

Newsletter

MAY 2022

**COVER STORY: A FUN FAMILY DAY OUT
FOR CARA AT THE ZOO**

**FEATURE: CONNOR CELEBRATES
GETTING A JOB**

**PHOTOS: ROBERT AND SHARON GET
ENGAGED**





Alec, who is supported by SLSW Carers Gary and Sammy Turner, is seen here making homemade pizzas and enjoying a cocktail out. The pizzas and cocktail look amazing :



A big Happy Birthday to Ashley, who is supported by SLSW Carer Christina Brown and also to Anita, who is supported by Norma and Jeffrey Spry who are Christina's parents, who also had a wonderful birthday. They both enjoyed incredible cakes. Happy Birthday from all of us at Shared Lives South West.



Connor is celebrating landing a job at a local takeaway. With support from his SLSW Carer Les Redfern-Phillips and SLSW respite carer Helga Crosland he is now working in KFC.

He started work earlier this month and had his induction and will be working 15 hours a week 'permitted work', which has been authorised by DWP and enables him to keep his benefits.

He has been supported by his SLSW Carers Lesley and Phil Redfern-Phillips who have helped him with all his paperwork and ID etc. Connor is also thankful to his SLSW respite carer Helga Crosland, who was the person who encouraged him to apply for the role and who has had a huge positive impact on his life.

"I stayed with Helga last October and she has animals and at first I was scared, but I have got more and more confident," he said. "I went to the cinema with Helga's son Harrison and we went to KFC afterwards and while there one of the workers said there



were vacancies to work there. "When I got back I told Helga and she told me to apply, I said I couldn't but she encouraged me and was so supportive, so I did.

"I couldn't believe it when I got the job. I've had an induction and then started work. I started on the drive-through and loved the experience. I slept for 16 hours after my first shift as it was my first ever job."

Connor, who has lived within a SLSW household for seven years, is so excited about his future and sees the job as a turning point in his life.

"I'm really chuffed and I have more money in my pocket," he said.

"I enjoy my life and enjoy living within a SLSW family. I cook meals sometimes and enjoy spending time with the dog Billy, he's such a character and charmer."

Helga said she has seen a big change in Connor, who has



stayed with the family for three breaks and has made good friends with Harrison, Helga's son.

"When he first came he said he was anxious, but said he wanted to make a change and not sit on his Xbox and game all the time," said Helga.

"He also saw my son Harrison going to work. He has autism and works as a postman for Royal Mail. It gave him something to think about.

"After he told me about applying for the job he said he wouldn't be good in the interview, so he called me and we did some interview role-play on the phone to prepare him and sorted him some clothes for the interview.

"I told him I had faith in him and if he wanted to make the change, doors would open for him. I said to be himself and be honest that he can be anxious, as it's better for people to be aware of it.

"We're all very chuffed for him." Since starting his work, he still calls Helga and she says his enjoyment is taking over from the anxiety and he is 'loving it'. His confidence has also grown with the animals that Helga keeps.

"When he first came he didn't want to get involved, but slowly with some encouragement he's got more involved with feeding them and now knows the sheep by name. Rambo is his favourite," said Helga.

"He now knows the routine

and on a recent stay I said to him to go up to the animals on his own and I'd follow him up after. I said to not go in with the cows, but he could feed them from the gate, to keep himself safe. He now knows what to feed all the animals and when I went up there after him I could see he was chuffed and there was a real sense of achievement."

Connor stayed with Helga for his birthday and they took him for a meal out at Bella Italia.

"It was a surprise, I didn't know where we were going for food and Helga told me to save some money to pay for my meal," said Connor.

"When we got there I had a cake and it was a big surprise. Helga also paid for my meal which was a real treat and shows I can save money, which is also good."



Eyes down!

Pam had a great time playing bingo on holiday in Looe.

She is supported by SLSW Carer Maria Wolstencroft in Cornwall.

Mollie has had a busy time recently and wanted to share what she's been up to. "It's been a busy week this week, I've renewed my archery membership at my shooting club," said Mollie.

"We went on a club day out doing field archery. This is me with my own bow and arrows shooting at the targets located in the forest. "We also attended the theatre in Bristol to see the

opera Madame Butterfly. The orchestra was stunning!" Mollie is supported by SLSW Carer Mae Pleydell-Pearce in Somerset.



