

# Newsletter

FEBRUARY 2021

**COVER STORY:**  
FRIENDS HELEN AND GILLIAN WRAP UP  
FOR A WALK

**FEATURE:**  
JAMIE LOSES 7ST 7LBS  
IN A YEAR!

**PHOTOS:**  
CARERS AND PEOPLE WHO USE SLSW  
SERVICES GET COVID-19 VACCINES



# Vaccine roll out



Carers and people who use our services have been able to get a Covid-19 vaccination in the last month or so.

Briony, who lives with SLSW Carer Sue Johannson in Somerset, is seen in the top two photos having the vaccine and giving a big thumbs up afterwards.

Cara, who is supported by SLSW Carer Sylvia Marsh, is also seen proudly showing off her vaccination card.



# SLSW

In the New Year we had a number of bus stop posters in Newton Abbot and Exeter advertising the fact we need new carers. Did you see them at Penn Inn roundabout, Newton Abbot town centre or at Exeter's RD&E? SLSW Comms Officer Dawn Gillingwater and her son went for a walk and saw one near their home!



## Covid vaccinations

All carers should have been sent details of how to access a Covid-19 vaccination. Detailed updates are also

given in our weekly emails. If for any reason you've not been contacted, please contact us as soon as possible and we

will endeavour to help as much as we can.



# Drama Dress up

Bruce, who is supported by SLSW Carer Glynis Meloy, has enjoyed Zoom drama classes lately with topics focusing on Disney and panto!

We love the costumes Bruce!

What an amazing costumes as Cruella and The Wicked Queen!



# Covid scam advice

Trading Standards is warning the public to be on their guard following reports that fraudsters are sending out fake texts offering a Covid-19 vaccine in an attempt to steal bank details.

The text offers a link to what police call an “extremely convincing” fake NHS website.

Once on the website people are asked to input their bank details to register for a vaccine. The scam message reads; ‘we have identified that you are eligible to apply for your vaccine’ and then prompts you to click on a link for further information or to ‘apply’ for the vaccine.

If you receive a text or email that asks you to click on a link or for you to provide information, such as your name, credit card or bank details, delete it immediately. The NHS will never ask for your payment details. If you think you have been scammed, search “Citizens Advice – What to do if you’ve been scammed”.





Chanroth, who lives with SLSW Carer Tracey Chase in Cornwall, has worked hard to complete this puzzle. She spent a lot of time finding all the pieces of the jigsaw to create this husky puppy picture. A big well done to Chanroth.







What a fabulous photo of SLSW Carer Dawn Jago out for a walk with her Shared Lives family in Cornwall.



A big Happy Birthday to Michelle who lives in Devon with SLSW Carer Karen. Karen's daughter made Michelle this wonderful chocolate cake. We hope you had a great day!



# Jamie's journey!

Despite it being a challenging year- Jamie who uses our services has lots to celebrate! He's risen to the challenge to lose weight and has managed to lose seven and a half stone in a year!

He has been supported throughout his weight loss journey by his SLSW Carer Rachael Cowling.

"He moved in a year ago and since then he has been following a Slimming World plan with Slimming World in Camborne," said Rachael.

"I follow it too, so it made it easy for us as a family.

"Jamie had lost weight before, but put some of it back on. This time he has really stuck to it.

"One of the main focuses of him moving in was to establish a healthy eating plan and we've done it."

Even through lockdown, Jamie has not given in.

"In some respects being in lockdown it's been easier as we've been home and can spend time cooking and the weight dropped off, he was losing 4lb a week," said Rachael.

"In our family we all help out and he enjoys cutting the veg and has made spag bol.

"He also loves Slimming World lasagne, cottage pie and chili





con carne.”

As well as sticking to a healthy eating plan, he’s also enjoying regular exercise.

“He now has a bike and we go out together and it’s really changed him, we’re so proud of him,” said Rachael.

So are his co workers at the Kehelland Trust.

