



Newsletter

December 2024

COVER STORY: SLSW HOUSEHOLDS AND STAFF MEET UP AND SEE THE TORQUAY CHRISTMAS LIGHTS

FEATURE: 20TH ANNIVERSARY TEA PARTY IN SOMERSET

PHOTOS: SPOOKY PICS FROM OUR HALLOWEEN DISCO IN EXETER





Somerset tea party to mark 20th year

The Shared Lives South West Somerset team celebrated the charity's 20th anniversary with an afternoon tea event, hosted at their base at Eaglewood Park, Dillington.

The occasion brought together Shared Lives Carers, their households, staff, trustees, and Ilminster Mayor Cllr Brian Hamilton to celebrate two decades of impactful service.

The afternoon tea not only highlighted the charity's achievements but also honoured the dedication of Shared Lives Carers, who "play a crucial role in transforming lives through compassion and support".

Cllr Hamilton said: "It was very apparent from talking with staff, carers and those you help, that not only do you provide and facilitate such a vital service, but you do so in

such a way that the passion for what you do shines brightly through. This all translated into a lovely couple of hours which made me feel more like I was sharing in an extended family celebration.

"Thank you to for what you do. Here is to another 20 years of success and I wish Shared Lives well in their endeavour in becoming 'the leading provider in the country.'"

Shared Lives Team Leader Amanda Maggs made an emotional and heartfelt speech at the afternoon tea event. She said: "Home-based care is increasingly recognised as a valuable and effective way to provide support to people with various needs, and Shared Lives stands out as a perfect example of this. In Shared Lives there is a focus on supporting people to be part of their local community,

promoting independence, and ensuring that care is tailored to each person's unique needs. That each person supported is able to voice what they want out of life and help to achieve it.

"Our Shared Lives Carers demonstrate this model of support that stands out as an amazing example of the transformational power of the ordinary."

"Shared Lives South West has a vision to be able to offer more and more people the opportunity to lead a gloriously ordinary life. Our hope is that having come and celebrated with us you will feel inspired to go and spread the word about how ordinary people, doing everyday things can make an extraordinary difference to someone's life."



We had a huge turn out for our recent Devon Carers Meeting at the Kenn Centre. It was amazing to see so many Shared Lives Carers come together with staff and trustees too. As well as practical sessions and guest speakers, everyone had a chance to enjoy lunch and socialise.



"This is the best part of the job, providing opportunities for a better life for others," said Mel Thomas, a Shared Lives Carer. She took mum Abby, who she supports, along with Abby's daughter Isabella to Disneyland Paris. We hope you had a magical time!



What a break away Laura and Hattie had with their Shared Lives Carer Melissa Boardman. They enjoyed a week in Turkey and soaked up the winter sunshine!
"So much fun was had and amazing memories made," said Melissa.



Carers & households out in your community...

Don't forget we have resources available if you know of a coffee shop, church or community board where you could leave some leaflets or pin up a poster!
If you need any, do contact our offices and we'll be sure to some get sent to you. Your support to help us spread the word about Shared Lives South West is extremely appreciated.





We spent a day with three households filming new promotional videos. Shared Lives South West has worked with a marketing agency from Cardiff on the project.

A big thank you to the households who took part, you were all brilliant and it's a great opportunity to celebrate the work our carers do and how people supported are living their best lives.

Follow our social media pages to see the videos in the near future.



SLSW households and members of the staff team came together for a cuppa and a catch up in Torquay. They also enjoyed the Christmas light trail. A big thank you to those who braved the chilly evening. It was lovely to see you all!



December 5 was a special day for Florentina, who lives with Shared Lives Carer Jo Crocker. Florentina is from Romania and as part of her heritage and culture celebrates St Nicholas on this day.

Young people leave clean boots outside their homes hoping to get presents.

How amazing that her Shared Lives household celebrated the tradition with Florentina!



"A great morning with Chanroth at a community church making a festive table decorations," said Bex McKnight, a Shared Lives Carer.

What lovely decorations! Well done both of you.



A big well done to The Talent Box for a wonderful performance of Jack and the Beanstalk. It featured Debbie, Kevin and Luke who all use our services. Debbie (pictured with her mum) was a singer and dancer, Kevin bought the cow for beans and Luke was Jack! Two of the Shared Lives South West staff team went along to see the show and loved it!



As part of Trustees Week, we presented the Shared Lives South West Board of Trustees with a hamper to say thank you for their efforts as volunteers with our organisation.

The Christmas countdown is on!
Peter is seen here getting into the Christmas spirit trying on festive hats with his carer Malcolm Birkett.
We love the fun attire and the photos really made us smile.



