

OFFICE OF FAIR TRADING

DON'T LET THEM CON YOU!

Every year, millions of innocent people lose money to scams that come by post or phone such as fake lottery and prize draw wins, bogus psychic predictions and "miracle" health cures. Avoid becoming a victim by following some simple tips.

- Never reply straight away to an offer. Speak to a relative, friend, neighbour or your carer before you do anything.
- Never send money to anyone who says you've won the lottery or a big prize – you'll never see your promised winnings.
- Never give your bank account details or other personal information to people you don't know.
- Never ring an 090 number unless you're certain how much the call will cost and know what you are likely to receive.
- Never send money off in response to bogus psychic mailings. Identical letters predicting good or bad luck are sent to thousands of people.

If you suspect a scam, before sending any money call Consumer Direct for clear, practical advice on **08454 04 05 06**.



Fulney Friendship Club

Meet at Fulney Church Hall, Holbeach Road, Spalding

Now in a position to accept new members

We talk, play prize bingo, bring and buy.
We have several coach trips each year as well as a Christmas dinner.

Our friendly group meets every other Thursday
1.30pm till 4pm
Membership £2 each fortnight

Next meetings:-
30th October
13th November
27th November

For further details contact Jean Wright on 01775 723357



All the ASA staff, clients and directors having fun at the 'Shared Lives' Conference.

issue 07

Adults Supporting Adults

JIGSAW

BREAKING NEWS – After the recent CSCI spot inspection, ASA has just been awarded a...3 STAR EXCELLENT rating, which is the highest one to achieve. The report recognises the whole team effort that this rating requires and is very complementary about the outcome based services we aim to provide. We are really proud of our achievements and 'thank you' sincerely each and everyone who contributed to this result. It is fantastic to have our hard work recognised and you should all be incredibly proud of yourselves for your part in this...Trixie

Well, what a super year it has been, I can't believe it's Christmas already....did you hear the one about 'How does Good King Wences like his pizzas? Deep and Crisp and Even'...well I laughed. Anyway there have been lots of comings, some goings and we even hosted a conference, I'll let Trixie and Sam tell you more inside. As you can see from the photo, everyone had a great time....and not one of us let a drop of alcohol pass our lips...honest. For the record, Trixie did not fall over in front of the camera.... it was posed. We've had new extended stay, respite and day time providers come and join the ASA family over the last few months, so welcome to

you all from Jigsaw...too many names to mention unfortunately. Also well done to all those providers that have completed or near enough finished the 'Learning the Ropes' programme. I hope you have enjoyed being part of it as much as we have had fun in delivering the modules. It's reassuring to know that we have some very accomplished providers out there.

Seeing as we have published only two editions this year, I have had to cram in as many articles as possible into this 7th edition. Unfortunately, I have had to leave some out until next time, but a big, big thank you to all those who took the time to send something in to me. We've got stories, anecdotes, poems, loads of profiles on new staff and a few jokes to keep you giggling into the New Year. Remember keep the articles coming, because without your involvement there would be no newsletter. For the next edition I would be really interested to hear from those of you who have some peculiar and extreme pastimes or hobbies, such as mountain climbing or deep sea diving...anyone out there, I'm sure you get the general idea. It just leaves me to wish you all a very Merry Christmas and Happy New Year. Kind regards Dean

Celebrating Success Conference by Sam Jervis



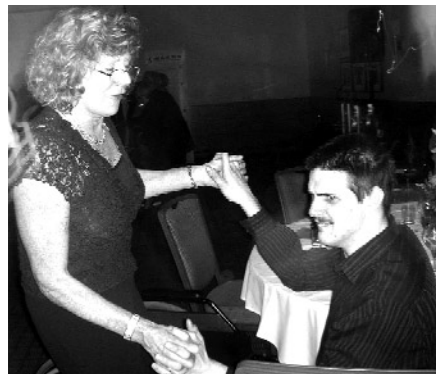
The Co-worker group relaxing in between workshops. From L-R, Spencer, Emma, Phillip out of picture, Nick, Jayne, Sam, Dean and Sharon.

On Wednesday 22nd October Richard Brown Warr (Respite Manager for ASA) picked me up at 9am. We went to Belton Woods Hotel in Grantham (which is a 4 star hotel) to the first England two day conference which was called 'Celebrating Success' which was organized by NAAPS Shared Lives. On arrival we left our luggage at reception and signed in. We then went upstairs to meet up with the other ASA staff and we had a

coffee. We then had a quick meeting with Trixie to welcome us and thanking us for taking part. There was a map of Great Britain so people could place where they came from. Afterwards we went down to the Chill Out Room where there was various games including a Nintendo Wii. The purpose of the Chill Out Room was for people who wanted a break from the conference.

At midday we went upstairs to meet people who had come from all over England to the conference. We then had a buffet lunch. When the conference got under way at 1.30pm we went to the Chill Out Room for a rehearsal for our work shop. Our work shop was called 'Client Involvement in Recruiting/Selection of New Staff. We had 4 workshops in total lasting 45 minutes two on Wednesday afternoon and two Thursday morning. We started each workshop with an ice breaker quiz to give knowledge to people about Lincolnshire. Jayne (a member of staff at ASA) gave people some background on ASA. Dean (another member of staff at ASA) spoke about the interview process. He then handed over to the Co-worker Group who took it in turns to discuss the different stages of the interview process. We then allowed time for people to ask questions at the end. After the workshops had finished we were shown to our rooms so we could get ready for the Gala Dinner.

The Dinner started at 7pm. It was a 3 course dinner. In between each course people were being awarded with certificates for there hard work. After the dinner there was a disco which was enjoyed by all. There also was a professional photographer so we had an ASA team photo and a Co-worker Group photo taken. When the disco had finished we decided to go to a bar downstairs for the last drink of the night before retiring to bed. In the morning we met at 8am for breakfast. I had a full English breakfast, some toast and jam, some grapes and a couple cups of coffee. Before the final two workshops got started 9:30am we thought it be a good idea to have another practice to make sure everyone was ok with what to say. When all the workshops had finished everyone at the conference got together for a question and answer session. Afterwards we got together as an ASA group to thank us for all our hard work. We then went for dinner. After dinner I went back upstairs to help with the clean up operation. We left Grantham at 1pm. I arrived home at 2:30pm.



Sam dancing the night away to ABBA unfortunately.

New Glasshouse Project offers a warm welcome to everyone.....

Lynne, Keith & Sarah, and everyone at The Glasshouse Centre would like to offer a warm welcome for you to come and join us to improve your skills in arts and crafts, and promote your health and wellbeing with complimentary and beauty therapies or just make new friends. We provide a friendly, empathetic and experienced service in an informal, relaxed atmosphere set in a rural area, we have converted farm buildings into an arts, crafts, IT & therapy centre. There is a nice café /restaurant on site, with toilet facilities, disabled access and free car park.



Lynne Newton BA (Hons) is experienced in teaching arts and crafts and IT and working with people with many & varied disabilities (with hands on experience whilst working on a stroke rehab ward as part of a team in a large teaching hospital) in addition to experience of special needs and learning difficulties.

We have many Arts & Crafts available including which can be accessed on a taster basis (no experience necessary), these include:- candle making, Dried flower art, Encaustic wax art, Fabric & silk painting, felt making, glass painting, jewellery making, knitting, leather working, mosaicing, paper making, model making, pottery painting, pyrography (burning on wood), rug making, sewing, stencilling & hand made card making plus many, many more.

We have an adaptive IT room with specialised software & hardware so that people can still use a computer even if they can only use one hand or have difficulty with reading & writing, we have recently begun a new gardening project which we are hoping to expand to raised beds, herb gardening & complementary planting with sensory access.

We look forward to meeting you soon, call in for a coffee & a chat or give us a ring for more details/information. Glasshouse Crafts & Café is situated between Billingham & Tattershall on the main A153 road from Sleaford to Skegness, we are just 3 miles before Tattershall Castle and our postcode is LN4 4JW Tel: 01526 869018.

Telegram from the Queen

You may remember Hilda Millett who celebrated her 100th birthday earlier this year in May. Well to cap it all, she received a telegram from the Queen Elizabeth wishing her a Happy Birthday, as well as numerous bouquets of flowers, over forty five cards from friends, family and well wishers. There was also a big family party with a big cake which included Hilda's three great-grand children and some family she had not seen for over 20 years.



In Britain, eating mince pies at Christmas dates back to the 16th century. It is still believed that to eat a mince pie on each of the Twelve Days of Christmas will bring 12 happy months in the year to follow.

