

jigsaw@asaw.org.co.uk



ASAW

**adults
supporting
adults**

Notes from the Chief Executive - Trixie Bennett



What's new in ASA?

It's always a great time when reminded that I need to write my piece for the Jigsaw because it causes me to reflect on what we have been doing since the last time we met.

I know it has once again been a busy time, we have seen demand in our resources increase and happily we continue to meet the changes happening to our sector positively.

You may have heard about the biggest change in how people achieve their personal outcomes.

Its Individual Budgets (I.B)! **'Coming to someone near you soon!!'**

Lincolnshire County Council have committed themselves to offer this to all clients by January.

What is I.B you cry?

Well an I.B is developed from an assessment process known as the RAS (a series of questions) which helps to identify the client's needs and specific outcomes they want to achieve. Each of these questions has a scoring system which translates to an amount of money which ultimately becomes an Individual Budget (I.B). This I.B is to be used to enhance and support the identified needs resulting in promoting a quality, choice and an independent supported lifestyle.

This will not directly affect the delivery of ASA resources but will have a positive impact on Individuals choice in how they meet their needs. As ASA is a person-centred service we have been focused on meeting people's personal outcomes for many years.

I hope in the next edition we will have some real examples of how ASA is supporting people to make real choices by using I.B's.

If you are already working with someone who has an I.B how about letting us know if anything has changed in the way you support your clients? Or what positives you have noticed.

If you are receiving a budget we would love to hear from you or your families on the impact IB's have made on your life....good or bad.

I hope you enjoy this edition of Jigsaw once again many people have been working hard and putting pen to paper.....as you read this you'll see particularly Andrew Hawkes – its rapidly becoming the A.H Jigsaw!!

Sorry Andrew only kidding – You and Steve did us all proud at the Conference it's a pleasure to work with you – but a few more people would be great. I hope it's not too early to wish you all a Happy Christmas and look forward to an exciting New Year.

Best Wishes Trixie

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Thank you to Jean Scott and Co. from Boston, for the many fun puzzles they supplied, which you will find throughout this edition.

**You can now send you articles and pictures directly to the editors
at jigsaw@asaorg.co.uk.
Don't forget to visit our website at www.asaorg.co.uk**

Hello Everyone

Some of you will be aware that Adults Supporting Adults accesses Supporting People funding for some of our Extended Stay Placements. This funding is available from Central Government in the form of a grant from the Department of Communities and Local Government.



The purpose of this money is to support people to maintain their independence in the community, for example, guidance and support with benefits, assistance in maintaining their tenancy and advice about accessing other services.

To retain the contract ASA has with the Supporting People Team in Lincolnshire, we are reviewed annually. This takes up to three days, visiting clients and providers and spending time with the Senior Management Team to discuss how the organisation is managed.

This year ASA received 5 A's, which is the highest award available, of which we are very proud.

There are many administrative tasks that have to be completed to retain this contract, one of them a questionnaire that is sent out to providers and clients every three months. This information is then transferred to the Supporting People Team on a quarterly basis.

Thank you to all those providers involved in ensuring this information is sent back to us, without this support it would be difficult for ASA to collect the correct information.

Supporting People is an important and valuable contribution to Extended Stay Placements enabling greater financial autonomy and independence for the individuals involved.

Jayne Marsh - Operations Manager

Shared Lives carers receive accreditation

ASA (Shared Lives in Lincolnshire) have been trailblazing on Shared Lives carer accreditation and now have their first batch of accredited Shared Lives carers. The accreditation scheme is a new way for schemes to provide extra training and recognition for experienced Shared Lives carers, who keep an Evidence Log on the twelve Learning the Ropes modules with the support of our accreditation associate Christine Lawrence.

Shared Lives carers involved say that the process has been reassuring, confirming that they were undertaking their role professionally and giving them the opportunity to get together with other providers to share experiences. Completing an Evidence Log will be an expectation of all new providers joining ASA, although it will be up to them whether they wish to apply for the full award. Extract from NAAPS (Shared Lives) newsletter www.naaps.org.uk.

The photograph shows 5 of the 7 providers who were presented with an ASA certificate of recognition by the Mayor of Sleaford at the ASA celebrating success conference, which was held at the Bentley Hotel, Lincoln on 17th March 2010.



The awards were formally presented by Alex Fox to Helen McDonald, who represented all 7 providers, at the NAAPS (Shared Lives) Conference in Newcastle in November.



Welcome, Alex Fox



On 17th August, Adults Supporting Adults had a visitor to our Sleaford office. Alex Fox, who is the new Chief Executive Officer of NAAPS (Shared Lives), came to spend a few hours with us. Alex had only been in post for 7 weeks at this time. His previous role was with the Princess Royal Trust for Carers where he was Director of Policy and Communications. Alex is a local, I don't know how he'd feel about being described as a yellow belly but he was born very close to the Cathedral in Lincoln, and grew up in a village outside the city.

Alex had the opportunity to meet some clients and providers who told him about their experiences of Shared Lives and what a difference Adults Supporting Adults has made to them. Thank you to Michelle, Julie, Kevin, Marie, Nick and Andrew for their contributions. Following the day Alex sent us a message saying "I very much enjoyed my visit to ASA and meeting the team, carers and people who use ASA's services. I was struck by the dedication and the sense of everyone involved being a team, or as one person who uses ASA services put it, more like a family. ASA is a great example of the difference Shared Lives can make to people's lives and of how much value a Third Sector organisation can add to delivering a service." To see what else Alex had to say, then visit his blog at <http://alexfoxblog.wordpress.com/>

For those of you who are still unsure, NAAPS stands for the National Association of Adult Placement Schemes. NAAPS represents the interests of all those involved in Adult Placement and works to promote and maintain high standards of practice in the field, offering advice, support and training to new and existing Service Providers. NAAPS believes that its members are the very best source of knowledge and information. NAAPS is able to put members in touch with one another in order that they can share ideas and expertise. (They also offer some great deals in insurance.)

Anyone wishing to join NAAPS can contact them directly using the details below. An application form can be downloaded from the website, or you can ask your Area Manager or Area Supervisor, and we'll happily provide one to you.

6 The Cotton Exchange , Old Hall Street , Liverpool L3 9LQ Tel: 0151 227 3499
www.naaps.co.uk

A Fox in the Forum

Not one to miss an opportunity to sing our praises, we had some encouraging praise from the new Chief Executive of NAAPS (Shared Lives), Alex Fox. An informal chat and luncheon was held on the 17th of August to inform our guest on the method and approach of ASA, and how our approach to supporting our clients is leading the way for others to follow.

It was a mixed affair with clients, providers and our illustrious leaders, all mixed in a crescendo of chat and food. I must confess I made sure I got my penny worth in, even Dean and then Trixie had their work cut out winding me in. But none the less the event went extremely well and when the Forum was mentioned, Alex was interested in its function and the role it played amongst the providers and clients. Even when he attempted to flee, I scuppered his plan (only joking) and highlighted the need for such a forum to provide a voice for providers and clients alike. His feedback was encouraging and he asked me if I could write a piece for the NAAPS newsletter, not too long though, he quickly added.....I don't know what he meant, anyone would think I go on and on and on and on!

Cheers Andrew (Boston) - Membership to the Forum is free with tea & biscuits.

Together is the Way

It's me again.....sorry folks this must seem like the Andrew show, but it wouldn't be if we had a bit more input from you guys. Anyway Dean has asked for a few words from me about the Lincoln Conference that took place last March, ha! A few words he said....I don't think so!



As you may or may not be aware of, The Providers Forum was asked by our illustrious leader to M. C. the "Working Together, Achieving Together" conference, and we accepted the invitation with our usual enthusiasm. It was decided that Steve H and I would do the front of house and other members of the forum and willing clients would be meeters and greeters. The proceedings started on a light note, Nick Saunders and I organised and chaired the start up quiz which seemed to relax everyone, I'm not surprised really every

table won and scoffed a box of chocolates as their prize, it's not the winning but the taking part we wanted to highlight. Our double act consisted of Steve being the sensible one and me acting the clown, you can see this from my stylish trousers in the photo! We interspersed the conference with work related issues and just jokey tom foolery. We were proud to introduce Trixie in presenting the first ever issued Shared Lives Awards in the country to Jackie Barker, Helen Macdonald, Janet Baker, Nigel Bishop and Kath Bonsor. Two other providers, Rita Barber and Viv Preston, unfortunately did not make it to the conference to receive their certificates. Our congratulations to them all, from all of us.



