COMMUNITY WORKING PAYS OFF!

CONGRATULATIONS TO NATHAN AND JOHN TO FIND OUT HOW THEY WON THE PRESTIGIOUS PRINCES TRUST COMMUNITY IMPACT AWARD GO TO PAGE 14

EVERYDAY SUPERHEROES
HOW SUPERHEROES AND MUD RAISED MONEY FOR LOCAL HOSPICE PAGE 8

TRAVELLING AND DRAMA
LIGHTS, CAMERA, ACTION! PAGES 16-17
Meet the New Editorial Team

My name is Anthony. I enjoy watching Chesterfield FC, going to the cinema and playing Fifa on my PS4. I like spending time with family and friends and working at Oxfam.

Hi I am Steven. I enjoy horse riding in the summer, going out with my staff and taking part in the community. You will find me playing games on my PS4 or dancing to music in my bedroom most evenings.

Hi I’m William G and I enjoy rock and roll, swimming, comedy, karaoke, meals out, learning to drive and watching Sheffield Wednesday play.

Hello my name is Colin. I keep really busy with walking group, swimming club and playing pool with my friends.

I’m William B and I really enjoy watching football. I like going out with friends and spending time with my family. I like cooking, watching films and working on a farm.

Hi my name is Sharon. My hobbies include baking and going to the gym. I love helping staff prepare evening meals. Family is important to me, especially my 13-year-old son. If you would like to buy me a drink, chai latte is my favourite.

Hi I’m Philip. My hobbies are snooker, karate and table tennis. I love going out for meals, meeting my friends and watching Chesterfield FC play.

Meet the New Editorial Team

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As a group they decided that they would need to raise money and a meeting was held to decide how best to raise the funds. One of our team leaders, Rachel Hill, is also a performer and has lots of contacts in the local music scene, so together they decided that a tribute night would have the widest appeal.

The staff and people we support worked together to design and put up posters in the local area and the local social club donated their event room for free. The night was a great success with people we support really getting involved, some sold tickets and encouraged their family and friends to attend, others sold raffle tickets on the night. The night was open to the public and lots of people attended including almost everyone from Newman Gardens and Birch Tree, their friends, family, professionals, staff and their families too. Elizabeth, who we support, enjoyed the evening so much she asked “Can we have another one at Christmas please?” And a Mencap representative said “I have never been to a fundraising night that has been so well organised and so entertaining. Can’t wait for the next one.”

They raised £1,000 on the night and will be going shopping soon to pick out the furniture.

Many of the people living at Newman Gardens and Birch Tree really enjoy gardening and growing vegetables. Unfortunately, the gardens are not really big enough for everyone to have vegetable patches and flowers. So they decided to build a sensory garden and flowerbeds and then worked with the local council to get an allotment. Work has already started, it’s been weeded, fruit bushes and some vegetables have been planted. Lots of people have raised planting beds which they are going to continue tending throughout the winter, growing carrots, leeks, spinach, blackberries and courgettes. Everyone involved has to pay the ground rent for the allotments, so they are working with their support staff to budget for the rent, plants and equipment. Inclusion Housing who built the properties very kindly paid the initial ground rent to get them started.
Ewan, Alasdair and Liam with their support staff created a new photography course for beginners.

The Lifelines editorial team were so impressed with the course that they will be adopting it as part of their training and it will be recognised by the Lifeways Group training department, with everyone who completes the course being awarded a certificate.

On the Right Track!

George loves looking after the bus fleet at Loch Park activity centre and wanted to experience what it would like to work with something bigger!

The centre has a partnership with the Keith and Dufftown Scenic Railway, so they organised for him to spend the day as part of the train maintenance team. George cleaned, performed maintenance tasks and gave the Station Master’s office a much needed overhaul.

The Station Master said “We are so pleased that George has taken this fantastic opportunity and long may it continue.” George was rewarded for his hard work with a slice of cake in the station café.

On being asked if he would like to return to his role next week, George said “Yes. It’s a job I could really get on board with.”