Cheerio! By Karen Worth

I just wanted to write a few lines to say thank you and good bye to all the clients, staff and providers that I have met on my placement at Adults Supporting Adults – I can't believe that I have been here for 16 weeks – the time has flown by so quickly. My time at ASA has been a really constructive part of the learning journey that is heading towards qualifying as a Learning Disability Nurse. I have met and worked with a great many of you, and all of those experiences have been positive with so many people willing to help me. So I would just like to offer a big thank you to all the people who have let me become part of their lives, if only for a brief period of time. Also a special thanks Richard, my mentor, and the staff who have welcomed me as part of the team. Goodbye for now and I look forward to seeing you again.

Profile on Alan Firth from Boston

Alan has just recently moved into an adult placement with providers in Boston. Here is a picture of him hard at work with his DTP worker, Andrew....notice who's taking it easy then? Andrew helped Alan find some voluntary work with Boston Community Transport, in which he helps to clean the mobility scooters.



Down sizing by Lily Parker from Spalding

Another episode of my life moving house e.g. Down sizing, what a problem!!!

I was moving from a three bed roomed house to a retirement apartment. Moving house is never an easy option, but down sizing is far worse because as much as you throw away, or pass things on, you still take far too much with you. The apartment looked like the third world war had started. I was fortunate that my buyers were a young first time buyer. I was able to leave a great deal with them which was much appreciated.

It has been rather difficult for me as I am partial sighted so have found it hard to adapt to all the new equipment. One month on I am succeeding. I am also very fortunate as the other residents have been very helpful and kind to me. I have a great many new friends and my social life has greatly improved. One of the reasons I wanted to move was apart from seeing my daughter and the ASA worker Sam on a regular basis I was very lonely. The rest of my family live in Essex which makes visiting very difficult. Although I do get at least two phone calls every day. They do try to come as often as they can to take me back to Essex for a short break.

I would like to say that my first lady Jeannette and Sam who now takes me out for rides or shopping is very much appreciated and I look forward to this very much. I would also like to thank sally, who is a lovely person. So with my new and old friends life is greatly improved. I would recommend down sizing once you have got over the hurdles.

Cheers. Lily

Heckington Show

by Chris Fuller from Sleaford

Once a year, in July, there is a Show in Heckington that I like to go to. This year I went with my mates Andy and Frank. We went in a taxi about 11 o'clock. After we paid our entrance fee at the gate we made our way to the Beer Tent because it was a very warm day.



The first thing we saw was the finish of the cross country run and everyone was cheering as they came into the showground. The Red Devils then appeared, parachuting from a small aeroplane. There was different coloured smoke coming out of small canisters attached to their suits. The Red Devils always put on a good show and the crowds cheer.

In the main arena after that the 95th Battalion Edwardian regiment were getting prepared for their demonstration of rifle shooting and canon firing. There was a stunt at the end where they had a frying pan and a mirror and one of the men had to aim at an apple on another man's head; the bullet ricocheted off the frying pan onto the mirror and hit the apple.



By this time our tummies were rumbling and we headed for the nearest chip van but we noticed a hog roast on the way so we each filled up on roast pork baps and bacon butties. They were good! The Beer Tent was the next stop to wash down the baps.

There are many trade stands to look at and a fair ground, Andy was very good at hooking a duck; he won every time! I hooked one too!

There are events going on all day and the show continues on for the next day as well. People take their animals like shire horses, sheep, cows, pigs etc, along to win prizes. In the tents around they have rabbits, guinea pigs and dogs that are shown off by their proud owners. As well as judging the shire horses they have a demonstration of ploughing the way it used to be done using the horses.

One year they had a motorbike display team there called the "White Helmets" who were very good. They have also had the "Ghurkhas" who are a Japanese martial arts team displaying self defence.

At the end of the day there is a firework display and concert by the Sleaford Concert Band! We didn't get to see all of it as we had our taxi booked to go home but we had a very good day out and I recommend it to anyone who would like to go next year.



Here are some more jokes!

Two TV aerials got married. The reception was excellent.

How do you get five donkeys in a fire engine?

Two in the front, two in the back and one on top going ee aw, ee aw!

What do you call a fish with no eyes? A fsh!

I went to buy some camouflage trousers the other day but I couldn't find any!

I went to a seafood disco last week and pulled a mussel!

Chris Fuller

Jigsaw Meeting

Well we've been as busy as ever and I apologise to the areas that I haven't got round to. Needless to say we met in Boston for an evening of bowling, Spalding for tea and cakes in Ascoughfee Gardens and at Potters Restaurant for lunch in the Sleaford area over the last few months. Unfortunately the Boston/Louth area beach party was cancelled, so no incriminating photos of anybody in dodgy swimwear. A Christmas party is planned in Skegness, and we already have over 30 people booked in, so it should be fun..pictures in next edition. If you want a Jigsaw meeting in your area, just give call Dean at Sleaford and we'll see what we can do.



**Spalding Jigsaw group –
"All say Broccoli Pie"**



**Sleaford/Grantham Area Jigsaw
Group – "Please Sir, can we
have more puddings?"**

Christmas trees are edible. Many parts of pines, spruces, and firs can be eaten. The needles are a good source of vitamin C. Pine nuts, or pine cones, are also a good source of nutrition.

Respite Update

I can't believe that it is that time again for another Jigsaw edition. I have been asked by Dean to write a few words regarding the progress of the Respite Service. As you are all probably aware by now, we are working within North East Lincolnshire and I am part way through assessments for new providers within this area. We are also developing closer links with Linkage College, Toyton Hall, providing more college holiday respite for their students.

I would also like to take this opportunity to welcome Jan and Derek Thornton from Saltfleet, and Diogu and Jackie Jayawardena from Grantham to ASA as respite providers. Finally I would like to thank all providers who have provided respite during the last year and look forward to continued success of the respite service. Best wishes Richard Brown-Warr.

Night Out with the TV Stars

by Sam Jervis

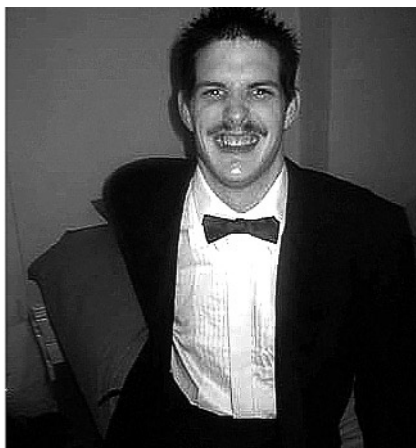
On Wednesday 29th October I voted online to choose who I wanted to win each category at the National Television Awards. My Mum took me to my Auntie's house in Gainsborough. When we arrived we load the car ready for the long journey ahead to London. First we went to Lincoln to pick up my cousin and her friend. We stopped on the journey for refreshments. Our destination in London was the Royal William 6th pub where we were staying for the night. We had a quick meal before we had to get ready to go out. We got a taxi to take us to the National Television Awards at the Royal Albert Hall. Me and my Auntie went down the red carpet to get in a perfect position to see all the celebrities. I got lots of autographs and photographs with different celebrities. On the red carpet I saw Paul O Grady, Ant and Dec, Simon Cowell, Catherine Tate, Barbara Windsor, The Stig, Davina McCall and many more. Afterwards we all made our way into the Royal Albert Hall to find our seats. The National Televisions Awards were broadcasted live on ITV1 at 8pm. We had regular breaks to allow for ITV1 to go for breaks. The National Television Awards were hosted by Sir Trevor McDonald.

Here is the list of the Awards Winners

Category	Awarded To
Most Popular Entertainment Programme	The Paul O'Grady Show (Ch4)
Outstanding Serial Drama Performance	Matt Littler, Hollyoaks (Ch4)
Most Popular Factual Programme	Top Gear (BBC Two)
Most Popular Comedy Programme	Benidorm (ITV 1)
Most Popular Newcomer	Rita Simons EastEnders (BBC 1)
Most Popular Drama	Doctor Who (BBC One)
Most Popular Entertainment Presenter	Ant and Dec (ITV)
Outstanding Drama Performance	David Tennant Doctor Who (BBC 1)
Most Popular Serial Drama	EastEnders (BBC One)
Special Recognition Award	Simon Cowell
Most Popular Talent Show	Strictly Come Dancing

After the ceremony had finished we went back outside to see more celebrities. I recognised Ben Sheppard from GMTV. We went back to the pub where we were staying the night. We had a couple of drinks before bedtime.

In the morning we got up at 7.30am to get ready to come home. On the way home we stopped at a Little Chef for breakfast. I arrived at 12:30pm.



Haven Lea Crew Latest News

Hi, not long back from shopping, phew it is a scorcher today, glad to be home and cool, have seen a copy of the magazine, good to see Sybil featured in it, the party sounds fun but unfortunately we will not be able to come as Barry will have just had his Cataract done. Well it has been busy here, Sybil went to a local Show the other weekend, she turned on the magic and wowed the audience and judges, gave a star performance and won first place in the Prettiest Girl section, the judge wanted to take her home too, she trotted proudly out of the ring with her rosette and a prize, a pottery bowl, Tigga Pug did not win a class but we later bought her a toy so everyone was happy.

