



**Ticking off
Tony's bucket list**

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**Celebrating the
achievements
of the people
we support.**

Hard work pays off for Bradley



Well done to Bradley for receiving a certificate of recognition for his hard work as a volunteer at Meet 'N' Match.

Bradley started volunteering two and a half years ago at Meet 'N' Match - a friendship and dating agency for adults with learning disabilities. He started as a Volunteer Admin, moved to Relationship Ambassador and now he has recently been promoted to LGBT Admin which is a paid role.

Bradley says, "The thing I love most about volunteering at Meet 'N' Match is getting involved in trying to make a change and making things better for the LGBT community. I love getting to socialise with people from different backgrounds.

I love that I feel I'm making a difference, I wake up every morning knowing I'm not just spending the day sitting at home, I am going out and helping people and making a difference in people's lives".

Bradley recently received a certificate of recognition for the volunteer work he does at Meet 'N' Match. Whenever there is an event, Bradley takes the register of attendees, collects entry fees, checks everyone is okay and everything is going well and gets involved in the general events planning process. Bradley says, "I feel honoured to have received such a recognition. I love volunteering and it's always great when people see and appreciate the work you do". Bradley also got nominated for the Volunteer of the Year Award for going above and beyond.



Volunteering with Kayleigh

Written by Kayleigh

My name is Kayleigh; I have recently started volunteering with the NHS at Arrow Park Hospital. I started last month and I am really enjoying it. I love my uniform and wearing my ID badge. The best thing about it all is being able to get the bus to work by myself – it makes me feel really independent! I get to meet a lot of new people at work which I like and everyone has told me how proud they are of me and that makes me really happy.

Volunteering with Amanda

Written by Amanda

My name is Amanda; I am currently doing voluntary work at The Hanger in Somercotes. When I go to work, I always try to make sure I walk with my support worker to get some exercise. On arrival, I go to the back and sign in before putting on my apron. Once I've signed in, I look for the deputy manager to find out what she would like me to do. If I have any questions I always make sure I ask because I know the staff are always willing to help me. I love volunteering at The Hanger because it gives me something to focus on and look forward to.



The gift that keeps on giving

Since June last year, Loch Park has been receiving food donations from a local food retailer. Most of the food has been used to teach the people we support how to prepare meals. They enjoy making shepherd's pie, butternut squash soup, macaroni and cheese, scones and bread.

The people we support wanted to do something nice for the community and decided to give away some of the food they made to local people who might need a little help. Most recently they have provided meals to a local breakfast club and a scout group.

Loch Park also held a bake sale and all the cakes were made by the people we support. They managed to raise £300 for charity.

Well done to everyone involved!



Maurice's retirement

Maurice has been an active member of the Loch Park team for the past 24 years.

During his time at Loch Park, Maurice has taken on a number of roles. He was interviewed for a job as a barman at The Stuart Arms bar and successfully spent time serving customers, using the till, changing barrels and working behind the bar. The bar owner said, "We are so proud of Maurice and all his hard work".

He also worked as a security guard and at the local fish hatchery where he bred and released salmon into the wild. The staff team and the people we support at Loch Park hosted a party to celebrate Maurice's retirement. We are all proud of you Maurice!

Keep me safe from harm



Loch Park recently held a 'Keep me safe from harm' training session.

The training is done through a series of forum meetings where staff and the people we support discuss how people should treat each other, and how they should be treated. During the training sessions, they use pictures and act out scenarios of 'harmful' (bad) and 'not harmful' (good) behaviour. At the end of each session, everyone receives a certificate. These sessions are held every year and each session is adapted to suit the needs of those involved and has proved to be a great way of getting everyone to work together and encourage healthy debates.



Success Story: From residential placement to supported living



Hugh has recently moved from a residential placement to one of our shared supported living houses.

To begin with, all did not go smoothly, Hugh's family were apprehensive about the success of the placement.

Then midway through the transition, the process was stopped by the Multi-Disciplinary Team (MDT) who feared that Hugh might not cope with the move.

Determined to prove Lifeways could provide the right care for Hugh, we persevered and had more meetings with the MDT to define what the transition would look like, the number of visits and the activities to be carried out.

The staff at Laurel Close who are supporting Hugh developed an activity timetable and are supporting Hugh to find new activities and interests such as involving him in meal preparations. Hugh's mum has expressed how impressed she has been with all the staff supporting her son.