If you or someone you know is interested in a place at Loch Park, there are several ways to apply. You can contact your Care Manager to be referred, or through your Community Learning Disability Team. Advocates and parents can also apply for a placement if the person is in receipt of Self Directed Funding.

Maurice Wows the Stuart Arms Regulars

Maurice fulfilled one of his long held goals recently when he pulled his first pint at The Stuart Arms in Dufftown.

Maurice was interviewed for a barman’s job by the owner and spent the day at the popular bar and restaurant, serving the customers, using the till, changing barrels and working behind the bar. Maurice was chuffed to bits with his achievements and can’t wait for his next big challenge.
The event was held on a gloriously sunny day with temperatures soaring to over 30 degrees. The turnout was absolutely fantastic with people we support, family, friends, staff and kids attending from all across the Nottinghamshire area. There were lots of stalls with a tombola, raffle, guess the sweets in a jar game and others selling books, DVDs, games, and bric-a-brac. The kids were kept very busy with face-painting, trampolining, duelling with huge bubble swords and making their own super-hero masks.

Hucknall’s resident BBQ king, Henry, was hard at work with his famous family recipes for Cumberland sausage and burgers as big as your head! There were plenty of stalls providing food and drink and everyone was kept full throughout the day.

During the afternoon there were several challenges. For one of them, the manager Rachael was the target of a wet sponge throwing contest. As it was so hot several people decided to help Rachael out and used the whole buckets instead of the sponges. We’re sure Rachael appreciated the cooling down. Staff members Chris and Minesh bravely volunteered for the last challenge of the day which was to be waxed!!

The staff wanted to make sure they raised as much as possible and so also took on a Tough Mudder course. Tough mudder is an 8-10-mile mud-soaked course with around 25 obstacles, as you can see from the photos it is definitely a little muddy!

Altogether they raised an amazing £1,000 for their local real life superheroes at John Eastwood Hospice.

Everyday Superheroes

A group of people we support in Hucknall recently hosted a garden party to raise money for their local hospice, the John Eastwood Hospice. They decided the day should be themed and as they felt that the people who work at the local hospice are heroes it was agreed that a super hero theme would work best.

Frankie, Gita, Stephen and Lovin, all share a house in London and recently worked in co-production with their support staff and family to organise a day out.

They held a house meeting and made the decision to visit London Zoo. They created a plan of how to arrange their transport, what they would like to see at the zoo and how best to book their tickets.

They discussed the best way to travel from their home in North London to the zoo. They decided that as Gita is in a wheelchair, a taxi would be the best option. They chose to wait to buy their tickets from the box office as it is quite complicated online with carers discounts etc. The tickets are £26.80 for a person with a disability, but carers get a free ticket.

On the day they were supported by several members of their team and Frankie’s mum Ziba. The zoo is 170 years old and has several listed buildings, however it is still really accessible for Gita, she was able to visit all the places she wanted to see in her wheelchair. Ziba said “We all enjoyed walking in the beautiful sunshine, looking at the animals, eating our lunch and having an ice cream. most importantly Frankie, Stephen, Lovin and Gita were happy all day.”
The sound of a sweet whispering song written by Kathleen Lennon

“I really enjoyed this holiday so much, doing things I never done before”

Kathleen is a published author of two books, called: My roller-coaster life with cerebral palsy and the second one is called My journey through loneliness both are available from Amazon. Kathleen is hoping that this review will make up part of the first chapter of her third book.

Earlier this year Daniela, Lucica, Dan and I set off on a five-hour journey to Chudleigh, Devon, by car. We had a lovely journey, passing the impressive Stonehenge historical site, giggling and listening to music all the way down.

When we arrived, I was very impressed with the outstanding beauty of the area, the water fountain and the well-kept gardens.

Our bungalow was one of several in many acres of gardens, lakes and woodlands and it had three bedrooms, all wheelchair friendly. It was a beautiful place, very relaxing, with deer, squirrels and pheasants. We stayed in an accessible bungalow that was fully adapted, with electric beds, hoist, wet room, swimming pool with hoist, large doors and ramps. If you would like to visit here is the link to the bungalow – www.disabledholidays.com

There are lots of places to visit nearby like Dartmoor National Park and lots to do including a great all-ability cycle with regular resting points that take in some stunning views over Exeter and Dartmoor.

