coronavirus Learning Disability and Autism Leaders' List which is in partnership with Dimensions.

Both Ivor and Peter, who are supported by SLSW Carers Rachel and Fran Bunce in Somerset, unearthed their artistic skills during lockdown. They have been painting ever since.

Since the Corona crisis began they have been honing their skills and their work is now raising money for the NHS. They, along with Carol, who is the sister of SLSW Carer Rachel Bunce have discovered a love and passion for painting. They have created some fantastic pieces of art, which they now hope to sell to raise money for the NHS and Covid-19 appeal.

Ivor and Peter will find out if they have won very soon, when judges pick the final 25 on the Leaders' List.





SLSW Carer Caroline O'Sullivan said a fond farewell to Susan, who she was initially supposed to support for a short break and ended up staying for six months due to lockdown. Susan is now able to go and live with her brother in Hampshire. During her time with Caroline she created this wonderful cat tapestry. At the end of her stay she was given this wonderful photo montage of her stay.



Family fun and jigsaw joy for Josette



Josette is seen here making a jigsaw puzzle with Betsy.

Josette is supported by SLSW Carer Dawn Jago in Cornwall.



Kat has been helping to build a decking area by the pool. She lives with the Hill family in Devon.

Find us on online...



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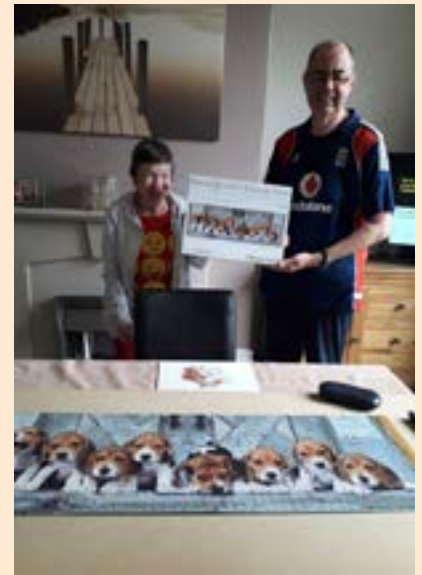


www.sharedlivessw.org.uk



Robert had a great time on the pedalos.
His SLSW Carer Dawn Liddle

said he let her daughter do all the peddling!



Wow! Julie and Cliff are seen here proudly showing off their completed rainy day project, a Beagle jigsaw puzzle!

They live with SLSW Carers Dee and Tony Hill in Somerset.

Grieving for someone you care about is hard at the best of times.

The Tell Us Once service can take some of the stress of all the paperwork and admin away.

The service lets you report a death to most government organisations in one go.

A registrar will explain the Tell Us Once service when you register the death. They will complete the Tell Us Once registration and give you a unique reference number so you can use the service

yourself online or by phone. You must use the service within 84 days of getting your unique reference number.

If you cannot register the death because an inquest is underway, you can still ask a registrar for a unique reference number. You'll need to get an interim death certificate from the coroner holding the inquest first.

Find out more here: <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

The Good Grief Trust also has a wealth of information in one place.

It exists to help all those suffering grief and aims to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

It aims to bring all bereavement services together around the country, to ensure that everyone receives the support they need to move forward with their lives. Visit: <https://www.thegoodgrieftrust.org>



A huge well done to Lucas on the results of his BTEC courses. He was awarded a triple star distinction Level three in Business. Lynn who also lives in the household has gone back to college. SLSW Carer Jo Crocker, who supports them in Cornwall, couldn't be prouder.



Bruce has been enjoying online Zoom drama classes and each week has to dress up as part of the fun. He lives with SLSW Carer Glynis Meloy in Cornwall.



SLSW Carer provides a 'safe place to heal' and is welcomed at church

Thanks to the support of her Shared Lives South West Carer, her faith and feeling part of the community, *Vanessa (*name changed to protect the person's identity) is now ready to move on and take the next step in her life. Vanessa moved in with SLSW Carer Nicola a year ago and needed a 'place of safety' so she could heal' following former abuse relationships and overcome mental health issues.

