

# Newsletter

OCTOBER 2022

COVER STORY: GARETH MEETS PRINCE CHARLES, NOW OUR KING

FEATURE: BEN AND DIANA SOAK UP THE SUN IN THE ALGARVE

PHOTOS: SLSW HOUSEHOLD HOSTS A COFFEE MORNING



**Pictured:** Gareth who uses our services meeting Prince Charles, now our King.



Gareth, who uses SLSW services, got to meet Prince Charles and Camilla when they visited Torquay, just weeks before the Queen died and he became King Charles III. He got to meet them as a member of Roc Samba Band when they stopped off in Cockington.

Marc Walpot, Gareth's SLSW Carer, is part of the Samba band and was let into the secret that the famous royals were visiting.

He was due to lead a walking group, but managed to pack their samba clothes too, and they walked to Cockington where Gareth met them. Gareth kissed Camilla's hand and was thrilled, but desperately wanted to meet Charles.

Marc and Gareth left the group and Marc asked those who organised the trip if Gareth could meet the then Prince Charles... and his wish was granted. He got to shake his hand!

It's not the first time Gareth has had a celebrity encounter, as he's also got to meet his favourite actor Arnold Schwarzenegger in Los Angeles and in London before.





SLSW Carers Kim and Chad Chadfield celebrated being selected as finalists in the BBC Radio Cornwall Make a Difference Awards in the Carer category.

The awards are a chance to say "Thank You" and show recognition and appreciation for people who love to make life better for others.

Paul, who used SLSW services and lived with the Chadfields for many years before recently moving onto a more independent setting, wanted to nominate them to celebrate the great support they offered to him and to many other young people. SLSW got involved and made the nomination.

Both Kim and Chad were thrilled to be finalists, but were in shock when they received the news.

"At first I thought it was a wind up," said Kim.

"We are always playing practical jokes on each other, so thought that's what this was. I got emotional when I found out the news."

They have supported Paul to deal with his bowel condition, worked with him to learn to read and write, assisted him to get a job, helped him learn to save and with his finances. He's also learnt to cook. Thanks to their incredible support, Paul has now moved into his own flat, which Kim and Chad helped decorate and overhaul.

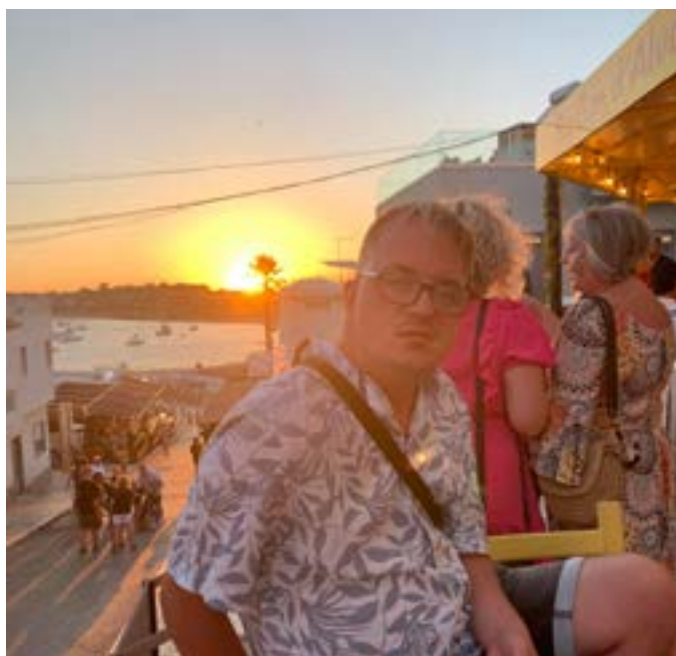
"When we support people we say it's like building a house. You have to build the foundations to get to the next level, else you get stuck and can't learn more or move on," said Kim.

"We were told Paul would never learn to read or write or make something of himself, and now look at him, he has done so well," added Chad. Kim and Chad went to the awards ceremony at Truro Cathedral on September 1 and received a Highly Commended Award.





Ben had a lovely holiday in the Algarve with his SLSW Carer Diana Cole!  
It looks absolutely beautiful and look at those sunsets!



