

Newsletter

SEPTEMBER 2021

**COVER STORY: TANYA GETS INVOLVED IN
THE COOKING ON SHORT BREAK**

**FEATURE: MARIE GETS READY TO MOVE
ON TO HER NEW HOME**

**PHOTOS: CREAM TEA EVENT GET
TOGETHER IN SOMERSET**



Ice cream stop

What a great photo!
SLSW Formal Support Carer
David Wolstencroft is seen
with his family enjoying an
ice cream and a drink with
Pam (who the Wolstencroft's
support long term) as well as
Jamie and Charlotte, who are
seen enjoying a short respite
stay with them.
They all enjoyed a walk along
the town quay.
The photo was taken by SLSW
Carer Maria Wolstencroft



Lynn wanted to show off these
lovely photos of her getting her
nails painted.
They look wonderful!
Lynn is supported by SLSW
Carer Jo Crocker in Cornwall.

SLSW

Marie has plenty to smile about at the moment. Her life is bright and she could not be happier.

Mum Marie has recently passed an English exam and is about to move on to her own home after around five years living with Shared Lives South West Carers.

Marie and her daughter will move out from SLSW Carer Susan Smith's home in Devon and they will live independently.

"I am ready to go, I've been ready for years. It's a dream come true to live on my own with my daughter. I knew I could do it, I needed others to believe in me too," said Marie. "I read a report on me years ago and it gave me the determination to achieve my goal to live independently." She has lived with Susan through most of the pandemic and Marie has nothing but praise for Susan, who has also supported another family placement before Marie and her daughter.

"I have loved living with Susan and her husband Robert," said Marie.

"Susan is an amazing lady and anyone living with Susan will be lucky. I can't thank her



enough for what she has done for me and my daughter. It's been like living with family "Marie has needed help reining in her spending. She is now very good at saying 'do I need it?'. I've done my best to make her accountable for her spending," said Susan.

"In 12 months I have saved £7,000 which will help me when I move out," added Marie proudly.

Susan and Marie have got on so well and Susan has also helped her find her inner confidence and voice.

"We've just got on and have a bond and gelled, Marie is such a good Mum and a good person," said Susan.

"Marie wasn't speaking up for herself and allowing people

to run her life for her. I said to Marie, if you aren't happy you use your voice and she has run with it with bells on."

Marie has showed initiative and strength by contacting the local authority to say she is ready to move on.

"I can assure you it's all Marie-she has gone above heads of people that she felt weren't listening and sent them emails and letters and that is what has helped her get out the door and her own place," said Susan proudly.

Mum Marie is also thrilled at how well her daughter is doing. "I got Covid at Christmas time and had to home school her," she said. "We had to isolate for 15 days but we did it.

"She has just brought her with

her school report and was incredible for her. She is in the process of being diagnosed with a learning disability. The amount of effort she puts in is incredible, I couldn't be prouder.

"I love family time. I love reading with her, she's a book worm. The best thing is to get a book and sit with me. Her favourite story is Charlie and the Chocolate Factory.

"My future is focused on being a good mum and watching her grow into an adult enjoying life and living as a normal family."

Marie has been planning to move on for some time and has had 'test' nights away and has already mastered a key part of living on her own.

"I do all my own shopping with my trolley on and travel on my own using the bus. I also cook my dinners from scratch," said Marie.

"She makes her own sauces and nothing is out of a packet," said Susan, supportively.

"She also made me a birthday tea, with cake and fancy sandwiches. It was beautiful." Marie also fills her day doing

college work and has recently completed her Entry level stage 3 in English.

She also sets a day aside to do laundry and to meet her friends she has met through school drop off.

"I feel my future is bright," said Marie.

"I want to pass my driving test and am planning my first independent holiday with my daughter to Butlins in October and can't wait. I'd also like to travel abroad in the future."





The Somerset team hosted a cream tea event for SLSW Carers recently to come together within in the office grounds. It was the first time many of the carers had come together since the pandemic. We hope everyone who attended had a great time.





SLSW Carer Sue Pavey said:
 "Another action packed respite
 break! Using freshly picked
 produce from the garden
 Tanya cooked a delicious
 beetroot and goats cheese
 tart. She picked peas and
 carrots too which we ate with
 her equally delicious cottage."

