



Supported living in the East Midlands

In this issue:

- 02 Meet your friendly local team who are here to help
- 03 The latest from Lifeways in the East Midlands
- 09 Support service vacancies in your area

Welcome to Lifeways Links!

The Lifeways newsletter for the East Midlands region

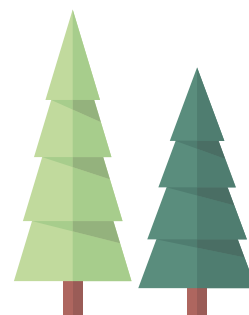
At Lifeways, our commitment is to providing extraordinary support that creates fantastic outcomes for adults with diverse and complex needs. We do this through our stability, our local teams, our strong relationships, and our shared focus on quality and improved outcomes.

We're proud to be known for celebrating the positivity, individuality, and ambition of each person we support.

This newsletter brings you the latest news and articles from Lifeways and our services in the East Midlands.

Hear from Michaela

Your local Community Engagement and Development Manager.



Hi, I'm Michaela Butterworth.

In my role, I've supported many people across the East Midlands to move into their new homes and I've seen the extensive work that my colleagues have put into delivering this support to enable people to live independently at the heart of their community.

We really hope this newsletter will be of interest to you. Please contact me if I can assist you with placements of individuals.

From myself, my team and everyone at Lifeways, we hope you have a lovely festive season and a happy new year!



Michaela Butterworth

Community Engagement and Development Manager in the East Midlands.

0333 321 4881

Get in touch

Meet our Enquiry, Referral and Assessment Managers



Kieran Money



Nicola Reck

Latest updates from your region

Supporting your winter planning

After another tough year with so much pressure still on the NHS, hospitals and the care sector as a whole, it's reassuring to know that Lifeways are still able to welcome adults with diverse and complex needs over the winter period, often at short notice.

But what about mandatory vaccinations?

We are in a strong position following the introduction of mandatory Covid-19 vaccinations, with none of our services closing, not even temporarily, and many services completely unaffected. You can rest assured that your clients will be in safe hands with Lifeways.

How can Lifeways help?

We support adults living with learning disabilities, autism, physical disabilities, acquired brain injuries or mental health needs to lead more fulfilling and independent lives in their local communities.

Our experienced assessment teams are always available to work hand-in-hand with you, from arranging introductions, assessments and visits, all the way through to the move being complete and the kettle going on.

If you've got worries about how to place individuals this winter, please do get in touch with us!

It's beginning to look a lot like Christmas!

The people we support are busy putting up their Christmas decorations and planning gifts!

Like last year, we imagine this Christmas may look a little different from many in years gone by.

Here's a Christmas poem by Lee, who lives at our supported living service in Leeds. It's reprinted here with Lee's permission:



A Normal Christmas

Here comes another Christmas
But Covid's still in the air
This time it feels different
Optimisms everywhere

As people start their shopping
And plan for the big day
Let's hope people take their boosters
So, nothing gets in the way

We'll be able spend time with our families
Throughout the winter holidays
And think of those who we've lost
We'll love them forever and always

We can dream for a white one
But we know it won't come
We dream of a safer place
Although it's too late for some

We know it's not over
But if we all do our best
We'll have our normal celebrations
As we stand up to the Covid test

So' normality's coming
With all those festive cheers
Wishing you all a Merry Christmas
And we hope a happy new year



Cordage View in Grimsby, wins a national award!

Cordage View, a Living Ambitions supported living service which opened in February this year in Grimsby, Lincolnshire, has won the Best Partnership award at the national Inside Housing Development Awards.

The purpose-built service can support up to 15 adults living in each of its self-contained one-bedroom apartments.

Cordage View is the result of a partnership involving:

- North East Lincolnshire Council
- EQUANS, the facilities management firm
- J C Pomfret Construction Ltd, the builder
- Golden Lane Housing, the landlord
- Living Ambitions, part of Lifeways Group, the UK's largest team of professionals supporting adults in the community

Living Ambitions' role in the partnership is to provide tailored, specialist support for the individuals who live at Cordage View.