Next came the village Carnival where I was judging the Dog/Pet show, I met various interesting animals, a Polish Chicken, an Iguana, Ferrets, cats, dogs and a Crow, it had been rescued by a young boy with a damaged wing and would never fly again, the boy had made a superb wooden carrying box, done a lot of research into caring for it, was polite and talking to those interested, there were winners in each class and then a Best In Show, I awarded the Crow the Best In Show, the boy had a smile a mile wide and shook my hand, he will remember the day for years to come and treasure the rosettes, all in all quite good fun. Afterwards Sybil had a go at the Agility course in aid of the local Animal Rescue, the jumps were duly lowered and away she went, cleared every one with great aplomb, the late race horse Desert Orchid would have been proud of her, it was then time to go home

and as soon as we arrived Sybil promptly went to sleep, not a peep until teatime.

Sybil is on PAT DOG duties tomorrow at Wainfleet Home, hopefully it will be a little cooler for her, she wanted to go into town this morning, I decided she would be more comfortable at home, Sybil did not agree, she is definitely an 'Uptown Girl', loves meeting everyone and accepts all the attention as her due, as I write she is cooling off on the decking along with the rest of the 'Crew', 'The Duchess', Sophie insisted on having a basket to recline in, the rest are quite happy to lay on the deck, even Sybil which is quite surprising. Another Show soon, so lots more news to come.

Right, now my turn to cool off too, I will send photos of Sybil with her rosette and prize and an envelope for their return, I can't get the hang of sending them yet, well I can but the size is anyone's guess, I will get there sooner or later. Still going over different options for the PAT DOG visits and someone to take us, let you know what happens, Marisa has told me that she will be on holiday at the beginning of August and that Hayley is too busy now to cover, I will be ok. As for the hours, they will sort themselves out, I am still not too good, so have to take each day as it comes at the moment, anyway back soon, photos will be on the way, take care,

Very Best Wishes, Sandra and All at 'Haven Lea'.



Everyone from the Haven Lea Crew says "Happy Christmas" Sandra, Sybil, Matty Yum Yum, Upsy Daisy and Tigga.

"My loving dog"

by
Hannah Hilda Busby age 21

Hi my name is Hannah Busby and I live on a farm with my mum and dad (Jeanie and Brian Birch) about eight years now. My dog name is cracker and she is funny sometime like putting her paw up for some meat or biscuits when I feed her every afternoon from her walk in the fields like three or four fields for a longer walk with me

every day and she is such a lovely dog I have ever had in my life, I went to the dog show on my own in Swarby garden feast across the road opposite where I live on Saturday 12th July 2008 and I had a great time in the dog show with Cracker also Cracker had won first prize in the dog show for best condition and I couldn't believe it. I was so proud of my loving dog because I have trained her how to behave when other dogs are in the show, I told her to sit still and behave sensible with me but she is so funny because I told her that we are going back home to feed her dinner and tea but she just sat there if to say "am bothered to go back yet" I'm enjoying myself. I love my dog very much because she is so cuddly all the time I put her lead on to get ready to take her for her walk in the field and she sometime pull me very hard by the lead I was holding in my hand and I tripped over in the field on the grass.



Party at Jeanie's Farm

Providers and clients had a great time at Jeanie's barbeque lots of lovely food including sausages and burgers made from the farms own animals yummy! After the food Jeanie gave us a guided tour around the farm. Thanks for a great time Jeanie.



Nicky Reeves posing on the farm whilst also auditioning for the Blues Brothers.

New Co-Worker Group

by Karen Worth, Student Nurse

As part of my placement at ASA one of my roles was to set up a new co-worker group which will cover the areas of Boston, Skegness, Louth and Horncastle.

This has involved working alongside Lisa (Boston Area Supervisor) and Dean (Area Manager) to have six training sessions with three clients who have become ASA's latest co-worker group.



Some of the Co-worker group hard at work.

So far the training sessions have been very interesting and have involved discussions about such things as communication, feelings and teamwork. It hasn't all been hard work though, one week we had to be blindfolded and fed jelly! (You will have to join a co-worker group if you want to know more!!)

Sadly I will have left ASA before the last training session so I won't be able to see it through to the end. After spending quite a lot of time with the Boston co-worker group listening to and discussing many important topics regarding ASA and DTP's I am 100% confident that they will do very well when it is time to interview people that could be supporting them in the community.

A very good thing that has come out of the information of this group is the fact that the clients are keen to find DTP's that could mean as much to someone else as the clients DTP's mean to them now.

Well done for all the hard work!

Profile on Diana Martin - Day Time Provider

Hi, my name is Diana, I work as a day time provider for ASA.

I was asked if I would like to support john to continue one of his hobbies, to build a remote controlled aeroplane.

I went to meet john and his wife, Jill, we arranged for me to go to john's every week for 2 hours, we are slowly building the plane.

Another hobby of both john and Jill's, is bird watching, as we sit at the table next to the window, doing the aeroplane, john will say look, that's a [and he will say the name of the bird] that has just come into their garden.

They have a beautiful garden with trees and shrubs, an area with decking and seats on it, also a summer house, lots of bird feeders and a fish pond with some very large fish in it, plus lots of pots with flowers etc.

John is unable to do the garden now so Jill looks after it, and it is a lovely area for them to sit outside to watch the birds and fish from.

Profile on Pam Vickers



Hello.
My name is Pam and I live in Skegness with my dad, Frank. I go out every Thursday with Hayley. We do lots of girly things like shopping for clothes and makeup – we do have quite a giggle sometimes. We're quite well known in some shops now and almost on first name terms with the shop assistants! We normally visit the library and the bakery as well, before sitting down for lunch somewhere and heading back home. We've been really lucky with the weather so far. I worry a bit about being caught in a shower what with being in a motorized wheelchair, but Hayley and I have managed to be prepared with a plastic

bag to cover the control panel and a large broly always on hand! We never leave home without them.

One day we went to the beach and I was really excited to see that the donkeys were there. I love donkeys. Hayley was there with her mobile phone camera and snapped me fussing one of them.

Our day is really packed out now because I've just enrolled on a computer course which takes two hours a week. It was a bit scary at first, but as usual, we managed to find the funny side of something and broke the ice by giggling. Hayley always says "we're a right pair we are" which sets us off again.

I look forward to my days out – there's always so much to do and the time goes so quickly. My dad always manages to get a bit of a break and some peace and quiet too! By Pam Vickers x

Dave and Jo's BBQ 24.07.08

By Andrea Hindle.

The food and drink was really nice, there was hotdogs, burgers, coleslaw, salad, pasta, onions and jacket potatoes

It was a sunny night then it turned cold and windy. It was very exciting to talk to everybody there.



Dave put 'Mr Buttons' the tortoise outside on the flowerbeds.

This photo shows who was at the BBQ.

Before settling on the name of Tiny Tim for his character in "A Christmas Carol," three other alliterative names were considered by Charles Dickens. They were Little Larry, Puny Pete, and Small Sam.



Profile on Sally Wilson

Area Supervisor for Spalding

I have been working with ASA since February 1st 2001 and was the first CCO as the title was then. How the service has grown in that time, especially day time provision. I am supporting 25 providers and about 80 clients. I find the work very rewarding. This year I helped support 2 clients to attend the NAASPS conference and for one it was the first time she had stayed in a 'posh' hotel, she enjoyed every minute of it.

I am single and reached the grand age of 60 this year!! How quickly that has approached. I have 3 children who between them have given me 10 grandchildren and 3 great-grandchildren. Two years ago, I borrowed my daughter's caravan and took 8 of them on holiday. Tiring but very rewarding!!

I like knitting, reading, pottering in the garden and playing Spider Solitaire level 4 on the computer. I find this very addictive and have to limit the time that I play it. I am fond of cats and have one with tortoiseshell markings, she is lovely. She was a rescue cat and I've had her two years.



Some of the flowers and leaflets Sally arranged for the Church presentation

Since living in Spalding I have enjoyed supporting two churches with their flower festivals. This year the theme for one of them was 'helping', so was able to do ASA.

Something you did not know about me. In 1957 I belonged to the Chichester Gaumont Girls Choir and we entered a competition. This was a contest run by the 'London Evening Star' newspaper. We were runners up to Coventry Girls who went on to release 'Little Donkey'. I still have the silver medal, shaped in a star, that I won.

Shopping Early

It was coming up to Christmas and the Judge was in a jolly frame of mind.

"Now then, please tell me, what is the charge against you?"

"I was caught doing my Christmas shopping very early."

replied the man in the dock,

"That doesn't seem like an offence to me.

What do you mean by 'very early'?

