

Newsletter

MAY 2020

FEATURE: VE DAY CELEBRATIONS AT HOME TO MARK THE OCCASION

COVER STORY: MAKING RAINBOW POSTERS TO SUPPORT THE NHS

PICTURES: SLSW FAMILIES SHARE THEIR PHOTOS WITH US DURING LOCKDOWN



Thank you to Shared Lives South West Carers



LATEST NEWS

DEMENTIA

SLC Sarah Casey has delivered a dementia training session to carers in Somerset. As part of the session she talked about her dog, who has been diagnosed with dementia. She also set up information boards with a wealth of leaflets.

Sarah, who has been working with the Alzheimer's Society and is a Purple Angel Ambassador, is extremely knowledgeable about dementia.

** Please note this training was delivered before lockdown restrictions.*



SLSW



Caroline is happy and healthier now

Caroline, who lives with SLSW Carer Marlene Dennis, has been doing all she can to keep healthy and avoiding type 2 diabetes. She has also been working with Healthier Devon.

Caroline was identified by a GP as pre-diabetic and high risk of developing type 2 diabetes "She loves cakes and sweets," said her SLC Sarah Casey.

"I set outcomes last year, to help her and Marlene has

been really been fantastic with healthy diet.

"It helps as Marlene is diabetic and insulin dependent so is knowledgeable."

This last year Caroline has found it difficult to get motivated due to health concerns.

"I have increased contact with Caroline and I've really tried to set little steps for her, she is doing well," added Sarah.

Caroline has now increased volunteering and started

attending a "healthier Devon" group each week which helps give people the knowledge to lead healthier lives.

Caroline was nervous about going but is now taking it more in her stride.

Well done to Caroline, her carer and SLC Sarah for working together on a good outcome for Caroline.

**This was written before lockdown restrictions were brought in.*

Crafting and cooking fun at home

Crafting and baking have kept Sarah and John busy during recent weeks.

John made this lovely card for his sister, while Sarah has been busy baking and been doing cross stitch.

They are supported by SLSW Carer Caroline O'Sullivan in Devon.



Emma's blanket

Here's a picture of Emma, who lives with SLSW Carer Mandi Brooks.

Emma is proudly showing off a blanket she has crocheted. She taught herself to crochet by watching YouTube videos!



David has been giving the garden furniture a new lease of life.

He's been helping his SLSW Carer Anne Dowsing by painting the furniture.



David's first bike ride in years



David has been out on a bike for the first time in 20 years. He lives with SLSW Carer Anne Dowsing in Devon. The pair donned their cycle gear and David enjoyed the ride.



Jordan, who lives with SLSW Carer Karen Kelly-Markwick has been keeping up to date with college work. She's been having video tele speech therapy from Oakwood Court College. Great work Jordan!



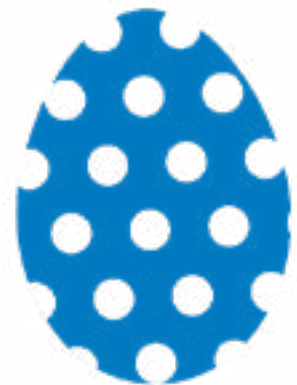


Making rainbow posters has helped keep Julie and Cliff's morale high. They live in Somerset with SLSW carer

Dionne Hill. They mounted their amazing drawings on their fence to support the NHS and key workers.



Ann-Mari, Tracy and Sam got crafty for Easter. They made beautiful mosaic style eggs. It's great to see everyone smiling and enjoying being together. They live with SLSW Carer Eileen Mcloughlin in Cornwall.



Wildlife walks in the countryside



Lynn has been making the most of the countryside. She's been out with the dog and bumped into horses and cows along the way! Lynn lives with SLW Carer Jo Crocker.



Artwork created to raise money for NHS

Ivor and Peter, who use SLSW services, have found a hidden talent during lockdown and will now raise 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.