We got everyone fiddling with their ties after, in an exercise to demonstrate working as a team, you will be pleased to know management were hopeless, it took one of our clients to show how to demonstrate team work....only joking! We were fortunate to have the mayor of Sleaford present and a witty speech was given by Keith Phillips, the chair of Directors from ASA.



Lunch was a welcome event, we were all on our best behaviour, a rugby scrum comes to mind.....but we did eat off our plates. After lunch we had a real treat in seeing the up and coming MiXiT, a mixed group of performing arts students, both able bodied and client based. They did sketches and performed several songs. The content was entertaining and relevant; highlighting people's choices and the obstacles they have to overcome to achieve them. A good slogan made was centred on people making

mountains out of mole hills, unlike ASA that make mole hills out of mountains! The show was a great success and brought the conference to a tuneful end. It's interesting to note that a new performing arts centre is now open in Lincoln, providing the opportunity for local clients to be as equally involved as the MiXiT troop. Well done once again to staff, clients, visitors and guests for making the conference a huge success.

P.S. can someone else M.C. next time!

Cheers everyone from your Forum.....Andrew (Boston)

To be part of the Provider Forum you can come along to our next meeting at Sleaford Office, on 7th February 2011, at 5pm, or contact one of the members below for more details.

Steve Hayes (Chair)
Tel: 01205 361102

John Smith
Tel: 01507 338358

Janet Baker
Tel: 01406 422466

Dave Harrison
Tel: 01522 730923

Helen and Ian McDonald
Tel: 01775 630610

Andrew Hawkes
Tel: 01507 568985

What a Right Jigsaw Feast

Well another good jigsaw get together was held in September at the Oriental Palace, Boston. We thought a Sunday lunch would be a nice change, and everybody agreed it was. Due to holidays and other commitments some of our favourite people were missing, shame really because we had to pay for ourselves.....only joking!

We had a few new members join us for the first time, and from comments made, they can't wait for the next one. It was a real fun day for Brenda, a recently joined client to ASA, "so many nice people" was her comment to me, so we must be doing something right, and she can't wait for the Christmas do. We also had Nick join us, who was keen on meeting new people and was interested in meeting members of the Boston cinema club in the future.

Now for the meal itself, belly buster or what! I think everyone went up more than once, not that I was counting. We had 60 dishes to choose from as well as a selection of desserts. I think everyone got into the spirit of trying the varied dishes, no one asked for pie and chips! That's only because Dean wasn't there! Food flowed freely as well as plenty of chat and laughter. All in all it was a hoot!

Just a reminder to get your Santa hats ready as we're looking at arranging the Christmas meal, this time a lunch instead of an evening meal, so we won't have to brave the cold, icy winter nights. Yippee Christmas is on the way.

Best wishes

Andrew from Boston



Shared Lives Award



Congratulations to all the providers who have recently undertaken, and completed their Shared Lives Award, you will find an article dedicated to this elsewhere in this newsletter.

We are now offering the opportunity to complete this award in its new format, to our most recent providers. Those providers who completed their preapproval training during November 2008, or have completed it since this date, were given an evidence log to complete, at the back of their file. This evidence log will form the basis of the information required to complete the award.

All the providers who have been newly approved between December 2008 and December 2009 must complete this evidence log by December 2010. (Anyone approved during 2010 will be asked for their evidence log at a later date.) We are here to support you with this, and I'm sure your Area Supervisor or Area Manager is discussing this with you during your supervisions. You should have all received the evidence log guidance notes, which have been put together to assist you in this task.

Once you have completed the evidence log, you will then be asked if you wish to undertake the Shared Lives Award, again you will be supported to complete the extra material required for this. In order to register to undertake the award Naaps (Shared Lives) make a charge of £80, but ASA pay half of this for you, so it will only cost you £40.

This is the only nationally recognised accreditation specifically designed for providers who undertake extended stay or respite provision, so therefore we would strongly encourage all of our providers to achieve this award.



Dean



Sue



Sharon



Christine

Boston, Sleaford and Grantham Update

Well we know we say this every time we write something, but just where has the time gone?...it's now November and we are already counting down the days to Christmas. Which reminds me...if anyone has ideas for this year's parties in each of the areas, then please let me know as soon as possible? I think this year we are looking at a lunch time party in the Boston area and in the Sleaford/Grantham area, definitely another venue that's a bit more inclusive. We are aware that we haven't had too many Jigsaw events this year in the area. We understand the Chinese meal at Boston in early September was well attended and we promise we'll get the bowling off the ground again...same teams as last time though. We really would like to look at doing something in the Sleaford/Grantham area, but that will have to wait until the New Year. Unfortunately the Art event that we had planned didn't happen as we couldn't get enough people interested.

We would like to say thank you to all you who attended the ASA conference in Lincoln earlier this year. Everyone we spoke to said they had a really good time, the food was great and wasn't the performance from the drama group 'MiXit' something really memorable. We hope next time round even more providers and clients from both areas can attend. It was a proud moment to see Kath Bonsor, presented with her 'Shared Lives' Award. ASA were the first adult placement scheme in the country to get our providers through the programme. Speaking of training, please keep attending, you know its fun and a great opportunity to meet up with other providers. We have some new training days for the Extended Stay/Respite providers and my congratulations must go out to those Day Time Providers who completed their NVQ2 in Health and Social Care. Before we forget, a big ASA hello and welcome must go out to Robert and Leigh Clarke who have joined us as Respite providers in the Boston area.

We would also like to thank those providers and clients who took part in the Supporting People Annual Inspection. It can't be easy being grilled by the inspector and telling him exactly how you achieve certain outcomes and goals. However, providing a high quality service certainly comes natural to all of you out there, hence us achieving the 5 A Standard, the highest award possible. This

combined with the previous 3 Star rating from CSCI, now the Care Quality Commission (CQC), means there are not too many social care organisations around the country that are held with such high regard.

The area would like to welcome Christine Ducker, the new Admin Support to the Boston area. Many of you have possibly already spoken to Christine over the telephone and you can read more about her in her profile. I know there was relief on Sue's face when I told her we had recruited someone to the post. Would you believe Sue Marshall has been with us for nearly a year now? I'm sure you'll all agree that she has settled in really well and taken on many of the challenges in her stride. We would also like to welcome back Sharon Thacker...we missed you, but it was a chance for me to get to know all of the providers in the Sleaford/Grantham area a little bit more and vice versa I hope. Also, a big thank you to Carole Drew who filled in whilst Sharon was away.

Although it's been a busy time for the staff team as we consolidate practices and implement new paperwork, it has been pretty slow with regards to referrals. This has been because of the transition to Personal Budgets, where clients are given the opportunity to purchase services themselves. Whilst it has begun to pick up in certain parts, it will take time to spread across the whole area. Needless to say ASA are well positioned and have been working hard at developing each resource to meet the new demands out there.

All that is left for us to say is a really big thank you for your continued hard work out there and please keep sending in articles for the Jigsaw magazine. Without your contributions the newsletter would be no more. We hope to see you all at a Christmas party sometime soon.

Kind Regards Dean, Sharon and Sue and Christine.

Profile of Toni Neaverson

Hi Everyone

I'm sure most of you have met me or spoken to me on the phone but as I haven't actually officially introduced myself through Jigsaw, thought I probably couldn't avoid doing so anymore.

So I'm Toni Neaverson, Senior Administrator (I'm not sure if the "Senior" bit of my title reflects my time with ASA or my age) based at the Sleaford office and have worked for ASA since 1992 (about two weeks less than Jayne, quite an achievement in itself! I think we've both become permanent fixtures and must be listed on the inventory as "fixed assets"). Seriously, I really enjoy the contact I have with providers and clients and working with the ASA team.

During the 18 years I've been with ASA I've seen many changes affecting providers, clients and staff some of which have been challenging and at times stressful but most I think have improved the resource we are able to offer and certainly along the way I have learnt a great deal about legislation, regulations and more importantly about people, the best part of the job.

I'm married to Roger and have a big celebration next year (25 years married) and have one son, Michael, now at university but still living at home so he has the best of both worlds. I also have a dog called Ben, a collie/dachshund cross who we adopted from the RSPCA in 1997 and who is 15 years old, although he is now totally deaf he still enjoys his walks even when its pouring with rain or snowing and unfortunately most of the time that is another of my "jobs".

I enjoy my holidays and try to take two "sunshine" holidays every year, I have just been to Ibiza and am going to Portugal in November for my second dose. I also enjoy reading and sport, having been a keen participant in netball and hockey until a serious injury (I did it before Beckham) ended all that 3 years ago, I think the body was trying to tell me enough was enough although the heart would still love to play, but the "Senior" was obviously catching up with me.

