

Newsletter



December 2022

COVER STORY: OUR CHARITY CHRISTMAS TREE IN EXETER

FEATURE: WE WELCOME SCOTT AND CARA TO THE SLSW TEAM

PHOTOS: SLSW HOUSEHOLDS GET IN TO THE FESTIVE SPIRIT



Pictured: Marina, Sarah and Troy who use our services visiting our tree at Princesshay Exeter



SLSW households and staff got creative to help make decorations for our charity Christmas tree at Princesshay, Exeter. Over the festive period our tree has had many visitors. In total there are 35 trees as part of the annual Charity Christmas Tree festival. A big thank you to everyone who has created decorations and been to see the tree.



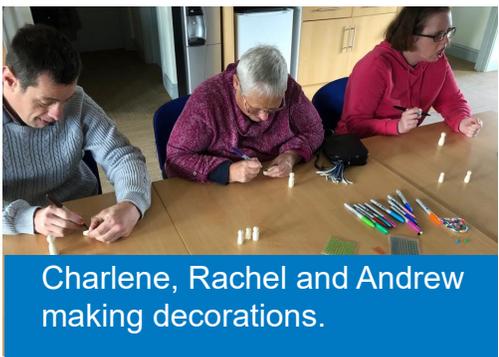
SLSW Leadership Team



The Hill family creating decorations.



Sam Baxter and Dawn Gillingwater who decorated the tree.



Charlene, Rachel and Andrew making decorations.



Catherine Morgan from our admin team



Lucas, who used to use our services, with SLSW Carer Jo Crocker and Lynn



SLC Chrissy Goodridge at the tree



SLC Anne-Marie Carmichael with friends.



SLSW Carer Tracey and Chanroth, who she supports, had a lovely morning making Christmas wreaths. Don't they look wonderful!



We have welcomed Scott Knight to the SLSW team as our Finance Officer.

He is based in the Devon office working alongside Ali Kingdon, Finance Manager at SLSW...

How has your first few days at SLSW been?

I was nervous at first, but felt really welcomed. I've met the CEO and some of the team and I now feel more relaxed. I've really been made to feel at ease.

I had not heard of SLSW before I got the job. I saw it on Facebook advertised via Devon Jobs. At the time I wasn't looking for another job, but applied and I'm pleased I got it.

What were you doing before joining the SLSW team?

I worked for Supa Roofing and Power Tools in Kingskerswell as an Accounts Assistant.

I was doing sale ledger invoicing and on the purchase side I was matching invoices with customers and made sure everything correlated.

Why did you decide to go for the role at SLSW?



I was at my former job for nine years and wanted to learn new things and decided I needed a new challenge.

Out of work, what do you enjoy doing?

I'm a keen runner. Before lockdown it was a big part of who I am.

I started running as I was overweight and looked up Slimming World. I followed Slimming World myself for a few weeks and then I joined a local group and have lost over five stone.

I've done plenty of half marathons and 10k runs.

When lockdown happened I

fell out of love with running, but am now back doing it and I am with local group The Mavericks.

I'm slowly getting back into it and have the Cardiff Half Marathon booked for next October, so have a while to prepare.

I've also done a London Landmarks run for Amicii Dog Rescue Charity.

I also enjoy watching football and I'm a Liverpool supporter.

What three things would you take to a desert island?

Some Lego sets as I enjoy building them and maybe my running kit, but it's more challenging running on the sand. I'd also take my dog Bea.

Shared Lives is all about the person supported being part of a household and living their best life.

These photos really show what Shared Lives is all about. Seen here is Wendy enjoying a pampering session with Tegan and having a breakfast out for Dylan's birthday. Tegan and Dylan are the daughter and son of Wendy's SLSW Carer Sam Robertson. These photos really made us smile



Wendy is feeling festive after a visit to Otter Nurseries! She visited with her SLSW Carer Sam Robertson and stocked up on some festive treats.



Well done to Mollie who completed cpr training to be a village cpr and defibrillator volunteer. She is supported by SLSW Carer Mae Playdell-Pearce in Somerset.



