

## Rising above your disability

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## Lockdown brings out community spirit

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# Celebrating the achievements of the people we support

# New beginnings.

## Richard moves in



At Silver Birch, one of our respite services in Burton-on-Trent, we took an emergency placement due to Covid-19. Richard had been isolating at a residential home before temporarily moving into our respite service.

When he arrived, Richard required support with everyday tasks, however, with the right support he is now able to complete daily tasks with little help. The support team at Silver Birch put together an action plan where Richard has a tick list of essential tasks that need to be completed daily. Richard told his support team that he would like to take the list with him so he can implement these tasks at home. Richard and his support team have also put together a healthy eating plan and he has since lost a significant amount of weight.

Richard is now looking for a supported living home to make his forever home. "I have enjoyed staying at Silver Birch, the staff are caring and they make everyday tasks easy. I have enjoyed the garden and I have learnt how to live in a clean and friendly environment. I wish Silver Birch was my forever home", Richard shared.

## New beginnings for Anthony

Earlier this year Anthony moved into Ox Close, a 4-bedroom residential service in Derbyshire.

To personalise his new room, Anthony painted his bedroom and had a new carpet installed. The room came with a wardrobe and a set of drawers which Anthony was happy to keep as it meant he had money to spend on other home comforts in the future. When he moved in, Anthony brought one special item of furniture with him; his bed. "I wanted to bring my own bed with me because it was my bed at my old house and I wanted something familiar in the new place, something that would help me settle in and make me more comfortable and having my bed helped", Anthony said.

With the money he had saved up, Anthony bought himself a mini fridge for his room, a new TV and a DVD player. "I decided to buy a few things for my bedroom as I quite like

spending time alone in my room. I was very shy and my confidence was very low when I first moved to Ox Close, but over time, with the help of my support team, I have become more confident and I now enjoy going out in the lounge and having a chat with staff and the other lads", he said.



# A home away from home

Written by Cameron

Hi, my name is Cameron but everyone calls me Cammy. I'm 26 years old and I currently live in Retford but I was born in Johannesburg, South Africa.



When I came to England, I was looking for a care provider that would help me to live as independently as possible and live my life to the fullest and I came across Lifeways, who have allowed me to do just that.

In my spare time I like to play football and I'm a member of the Doncaster Titans football club. We have won several trophies which I am very proud of. I also make time for work; I currently have 3 jobs which I love - I work as a waiter, a kitchen porter and at a market stall in Lincoln. If I'm not playing football or working, you will find me at home relaxing and enjoying a movie night.

Since moving into a Lifeways service I have received so much encouragement to live my best life and to keep growing as a person. I get on very well with my support team and I couldn't ask for anything more. I am very grateful for the support I am receiving.

Cameron's support worker commented, "Cammy is a very well-mannered person who has lots of energy and is always raring to go. He has been amazing throughout lockdown and we are so proud of how well he has dealt with the situation. He has kept himself relaxed and has done all he can to help and support those around him."

## Learning new skills

Written by Jacinda

Hi, my name is Jacinda. Earlier this year I moved from a residential service to Pensby Road, a supported living service in Liverpool.

Since moving here I have become more independent and I have managed to pick up some new skills thanks to my support team. I have learnt how to make a roast dinner and bake scones with very little help. My support team here are always encouraging me to learn more skills and helping me to be more independent.



# Rising above your disability

Meet Paul, record breaking Paralympian and one of the people we support at Pensby Road.

Paul was born with Cerebral Palsy but he has always believed that anything is possible as long as you put your mind to it. During his time in school he enjoyed athletics and swimming and went on to win several competitions.

In his mid-20's, following one of his swimming victories, Paul was scouted for athletics, something he has always had an interest in. In the 1980's Paul started his athletics journey competing for Great Britain in C5 sprint events. With his dad by his side as his coach, they trained three to four times a week at the Able Sports Centre. The main part of the training regimen was long distance running. "The training was tough but nothing comes easy. I knew if I trained hard I had a real shot of accomplishing something great", Paul said.