# New Carer Engagement Group

We are launching our new Carer Engagement Group. We hope this will be an effective forum for incorporating the voice of SLSW Carers into our future decision-making.

We have sent an email to you recently with details of the voluntary role.

Members of the Carer Engagement Group will be expected to attend regular

meetings where they will contribute to discussions on how we work, provide feedback on key changes and opportunities, and be a link between Shared Lives South West and SLSW Carers in their nearby area.

You can find an information pack and application form on our website: <https://www.sharedlivessw.org.uk/work-with-us/trustees-voluntary-role/>



Laura enjoyed some shopping and a spot of lunch at Bow Garden Centre with her SLSWCarer Melissa



Boardman and Melissa's son recently.





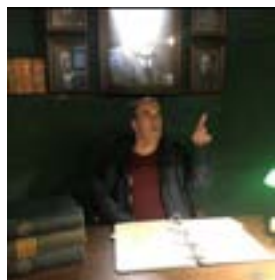
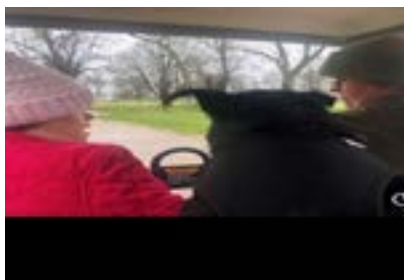


What fabulous photos. Absolutely great photography Mollie!  
 "We all went to Wells Cathedral and had a lovely day out, I've never been in there before," said Mollie.  
 "The architecture was amazing."  
 Mollie is supported by SLSW Carer Mae Playedell-Pearce in Somerset



Cheers Jamie!  
 Here's Jamie settled with a drink and feet up while he stays with SLSW Carer Tracey Bunt!  
 He looks like he's having a great time.

SLSW Carer Jayne Askew has been busy with many short breaks in recent months and has sent in all these incredible photos of fun times!







Jamie had a great time dressed as The Joker at GeekFest and ran into all sorts of famous film creations!  
He went with SLSW Carer Tracey Bunt.







Helen is ready for Halloween!  
She made this fantastic  
pumpkin basket.  
She is supported by SLSW  
Carer Dawn Jago.

Fiona Bastable's SLSW household and friends are Halloween ready and have been busy carving pumpkins! . Great work!







SLSW Carer Pam Bowman and her SLSW family met with friends for a pizza night with a view.

The Hill family have been on a fabulous cruise with sisters Kat and Sylvia who they support. We hope you had an amazing time!







Carers came together for a coffee, cake and a natter at SLSW Carers Allan Candy and John Freeman's home.  
It's so lovely to see carers coming together!





Adrian is loving his new placement at Proper Job Cafe.  
He is seen here with Kim who works at the cafe.  
Adrian is supported by SLSW Carer Pam Bowman.

- Cara has the right idea to cool off from the heatwaves we've had in the summer! She's been in the paddling pool... We think that's a great idea!
- Cara is supported by SLSW Carer Sylvia Marsh.



SLSW Carer Lisa Dougal sent in these great photos of a day out in Taunton.  
She went with Charlene, who she supports, and Matthew who is Charlene's boyfriend.  
They enjoyed a Chinese buffet and spending time together.







We recently spent the morning filming with SLSW Carer Teresa Walker and her SLSW family. The focus is on Roma, who has lived with Teresa for 34 years, and has dementia. It also features Kerry and Stella who live with Teresa. A big thank you to you all. All of our videos new videos are now on our website under 'video gallery'.

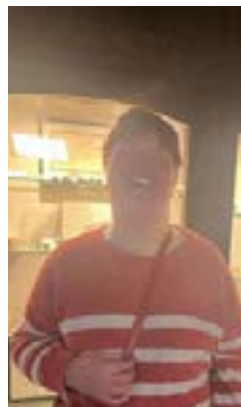
Jen has been busy upcycling a chest of drawers that belonged to her SLSW Carer's parents. "Jen has been working really hard and wants them in her room," said Nicola Drewett, her SLSW Carer. Great work Jen!



Laura recently enjoyed a camping trip with her SLSW Carer Melissa Boardman. They stayed in Newton Abbot, went to the seaside and enjoyed the sunshine.



