

Newsletter

JULY 2019

FEATURE: STAFF CELEBRATE 15 YEARS OF SHARED LIVES SOUTH WEST WITH LONG SERVICE AWARDS

COVER STORY: CARERS JEFF AND JASON GO TO BUCKINGHAM PALACE GARDEN PARTY

FEATURE: 200 MILE RUN CHALLENGE FOR SHARED LIVES WEEK ACROSS DEVON AND CORNWALL



LATEST NEWS

STAFF CHANGES



Stephanie Thomas has joined our Admin team, based in the Cornwall office. She's taken over the role from

Jan Beardsall who has retired, after 11 years working for SLSW.

"I'm really enjoying working for Shared Lives," said Stephanie. "I've never worked in this field before and am finding it really interesting. The SLSW staff have been really friendly and welcoming so I feel that I'm already part of the team.

"I am really enjoying learning new things and starting to understand how much Shared Lives helps so many people." Prior to joining Shared Lives South West, she worked as a Commercial and Finance Manager for a Regulatory Affairs Consultancy and lives a short distance from our office

at Trewellard Farm, Scorrier.

"I decided I wanted to change my career path and get involved with something more meaningful. When I saw the advert for this position and found out what Shared Lives do, I knew that this was the job for me."

Living in a beautiful part of the world, she takes full advantage of it when out of work.

"I like walking my ex-racing greyhound with my husband," she said.

"I also enjoy spending time with my family and friends, reading and cooking."

We approve of Jacky on our panel



Jacky Lockhart from Paignton has joined our Approval Panel.

"I saw on a website you were looking for volunteers and thought I'd like to get involved," she said.

When asked what she could offer the Approval Panel, she joked... banana cake, which is her favourite thing to make!

"I have a background working with people with disability and

had a sibling with a disability," she said.

She has already sat in on a panel to find out how it all works.

"It was fascinating to see how it all works and it was lovely to meet carers and hear about their lives and hear about the process they go through to be part of Shared Lives."

Jacky moved to Devon in 2017 and currently works at Bidwell Brook School as a teaching

Sarah is a Dementia Friends Champion



SLC Sarah Casey is now a Dementia Friends Champion. She's attended two lots of training on dementia, particularly for people with learning disabilities.

She was assessed for a day to see if she had the values, integrity and skills to deliver dementia sessions.

"I am now a dementia friend so can access to so many resources from the Altheimers Society including press releases and materials."

Sarah is also studying for a degree in dementia champion "I believe this will be invaluable for shared lives and I'm really passionate about helping and making a difference."



Bye Jan

Our staff team got together to wish Jan Beardsall a happy retirement.

Jan joined Shared Lives South West's admin team 11 years ago. We shall miss her wise words and tenacity.

She is replaced by Stephanie Thomas, who started early to be trained by Jan.w.

FEATURE

SLSW

MP shows support for CQC rating



Torbay MP Kevin Foster has met with SLSW staff to congratulate them on the organisation gaining an Outstanding rating from the Care Quality Commission. He showed his support further by then going on to meet a SLSW family in Torquay. He met with our CEO Dominic Spayne along with carer Karen

Kelly-Markwick and Rebecca who uses our services. Karen has worked with Rebecca and helped her transform her life, so much so that Karen was up an number of accolades at the recent Outstanding Care Awards for Devon and Cornwall.

Our Comms Officer gets married

Congratulations to our Communications Officer Dawn Ellis who has got married. She's been on a trip of a lifetime with her now husband Ryan and son Albie to Florida and the Caribbean. Dawn and Ryan got married on a beach in Grand Turk surrounded by their nearest and dearest. We wish the new Mr and Mrs Gillingwater all the very best for the future.



F&B newbie

Laura Crichton has joined our Funding and Benefits team in the Devon office. Here we find out a little bit about her...

- **How are you finding your new role at SLSW?**

As with any new role there is a huge amount to get to grips with, it's probably just as well I don't know the scale of it! But it'll come, and everyone is so friendly and helpful. It has been lovely to meet staff at both offices and even to meet some of the fantastic carers.