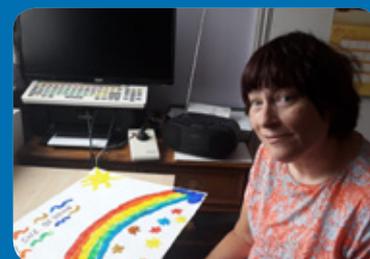
In 1990, Paul went to The World Games where he broke four world records for 100m, 200m and two relays. Following his success at The World Games, Paul was selected to compete in the 1992 summer Paralympic Games in Barcelona where he went on to win a silver medal in the 100m. In 1996, Paul retired after competing in the 100m and winning a bronze medal in Atlanta.

Paul said, "My proudest achievement was winning a silver medal at my first Paralympic game in Barcelona. In that moment, I thought about how hard I had trained and to see that come to fruition was a feeling that nothing can top. I proved to myself and everyone that anything is possible if you put your mind to it".

At 55, and showing no signs of slowing down, Paul still enjoys an active life and spends the majority of his time playing various sports. Paul hopes to keep inspiring people living with physical disabilities. "I want to encourage anyone with a disability and a dream to rise above their disabilities. If you have a dream you want to achieve, the only thing standing between you and that dream is determination and practice" he said.

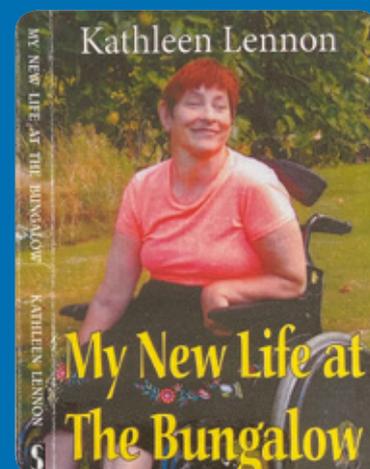


## Following your dreams



Meet Kathleen, published author and one of the people we support at The Bungalow.

Kathleen has lived at the Bungalow for over 6 years and in spite of the difficulties and frustrations of living with cerebral palsy, Kathleen has never let her disability stop her from doing what she loves. She is known for her smile, her sense of humour and determination to succeed. Kathleen has recently published her third book: My New Life at The Bungalow, which talks about her experience living at the service and her support team who have helped her to become more independent, encouraging her to participate in and enjoy the activities she loves.



# World Mental Health Day



**As part of World Mental Health Day in October, we spoke to David; a senior support worker at Lifeways and one of the estimated 20 million adults who suffer from schizophrenia worldwide.**

Diagnosed in 1997, David has lived with schizophrenia for over 23 years. Like many of us, David has lived his life seeing and hearing the often exaggerated portrayal of the condition in the media, and set out to shed some light on the condition by publishing his own book, *Schizophrenia: The Last Taboo*. In his book, David shares his personal experiences and gives an insight into schizophrenia, how it can affect people and how some symptoms can appear many years before diagnosis.

David said, “Since my book was published, I feel more confident and I feel a weight has been lifted.”

David joined the Lifeways team nine years ago after being made redundant from his job as a tutor working with people who have a range of

disabilities. “I found Lifeways by total chance. It was the first opportunity I was given, I took it and I haven’t looked back since”, he shared.

As a senior support worker David works closely with people who have mental health diagnoses, including schizophrenia. Living with the condition himself, he is able to offer support with a greater understanding of the requirements people might have. “I have a very good understanding of people with schizophrenia; having lived with the condition myself, I can empathise and offer encouragement and advice. Some of the people I support have read my book and they see me as hope that they won’t always be stuck in the system. It means a lot to be able to give someone that little bit of hope”, he said.

David is living a normal life and is determined to inspire other people living with schizophrenia and to continue to remove the stigma surrounding it. “Treat people with schizophrenia just like normal people because they are. As long as they are taking their medication, they are just like everyone else. I am fully compliant with my medication and I haven’t had a single relapse in 23 years.”

