Brighton and Sussex Care Football Club enjoy their first win!

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Krista is also a big fan of Harry Potter and recently went to The Making of Harry Potter studio tour in London with two of her support staff. She has kindly offered to share the story of her trip with Lifeways readers.

“We went on the coach and we talked about what we would see. As we queued up to get in I was very excited. The atmosphere was phenomenal. We tried butter beer and it was disgusting! We also saw all the props and costumes. My favorite part of the trip was going in the gift shop. I bought a wand; sweets; a chocolate frog that had a picture of a wizard on it; a broomstick; and a hoodie. My support worker Heidi got on the broomstick the wrong way round which we all found funny. I would really like to go again.”

We asked Krista why she liked Harry Potter so much and she said: “It’s because of the magic! I really, really like magic. You know real magic not the thing they do on stage.”

She also talked to us about her next steps: “I’m in a really happy place and I’m just living life; I don’t have any long term plans at the moment. I’m off to Blackpool soon for a weekend with my support workers which I’m really looking forward to! I can’t wait to go on the Big One rollercoaster.”

Krista Goes to Hogwarts

Krista is 22 years old, lives in Nottinghamshire and loves to try new things. Recently she has started to cook independently and has been learning to horse ride for a while now. Her next challenge is to build up her confidence to start cantering and jumping. In April, she went to see Little Mix on their Get Weird tour which she said was “amazing!”. She also really enjoys singing and goes to a local disco where they have karaoke once a month.

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Why not tell us about your latest day out or holiday?
yourstory@lifeways.co.uk
Roy likes to be organised so in preparation for his first ever flight, he and his staff went to Birmingham Airport several times and met every Thursday for three months to discuss every aspect of the planning and booking of the trip.

Roy and his support worker stayed in Rome for five days and visited attractions including the Vatican Museums, Sistine Chapel, St Peter’s Square and lots of restaurants.

Roy told us, “The Papal audience was held in St Peter’s Square, there were so many people that it was hard to see Pope Francis, but there were large screens and seats, which was good because Pope Francis addressed the faithful for nearly two hours. There were lots of beautiful places, especially the Sistine Chapel, where there were angels painted on the ceilings and walls, and statues everywhere. The holiday was great and I really enjoyed it, the best bit was seeing the Pope.”

We asked Roy if he was planning any other trips and he said, “Yes! I want to go on a trip across America: visit New York and stand at the top of the Empire State Building, play in the Las Vegas casinos and watch a show. The lady at the travel shop says I better start saving!”

If you have a dream holiday speak to your support team about how they can help you achieve it.
Having a ball in Brighton

Brighton and Sussex Care Football Club (BASC FC) is made up of people we support and support staff. They took part in their first competitive tournament at the end of April, which was a great success.

They were joined by community football teams from Arsenal, Crystal Palace, Everton, Brighton & Hove Albion and Blackburn to name just a few.

BASC FC enjoyed their first win and finished third in their group, missing out on qualification for the semi-final by just one goal!

The team were cheered on by staff and team members’ families. Everyone had a really great day and the team love their new kit.

Up for the cup!

Everton supporter Pat was delighted to watch her team play Manchester United in the FA Cup semi-final at Wembley Stadium in London.

On the day of the game Pat took the train from Wigan to London and checked into her suite at the Club Quarters Hotel. On her way to the match, she travelled along Wembley Way with 87,000 other fans.

Pat said “I enjoyed cheering Everton on and I was really disappointed as Manchester United won the game by scoring in the last minute.

I had a fabulous weekend in London, and I hope Everton reach Wembley again next season.”
Learning New Skills
Written by Gerard

I have loved football from a very early age; I used to play football when I was a young boy about 11 years old. I’ve been going with Abbey my team leader and my support staff to the Nottingham Forest ground to watch matches for a long time. I enjoy going to the matches as this makes me feel part of the community and I always have a great time.

I wanted to try a new hobby and thought I would like to try disabled football. I was offered a chance to learn about five years ago but back then it wasn’t right for me, so I turned it down. With Abbey’s support I found a group where I go every Thursday and train. I’m so excited that I have the opportunity to play sport again and I really enjoy it.

I’ve been training for about two months and have another six weeks to go. I’m not sure what will happen next but I hope I will be successful and make it into the Portland team. It will be nice if I do get in, but if I don’t, I don’t mind. I’m enjoying training because it is keeping me active, keeps me going and stops me getting bored as I love to learn new things.

Walking football
Review by Alan Golding

We all really enjoyed the session. It was great to play football again after a lot of years. I can still play. I even scored the only goal of the game. It was difficult remembering not to run and to pass the ball.