"Well, your Honour." said the defendant,

"It was before the shop was open."

Day Trip to York

by Sam Jervis

On Monday 8th September Me, Nigel and Mark went to York. On arrival we went to the National Railway Museum. First thing we had to purchase our tickets to look around the museum and to go on the York Eye We then explored the museum looking at all the different trains which included a Royal Mail train which showed us how they use to sort the mail. There was one train which showed the working parts of the train. We also went on board a Chinese train. We then brought a sandwich and a drink from the museum café. After dinner we went on the York eye to see the view. We went around five times on the eye. Afterwards we continued to explore the Railway Museum. We saw a train which the Queen lived on many years ago. We went on a small train which went up and back down a little track. In the train we sat on a piece of wood. When we reached the other end of the track we got up and turned around. We did the train ride twice. We then continued exploring the museum. Afterwards we went into the centre of York to go the Jorvik centre. Jorvik was the name given to York by the Vikings. Firstly we entered a time machine which took us from the present day to 886ad. We then went on a ride to experience the life and smells of how the Vikings lived. On the ride we had to choose our language to listen to commentary which told us about Viking life. The ride turned around which enabled us to look at different parts of the Viking village. When the ride finished we looked around the rest of Jorvik. We saw a man making a Viking coin which the public could purchased. We then went to the York Minster for a look around. York Minster is a fantastic cathedral. For tea we went to Wackers Fish & Chip Restaurant. We all had Fish Chips and Mushy Peas and a cup of tea. Wackers was voted best Fish and Chip Restaurant in 2007 and we could see why because the meal was delicious. After tea we decided to go to the cinema in Scunthorpe. At the cinema we watched Rocknrolla.



Sam, Nigel and Mark having fun in York.

Conference - by Karen Worth, Student Nurse

Back in February a group of staff and clients attended the Outcomes for Growth conference at Hemswell Cliff.

Clients that are part of the co-worker group (clients that take part in the interview process of recruiting day time providers) were invited to come along to the conference and talk about what their role involves as part of the co-worker group.

The group took part in two workshops which were aimed at showing other companies what the benefits of having clients involved in the interview process are.

The clients, supported by the staff, explained to the workshop group what their ideal DTP would be like by talking about the good qualities a DTP should have and why these qualities were important to the clients.

The staff and clients also explained the importance of the role the clients play when interviewing. The interview is done in two parts: part one is an interview with the manager of the particular area plus another member of the management team, and part two is time spent with the clients. At the end of interviews both the staff and clients get together to discuss their thoughts and observations about each person that has been interviewed.

At past interviews, prospective DTP's have interviewed well – on a scoring system with staff, but didn't do well with clients (e.g. didn't introduce themselves, didn't make eye contact or just didn't interact well) have not been taken on. On the other hand though, prospective DTP's who didn't do very well at the staff interview but got on very well with clients have been taken on.

These examples helped to show the people at the workshops that by involving clients in the interviews could highlight good and bad points about people that sometimes could be missed at just one interview.

Everyone seemed interested in what ASA had to say and also plenty of questions to ask!

Both the clients and the staff said they had all enjoyed the conference day (which I think was helped by all the lovely food and cakes they provided!)

Profile on Maggie Winship

Hello Jigsaw Readers, My name is Maggie Winship and I joined the staff team at ASA on the 6th October, as an area manager for the new area of North East Lincolnshire. I live near Grimsby in N E Lincs and I am looking forward to introducing ASA to the people there. I, like most of my new colleagues have done several other jobs before I came to ASA. Most recently I worked with adults with poor mental health, including people with dementia. I really enjoyed supporting them to voice their opinions and be involved in the planning of services in N E Lincs.

Prior to that I worked for Citizens Advice Bureau, helping older people to access the benefits they are entitled to. This gave me a great deal of job satisfaction. My first experience working in the community was with the families of people with learning disabilities and was lots of fun as well as some hard work.

On a more personal note I can tell you that I am married and have two daughters whom I am very proud of. Gerry has recently got her degree in social policy and Abby is at Hull studying to be a learning disability nurse. My hobbies are gardening, reading and walking my lovely black Labrador dog called Boots. During the last three weeks I have met lots of different people, including the co-workers who interviewed me again. Everyone has been so welcoming and informative during this time that I feel really excited to get started.



Christmas Post



'A woman went into a post office to buy some stamps for her Christmas cards. What denomination do you want ? asked the lady at the counter. 'Good God!' she replied, Has it come to this? I suppose you'd better give me twenty Catholic and twenty Presbyterian.

The day I met my friend the fox

As I drove slowly along a country lane
 I came across a fox so lame,
 I stopped my car and out I hopped
 And down onto one knee I dropped,
 With his eyes half closed and pain upon his face,
 To my surprise
 He looked up into my eyes, and spoke.

Your fellow man in his fast limousine did this deed to me
 Why cannot others be like you and see?
 I, like my fellow birds and beasts
 Have an equal right to live our lives in peace.
 As a tear ran from my eye
 For my friend the fox, I began to cry.
 He told me how he had escaped the huntsman and the farmer's gun,
 But a motor car he could not outrun.
 He asked what happens when all birds and beasts
 Had lost their lives and their peace?

What could I say to this wise old fox
 I agreed, what is mans need for speed,
 But now alas my thoughts and hopes are lost,
 He spoke again, leave me to die,
 You're a noble man to stop and try
 So save your own life now I pray,
 I could not leave, what could I say,
 To save this wise and noble beast
 As then I turned, troubled not in the least
 A speeding car bore down on me
 The driver, he just did not see.

When I awoke a smiling fox was facing me,
 Did you think I would leave a friend such as you?
 To enter this land so fresh and new,
 No motor cars to kill and maim
 No man or beast or bird can be slain,
 For then I knew this was the perfect place
 Where man, bird and beast would be safe.

I should like to:

I should like to see the world at peace,
 No more war, no more death,
 No more bombs and no more guns,
 I should like to see the churches of the world unite,
 Not fight,
 Religion to mean a belief in Christ,
 Not an excuse to use the bomb and gun
 Killing fathers and sons.

I should like the blind to see
 The dawning of a brand new day,
 The deaf to hear
 The sound of songbirds on the wing,
 The lame to walk
 The cliffs and fields,
 The dumb to speak
 And tell us why this cannot be.

I should like the sun to shine
 Even on a winters day,
 And the clouds to stay well away,
 The summer sky to be a brighter blue,
 I should like to feel the gentle breeze
 And to calm the tempest seas,
 I should like to see a greener land,
 No more sorrow, no more tears,
 Work for all, and no more fears,
 I should like to see man live in harmony
 With bird and beast, flower and tree,
 No more illness, no more sin,
 The sick and old to die peacefully.

I should like the world to tell the truth,
 I should like to see eternal youth,
 I should like to see the perfect world,
 I should like these thoughts to be
 Those of a realist,
 But I know this cannot be.

The raging sea

I stand upon this cliff and see
 The raging seas crash in at me,
 There are no ships at which to gaze
 As I strain my eyes into the haze,
 Only the taste of salt and a wall of foam
 And giant waves that heave and moan,
 The waves – the foam – the froth – the sea –
 Who gave all these wondrous things to me?
 As I gaze up into the skies
 I thank my Lord for these my eyes,
 To witness such a fantastic sight
 Surely this must be my God – in all his might,
 I stretch my arms toward the sky
 To thank my God and ask him why,
 We do not listen and learn by what we see
 All I can ask is – Lord have mercy on such as me.

Alive and Kicking - Skegness by Tina Mellors

Alive and Kicking is a social and leisure group for people with a learning disability, I set the group up after I identified a need for a social group in Skegness and the surrounding areas. We now have 40 members so the group has grown from strength to strength. 3 years ago we decided to ask a few of the members if they would like to go on holiday. This year we shall be taking members on 4 holidays. This is an account of one of the holidays which we took 9 members to the Yorkshire coast.

We left sunny Skegness to travel to Hornsea. We stopped off at Grimsby for a bit of lunch and then carried on our journey arriving at Hornsea at about 4pm. The house which we rented had 5 bedrooms, 3 lounges complete with a snooker table, a large kitchen diner, extensive gardens with the biggest pond we all had seen (it was more like a lake) also the whole of the roof space had been turned into bedrooms, so you could say it was huge.

That night after dinner we all went to check out the local pub. We found a nice pub called The Marine. It looked directly out to sea. The next day after a full cooked breakfast we went to Bridlington, a cheer went up in the bus as the sun was shining. We arrived in Bridlington and went on a boat trip, the boat was called the Yorkshire Belle, it took us out to Flamborough Head and to see the lighthouse. On the boat we were serenaded by a man with a violin telling us songs about seaman and there boats. After the boat trip we walked along the Prom and some of the members went on a big wheel which has just been built on the front, it looks like the London Eye but a lot smaller, but on the same principle where everybody sits on pods, you could see for miles. We had a picnic lunch then went to look around the shops of Bridlington. On the way back from Bridlington we called at Flamborough Head for a photo call, by this time the weather had begun to turn and was whipping up a storm, we did not stay too long.