# Supporting a very special Learning Disability Week

The theme for this year's Learning Disability Week, which ran from the 15-21 June, focused on the importance of friendship during lockdown. Lockdown has been a difficult time for everyone with people feeling worried and anxious, isolated from friends and families. Whilst this has been hard for us all, it's important to remember that it can be even more challenging for people living with a learning disability as they are already more likely to experience high levels of loneliness and social isolation.

To get involved, we asked the people we support to write their 'friendship' inspired poems. The uptake was great to see and here are just a few of the amazing poems we received:

I've not passed through that front door  
Since we started fighting this Covid war  
My friends like me are safe in their bubble  
And I've been really good, I've been no trouble  
I've written letters with help from staff  
The things I wrote did make them laugh  
I spoke to friends on the phone  
Times like these can't be alone  
When this is over and normality reigns  
I know I'll see my friends again

**Pamela**

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It's fun to talk and laugh with friends for a while  
because they help and care  
which makes us smile  
it's hard not seeing friends,  
we hope you're all well  
looking forward to seeing you  
but only time will tell

**Steven and Sophie**

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Friendships are to make you happy, and give a  
twinkle in your eye  
They make you laugh when you're up or down,  
and cheer you up in times of need

**Sharon B**

To ask their name can be the start  
To build a friendship close to the heart  
It brings a laugh, a giggle, a cheer,  
to sit together and share a beer  
To talk and chat about this and that  
My friends are important to keep me sane  
We talk about things inside my brain  
Not just human, animals too,  
they can be a best friend to you  
Friends are there when needed  
To listen, to help, to lend an ear  
So here's to friends, let's give them a cheer

**Steven H**

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Oh friends, friends are kind  
Friends are sharing and caring  
A kind friend makes me feel popular  
A sharing friend is fun to hang around with  
I have a popular friend whom I can call and talk to  
every day and I know her mobile number by heart  
A caring friend is a good friend and I am lucky to  
have one

I care about my friend and I do not want to see  
her sad

Oh what a joy to have such a good, kind, sharing  
and caring friend

**Tracey C**

# The Meadows: A journey to exceptional support

Everyone has a right to exceptional care and support. At Lifeways, our purpose is to improve lives so we make sure that quality and safety comes first in everything we do. It's a commitment that can be measured by the positive outcomes of the people we support. Our highly skilled and dedicated Quality, Health and Safety Team share the common goal of making our services the best they can be by focusing on continual improvement and best practice. They proactively work with the people we support, their families and professionals to achieve the best possible outcomes for each individual.

In 2018, The Meadows, Lifeways' residential service in Leyland, Lancashire was awarded a 'Good' CQC rating overall – with potential to move to an 'Outstanding' rating.

The report highlighted that residents at The Meadows felt well supported to gain greater independence, felt included in planning and agreeing to the care they received and were supported to follow a range of activities that they enjoyed in the home and community.

Focused on providing the best possible care provision for the people they support, The Meadows is now embarking on a journey from 'Good' to 'Outstanding'.

Jodie Allen-Cawley, Group Lead Quality Manager commented, "This isn't something we can achieve overnight, it will take a lot of dedication, determination and collaboration with the people we support to really understand how and what we, as an organisation, can do to ensure they are receiving the best possible support they individually need. We want to make sure they are at the heart of every decision we make so that they get the best outcomes."





“Communication is the key ingredient to outstanding care and support; throughout this journey the people we support have been encouraged to come up with ideas of how they feel we can better support them and we will work together to make those ideas, wishes and choices a reality. We believe every person we support has an important contribution to make in improving the way we provide care and support”.

To ensure they were capturing everyone’s voice, the residents at The Meadows appointed a Residents Forum Representative, Johnathan; who has lived at The Meadows for over 2 years and played an active role in working with the staff team to further improve the support provided.

Johnathan, shared, “At the moment, The Meadows’ CQC rating is ‘Good’, I have signed up to work with the Lifeways staff team to increase the rating to ‘Outstanding’. My main responsibility as the resident’s forum representative is to make sure everyone has a voice, and their voice is heard. I have regular talks with all the residents here and together we have already come up with some ideas on how to improve the service, such as creating a sensory garden to provide a safe and stimulating environment for people to share.”