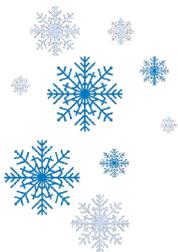
A big well done to Connor who has got himself a job at his local Tesco! Since moving in with SLSW Carer Helga Crosland he has got his first job at KFC, he got a passport, he's been abroad for the first time and is aiming to learn to drive in the future.



Wow what a fabulous photo sent to us from Michael who uses our services. He had his photograph taken with this incredible barn owl while at day service. A big thanks for sending it in.



Cracking photos Laura! She enjoyed a local firework display with her SLSW Carer Melissa Boardman.





A SLSW household recently enjoyed a night at the local pub with friends. They are supported by SLSW Carer Pam Bowman in Cornwall



SLSW Carer Pam Bowman almost had a night off cooking the other evening thanks to the help of her SLSW household. "One peeled the spuds, one cut them into chips, the other put the meat in the airfryer," said Pam. What a great team effort! Pictured are Adrian, Charlotte and Robert who Pam supports.



Chanroth and Gillian did some wonderful painting recently! What fantastic works of art. They are supported by SLSW Carer Tracey in Cornwall.



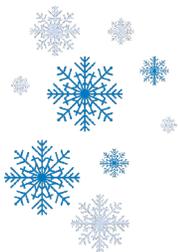
Carly had a wonderful time Christmas shopping and visiting Winter Wonderland in Exeter recently. She went with her SLSW Carer Carol Maiden





"A bit of a bumpy trip back from France, these veteran travellers found their sea legs and conquered the waves," said SLSW Carer Nick Higgins. He supports Kevin and Martin who are pictured and had a lovely trip to France.

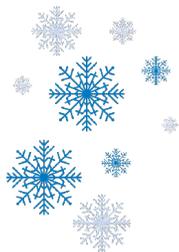
"Marina is pictured during a training session with the Mare and Foal Sanctuary," said her SLSW Carer Iain Kirkman. Marina has recently started work in the charity's store in Bovey Tracey.





Friends Gillian and Helen got to meet Santa recently and are obviously on his good list! Gillian is supported by SLSW Carer Tracey Chase and Helen by SLSW Carer Dawn Jago in Cornwall.

SLSW Carers Claire and Rob Thomas have enjoyed a holiday in Lancashire with Emma, Ben and Martin, who they support. It looks like you had a wonderful time.



A wet Sunday is a jigsaw sort of day!
Diane Holland sent in this lovely photo of her husband Richard who is a SLSW Carer with Tracey who they support. We'd love to see a photo of it all finished too!



With the crisp weather, SLSW families are wrapping up warm and heading out for walks! Here is Jamie and dog Belle out for a winter walk. Jamie is supported by SLSW Carer Tracey Bunt.

