TOO HOT TO HANDLE
Congratulations to our Safety competition winners
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Double page spread of how the people we support celebrated Christmas
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2016 WHAT A YEAR!
What just some of the people we support have been up to
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Work life is a confidence boost

My name is Nigel, I’m 49 and I have lived in Cefn Mawr all my life.

I volunteer as an Office Assistant at the Wrexham Lifeways office. My main duties are filing, answering the phone, photocopying and of course, I make a really good cup of tea! I really enjoy my role, if I didn’t do this I would spend too much time at home on my own.

A few months ago, I became a Champion for the Lifeways inclusive recruitment programme. I am involved in interviewing new staff and travelling around to the services to talk to others about what it means to be a Champion. I enjoy doing this as it is something different and allows me to get involved in choosing my support team.

I also work with the PAT testing team, who I have worked with for the past 16 years, at Wrexham Council. I really enjoy my work with both Lifeways and the PAT Testing team gaining lots of skills, knowledge and confidence.

My name is Myron and I have been supported by Lifeways for 14 years.

In that time my support team have helped me to move in to my own house, apply to go on a college course and study business for 2 years. I also found work experience at Lloyds bank where I really enjoyed helping out on reception. I used my good people skills to be friendly to customers and offered them my help.

More recently I became part of the Lifeways inclusive recruitment programme for the Beeston office. I choose the questions I want to ask and interview people who apply for jobs as support workers. I feel it is important for people that Lifeways support, like me, to be involved in the interview process and choose which people we think would be great at the job. I really enjoy this opportunity to work with the office staff and communicate with people who are interested in applying for the job. I think my involvement helps people understand the different disabilities people may have, what they look for in a support worker and how everyone has individual needs.

I am very independent and happy in my home and enjoy being part of the local community.

If you, or someone you support, would like to know more about becoming a Lifeways inclusive recruitment champion or sign up for the next course, please contact Sally Raynor at sally.raynor@lifeways.co.uk
Safety Competition Winners

too hot to handle!

Congratulations to Gerard who won our recent Safety Competition with his fantastic poem about his smoke alarm.

Gerard, who is hard of hearing, said that his new flashing smoke alarm made him feel safe. Gerard has become a Safety Ambassador for Lifeways and received a £25 prize and certificate for his winning entry.

We received lots of great entries sharing stories about how people have made their own homes safer with simple alterations and changes. There were some brilliant posters and poems and the following entries were also awarded prizes as runners up:

- Stephen, Paul and Lewis did a Bonfire Safety Poster which was too big to send in the post!
- Henry, Gordon and Bella told us about how they had made access to and from their back garden safer by installing a ramp as they were having problems with the existing steps
- David sent in another great poem about safety in the home

To see all the entries head over to the Lifeways website at www.lifeways.co.uk

Would you like to get involved with our next challenge? Then why not “Make a New Year’s resolution” to choose a healthier lifestyle and WIN!

To help you make the commitment to a healthier lifestyle simply fill out the New Year’s Health Kick Challenge 2017 form with your resolutions. You will be entered into a prize draw for £100, plus runners up prizes!

To find out more or to request a form please email healthy.lifestyle@lifeways.co.uk

Do you have a story you would like to share? Contact us at yourstory@lifeways.co.uk
Francis and Support Bev Kerwin at Christmas Party in Manchester

Steph, Kevin and Support Matt Doyle at Chorley Christmas Party

Chorley Staff raised money with a Christmas jumper day for Children in Need

Christopher and DJ Andy at Christmas Party Wiltshire

Paul and his Support Worker Sue took part in “Let it Snow” 5k Fun Run and raised £200 for the Heart of Kent Hospice

West Bromwich Staff Christmas Jumper day
CHRISTMAS @ Lifeways GALLERY

Graham and his support staff Sophie Witham, Cheryl Halliday, Paul Tokely and Amanda Rolt at the Essex Christmas Ball

Mavis and Support Helena Afriyie at Manchester Christmas Party

Bolton Staff and the people we support collected for Christmas hampers for local charity Urban Outreach

Bradley, Sam and David at the Christmas Party in Clitheroe

Liverpool Staff raised money for Save the Children

Tina Torres, Richard Goulding and Sophie Whitham at Essex Christmas ball
Achieving our goals

Flying High

Keith, Sean and Henry are three people we support across the country who all had a dream, the dream of flying!

What they didn’t have was a passport, so their support teams put their thinking caps on and came up with two ways to make these gentlemen’s dream come true.

Henry is 77 and is interested in all things military so his team looked into incorporating both. They found a company, Classic Wings on the internet who offer short flights on vintage aircraft leaving from the Imperial War Museum in Duxford. Henry loved the idea and chose a 1934 De Havilland Dragon Rapide plane for a flight over the sights of London. Henry had a fabulous time picking out the various landmarks on the map provided and has been telling everybody about his trip.