“We went for a ride and stopped to say hello to his colleagues who he hadn’t seen for a while,” said Rachael.

“They couldn’t believe the change in him.”

The family also have a new addition, their new puppy Chocco the Cocker Spaniel.

“Jamie helps with exercise with Chocco too,” said Rachael.

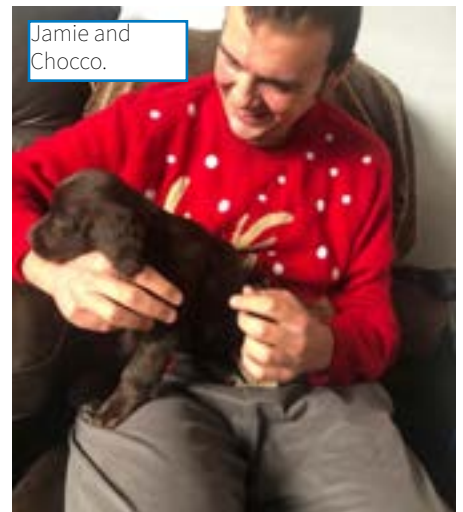
It’s been ten years since Rachael first embarked on becoming a SLSW Carer.

“I was a foster carer and when the people i was caring for were old enough, they transitioned to Shared Lives. “Since then I’ve been a SLSW Carer. It gives me the chance to be at home and work and I love to care.

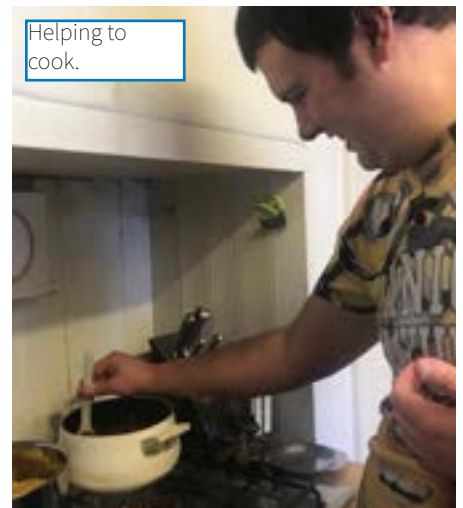
“It’s important to treat the people we support as adults and help them grow in their lives.”



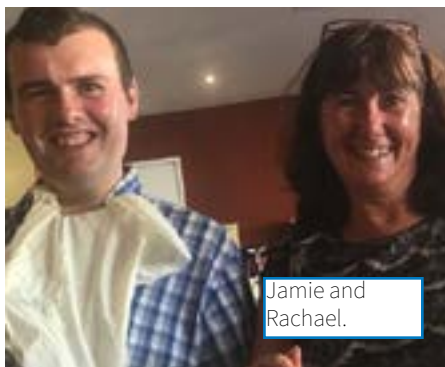
Jamie when he lost 3st 4lb, the same weight as Sophia Rachael’s daughter.



Jamie and Chocco.



Helping to cook.



Jamie and Rachael.





How impressive are these fabulous Christmas cakes? Couple Holly and Geoffrey made these wonderfully decorated cakes as a present. They gifted the cakes to their mums.

What a great effort! We know it takes a long time and dedication to bake a Christmas cake and decorate it like that.

The story about Holly and Geoffrey moving in together during the pandemic also made local news. Read more on Cornwall Live: <https://www.cornwalllive.com/news/cornwall-news/love-autistic-couple-who-found-4784890>



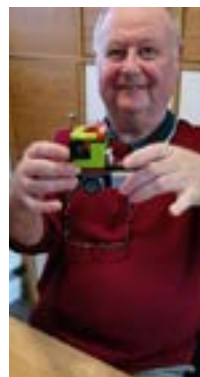
Wendy couldn't wait to create all sort of Valentine's inspired hearts.

Great work Wendy and we love the happy smile! She lives with SLSW Carer Sam Robertson in Devon.