The next day we went to see the Canonteign Falls in Dartmoor National Park. The water tumbles down rocks for 70 metres and halfway up there are ferns and tree ferns. Dan took me close to the falls in my wheelchair and I saw the water rushing down, the sound was like a sweet whispering song, but I didn’t get splashed! This was the first time I’d seen a waterfall and got so close to it, and not just any waterfall but one of the highest in England. I was very happy to receive a certificate in my name for achieving this.

On Sunday we went to the “English Riviera,” South Devon’s beautiful bay. The view was spectacular, we had a long walk on the promenade and saw the water hitting the cliffs. We went down on the beach by the rail cliff lift and admired the sunset. We visited the Watergardens and funfair in Torbay and I had a ride on a large merry-go-round. Daniela helped me on the shooting range to aim at the targets. I missed only one out of 10 and everybody was so amazed when the bells were ringing.

At 6 pm Dan and I went for a meal in an a la carte restaurant and we really dressed for this occasion. I felt so good wearing my new dress and being complimented.

To hear what else Kathleen got up to on holiday please go to www.lifeways.co.uk/news.
A touch of magic

Each season Vicky, Terry, Bill, Alistair, James M and James B have a house meeting to discuss decorating their dining room and what the theme of their artwork should be.

They then draw up an action plan of who will do what, when and how. Naomi Hough, Acting Team Leader told us, “This really enables them to work as a team and see their collective vision come to life. It’s fantastic to see everyone working so hard together to make their home a more magical place”.

This season they chose Peter Pan as their theme, because they wanted to bring a touch of magic into their home, and as you can see from the photos it looks amazing.

We’ll be back to visit our friends in Doncaster next season to see what magic they have conjured up.

Brilliant Coproduction

The marketing team are committed to co-production; this means everyone’s voice is heard and acted upon.

We have had a great year working with several groups of people from across the country, who have given us so many fantastic ideas and suggestions of how to make the magazine more accessible and interesting.

In October we had our last Lifelines coproduction feedback meeting in Chesterfield and met with all the people who had given us such great advice and suggestions. They said that they really liked it, it was more accessible and easier to read. William B had taken it into work and shown it to his colleagues and boss. William said, “They thought it looked great and were really proud of the story about my volunteer work with them.”

We asked everyone if there were any more features they would like to see and they had lots of ideas! They wanted to see a puzzle page, a quiz, more reviews and some stories about the work that other people we support do.

We asked if anyone else would like to join the Lifelines Editorial team and Dennis, Kevin, Steven and Colin all volunteered, which is fantastic. We pointed out that the editorial team has a lot of work to do now because of all the suggestions made during the feedback meeting and they all burst out laughing.

Everyone agreed that Lifelines looks brilliant and they were really pleased with the comments that staff had sent to say that they really liked it too.

The Marketing team would like to say a very big thank you to everyone involved in the coproduction of the Lifelines magazine from Chesterfield and Halifax.
The Community Impact Award, sponsored by Dell EMC, recognises the positive contribution young people make to their local community whilst developing their own skills.

As part of each Prince's trust award a full week is given to working on a charity project. Nathan said, “It was winter and there had been quite a lot of snow so we wanted to do something that would lift the spirits of some of our city’s most vulnerable people. Swan Lodge is a homeless hostel in Sunderland. It’s run by the Salvation Army and helps homeless people get their lives back on track. It struck a chord with us because we were trying to improve our lives too.”

The team spent two days at the hostel, raising morale, working with the staff to make everyone comfortable in the bad weather and talking to people about their lives, Catherine said, “I was worried about meeting homeless people, I think most of us were, but they were just like you and me. The snow gave us something to talk about initially, but then they started telling us about their lives. They were just normal people who had fallen on tough times for various reasons. It was humbling and helped put our own problems into perspective.”

The Community Impact Award

Three times a charm

Congratulations to Oliver, who’s just passed his driving test!