Mollie got to go to the theatre for the first time and see The Lion King - Musical with her SLSW family. She went to see the show in Bristol with her SLSW Carer Mae Playdell-Pearce, Mae's husband Pat (a SLSW Support Carer) and son Rio. "We had a lovely evening out all together, having tea at Steak of the Art followed by the theatre," said Mollie. "The puppetry and costume design was amazing and I would definitely recommend it."



Paul, who lives with SLSW Carer Teresa Campbell in Somerset, is seen here enjoying respite with SLSW Carers John Freeman and Allan Candy in Devon.

It looks like they've enjoyed a lovely lunch out and have been out enjoying the good weather at Sidmouth Donkey Sanctuary.

More photos can be seen later in this newsletter.



Jodene (Jo) is celebrating after gaining a qualification in retail following working in a local charity store.

She has gained a Highfield Level 2 Diploma in Retail Skills after starting the course in November.

Jo, who lives in Exmouth, has been working at the Red Cross Charity Shop for a year.

"She mainly works on the shop floor mainly serving customers who she has a good rapport with," said Simone Shay, her SLSW Carer.

"Jo also went back to her English and Maths course for adults with learning disabilities at the Kennaway Centre in

Exmouth in the Autumn term. Jo has been going there for two years."

With Jo doing so well, at the start of the year she went up a level in English.

"She has now enhanced to entry Level 2 in English, which is great, as she also has dyslexia. This is as well as entry Level 3 for Maths, which she is very happy with," added Simone.





Charlene has been honing her baking skills with support from her SLSW Carer Lisa Dougal. These vanilla cupcakes look delicious. She also made a fantastic hand crafted Mother's Day card.



Ness made a tiger cake using a recipe from her WWF magazine. "She loved making it. It was lovely," said her SLSW Carer Vicki Tweedle.





How wonderful is this...Pam and Tony are seen here with a wonderful cake celebrating 30 years of friendship! They are supported by SLSW Carers Maria and Dave Wolstencroft in Cornwall. Happy Anniversary to you both.

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Martin is seen here enjoying his birthday week with music cake and friends. The photos were taken by SLSW Carer Nick Higgins who supports Martin. Happy birthday!





Pictured are Ruth and Stolley having a morning cuddle. How lovely! Ruth's has enjoyed respite with SLSW's Carer Sarah and Andy Ford

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Carly is pictured enjoying a holiday at Finlake in Devon. She is supported by SLSW Carer Carol Maiden. We hope you had a great time.



Dan and Kay (brother and sister) who live with SLSW Carer Charlotte Kemp in Minehead wanted to include their write up of what it's like to live as part of SLSW.

Kay said:

“Charlotte is a lovely lady who looks after me really well she is very kind, caring, thoughtful, amazing and a brilliant lady to be with. I like living in the house with her it is amazing and brilliant. The dogs and cats are lovely and Bug is my hot water bottle at night time -he keeps me company and I enjoy spending time with Joy Charlotte’s Nan.”

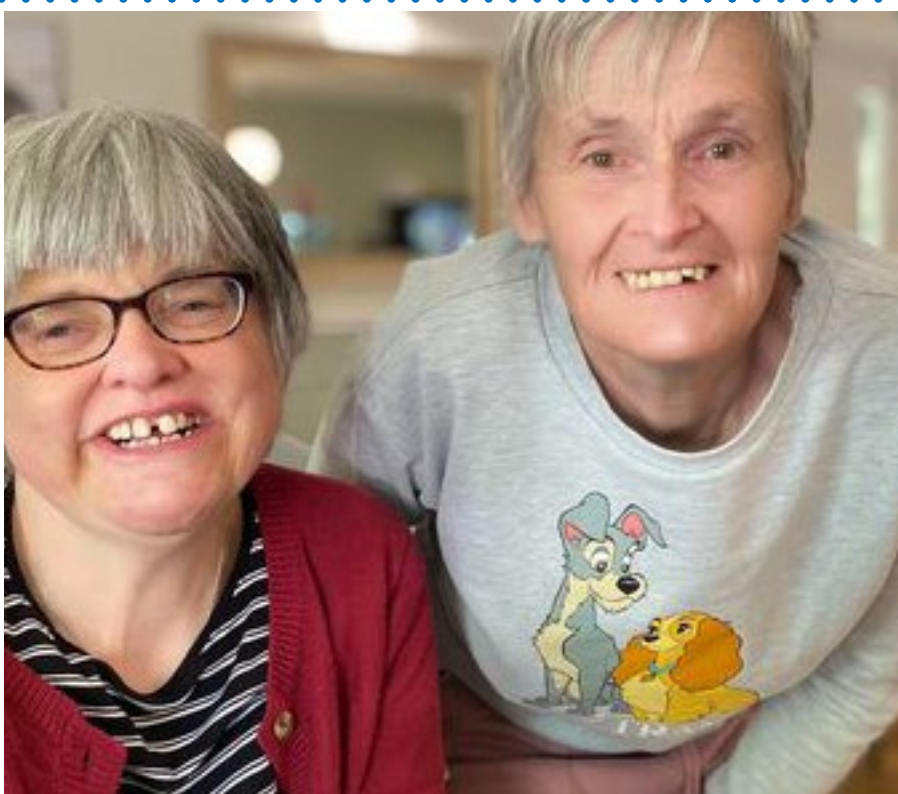
Dan Said:

