

# Newsletter July 2021

**COVER STORY: SLSW CARER JO CROCKER AND FAMILY VIST THE POPPY FIELDS AT POLY JOKE**

**STAFF NEWS: WE WELCOME NEW TEAM LEADER EDWARD BUNCE-PHILLIPS TO SLSW**

**PHOTOS: LUCAS AND LYNN VISIT THE G7 SCRAP METAL SCULPTURE OF WORLD LEADERS**





# Brixham break away

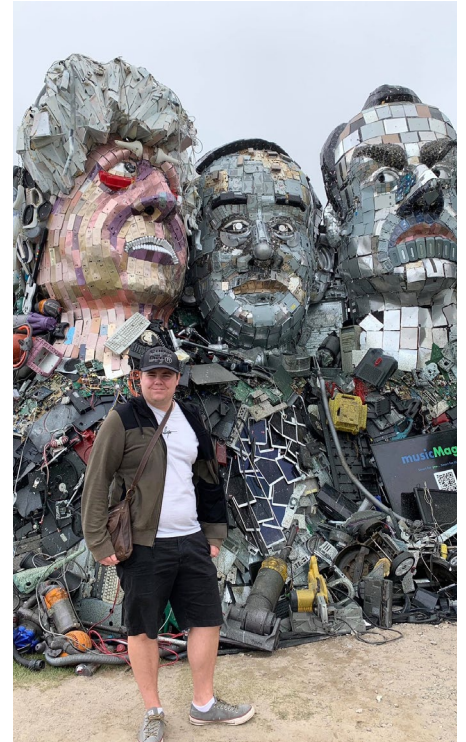


Mark and Alec have had a great time on a break in Torbay. They had time to visit the famous Golden Hind ship in Brixham. They are supported by SLSW Carer Gary Turner in Somerset. Isn't it great to be able to get out a little more with restrictions lifting!





# SLSW



Lucas and Lynn, who are supported by SLSW Carer Jo Crocker, have visited the 'Mount Recyclemore' sculpture of world leaders in Cornwall made of waste products. A sculpture was made to imitate Mount Rushmore, but instead features the G7 leaders, who were in the county for the Summit. It has been named 'Mount Recyclemore' and aims to highlight the damage caused by the disposal of electronic devices. They are also seen here at the polling station after casting their vote in the local elections.







Two SLSW households came together to enjoy a break away.

Robert, Robert and Adrian went to edge of Dartmoor and visited castles and places of interest in Exeter and Launceston.

Robert and Adrian are supported by SLSW Carer Pam Bowman and Robert is supported by SLSW Carer Diane Milligan.

They also recently visited the tourist attraction Bodmin Jail together as well as The Eden Project.







**We continue to keep the conversation about equality, diversity and racism at SLSW. SLC Sally Smith talks here about unconscious bias...**

Unconscious bias has been bandied around for years in the corporate world and seems to have a negative reputation. Nevertheless, Shared Lives staff have been doing some fantastic unconscious bias training

Jo Duff has facilitated lively and thought-provoking sessions which show another route for tackling racism. We all have bias just by being human, but the message is that to be better humans, we must be aware of the assumptions that we make about other humans.

Confirmation bias is the classic use of social media where people look to a narrow band of information to confirm their ideas and prejudices.

Confirmation bias also works, sad to say, to prop up the continuing racism by white people towards black people. Whole swathes of the white population prefer to keep their bias that black immigrants (who are never ex-pats like white people) are bad for the country when it's clear that black people have not only helped build the NHS

but have deeply influenced British music, food, dance, art, comedy, film, fashion, social care, education, industry. Well - life as we know it!

There are other biases such as Halo and Horn bias, Self-serving bias and Gender bias but I won't describe them all as you have to do the training to learn for yourselves!

The most important part of the training for me was learning about Elegant Challenge. I've often found myself as a white person either not challenging racism and therefore colluding or being aggressive and losing the argument.

Elegant challenge is a polite but pointed way of asking the person questions like 'I'm curious as to why you think like that' or 'that's interesting but I don't agree; shall we talk about it'. Diplomacy in action!