Oliver continued to persevere with learning to drive and was successful on this third attempt! His staff team are incredibly proud of him as he worked really hard for years at his driving lessons.

We asked him how it felt to finally pass, he said, “My head was telling me to give up sometimes, but my heart wanted to keep going. I really wanted to drive a car.” On the subject of what car, he’d like, Oliver said, "Not got a car yet, but will start looking once I have saved. I'm interested in getting a Vauxhall Astra. Once I have a car, I would like to customise it and go out with my mates."

Sam moved into her new home in Northumberland two days after her 18th birthday, she shares with another lady and continues to go to school.

“I love my new home. I decorated my bedroom to my taste and I love it. I am now an adult and I’m really happy that I live in my own home with the support I need from staff. The staff are helping me become more independent. At first I was scared, but all the staff are lovely and help me. I have only lived here 9 weeks, but I have become so independent.”

Sam has been going from strength to strength since moving in, she has been recognised at school with an award for being independent and coping with the recent changes so well.

Sam attends gym sessions once a week and as a result of her hard work has recently been awarded her Level 1 in trampolining from WINSTRADA, an organisation which recognises achievement in people with disabilities.

Sam told us about what she has been doing since moving into her new home, she explained, “I go to the bank and withdraw my own money. I do my own shopping and budgeting. There are a lot of things I want to do, but I have plenty time as I want to stay here for the rest of my life.”

Congratulations on your awards and we wish you all the best in your new home Sam.
In November we met Sam, who along with his sister Lynn, agreed to take part in a film about Sam's support. Whilst Lynn was filming, Sam took a break and told us all about his travels and his acting career.

“I love travelling, I like seeing different places, trying new things, I really just love it. I’ve been to some really interesting places with my sisters and the people who live here. I like to just have a wonder around different cities, you know just to be nosey. This year I’ve been to Blackpool to see the illuminations. Wolverhampton, Solihull, Dudley Zoo, I really liked the flamingos and giraffes, who are just so tall! I wasn’t keen on the elephants as they really smelt bad. I’ve been to lots other countries with my sisters, we’ve been to Cyprus, Malta, Tenerife, Lanzarote, Australia and Florida to Disney World. Australia was the best, we have family over there and I loved seeing them, oh and eating BBQ.

I’m part of a drama group called Spectra Arts Company, and back in May I was in a play at the Midlands Art Centre called “I am me, we are Kindred.” The play was about being yourself and being part of a community as well. We moved around the MAC using all five of our senses, the audience drank, ate, smelt, moved, felt and heard. The show was designed so that everyone could feel part of the play. We do a couple plays a year at Spectra and I really enjoy it. I like being part of a team and acting.

I’m really looking forward to 2019. I’ve got lots of plans, working on the new allotment and growing vegetables. I want to go back to Blackpool, but this time I want to stay overnight so I can see more. I really, really want to visit Gibraltar to see the Barbary monkeys. I’ve seen some documentaries about them and they are amazing. So that’s my big plan, I don’t think that will be next year as I have to save some money, which my sisters Lynn and Diane will help me with. My family are really good they make sure I have everything I need and help me with things like budgeting. But I really like being independent. I have support a couple of times a week. I really like the people who support me, we go to the cinema and just do normal stuff, it’s great living here. I have my own flat, but just along the corridor and downstairs I have friends and the support staff are never far away if I need them. This place is brand new, it’s great, I like to keep it clean and tidy.”

To see Sam’s film about his and his families experience of care, keep an eye on our Facebook page or our website.
Christmas Gallery
Celebrating Dignity

Across the Lifeways Group we will be celebrating Dignity Action Day on Friday 1st February, this is our annual chance to celebrate people’s rights to dignity.

Last year we highlighted our celebrations across Scotland, the people we support, their teams, friends and family all came together to hold Digni–Teas and decorate their Digni-Trees!

Let us know how you celebrated Dignity Action Day this year and send your photos to marketing@lifeways.co.uk with signed consent forms and we will share them in the next issue of Lifelines magazine and on our social media pages. #DAD2019