Adele Bourne from Ara Recovery For All joined us in the Cornwall office recently to deliver training to our carers and people supported. There was lots of great discussion around online gambling and debt awareness. Thanks to Adele and everyone that attended.



"We have ourselves a daredevil or two on our hands," said Shared Lives Carer Tracey Chase.
"Chanroth is seen here living her best life!"
Wow what a great fun day adventure this Shared Lives household have been on!



Shared Lives Coordinator Claire Young held a festive get together for Shared Lives households on her caseload recently. How lovely to all get together for a catchup and tea and cake! Thanks to all who came along.



How nice is this... Cara, who uses our services, was very excited that her nanny visited for afternoon tea, which was the first time in Cara's home. "It was enjoyed by all," said Sylvia Marsh, Cara's Shared Lives Carer. What a great treat! It looks wonderful





Shared Lives Coordinator Hayley Nicholls had a catch-up with Sean, who uses our services, in the run-up to Christmas. He lives in his own annex in the garden and is supported Tom Loveluck. "His annex is looking very festive," said Hayley. "He recently made the snowman decoration at the farm he attends on a Monday."





What a day at Torbay Pride! Despite the near biblical rain, it did nothing to dampen everyone's spirits. We all came together brilliantly - this is what communities are all about. Thanks to Chris and his team for their incredible work in making this happen. Thanks also to Shared Lives Carer, Julie Hughes and many other friendly faces for saying hi. We absolutely loved it!



Here's Chris, who lives with Shared Lives Carer Lynn, demonstrating his DJing skills while celebrating his birthday! Turn it up, Chris!



We had a great day out on Porthtown beach recently. Thank you to Beach Guardian for the amazing informative talk before we got started! And a big thank you to the Beach Cafe, Porthtown, for the delicious soup to keep us going. Well done everyone that came along and helped get plastic off the beach! Our biggest finds included: microplastics, rope, wet wipes, plastic bags.

He passed!
Harrison, who lives with Shared Lives South West Carer Gina, has gained his CBT licence and bought his first moped! Harrison is so excited about gaining this independence and has already been out for a drive!
Gina guided Harrison to learn how to get and pay for fuel, and he did so well!
This is such an amazing achievement for Harrison!



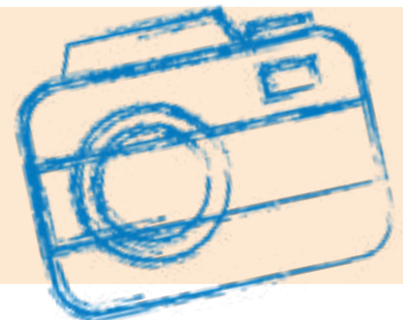
Pictured below are Melissa, support carer Sharon, and the adorable Billy the Teddy! They had a fantastic holiday together and we're so excited to share these happy moments with us!



Photos!

We love seeing your photos and hearing your news.

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





Even behind the disguise you can see Wendy's infectious smile!

Wendy had a fun packed time at the The Old Well Garden Centre with her carer Sam Robertson.

It looks like you had a great time!

Lilly enjoyed some winter sun at Looe beach with her Shared Lives Carer Jayne Askew. She wrote a special message in the sand for her boyfriend Joe who is away with family in Australia.



Emails from SLSW

We send SLSW events, news, updates information to you by email.

We send organisational updates once a month, carer handbook updates every few months and as and when needed.

You will also receive invites to carer meet ups and carer meetings via email.

We would be grateful if you could open and read them as they could well help you in your role and contain important information.

Spooky shared Lives Halloween fun!





Shared Lives South West households dressed up in spooky attire for halloween. Many sent in photos of their incredible costumes. We also held a halloween disco at Heavitree Social Club, Exeter, and many attended along with staff who all dressed for the fun occasion.



Those fish and chips look delicious!
Bob and John got to enjoy one last fishing trip before the weather turned and got to finish the day off nicely with fish and chips too!
They are supported by Shared Lives Carer Caroline O'Sullivan in Devon.

It's so important for Shared Lives Carers to recharge and take respite. Shared Lives Carers Tracey Chase and Yasmin Chown have been on a break and took lessons on cooking authentic greek food with Rhodes Cooking Class. That food looks super tasty!



Bruce has been enjoyed the brighter weather while on holiday in Benalmádena, Spain, with his Shared Lives Carer Glynis Maloy. Just look at that blue sky!





Our neighbours MP Warren & Associates held a cake sale in aid of Hospice Care Devon, which we supported.

Pictured are Scott, Sarah and Sarah from our team at Zealley House.

What a lovely event on our doorstep!



Many of our staff team came together to catch up and enjoy a shared lunch for World Mental Health Day.

Lunch was themed around Black History Month with staff showing off their culinary skills.