After lockdown Ivor would like to exhibit his work.

Here is a write up by Harriet, who is a support carer for SLSW Carers Rachel and Fran Bunce...

"I'm incredibly proud to introduce the work of Carol, Ivor and Peter.

"My mum Rachel and step dad Fran are carers to these three adults who live with them. Peter and Ivor live with them through the Shared Lives Scheme. Carol is my Mum's amazing sister who usually lives independently but spends much time at the Blue House (Rachel and Fran's home) and has moved in for lock down.

"Anyone that has encountered my Mum will have experienced her incredible enthusiasm and encouragement, it's



like a fuel. She gets such genuine excitement about people doing anything creative and her encouragement with these three individuals throughout lockdown has led to something really special. It is a pleasure to be sent photos like these on a daily basis they show the gang clearly growing in creative confidence.

"Their beautiful paintings and drawings are spreading joy to people all over the world online.

"Already, people are wanting to purchase prints of their art which I am now working on making a possibility, watch this

space!

All profits from print sales will be donated to the NHS Charities Together, Covid-19 appeal.

"Drawing is for everyone! It's not something you can or can't do, it's a process to be played with! "

Get involved with our drawing fundraiser, go on Facebook and search: For Charlotte - Draw, Donate & Nominate to raise money for the NHS. You can also buy prints shortly at www.harrietpopham.com



Briony has been showing off her fantastic cooking skills. She's made some incredible gluten free cheese and broccoli quiches! She is supported by SLSW Carer Sue Johansson in Somerset.



Peter's cycle challenge for the zoo

Peter has been perfecting his darts skills over the last month or so.

He's also been keeping active on an exercise bike and dancing!

Peter has also kept fit by taking part in a 24 hour indoor cycle ride to raise money for Paignton Zoo, which raised £2,500.

A huge well done to Peter!

He lives in Torbay with SLSW Carer Julie Hughes.



Alfresco dining in the sunshine



Judith, Anita and Lisa have had the chance to eat alfresco

style during lockdown. They live with SLSW Carer

Sarah Ridley in Devon.



Kevin has been getting out in the sunshine on his tractor, complete with personalised number plate. This photo makes us smile. He lives with SLSW Carer Nick Higgins.



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SLSW

Rainbow pictures that make us smile



Sheila and Anna have been creating and colouring rainbows to support key workers and the NHS. They both live with SLSW Carer Sarah Pelly. We love the rainbows, they are so colourful.





Troy and Marina have been lending a helping hand at home tending to the chickens,

gardening and helping to mend the back steps.



They live with SLSW Carer Iain Kirkman in Devon.



Helen and Robert have been enjoying lunches outside thanks to the glorious weather.

Helen also celebrated her birthday during lockdown. Her friends video called her and sung Happy Birthday. They live with SLSW Carer Dawn Jago in Cornwall.



Down on the allotment with Stella



The allotment has been a haven for Stella, who lives with SLSW Carer Jo Shaw in Plymouth.