Laura wanted to share these great photos of a day out with her SLSW Carer Melissa Boardman at the House of Marbles. We hope you had a fantastic time.



Laura enjoyed a trip to Exeter City as a birthday surprise from her SLSW Carers!

"She was over the moon to watch the match as Exeter won against Fleetwood Town," said Melissa Boardman, her SLSW Carer. "Laura was supported by Daniel, my husband, at the match."







Well done to Rachel who has received this lovely long service certificate from Cornwall Hospice charity shop. She has volunteered for five years! What a great achievement.

Charlotte, who is supported by SLSW Carer Pam Bowman, is seen here soaking up the sun at the local outdoor pool recently!



Cara recently had a wonderful 30th birthday celebrating with both her family and SLSW family! She is supported by SLSW Carer Sylvia Marsh.

**We have welcomed Michael Knight to our SLSW Board of Trustees.**

**We caught up with Michael to find out more about him and what experience he will bring to the board.**

**Tell us a little about your background...**

I came to the end of my full-time paid working career in 2001 and have been fortunate to have a number of roles since.

My background is in chartered accountancy and I was a partner at Ernest and Young until 2001 and since then have held numerous non-executive positions.

My wife says it helps keep my grey matter in tact to continue using my skills and experience.

My motivation to be on the board at SLSW is twofold. I want to remain doing some activities where I have experience and I feel I have been treated well, so want to give something back.

**Did you know about SLSW before joining the board?**

No I didn't, but when looking up support for my father with dementia I became more aware of the challenges facing care and the sector.

The organisation and service is so desperately needed. I have felt welcome, taken care



of, had a great induction and the staff team are energetic and motivated.

**What will you bring to the board?**

The other trustees will be the judge of that, but in all seriousness, it will be my background in finance.

I was a chartered accountant from 1974-2001 and have served on the board and was chair of the audit committee at Charles Taylor Consulting plc, as well as being the non-executive director at Sutton Harbour PLC.

I was also a Trustee & Finance Committee chair at National Maritime Museum Cornwall from 2005-2014 and was

appointed as an external expert advisor to audit body the International Oil Pollution Compensation from 2011-2021.

I think my skills from these roles will help me on the board at SLSW.

**What do you enjoy doing away from being a trustee?**

I exercise regularly. I'm very active and walk, hike mountains, play golf and used to sail. We've traded sailing for a campervan. It's like sailing but you don't run aground!



Jamie is seen here enjoying some time at Queen Mary Gardens with Colin. He visited the gardens with his SLSW Carer Tracey Bunt and family friend Colin. The floral displays look beautiful



"Marc and Ben enjoyed a marathon three days of water sports, it was just way too hot to be home," said Lorna Wallace, their SLSW Carer, from Somerset. This photo was taken at Oddicombe, Devon

SLC Claire Young held a successful carer meeting recently at Callington library, which was attended by four carers from the area. "We talked about the Carer Engagement Group and how we can give the people we support opportunities to socialise with each other to build on their network of friends," said Claire. We are hoping to create a



regular social event and would like everyone to come along

with any ideas and support.



Ben and Elvin had a great time at Tunes in the Dunes music festival!  
They live and are supported by SLSW Carers Diana and James Cole.



Bob and John recently enjoyed a great weekend in Lynmouth with SLSW Carers Greg and Alex Clare. They were on respite break and usually live with SLSW Carer Caroline O'Sullivan.





“

I have enjoyed every minute of living with Charlotte. She has done a really fab job at what she does. There will never be another one the same. I will miss Charlotte when I leave to go out into a new adventure of living independently with support. Just to say Shared Lives South West has been very supportive too.

Kay

Kay, who uses our services, will be moving on into her own flat in the near future. She couldn't praise her SLSW Carer Charlotte enough for the support that she has provided and also the work SLSW has done to help her.



Robert had a lovely time with friends celebrating his birthday. A big Happy Birthday! He is supported by SLSW Carer Diane Liddle in Cornwall.



SLSW Carer Teresa Campbell took Paul and Robert to the fair when it came to town in Somerset.

Paul loved the rides and is seen here embracing one of them with his hands in the air!