So, when I hear white people say, 'they should all go back to where they came from' or 'they are taking our jobs' etc, my response will be to take a deep breath and slow down my thinking to talk with the person about what they've said.

Why fight when we can enjoy each other's knowledge and life experience and be better humans.

**Shared Lives South West is looking at offering similar training and development sessions to the wider SLSW community.**



## **New Summer style for Cara**

Cara wanted to show off her new Summer hair do! She chose the colour too, it looks fabulous!

Cara is supported by SLSW Carer Sylvia Marsh.



**We have welcomed Edward Bunce-Phillips as the new Mid-Team Leader. Edward has vast experience with Shared Lives.**

**Not only did he grow up in a Shared Live South West household, he has also been a Shared Lives South West Carer.**

**Now he wears a different hat for Shared Lives as part of the staff team...**

You are a Shared Lives Team Leader, but have a long history with Shared Lives- can you tell us a little about that?

I grew up in a 'Shared Lives' family home in Somerset because my parents started supporting people when I was about two years old. My earliest childhood memories include sharing my home, family, friends, mealtimes, Christmas time, holidays, weekends and birthdays with people using Shared Lives services. When I was old enough I registered as a Support Carer to help my parents and when my partner Becky moved in she also registered.

Becky and I got our first house together and we registered as short breaks carers, which we did alongside our other employment. We enjoyed the experience of opening up our own home, sharing



our active lifestyle – cooking, dog walking, chickens, bonfires and barbecues – whilst also continuing to help out my parents when needed.

**Why do you think Shared Lives as a model of care works so well?**

I have huge belief in the Shared Lives model because I have seen first hand the success for supported people in living natural, varied, happy and fulfilled lives. There is a freedom in a family home that is difficult to recreate in more traditional care environments. I have always felt the Shared Lives model fills this void effectively.

I proudly remember the people who shared our home and witnessing their confidence grow, watch their networks develop; both as part of our family and independently, within our wider community. The Shared Lives model enables the right balance of freedom and security that encourages the development of the individual sense of self. I have always described Shared Lives as the organic model of care. This is because each household and each carer-supported person relationship is unique; each has its own opportunity for successful outcomes, its own challenges and its own varied



make-up. These dynamics ensure support is person-centred, because support is delivered within a unit that is naturally curated because of the acceptance and respect between all participants and the evolving nature of a family home.

### What made you apply for the role as Team Leader?

Seeing the job advert felt a little bit like a touch of fate. I wasn't actively seeking a new job but I noticed the vacancy on the SLSW Facebook page. There wasn't much more to it. Here was my preferred model of care, one that I had been affiliated with for pretty much all my life, carried out by a CQC rated 'Outstanding' organisation, and a job role that met my qualifications and skills.

To be honest, I think it's a dream job for a registered manager.

### How have your first few days been?

They have been fantastic. There is a lot to read and learn but I am enjoying every minute. Everyone has been exceptionally welcoming and I am just so pleased to have joined the organisation.

### What will you bring to the team?

I hope that I can bring a unique insight into the Shared Lives model: my knowledge and

experiences as a Shared Lives Carer and family member combined with my skills and knowledge of being a registered manager. If I can successfully draw on the experiences of both, there will be many opportunities where I can add something new to the team. I think the starting point is being a person within the Leadership Team who can call upon many varied first hand experiences.