Enough about me, hope I haven't bored you too much and I hope I get to meet many more of you over the next few years.



Profile of Shelley Bokestyn

Hello,

My name is Shelley Bokestyn and I am the new secretary in the Spalding office.

I'm 36 years 'young' and live in Pinchbeck near Spalding with my husband and two daughters. I moved to this area from Berkshire in 1986 with my parents. I really enjoy living here and have now built my own family life here. I like to support my local community, school and cricket club. Alongside my new post with Adults Supporting Adults I also work as a part time teaching assistant at the village school.

My interests are mainly my family and friends and I love my family holidays, travelling around Europe and even just days out. I enjoy cooking and socialising with our friends but try and keep a healthy balance with a little bit of keep fit!



I am really enjoying working at ASA and have been made to feel very welcome.

I have previously worked in an office environment but now feel the reward to be a little part in an organisation that supports and makes life a little easier for people.

Introducing Christine Ducker...

I'm married to John, and have been now for 27 years in February, it is a second marriage for both of us. We both have 2 sons who, unfortunately, we do not see very often as John's live in Sheffield and my two live in Surrey. We also have a cat who we rescued 10 years ago.

I have 3 grandchildren, 2 girls and 1 boy 10, 9 and 7 respectively, and I did see them recently when they came to stay for the weekend. My oldest son is due for a visit some time this month. We see my step son when we go to Sheffield and if he is not working.

I don't have any hobbies, but I do enjoy baking, although this is limited really because my husband likes only plain cakes with 'no bits'. I make the most of when my family or friends come to visit, I always make a cake or cakes for them to take home. I also take cakes when we are visiting friends (they prefer these to flowers). The one thing I miss, because I am not working in an office with a lot of people, is Christmas as I used to bake mince pies and sausage rolls by the dozen and take them into work during December, when I left my last employer one of the first things one of the girls said was "whose going to do the baking now".

I enjoy gardening, which is a good thing as I do have a large garden and I can potter around for hours.

I am a sociable person in work but outside of work I'm not very sociable as I do not usually go out without my husband, strange, but I've always been like that, right from when I first started work. My husband and I do everything together and it's something we are happy to do.



Dislikes, that's hard, I do however hate arguments and being around people who are drunk.

My job with ASA has been and is very enjoyable. It has opened my eyes to the work that we do as I did not realise that support was given to the people we help. I was glad to have been offered the job as I have been told that I would be good in this type of work as when I have come across a vulnerable adult in my last job in a solicitors (clients of the family department dealing with children in care, so the parents would come in, in a real state because their child/children had been taken off them) I would listen to them and calm them down when they became agitated. I do hate to see people being taunted or put down because they may be different, we're all the same, it's just that there are others who need a little bit more help. There you are another hate.

Christine

Brain workout

Write as many words that sound the same but are spelt differently and have different meanings – here are some to get you started.

Their – There

Maid – Made

Aid – Aide

Meet – Meat

Tier – Tear

Right – Rite

Just a few words from the Admin Team to update you on what is happening and some changes for the future.



Stephen



Toni



Emma



Richard

Congratulations to Richard Ward Administration Apprentice who successfully completed his NVQ 2 and is now completing his NVQ 3 in Administration.

We have taken on new Secretaries in the Boston and Spalding offices. Shelley Boekestyn works in Spalding on a Tuesday and Thursday, Christine Ducker works in Boston on a Tuesday.

Just to let everyone know some figures for the resources we are providing:-

ASA now supports nearly 270 clients averaging over 4,000 hours of Day Time Provision, 50 sessions of At Home Day Resource, and 6 weeks of Respite per month together with 54 Extended Stay placements which is an expansion on last year's resources despite the current economic climate.

As part of our registration with CQC we are required to carry out annual driver document checks and to have a photograph of all our providers on file. To enable us to comply with these requirements when Area Supervisors visit providers for supervision they may ask for updated driver documents where applicable for our records. They will also be asking some of you for photographs.

The implementation of the Independent Safeguarding Authority (ISA) Vetting and Barring Scheme has been put on hold by the Government. When the Government has decided how this will proceed we will keep you informed about any changes that may affect you.

We would remind all DTP's that timesheets should be in Sleaford no later than the 2nd of the month or the next working day if that falls at the weekend. Under no circumstances should timesheets be faxed through to Sleaford unless in an exceptional situation and with prior agreement from Head Office, the original **MUST** still be sent in the post. This procedure must be followed to enable us to comply with financial procedures for auditing and budgeting purposes, failure to do this may result in reporting inaccurate financial records and a delay in your salary being paid.

Could DTP's also ensure that the box for unfulfilled contractual hours is completed stating whether this is client or provider failure.

THE ADMIN TEAM

INCOME TAX RELIEF FOR SHARED LIVES CARERS

Please find below an extract from the Inland Revenue relating to Shared Lives (Extended stay) income known as the simplified arrangements for adult placement carers.

The tax free allowance will be available per household, and consists of:

- £10,000 fixed amount per tax year;
- £250 per week per placement.

For the further information visit <http://www.hmrc.gov.uk/budget2010/bn27.pdf>

East Coast and Wolds Area update.

Hello again everyone, where has these months gone? It doesn't seem that long ago I was writing the update for the last issue. The more observant of you will have realised that the area name has changed to reflect that Sandi, Roz and I, have now completed the move into the Grimsby office which was mentioned by me in the previous issue of Jigsaw. Some of you have already visited us in our new home here in Grimsby and shared a cup of tea, and an invitation goes out to you all, that if you are passing please call in and see us.

Since my last update panel has approved John and Catherine White, and Bob and Iris Wilson as extended stay and respite providers, and I would like to welcome them into our area. Also I would like to wish Bill and Marie Duce all the best for the future following their decision to resign due to health reasons, and to thank them for their support and hard work during their time as respite providers. I know that they will be greatly missed by all the client's that they have shared their home with.

Marketing is always an important part of our role, and during the summer months Sandi and I have attended a carer's event in Mablethorpe and a celebration of the 10th anniversary of the resource centre where our offices are in Grimsby promoting ASA services to carers and purchasers. I am very much aware and appreciate the support from you all as providers promoting ASA services and recruitment by word of mouth, and through your good work.

Looking further into the year, now that summer is almost over, we will be focussing on the festive season social event, which we are hoping to organise within the Skegness area, details of which will be communicated to you all when all is confirmed.

I know that for some of you times have been quite busy and for others it has been slower, but in general the work load for the area has been gradually increasing. I recognise that this could not have been achieved without all the hard work put in by you as providers, and Sandi, Roz and I would like to thank you all for your continued support and commitment during this period.

I look forward to seeing you all over the next few months.

Best wishes

Richard



Richard



Sandi



Roz

A Bit of Fun

Please send your captions into
jigsaw@asaorg.co.uk
 There is no prize
 but the best ones will be printed
 in the next issue!



Spalding, Stamford Bourne Update

Hello everyone, it does not seem like two minutes since we were doing an article for the last jigsaw magazine. The summer seems to have overtaken us this year and we did not get together during this time. Our Christmas meal will be the next thing we will be organising.

Carole Drew Area Supervisor will be based in the Spalding office by the end of the year; Carole will continue to cover Bourne and Stamford.

Two extended stay providers in this area received their Learning the Ropes Certificate following completion of this training, congratulations to them both.

Dementia training continues to be well received; the next training sessions are to be held in Sleaford. Jackie is to be part of a Dementia Services Pilot which is part of Shared Lives and she will keep you updated with this.

Day Time Provider Appraisals have begun, and for those that have had theirs completed Jackie was pleased to catch up with you again, and for those due she looks forward to meeting up with you.

Sally and Carole continue to be busy getting into contact with local organisations and letting them know about ASA and they are involved in local initiatives such as L.A.G. more details about this below.



Jackie



Carole



Sally



Shelley

Local Action Group (L.A.G.)

The Spalding LAG group now have two sets of the game new Age Kurling and are trying to set up get togethers with other groups to have matches. The game is suitable anyone who uses a wheel chair and Gill Brooks told Sally it is good fun to play. No ice is needed as the 'stone' has ball bearings which help it to glide. Any one interested in knowing more about this or attending the LAG meetings which are held bi monthly, please contact Gill Brooks on 01775 711551

Changing Place facility in Spalding: - Update: Since the last Jigsaw LAG are pleased to say that all the equipment needed for Changing Place Spalding has now been obtained. There is a new Food heritage Centre being built in Red Lion Street Spalding where Changing Place will be located.

It seems that the next time we shall all meet is for Christmas Meals – What a worry, where did the year go!