“Charlotte is a lovely mum to Harvey kind and caring to be with. Charlotte is wonderful and it is good to live in her house with her.”





Couple Holly and Geoffrey have enjoyed a respite break with SLSW Carer Sarah Ford. Long-term they are supported by SLSW Carer Marlene Moore in Cornwall.



Best friends Helen and Gillian enjoyed lunch together recently. What a cracking photo! Helen is supported by SLSW Carer Dawn Jago and Gillian by SLSW Carer Tracey Chase.



We've been back at events in Minehead and Barnstaple with the Somerset team.

It's great to be able to meet social care and health workers, potential carers and people thinking of using our services at these events. We have more events planned in the coming months including Blue Light Day in Cornwall and the SEND Conference in Plymouth.



Wendy was well prepared for Easter this year!
We love the bright and colourful hat.
Wendy is supported by SLSW Carer Sam Robertson in Devon

Photos!

We love seeing your photos and hearing your news.

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



SLSW

Cara enjoyed a lovely visit to Paignton Zoo with her SLSW Carer Sylvia Marsh and Sylvia's family recently. As part of living in a Shared Lives household, people using our services become part of the extended family.





Laura enjoyed a trip to Tesco shopping followed by lunch and a wine at The Red Deer. "We sat in the beer garden and enjoyed the lovely sunshine," said Melissa Boardman, her SLSW Carer.



Laura enjoyed a walk with her SLSW Carer Melissa Boardman and her son. She loved taking an elderly neighbour's dog on the walk too.



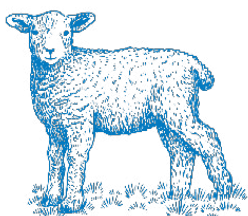
Laura also enjoyed a trip to the cinema to see Sonic 2. She enjoyed it so much, she went

back to see it again with her SLSW family

SLSW Carer Nick Higgins has recently been to France with his husband Chris, who is a Support Carer, and Kevin and Martin who they support. It looks like they had a wonderful time. "We had a little break at the market at Abbaye de Bon Repos and the Lac de Guerledan," said Nick.



Spring is definitely here! Angie who lives with SLSW Carer Judith Nayler in Cornwall got to meet a tiny lamb recently while out on a walk. How wonderful!



Ben and Elvin have been on a fabulous holiday to Alvor in Portugal with their SLSW Carers Diana and James Cole! It looks absolutely fantastic!



SLSW Carer Susie Sowell sent in these great photos of her SLSW family visiting Butlin's
 "We had beautiful weather and played dominoes. Nigel and Jamie had a wonderful time," she said.



A SLSW couple are celebrating getting engaged!

Sharon and Robert, who live with SLSW Carer Pam Bowman in Cornwall got engaged and invited 25 of their closest friends and family around to a party.

"They have known each other for 25 years and always liked each other's company," said Pam

"They always wanted to ask each other out for a long time, but didn't have the courage." Sharon has lived with Pam for six months and Robert for a year.

Big congratulations to you both from us all at SLSW.



Cheers all!

SLSW Carer Rob Thomas is seen here enjoying lunch at The Duck with Martin, Matthew and Emma who he supports in his Somerset home.





Martin and Paul have had a great time on respite breaks with SLSW Carers John Freeman and Allan Candy. They fitted a lot in their time together with a movie night, gardening and trips to the beach and the Miniature Pony Centre.

Meet new Cornwall based SLC Rachel Moore.

How are you finding being on the staff team at SLSW so far?

Everyone is lovely, friendly and welcoming. That's been the theme from the outset. It's amazing.