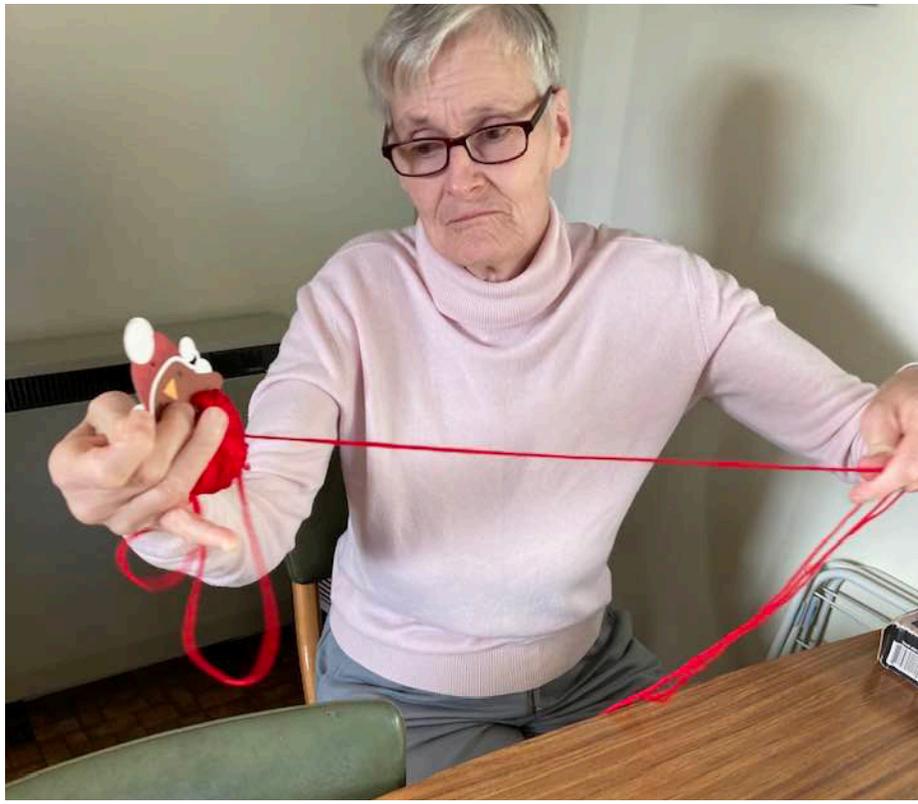




Natasha has recycled some of her puzzles by holding a sale for the air ambulance and raised £84. She sold some, but is hosting another one in the future and wants to publicise it. She is supported by SLSW Carer Mary McNulty in Somerset

I really enjoy doing jigsaw puzzles, I take care of them very well, I put them carefully back in a box, I don't lose the pieces, I had quite a lot. They are like new, I thought I could sell them to help raise money for the Air Ambulance. My SL Family help to organise a fun ride every year, I took my puzzles + put them on a table, people gave small donations for them, I raised £84 to add to the fund for the air ambulance. I really enjoyed it, I went with my carer and her sister who visits us from Scotland, I love Auntie Ann very much, she helped me with the puzzles, we had a fun time and ate a Sausages bar, I Prandait vulgour.
The photo of me, + Auntie Ann - Natasha

Gill is feeling festive and has made this lovely robin pom pom!
We love seeing pictures of SLSW households getting into the Christmas spirit.
Gill is supported by SLSW Carer Tracey Chase.



SLSW Carer Diana Cole and her SLSW household enjoyed a lovely day out recently... "Liam, our son, visited from Leicester for the week and we went on a mini road trip to Newquay, walked along the beaches, watched the surfers, then followed the coast along to Mawgan Porth, Bedruthan Steps, Padstow, Harlyn sands and Wadebridge," she said. "We got home at night to a slow cooker meal of braised turkey and all the trimmings. " We walked a total of six miles along the cliffs and beaches, fuelled by hot chocolate and homemade sausage rolls. "Great memories were made." It sounds like an absolutely fabulous day!



More Christmas crafting from SLSW households to share.... Here's Kat who has been busy turning wool into mini santas. Kat is supported by the Hill family in Devon



One SLSW household has recently enjoyed a break in Aintree!
SLSW Carers Rob and Claire Thomas took Martin, Matthew and Emma on the holiday. They are pictured with a statue of famous horse Red Rum and Matthew was thrilled to find 'Mathew Street'!



SLC Holly Anderson joined the SLSW Carers she supports for a festive celebration recently. It looks like you all had a lovely time!





We have welcomed Cara Humm as a Funding and Benefits Officer based in our Devon office.

Here we catch up with her to see how she's finding working at SLSW...

How has your first few days at SLSW been?

My first couple of days and been great, I feel so welcomed into the organisation and have met some really lovely people, I am really looking forward to getting to

know everyone.

What were you doing before joining the SLSW team?

Before I joined SLSW I worked for Citizens Advice in Plymouth/Torridge, North, Mid and West Devon which I thoroughly enjoyed and learnt a lot during my two years with them.

Why did you decide to go for the role at SLSW?

I have worked with many different subject areas with

Citizens Advice and really felt drawn to the Benefits, I love working with people and to empower them and I felt this organisation was very niche and thought I would enjoy being a part of it. I like a challenge and I like to have a varied workload and I felt this role would tick the boxes.

Out of work what do you enjoy doing?

Out of work I volunteer for South West Ambulance service as a student counsellor, I really love helping people to fulfil their dreams and goals, I also love cycling with my partner, I have various bikes, offroad, racing, electric offroad and two motorbikes- I like to look at these but need to challenge myself to get out more on them! I also love spending time with family and especially my grandson who was a big surprise as my daughter was on 15 when she fell pregnant, I am enjoying the role of Nana, he is gorgeous.