Word Finder

Using the "T" in every word, how many 4+ letter words can you make?
You can't double any of the letters

Lincoln and Gainsborough News

Hi all, we've been on the move again. You may remember the Lincoln office move, but can you believe that was 2 years ago. This time the Gainsborough office has relocated, to a very nice new building, Mercury House, a stone's throw from Morrison's, so why not pop in if you haven't already been for a visit.

As the last newsletter went to press, we were in the process of taking two new couples to panel, so we need to say a belated welcome on board to Sandra and Stuart Flynn, and to Julia and David Holt, both from Lincoln. Also, welcome to Peter Wilson, who is in placement with Sandra and Stuart. We hope they will all make the most of the opportunities that ASA offers, professionally and socially.

We have also said goodbye to some of our Day Time Providers from the area, they will be sadly missed. However, this opens up new opportunities for others to join the team, recruitment is planned for October, and then we'll be busy with inductions and introductions.

We've also had our usual flurry of social get togethers, we've been for coffee and cake, and we've been ten pin bowling.

We had several providers and clients attend the ASA conference in March, we hope you all enjoyed the day. Congratulations go to Nigel Bishop who received his Shared Lives certificate at this event. And we had the opportunity to say a proper farewell to Mike and Marion Wilkinson, who you may remember from the last newsletter, retired in January, they were presented with flowers and a card, by Thomas and William Morrison.

As a local team we are busy promoting ASA, but especially the Lincoln and Gainsborough area, to lots of local groups, to ensure that everyone knows what we can offer for future clients and future providers. We are always willing to visit more groups etc, if you have ideas of places where we can spread the word, then let one of us know.

Karen, Karen, Vanessa, Kirsty, Sharon



Karen M



Karen N



Vanessa



Kirsty



Sharon

Wise Words

"It is what we make out of what we have, not what we are given, that separates one person from another."

Nelson Mandela, "discussing life"

by Jean Scott, Boston



Dignity In Care Dignity Champions

What is a dignity champion?

A Dignity Champion is someone who believes passionately that being treated with dignity is a basic human right, not an optional extra. They believe that care services must be compassionate, person centred, as well as efficient, and are willing to try to do something to achieve this.

Dignity Champions are willing to:

- stand up and challenge disrespectful behaviour rather than just tolerate it;
- act as good role models by treating other people with respect, particularly those who are less able to stand up for themselves;
- speak up about Dignity to improve the way that services are organised and delivered;
- influence and inform colleagues;
- listen to and understand the views and experiences of citizens.

Champions are all committed to taking action, however small, to create a care system that has compassion and respect for those using its services. Each Dignity Champion's role varies depending on their knowledge and influence and the type of work they are involved in. There are many small things that you can do that can have a big impact on people's lives, as well as taking on a more active role if you have the time to do so.

Dignity Champions include health and social care managers and frontline staff. They also include doctors, dieticians, porters, care workers in care homes, MPs, councillors, members of local action groups and Local Involvement Networks (LINks), and people from voluntary and advocacy organisations. People who use care services, their relatives and carers as well as members of the public are becoming Dignity Champions.

Many ASA members have already signed up as Dignity champions, but we would like YOU to rise to this challenge.

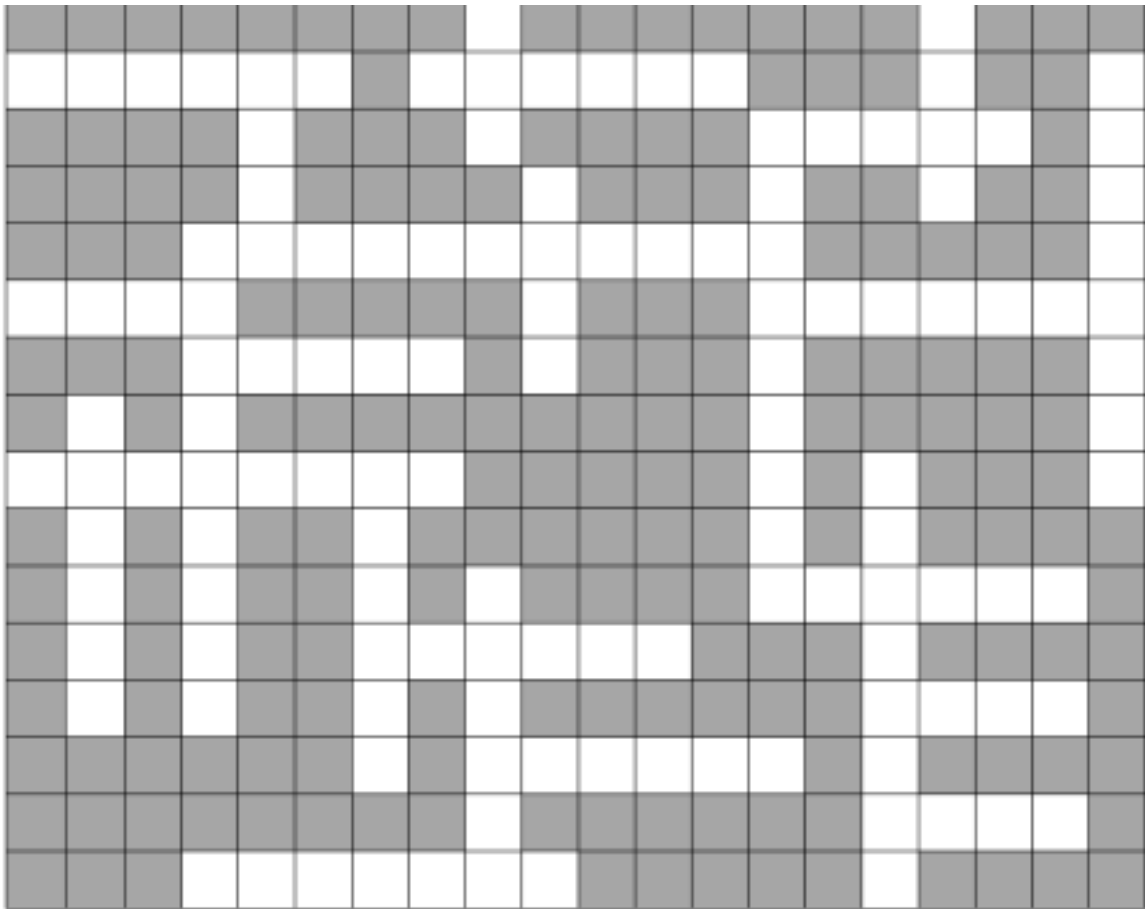
You can sign up by visiting <http://www.dignityincare.org.uk/BecomingADignityChampion/> or telephone 0207 9724007. It only takes a few minutes and will ensure that The Dignity Campaign puts dignity at the heart of care services, for everyone.

Friendship

Friendship buds and blossoms
Like a summer in full dress
Friendship brings a harvest
Of joy and happiness.
Friendship is sustaining
Through winter winds and snows,
Friendship can't be hoarded
By being shared, it grows.

By Jean Scott, Boston

Kriss Kross



Fit the words into the grid.

3 letters

LOG

5 letters

MERRY

ROAST

7 letters

CRACKER

STORIES

9 letters

CHRISTMAS

MINCEMEAT

4 letters

YULE

TREE

WISH

CARD

PIES

NOEL

CAKE

6 letters

POTATO

WREATH

STABLE

TURKEY

DREAMS

8 letters

PRESENTS

DECORATE

10 letters

CELEBRATION

Solution on page 28



Alan Hutchings, Sleaford

My name is Alan Hutchings. In the past I lived in Bedfordshire in a town called Bedford. I lived there for nine years. I had a flat at Beckett Court and I used to go to college where I did a drama course and it was for three days. Also I took part in some plays. One of them was Romeo and Juliet. I was Romeo. I enjoyed playing the part of Romeo because I find it interesting. I moved to Sleaford four years ago.

Roving reporter (AKA Lincoln Day Time Provider, Shirley Strickland) spoke to Darryl Dent.

Shirley: Can you tell me a bit about your life, Darryl?

Darryl: *I trained at Harmston as a nurse. I ended up in West Sussex where I had my motorbike accident. I was also a children's entertainer and at Harmston I was a DJ to save me the slavery of the ward work! That was between 1975 and 1980.*



Shirley: What about your life now?

