

Newsletter

May 2023

COVER STORY: LEON COMPLETES THE
JUBILEE CHALLENGE

FEATURE: PRIDE MONTH

PHOTOS: CORONATION CELEBRATION
ROUND UP



Martin, Kevin and John are all smiles on their way back from holiday.
"Happy travellers on the way back from France on the ferry," said SLSW Carer Nick Higgins.



SLSW households should have received information on our SLSW Art Competition for Shared Lives Week.
We look forward to receiving your entries.
It's time to get arty!



Emma, who lives with SLSW Carers Mandi and Shaun Brooks, is enjoying volunteering in a local cafe in Cornwall.
She also baked Jason, who also uses our services and lives with the Brooks household, a stunning birthday cake.



Shared Lives South West has welcomed trainee social worker Susan Kelleher to the staff team as a placement as part of her training.

Cornwall Council set up the 80-day placement which continues until the middle of August.

"The SLSW team has been really welcoming," she said.

"They are so friendly and welcoming and I'm learning so much. I'm looking forward to starting carer assessments and looking at plans for the people who use Shared Lives

services.

"Pre-covid I know SLSW had other placements for trainee social workers, so it's good the partnership has started again."

Susan, who is going down the Masters level route for her training, has a background in legal work, but a change of circumstance saw her retrain in teaching.

She spent time in adult education teaching English as a secondary language and Maths.

With her daughter having dyslexia, she went on to

support her through her GCSE's and it spurred Susan to work as a Maths teacher in a secondary school.

"My daughter did really well and went on to university and I'm really proud," said Susan.

"With her growing up, I decided I want to do something different and have a good few years in me yet and decided on social work.

"I worked with a mum with learning disabilities and had heard about Shared Lives when I did research on how to support her. It really sparked an interest for me."

Susan made the leap to working in social work in children's services, but the pandemic got in the way of her moving on with her career.

With life back to normal, Susan is working hard to complete her training and has a further placement in Children's services for 90 days as part of her two-year course.

In the future Susan would like to get involved with the Nora Fry Centre for Disabilities Studies, based in Bristol, which is a leading national centre of excellence for research and teaching, striving to make a positive difference to the lives of disabled people.

"I'm really passionate about people getting the right support that they deserve," she said.

We wish Susan all the very best with her course and her journey to become a social worker.



Gillian and Helen, who use our services, enjoyed the St Piran's Day parade in Redruth. Saint Piran's Day, or the Feast of Saint Piran, is the national day of Cornwall, held on March 5 every year. The photo was sent in by SLSW Carer Tracey Chase. We hope you had a wonderful time!

Wow! What incredible photos of Emma helping to birth a lamb at Made-Well CIC What a fantastic experience. Emma is supported by SLSW Carer Mandi Brooks, who sent in the photos.



"Birthday shopping with a pit stop for hot chocolate and cake at Burnaville Nurseries. Happy 45th Birthday Hattie," said SLSW Carer Melissa Boardman, who supports Hattie. We hope you had a lovely day.

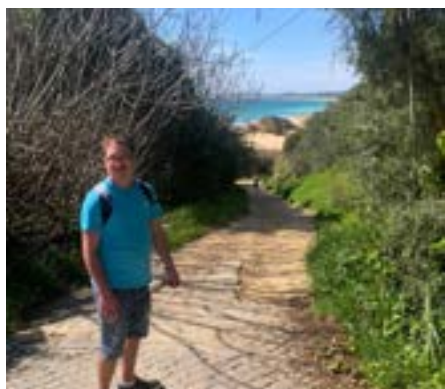


Happy Birthday to Troy, who lives with SLSW Carer Iain Kirkman. Troy sent in this picture of himself on his birthday. He enjoyed a birthday celebration that was WandaVision themed! We love the cake Troy!

"Ben and Elvin escaped the winter by coming to the Algarve with us," said Diana Cole, SLSW Carer.

"Great times, great places, great weather, great memories, with lots of character building and strengthening of positive relationship goals."

It looks absolutely fabulous!