Day 2. Went to Edna camp which was an old prisoner of war camp, the camp still had the original huts which have been turned into museums telling the story of the war. At lunchtime called which was a picnic and then we sat and watched a show at Eden Camp. After dinner went for a drive into the countryside which was just an excuse to sample a few pubs on the way.

Day 3. Went to Freeport to do some shopping and stopped off at the John Bull rock factory to see how the rock is made, all purchased rock then went to Rose Pottery an early lunch, and then went to Pontefract races where most of the members had a flutter and some coming away with a lot of money.

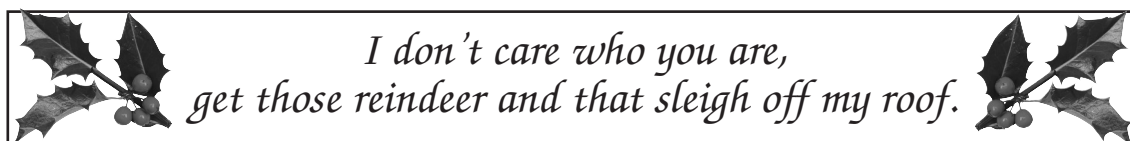
Day 4. Went to Crinkly farm where there was cows, pigs, goats and rare breeds of sheep, I wanted to bring one home but could not smuggle it into the bus, on the way back we stopped off at Mr Moos where they make there own ice cream, all the members sampled the home made ice cream with delightful ice cream like strawberry shortcake, gingerbread man and cookie crumble. At night we went to the Black Horse at Atwell for a meal and the Swan Inn at Seaton for a pint or two.

Day 5. Got up bright and early for a trip to Scarborough for last minute presents, walked up and down the steep streets and then on a cable car to get to the top of Scarborough, we all had fish and chips overlooking the sea, that night we all stayed in and watched the football.

Day 6. Today we were going to a farm museum, on the way there we went through Beverly where part of Beverly is given to farmers so that they can graze their cows, so as you are driving along there will be cows in the middle of the road and you have to sit and wait for them to move which could be ages. At the farm museum they have built a Viking settlement and a roman settlement, spent the morning looking around and then drove to a lavender farm, stopped off for cakes and coffee and to look around the farm, the smell was amazing, on the way back we found Castle Howard so a photo opportunity and to look around the grounds.

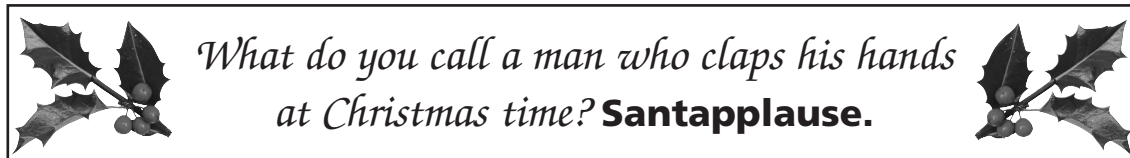
Day 7. Homeward bound another holiday over, next stop Magaluf

If anybody would like to be put on the mailing list for next years holiday please email me at lumley76@hotmail.com or phone 07099275119.



Grimsby Open Day

Some of you may already know, but ASA are currently developing services in the North East Lincolnshire area. We have a new office in Grimsby, a new Area Manager in Maggie Winship and work is coming in thick and fast. The picture shows some of the staff team that attended an open day at the St James hotel in September. Thanks to Brian from Grimsby for his contribution. We hope he had fun and enjoyed his lunch. Finally, there was also a big article in the local newspaper to help recruit new providers in the area.



Second Chances

by Hayley Nixon

Rosie had picked a perfect time to die. It was a warm afternoon, complemented by a gentle breeze. She wasn't particularly ill that day, but something had told her it was time to join her husband on the other side. All instructions had long since been arranged with her Godson, Jamie, and each of her beloved cats had been given a special treat of fresh cream that morning. She walked to the fragrant buddleia at the end of the garden and smiled at the nestling butterflies, then bent down to touch the earth. Frank had asked her to sprinkle his ashes there almost six years before, as it had been their special place. Rosie strolled back to the house and paused thoughtfully in each room remembering times past. She entered the bedroom and lay on the bed, releasing a contented sigh. The old woman closed her eyes and willingly entered into the bright tunnel she'd always been curious about.

It was strange that the cats could see her ghostly figure standing in the lounge. She had never believed in all that ESP stuff before, but now she was actually witnessing it. They knew she was there – their eyes had acknowledged her presence and it was comforting while she adjusted to her new, transparent form.

The mourners who had just attended her cremation arrived back at the house for a chat with Jamie and the vicar. Her colleagues from the animal protection group were there, and she noticed that the R.S.P.C.A. inspector had put in an appearance too. He was enjoying a chat with Jamie and the vicar. Everyone looked uncomfortable dressed in black as the sweltering weather persisted, but no-one complained.

As Jamie closed the door to the final guest, Rosie felt proud of how her Godson had handled the whole affair. She watched him walk over to the urn

which contained her ashes, and felt like an excited teenager as she anticipated being with her husband again! "Sorry about this Rosie," he said, and dropped the urn into a box which contained her old photographs. She watched confused as he picked up the box, turned out the lights and slammed the door behind him.

A night of unrest followed as Rosie paced the house. It had been agreed that as soon as the mourners had left, Jamie would scatter her ashes under the buddleia. Why had he taken them away? By the time the sun had begun to rise, she had reassured herself that he would be back today to carry out her final wishes. "He won't let me down," she told herself. Her smile returned, when from the bedroom window she saw his car pull up, so dashed downstairs to meet him. Much to her dismay, he'd arrived empty handed. The loud rat-a-tat on the door a while later made her fearful although she didn't know why. She relaxed momentarily when she recognized the R.S.P.C.A. inspector. "He's probably checking on the cats," she thought. It was when they started to bundle them into individual carriers that she realized what was happening. "Don't worry cats, you'll have a nice new home soon," the inspector said kindly. Rosie couldn't bear it. "You said you'd stay here and care for them!" she yelled in vain at Jamie. She returned to the bedroom and watched through the window until the last cat was shut into the van. "Goodbye my babies," she whispered as it drove away. "I'll never forgive him for this," Rosie added bitterly. She watched Jamie get into his car and disappear down the road, then spent the next few weeks crying and pacing around the all too quiet house full of memories.

One afternoon, a rumbling from outside caused Rosie to dash to the window, where she noticed a large lorry had come to a standstill. Two men walked down the path and to the front door. She heard the key turn in the lock as they let themselves in. It

was plain enough who they were, when some time later, the last of her furniture had been taken. The key came through the letterbox and landed on the floor with a clatter as the removal men left her home for the last time that day. She searched the house looking for signs that she had lived there, but there was nothing – any shred of evidence that she had ever even lived had gone.

Rosie saw numerous sunsets before she left the house, when she'd decided there was nothing to keep her there. She found comfort in the garden, reminiscing the days when she and Frank would sit by the buddleia together, watching and laughing as the cats chased and stalked butterflies. She didn't move when her thoughts were interrupted by voices. She watched and listened as Jamie approached with some men. "Just rip the lot up lads, except that bit of greenery there, then concrete the rest – it's easier to manage than all of this garden." With that, he left the workmen with their diggers and skips to destroy all that was left. She watched machines tear up rose bushes, trees and flowers she'd spent years nurturing with Frank. Over and over she tried screaming at them, but to no avail. If only they could see her like a cat could, then she would frighten them all away. All at once, the day arrived when they had finished.

She walked the length of her once beautiful garden and shook her head in disbelief. The result was devastating – it was a stretch of concrete from front to back. How could anyone prefer this ugliness to the little Eden she and Frank had created? "At least he left a few butterfly bushes – but for how long?" she snapped with her newly acquired pessimism. She could tell from the nip in the air that summer would soon be over and she felt frightened of the approaching new season. In all her 93 years, she couldn't remember a time when she'd felt as miserable and lonely as she had done in these past couple of months as a ghost. "If there's a God for

ghosts," she said aloud, "then please help me."

The click of the gate the next morning caused her to stand and investigate who was visiting. It was a man with a large board which he immediately set about fixing up. "Probably a For Sale sign," Rosie muttered. It had never crossed her mind until now that someone new might move into the place. "I just hope that whoever buys it has a cat.....at least it will see me." She watched the man leave after a short while, then Jamie arrived. As he came down the path, he saw the board and smiled.

"Yes! You finally got what you wanted didn't you? Did a good job of deceiving me out of pure greed" Rosie sneered.