### Out of work, what do you enjoy doing?

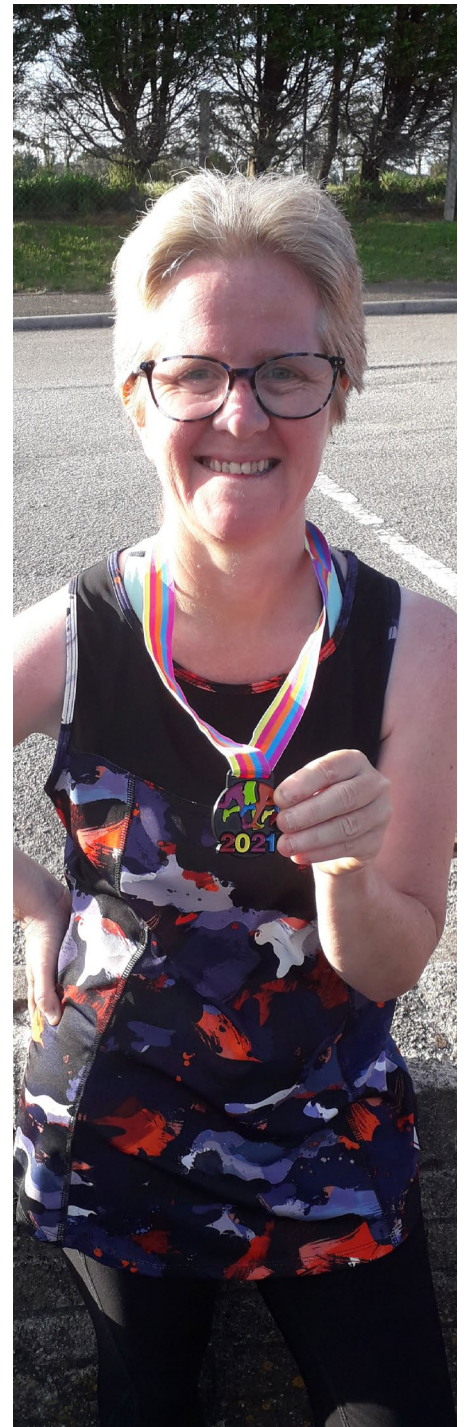
I love travel, adventure, exploring different culture, food and drink, the outdoors and nature, health and fitness, reading, socialising, friends, making people smile and laugh, the coast and sea, hills and forests, my three dogs and renovating a now less-derelict cottage- this probably isn't always enjoyable! The last few years I have been getting into freediving/spearfishing but I'm not very good yet.

### Name three things you'd take to a desert island and why?

My Labrador Saya, my Leatherman pen-knife, a good hat and/or vast supply of 50+ suncream!

### Anything else you'd like to add?

My partner Becky and I are expecting a baby in August, which is a first for us!



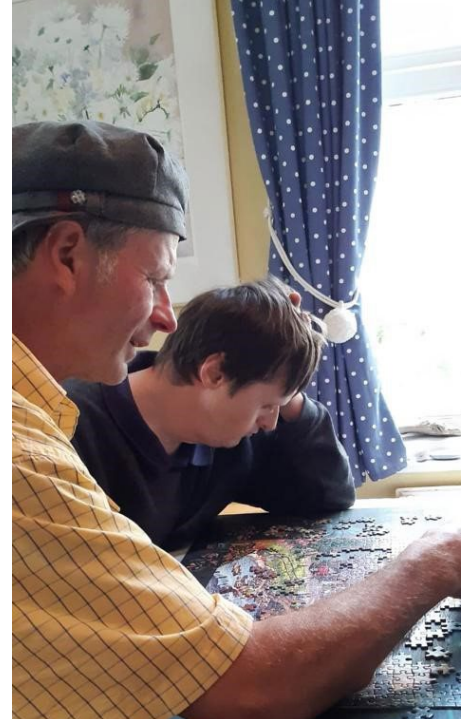
A big well done to Sam who completed a run with Lowenек Runners in Polperro. She ran 5k and is now training for a 10k! Sam is supported by SLSW Carer Zoe Maycox.



Best friends Peter and Gareth have been enjoying a holiday in Cornwall.

Peter, who is supported by SLSW Carer Julie Hughes, went on the trip with Gareth and his SLSW Carers Marc and Christie Walpot.

We hope you all had a great time!







A big Happy Birthday to Wendy. She looks so pleased with her presents and her fabulous cake! Wendy is supported by SLSW Carer Sam Robertson.



Jen is seen here enjoying a drink after going to make a Harry Potter teddy at Build a Bear in Manchester. She was visiting the city with her SLSW Carer Nicola Drewett, as Nicola's son lives there. In SLSW people who are supported really do become part of an extended family.