She said "Since my son moved to Laurel Close, everybody can see how much he has transformed and is now getting on with his life. Initially, I was very anxious about my son's move due to previous experiences.

I can only thank the staff at Laurel Close and the level of professionalism from Lifeways".



Success Story: New beginnings for Katie

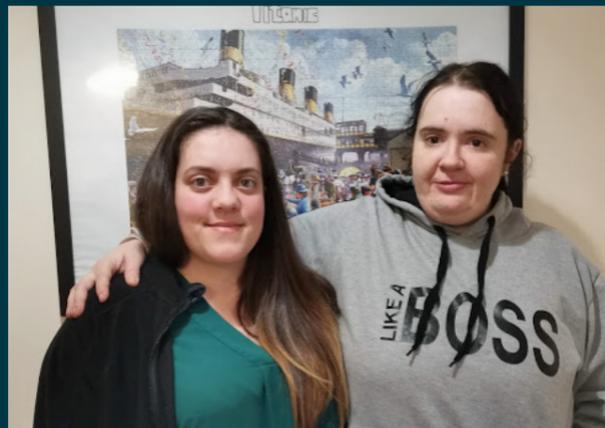
Written by Katie

In 2011 I moved to a residential home following a series of domestic violence incidents. Two years later, in 2013 I moved to Vale Road. When I came here I didn't know how to cook, clean or manage my finances or medication. With the help and support from the team, I have learnt all these things and now I feel independent. I am so grateful to have had such great support from my team and my family.

I am now moving on to independent living. I will still be receiving some support but I am looking forward to becoming more independent.

I hope my flat will be used by someone else who needs a bit of help like I did when I first came here. I know they will get the help and support I received and hopefully this will help them get more independent and move on as I have. I feel proud of myself for finally being independent enough to move on but I also feel a little sad because I have made so many great friends during my time here.

I would like to tell the next person that it is really important to access the support here - the staff are here to help you just like they have helped me.



Kevin's Butlins holiday

Written by Kevin

I hadn't been on holiday for a while so I decided to book a holiday. I had saved up some of my money, enough to take myself away for a couple of days. I wanted somewhere where there was a lot to do with the flexibility to meet my needs, so I asked my support worker to help me.

My support worker worked with me and we chose Butlins in Skegness. The price was great so we booked it all, planned the route, scheduled everything I wanted to do and I was looking forward to going. When we got there, I was allocated a bungalow and it was great - there was a TV in my room, a wet room and it just met all my needs. At dinner and breakfast, I went into the restaurant (café), all the staff were polite and friendly. The night entertainment was great and I managed to watch The Greatest Showman which I enjoyed! During the day I went out around Skegness. On my last day, I said goodbye to all the staff in the restaurant and had a good journey back home.

I had an amazing time and I would definitely go again. It's great value for money, nice people and places to visit and it's close! I have already planned my holiday to Butlins again for this year.



Meet Matt...

Written by Matt

My name is Matthew but I like to be called Matt and I am 26 years young. I found myself in an emergency and I had to find somewhere to stay - I was very worried but then I found Lifeways. They helped me to move in and set goals for myself. I now have my flat which I have turned into a lad's pad which is something I've always wanted. I wasn't very confident when I first moved here but the staff here have helped me a lot and I feel like I am getting there. I now like to crack a joke or two.



I wanted to do something good so I looked around for voluntary work and I found somewhere - winner winner chicken dinner! It's a place called 'Children's Society' and I can't wait. They gave me a form to fill in and I did this straight away - wish me luck! I am very happy that I can finally be independent and be myself.

Chesterfield Bowl with Colin

Written by Colin

I enjoy bowling, it's good fun. I get to meet and interact with a lot of different people and the staff here are very friendly. The bowling alley has 16 lanes and is accessible for wheelchair users. It has a ramp into the building and a ramp onto the lanes. There is a disabled toilet with automatic doors in and out of the building. The bar and restaurant have spaces for disabled people too. I like that there are seats to watch other people bowl and there's a TV in the bar area.

There is a small arcade and 3 pool tables to enjoy. The cost of bowling is very good and they offer a discounted rate for people with learning disabilities and their support workers. They offer a mixture of food on the menu and the food tastes nice as well as the price being reasonable.

I often see my friends there and I meet up with some of them and enjoy a game of bowling. Bowling is such an enjoyable and fun activity and I would recommend this to everyone.



The Big Clean

Listen to music and clean!

Dance and clean!

Exercise and clean!



This year we have launched the Big Clean to refresh your home and make it fun.