It looks like SLSW Carer Debbie Rowsell and Colin who she supports had great fun making cakes. They even tested out the lemon and limes! They live in Devon.



Tony entertained himself on a wet afternoon by making a Lego lorry. His SLSW Carer Richard Holland sat down to help too. It looks great Tony!



# We have a new team member at SLSW

We've welcomed Jim Silgram as a Shared Lives Coordinator (SLC).

Here we catch up with Jim, who lives in the Redruth area, to learn a little bit more about him...

## How are you finding your new role at SLSW?

I have really been enjoying my time with SLSW. It is a big job, and all staff I have been in contact with thus far are very knowledgeable about the organisation, and very understanding around the challenges I am facing being inducted in a new role during these challenging times.

## What makes a good SLC?

I feel a good SLC would be a kind, patient and organised person. I feel that the role has a large size caseload of people, so skills in building, maintaining and managing relationships would be extremely important.

## What were you doing before joining Shared Lives South West?

I have been working in care for around ten years with two different organisations. My main focus of work has usually been supporting



children. Although I have done transitional work for the children that grew into adults, and helped them move into supported living settings.

## What will you bring to the team?

I think I will bring a different point of view to some aspects of working, coming from a children and young adults background, I can help raise awareness of the options that SLSW can offer as an alternative to supported living, which for a young person, can be a very daunting prospect. I have also spent a lot of time working and living in people's personal homes whilst supporting. This gives me a good understanding how a carer's house should look

to make it feel welcoming, but also safe and functional.

## How was it joining during the pandemic?

I think it was really difficult for everyone actually. Obviously it's very different to a normal induction, but I have appreciated everyone trying their best to accommodate me in these challenging times. I would like to say a special thank you to 'Zoom!'

## Outside of Shared Lives, what do you enjoy doing?

I love spending time having fun with my family and especially my one year old son. Apart from that the only other place you can find me is down the pub, having a pint, watching the football.

# Anti-racism development at SLSW



To continue discussions about anti-racism practice, SLSW Carer Nicola has kindly written this article about her own personal experience...

Several years ago, I was working for SCOPE in Croydon. We took a party of residents up to London to see the Lord Mayor's Parade. Among our group was an Afro-Caribbean young man I will call A.

Suddenly he became very excited, shouting and waving at a black soldier marching past. He had recognised someone who looked like him – someone he could relate to. A's experience of the parade was different to mine. Obviously, it would be as I had no experience of what it was like living in A's skin. We are

all different, experiencing life in different ways, feeling differently about things and pursuing different interests amongst many things. We know this as Shared Lives Carers offering placements to so many different people from so many backgrounds. We bring our different experiences, skills, knowledge and personalities to our work. We can't get inside their skin, but we do try to understand how the life experiences of the people we support has shaped the needs they have today.

Living in a rural, predominately white community in Devon the death of George Floyd this Summer gave me a lot to think about. How could I meet the needs of a BAME person if they were placed with me? Some things were easy. Anyone moving into my home would be asked what they liked to eat, how they liked their food cooked and what toiletries they liked or needed. But is it racist to assume that an Asian person will want to eat curry instead of Sunday roast? I guess if I didn't ask what they wanted to eat and thought that all Asians lived only on curry

then it would be. The same applies to clothes, music, films and activities. All tall black young men play basketball, don't they?

Well, no that is another racist stereotype to be honest. Is telling someone that the bright pink top they are wearing suits their skin tone racist? I don't think so, but telling them that all black people look good in bright colours probably is.

I started tying myself up in knots worrying about these things. I don't want to be racist. Then I remembered A and his excitement at seeing a person with whom he could identify. A and myself were different in some ways, but we were also similar in others. We both had a sense of identity and a wish to belong - to fit in. We both wanted to be respected and valued for who we were. We both needed to be listened to, believed and understood. I am proud of my work, and I really try to treat people as I want to be treated myself. I can't live in their skin, but I can try to understand their experiences and interpretation of them. Offering a placement to A would be no different.