SLSW Carer Nicola Brimblecombe lives in an idyllic home, isolated from any fast paced life.

"I supported Vanessa with her emotional needs by talking things through and listening to her worries; helping her manage her symptoms and take medication, develop her independent living skills and develop community links. I also built up self-esteem and confidence," said Nicola.

"Since being here Vanessa has re-established a relationship with her family with whom she spends time. Slowly she become more confident and has started saying what she wants rather than what she feels others think she should say.

"She is stronger now and more able to say 'No'. She is beginning to recognise what is



abusive and that she doesn't have to put up with it.

"She has just started this journey, but I am confident that she will do well with this." Vanessa has come such a long way and has taken steps at her own pace to become part of the community.

"She has developed her own style of dressing and takes pride in her appearance," said Nicola.

"She goes to a local hairdresser and has developed friendships within the local community."

Vanessa has nothing but praise for Nicola and the work she has done to help her get back on her feet.

"In the mornings she is welcoming. We have breakfast together and the food is good. Polly Lurcher is funny and Mixie Cat is my favourite," she said.

"Nicola is caring and is aware of how I feel. She thinks about things and is thoughtful. It's important that she is also positive, which helps when I am feeling negative.

"I feel safe and supported. Sometimes I feel too safe now and am looking forward to moving on a bit now that I am ready.

"Also meeting with SLC Claire Bettinson and talking about how things are going – makes me feel included and listened

to.”

One of the main focuses of her recovery has been going to the local church where she been involved in fundraising events including jumble sales, helping make jewellery for one of the church stalls and assisting with teas and coffee.

“She started to go to church with me and she used to go to church before,” said Nicola.

“She was welcomed and supported by genuine, safe, kind people who liked her for herself. They became protective of her and helped her come out of her shell. She is very shy and a private person but she began to trust people and like people again – this is a work in progress.

“Through church, we call it a church family as church is the people not the building, she has made links with the local art group and the WI. She is accepted as a vulnerable person, who is a person in her own right. “

Vanessa feels part of the church community and has been welcomed by the congregation.

“I go to the weekly Sunday service and short service on Wednesday followed by coffee and chat and have discussions about what to do at church,” said Vanessa.

“I enjoy services – especially like our Rural Dean’s services. Philip’s services are good but we haven’t had many in church because of lockdown and Covid-19

“I am looking forward to going back to church and having services there again. Zoom services just aren’t the same.

“People make me feel welcome – especially the Wednesday group who include me in things. I have made friends at church.

“I like Philip who is welcoming and understanding. I feel part of the church family. I liked the carol service and the Christmas concert. I like joining in the singing.

“I also enjoy taking Communion and it is important to me. I also like the Peace where we shake hands and wish each Peace. People are easy to talk to and support me.”

Nicola is proud of how far Vanessa has come.

“It hasn’t been an easy journey for Vanessa who has been very damaged by her life experiences. She has worked hard to grow and change. She is better able to recognise her mental health symptoms; her feelings about her past and make decisions about her life generally.

“Vanessa needs to be busy and go out a lot so that she control her thoughts more easily. We are isolated here with no public transport and the village is small. She has therefore decided that she wants to move on to a Shared Lives placement in a busier area. She is ready for this now and we are exploring opportunities in this area.”

Nicola has been a Shared Lives Carer for seven years and says ‘it’s the best job’ she has ever had.

“I am an experienced professional and it is good to use my skills and experience. I enjoy working one to one with someone in my own home. This provides the opportunity to develop a truly person-centred service.

“It is good to welcome someone into my home and give them the chance to grow and feel safe. I enjoy seeing people become themselves and feel safe – doing what they want to do and live a good and fulfilling life.

“It is challenging because I support people with complex needs. I am a lone worker. It is all about building relationships and trust. I just get to know someone properly and then they are ready to move on!

“Shared Lives is very supportive and accessible which is really important. Sometimes I just need to offload or talk things through and SLC Claire Bettinson is brilliant at that.”

As well as being a carer, it’s clear Nicola’s faith also means a lot to her and she has recently enrolled in a Foundation course in Ministry and has the support of her vicar Philip Conway.