- **Had you heard of SLSW before?**

I was aware of SLSW many years ago when it was called SWAPS through a former work colleague. Also in my last job, I was also 'aware' of SLSW as an organisation and its role in providing care services. Since applying, lots of people I know have told me how much they admire the work of the charity and how friendly it is – I am finding that out now from my own experience!

- **What were you doing before?**

I have mainly worked for charities – both national and local. Many moons ago I was



working for a national music and disability organisation, then my experience widened to encompassing benefits advice and health and social care. I have worked for Age UK Information Line, British Red Cross where I set up a Lottery funded project supporting vulnerable people through difficult transitions in their lives, as a Disability Information Officer within Adult Social Services, and for Devon County Council as an Independent Living Adviser in a Direct Payments Team. I've also been a volunteer Cruse bereavement counsellor.

- **Out of work what do you**

- enjoy doing/hobbies?**

I love nature – and enjoy that in many ways – including our on-going project of creating a wildlife friendly garden. My husband Graham and I are often to be found peering into the pond watching newts, frogs or dragon-fly larvae. We love exploring new places with our dog, Scruff. On a completely different note, I am an avid MotoGP fan, and don't miss a single race on TV throughout the season.

- **Where do you live?**

I live in Newton Abbot. I moved here from London in 1990, although I'm originally from the South West of Scotland where I lived until I went to University.

Airports info

We've come across the Civil Aviation Authority's study and report on Supporting people with hidden disabilities at UK airports. In 2016 the CAA published guidance for airports on providing assistance for people with hidden disabilities and gave airports a year to make progress in key areas and developed existing services.

One of the main focus points is giving people with hidden disabilities a lanyard to help staff understand they may need their attention or support. Airports have told the CAA that they have enhanced disability awareness training for customer agents and security staff, so that the training focusses on assisting people

with both visible and non-visible disabilities. They have also added extra information on the assistance available to their websites and ensured that this is accessible; for example, many airports have produced videos demonstrating the assistance available.

More high profile has been the near universal introduction of optional lanyards or wristbands (or similar discrete identifiers), which are available to be worn by people who may not need one-to-one assistance for the whole passenger journey, but who would like to be able to more easily identify themselves to staff so that they can get extra help at the more stressful touchpoints of the passenger journey, such as security search.

Young at Heart Club

The Young at Heart Club, based in Exeter, is a group for anyone 40 years young or more. Come along if you like music, games and quizzes, fascinating talks, bingo, or just meeting people and making new friends.

It's a relaxed atmosphere for people to enjoy and have fun. The club meets every Friday from 1.30pm-3.30pm at St.

Sidwell's Community Centre, Sidwell Street, Exeter, EX4 6NN.

Entrance is £1 and includes refreshments.

For more information contact Simon on: 01392 666222, alternatively, visit: www.youngatheartexeter.org.uk

SUPPORT WORKER



Trevor Head, has been working as a floating support carer and has now worked with various Shared Lives families.

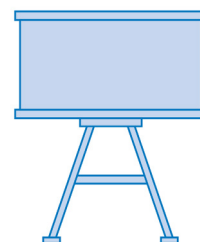
Based on the success of this the ideal pattern will be:

- Connect with carer.
- Visit mileage and time is funded by Trevor.
- Over night- carer funds and mileage costs are discussed (shared or carer funds).
- Trevor is then paid for the booked respite at long term rates for people using our services.
- Carer leaves all emergency contacts, food for period, medication sheet/spares, incident and accident forms.
- Trevor will look after pets
- Trevor will complete a feedback sheet and take photos

He has various dates booked in with carers, but is will to do more. Call him on: 07376070347.

Training

If you need to update your carer training or need more information on dates, contact your Service Admin:



CORNWALL
01209
891888

DEVON
01626
882565

FEATURE

Golden anniversary for Frank and Norma



Long serving carers Frank and Norma have celebrated a milestone wedding anniversary...

After meeting at dancing classes aged 14, Frank and Norma Wortley have been inseparable.

"I went home from the class and said to my Mum that I think I'd met the man I'd like to marry," said Norma.

The Shared Lives South West carers celebrated 50 years of marriage in June surrounded by their loved ones.