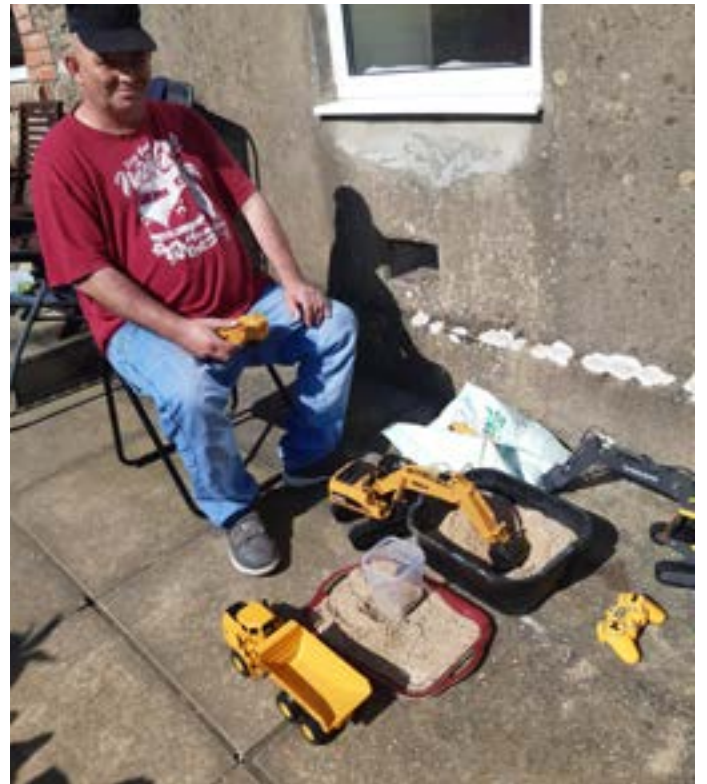
She's been social distancing and growing vegetables at the patch near to where she lives. She's enjoyed a cuppa in the sun and watched the world go by.





Keeping busy has been a big part of lockdown for Robert and Paul who live with SLSW Carer Teresa Campbell in Somerset.

They have been washing the car, playing football and enjoying the odd beer.



Jodene is cooking up a storm in the kitchen



Jodene has been brushing up on her cooking skills over the last month or so with more time at home. She made a fabulous toad in the hole which went down a treat. She lives with SLSW Carer Simone Shay in Exmouth.



Colourful crafting outdoors in the Summer

Crafting has helped pass the time for Tracy and Karen. What's even nicer is they have been able to do it outside in the good weather. They live with SLSW Carer Karen Miles in Exeter.



Pam enjoys crafting and made this model of her boyfriend Tony out of a toilet roll and wool. She lives with SLSW Carers Maria and David Wolstencroft



Fun snooker tournaments at home



A snooker table and other activities were bought to help fill the time at home. Andrew and Mark have loved the snooker table. Meanwhile, Chris has been busy outside using his metal detector. They all live together with SLSW Carer Lynn Whiting in Cornwall.



There's no doubt about it, Gillian has filled her days with lots of lovely things during lockdown. She's done some colouring, baking, tended to vegetables growing and drawn rainbows in chalk on the pavement outside her Cornwall home. She lives with SLSW Carer Tracey Chase.

Keeping active has been key to lockdown



Getting fresh air and playing snooker have been the perfect combination for Neil who lives

with SLSW Carer Richard Holland in Devon.



Tommy has been helping out at home in the garden. He has been having fun making a car, tractor and hobby horse out of a lump of wood.



Robert has been motivated to exercise outdoors on his static bike during the lockdown.

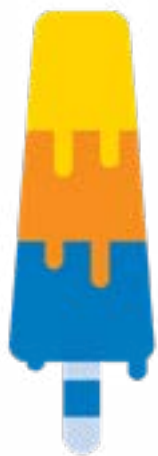
He lives with SLSW Carer Diane Milligan in Cornwall.



Games night at SLSW Carer Christina Brown's house looked like fun! Ashley, who she supports, got involved and played Monopoly with her children. Such a lovely photo.

Lollipops in lockdown for Bruce

Bruce has lived with SLSW Carer Glynis Meloy for 35 years. He's kept busy the last few weeks by enjoying being outside listening to music and enjoyed an icellolly with Esme, granddaughter of Glynis.



Time together enjoying the sunshine



What a happy photo!
SLSW Carer Mel Brunsdon
sent in this fantastic photo

of her husband Wayne and
Emma and Sarah, who she
supports through SLSW.

They are all sat outside
enjoying a drink together.

Melissa's marvellous flower pot makes

How beautiful are these flower
pots made by Melissa?
She has been busy making
these colourful creations at
home.
She's supported by SLSW
Carer Julie Odgers.



Ursula has been keeping herself motivated by completing jigsaws and doing sitting down exercises outside in the garden. She lives with SLSW Carer Lesley Waller in Exmouth.