Darryl: *Nowadays I live with my mum in a bungalow. I go to Ancaster Day Centre three days a week. I enjoy music and curling and am making a helicopter in the craft room. I enjoy playing cards, draughts and connect 4 with Shirley Strickland, my Day Time Provider. On nice days we sit in the garden or go to Boutham Park. Sometimes we take photos. On Thursdays Golan Cameron, another Day Time Provider takes me out in his car to local nature parks, bird watching, aeroplane spotting and for lunch.*

Shirley: How old are you, Darryl?

Darryl: 53.

Shirley: And how old were you when you had your accident?

Darryl: 23.

Shirley: What happened?

Darryl: *The rear spindle on my Norton Commando snapped. The accident was police witnessed and I was told I wasn't to blame.*

Shirley: What of the future?

Darryl: *I have no idea where to but I am hoping to advance to living independently with support. Perhaps sheltered accommodation to give my mum a rest, as she's getting old as quickly as I am.*

Thank you, Darryl, I wish you well for your future – Shirley

Ancaster Day Centre

The Ancaster Day Centre is really first rate.

All that they do there is really great.

I know that for sure

As I go there myself

I never get bored liked nobody else.

The food they serve is truly nutritious

As when you have eaten you'll say, "How delicious".

If you don't believe what I say

Go there yourself

And you'll find Darryl was right

He's ahead of himself.

So don't be dismayed, feel happy and glad

The thing that they don't do is make you feel sad.

All that I've written I know is so true

As I go there myself and I never feel blue.

So try it yourself and you'll really say

Darryl was right. It was a wonderful day.

Poem by Darryl Dent

A Flying Visit!

On Tuesday 10th August my Day Time Provider (DTP), Stephanie Toms, and myself, Grant Robinson, went for a jaunt along the far Trent bank (Trent port side); it is roughly a two mile walk. Anyway we went partway down the path and stopped to eat our lunch, which we had purchased from a sandwich shop – in Gainsborough – a few moments earlier.

After we'd eaten we continued, on our walk, right down to the old shipyard. Stephanie admitted to me that she'd never been down the full walk before. After a short rest we began on our journey back; it was then that we heard, and saw, a helicopter in the distant sky.



As it reached the area above us it started circling, it was then that we noticed the airborne vehicle was yellow, plus we realised it was looking for somewhere to land. Retreating further back we watched as it hovered over a patch of land between the shipyard and our position, and then the helicopter lifted off and circled again. It then came into land, again, and landed about 500 yards from our position; the machine in question turned out to be the air ambulance.

Once the vehicle had landed two paramedics hurried off into the main building while the pilot stayed with the helicopter. He, then, beckoned us over and told us that apparently a bag containing a tonne of bricks had fallen onto one of the workers, pinning him to the ground; about 10 minutes after the air ambulance had arrived a fire engine pulled up and the crew went inside to see if their assistance was required.

Again approximately 5 minutes after they'd entered the crew from the fire engine returned, climbed back into their vehicle and drove away, the two paramedics returned soon after; evidently the worker didn't need medical assistance.

Whilst the helicopter was on the ground we asked the pilot if he would take a picture of Stephanie and me in front of the helicopter which he did.

By now a crowd had gathered on the far bank but my DTP and I had had the best seats in the house. Once the helicopter had taken off we waved it off as it flew away.

Grant Robinson

The sharing of marriage

The old man placed an order for one hamburger, French fries and a drink.

He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife. He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife.

He took a sip of the drink; his wife took a sip and then set the cup down between them. As he began to eat his few bites of the hamburger, the people around them were looking over and whispering.

Obviously they were thinking "that poor old couple – all they can afford in one meal for the two of them."

As the man began to eat his fries a young man came to the table and politely offered to buy another meal for the old couple. The old man said, they were just fine – they were used to sharing everything.

People closer to the table noticed the little lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again, the young man came over and begged them to let him buy another meal for them. This time the older woman said "no, thank you, we are used to sharing everything."

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked "What is it you are waiting for?"

"THE TEETH"

Supplied by Jean Scott, Boston

NAAPS Annual Carers Holiday Ribby Hall nr Blackpool



Monday 20th September saw Dean and me heading off for Ribby Hall for the 6th Carers holiday run by NAAPS. Ribby Hall is a lovely setting for the holiday although Dean and I were fully aware it is a working week for us!

We were to have the Coach House as the base and this is a lovely building with a bedroom each, large dining room, big lounge which is good for the Karaoke sessions, a snooker room and another lounge down stairs.

We met the other people who had come along to support the

clients and John Dickenson met with us all at 5pm with a list of who we would be supporting – not too bad we thought 27 people had put their name down for support. At 7pm we met with the carers and their clients so that they could see who we were. The idea is that we support the clients while the carers attend workshops or alternative therapies. We started at 10 am Tuesday and had about 22 people registered to come. We offer swimming, going for a walk, a quiet area to sit, paint, do a puzzle one gentleman was doing some plastic canvas work he brought with him. The most popular is the Karaoke and Dean excelled as DJ for this!!!



Dean - the Karaoke King

By Thursday word had got out as to the fun that was being had at the coach house with various activities a mean cup of tea or coffee and a place where friends could meet. All in all we supported 123 people over the 3 days and 47 people registered to come!!

Dean and I got in the car Friday morning tired but pleased that so many had been supported this year and had fun. Here's to next year Dean?

Hi everyone!

My name is Wendy. I am 49 years old and live in Bourne. I have 3 children of 24, 20 and 8 – quite an age gap but keeps me young! And a little grandson of 6 months.

I joined ASA as a DTP in January after working as a legal secretary within the Lord Chancellors Department and for Solicitors for most of my working life. After a particularly stressful Friday of Conveyancing work I decided that I definitely needed a change in career and a new direction. Friends and work colleagues were always telling me that I was a "good listener" and "good with people" and should consider working with people in a caring role. After much thought I spotted an advert in the local paper and applied to ASA and here I am!

One of the clients that I work with has vascular dementia, he is a mature gentleman – he really is a "gentleman". We usually go out for lunch and then for a walk. We chat away in the car (he likes to read the road signs) and over lunch. On our "adventures" as I like to call them we have visited Culverthorpe Lakes, Bourne park and woods, Waterside Garden Centre, Belton park, Rutland water and the Grantham Canal Walk at Woolsthorpe. He loves to be out in the countryside and fresh air. He takes a keen interest in trees, plants, birds and insects.

My aim is to broaden his current life experiences. He certainly does mine, stopping and chatting about different trees and plants makes me appreciate the countryside and simple pleasures that we, very often, are too busy to notice or enjoy.

I love my job and working with the client. It gives me a great sense of achievement at the end of the day when I drop him home and he says he has enjoyed our walk.

Jean Hayes DTP client Spalding



I am Jean Hayes and I live in Spalding. Never in my wildest dreams did I think I would ever come back here to retire.

I married the Commanding Officer of Holbeach Bombing range and from there had a fantastic life. We first went to R.A.F. camp at Spital Gate on the Hill – it is now Prince William Barracks at Grantham. From there we went to Prestwick, Scotland. I loved every minute, so did my family, but we had been there about a year and my husband came home and said 'how long would it take you to pack?' He said you have 10 days we are going to Aden. I had no clue where that was I had only ever been to the Glead School. He said it's at

the tip of Saudi Arabia and bottom of the Yemen. So off we go again what a posting, it was lovely.

I worked in the European Provision Store so you had to pick Arabic up quick as all the employees were Arab. One day a Lebanese man came into the shop and said would you and your family like trip in the country as it's so cool up country. So he picked us up next day very early as we had a 100 mile trip into the desert. Off we went and he was to put a pipe from the wadi (sorry river) up to the Sultan Palace. While we were watching Joseph put the pipe in, out came the Sultan. His first greeting was Salam – Ali – come, in other words -Greetings. He asked us for lunch and what a meal. We had a good laugh too then coffee in the garden. It was now 4 o'clock and by 6 o'clock, the sun drops down all at once and it is dark.

We wanted to be home by then as you could get shot at by dissident tribesmen but the Sultan would send a special land rover and an armed guard to fetch us normally. That was Sunday. On Monday the Sultan was at my married quarters for tea, he took us to the pictures in the evening. I think he stayed in a hotel in Aden for the night.

But next day my husband had to go to the C.O. as we had to ask for permission for the Sultan to come on R.A.F. premises as he always brings 2 full cars of Armed Guards. I think it was the guns the C.O. objected to but they were very friendly. My family and I were up at the palace quite a few times. Sandy, my daughter and I stayed a month before we came home. It was very sad to leave believe me.

We came home on an R.A.F. Comet and then went up to Nottingham till an R.A.F. house was available. It took 6 weeks I think. Then we went to Kinloss, North Scotland. It was a good posting. We had a 4 bedroom house on the beach it was lovely. So nice for the children. Pip, my husband would take the children to the beach while I got dinner ready at night.