Keith and Sean decided they wanted to fly as part of their holiday this year, so their support team found them a flight from Manchester to Newquay where they were going for a five day caravanning holiday. They both really enjoyed the experience and Sean said “I want to go again”.

Breaking down barriers

We are incredibly proud to announce that Steven Brandon has won the Best Actor Award at the Breaking down barriers Film Festival in Moscow for his portrayal of Luke in the film My Feral Heart.

Steven attended the festival in Moscow and took time from his busy schedule of promoting the film to visit Red Square! The film also has a chance of being short listed for a BAFTA which will be announced in February 2017! Fingers crossed for Steven and My Feral Heart.

Stevens team at Living Ambitions are incredibly proud of Steven’s achievements.

To find out more about My Feral Heart and for screenings please check the official website www.myferalheart.co.uk and you can follow Steven on twitter @stevembrandon

Achieving your goals

What is on your “MUST DO” activities list? Have you already done it and want to share your story? Or would you like support in achieving your ambitions? Email us at yourstory@lifeways.co.uk and we will support you to either tell your story or achieve your goal.
Our Lives in 2016

2016 what a year!

2016 has been a busy year for the people we support; they have taken part in charity events, fulfilled dreams, been on holiday and visited the theatre. Here are just a few of their stories

Paula and Joan from Salford decided to go to Cirque Du Soleil, but Joan was apprehensive as she thought it had clowns and Joan does not like clowns. The night before they were due to go to the show Joan saw an advert on the TV and realized there wouldn’t be clowns and was really excited. At the end of the show Joan kept clapping and said she really enjoyed the show. Both Joan and Paula are making plans to go and watch it again next year.

Paul from Kent was supported by his team to fulfil one of his lifelong dreams to swim with Dolphins. Paul had been saving up for over 3 years so the team found a place in Mundomar near Benidorm, Spain. Paul spent the morning visiting other attractions and in the afternoon finally fulfilled his dream! Paul spent about half an hour in the pool with the dolphins who performed tricks including three dolphins jumping completely over him, Paul said “that was one of the best days I’ve ever had”. Paul received several souvenirs of his day including a big beach towel and the photo below, he also bought a DVD of the experience so he will always remember his day with the dolphins.

In September Glenys’s son Andrew treated her to tickets to see her favorite singer Andrea Bocelli in Sheffield. Her sister Sarah, who lives in America and is in constant contact with her support staff, sent us this lovely message to let us know how much this concert meant to her sister. “This illustrates another way in which Lifeways staff has their client’s best interests at heart. It was a team effort to coordinate everyone and all the details to make this event happen. What joy you afforded my sister. She was safe, cared for, treated with respect and gentleness and her staff went over and above their usual duties. Being able to attend this concert was a highlight of my sister’s life and despite her ABI, the memories can be maintained because of the thoughtful photographs taken at the event. Along with my sister’s CDs and no doubt, a colourful programme from this concert, my sister can re-live this wonderful event for months to come. Thank you for the love you show my sister and for your invaluable care on a daily basis. Lastly, please convey my deep gratitude to Lisa, her support worker, she’s on my ‘Heroes’ list!!”

What do you have planned for 2017? Let us know at yourstory@lifeways.co.uk
Our Lives in 2016

2016 what a year! continued

Lisa and Martin are massive Liverpool Football supporters and in November they got the chance to go on a stadium tour around Anfield. They bought souvenirs from the club shop and took lots of photos to remember their great day out. Lisa said the best part of the day “was having my photo taken with the European Cup” and Martin said of their visit “Fantastic tour of the best football club in the world!” They are hoping to visit again next year.

Laura visited the Gatehouse theatre in Stafford, to watch the musical pantomime, ‘The Wizard Of Oz’, one of her favorite films. Laura’s favorite character is the Lion. Choosing her favorite sparkly silver outfit for the special day, Laura chose seats in the back row which gave her and her support staff a fantastic view of the stage. Laura enjoyed singing, clapping and dancing along to the songs, as well as being squirted with a water gun by the scarecrow, which made Laura scream.

And lastly a poem we wanted to share by Lee from Seacroft, who has just moved into his new home and is looking forward to becoming more independent.

Moving on

I’m starting a new adventure
And I’m feeling pretty scared
It’s getting really close now
And I’m really not prepared

My mum is really worried
She wants me to be ok
In case things happen
And she ever went away

I’ve got mixed emotions
Because I’m looking forward too
I can almost touch it
And now it’s coming true

I’m gaining my independence
And living on my own
It’s about time
Now I’m fully grown

It’s going to be a challenge
Of that there is no doubt
But I’ll grab it with both hands
And give it my best shot

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

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