"Jamie?" a voice said. She looked to see the vicar standing there and he'd brought with him some familiar faces that had attended her funeral. "All set? Jamie held out a hand and thanked him and the rest for coming. "Please go inside and get a drink everyone, I'm just waiting for a few more people to arrive," he explained as he showed them in. "Ah, that sounds like them now – excuse me a minute," he said politely and left them talking in the hall. Rosie looked at an old friend who addressed the group.

"It's wonderful, and just what this town needed to put it on the map – not to mention a perfect tribute to Rosie. There were unanimous nods of agreement all around. "That antique furniture he donated raised £1,000 for the church," added the vicar. "Yes and her old clothes raised £200 for the R.S.P.C.A. came another voice. Rosie began to feel ashamed of the dark thoughts she'd had towards Jamie. She hung her head as she followed the excited crowd outside. She was taken aback by the hustling and bustling as people fetched from trucks and lorries. As each hour ticked by, she knew she'd misjudged her Godson's intentions.

Second Chance - continued

A familiar white van drew up and people gathered to help unload it. As the last of the boxes were placed inside the house, Rosie was overcome with emotion as every one of her cats purred and meowed an individual hello as they stared at her through the mesh. She followed Jamie upstairs and was staggered to see that it had been transformed into a homely little flat for him and 'the resident cats', as she'd heard someone call them. There were pictures and possessions she used to own dotted around the place. She felt silly at the thought of sulking down the garden while this activity was going on in the house. She recognized a box he brought out and was moved when he swallowed back

tears as he took her pot of ashes out of it.

Outside, she passed people who stood on the yard observing roomy cages and runs bought with the money she'd left for Jamie. She paused as the R.S.P.C.A. inspector pulled off the sheet from the newly erected sign and announced that he was honoured at opening the Solstice Animal Sanctuary- in memory of Rosie Parker.

As the sun went down on that final day of summer, Jamie whispered an affectionate farewell and released her ashes underneath the buddleia, where after six years to the day, she could be with her Frank again.

Going Out with B

B likes birds first. He also likes planes and mechanical things. We get to go out a couple of times a month and I'd like to share some of the good places we like to go from a Holbeach base.

Peter Scott's Lighthouse walk - Take the first left on the east side of Sutton Bridge. Drive a mile or two with the river on your left and see the boats, some of these are big and impressive. Parking is free at Peter Scott's lighthouse and there are picnic tables round the car park. Walk out to the Wash and look out for the wildfowl. Serious walkers can do the 10 miles to West Lynn but I haven't yet found an easy way back. Note – after the first three benches – there are no more.

Deeping Lakes - On the back road between Crowland and Deeping St James. This is nature reserve created from the old gravel works. The trail is an enjoyable bird watching walk that takes about an hour. There were a couple of cyclists so I reckon it would be fairly wheelchair friendly. Certainly nothing to climb over.

Sandringham Park - We got this wrong and walked the route

backwards but it didn't matter. Very peaceful and calm surrounds with the advantage of a cafe and loos. B found the wooden carvings fascinating.

Pinchbeck Engine - Small museum just north of Spalding with free entry. It houses the old water pump that helped control the water levels. This still works and the very helpful curator was pleased to show it off. They have a collection of the old, mainly wooden tools used for digging the dykes and some used for catching eels and wildfowl. B enjoyed making a rubbing of part of the engine on a specially designed rubbing table. He also got carried away with banging a large hammer on the anvil in the recreated blacksmith's shop. Carers get in free

Long Sutton Butterfly Park - Gentle walks with plenty to see. Spectacles fog up in the butterfly house but soon clear. Beware the ant room! Flying displays get you very close to the birds of prey twice a day in summer.

Sea Life Centre Hunstanton - No rescued seals in the hospital on the day we went but still lots to experience including otters, sea lions and many fish. Cafe there was good.

Welney Nature Reserve - Can't remember how much this cost but it was very reasonable. Nice walks along rivers and dykes with much wildlife to see. As it happened we went when they had a Fen Day of the Old recreation. All the old crafts being demonstrated and old recipes to taste. Punt guns, skating photos, tools were all on show. B joined in with the kids pond dipping. Good food and excellent tea.

Shuttleworth Collection at Old Warden (just off the A1 near Biggleswade) - Planes and aviation memorabilia abound. Beautiful gardens to walk round and connected

to the largest bird of prey centre in the country. I've never been so up close and personal with pelicans! We accidentally went on a Flying day. Wow! Got to go back, worth doing.

Spalding Water Taxi - We made a day of this and the Pinchbeck engine. From Springfields we took the taxi to Spalding £3 pp each way. Took a packed lunch to Ayscough Gardens and had a good walk round before getting the boat back.

B is a member of the RSPB so on Sunday we are going to the headquarters at Sandy. I'll tell you about if you are interested.

At Home Day Service

The At Home Day Service is moving along quite nicely at the moment. A new Area Supervisor has been appointed to continue with the service in the Grantham and Sleaford areas and to develop the service in the South Holland and Boston Area's.

After discussion with relevant professional's it has been agreed to develop the service into the Boston Area as there appears to be a need for the service here as there are limited opportunities in this area.

The At Home Day Service is also looking to recruit and manage its own volunteer driver's in these areas to compliment the service.

Carole and Jackie are busy at present making contact with organisations such as Age Concern, Alzheimer's Society and Social Services to inform them of this new and exciting service.

For Further information on becoming a provider, a volunteer driver or accessing the service please contact Jackie Quant or Carole Drew at ASA on 01529 416270.



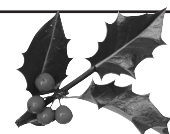
Sleaford & Grantham Providers Area

Had their first long term provider meeting in June. Sharon Thacker, Jeanie Birch, Maria Sleight, Christine Hamilton and Kath Bonsor all met up at the Musicians Arms in Dorrington for lunch and a chat. A good time was had by all and Jeanie offered to have a barbeque at her farm for the next meeting.

Arms in Dorrington for lunch and a chat. A good time was had by all and Jeanie offered to have a barbeque at her farm for the next meeting.



What do angry mice send at Christmas?
Cross mouse cards.



Satan Claws

by Grant Robinson from Gainsborough

It was mid-December, in the town of Anman, and preparations were, well, underway for the Christmas festival. However, Melissa Jones was especially looking forward to this Christmas.

A few weeks earlier she had started having an extramarital affair. She was going to tell her husband, Brian Jones, about it, when he came home from work. Melissa also had a six year old daughter named Sally, who would stay with her and her new man.

Melissa was seated on her sofa, watching the fire crackle and burn – it was an open fire, with a glass of champagne in her hand – to toast her new found success. On a table, beside the sofa, a radio was playing.

It was at that moment when a newflash interrupted the main programme, “Ladies and gentleman, we have just learned that a patient has escaped from a local, mental institute and has been seen in the area. He is dressed in a Santa Claus costume, and is said to have fingernails like claws. If you see this man please ring your local police station.”

Thankfully Sally was already home from school, and upstairs listening to her music or watching TV, Melissa didn't know which. She checked on her daughter, who was watching some cartoon or other; afterwards Melissa went back downstairs and closed, and then locked, the back door, but left the porch door unlocked. Plus she shuttered, and locked, the windows, every one downstairs. Taking a poker from the, round, bin next to the fire she laid it out so the sharp point was being heated by the flames from the fire.

About 5pm her husband arrived home and sat on the sofa, next to his wife. He noticed the half empty glass of champagne, “Bit early isn't it?”

“Not when you're celebrating.”

“And what, my dear, are you celebrating?”

It was then Melissa told Brian about the affair, and how she intended to meet her lover, Jason Cobbs, together with their daughter, and leave the country with him.

“And what will you do if I refuse to let you go?” Brian asked coldly. This,” she replied and grabbing the nearest object in reach, the poker, stabbed it into him.

“Argh,” he muttered then fell back. When she pulled the poker out, of her husband, the point was covered with his blood. Suddenly realising Sally may come down, at any moment Melissa panicked and grabbed a nearby newspaper to clean the blood off the poker; once this was done she replaced the poker in the bin from where it had come from.

Next she pushed Brian's body from the sofa onto the, white, rug on the floor; she wrapped the body in the rug, after first extracting Brian's car keys from his suit jacket. Heaving the body to the foot of the stairs she called up, “I've just got to go out to the car, I won't be long, and for goodness sake don't let anyone in till I return.”

"Okay mum," shouted down the six year old. Realising the sitting room door was still open, exposing evidence of her guilt Melissa, nimbly, stepped over the dead body of her husband, closed and bolted it; thankfully Sally wasn't yet tall enough to undo the bolt.

Melissa dragged the body out to the car, unlocked the boot, and, using all her strength, lifted the rug, containing the body and dumped them both in the boot, of the car; closing the lid, a big smile crept onto her face, she'd gotten away with the ultimate crime.