Pip was a pilot plus air traffic controller, he loved his job too. We had 18 months there and again my husband came home get packed? Where are we going this time? NAIROBI, East Africa. What a posting!! We had oranges, lemons, bananas in the garden. We had 5 servants cook, cleaner, one to iron, one to look after Philip who was 10 months old they just take every thing all over. I worked at Sussex Bakery at Hurlingham. I worked for Asians very nice people.

We had loads of friends and parties and barbeques. I went to work as I could not get used to all the servants about the house. I like to do my own work. We had so many friends and somewhere to go every night. Always something on, even trips to Mombasa was only 2 hours away. We had a wonderful friend who lived on Mount Kenya and we were always invited up there it was so cool. I believe its all tea plantations now plus a lot of coffee.

It breaks your heart to have to come home when you have a good life and such good friends.

We did come home and got R.A.F. Leuchers St Andrews. I love Scotland so we were all happy. We got all the children settled at school, then once again (get packed) Ha! We are going to West Germany. The Wall was still up. But now we have settled to civilian life. My husband had died and all the children left home so I am all alone now.

But now life is very good. I have ASA in my life. It has changed my life but I can assure you I would not have settled down as I have if it had not been for ASA, Amanda is my carer and Sally is so kind and nice.



ASA & the RAF!

My name is Eileen McIntosh, nee Bryan, and I am 79 years old. I am widowed and have 6 Children, 11 Grandchildren and 3 Great Grandchildren.

My background is the Royal Air Force. I joined as a young recruit in 1951 and was posted from training station Wilmslow in Cheshire to RAF Yatesbury, in Wiltshire as a member of permanent staff in the officer's mess.

It was there that I met my handsome husband, Iain McIntosh, who went out with me for a bet and then won my hand in marriage 2 years later!

At that time a married woman in the WRAF had to resign, therefore I left the service to support and follow Iain. We had 57 years together and spent many happy times travelling the world from RAF Leuchars in Scotland to Norway, Dubai and Saudi Arabia. His last posting took us to Scampton and this is where he retired.

Our children continued in our footsteps and 5 of them either joined or married into the RAF.

I am still proud to be a member of the RAF Yatesbury Association and support all the charities associated with the Armed Forces. Therefore when my Day Time Provider, Julie Laughton from Adults Supporting Adults, informed me of the opportunity to see The Soldier's Coming Home Tour at The Embassy Theatre in Skegness on 15th April 2010 I jumped at the chance. Anything to support our brave men and women fighting in far off lands.

What a wonderful afternoon and evening Julie and I both had. I got dressed up in my suit for the theatre trip and we had a sing song in the car all the way to Skegness. Before the concert we had an enjoyable tea of Scampi and Chips in the Litten Tree Restaurant. It was truly a memorable evening of music given by 3 real life soldiers; Sgt Major Gary Chilton, Lance corporal Ryan Idzi and Staff Sgt Richie Maddocks. The profits from the tour and album went towards the Army Benevolent Fund, Royal British Legion and Help for Heroes. I will never forget the warmth and admiration shown them by the audience. It was totally overwhelming.

I have another wonderful memory made possible by my Day Time Provider, Julie Laughton when she accompanied me to The National Memorial Arboretum in Lichfield, Staffs on Saturday 26th June 2010 for Armed Forces Day. This was a trip arranged by Age UK, in Lincoln. We left home at 7.15 a.m. to catch the coach from Park Street; I was so excited that I couldn't sleep and had been awake since 3.15 a.m.! The weather was glorious for this special occasion. We joined in a Service of Thanksgiving in tribute to the Armed Forces and I laid an arrangement of poppies at the memorial. By this point I was very tired and breathless from walking to the top of the memorial so a member of the British Legion arranged for us to be collected in a 'golf buggy' and at that point I was persuaded to use a wheelchair! Julie then pushed me down Millennium Avenue as part of the Armed Forces Day parade. I felt very proud. Julie had packed a picnic which we enjoyed in the peace and tranquillity of the gardens. We also had several refreshment breaks where we met and chatted to service men and women and their families.

We visited a number of military displays and attended a concert in the afternoon given by Cannock Ex-Servicemen's Choir. We joined in with some of the 'old wartime' favourites, which brought back a lot of memories, and then it was time to return home. It was a long day, but so enjoyable and I will never forget it as long as I live.

I value the role and appreciate the kindness of my Day Time Provider from ASA. Without Julie these trips would not have been possible and I thank her and the organisation for their support.

Eileen McIntosh





Maureen Jordan, Chapel St Lenoards

I am 63 years old and my name is Maureen. I first started with my mental problems 17 years ago. It came on so suddenly I didn't know what was happening to me. One morning I was going to work with my husband, and I started to panic about not being able to breathe and about an hour or so later I was in hospital. From that day my life changed completely, I was severely depressed, having panic attacks, anxiety and becoming severely agoraphobic. Through all this my husband stood by me and looked after me and did all that needed doing. He used to telephone me at least 6 times a day to make sure I was alright as I was on a lot of medication. I then started going to the mental health unit two days a week to which I still do. I had a CPN come to see me once a week but despite all this I could not go out anywhere, only to the MHT unit and this was an enormous thing to do. I spoke to no one and was very frightened. As years went by my health deteriorated and I had more illnesses than I could cope with, I was and still am taking loads of tablets and very large doses of insulin. We sold our property and bought a bungalow as my mobility was very poor. At this point we started to notice little things going wrong with my husband's health so he was sent to a specialist. We got a huge shock when we were told he was terminally ill with nothing to help him and was given only 4 years to live. Slowly I watched parts of my husband stop working and I became his carer. We struggled on and slowly carers came in to help both me and my husband. By this time we were two years into my husband's illness and our social worker asked me if I would like a lady from ASA to come in and see us. I said yes, not knowing what a difference it would make to our lives. I was looking after my husband John day and night and my health was deteriorating as well. The lady called Marisa was brought to see us and I knew instantly she was going to make a change in our lives. I looked forward to the time in the week when Marisa came as there were things I knew I had to try my hardest to do. While John was very ill, and by this time paralysed, he could not even talk properly, but Marisa never gave up on him and she would do the time. She was allowed to sit and talk to him and I gave them there privacy, she could not understand John at times but she somehow knew what John wanted for me after he was gone. During this time I looked forward to my weekly shopping trips with Marisa and she became the only person I would go out with, they had to be short times out as I could only leave John with someone for a couple of hours, and the rest of the time I felt I could talk to Marisa and she understood what I was going through. After a year of Marisa coming to see us John died and my whole world fell apart but Marisa knew what John wanted for me and she worked her hardest to help me and carry out his wishes. Marisa has been coming to me three years now and John has been gone two years. I look forward to the time I have with Marisa as she has taught me how to laugh, she has listened to me and understood when I have cried but she never gave up on me. Looking back over the last 3 years Marisa has been the one thing in my life that I knew would be here. On her days we do lots of different things now and she knows the times when I just need to sit and talk, the one thing I really love that Marisa does with me is take me to put flowers on John's grave when she knows I cannot do it alone. I have only praise for Marisa and ASA for bringing her into my life as without her I would do nothing.

Oops! I had chosen my book and waited for assistance. While talking to my friend, I handed over my card. Then we were interrupted by a voice, "Excuse me madam, you can't buy these books, you can only borrow them!" I had given her my credit card instead of my library card.

Jean Scott, Boston



Being a Day Time Provider for ASA Spalding



Hi there I'm Sharon.

I have worked for ASA for nearly three years now.

I am married with two grown up sons.

I have my sister to thank for this job. She pointed out that as I've helped her through a bout of depression and help out at our local handicapped group, I was made for the job. So I applied successfully.

My first client was as nervous as me when we took our first trip out to post letters for his wife. He slipped his arm through mine and off we went. Halfway there he said I am having kittens, so I said I will take the ginger one, this had us laughing and broke the ice.

We have six hours together once a week. We visit the park where we meet friends for a catch up. We go to the cinema sometimes using a cinema card which means he only pays for one ticket. He likes to visit garden centres. We bus out to other towns in our area as I don't drive.

My client said he would like to take a water taxi ride. As he has Alzheimers, lung problems, bad knees and is prone to panic attacks, we decided to do some research first. We had a couple of visits to talk to the pilot to find out how to get on and off safely, to find out the quiet times. The pilot was very helpful and understanding of our needs. The client was happy with the advice. We tried out the lifts over the river bank and on the boat. All went well so we took the ride the following week and enjoyed it. The pilot even offered to let us steer the boat.