What lovely photos of Kris! He loved smelling all the beautiful flowers at Buckland Abbey. He is supported by SLSW Carer Sandra Penfold in Somerset





Charlotte and Adrian had a great time at Heartlands with their SLSW Carer Pam Bowman in Cornwall.



Rachael, Andrew and Charlene are seen here showing off their new clothes after a day of shopping at Clarks Village. They are winter fashion ready! They are supported by SLSW Carer Fiona Bastable in Somerset.



Jenny and Betsi from our SLSW Cornwall team attended Penwith College for a transition event. They met with young people and parents and chatted to them about SLSW and the services we offer. It was lovely to meet everyone who came along.

# SLSW



SLSW Carer Sue Henson sent in this lovely photo of Gemma, Anna and Sheila who all use our services.

What a lovely photo.



Friendships are formed at SLSW.

Chanroth is pictured with her SLSW Carer Tracey in Cornwall. Also in the lovely photo is Helen, who is supported by SLSW Carer Dawn Jago.



With the support of his SLSW Carer Connor has been abroad for the first time. Helga Crosland helped Connor apply for a job, prepare for an interview and he got a job in his local KFC.

Since then Helga has given advice on how to save his money and helped him sort his currency to go.

She also helped apply for his passport and get a hidden disability lanyard for the airport.

He made the decision to go to The Netherlands to meet two friends he'd met through online gaming.

"I was so nervous as it was my first time on a plane and my first time abroad," said Connor. "I was anxious about flying, but loved it once I was in the air, there is something so calming

about it.

"I'm so thankful to Helga for all her support as without her I wouldn't have been able to go. I bought her a cuddly squirrel as a thank you while over there."

He was there for ten days and visited Amsterdam, Rotterdam and stayed in Dordrecht.

"The whole experience was new to me and I loved it," he said.

"I'd say to anyone thinking about going abroad to do it and start small with a short flight.

"I've now got the travel bug and want to go to Idaho in America next as I have a friend there."





We attended a transition event at Truro College recently. Pictured are Chloe Boyd from our admin team and Jo Small, SLC.



Wow, great work Trevor. He made these two candle holders at his welding classes at Sharpham Barton Farm. He loves welding and was really pleased with how they turned out. He is supported by SLSW Carer Sue Kane.



Martin recently visited Otter Nurseries and came across their Christmas displays. Martin is seen here on a break with John Freeman and Allan Candy. It looks like Martin is getting into the festive spirit!

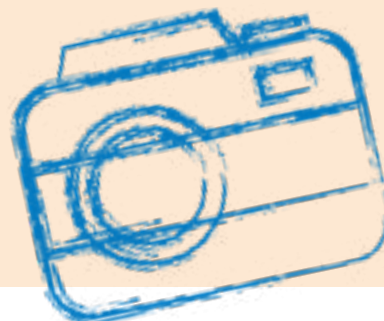


SLC's Sally and Holli recently attended Torbay Job Fair to spread the word about SLSW. They met with various people who were interested in joining us as a SLSW Carer.

## 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)



Wow what an achievement!  
"Katie and sam walked 10 miles to raise money for a pancreatic cancer charity. They have raised £400 so far, they are both very proud of themselves," said Zoe Maycox, their SLSW Carer!  
A huge well done from the SLSW team.



Happy 60th birthday to Pam,  
who is supported by Maria and  
David Wolstencroft.  
She celebrated with her SLSW  
family and friends.







Afer her recent cancer diagnosis, Jenny hosted a coffee afternoon at home in aid of Macmillan Cancer Support.

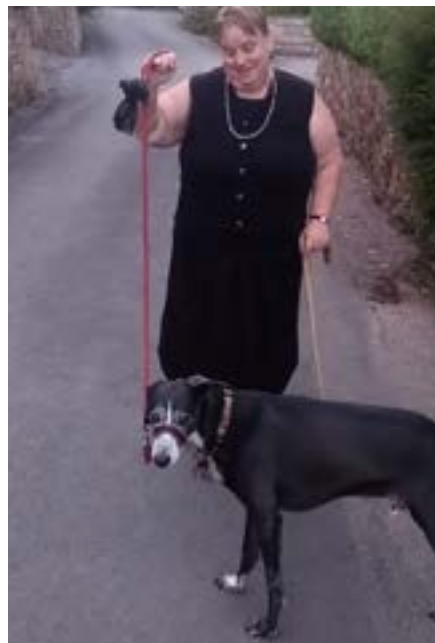
"We invited friends and neighbours and raised £243," said Nicola Drewett, her SLSW Carer.