We were made to feel really welcome by the group which included men and women of all ages who were all a bit less mobile. There are lots of sessions every week to go to for people of different ages and abilities.

Everyone we met said they play most weeks and have made some new friends by coming along. They said they enjoy getting some fresh air and exercise and are more confident. They all have a go and have a lot of laughs.

If you would like to learn more about the sport and join a local team, there are over 640 venues across the UK. Find out more at www.walkingfootballunited.co.uk

Read more stories and find out more about Lifeways at www.lifeways.co.uk
Meet the Halifax Quality Checkers

The Quality Checkers are people we support who are trained to go into our services with the Quality Auditors and carry out audits. They have a unique perspective so they look at different things to the auditors. They have developed their own audit tools, setting questions about the quality of support to those we support, including questions about their staff teams and also the environment.

The Quality Checkers told us how they got started and their experience of carrying out their first audit:

“Our Service Manager asked us all if we would like to become quality checkers, she explained what would be involved and we had a meeting to get to know each other and learn about audits. We came up with a list of things we would like to check and we were supported to create our own Quality Checker tool. We met up again to learn how to use the Quality Checker tool, we practiced on people in the office and we made some changes to the tool to make it work better.”

We were a bit nervous about our first audits but they went really well. Dawn, Sharon and Oliver visited two services with six people. The people knew we were coming and we were made to feel welcome. There was a mixture of outcomes, from ‘Ok’ to ‘Happy’. We are going to provide feedback to the people whose services we visited, the staff who support them, the service manager, the area manager and the Quality Audit Team.”

Dawn, Sharon, Tom, Oliver and Amber were invited to London in March to present to the Lifeways Executive team, to share how they set up the scheme and the positive impact it was having locally. Oliver said: “I was really looking forward to the trip to London. I was a little nervous of meeting all those new people, but I enjoyed it and found out lots of things.” The team have also been to meet with Calderdale Council to discuss helping them out with the council’s compliance visits.

To learn more about being a Quality Checker please contact the Quality Team.

Paul Marriner (CEO) with Quality Checkers Oliver, Dawn, Tom, Amber and Sharon, plus Service Manager Kay Bradley.
Living Ambitions supports local children’s hospice

People supported by Living Ambitions (part of the Lifeways Group) in Salford have been busy organising a fundraising event for local charity Francis House Children’s Hospice.

Attractions at the spring fete included a refreshments stall, tombola, raffle, a penalty shootout contest and a bake sale. The event raised over £200.

Francis House cares for children with a short life expectancy and provides a home from home where families can receive professional care, support and friendship. You can find out more about their work at www.francishouse.org.uk

Epic bike ride raises funds for celebration event

Congratulations to our staff from the East Midlands who recently took on a gruelling 154 mile challenge of cycling from York to Derby.

The team consisted of Service Managers Jade Fidler and Rosie Walsh, Support Worker Kerrie Graham, and Colin Blake, the Office Manager’s husband. They were supported by Area Manager Rachel Graham who followed them along the route in her van carrying tools, food, first aid kits and other essential supplies.

The team’s aim is to raise £3000 to host an evening in celebration of the successes of the people we support and their staff teams. The black tie event will be attended by 180 people, who will be treated to an awards ceremony, two course meal and a disco.

The awards to be presented to the people we support include: Outstanding Community Involvement, Increased Independence and Outstanding Life Achievement. The staff award categories includes: New Professional of the Year, Breaking Down Barriers and Worker of the Year Award.

So far the bike ride has raised £1800 towards the team’s target. You can still sponsor them by visiting their Just Giving page (www.crowdfunding.justgiving.com/york2derbycycle). They added another £500 to their total with activities including a cake sale, a tombola, a raffle and a sponsored walk. In the coming weeks a car boot sale will be held, three people we support in Nottingham are taking part in a sponsored swim, and staff will play in a netball tournament.

Read the full story at www.lifeways.co.uk/news
Short Breaks & Respite

We are very proud to announce that we have been awarded the contract to continue providing support for Woodland View and Silver Birch Short Breaks and Respite services in Staffordshire.

Both of these properties are based in quiet residential areas of Staffordshire and can accommodate up to 15 guests in specially adapted rooms with spacious living spaces and a wide range of assistive technologies to promote independence.

They offer an ideal getaway for people with learning or physical disabilities. We focus on offering new and positive experiences in a welcoming and homely environment. Our person-centered approach means every guest will have their stay built around them, their needs and their wishes. Each guest has a support plan, so every member of our team knows exactly what they want from their stay and how we can support them to achieve this.

For more information about Woodlands View and Silver Birch please visit our website: www.lifeways.co.uk/respite