Great photos from the Chard Together event. SLSW Carer Teresa Campbell dropped by with Paul, who she supports. Also pictured with them is Shared Lives Coordinator Anne-Marie Carmichael. SLC Hayley Nicholls is also pictured in the other photo with Anne-Marie.



Katie and Sam have been training as will potentially do a swim for a charity this year. They celebrated their half a mile recently- which was 47 lengths! Their achievement was captured by their SLSW Carer Zoe Maycox. A big well done to Katie and Sam!

"We all had a Lovely time spent at the Waie Inn and enjoyed lunch, drinks, the animals and fun in the park," said SLSW Carer Melissa Boardman. She supports Laura and Hattie who are pictured.





SLC Claire Young attended Princetown Community Centre for a community day.

"There was a time when Martin was no where to be found when it came to helping in the kitchen. There's no stopping him now," said SLSW Carer John Freeman.

It's great to see Martin learning new skills and getting involved in cooking. Well done to Martin and also to his carers for the encouragement and support.





What a lovely photo!
"Happy Easter everyone from Tracy and Ann Marie," said SLSW Carer Eileen Mcloughlin who supports them both. Thanks for sending in the photo!



"Gillian and Helen took the donkeys they made at Drym Valley Centre to The Flicka Foundation Donkey Sanctuary to go on display. They gave the donkeys names- Darcey and Honey.
"Of course we followed that with coffee and cake!," said SLSW Carer Dawn Jago.



Robert, who is supported by SLSW Carer Diane Liddle, invited his friend Carol to dinner.
"Robert and Carol have been friends forever and it was lovely seeing them have fun tonight," said Diane.
Such great photos! Thanks for sharing them.





Friendships are formed at SLSW households and two households link up frequently for days out and fun times. Pam Bowman and Diane Liddle, who are both SLSW Carers, meet up and their households have great days out!



It wouldn't be a birthday without a cake! Belated Happy Birthday wishes to Helen, who uses our services! We hope you had a great day. She is pictured with her friend Gillian. The photo was sent in by SLSW Carer Tracey Chase.

In Shared Lives friendships are formed with carers and other households.

SLSW Carer Julie Hughes, who supported Peter for many years, had him around tea recently with his friend Gareth, who is supported by SLSW Carers Marc and Chrissie Walpot.



"Another busy few days included a visit to the donkey sanctuary an evening bowling session with Lee and Paul, Allan and myself , " said SLSW Carer John Freeman. "High five from Paul, the bowling champion of the night. Sunday afternoon Paul had another baking session making apricot and sultana cupcakes." It sounds a great weekend!

"Laura tried something new," said Melissa Boardman, SLSW Carer.

"She joined in on a community project in the village called Growing Well Gardens and potted up and planted up flowers. Laura really enjoyed her time there."



Elvin, has rather less hair than usual, thanks to completing a sponsored headshave for Macmillan Cancer Support. Elvin, who lives with SLSW Carer Diana and James Cole, worked hard on gaining sponsorship and has now raised almost £300 for the cause.

"He had suddenly decided he wanted to do a sponsored hair and beard shave, in support of the charity," said Diana.

"Elvin decided he wanted to do something positive to keep himself occupied & focused and asked the local library for information about doing a sponsor and they kindly printed him off all the information from MacMillan's fundraising page.

"He was excited, positive and raring to put it all in action, we were so impressed with his own actions to get this project going, he already had a list of sponsored names and we all

Elvin and Ben, who also uses SLSW services, pictured a couple of weeks after the shave.



added to it," said Diana.

"Elvin was very motivated in getting more people to sponsor him and he managed to get about 40 sponsors."

He went to his local barbers a week later and had both his head and beard shaved.

"We encouraged him to do it independently because he had also done the fundraising independently," said Diana. "What a fantastic achievement Elvin. James, Ben and myself are so proud of you."



Leon is celebrating completing The Jubilee Challenge on Dartmoor.

The event is designed for young people aged between 14 and 21 with a range of support needs who complete one of several routes suited to their abilities.

Leon, who is supported by SLSW Carer Jonathan Bevins, spent the night before the challenge camping at Okehampton Army Camp with

his friends and peers from Mayfield School/College before the big day.