"We had a raffle and everyone that came donated a prize and contributed to the cakes.

"A lovely afternoon was had by all ."

A big well done to Jenny for raising awareness of the great work done by Macmillan Cancert Support and we wish you well.

"Helen and Smokey out for an evening walk. We spotted swallows or swifts, bats and a load of toads/froglets," said SLSW Carer Ian Parker. He supports Helen at his Devon home.



Chanroth helped at Holiday Club at church recently and did an amazing job.

"I think you'll agree she makes a fabulous pirate," said her SLSW Carer Tracey.



**To mark Black History Month, SLC Sally Smith has written this: “A Windrush story”.**

Pearl, Trevor and their two daughters Amy and Corinne, hopeful and tense as they carefully walk down from the Windrush onto Tilbury Docks. They were hopeful migrants seeking work in a city which was bombed and shell-shocked after six years of cruel war.

The family would have known something of that war as Trevor’s uncle had fought for England in the RAF and died in his plane flying over Germany. They would have known about the pain and loss of the London residents but they also knew they were there to help in any way they could. Proud, careful, churchgoing Jamaicans from a British colony, they came with good education and skills. The family was thrown into a harsh social environment which tested their faith and beliefs in ways they had never expected. Pearl sang soprano in her local church in Kingston;

she met Trevor, a carpenter, there when he joined with his family who had moved from the countryside. Trevor’s father had set up a joinery in Kingston which was just managing to work as a business; the World War had affected everyone.

Pearl and Trevor loved singing and instilled this love in their daughters; Amy and Corinne were clever girls who helped at home and in the church. They had some schooling in church and in the newly formed schools at that time. They were all looking forward to their new life in the ‘motherland’.

The biggest shock to the small family was how white English people of all classes in post-war London were openly racist and excluded the Windrush people from accommodation and community life. So, people like Pearl and Trevor and their families gathered together in Notting Hill for mutual support. History was repeating itself but this time white people were being oppressive to black people in their own country. Pearl found work as a nurse in the new National Health Service; nursing the residents of this multi-cultural capital. Trevor got work in the building trade; helping to re-build London. Amy went to a local school and Corinne made friends with people her own age in the neighbourhood. Black British people from the Caribbean have a heritage

which reaches back to the islands and to Africa, but here in London, despite the hardship or maybe because of it, Corinne and her friends, with their smiles, tackled life in the capital of the Empire with creativity and love.

All migrants have to adapt to their new culture and society but English culture in the 1950s and 1960s was particularly unwelcoming. Corinne and her friends responded as best they could to ensure their voices were heard. Sometimes they rioted when their anger at white peoples’ racism spilled over but mostly they made music and spread as much love in sound and clothing and food as they could.

The first ‘Caribbean Carnival’ was staged indoors at St Pancras Town Hall on 30th January 1959, ten years after the Windrush docked. Some years later, Pearl, Trevor, Amy and Corinne joined the crowds in happy sound at Notting Hill Carnival, one of the most heart-warming celebrations of life and freedom in the world.





Troy, who is supported by SLSW Carer Iain Kirkman, is loving working at Trago Mills in the cafe and couldn't wait to share this photo with us.



A big thank you to SLSW households who have got involved in creating decorations for our charity Christmas tree at Princesshay, Exeter, this year. We'd love to see pictures of you if you visit it this year. Pictured are Pam, Tracy and Anne-Mari with their creations.





Melissa had a wonderful time on her first ever holiday abroad to Spain! She went with her SLSW Carer Julie Odgers. "We went to Portaventura World and Melissa loved it," said Julie.



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### The deadline for the December newsletter is December 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!

Telephone: [01626 360170](tel:01626360170) / [01209 891888](tel:01209891888) / [01460 477980](tel:01460477980)

Email: [dgillingwater@sharedlivessw.org.uk](mailto:dgillingwater@sharedlivessw.org.uk)