I've been wanting to work for Shared Lives for ages and have been waiting for a vacancy to come up.

Why did you want to work for Shared Lives?

I love the model and you can see tangible outcomes and follow a person's journey. I was a social worker in London many years ago where a Shared Lives scheme was part of the local authority.

I worked closely with the team and liked what Shared Lives is all about.

Tell us a little about your background.

I have been a social worker for 14 years and qualified in 2008. Previously I had been working for Cornwall Council mainly with adults with learning disabilities.

I randomly applied for a job in Cornwall and moved down. It was a real culture shock and I didn't know anyone, my closest friend was in Plymouth. I wanted to go back, but then Spring arrived and so did Cornwall's beautiful colours and blue skies and I loved it.



What do you enjoy outside of Shared Lives.

I like walking and do long distance footpath walking each year. I also enjoy doing yoga and taking photographs. If I had more time I'd like to do a bee keeping course and have my own hive.

What makes a good SLC?

Someone who is person-centred, warm and open and able to develop

relationships and is non-judgemental.

You need to be committed to the model and buy into it and be genuine.

You also need a good sense of humour especially in difficult times.

What three things would you take on a desert island?

I'd take a pet dog- I don't have one at the moment, a camera and a bottle of gin.



Cornwall SLSW Carer Nicola Drewett has been on holiday in Devon with Jen, who she supports.

They stayed on a farm.

"Jenny has been able to help bottle feed the orphaned lambs, feed the chickens and horses and check daily for eggs," said Nicola.

"We went to Appledore and it was a beautiful, warm and sunny day."



Happy birthday to Dan!
He celebrated with his sister Kay and SLSW Carer Charlotte Kemp in Somerset.



We've said goodbye to our Admin colleague Steph Thomas in the Cornwall office. She is off to pastures new. Steph we shall miss your wealth of knowledge, warm personality and friendly face. The Cornwall team gave her a lovely send off with a pasty lunch and the whole team contributed to her parting gifts.

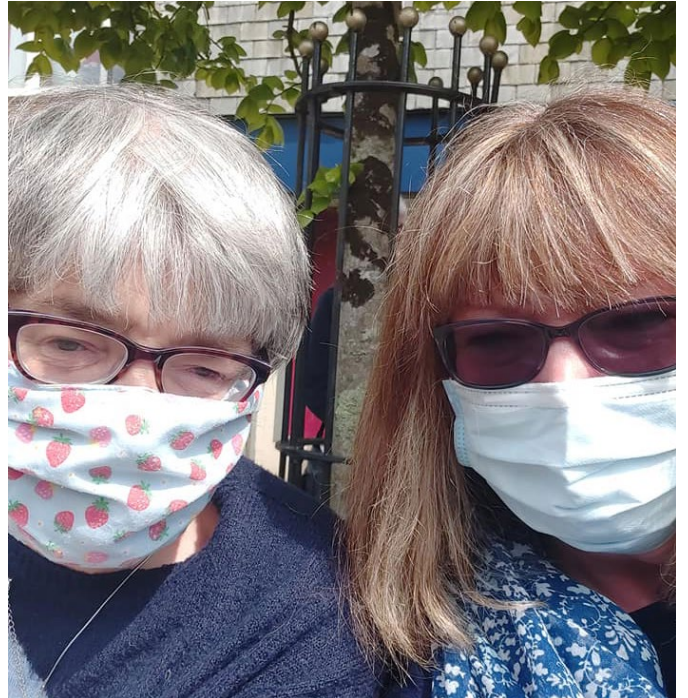


What fun photos! "Christine is seen here being buried at the beach today along with Chloe who's stayed with us for the first time for respite," said SLSW Carer Lynn Fidler.





SLSW Carer Dawn Jago and Helen, who she supports, had a lovely time celebrating Trevithick Day.
 "It was great to see everyone enjoying themselves after such a long time," said Dawn.



Seen here is John on a break with SLSW Carers Greg and Alex Clare in Lynton. John is supported long-term by SLSW Carers Caroline and Simon O'Sullivan. What great photos! The cream tea looks delicious.





Kevin had a wonderful time on a respite break with SLSW Carer Sam Robertson. They went to the World of Country Life. He also had a lovely lunch with Wendy, who Sam supports long-term. Kevin is supported by SLSW Carer Nick Higgins.





Cathy and Julian had a wonderful time at Monkey World with their SLSW Carer Debbie Swan.



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The deadline for the July newsletter is July 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!

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