Jerk flavoured veg and pinepple, Jamaican patties, rice, peas and pomegranate couscous and fruit platters filled our kitchen at Zealley House.



Raising a toast and celebrating Marianne getting the train independently for the first time, from Redruth to Truro.



Making the most of the last of summer sun! Fish and chips, and walking the seafront. What could be better?



We attended the careers showcase in health and social care with Plymouth Caring at the Duke of Cornwall Hote in the city..

Shared Lives Coordinator Claire Young attended the Tavistock Community Wellbeing Fair organised by West Devon CVS.



Supporting Black History Month! We gathered for our carer meeting in Cornwall, where staff and carers connected and enjoyed a fun Black History-themed quiz.

We love it when friendships are formed in Shared Lives South West. Here are Gillian and Helen out for lunch at a local farm. They live in separate Shared Lives households, but meet up regularly to catch up and enjoy days out.



As the colder months come into season, we are reminiscing about all the fun we had in the sun this summer! Pictured here is Cara enjoying an unforgettable time with her Shared Lives Carer, Sylvia, in the beautiful island of Kos!



Here we are at the This is Us! Neurodiversity festival in Devonport Park, Plymouth. So many friendly faces, including Daryl Read who uses our services. The Lord Mayor also dropped by. The weather was kind, the surroundings were beautiful which made for a very happy day.



We raised awareness of Jeans for Genes this year. Our teams proudly wore denim to raise awareness for children and families affected by genetic disorders. Visit www.jeansforgenes.org for more information.



All aboard!

Pictured here are Michael and Allan visiting Colyton station. Shared Lives Carer John said: "Michael and Allan are with us on a short break. "Today we went to Colyton station and took the tram , their first time and they enjoyed the experience."



Strike a pose . . . here are Jayne and Anthony, two of the volunteers at the Royal Devon University Healthcare NHS Foundation Trust aka RD&E Hospital who tirelessly help patients, and carers find their way around the hospital. We met them when we recently hosted a stand at the hospital.



It was great to see so many at the carer meeting in Somerset in September.

A big thank you to our guest speakers, including Alex and Phil from Your it now, who gave a fantastic talk about how we can support people to safely use the internet.



"Sylvia enjoyed the holiday with her boyfriend in Cornwall accompanied by her sister Kat," said Caroline Hill Shared Lives Carer.

"We went on a day trip to Looe on the train."



Millie moved in with Shared Lives Carer Anna Felipe in August and has lots to celebrate.

Recently, Anna took Millie to the Plymouth City Council 'You can do it awards' and Millie received an award. It was for maintaining positivity throughout her transition into adulthood and continuing with her college course

She was also awarded a £10 Love2Shop voucher.



This looks delicious!
Well done to Natasha for
making this lasagne made
with the support of Lacey

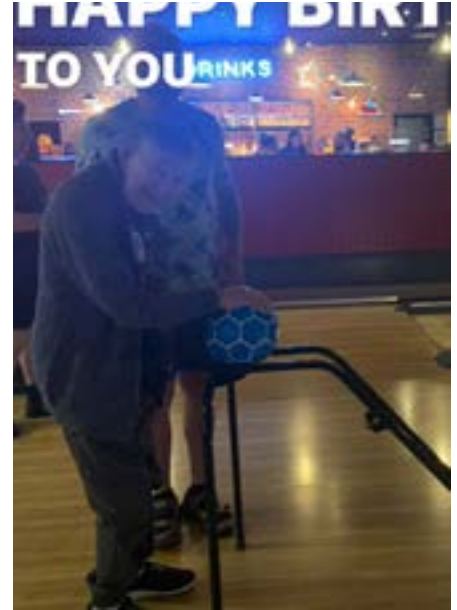


We are so proud to share this wonderful moment from the BBC Radio Cornwall Make a Difference Awards. Shared Lives Carer Nicola Drewett was up for the Best Carer Award and was 'highly commended'. She is seen here at the ceremony with Shared Lives Coordinator Megan. Though Nikki didn't take home the overall category win, her incredible helpfulness, compassion, and unwavering support for others truly shone through. Nikki shared, "We've had a lovely evening, and it was amazing to have been nominated, let alone reach the final!"





We've received these great photos of Robert celebrating his birthday. Shared Lives Carer Diane said: "Robert had a lovely time at country skittles with his friends celebrating his birthday."



Happy 77th birthday to Peter who celebrated his day with a game of bowling! We hope you enjoyed the celebrations!



We had a stand at Torbay Hospital and met so many wonderful healthcare professionals, carers and patients. Thanks for hosting us - hopefully we'll be back for more!

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www.sharedlivessw.org.uk

The deadline for the next edition is January 24

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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