For its construction, the service received a £650,000 Department of Health grant to install technology to support independent living.

The service is called Cordage View to pay homage to the Lincolnshire coastal town's former twine and net-making mill nearby.

What are the Inside Housing Development Awards?

Every year, in a ceremony held in London, the Inside Housing Development Awards celebrate councils, housing providers, developers and architects for their work in building exemplary homes and communities.

Cordage View was shortlisted earlier this year, and saw off competition from eight other entries from across the UK.

Best of both worlds

Caela O'Hara, Area Operations Manager for Living Ambitions, said:

“Despite the disruption caused by the pandemic, it's been a pleasure to support individuals to start the next stage of their lives at Cordage View.”

Caela O'Hara

“Cordage View offers the best of both worlds: privacy and independence, along with support when needed,” Caela added.

“The individuals we support at Cordage View are proud of their new homes and are looking forward to their future.”

“It's also been great to work with the North East Lincolnshire Council and Golden Lane Housing, together with other partners, to help make Cordage View a reality.”

Why community settings, not private specialist hospitals, are vital for longer-term support

By Alac Pengelly, Lifeways' Regional Operations Director for the South Region.

“What can you offer the people you are assessing that we can’t?”

The private specialist hospital's wood-panelled room seemed to quiver from its director's booming voice. The year was 1993.

I can't say I wasn't intimidated. After all, what 23-year-old newly registered care home manager wouldn't be?

However, my answer was clear – if rather hushed.

“We can offer a normal life in a community house,” I told the hospital director.

The private specialist hospital I was visiting at the time housed roughly 1,500 people. The two people at the private hospital I'd been assessing - who the director had been referring to - presented with a learning disability and mental health conditions.

These diagnoses meant they lived with 27 other people in one of the hospital's various wards.

Scandals

Tragically, over the years we've seen and been horrified by various scandals in private specialist hospitals - with the most notorious being Winterbourne View.

In 2011, when reports of the horrendous abuse and mistreatment at Winterbourne View came to light, we've seen a plethora of central government policy and local authority initiatives seeking to prevent parallel tragedies from ever happening again.

The key aim behind these initiatives discourages the use of private specialist hospital settings for long-term accommodation for people who live with autism or a learning disability.

Sadly, one decade later, we continue to see reports detailing incidents of mistreatment in private specialist hospitals.

Continued reductions

It's not all bad news. Encouragingly, in the past decade we've seen a reduction of 1,350 people who live in state-funded private specialist hospital inpatient beds, Learning Disability Today reported earlier this year. However, that still means there are 2,050 individuals who live in a private specialist hospital setting.

The question we in health and social care should ask is: Do we think that figure is good enough?

We should acknowledge that the general level of support in hospitals in recent years may mean a better environment than we saw three decades ago.

Thankfully, private specialist hospitals in 2021 may be less intimidating, and they may be more personalised for the individual.

But what a hospital can never provide is a long-term home for a person, or a sense of belonging or community – both key elements to forming a life a person would choose.

The task of supporting a person with complex support needs in the community can be tricky - and working in social care isn't easy.

Yet with the right support package, most - if not all individuals - can live in community settings, not private specialist hospitals. We've seen it here at Lifeways.

The almost 5,000 adults we support thrive and are supported to grow their independence in open, non-restrictive settings, almost always connected to a community in a city, town, or village.

For example, we operate The Avenue, a large detached house which is a supported living service for four adults with complex needs. The service is just a ten minute walk into the town of Tiverton, Devon.

Then there's Loch Park in Moray, north-east Scotland, where adults who live with learning disabilities take part in ventures such as selling sustainably sourced food and firewood to the community.

Both these services are hugely different - but what binds them is a commitment to take part in and be part of the local community.

Win-win

Supported living settings are a win-win for the taxpayer, too. The average cost for a person's support as an in-patient is £3,000 a week - or £156,000 a year.

Meanwhile in community settings, costs vary dramatically depending on the individual's needs, but you're generally looking at half that cost.

By the end of 2020, 3,730 incidents of restraint in NHS-funded inpatient beds were recorded in one month. This means over a

year, there could be over 44,000 separate incidents of physical intervention.