Upon returning inside the house she heard silence, "Sally," she shouted, bounding into the corridor, "where are you?"

"Here I am mum," her, six year old, daughter replied; it was then Melissa realised what she was doing, unbolting the back door; she'd only had time to slide the lower bolts into place – she should have started with the upper bolts

"No!" her mother shouted, in panic.

"Mummy, Santa Claus is outside and he looks cold, I'm going to let him in to sit by the fire." Melissa watched as Sally drew back the last bolt and the door was opened by someone on the other side.

APOLOGY – in the last edition of JIGSAW, I missed off the last sentence of 'The Monkey's Paw' story, which was "disappeared into the night". Sorry Grant.

Trip to Cleethorpes

by Sam Jervis

On Tuesday 19th August, Nigel and Mark picked me up at 10.15am. We then went to back to Nigel's house to meet up with Steph and Grant who was waiting in her car. Steph followed us to the seafront at Cleethorpes. First of all we went on the arcade machines. I had some 2ps that I got rid off. I also changed some 1ps for 2ps which I also got rid off. For dinner we all went to the Beach Front restaurant. For my dinner I had a beef burger with cheese and bacon. I also had a cup of tea. After dinner I purchased some Vanilla Fudge. We then went for a walk along the seafront. Afterwards we went to the bowling alley to try and get a game of Tenpin Bowling but it was very busy. We went to the cinema to see what was on. We decided to see Mamma Mia. Since we had time before the film we had a drink. The film started at 3.35pm. I enjoyed the film and I was singing to most of the Abba songs. The film is about a girl who gets married. The girl is unsure who her father really is and invites three guests who could be her father. The film stars Pierce Brosnan. After the film we decided to come back to Gainsborough. Steph and Grant went home. Me, Nigel and Mark went to the Trent Port for tea. We then went to the bowling alley in Gainsborough and had two games of Tenpin Bowling.



*Who used to take presents to the famous detective,
Sherlock Holmes? **Santa Clues***



Cooking Tips

Shane Osborn, Pied à Terre, London. By the time it gets round to Christmas Day most people have had three or four turkey dinners already, so we keep it interesting by doing all the classic vegetables but with a twist. Rather than boiling cauliflower we do cauliflower gratin. The same with the broccoli - we cook it in the usual way but then grate parmesan over the top with some pine nuts and roast it in the oven. People usually hate brussel sprouts so we cut them into quarters and separate each leaf, which we then blanch. To finish we throw the leaves into a hot wok with a bit of bacon and you get this really green and vibrant dish. You could also try roasting squash and pumpkin cubes, throwing over some honey, a bit of cinnamon and seasoning. Finally, rather than boring old carrot batons we do a carrot and parsnip mash with a bit of cumin thrown in.

Simon Gueller, The Box Tree, Ilkley. The best way to avoid dry turkey is to regularly baste the bird and, for my method, the only extra thing you need is a piece of muslin. I mix fresh thyme, garlic, sea salt and pepper with butter to create a smooth mixture that can be spread evenly, all over the turkey crown. If you want you can also add other flavours like grated black truffle, white truffle oil or lemon zest. Then cover the crown in muslin and tie in place with string. Start cooking at a lower temperature: most of the cooking can be done in a low oven at around 120°C, increasing to 160-180°C towards the end. You get moister meat if you cook lower for longer. Baste over the muslin every 20 minutes while cooking and, as you do this, the muslin acts as a wick, holding the moisture and leaving you with a juicy and succulent main course. To get the skin brown and crispy simply take off the muslin 20 minutes before the end. Also another tip for good crispy skin is that instead of covering the turkey in bacon from the beginning, add it after the skin has crisped up.

Angela Hartnett, The Connaught, This year why not try and avoid that horrible bloated feeling that you can get after Christmas dinner? One thing that can help is to serve a salad in between the starter and main course. It cleanses the palate and gives you a break so you don't feel as if you are continuously stuffing yourself with meat, which is what leads to that very uncomfortable feeling, especially when you are not used to eating that volume of food. My aunt does a chicory and orange salad with a few mixed leaves and radishes - we all have a little bowl to break up the meal and it is lovely.

Eyck Zimmer, The River Restaurant, Lowry Hotel, Manchester. Christmas should be about spending time with family and friends, not being hectic in the kitchen, so my advice is to sit down and plan your meals. Try to create a menu where you can prepare at least some items a day or so in advance so you only have to worry about the turkey and the vegetables on the day. Make sure that you have all the right equipment and ingredients, avoiding the classic mistake of finding you don't have a big enough roasting tray for the turkey. You can even plan what to do with leftovers to prevent wastage - everyone gets a bit tired of turkey and cranberry sandwiches, so why not make some bubble and squeak fritters? You can use pretty much any leftovers - leeks, onions, brussel sprouts, bacon, cabbage, a couple of chestnuts, anything really. You boil up some potatoes and mash them in with the leftovers, shape the mixture into little circles and pan fry on both sides in oil or goose fat, and finish with a little leftover turkey on top.

Tom Norrington-Davies, The Eagle, London EC1. If Christmas dinner was just a slice of pheasant and loads of bread sauce then that would be me happy. There is absolutely no reason to make bread sauce out of a packet and if you make the real thing you will never go back. Just cut an onion in half and chuck it in a pan with a bay leaf and some cloves. Pour over just enough milk to cover the onion and simmer it until the onion is tender enough that you can squash it with a spoon, then take out the bay leaf and cloves. Add about four slices of good bread - ciabatta makes fantastic bread sauce but sourdough bread is my favourite. Then simply blitz it in a blender. If it looks runny don't forget that the bread carries on absorbing so it should stiffen up.

Simon Rimmer, Greens, Manchester. Cooking for a vegetarian guest is not just about providing an alternative to turkey, but making sure the rest of the meal is accessible. Instead of goose or duck fat, potatoes roast just as well in olive oil. Just before you serve them, toss them in a bit of butter and a touch of paprika, which gives them a wonderful smoky flavour. To make great gravy, fry some onions very slowly to caramelise them, add a tablespoon of tomato puree and cook for about 10 minutes. Pour in a good glug of madeira, bring to the boil and reduce to almost nothing. Add a good glug of red wine and some vegetable stock from the supermarket and again bring to the boil and reduce by half. Either serve it with the onions or strain it. If you want it thicker, add cornflour and whisk in a bit of cold butter at the end- it gives the gravy a beautiful glossy finish.

Profile on Paul Barrass from Louth

My name is Paul Barrass and I live in Louth. I enjoy going jogging and playing snooker. My favourite character is The Incredible Hulk. I went to see the film at the cinema by myself a few weeks ago and I really enjoyed it. I remember watching the programme on the telly when I was a little boy and I've loved The Hulk ever since then. I started doing a gardening project some months back which I've been enjoying a lot. Hayley has helped me to keep a folder with pictures in it to show the progress I've been making. Here's a picture of me holding a big rock I bought – Hayley called me Mr Muscles which really made me laugh!



Last week, Hayley and I went for a long walk to Hubbards Hills which is a beautiful place to visit in Louth. We walked the full length of the park, then we went way, way up through the wooded walk. Here's a photo of me sitting on the bench when we got to the top. We then finished our day as we usually do by having a nice cup of coffee at my house with a couple of cakes to go with it. Cakes are my favourite thing – yum yum!

It is a British Christmas tradition that a wish made while mixing the Christmas pudding will come true only if the ingredients are stirred in a clockwise direction.



Nomination for an Achievement Award

Nominations for achievement awards were requested from all Shared Lives schemes, and these awards were to be presented at the 1st England Shared Lives Conference, Celebrating Success, at Belton Woods Hotel, in Grantham, during the Gala Dinner on 22nd October 2008. As we were going to be hosting the event it seemed only right that we were represented among the nominations, the criteria for which was very broad with the following considerations.

- Innovative, personalised and responsive services that have made a real difference to the lives of people in a particular area
- Carers who have gone the extra mile
- People supported by carers to achieve something they are proud of.
- I think my story covers all of the above!

A practitioner in the physical disability team referred Carol to ASA Lincoln for day time provision in June of last year. Carol was a client with visual impairment who lived by herself and used a guide dog to access the local shop. Carol was isolated through her disability and to some extent it was self imposed as she was hostile to any "do gooding interference" in her life. The practitioner was concerned that Carol did not/could not attend medical appointments including well woman preventative appointments and had a poor diet as she was reliant on the corner shop.

It was a fiery introductory visit but DTP Lorna was up for a challenge and although it was in at the deep end as a new DTP, Lorna had demonstrated some excellent social care skills and a good common sense with her initial

contract. And so we began to offer Carol the opportunity to choose where to shop and experience the thrills of the large supermarkets in and around Lincoln. The 4 hours was soon taken up with Lorna describing the different foods available, some of which Carol had never experienced. Vegetables were absent from the diet, meals had to be microwavable and the corner shop was not known for its cordon bleu menu.

