Anthony and Deirdre give Somerset a big thumbs up!

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CRAIG COURT’S FUN PACKED SUMMER
BBQs, Independence Day celebrations and they even held their own music festival!
Page 3

CHORLEY ART COMPETITION
To see the winners turn to page 8

ME AND MANSFIELD TOWN
Katie shares her proudest day
Page 7
Garden Makeover

Some of the people we support in Sutton Coldfield decided that their garden was in need of a little TLC. So they grabbed their spades, trowels and support staff and transformed it from a dull functional stone garden to a peaceful sanctuary.

Up-cycling an old pallet, a towel rail and paint that was used in the shed, they were able to create a portable hanging rail to grow herbs. This invention enables wheelchair users to get fully involved watering and weeding the garden.

They also planted hanging baskets and flowers to attract bees and butterflies. By working incredibly hard the garden is now a rainbow of colour and relaxation.

This is me, Christopher Simms...

Sometime ago it was my goal to get involved in the garden and to hopefully grow some flowers and something I could eat too.

My staff supported me to go to my local garden centre where I chose some flowers and tomato plants. I both planted them and watered them every day. This is me in the picture planting my flowers. I am now eating the tomatoes that I have grown!!

Written by Christopher Simms

Would you like to tell us about your gardening adventures? Simply email yourstory@lifeways.co.uk
Kicking off the summer with an annual garden party and BBQ, each year all current residents, relatives and staff are invited to join the party. They also invite back many former residents and families to catch up and see how they are doing. They raised £450 for the Comfort Fund which goes towards providing residents with new DVD's, arts and craft supplies, baking goods, games and other goodies. The party was a great success and everyone really enjoyed themselves.

On July 4th they held an American Buffet Lunch for all the residents and staff to celebrate Independence Day. They had hotdogs, cheeseburgers, spicy chicken wings and of course fries! There was a quiz and some delicious cheesecake for dessert.

The staff and residents decided to throw their own mini music festival in July which they called C in the Park. The activities organiser, Rosie, convinced her daughters and friends, who all have a variety of talents, to perform for the residents. Everyone worked really hard to transform the garden into a “Festival Field” complete with a marquee, tents, face painting, games and lots more. The “Queen” even popped in to surprise the festival revellers and had a dance and a cuppa.

What are your plans for the autumn? Are you holding Halloween or firework parties? Let us know and share your experiences and photos, email yourstory@lifeways.co.uk
Our Summer

Summer of Love
On July 16th Chris, who we support in Peterborough married his Queen!
They got married at Southside Methodist Church, it was a glorious day with over 50 friends and family to wish them well.
Congratulations Chris and Queen

Memories in Minehead
Anthony and Deidre, lifelong friends from Birmingham, went to Butlins in Minehead for a few days over the summer.
They had a brilliant time and loved the redcoats show “Film, action and laughter”. They played Ten Pin bowling, relaxed with their support team in the sun and experienced a steam railway journey! They packed a lot in to only a few days but had a great time and of course had a lovely fish and chips lunch before their journey home.

Picture Perfect Isle of Wight
Ian took these photos, he’s rather camera shy himself, but what great shots. Ian went to the Isle of Wight on holiday. He went over on the coach and ferry, which he said, was a long journey, but he made friends with other holiday makers and had fun.
He stayed in Bayshore Hotel and had shandies in the sun! Ian visited lots of places in Sandown, including Osborne House and the Museum shown in the beautiful photographs below.
**21st Celebrations at Centre Parcs**

Thomas went on holiday to Centre Parcs Nottingham in June, his first holiday without his family since leaving home.

He enjoyed going for walks in the countryside, meals out, bowling, swimming and boating. Whilst at Center Parcs, Thomas celebrated his 21st Birthday and his family joined him to celebrate, with lots of presents and a lovely meal.

**Birthday in Blackpool**

Joyce dropped us a line from her holiday “I’m having a great time in Blackpool.

So far I’ve watched a brilliant show, they made a fuss of me as it’s my birthday this Tuesday! I've been on the horse and cart three times, shopped till I dropped, enjoyed bingo and the evening entertainment. There’s still lots to come, the theatre and of course shoe shopping. What more could a girl want?” All the best from Joyce.

**Spectacular Spain**

Ivan travelled to Tossa de Mar in Spain by coach this summer where he enjoyed sun, scenery and socialising.