Everyone should have a clean and tidy environment to live in - not only does it create a more comfortable and pleasant environment but it prevents the spread of germs, illnesses and reduces the risk of accidents.



How will the Big Clean benefit you?

- Cleaning is good for your mental health – a clean home makes you happy
- Cleaning and exercise improves your sleep – good sleep improves your mood
- Deep cleaning your home reduces allergies- regular cleaning reduces dust and pollen in the warmer months
- A clean and clutter-free home reduces the risk of accidents and injuries



Planning for the Big Clean:

- Make a list of the cleaning tasks that need to be completed
- Plan ahead. The Big Clean should not stop you doing your activities or miss appointments
- Work with your support staff to decide who will help you with different tasks
- Check what cleaning products you will need
- Enjoy your clean and tidy office or home!

If you have any questions, advice or wish to share your 'The Big Clean' successes, please get in touch via communications@lifeways.co.uk

"See It, SORT IT, Report It"

Do you know a safety champion?

Safety champions are responsible for identifying any hazards or risks within your workplace through the completion of a safety tour, promoting safer ways of working and liaising with management to address any safety issues.

We are looking for nominations of employees or people we support who champion safety and drive positive change within your service or office. Maybe they have helped identify hazards or changed something which has improved safety within the service as part of their role as Safety Champion.

Throughout 2020 we will be selecting the best safety champions every month and rewarding them with £50 vouchers.

To nominate someone who has made a real difference or to simply tell us about how the health and safety culture has improved, please email us at safetyfirst@lifeways.co.uk

Prize:
£50
VOUCHER

Smiling Matters

Over half of adults who live in care homes have tooth decay, compared to almost 40% of over 75s who do not live in care homes.

People living in care homes are more likely to have oral health problems for various reasons:

- Many medicines reduce the amount of saliva produced and leave people with a dry mouth
- Long-term conditions (including arthritis, Parkinson's and dementia can make it harder to hold and use a toothbrush or go for dental treatment)

Improve your oral health by following these tips:

- Brush your natural teeth at least twice a day with a fluoride toothpaste
- Use your choice of cleaning products for dentures
- Clean your dentures (brushing, remove foods debris and remove dentures overnight)
- Use your choice of toothbrush - either manual or electrical and mouth care products

Ticking off Tony's bucket list



Since joining lifeways, Tony has a list of things he wanted to do, such as:

- Going to watch a Liverpool game at Anfield
- Going on a helicopter ride
- Going to Ireland to see where his dad grew up



Top of Tony's list was watching a live Liverpool game. Tony's support staff helped him arrange which game he wanted to watch and got in contact with Anfield. They found a quiet area for Tony to sit at the stadium and off he went to his first ever football match! Although Liverpool lost, Tony had an amazing time and came back in high spirits.

Next on Tony's list was going on a helicopter ride which is something he wanted to do for his 70th birthday. Again, Tony's support staff worked with Tony and did some research to make sure this would be a truly memorable experience.

His support staff found a helicopter that would take Tony on a ride across Liverpool and over Anfield Stadium and Goodison Park which Tony was over the moon about. He wanted to stay in Liverpool overnight and have some time to see the city so his support staff found him a suitable hotel.

On his birthday Tony woke up bright and early excited for his trip. Before leaving the house at 8:15 he said he needed to find his sunglasses so he could look like someone out of 'Top Gun' in the helicopter. Tony loved his trip, he couldn't wait to show all his friends and family his photos and he tells everyone he meets about his helicopter trip.

Last on his list was going to see his family in Ireland. As Tony had not seen his family since 2012 his support staff did some digging and managed to find out where his remaining living family were. Using Google they did some further research and found out where Tony's dad had lived and also the exact plot where he was buried.

They supported Tony to pick his accommodation and decide if he wanted to fly or go by ferry. It was a hard choice for Tony as he wanted to experience both flying and going on a ferry but he decided on flying. With everything booked and family in Ireland contacted, Tony made his way to Manchester airport to stay over before his flight the next day. Neither Tony nor the staff supporting him got any sleep as he was up every 30 minutes excited for his trip. He had an amazing time and he got to see where he lived with his dad, where he went to school and where his dad was buried. All his family were thrilled to see him after so many years. It was an emotional reunion but Tony has told them he will come back this year to see them again.