It was going well, the objectives were being achieved but the long term aim was to extend the practical help to include some social element. Lorna established a good relationship very quickly. Carol started to talk about how she felt less depressed on the day she went out with Lorna and Lorna felt that her mood and self esteem would be lifted more if there was a fun element to the day.

Carol said she had always wanted to learn to play the piano, but who would teach a blind person, how she would get to a lesson let alone practice. The challenge was set for Lorna. She trawled through yellow pages until she found a piano teacher who herself had not taught a blind person but was willing to give it a try. Shopping was taking less time so with a tweaking of the hours Carol was able to be supported to have her first piano lesson. The lessons continued and Carol decided to buy a keyboard to practice at home between lessons. Lorna took her around the music shops in Lincoln and she bought a keyboard. Carol needed encouragement as she got frustrated with her efforts but progress was being made week by week.

The piano teacher told Carol that each year she hires a baby grand piano and organises a concert in which her students have the opportunity to take part, the student can choose a piece of music they would like to play and

invite family and friends to attend. Carol's family history has separated her from her father for several years but she wanted to participate in the concert and told Lorna that her father had always wanted her to play the piano and his favourite piece was 'Over the Rainbow'. Around this time Carol heard from her father and she explained that she had taken piano lessons and was taking part in the concert. He said that he would travel from his home town of Hartlepool to see her achieve her ambition. He had not visited for several years. On the

day of the concert her father and Lorna were in the audience and Carol took the stage to play 'over the rainbow'. She announced her piece adding 'this is for you dad'. She played faultlessly with both hands to huge applause and not a dry eye in the house.

ASA is not an ordinary service it is an extraordinary service that changes peoples lives!

Karen Norwood
- Area supervisor

Interesting Info – Bus Pass Scheme

From 1st April the new National Concessionary Bus Pass Scheme will entitle pass holders to free local bus travel anywhere in England. To qualify you must be 60 years of age or have a disability as defined in The Transport Act 2000. You will be able to travel between the hours of 9.30am and 11.00pm throughout the country but local concessions may start earlier. At weekends and bank holidays free travel is available all day.

The Pass is issued free of charge and you apply to your local Council.

Fred: *What kind of Christmas did you have?*

Tom: *Oh, the same as last year, thirty minutes eating turkey, mince pies and Christmas pudding, followed by three days in bed recovering.*

People with Poor Sight

There are up to two million people in the UK who have a visual impairment. Most use the public transport system, roads and paths the same way as sighted people do.

Sometimes people with poor sight are faced with obstacles that sighted people would not consider as such. These can often cause injury or distress.

Such hazards can include:

1. A car parked on the pavement.
2. An overhanging tree from a garden.
3. "A boards" outside a shop.
4. Cycles left on the pavements and partially obstructing shop doorways.
5. Bin bags and wheelie bins carelessly placed.
6. Dog mess.
7. Equipment left on the paths by workmen.

IMPORTANT NOTICE

Just to make everyone aware, the ASA area office at Orchard House, Lincoln is moving. Where to? I hear you ask ...well I'll tell thee. The new Lincoln Area office will now be at Greetwell Place, 2 Limekiln Way, Lincoln LN2 4US
Tel: 01522 512 552

Profile on Carole Drew

Hello every one. I would like to introduce myself. My name is Carole Drew and I am the new area supervisor for The At Home Day service for Grantham, Sleaford, Boston and Spalding. I have been here for 8 weeks now (time has flown) and I am really enjoying meeting you all and working along side very friendly people.

Before I joined ASA I worked for South Kesteven District Council in Grantham as a Scheme manger. I managed two sheltered housing complexes for vulnerable people. I had 66 properties and over 80 people that required support. As you can imagine it kept me busy however I enjoyed the challenges that I faced on a daily basis. I had always wanted to work within a service for people with dementia and I saw this role. And now I'm here.

Outside of work I am kept busy with my 12 year old son, my husband and two stepsons who are 13 and 16 (I'm surrounded by males help). I do have a year old god-daughter who I adore and hopefully will keep me being girly. I am on the carnival committee in Grantham which is a two day event every year which includes a parade of floats and marching bands through the town, stalls, an arena with entertainment, live music at night and anything that will be of interest for the people of Grantham. As you can imagine this takes a lot of work to organise and to raise funds throughout the year.

Our household is football mad and follow Leeds United. To stop being the odd one out they have got me interested in football and now I'm a supporter of Leeds for my sins (no jokes on how bad we are please)

Well that is all I can think to say about myself besides that I look forward to

meeting a lot more of you and just to say a big thank you to everyone at ASA for the help and support that they have given me especially Jackie for her patience and time during my induction. And by the way if I am running late for an appointment do not worry I go round the houses to get where I am going to!

Profile on Shelley Haigh

My name is Shelley Haigh and I am very lucky to have joined Adults Supporting Adults. Unfortunately this is only for 100 days as I am a student at Lincoln University. I am in my second year studying for a Social Work degree. I have had many years experience in dealing with challenging behaviour for several organisations. I joined Adults Supporting Adults in September and I am currently working alongside area manager Richard Brown-Warr who is in charge of Respite services. I am enjoying learning and meeting all involved with Adults Supporting Adults and learning all about adult services. I will go back to University in February and try to remember all the great things I have learnt and experienced during my time here and hope to implement this into becoming a good practitioner. To all of those I have met thank you for your support and insight into adult care. I hope to see you all again soon.



**'The Cheeky Girls'
in action at head office,
Carole (left) and Shelley (right).**

Notes from the Chief Executive - Trixie Bennett

Hi Everyone, where to start – summarising a year that seems to have gone so quickly! Just a few things to bring you up-to-date with the changes this year.

We have now moved into new offices in Grimsby and celebrated the launch of ASA services in the area with a launch day to meet and greet new providers, colleagues and introduce Maggie Winship (new Area Manager). This went off extremely well all down to a team effort, which was held on 23rd September 2008 in Grimsby. A big thank you to all Clients, Providers, Staff and Directors.

Now what next.....A further growth in At Home Day Service means we have been able to develop this very successful service in the South Holland area of the County. We now have a new team member in Carole Drew who is supporting Jackie Quant. So watch out for more information on this as we prepare to launch the service early 2009 in Spalding.

ASA welcomes both our new members to the Team and look forward to hearing about the developments each of the roles in future editions of Jigsaw.



We have recently at one day's notice had a full CSCI inspection which demonstrated ASA at its best. To see Staff, Providers and Clients come together to meet the requirements of such an event and ensure the usual work of the service continues to warm the heart. Once again a huge thank you to everyone who went that extra mile that day to meet our deadline. We have not as yet had the formal feedback but feel very comfortable with how the day passed – fingers crossed!

We have also been recently involved in hosting this year's NAAPS – Shared Lives Annual Conference. Held at Belton Woods in October, it proved to be a fantastic success culminating in a celebration of good news stories from around the Country being recognised and rewarded. We have now set the template for future conferences which hopefully will be fun, informative and celebratory all at once!

Through all of these events, the one occurring theme for me is everyone's passion to always do the very best for ASA. Without the flexibility, teamwork and commitment of all those involved, we could not have achieved such a standard. So a very big heartfelt thank you to everyone of the Team: Clients, Providers, Staff and Directors, who are always stepping up to the plate and supporting ASA.

I guess before the next edition is due I ought to stop babbling on and let you read the rest of this fabulous edition of Jigsaw. May I on behalf of everyone at ASA wish each and every reader a sincere and peaceful Christmas and we look forward to all the new challenges that 2009 has to share with us.

Very best wishes
and seasonal regards Trixie

HELPFUL TIPS

ICE – In Case of Emergency

The word ICE is a national campaign being championed by the Emergency Services.

Programme the word ICE into your phone contact list, with the phone number of the person you would want to be contacted In Case of Emergency

Emergency Services would go through your phone at the scene of an accident and contact this person.



Free Cinema Ticket Scheme

There is a national card that can be used to get a free cinema ticket for a person accompanying a person to the cinema.



To apply for a card you need to meet one or more of the following:

- Be in receipt of Disability Living allowance
- Be in receipt of Attendance allowance
- Be registered blind.

This card is valid for 3 years from the date of issue and application forms are available from participating cinemas across the UK.

You can print this form off from www.ceacard.co.uk



Did you know?

Do you have a photo card driving licence?

Remember you have to renew this every 10 years and there is a cost to this.

If you don't, this will affect your car insurance.

Have you moved house?

If YES – change your driving details No cost to change from a paper to photo licence.

You could get a fine if your address details are not up to date.

by Vanessa Cowling from Gainsborough