"We hired the Pride of Exmouth to go on a boat trip. We got a casino and all our friends and family dressed in ballgowns and tuxedos," said

Frank.

"People came from as far as Leeds and London to celebrate with us.

"Dai and Philip who we support also came, they go wherever we go."

When asked what's the secret to a happy marriage, Frank replied.

"I always say 'Yes'," he joked. Being carers, they don't have a lot of time to themselves but when they do, they enjoy walking their dogs, going to shows and building a model railway in their shed.



WE TALK TO A SHARED LIVES FAMILY ABOUT THE LATEST NEWS
WITHIN THEIR HOUSEHOLD



Meet the Devon CCG

The consultation group is a consort of carers from across Devon and Torbay with a range of skills and experience. They meet to discuss carer issues in a forum with Shared Lives South West to ensure that carer voices are heard with the aim to improve Shared Lives services for all involved. You are welcome to contact members with any issues that you would like to be discussed and your local representative will endeavour to get in touch with you to introduce themselves. For details for members in your area, call the Devon office on 01626 360170.

Liz and Roger Helyar
Exeter



Betty Howard
Exeter



Caroline O'Sullivan
Credon



Nick Higgins
Sidmouth



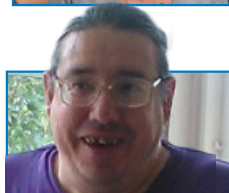
Pam Wood
Plymouth



Debbie Rowsell
Dawlish



Jonathan Haines
Torquay



Julie Hughes Paignton



Trish Bailey
Dawlish



Lesley Waller
Cornwood



Ian Richardson
Tiverton



The next CCG meeting takes place
at The Kenn Centre on October 15
at 10am

FEATURE SLSW

The SLSW team celebrates 15 years!



The Shared Lives South West staff teams came together to celebrate the charity's 15th anniversary by enjoying a boat trip around Plymouth Sound and awards were given out for long service.

Awards were also presented to both Devon and Cornwall team members, with categories focused on our values. The day, organised by Catherine Morgan in our Admin Team, was a resounding success with everyone enjoying the sunshine and sea air.

Keith Richards, Chairman of the board of Trustees, handed

out the long service awards to those who have worked for the organisation for ten years and five years respectively.

Fiona Glanvill, Alison Kingdon, Linda Mogford, Sally Smith, Lesley Saunders and Ali Langmead all received ten year certificates, recognising their dedication and commitment to our charity. A special picture was also presented to our CEO Dominic Spayne to show the team's support to him stepping up at the helm of the charity at the beginning of the year. They all enjoyed a day at sea in the sunshine!

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FEATURE

Buckingham Palace garden party invite



Carers Jeff Stagg and Jason Housden enjoyed a day to remember at a Buckingham Palace garden party. They were nominated by Shared Lives South West to attend the glamorous event, which The Queen as well as The Duke and Duchess of Cambridge William and Kate, The Earl and Countess of Wessex Prince Edward and Sophie all attended. "It was incredible, it's hard to

find the words to sum it up," said Jason, who lives in north Devon. "As the Royals came out, it was like a game of Top Trumps as we had some of the top ones." Jeff and Jason, who support Robert, Carolyn, Jill and Tracey, dressed in morning suits to mark the occasion. "We took so many photos, it was an amazing experience all round," said Jason.





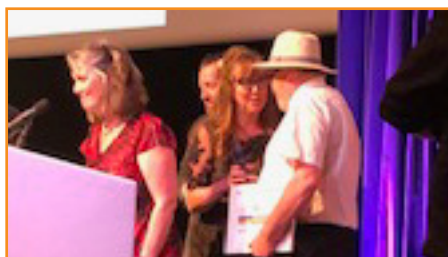
Carers struck Gold at Care Awards

Carers Joy and Bou Roodenburg were thrilled to take home the Support Living Award at the Outstanding Care Awards for Devon and Cornwall.

The Torpoint based carers won Gold in the category and Torbay carer Karen Kelly Markwick took home Bronze. Karen also placed Silver in the Supported Living Manager of the Year award.