Ivan likes to wear suits all the time, but his staff explained how hot he’d be in Spain and supported him to purchase some swim shorts, which was just as well as he spent a lot of time in the pool and even had a paddle in the sea. He really liked the day trip to Barcelona, where he spent time at the port, shopping and wine tasting.

In Tossa de Mar Ivan visited the local castle and loved the views of the mountains. The package was all inclusive which meant that Ivan got to sample lots of different meals, he enjoyed the evening entertainment and even had a dance with a young lady he met. He had a fabulous time and told his support worker “I don’t want to go home”.

Where have your travels taken you? Would you like to share your stories about holidays or days out? Would you like to review a place you have recently visited? If so please contact us at yourstory@lifeways.co.uk
New Life Skill for Matthew

Matthew is supported by our partners Autism Care and has just completed his Level 1 football coaching, we asked Matthew about this fantastic achievement.

Q: How long did it take to achieve the football coaching certificate?
A: It lasted for four days and I had to complete several different modules including 2 online modules, Respect and Equality & Diversity.

Q: Have you always liked football?
A: Yes, I have been interested in football since I was about 9 or 10 and I have supported Manchester United since around the same time. Yes, I play for Dunstable FC.

Q: Do you go to matches?
A: I haven't been to one yet, but hope to soon.

Q: Now you have your level 1, what does this mean? Are you able to coach a team now?
A: The Level 1 qualification lets me be like an Assistant Coach which means I can help out with coaching the team that I play for.

Q: How did your staff support you?
A: The course was suggested to me by my football team manager. 1 support worker was allocated to me for the whole 4 days. This made it easier because they knew what was going on and it didn’t have to be explained to a new person every day. One of the managers supported me with the online modules although once I got going; I really got into it and didn’t need much help.

Q: How do you feel about your achievement?
A: It made me really happy

Q: Are there any further levels you want to achieve?
A: I'm not sure yet, I know that on the Level 2 course there is a lot more written work but I am sure that with the right support I could be successful.

Q: What would you like to do next?
A: I have no immediate plans but possibly do something at college or another coaching course in a different sport, perhaps tennis.
Jeanie was supported by staff, her sister, social worker and appointee to arrange the party. All the details were jointly agreed and Jeanie was supported to purchase the decorations and food to put on the event.

The day was a great success with about 20 family and friends attending together with lots of staff who have worked with Jeanie over the years to celebrate this special occasion with her. Jeanie loves a party, she loved all her presents and really enjoyed the day.

Slimming World Success

Hi my name is Danielle, I would like to share with everyone my good news story. Staying healthy has been very important to me for some time, I have tried lots of different diets in the past and not been very successful.

In August 2014 I decided to try Slimming World, I have attended the group meetings with my support staff. In the past 2 years I have changed to a healthy diet and have lost 1st 8lb in weight.

I feel proud of myself and have lots more energy now. I feel like doing more and am working with my support staff to develop my cooking skills. I still get a little nervous every time I step on the scales and sometimes staying focused can be a struggle.

temptations like chocolate can be hard to resist.

My family and my Lifeways Support Staff are really proud of me.

I have won lots of awards for my weight loss. I still attend Slimming World as a free life member and will continue to do so to maintain my weight loss.

Are you trying to lose weight? If so why not talk to your support staff about the best way. Do you have a big celebration coming up? If you do please don’t forget to let us know by emailing us at yourstory@lifeways.co.uk
Expressing ourselves

Chorley Photo Competition

The theme was ‘what I like about my support’, and prizes of high street gift vouchers were up for grabs. We received 22 masterpieces from across the region, all the entries will be displayed on the walls of the newly refurbished office to show off the talents of the people we support.

Congratulations to everyone who entered - the standards were truly wonderful, it was a tough decision, but here are the winners!

1st Place - Carl Gleadle from Living Ambitions
“What I like about my support is having my staff around me”

2nd place - Stephen Dearden from Paragon
“What I like about my support is 1:1 walking and talking”

3rd Place - Jennifer Mills from Paragon
“The favourite things about my support is that staff lend a helping hand and they are always there for me”

To see all the photos from the competition please visit our website at www.lifeways.co.uk. Are you holding an art, photography, story writing or any other kind of competition please let us know by emailing yourstory@lifeways.co.uk.

Find out more, keep in touch or share your story:

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