And the reality of restraint-heavy care gets even more worrying. Of the 2,050 people who are currently inpatients in private specialist hospitals, each individual could be subject to a physical intervention 22 times a year. Although this figure would vary heavily from individual to individual - as not every person is subject to physical interventions - the number still shows a disquieting dynamic.

Talking louder

Of course, on occasion, private specialist hospital admittance may be the best-fitting environment for some people who live with autism or learning disabilities.

But for an overwhelming majority of individuals, I'm convinced that the social care sector can assist with providing community settings for individuals who currently live in private specialist hospitals.

While we at Lifeways don't think that the model of community-based settings are a panacea, or fix-all solution, we know that people who receive support living in the community make social care better for everyone.

This means community-based settings benefit large swathes of society: individuals who need support, support teams, funders, community members, and taxpayers.

Let's rewind to the beginning. What happened to the two people I assessed back in 1993? They both moved into the community-based house I ran as Registered Manager. Thankfully, both individuals flourished in the independence-boosting setting they lived in.

Would I change anything I said to the private specialist hospital director I was talking to back then? No, I wouldn't - but I would say it a little louder.

[**Read more**](#)

It's about time I live my own way

Kyle, 18, moves from specialist school to a purpose-built Lifeways supported living service in Sutton-in-Ashfield



Kyle, who's 18 years old, made the transition this summer from his specialist school to Mulberry Lodge, a Lifeways supported living service for 14 adults in Sutton-in-Ashfield, Nottinghamshire.

The move was a big change for Kyle, who lives with autism, ADHD and a physical condition. His specialist residential school in Chester was a two-hour drive from Sutton-in-Ashfield. Thankfully, Kyle was supported to make the transition by his mother, who lives close to Mulberry Lodge.

Mulberry Lodge, which opened last year, is made up of 14 self-contained one-bedroom apartments – all of which come with built-in assistive technology and integrated appliances.

The supported living service offers the best of both worlds: privacy and independence; with support, the company of other individuals, and the community when desired.

So, how's Kyle getting on at his home at Mulberry Lodge?

"It truly is a dream come true for me," says Kyle, who only recently left school and had been looking to transition to his next life stage.

"The freedom is breathtaking." Kyle is blunt about his recent past. "Life was so dark with every day as a struggle," he recalls.

I am no longer scared

Since Kyle's moved into Mulberry Lodge, he's been forming ties with his support team. "The staff make me feel really happy."

"It is the first time I truly feel like I am making a friend," he says about Emma, one of his support team members.

"As time has moved forward, I have grown to understand more about friendships and relationships. I am no longer scared," Kyle says.

Life choices

"I feel I can make friends now," he adds. "I just feel I am awakening to a new beginning, feeling like I can make my own life stand; something I previously thought to be impossible."

Kyle adds: "I feel I am making extremely good progress."

Now Kyle's where he wants to be, he's got a new sense of urgency to live how he chooses.

"I am the only one standing in my way. It's about time I live my own way."

Rewarding

Helping Kyle make the transition from school to the supported living service was Lifeways' regional Enquiry, Referral and Assessment Manager, Kieran Money.

"Supporting someone like Kyle to move into his own home is what makes this job rewarding," says Kieran.

"Kyle was at times apprehensive at the beginning of this assessment and transition process – which is completely understandable given how significant this kind of move can be for each individual."

"However as time went on, and as Kyle built relationships with his new support team, his apprehension evolved to excitement."

"Kyle's confidence has grown significantly in his first couple of months at Mulberry Lodge. He continues to be excited and wants to embrace his new-found independence."

Kieran Money

Jane, a Lifeways support worker, goes skydiving to raise money for charity!

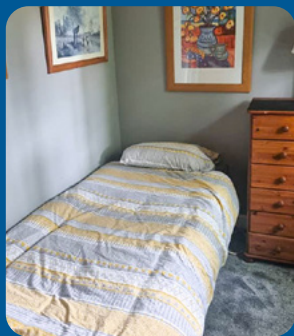
Jane is a support worker who has performed several skydives in order to raise money for charity, in memory of her late mum.