"Most of it was completed in a Delichon All Terrain Buggy, but he got out of the buggy and walk (supported on both sides) the final uphill to the finishing line," said Jonathan.

"You could see the joy on his face at the end and was in serious need of a good rest and sleep."

His SLSW household couldn't be prouder of Leon finishing The Jubilee Challenge.

"Watching Leon accomplish something like The Jubilee Challenge brings a lot of joy to all our family as we have known Leon since he was five years old and have seen him overcome many challenges in life, which will have no doubt left their mark, but also goes to show that with the right

care, support and professional input a young person like Leon should never be written off," said Jonathan supportingly. The family has provided fostering respite for him for more than ten years, before talks in 2018 for Leon to move in with Jon's family long term. "Leon convinced us that we should continue caring for him post-18 and so last year the wheels were set in motion to become Shared Lives South West Carers in order that when he turned 18 the transition to adulthood for him would be seamless and continue to be a positive experience for him," said Jonathan.

"As new Shared Lives Carers the greatest difference from fostering has to be the diminished paperwork!! Although it is still a "job" it feels more of a calling and life choice that benefits a wider circle of people than a career, plus we have the knowledge that Leon now has a forever home."

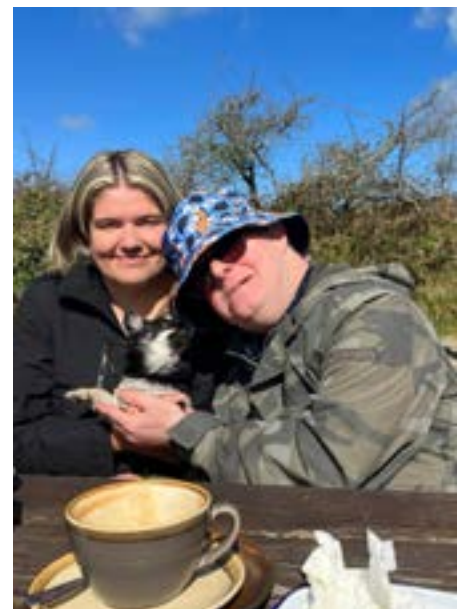
As a household they enjoy lots of outdoor experiences together including holidays. "We now have his all-terrain buggy and can access all those areas which were previously out of bounds for him, such as Dartmoor and wooded walks," said Jonathan. "Last October Leon and I also completed a 22 mile walk to raise money for two sensory rooms at his respite centre and school. He really is an outdoorsy lad!!"



SLSW Carer Yasmin Chown sent in this lovely photo of David who she supports. "Having a sunny chocolate cake moment," she said. It looks like they had a lovely time.



SLSW Carer Tracey Bunt sent in these fantastic photos of her daughter Merryn and Jamie who she supports. "At last some taste of the summer to come," said Tracey after enjoying the sunshine and sea.



Happy Pride Month!

The month of June is celebrated as Pride Month for the LGBTQ+ Community across the globe.

LGBTQ+ stands for Lesbian, Gay, Bisexual, Transgender, Queer, plus other related identities.

In this month there are lots of different events and activities that celebrate the influence that LGBTQ+ people have had on the world whilst offering an opportunity for fostering a culture of inclusivity and diversity by celebrating difference and courageousness.

It is also a time to reflect on how far the movement for equal rights has come for LGBTQ+ people, and to highlight what more needs to be done to ensure LGBTQ+ People are treated fairly and without discrimination across society.

The term “Pride” in regards to LGBTQ+ Rights was used in the very first protest march in New York where there were equal rights demonstrations held by the members of the LGBTQ+ community against oppression and homophobia in response to some violent police raids on LGBTQ+ establishments in New York. The police had violently raided the Stonewall Inn – which

was a “bottle club” meaning that the club would run with the idea that members kept their own alcohol at the club and would be paying staff to serve them only. This got around the strict licensing laws at the time which could see establishments lose their liquor licence as they would be seen as a “disorderly house” if they served drinks to known homosexuals. As the Stonewall Inn was raided by Police in June 1969 the police became violent towards the patrons, and instead of people leaving the area quickly before they were arrested as usual, they stayed outside the Inn and started to riot. This led to two nights of rioting in the City of New York and a few days of further protesting against police violence, homophobic laws, and discriminatory societal views. Within a month of these riots the first Pride March took place and this is why Pride month is celebrated in June across the world.