We always start the day with a cup of tea before we leave to decide where to go. This way he can remember what is planned and his wife knows where we are going. Together we check he has his keys, mobile, walking stick, inhaler and camera before leaving for the day. At the end of the day we also have a cup of tea, while we talk about what we did, who we met. This way we recall the day and then his wife knows what sort of day we had and can help him talk about it during the evening if he wants to.

I have three other clients I work with over a three day period - Two female wheel chair users following a stroke, and a female with learning difficulties.

Working three days a week leaves me time to support my husband who doesn't always enjoy the best of health.

My day out with Sharon from ASA

1. Sharon comes in our home.
2. I put the kettle while she takes her coat off etc.
3. We sit and drink our tea while talking to Eve.
4. After a while we think of a place to go.
5. We are limited as Sharon don't drive.
6. Mostly we go on the bus to town.
7. If we have jobs to do we get them out of the way first.
8. Not every Monday is the same.
9. We go round town looking in the shops and then we go into a café and have a coffee and if the time is getting on we have something to eat as in a snack then go to the gardens were my friends work in the café and have another coffee or two.
10. If it is fine we sit on the gardens until it is near time for Sharon to take me back home and when we get home I make Sharon a cup of tea while she talks to Eve when I take Sharon's cup of tea and mine in we sit and chat till Sharon as to go home.



"It was not safe for me to live at home"



Julie Wells, a Day Time Provision client from Lincoln recently had her story published in the Lincolnshire Echo, but for those

of you who don't receive the Echo, here is Julie's story.

Julie says it was the kindness of one of her former neighbours and a support worker that has seen her emerge from a four-year nightmare.

"I was diagnosed with epilepsy aged three and had tonic clonic seizures fairly frequently. As a young person aged 14 and upwards my epilepsy was brought under control and I went on to teach the piano and train as a secondary school teacher. I was completely independent, drove a car and travelled around the world alone.

"Unfortunately, things went wrong in 1994 following a severe car crash in Doncaster, which was no fault of my own, and I began having seizures again. People who watch me say I crash to the floor and my face starts contorting. I go blue around the lips and start frothing and foaming at the mouth before having convulsions.

"I have suffered many accidents, but the worst were associated with boiling water. The second time the burns were so severe I had to

have a skin graft and it was decided by the authorities it was no longer safe for me to live alone.

"They suggested I live in a residential home, but I refused and lived with my neighbour for 18 months. He was a retired gentleman, who sadly died in February, but he was an amazing friend who looked after me 24 hours a day. He was my saviour.

"I was eventually allowed back home and had carers come and sit outside the bathroom in case I had a seizure in the bath, which did happen. I did not go out until I was appointed an Adults Supporting Adults DTP, Linda Rudd.

"Linda encouraged me to take small steps, even if it was just to go to the supermarket, and my confidence improved. And following tweaks in my medication, I last had a seizure in January and my GP and neurologist can see no more problems.

"I volunteer at the National Society for Epilepsy's stand at Lincoln County Hospital and have managed to get on an Access to Nursing course at Lincoln College. I hope to work as a healthcare support worker to gain experience before training as a nurse. I feel I have empathy because I know what it's like to be a patient."

Julie has been involved in establishing an epilepsy support group, which meets from 10am to 11.30am on the first Saturday of the month at the NHS Work and Skills building in Mint Lane, Lincoln. Julie can be contacted by e-mail at julieantoinettewells@googlemail.com if you would like further details.

Dementia Training

Hi, my name is Gill Lamming, from Cleethorpes. I am a DTP; I have just been to Lincoln to attend my dementia training. I found the course full of useful information and techniques to help me support clients. Jackie and Carole conducted the course; we did some exercises which made the group relaxed and willing to take part. It gave us a small insight into how we might feel if we suffered from dementia. Thank you Jackie and Carole, I found the course inspiring.

(The only thing that worried me was the exercise involving a one penny, I only scored 4/10, it seems I may be a client of the future so could be seeing you soon.)





My Day Out at the Lincolnshire Aviation Heritage Centre, RAF East Kirby By Chris Fuller

When we arrived at the centre we parked and paid our entrance fee and bought a guide map. When we got through to the airfield we found the Lancaster getting ready to taxi along the runway.

They started one engine at a time (the Lancaster has four Merlin Rolls Royce engines). We watched as they took the chocks away from the aircraft wheels. It revved its engines as it got ready to taxi down the runway it was very noisy but a magnificent sight to watch. There was a large crowd of people watching and taking photographs and videoing the plane.

We went round the main hanger and exhibits which had a Dakota aircraft inside. Also in this hanger were lots of fragments of aircraft that had crashed during the Second World War which had been recovered in the Lincolnshire area.

After being in the main hanger we decided to go to the NAAFI for lunch, we chose scampi, chips and peas which were delicious; we then had tea and a pudding. By the time we had finished lunch the Lancaster was about to taxi along the runway again.

There were lots of other things to visit as well such as the Home Front Exhibition, Memorial Chapel, Control Tower, Signal Square, Wind Sock, Meridian Line, Escape Museum, Early Bombers Exhibition, The Hampden Project and Wellington Display and the Blast Shelter.

After having a good look round all these exhibitions we went to the gift shop for a few reminders of the interesting day we had at Kirkby Centre.



Owls, Stately Homes and Cream Teas

A few years ago, Alexandra became seriously ill whilst studying for a degree in Archaeology at University. Since then Alex has found it very difficult to communicate with people and has trouble remembering her life before she became ill. Although she has had continuing help from the Stamford Resource Centre, she was not improving and it was suggested that perhaps Alex would benefit from Adults Supporting Adults.

At first, Alex and her mother were quite apprehensive as Alex finds it difficult to bond with new people and is quite anxious whilst out and about and needs constant supervision. It was with great trepidation that in April, a meeting was arranged to assess Alex's needs, to discuss the type of person who was hopefully going to become Alex's companion. At a second meeting, Carole from ASA brought Jayne to meet Alex. Jayne had worked for many years as a nurse and after a tentative start, coffee in a local shop, Alex asked Jayne if she could go to the seaside. A trip was arranged to Skegness and Gibraltar Point. Although the weather was not great, wet and windy, the trip was a great success, especially the fish and chips. Although Alex did not talk very much she came home to tell her mother that she would like to go out with Jayne again. This was a great relief to her mother who lives alone with Alex and has not had any time to herself or any help for many years.

Since then Alex's relationship with Jayne has gone from strength to strength and Alex has started to communicate with Jayne who has helped her remember small things about her life before she was ill. Alex has become a member of the National Trust who, through their Access for All scheme allow Jayne, or any other person, to accompany Alex around their sites. As Alex has a love of history, archaeology and cream tea shops, this has enabled Jayne to take Alex to places that help her to remember some of her studies and she has once again begun to enjoy looking at and studying old buildings.

Owls, Stately Homes and Cream Teas - continued from previous page

The change in Alex is quite remarkable as she now looks forward to her weekly outing with Jayne and on a recent trip to an Owl Sanctuary Alex was brave enough to hold an owl on her arm and chat with attendants. But the most successful trip of all was a trip to the Romany Museum in Spalding. Alex conversed with the owner of a gipsy wagon and chatted about life on the road and then remembered everything to tell her other when she got home. Jayne has been the perfect companion for Alex, kind, caring and very understanding that her recovery will be a long and slow process and has encouraged Alex not to be so frightened of the world outside her front door.

Alexandra Stuart, Stamford

My experience of ASA

I was introduced to ASA in 2008 by my friend, Helen, when she began to receive support on a regular basis. In a way, by taking Helen out socially, I had been a 'volunteer' day time provider for several years and it was her husband who suggested that I formally apply.

Following my initial training earlier this year, I began working 8 hours per week with Jackie in March. From the start, we have got on very well and, as we share similar hobbies (such as card-making and scrap-booking), the matching has been very good. We both have a wicked sense of humour.

As I've got to know Jackie better I've begun to understand what she is hoping to achieve from our relationship. Both Jackie and I enjoy watching movies and our first task was to apply for the C.E.A. card which allows a disabled person to take their carer free of charge into a cinema. We laughed when we went to see "The Blind Side" at Louth as it was like stepping back in time in the theatre; unlike modern cinemas it has a very small theatre that still has the curtains that pull back to reveal a small screen, but best of all, there was an interval when a lady came out and sold ice-creams to the customers.