“He has been very supportive of myself and Vanessa. I am looking forward to working with him – he will be my mentor for

SLSW

my course,” said Nicola.
“I have a lot to learn but am I privileged to be able to study on the Foundation Course in Ministry. It is part-time. If I complete the course successfully I would like to go on to take the two year Reader Training Course.”

Rev Philip Conway, said the church community has welcomed Vanessa and seen her change.

“Her confidence has grown enormously,” he said.

“I am quite a loud person, and I think that quite frightened her when I first arrived! She is far more secure in holding conversations and building

friendships within the church.” He said he hadn’t heard of Shared Lives before meeting Nicola,, but now feels it’s a ‘fantastic model’ of care and support.

“Hospitality: sharing your resources with others, has always been an essential part of Christian ministry and care,” added Philip.

“This reminds us all how much of a difference we can make in others lives!

Unfortunately these acts of kindness and love are often unnoticed by a society that is interested in the big and flashy.

“It is worth remembering that there were plenty of mansions

and palaces in Palestine 2000 years ago, but God wanted his son to be born in a stable! I think that, that tells us what matters!”

With Nicola’s ministry course starting soon, Philip is looking forward to supporting her through it.

“Although I am somewhat daunted as well, as I will have quite an important role as the course progresses,” he said.

“I will be there to help work through particular questions and issues, and to encourage her in developing her leadership within the church.”



Some of the church community who have welcomed Vanessa.



A Somerset family has captured its whole lockdown experience in these amazing scrapbook journals. SLSW Carer Fiona Bastable with the help of Charlene, Rachael and Andrew, who she supports, have documented all the things they have done. "We started doing our books on the first day of lockdown to keep a record of the three weeks so that we could look back on an unusual time of our lives," said Fiona. "Six months and three books later, they are still going. Everyone in the house has been involved and I think we have managed to do something different every day. "We do a weekly review of our book when we add new photos and no one can pick a favourite thing, the whole time has been a great experience and we have all enjoyed ourselves."





Big congratulations to Hayley who uses SLSW services. She has got engaged to Ryan. Hayley lives with SLSW Carer Pam Bowman in Cornwall. "They are very happy, they are good together and look after each other," said Pam. Pam was a SLSW Carer for many years then moved away. She recently returned to Cornwall and signed up to become a SLSW Carer again. "I love everything about Shared Lives and it's great organisation," she said.



A big happy 60th birthday to Peter who lives with SLSW Carer Julie Hughes in Torbay. He celebrated his birthday recently with his friend Gareth who lives with SLSW Carers Chrissie and Marc Walpot. It looks like you had a fun time!.

SLSW on Racism latest

Shared Lives South West has recently started discussions about racism and being anti-racist.

Whilst Shared Lives South West hasn'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.

SLC Sally Smith: "Why I'm anti-racist"



My name is Sally Smith, Shared Lives Coordinator in Devon

I am a white woman.

I am anti-racist because I believe that Black Lives Matter. Black people are still being discriminated against in the UK.

Our history is important to know.

It helps us to understand why black people and white people live in the same country.

I was born in Ghana in West

Africa and grew up in Mauritius in the Indian Ocean.

I was a white colonial child in a white British and Danish family. Colonial means that I lived in Ghana and Mauritius which had been taken over and exploited by the British Empire. The British Empire ended when Ghana and Mauritius, and many other colonised countries around the world, became independent in the 1960s.

Black people at last ran their own countries for themselves. Black people then came to live in the UK because they belonged to the Commonwealth of ex-colonies.

Did you know?

- Black people have also been living and working in the UK since the Roman Empire's

black African soldiers camped at Hadrian's Wall.

- Many black people in the UK campaigned to stop the Slave Trade.
- Black people were soldiers for the UK in World Wars 1 and 2.
- Black people were invited to the UK in 1948 to help build the NHS.

As lawyers, doctors, teachers, business people, musicians, politicians and many other roles, Black British people belong in the UK.