These days Pride month and pride celebrations, although still a protest for equal treatment for LGBTQ+ people, are vibrant and happy events promoting positivity, in which people from the LGBTQ+ community celebrate themselves and shun shame and oppression and acknowledge acceptance and

progress for their community. Pride events are of great importance to show visibility and aid members of the LGBTQ+ community to feel accepted and reassured that it is ok to be different, as although there has been great progress towards equal rights there are still lots of steps to be taken. For example, a recent poll found that the main form of bullying at school is still homophobic in nature with over 75% of teachers witnessing this in their daily lives in secondary school and 45% of teachers seeing this in primary schools.

On a recent UK census over 1.5 million people identified as being Lesbian, Gay, Bisexual or similar in their orientation and roughly 260,000 people identified as transgender or similar. Pride events are attended by millions of people worldwide and last year in 2022 over 1.5 million people attended London’s Pride march which celebrated it’s 50th anniversary.

There are now over 200 Prides taking place in the UK each year with more towns hosting their own event with every coming year.

Here are some of the Pride parades taking place this summer in the south west:

- 3rd June - Saltash Pride
- 10th June - St Ives and Hayle Pride
- 10th June - Weymouth Pride
- 17th June - Bodmin Pride
- 17th June - Exmouth Pride
- 2nd July - Bude Pride
- 1st - 2nd July - Weston Super Mare Pride
- 7th- 8th July - Bournemouth Pride
- 8th July - Bristol Pride
- 8th July - Penzance Pride
- 15th July - Redruth Pride
- 22nd July - Newquay Pride
- 22nd July - Burnham-on-Sea and Highbridge Pride
- 26th August - Truro Pride
- 2nd September -Torbay Pride
- 16th -17th September - Teignmouth Pride



Anita got to meet her idol Daniel O'Donnell with her SLSW Carer Norma Spry and Iain, who Norma also supports. The smile from Anita says it all

Photos!

We love seeing your photos and hearing your news.

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



Coronation celebrations





SLSW households celebrated Coronation of King Charles III in style with days out and cream teas and much more. SLSW Carer Sarah Ridley sent in this wonderful photo of her SLSW household enjoying the King's Coronation

complete with t-shirts and

crowns (top photo opposite page).

They also enjoyed a tea party with an amazing cake, made by Sarah's husband Dave.

Pictured is Neil who lives with the Holland family and Wendy who lives with SLSW Carer Sam Robertson (opposite page)

We love the Union Jack hat and jumper!

Also we love this smiley photo of Laura, who is supported by SLSW carer Melissa Boardman.

Laura had a lovely day and evening at Bow's village coronation celebrations, She danced and sang all day. There may of also been a few sweet treats to help with the celebrations!



Megan Parkes has joined the Shared Lives South West team as a Shared Lives Coordinator.

We caught up with her to find out how she is finding her new role and why she joined us...

You've been at SLSW a little while now, how are you finding it?

Everyone is friendly and I feel like I've been here for ages. We have an amazing team who are happy to help and answer any questions I have.

What do you think of Shared Lives South West and the services it offers?

It's so person centred and it gives people opportunities to experience a happy family life, where they may not have had that if it wasn't for SLSW. The carers are passionate and show such commitment.

Where were you working before SLSW?

I worked for STEPs, short term reablement care for 12 years. I worked for a carer for five years and got promoted as a team leader for seven

years. It is centred around building confidence, setting goals and helping people to be more independent while continuing to live at home. I'd been there for so long so wanted a new challenge. It was daunting to leave but it was the best decision.

Tell us more about you...

I'm a mum of three children and we love going away on holiday and making life experiences.


Weekends are centred around family time, taking the children to football and woodland walks.


I also enjoy fitness classes.



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Don't forget



To open and read your weekly email from SLSW. We hope you find the information useful.

The deadline for the August newsletter is August 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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