"Two chaps, same birthday, 10 years apart, we had a great evening out with Bob and John for fish and chips," said SLSW Carer Caroline O'Sullivan. Caroline supports Bob and John at her Devon home. Happy birthday to you both!





Matt wanted a huge burger for his 30th birthday, so that's what he got!  
His SLSW Carer Sharon Price created the humongous burger in a bun with all the trimmings and Matt was thrilled!  
Great work Sharon and Happy Birthday to Matt.



Jen, who is supported by SLSW Carer Nicola Drewett, enjoyed a day out at The Flicka Foundation Donkey Sanctuary. Jen loves horses, regularly has lessons and likes all things equine!



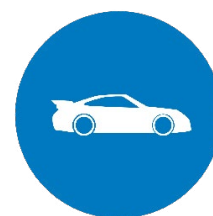


Adrian and Cara have been enjoying getting out and about a bit more! Adrian is supported by SLSW Carer Pam Bowman and Cara is supported by SLSW Carer Sylvia Marsh.



It looks like Jamie is ready for the fast lane! We hope you had fun!

Jamie is supported by SLSW Carer Susie Sowell and was a break with SLSW Carers Maria and David Wolstencroft







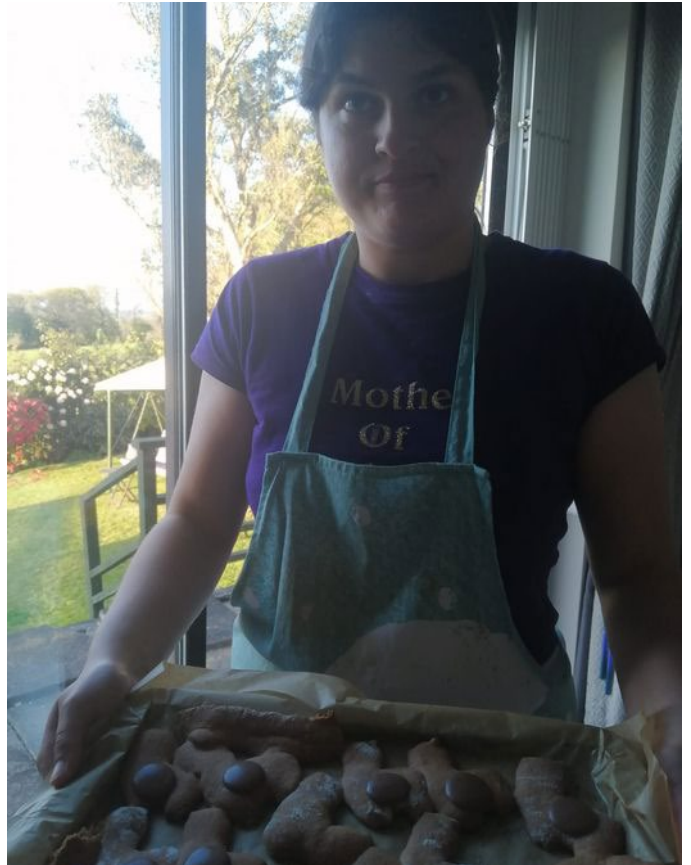
Right now it's all about staycations! Seen here are David and John enjoying a break in a caravan in Cornwall with their SLSW Carer Anne Dowsing. That's some view to enjoy a cuppa! We hope you all had a lovely time.







Tony has clearly taken to new kitten Ruby! What a lovely photo.  
Tony is supported by SLSW Carers Maria and David Wolstencroft in Cornwall.



Great baking Ness!  
Ness created these yummy Alpaca shaped ginger biscuits recently.  
She is supported by SLSW Carer Vicki Tweedle.



Rob, who is supported by SLSW Carer Pam Bowman in Cornwall, wanted his own bar... so he got one and looks happy with the buy.  
Cheers Rob!







Kerry is all smiles meeting a goat called Cole that her Dad and Step Mum have adopted for her!

Pandemic restrictions made it difficult for her to see her Dad and Step Mum, but finally she was able to see them for the first time in over 12 months recently. It looks like they had great fun working on the garden while she was there Kerry is supported by SLSW Carer Teresa Walker in Plymouth





It looks like Charlene had a great time on a mini-break in Cardiff with her SLSW Carer Lisa Dougal.