A big well done to Jenny who has kept busy by working on her care certificate at home. She's doing a great job. She lives with SLSW Carer Nicola Drewett in Cornwall.



Keeping calm and mindful with yoga



Emily has been keeping a positive mind and has been doing yoga with her Shared Lives family members. She lives with SLSW Carer Adrian Towler in Cornwall.





Just because they are home it doesn't mean they can't exercise and be active...



Samantha and Katherine who live with SLSW Carer Zoe Maycox have been playing

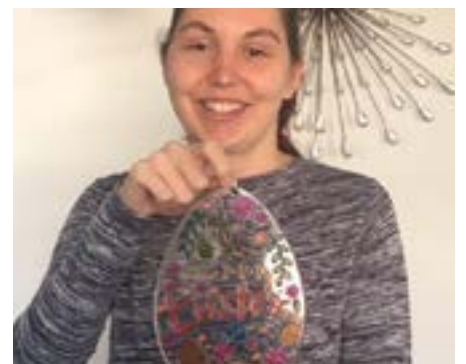
netball and running around the garden to keep fit. Great effort all round!



Cathy has been getting creative over the last few weeks. We're really impressed with her talents. She lives with SLSW Carer Debbie Swann.

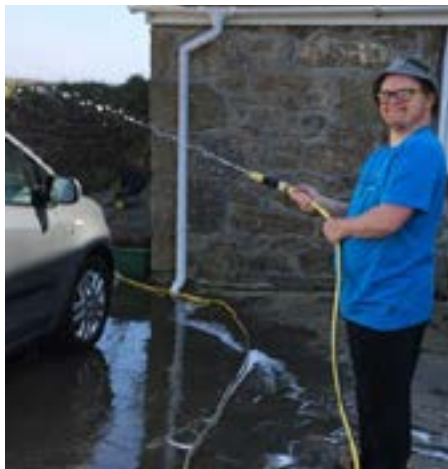


Here is a great photo of Charlene who is supported by SLSW Carer Lisa Dougal. What an egg-cellent stained glass egg! Charlene received the craft activity at the last SLSW disco in the draw.



Matt's mass of activities at home

Matt may well be missing his day services, but his SLSW Carer Sharon Price has been making sure his days are packed with fun things to do. They live in Cornwall and have been busy painting, doing DIY, baking, tidying and best of all eating chocolate cake!



Garden decorating done in time for birthday

From SLSW Carer Caroline O'Sullivan: "When I could I was getting outside and painting the fence, in preparation for planting up the new flower beds, maybe managing an hour in the day, sharing my frustration of the slow progress with Susan. "She she said that she could paint the fence and would be happy to try this new skill. "So on my 60th birthday a dream came true, the whole family working together creating the garden, of course I had to try out my new swing."



Baking bonanza enjoyed by SLSW families

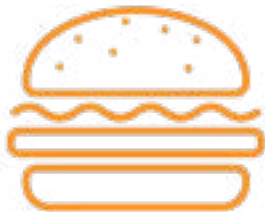


Chanroth has been a whizz in the kitchen and made this amazing chocolate cake. She lives in Cornwall with support from a SLSW Carer. It looks delicious!



Alan has been baking during the lockdown. He made beautiful apricot scones for the family. He has support from wSLSW Carer Sarah and Andrew Ford.

Sisters Sylvia and Kathryn have successfully made homemade sausages and burgers. They live with SLSW Carer Raymond and Jackie Hill in Devon.