Shared Lives Coordinators Claire Bettinson and Jane Rolfe also attended to support the carers along with Karen's husband Vince.

The awards, held at the Riviera Centre, Torquay, received more than 800 nominations.



FEATURE

CEO Dom gets some help from his friends on 200 miles run!

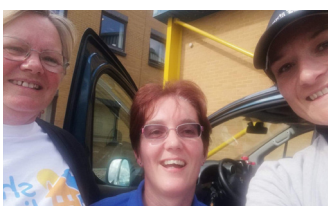


Shared Lives South West CEO Dominic Spayne, with the help of the staff team, has completed a 200 mile run around Devon and Cornwall for Shared Lives Week and has raised more than £1,500 in the process for the charity. The aim of the run was to bring SLSW carers and people who use

our services at events across the two counties. The week didn't go as well as planned, with Dominic getting sick on Day 3 and having to stop running. However, the staff team didn't want the challenge to stop, so everyone got on their trainers/walking boots and covered the miles on his behalf. He was back for the final day and in total ran 132.5 miles with the staff team making up the difference. The route took in Barnstaple, Crediton, Dawlish, Newton Abbot, Paignton, Plymouth, St Austell, Scorrier and Penzance.



W



English exam success for Rachel

Rachel Cocker who lives with Ann and Roger Langworthy in Okehampton is celebrating passing Level 1 English after doing a course with Learn Devon. She's now going on to study for Level 2 and started a Maths course too. She's lived with carers Ann and Roger for two years and is enjoying her life. "We've recently been to Perrenporth on holiday and Rachel tried archery. We took the dogs and had a great time," said Ann. Since moving in, Rachel has lost a stone and a half

through eating more healthier foods and thanks to the support she's had from her carers is doing more for herself.

"She now does her own bit of shopping and is learning to cook. Her latest thing is making homemade egg mayonnaise using eggs from our ducks.

"She has also bought furniture for her bedroom and is saving to go to Spain at Christmas.

"We've done travel training so she now meets with friends on the bus and she's working at the local Devon Air Ambulance shop.

"She's making more choices for herself and is more independent."

Ann couldn't speak highly enough of Rachel.

"She's a treasure and has done so well," said Ann.

"We do the practical things with her and my son helps with the young things and has taken her to the fair and to Crealy.

"She's so much fun to be around and is warm and friendly.

"She really puts a sparkle in my day to day life. I feel with her around I'm growing younger rather than older."



Marie's two stone weight loss goal



Well done to Marie for joining Slimming World and losing over two stone...

Marie, who lives with Shared Lives South West carer Carol Timms, is celebrating losing more than two stone in nine months.

"I joined in October and hit my target weight in May," said Marie proudly.

"I feel good and had to buy new clothes. I'm so pleased I've stuck to it. I feel a lot more confident."

Mum Marie has gone from 12stone 2lb to 10 stone.

"Sometimes Carol takes me to weigh-in but I'm confident to go

to Slimming World on my own." said Marie.

"I know more about healthy eating and do my own cooking."

Losing weight isn't the only change in Marie's life.

She's also studying Maths and English and is about to take more exams.

"I'm also learning to drive and have a test booked soon."

Upcycling!

Gavin has been a keen model maker of Airfix for many years. His main interests were building planes. Recently, he has been trying to save more money and as the kits are expensive he decided to be more creative and build his own 'kits' out of recycling materials. He has made replicas of buildings and made them as presents for friends. He made Donna, his carer, the scene from The Great Escape! He's currently working on a replica of the interior of the charity shop he volunteers in. He's hoping he'll finish it in a couple of weeks to give to the



manager as a present as a thank you for all the support she's given him over the last three years. Gavin's models are amazing and the detail he's put in is brilliant! We're hoping this will inspire other people to be creative on a budget using just recycling, paint and a glue gun!



Shared Lives news



Find us on online...



sharedlivessouthwest



@sharedlivesSW



www.sharedlivessw.org.uk

The deadline for the September newsletter is August 15

If you have any questions or comments about this bulletin, or any stories you'd like to share via the newsletter, please do get in touch - we would love to hear from you!

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Email: dgillingwater@sharedlivessw.org.uk