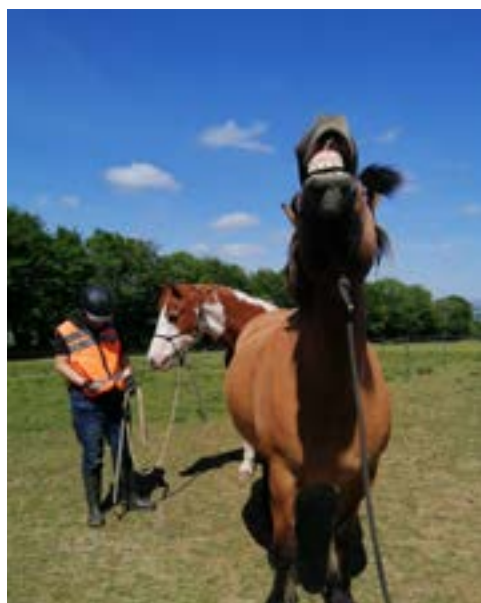
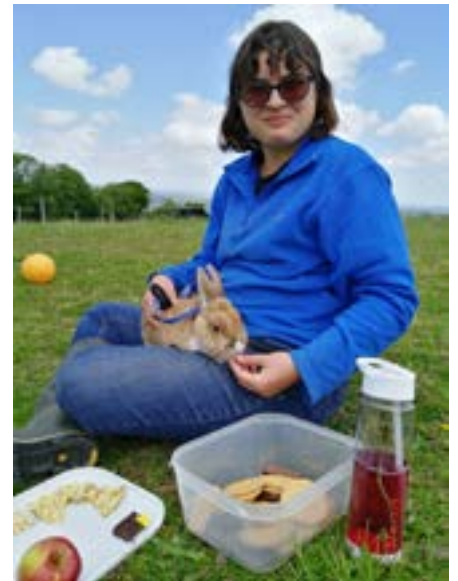
I am anti-racist because white people and black people in the UK share so much history together.

Informative websites:

[Blackhistorymonth.org.uk](https://blackhistorymonth.org.uk)
[Blackpresence.co.uk](https://blackpresence.co.uk)

Summer fun for Ness

Ness, who lives with SLSW Carer Vicki Tweedle in Cornwall, has enjoyed a great Summer doing what she loves. She's spent it with numerous animals including horses, llamas and rabbits. Ness and Vicki have also enjoyed making fun shadows of themselves on the ground,



National Hate Crime Awareness Week

It is National Hate Crime Awareness Week 2020 from October 10-17, 2020.

The week aims to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity.

Hate Crime is any behaviour that someone thinks was caused by hostility, prejudice or hatred of:

- Disability (including physical impairments, Mental Health problems, learning disabilities, hearing and visual impairment)
- Gender identity (people who are transgender,

transsexual or transvestite)

- Race, skin colour, nationality, ethnicity or heritage
- Religion, faith or belief (including people without a religious belief)
- Sexual Orientation (people who are lesbian, gay, bisexual or heterosexual)
- Alternative Subculture/ Lifestyle (the way a person looks or dresses) ?

If you tell Police, Local Authority, charities and housing providers can take action against the perpetrator and support victims and witnesses.

When you report Hate Crimes, you are making a bigger difference than you may think. It helps you get support. It helps us make your local area safer.

An easy read information sheet about hate crime can be found here: <https://www.report-it.org.uk/files/hate-crime-what-it-is-and-what-to-do-about-it-2016-easy-read.pdf>



SLSW Carer Sam Robertson went shopping with her daughter Tegan and Wendy, who Sam supports. Wendy loved looking at the Christmas decorations as it is her favourite time of the year! Pictured are Tegan and Wendy.



Cornwall based SLSW Carer Anne Allen sent in these photos and said: "We spent a day at Longleat and even the monkeys came for a ride. "We went to the prison. As you can see Susan (who uses SLSW services) was put behind bars, but she was released in time for tea ."



Throughout the Covid-19 crisis we have emailed carers weekly with information, updates and resources which maybe useful and of interest. We will continue to do this and

really hope that you may find them informative and helpful. Please check your inbox on a Friday morning if you get the chance.



The deadline for the December newsletter is December 5

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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