Working collaboratively, residents and staff used the person centred thinking tool; PATH (Planning Alternative Tomorrows with Hope) as the basis for their workshop to develop ideas of what outstanding support meant to each of them individually. PATH is a participatory creative planning tool which places people at the centre, allowing participants to develop a vision and a means to accomplish it via the graphic facilitation of ideas. The idea is then to work backwards to consider the steps required in order to achieve this.

Following the PATH workshops, the team at The Meadows has now finalised the ‘Good to Outstanding’ action plan and identified champions and their roles and responsibilities. The team has also started to closely monitor the quality of support and culture through internal audits carried out by the people we support..

Ahead of next year’s inspection, The Meadows has already started to implement some new initiatives.

Johnathan added, “I’m really excited by this way of working. An idea shared could lead to a better life for us all.”

This is a really inspiring time for the people that live at The Meadows and we look forward to following their journey.

# Around the world in seven days

In May Whitwood Hall enjoyed a week of learning and embracing cultures from all over the world.



## First stop was China.

The people we support and their support team enjoyed getting creative and making lanterns, decorations and fortune cookies. They then all worked together to cook some amazing Chinese dishes, which were delicious and enjoyed by all.

## Next stop was Italy.

Taking inspiration from some of the most iconic places and people in Italian culture, the people we support and their support team designed and created some amazing props and décor to accompany their delicious

Mediterranean feast. It was all hands on deck when it was time to prepare a traditional antipasto, followed by a beautiful pasta dish with a side of ciabatta with a drizzle of olive oil.

## The last stop was India.

With homemade chicken tandoori and bombay potatoes, along with naan bread, rice, popadoms, samosas and various dips everyone enjoyed a full Indian feast.

The people we support enjoyed their trip around the world and are all looking forward to the next one.



# It's festival season

## Barleyfest



Every year Barleycombe – our residential service in Suffolk, holds a fete during the summer months, attended by the family and friends of the people we support to help raise money for events and activities for those living at the service.

This year due to Covid-19, the team at Barleycombe were unable to host their annual fete but, were still keen for everyone to have some fun. Some of the staff team decided to host 'Barleyfest' - a food festival where the people we support and their support team get to experience different cuisines from all over the world.

Everyone was excited to be a part of it and bring the 'Barleyfest' vision to life. People got involved in gardening, painting and there were plenty of volunteers to help with setting up on the day. The staff even managed to find a band to play.

The event was a huge success and Barleyfest will now be an annual event.



Here's what some of the people we support said about the event:

"The event was really good and I enjoyed it a lot, especially the band, I would love for them to come again. I had an amazing time."  
Matthew

"I enjoyed the band, it was really good fun."  
Craig

"I really liked the band, it was fun to dance. I won lots of prizes on the raffle and I played hook the duck."  
Roger

"That was brilliant - I was up dancing and had a lovely time."  
Danny

## Julyfest

At Whitwood Hall the team were in festival mode and hosted their very own Julyfest. The people we support and their support team enjoyed playing all sorts of carnival games throughout the day and dressing up in festival gear. Everyone enjoyed a sing along on the karaoke, a dance off, a delicious takeaway and super cool slushies. To finish off the evening, in true festival style, the attendees camped out in the back garden.



# Quiz

1. What company is also the name of one of the longest rivers in the world?
2. What unit is used to measure horses?
3. Which is the largest land carnivore in Britain?
4. What name is given to a garden with geometrically arranged beds and small hedges?
5. What do philatelists collect?
6. Which girl shares her name with a Christmas song?
7. A car with the international registration letter E comes from where?
8. How many breaths does the human body take daily?
9. How many gold medals did team GB win on Super Saturday in 2012?
10. True or false: Goldfish have a three-second memory
11. What is astraphobia a fear of?
12. What are the secondary colours?

# Riddle

1. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
2. What English word has three consecutive double letters?
3. I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?
4. How many letters are in the alphabet?
5. This belongs to you, but everyone else uses it.
6. How is seven different from the rest of the numbers between one and ten?
7. What comes once in a minute, twice in a moment, but never in a thousand years?
8. What is always in front of you but can't be seen?
9. What can you break, even if you never pick it up or touch it?
10. What goes up and down but doesn't move?