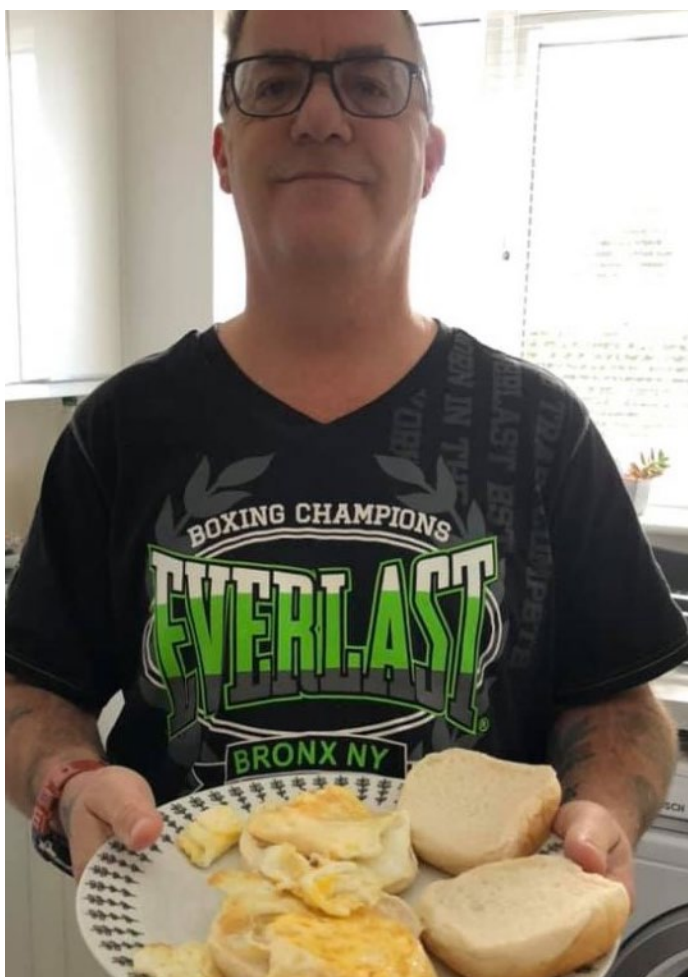


Adrian has loved putting up
 his new tent and enjoyed a
 night in it in the garden!
 He is supported by SLSW
 Carer Pam Bowman in
 Cornwall





SLSW Carer Pam Bowman took her SLSW family to a local church BBQ recently with her friend Carol. It looks like they had a lovely time eating ice cream and keeping cool from the sun.



Well done to Robert and Adrian for brushing up on their cooking skills. Robert has learnt to fry an egg and Adrian is seen here making a hot pot for dinner. Both Robert and Adrian are supported by SLSW Carer Pam Bowman.

You never know what you can do until you try...

Paul moved to in with SLSW Carers Brian and Sheila about four years ago and it is fair to say he had his challenges, but with a little bit of encouragement and support, he gradually discovered he was interested in woodwork.

In the last two years he has helped build Brian and Sheila's new home which is made from a timber frame with straw bale inserts.

During this time Paul learned some basic skills and realised he enjoyed working with wood, and later decided he would like to learn more. He enlisted with the college in Penzance and attended part time classes there.

The instructor was impressed with Paul's enthusiasm and his hard work, doing many tasks at home between classes.

Paul recently took his first exam and passed with 93%, a great achievement.

Paul has applied to do a full time course in joinery and is waiting to learn if this will be in Penzance or if he will need to travel to Truro for the course.

Paul is pictured with one of the projects he had to complete during his course, a rather complex task.

Some people have said it would make a great guinea pig house, but Paul said "I am not having any guinea



pigs messing up my house!" Paul has now offered to make a Wendy house to go in the playground for Brian and Sheila's grandchildren, this could turn out to be a pretty cool Wendy house.

Well done Paul and good luck

in your next course. Building is a great profession to get into, people always need somewhere to live.



Some of our SLSW team attended the Yeovil Together community day to raise money for a local food bank at the end of August. Yeovil Mayor Evie Potts-Jones stopped by our stand to learn more about SLSW and the local police team and visitors enjoyed our selfie frame.

It was the first community event we've attended since the start of the pandemic.





When Bob moved in with SLSW Carer Caroline O'Sullivan he said he would like to try and give up smoking. "He first tried a cigarette when he was just eight years old and has smoked for about 80 years," said Caroline. "He has been very successful in achieving this and has not smoked for three months. He says that he feels so much better as it has improved his breathing and he can now properly taste his food." Another of Bob's goals was to go back to fishing, something he has not been able to do for the last five years. "We have now been to a local fishery

spending a very relaxed day fishing and then a little further afield having a fishing holiday staying in a beautiful lodge in the fishery grounds," said Caroline.





Great work Gillian!
Gillian has been on respite with SLSW Carer Sue Pavey and enjoyed making delicious blueberry muffins. She also enjoyed painting, card making, walks in the fresh air and hot chocolate



What a smiley photo of Gillian, who is supported by SLSW Carer Tracey Chase in Cornwall. Gillian is seen here out on a local walk.