What three things would you take to a desert island?

To take to a desert island I would bring My playlist of music, my v shaped pillow for a comfortable night sleep and a collage of family photos for the memories I have with them all.



"Lynn had a lovely weekend," said SLSW Carer Jo Crocker. "First we went on the Polar Express which was so magical. We then stayed in Exeter visiting Lucas, who used to live with us as part of SLSW before leaving to go to uni this year. "We all then went shopping for the day, which was nice."



Wendy is ready ready for Christmas! The tree is up and the festive jumper is on. Lovely photo! Wendy is supported by SLSW Carer Jackie Wills.



Robert, Charlotte and Adrian are feeling festive! They are pictured here with a lovely tree decorated for Christmas recently. They are supported by SLSW Carer Pam Bowman



Robert looks all set for Christmas complete with elf inspired jumper! He is supported by SLSW Carer Diane Milligan.



Following on from Jo gaining her NVQ 2 in Retail and Customer Service, Jo is now in her second month of working in a paid employed. She works at McColl's in her local town. "Jo is working well at the till and shop floor, I saw her manager today who spoke highly of her and how the customers love her bubbly personality and she does as expected which was lovely feedback," said her SLSW Carer Simone Shay proudly. "Jo had her first wage packet recently and was extremely excited and pleased with herself in getting it.



"She went to Exeter and treated herself to some new things, including some trainers

and boots. She also did some Christmas shopping."





We now have a working group which is planning how we celebrate key inclusion events in 2023 and use it as an opportunity to learn more. We would love to hear what and how you celebrate. As an example in January did you know it's Braille Day? If you celebrate certain world days, weeks or months we'd love to hear from you.

"We went to Healey's Cider Farm and Jen enjoyed tasting a couple of the flavoured ciders," said SLSW Carer Nicola Drewett. "There was a Christmas market and we also enjoyed lunch and coffee."



Christmas shopping is well under way in one SLSW household!
Tracey and Ann-Mari have been out and about buying presents and wrapping paper!
They are supported by SLSW Carer Eileen McLoughlin in Cornwall



They've also been working hard helping put up the Christmas tree at the home they share with SLSW Carer Eileen McLoughlin.
Great work!



Peter wanted to show off his brilliant Christmas jumper to everyone at SLSW! He is supported by SLSW Carer Danuta Lavis.

Anita, Lisa and Judith also showed off their sparkly sweaters to mark Christmas Jumper Day last week! You all look festive and fabulous! They are supported by SLSW Carer Sarah Ridley.



SLSW

A huge well done to Lea who had her head shaved to raise money for Parkinson's UK. She decided to do the sponsored head shave in memory of her grandad who sadly died of the condition. Lea arranged it all- she contacted the charity, the barber and arranged and collected the sponsorship money. She has raised a brilliant £279! Lea is supported by her SLSW Carer Deb Spalding, who is very proud of her efforts. A massive well done to Lea.



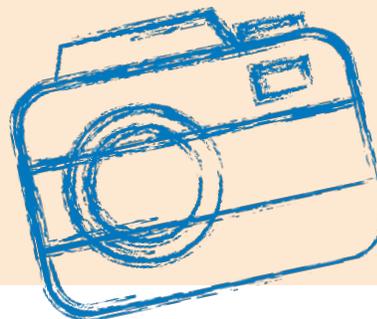
SLSW Carers Eileen and Steven Bond had a lovely time with Kevin, who they support, at Otter Nurseries. "We saw the Christmas displays and enjoyed our first turkey dinner," said Eileen.



Photos!

We love seeing your photos and hearing your news.

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





The SLSW staff team said farewell to longstanding SLC Angela Rowe at the beginning of December.

Angela who was part of the Cornwall team has been part of SLSW for many years. She was given flowers, a plant and a voucher for a hotel from the team.

We wish her well and send our best wishes for the future. She is pictured here with the Cornwall team.

The Cornwall team got involved in Elf Day for Alzheimer's on December 2. People across the UK dressed up as elves to raise money and awareness for the Alzheimer's Society. Pictured are SLC Claire Connor and admin's Chloe Boyd.



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The deadline for the February newsletter is February 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