## Anthony's trip to Matlock

Written by Anthony

In August I took a day trip to Matlock, for my one to one session with my support worker; Jamie. On the morning of August 4th I spoke to Jamie about what I wanted to do and we made a plan for the day. In the afternoon, me and Jamie got the bus to town and went to a pub. After this we got a bus to Matlock where we went to a chip shop and we both enjoyed some fish and chips. After lunch we went for a walk around Matlock going over the bridges to look at the ducks paddling along the river. At the end of the day, we got a bus back to Chesterfield. When we were in Matlock we saw some cable cars and I asked Jamie if we could go back for another day trip as it was something I have never done before and would love to do. Jamie agreed to go back with me and we will be planning the next trip soon.



## Exploring Hunstaston

Written by Amanda

My sisters and I took a weekend trip to Hunstaston; we stayed in a log cabin with a hot tub. Spending time with my sisters is very important to me, especially with lockdown and having the opportunity to go away with my sisters was definitely much needed.



The cabin was amazing and we spent a lot of time inside completing jigsaws which I love. In between all the puzzles we managed to make time to go to the beach where we decorated some stones with my initials, enjoyed an ice cream and had a paddle in the sea before collecting some shells that I brought back with me.

We spent the whole time laughing and made some great memories.



## My trip to sunny Scarborough

Written by Dennis

In August I had a small holiday for a couple of days in sunny Scarborough. On the morning I left, I planned my route with Steve who provides my support. After setting off at 10am, we stopped off at a café for breakfast then carried on with the journey. Once we arrived at the hotel, we both settled into our rooms and went for a walk to see Scarborough Harbour and had an ice cream.

The next day, I woke up early in the morning and had breakfast with Steve while discussing what to do for the day. We decided to go for a walk then go to the local cricket ground where I bought myself a cricket top. When we got back to the hotel, we had our evening meal and went to watch football.

The day after, I rang the lads back home to see how they were. At breakfast, me and Steve planned our day and I decided I wanted to buy presents for everyone back home. While out, we had lunch at a café and returned back to the hotel. When we got back to the hotel, we packed up our things ready for the following morning to go home.

On the last day, everything got packed and loaded in the car, I had my breakfast, said goodbye to the staff and thanked them for having us. On the way home, me and Steve stopped off at Bridlington for a couple of hours, having lunch, walking round the harbour and playing on the 2p machines.

I had the best time in Scarborough and I'm so glad Steve agreed to go with me. I will definitely be making another trip back there soon.



# Lockdown brings out community spirit

In 2017 Lifeways SIL won the contract to deliver mental health supported Living at Wigan Council's new 26 flat scheme at Hardy Butts in Wigan. SIL provides specialist recovery-focused support to people with enduring mental health needs in partnership with Wigan council and Inclusion housing CIC.



Community involvement – getting out and about, meeting local people and building relationships – is a key part of the recovery journey with SIL, and everyone supported by SIL is encouraged to develop meaningful ties to their local environment and community. Prior to lockdown, the residents at Hardybutts had little contact with their neighbours apart from the occasional hello. But lockdown created an opportunity for them to come together, start talking and help each other out.

The people we support held a party on VE Day (making sure they were social distancing), and made a cake that was shared with neighbours.



We even started having a singalong each week with a karaoke machine outside the building! It was great fun. As lockdown continued, we all pulled together to make sure everyone was ok and had everything they needed. One neighbour is a huge fan of liquorice allsorts but couldn't get hold of them anywhere. We managed to track some down – she was delighted! We're on first name terms now with most of our neighbours and it has been a pleasure getting to know them."

In September, Kim, one of the people we support held a 'brave the shave' coffee morning for Macmillan and invited local neighbours, local police officers and her social worker. Kim's coffee morning was a huge success with plenty of cakes on offer, a raffle and Kim had her head shaved. She has so far managed to raise nearly £400 with more sponsorship payments to collect.