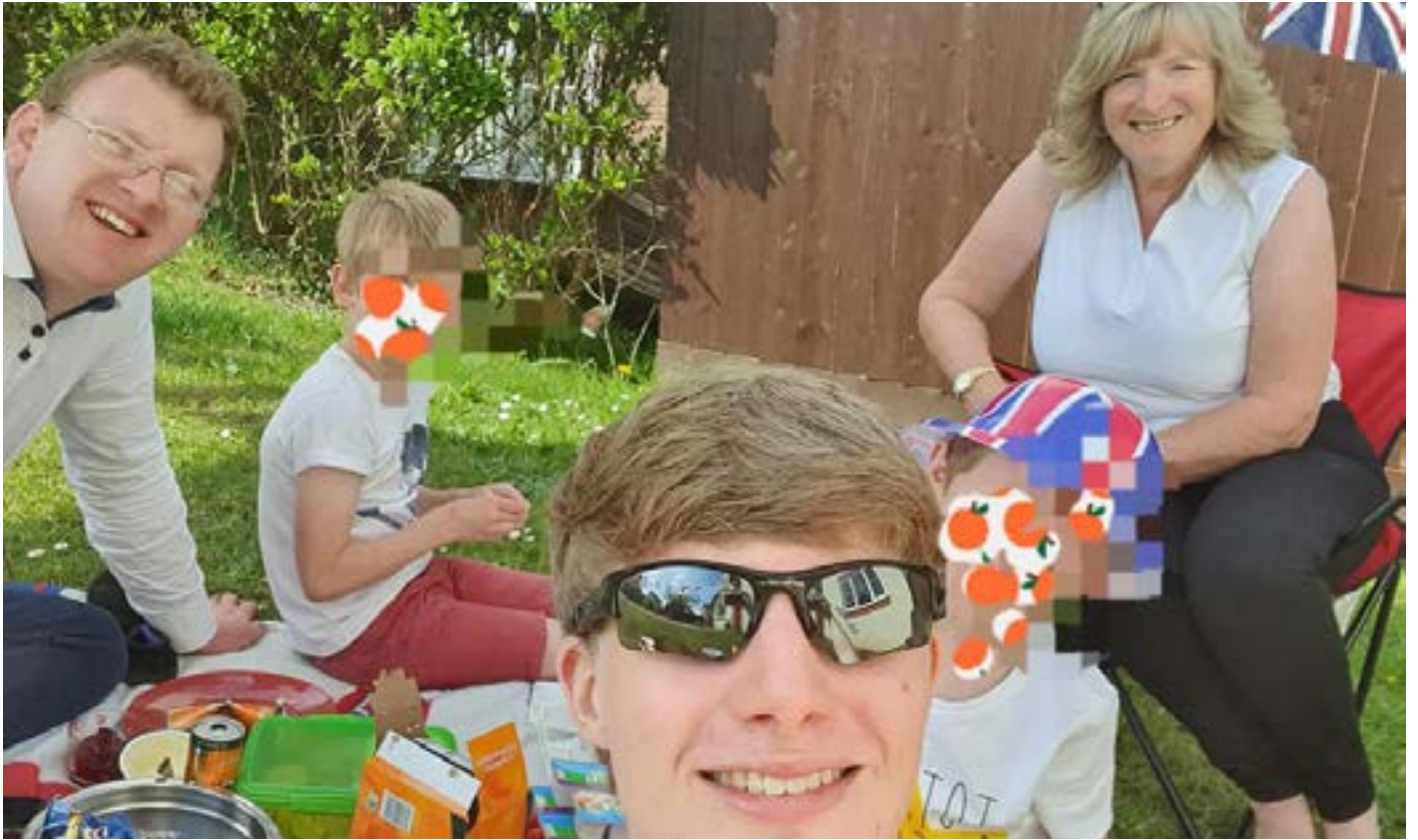
VE Day Celebrations across the counties

Shared Lives South West families marked VE Day in style.

Many hosted afternoon tea events and put up Union Jacks.

Others made incredible cakes and desserts and ate them in the sunshine.





Pimms and pool time for Cara!



Cara who lives with SLSW Carer Sylvia Marsh has been enjoying the sunny days. She's had a glass of Pimms and enjoyed the hot tub. It all looks wonderful, enjoy!



The deadline for the August newsletter is July 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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