"We went shopping, crazy golf, enjoyed a trip to the museum, speed boating and walked around Cardiff Castle," said Lisa.

They also enjoyed some cocktails.



Iain and Anita, who are supported by SLSW Carers Norma and Jeff Spry, are all smiles here on a lovely break to Sidmouth.



Lockdowns have been challenging time for all of us, but for Josh he can take something positive from the time.

He has forged new friendships thanks to his short breaks with SLSW Carer Zoe Ridler in Somerset.

To help him feel at ease and comfortable he first went for two day visits before staying a weekend at the Ridler family home.

He quickly became involved with the family and was eager to help Zoe's husband Simon in the garden and with DIY tasks.

DIY is clearly something Josh enjoys as he supported Simon to make a shelving unit to store plans on his second visit.

The match has definitely been a hit, as Josh has been asking questions about how to use the shower and how get on the wif!

"We will continue to encourage Josh to make informed decisions and develop his independent skills when staying with us," said Zoe who became a SLSW Carer in August last year.

"Josh can make his own drinks and has started to feel more comfortable to do this when he visits now."

He is now also helping to prep meals and is enjoying cooking with the family. He has also made a new friend.

"Josh has also bonded well



with one of the family pets- Milo our dog. Milo has helped him to settle with us and Milo now sleeps on Josh's bed when he comes to stay as requested by Josh himself," said Zoe.

He's clearly enjoying his breaks with the Ridler family and he now stays in contact with Zoe and Simon on WhatsApp and on Facetime.

Good relationships have formed.

"Josh is a pleasure to have stay, he has a great sense of humour and is very good company, we are starting to get a better understanding of Josh and his likes and dislikes and feel he is starting to get to know us both a little better each time he visits," said Zoe.





What a lovely photo of SLSW Carer Rachael Cowling and her SLSW family in Cornwall enjoying a walk in the sunshine.



Robert told Cinderella he'd take her to the ball after meeting her and the other princesses in the local show Disenchanted. Robert is supported by SLSW Carer Diane Milligan in Cornwall.







Briony had the chance to sit on a Blood Bike recently. It's usually driven by John, SLSW Carer Sue Johansson's husband, who delivers essential blood and urgent medical supplies, out of hours, between hospitals and other healthcare sites. What a great experience for Briony!



Can you guess where Karen and Tracey have been on a staycation? They are supported by their SLSW Carer Karen and enjoyed the break away.



## Photos!

We love seeing your photos and hearing your news.

Don't forget to send photos to:  
dgillingwater@sharedlivessw.org.uk



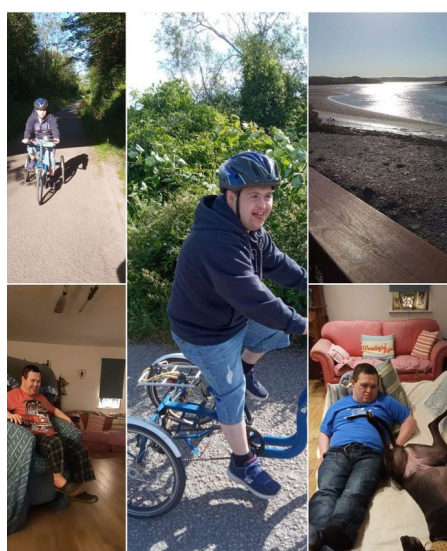




How beautiful is this?  
SLSW Carer Jo Crocker took Lucas, who she supports, to Poly Joke, Cornwall, to see the incredible poppy fields on the coast.


She was joined on the walk by her husband Nigel, her Mum Georgie and mother-in-law Dolores.


SLSW Carer Sarah Ford said: "Thank you to Sam for another fun respite stay! Sam had a lovely evening cycling with Andy in Wadebridge along the Camel Trail, we've had a lot of giggles and Stolley our greyhound has had the usual amount of tip bits of food & cuddles... She loves it."



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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 September newsletter is August 18

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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