She performed her latest dive in aid of the Wirral Hospice St John's, at the Black Knights Parachute Centre. Well done, Jane!



A total home makeover!

William, who lives in his own apartment at our Worcester supported living service, has gone with this very chic transformation. Looks awesome, William!



Halloween at Lifeways!

Across Lifeways' 1,500 services, we'd carved jack-o'-lanterns, making spooky treats and scary decorations, and most importantly, had lots of fun!



Smiles to start your day!

Kevin and Dennis are two friends who live at our supported living service in Chesterfield, Derbyshire. They make a point to say good morning to each other first thing. Good morning to you both!



Supported living vacancies in the East Midlands

Firth Close

Arnold, Nottinghamshire

Firth Close is a detached three-bedroom bungalow with a kitchen, lounge area and dining room. There is a shared bathroom, and an en-suite in one of the bedrooms. Outside there is an accessible garden with a patio for people to relax in when the weather is good.

We are ready to welcome a sociable young man to join two others in their early twenties. The men we support live with learning disabilities, ADHD, Juvenile Huntington's disease and depression. People enjoy watching television, playing computer games and spending time in the community.



[Full details](#)

Laurel Close 2

Glenfield, Leicestershire

Laurel Close 2 is a three-bedroom detached house with a kitchen, laundry room, and an open-plan lounge area and dining room. There is a shared bathroom with a shower, and two wet room-style en-suites. Outside there is an accessible garden with BBQ for people to relax in when the weather is good.

The men we support here live with learning disabilities and mental health conditions. At Laurel Close, people enjoy watching television, shopping, gardening and being in the community.



[Full details](#)

Spencefield Gardens

Glenfield, Leicestershire

Spencefield Gardens is a detached five-bedroom house, with a kitchen, living room, laundry room and study, along with two shared bathrooms and two en-suites. Outside there is an accessible garden for people to relax in when the weather is good.

We are ready to welcome someone new. There are currently two residents, both men, who live with autism and mental health conditions. The people we support choose how they spend their time, enjoying going to the park, cooking and visiting friends.



[Full details](#)



Charnwood Street

Derby, Derbyshire

Charnwood Street is made up of a group of six apartments. Each one bedroom apartment has an open-plan kitchen and living room, and a bathroom with a shower. One apartment has two bedrooms – the extra bedroom can be used as a sleep-in staff room. Outside there is a yard for people to spend time outdoors when the weather is good.

We are ready to welcome a young person with a good level of independence. The people we support here live with autism, learning disabilities and mental health conditions.

[Full details](#)



**Season's Greetings from everyone at Lifeways.
We look forward to seeing you in the new year.**



Get in touch

Make an enquiry or find out more from our team by calling **0333 321 4881**

Refer to Lifeways with confidence

From the moment you get in touch we'll work hand-in-hand with you, from arranging introductions and assessments all the way through to completing the move.

Step 1

Call or email us with your referral and we'll gather all the information we need to start the referral process.

Step 2

We'll arrange a one-to-one assessment to spend time with the person, their social worker and family, to understand their current situation, support needs and their medium- and long-term ambitions.

Step 3

Once we've built our recommendation for support, we'll arrange for the person, their family and social worker, if requested, to visit our available homes giving the opportunity to meet our team and ask any questions.

Step 4

We'll produce a funding proposal detailing the support hours required and then send it for funding approval, making sure all stakeholders are kept up to date with the progress.

Step 5

Once the funding is approved we'll agree on a move in date and start the transition with everyone involved. We'll be on hand to offer support and guidance throughout to make sure everything runs smoothly.

Learn more about the independent living that we provide, make a referral or arrange a visit by contacting Lifeways:

Call **0333 321 4881** Email referrals@lifeways.co.uk

Follow us on social

 facebook.com/thelifewaysgroup

 [@LifewaysGroup](https://twitter.com/LifewaysGroup)

 [@lifewaysgroup](https://www.instagram.com/lifewaysgroup)

 [linkedin.com/company/lifewaysgroup](https://www.linkedin.com/company/lifewaysgroup)

lifeways.co.uk

lifeways
yes to you