From SLSW Carer Eileen Mcloughlin:
 "We had a great time at the circus. Julian and Tracy made castles at day centre and we finished the day off with Tracy's birthday tea."
 It looks like a great few days in the Mcloughlin household





Peter is seen here looking very dapper for a photo shoot to celebrate The Downs Syndrome Association 50th Anniversary.
Peter is supported by Julie Hughes in Torbay

Jenny volunteers at the RNLI shop and has recently supported them at their pop up shop on Custom House Quay as part of Falmouth Week and really enjoyed it. Well done to Jenny!

Jenny is supported by SLSW Carer Nicola Drewett.





Shared Lives South West families got into the spirit of things for the Euro 2020. Although England didn't win, it looks like SLSW households had a great time. Pictured are John and David (left), who live with Anne Dowsing and Peter who lives with Julie Hughes (right).



Briony and Laura who have both enjoyed nights out to local pubs recently. It looks like you both had a great time! Cheers!

Charlene and her boyfriend Matthew went to Funtasia Circus recently. SLSW Carer Lisa Dougal, who Charlene supports, accompanied the couple on the fun night out. They all had a great time at Woodland Family Theme Park and got absolutely drenched on the water rides!





SLSW Carer Melissa Boardman sent in these great photos of Laura, who she supports.
 "Laura is seen her enjoying some pottery painting in Crediton with me," said Melissa.
 "Laura and I also caught the bus in to do a spot of shopping and lunch out."

Carer Reward Scheme! We Need You!

We really value the work you do as a Shared Lives South West Carers and appreciate it when you promote the organisation
 As we always need new carers and want you to feel even more valued, we'd like to remind you of our a Refer A Friend Incentive Scheme
 Now if you refer a friend or family member you could receive up to £250!
 The person applying will

have to name you on their application form as how they heard about SLSW.
 As a thank you, you would then receive £25 after they have had an initial visit and we proceed with the application.
 You would then receive a further £225 after they are approved.
 Many carers have already seen the benefits of the incentive.

THANK YOU TO
 SHARED LIVES
 SOUTH WEST
 CARERS





A big congratulations to Abby!
SLSW Carer Melanie Thomas said: "It's been a lovely week for Abby, she was awarded Slimmer of the Year for the second time.
"Abby also made savoury muffins to take and share at Slimming World. Abby has lost over 5 stone in two years . I'm very proud of her."



A big happy birthday to Robert!
He celebrated with friends and had a lovely cake. He is supported by SLSW Carer Diane Little in Cornwall.





Budding chef Briony helped prep for the family barbecue and then helped cook it all. How brilliant! Well done Briony.



Wendy loved a trip to the The Donkey Sanctuary recently. She is supported by SLSW Carer Sam Robertson in Devon.





What wonderful photos of Christine and Tim on holiday with their SLSW Carer Lynn Fidler from Somerset.



SLSW Carer Lynn Fidler shared these wonderful photos of Richard who recently enjoyed a respite break at her Somerset home.





Samantha Baxter, who is part of the Devon Admin Team, had a weekend to remember. She took part in the Rowcroft Sleepwalk walking ten miles for the charity and also met cricket legend and Top Gear presenter Freddie Flintoff. Sam completed the walk to raise money for the Torquay



based hospice with her daughter Kitten and it was the six time she has taken part in the challenge. "The route changed this time. Instead of one big loop we did two 5 mile loops, plus less refreshments and no indoor warm up etc. But we still had fun as we always do," said

Sam. The same weekend, she bumped into Freddie Flintoff while walking her dog. He was in Teignmouth for a clothing photo shoot.

SLSW Carer Sandra Pinfold said: "We were at Somerset County Cricket Club with Kris for the Quarter finals of the T Twenty watch Somerset beat Lancashire Lightenings. "Kris had the time of his life, he even got a photo with Somerset's Captain Lewis Gregory."



Photos!

We love seeing your photos and hearing your news.

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





Marc had a fantastic 21st birthday!
Lorna Wallace, who is a SLSW Carer and supports him, said: "A wonderful morning on The Matthew on Avon gorge and enjoying a chocolate Bomb. What more could you need when you turn 21. Happy Birthday Marc."

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.

Find us on online...



sharedlivessouthwest



@sharedlivesSW



www.sharedlivessw.org.uk



The deadline for the December newsletter is December 10

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!

Telephone: 01626 360170 / 01209 891888/ 01460 477980

Email: dgillingwater@sharedlivessw.org.uk