Jo Cunniff, Quality Performance Officer at Wigan Council, said, "It's brilliant to see how everyone has come together and supported each other. It's a really lovely service, and to see such a great community spirit is truly wonderful."



# Teamwork brings a dream to life!



Last year the staff team and the people we support at Loch Park began the process of making the centre wheelchair accessible, and one year later, the project is finally complete.

Thanks to the people we support and Tesco for the generous grant they awarded the centre, Loch Park now has paths running throughout. The people we support were happy to get involved in the project and enjoyed working together. Following social distancing rules, the Loch Park team and people we support completed the project in May.

Paul, Area Manager commented, "I was very impressed to see what staff and the people we support had done. The Loch Park team worked together to make this happen and they should all be so proud of themselves."



## Here come the girls

The girls at Loch Park have been working hard at the Centre, getting involved in gardening and helping to lay the concrete paths, so their support staff felt that a little treat was in order and arranged a manicure as a thank you. Hazel and Alison both chose pink shades, while Becki went for something a little different - black and red. We would like to say a special thank you to Cerys who visited from Brows and Beauty in Keith.



## Donna raises £4000 for Keith Cancer Link Charity

Donna, support worker for adults with learning disabilities at Loch Park walked 12 miles in order to raise money for Keith Cancer Link - a local charity that provides advice, information, and practical help for those dealing with cancer.

On one of the hottest days of the year, Donna, and a squad of 14 walked from her home in Keith to Balloch Hill and back again, stopping off only for a well-deserved drink break at half-time.

Donna shared, "I had breast cancer last year and KCL were absolutely fantastic so I wanted to raise some money so that someone else can benefit from their help." Donna has recently won a Lifeways XO Award after being nominated for Employee of the Month.



## Steven's jam pastry recipe

Written by Steven K

### Ingredients

250g plain flour  
1 teaspoon sea salt  
250g butter (at room temperature but not soft)  
150ml cold water  
Strawberry jam  
Icing sugar  
1 egg

### Method

**Step one:** Sift flour and sea salt into a large bowl

**Step two:** Break butter into small chunks, add to bowl and rub them loosely into the flour

**Step three:** Make a well in the bowl and pour in two thirds of the water, mixing until you get a firm rough dough (add water if needed)

**Step four:** Cover with cling film and let it rest for 20 minutes in the fridge

**Step five:** Put the dough onto a pre-floured board then knead gently into a smooth rectangle

**Step six:** Roll the dough with a rolling pin until the dough is roughly 20cm x 50cm (It should look a bit like marble)

**Step seven:** Cut the pastry into the shape and size of your choice



**Step eight:** Place roughly one teaspoon of jam into the middle of each piece of dough

**Step nine:** Take the outer edge of each pastry and fold over to the other side like a sandwich

**Step ten:** Beat the egg in a small bowl with 1 teaspoon of water. Using a pastry brush, brush the mixture onto the pastries

**Step eleven:** Bake in the oven for 13-14 minutes (Gas mark 6 or 180°C in a fan oven)

**Step twelve:** Remove from the oven and place onto a cooling rack to cool

**Step thirteen:** Dust with icing sugar and serve.

## Jeans arts and crafts

Jean has spent her time in lockdown doing arts and crafts.



She loves to make garlands and will sit for hours doing them. Jean likes to gift them where possible for others to use and to date has made over a hundred necklaces and bracelets. With the help of the support staff, Jean made a keyring which she has now attached to her handbag. Looks good!



# Quiz answers

1. Amazon
2. Hands
3. Badger
4. Knot garden
5. Stamps
6. Carol
7. Spain
8. 20,000 daily
9. 6
10. It is false. Scientists say that goldfish do have a short memory but they can remember things for months
11. Thunder and lightning
12. Purple, orange and green

# Riddle answers

1. The letter "R."
2. Bookkeeper.
3. A keyboard.
4. There are 11 letters in the words "the alphabet".
5. Your name.
6. Seven has two syllables and the other numbers only have one syllable.
7. The letter "M."
8. The future
9. A promise
10. A staircase

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