I don't think that any of my friends and people in the village would be racist, but I can't assume that is true. I recently completed unconscious bias training through the church. It really made me think about things. Having lived in his skin all his life A would recognise subtle, covert racism that I might not be aware of. When watching TV how are BAME people portrayed? Would A feel uncomfortable watching this? There are some great, friendly groups in the village, but how would A

feel about being the only black person attending? My interpretation of lack of racism may well be correct but I could be seeing things purely from my own perspective. A might feel comfortable talking about these things but he might not. I would need to make sure that I was not being patronising or taking anything for granted. It is quite feasible that A would be happy integrating into village life with nothing more than the usual concerns this process entails. It is equally feasible that he would not.

Maybe encouraging A to join a support group would be useful. I would hope that he could maintain positive links with his family, but as we all know this is not always possible. Every family has its own culture and way of doing things, so a good referral form would be very useful. These are just some of the threads which I have tied into knots. Hopefully, anti-racist training and guidance from my SLC would help me unravel them.



A big happy birthday to John who celebrated his 75th birthday recently. He lives with SLSW Carers Anne and Nick Dowsing in Devon. It looks like he had a great day despite being in lockdown and had some wonderful gifts.

A SLSW Carer passed on information about Zoom classes offered by Caring Visions Healthy Ageing. She has said it gave her much needed "me time". There's a wide variety of courses available: [cvhealthyageing.co.uk](http://cvhealthyageing.co.uk)



Friends Helen and Gillian have enjoyed doing lots together recently. They made this berry crumble and enjoyed a walk on a local beach and warmed up with hot chocolate. It looks like they had a great time. Helen enjoys breaks with SLSW Carer Tracey Chase and Gillian lives with Tracey in Cornwall.







Well done to Ben who has completed this awesome puzzle. He is supported by SLSW Carer Lorna Wallace in Somerset.



It looks like SLSW Carer Teresa Campbell and her SLSW family enjoyed a pancake day feast! It looks delicious! They all live in Somerset.

Briony wanted to show off her cool new hair colour! While in lockdown she decided on this vibrant shade. We think it looks great! Briony is supported by SLSW Carer Sue Johansson in Somerset.



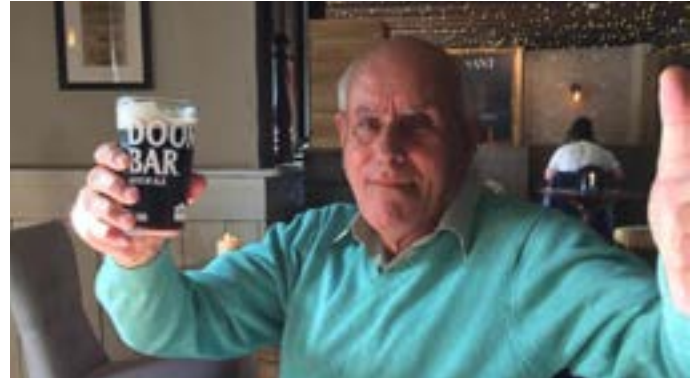
Robert managed to get out enjoy a sunny day by the sea recently. He wrapped up warm to enjoy the time outside. He is supported by SLSW Carer Diane Milligan in Cornwall.

## Photos!

**We love seeing your photos and hearing your news.**

**Don't forget to send photos to:**  
[dgillingwater@sharedlivessw.org.uk](mailto:dgillingwater@sharedlivessw.org.uk)





David and John are seen here enjoying a holiday in Cornwall pre-lokdown. They had a great time and hope to go again in the future.

David has also been baking lots and made some delicious cakes.


He's also been really active and enjoying rides on his bike. They are supported by SLSW Carers Anne and Nick Dowsing.



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

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 May newsletter is April 16

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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