Tony loved ticking off his bucket list, but he was a little down that he has completed everything. After explaining to Tony that just because he has finished one doesn't mean he can't make another, he got busy again and made another list. This time his list consisted of:

- Going on a trip to Disneyland
- Going on a cruise

Support staff again worked with Tony to help him tick his Disneyland Paris trip off the list. They looked at the accommodation, what equipment Tony would need and what he would like to do whilst he was there. With everything in place, the waiting game was on. Tony couldn't wait to tell everyone which characters he was going to see and he started counting down the weeks. The morning of the trip Tony was up at the crack of dawn ready to go. One 12-hour drive later and they had arrived.

The journey tired Tony out and he had a good night's sleep to be ready for a day seeing all his favourite Disney characters. Up and ready early the next day, he went off to buy his autograph book, his mickey mouse hat and his green card - a disability card allowing him to jump long queues so he was able to see more characters and get more autographs. On one of the nights he stayed up late to see the fireworks at the castle. This was a magical trip for Tony and one to remember!

Tony now has one thing left to achieve which is his cruise, he is working with his support team to achieve this in 2020!



Dignity and Pride at Whitwood Hall



The people we support at Whitwood Hall recently had a Dignity and Pride themed month. They did several things to embrace this including collecting unwanted or used bras from the service and other services in the surrounding areas. The aim of this was to send them to women in Africa who had no financial means to buy a bra for themselves.

Amanda, one of the people we support, was very keen to be involved in every stage of this project. Amanda and her support staff sat in the office and made a poster with all the information, put it up on the notice boards for everyone to see and supplied a basket for all the bras to be collected in.

Once the deadline arrived, Amanda and her support staff contacted the other services to see if they had any bras to be collected and added to what staff and residents had generously donated. Luckily they had managed to collect some and Amanda and staff arranged to go and collect these.

With all the bras collected, it was time to send them off. Amanda chose to complete this project by proudly going to the local post office and sending them off.

Well done Amanda for doing something selfless and amazing.



Spring Rocky Road Recipe

Written by Sharon

Ingredients

400g of chocolate, I used galaxy but you can use your favourite

1 pot of glacé cherries

Half a bag of mini marshmallows

9 chocolate bars- I used 3 Twirls, 3 Crunchies and 3 Snickers, but you can use whatever is your favourite

200g digestive biscuits



Method

Step one:

Cut up all the chocolate bars and cherries

Step two:

Put the biscuits in a bag and hit them with a rolling pin to break them up

Step three:

Put a saucepan that is half full of water onto the hob to heat until it simmers

Step four:

Break up the galaxy chocolates into squares and put them into a large mixing bowl

Step five:

Put the bowl on top of a saucepan and let the chocolate melt. Whilst the chocolate is melting, line an oven tray with greaseproof paper

Step six:

Once all the chocolate is melted, add the other ingredients and give it a good stir. Make sure everything is covered in melted chocolate

Step seven:

Put the mixture onto the tray, push it down and put in the fridge to set. This takes about an hour



Quiz

1. The logo for which popular app consists of a white telephone in a white speech bubble on a green background?
2. In which 'James Bond' film did Daniel Craig first play the starring role?
3. Which type of nut is used to flavour 'Nutella' chocolate spread?
4. How many moons does the planet Venus have?
5. Which European country has the longest coastline?
6. What does DVD stand for?
7. How many yards are there in a mile?
8. 'Perro' is the Spanish word for which animal?
9. In which year was the young Prince George born?
10. Which country won the 2017 UEFA Women's Euro tournament?

Riddles

11. I go up and never come down. What am I?
12. I get smaller every time I take a bath. What am I?
13. I fly without wings. What am I?
14. I must be broken before you can use me.
15. The faster you run, the harder it is to catch me. What am I?
16. If you lose me, you may cause people around you to lose me too. What am I?
17. I start with an E, end with an E, and have a letter in me. What am I?
18. I disappear every time you say my name. What am I?
19. I am a seed with three letters in my name. Take away the last two and I still sound the same. What am I?
20. What question can you never honestly say yes to?

Quiz Answers

1. Whatsapp
2. Casino Royale (2006)
3. Hazelnut
4. None
5. Norway
6. Digital Versatile Disc
(formerly digital video disc)
7. 1760
8. Dog
9. 2013
10. Netherlands

Riddle Answers

11. Age
12. A bar of soap
13. Time
14. An egg
15. Your breath
16. Your temper
17. An envelope
18. Silence
19. A pea
20. Are you asleep?

We want to hear from you! If you would like something to appear in the next edition of Lifelines, please contact our Marketing Team.

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