Jackie has been keen to get fitter and, during our exploration of the local leisure centres, we have discovered an activity session for disabled adults at Brigg Leisure Centre. Although nervous to begin with, Jackie was soon encouraged to partake in the various activities that were adapted for individual abilities. The member of staff organising these activities was fantastic; she provided support and included everyone in the 90 mins of fun – and I saw a competitive side to Jackie that I hadn't seen before.

Although we do many different fun things, the best thing we have done so far was a trip to the Lincolnshire Show in June. Jackie had never been to the show before and, understandably, was very nervous about what to expect during the day. We had an early start (for us!) and by 9.30am we had entered the showground. The weather was glorious and we enjoyed looking around the Food Court and chatting to the traders about their wares – and of course tasting everything!



After a spell of retail therapy, Jackie tried her hand at candle-making in the Bee Tent and explained to me the various themes of the floral displays in the flower tent. We enjoyed sitting and watching some of the displays in the main ring and looking at the steam engines. All too soon, we had to make our way home. It had been a long day, but Jackie was beaming when I took her home and bubbling with news about her day.

Sometimes, I have to remind myself that this is a job; each day is different and can sometimes be challenging but is so rewarding. I am really enjoying working with Jackie and we have so many different things to do that we run out of hours to do them in!

Michelle Walker, North Kelsey.

Knitting Club

The At Home Day Resource in Spalding has set up its own knitting club. The Provider, Julie Browne, identified a common interest between her clients, Jean and Vera – knitting. Vera had not knitted since her children grew up and Jean stopped knitting 11 years ago. Both ladies showed an interest in starting up again, however, needed some encouragement. Julie set about providing knitting needles and wool from her own supplies and this has become a regular routine to the day.



Julie sets aside an hour for the knitting. Vera has taken up knitting with a passion; she has knitted socks, scarves and waistcoats. Vera said Julie always encourages her and she finds the knitting relaxing. She also added that she is comfortable and happy. Vera has now started to knit at home, however, always brings her knitting to Julie's.

Jean sits and knits with a wide smile on her face. She is knitting a scarf for her daughter. Both Vera and Julie advise Jean and support her when she needs it. Jean says "it takes me a while but I will get there." You can tell Jean gets a sense of achievement from the knitting.

The knitting club also promotes interaction between the clients and Julie. I observed them all knitting together, discussing the stitches and what they were making. Vera becomes the teacher guiding both Julie and Jean.

The knitting also provides entertainment. Julie has a dog, Ash, who loves to sit between Jean and Vera's feet. However, once he knitting comes out, the dog will sit and watch for anyone not watching their ball of wool. If the ball of wool is not hidden from sight, Ash is quick to notice this; he just raises his head and as quick as a flash is running around, ball of wool in mouth with knitting following him. Julie, Vera and Jean sit there rolling with laughter. I was told this was a regular occurrence and both ladies find it very amusing.

The At Home Day Resource involves a matching process between Provider and clients. The account above shows how the matching process enables clients to have a common interest to talk about which promotes social inclusion. The resource also enables clients to continue their interests where possible and encourages them to experience new activities.

More Wise Words

My mind works like lightening, one brilliant flash and it's gone.

A husband is someone who, after taking the trash out, gives the impression that he just cleaned the whole house.

My next house won't need a kitchen, just a vending machine and large rubbish bin.

As you slide down the banister of life, may the splinters never point the wrong way....

Be who you are and say what you feel...because those that matter...
don't mind and those that mind...don't matter!

By Jean Scott, Boston

Roving reporter (AKA Lincoln Day Time Provider, Lorna Grealish) spoke to Andrea Hindle about her first year in Extended Stay.

Lorna: What made you decide to move away from home?

Andrea: *I was living with my parents but felt that now I was 27 I would like to have some independence and do my own thing.*



Lorna: What happened next?

Andrea: *Well I told the people from ASA that I already knew I wanted to leave home and they arranged a meeting and before long had found a place for me to stay.*

Lorna: So where did you move to?

Andrea: *I stayed in Lincoln but moved to another village a few miles from my mum and dad. I live in a house with Steve and Olivia and their teenage boys.*

Lorna: Did you feel lonely?

Andrea: *No, another girl lives with me. I share the top floor of the house with her, we have our own bathroom and I now have my own TV in my room.*

Lorna: Was it strange at first?

Andrea: *At first I missed home. Living in this was very different to living at home. I had to learn to use a new bus route to town. The view from my bedroom window is different. I changed my hairdresser.*



Lorna: What has been good about moving?

Andrea: *I feel much more grown up. I have learnt to use a washing machine and dishwasher. I can make my own breakfast and lunch. I make lots of tea for visitors!*

Lorna: Do you go out with Olivia and Steve?

Andrea: *Yes, sometimes Olivia and I go to bingo and out for a meal. We go shopping together and I went with Steve and Olivia to Whisby nature reserve. Olivia grows her own fruit and vegetables and I help her*

to pick them.

Lorna: What else do you do?

Andrea: *I still meet up once a week with my Day Time Provider. She helped me join a gym and the library so I can rent DVD's. She takes me to medical appointments and she practiced the bus route with me so I can still go to work at the Lincolnshire Life Museum on a Friday. We do girlie things, shopping for new clothes, having our nails painted and had a day in Skegness, and I have photo's of me on the beach.*



Lorna: So how has the year been for you?

Andrea: *I am happy with my new life. There have been ups and downs but it's turned out really well.*

Lorna: What's next?

Andrea: *The next thing I am looking forward to is my holiday in October. I am going to Whitby with my friends.*



The Prince & I

I thought this was going to be a day to remember for us all, and I must say we were all very excited to being seeing a Prince of the realm. Well I got my best clothes and make-up and went along. When I got there I met my friend, Sue. We worked in the admin office and always bickered and joked with each other. It was friendly banter between us and we had both agreed we would try and be on our best behaviour that day. But

guess what. The pair of us could not stop from dropping back into our normal patter between good friends, Prince or not being around.

Andy arrived by helicopter to officially open the new office block and workshops for the Shaw Trust, Spalding, which is a centre for people with Learning Disabilities where they prepare and learn to work independently. He arrived in the early afternoon and we first saw him as he entered to sign in. After touring the centre he finally met up with us in the marquee where a buffet had been laid out for the guests. Unknown to Sue and I he had throughout his tour noticed both of us and been aware of our impact on the whole proceedings of the day. You see we were trying to organise things in our usual lively way with the usual banter between us. We actually had been trying to avoid being noticed, but guess what; it seems Andrew actually wanted to speak to people who were at the heart of what happened on a day to day basis.

It was only as we were asked to speak to the Prince that we were told that he had asked specifically to speak to both of us. Shock then overcame both of us, and for perhaps the first time in my life I was totally tongue tied. What do I say to a prince? You never guess what I said "Well, hello Andy". The rest was a dream really. He asked to have a couple of pictures with us. But this was not all that happened. Prince Andrew carries his favoured brand of bottle water with him, and when I was asked to have a photo, one of his staff asked me to get rid of the finished bottle of water he had with him. My reply to that was "I have lost my bottle, now I have got to loose your bottle as well". At this both of us were laughing loudly. Yet again Sue, I and now the Prince were causing a commotion. Well this is a happy memory for us and those who were there ion the day. It just shows natural is best rather than putting on airs and graces in front of royalty.

Janet Baker.

Salmon Fish Cakes - Makes 6-8

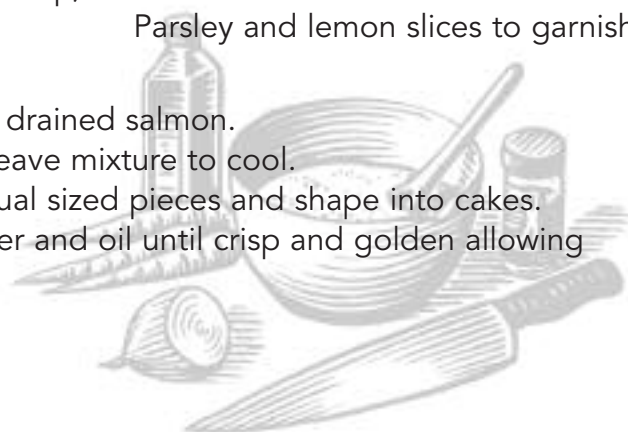
Ingredients

450g (1lb)	Potatoes (peeled)	5ml (1tsp)	Grated lemon rind
75g (3oz)	Butter		Onion salt to taste
213g (7 ½ oz)	Can red salmon		Freshly ground pepper
15ml (1 tbsp)	Chopped parsley	15ml (1tbsp)	Oil
			Parsley and lemon slices to garnish

Method

1. Cook potatoes in boiling water until tender.
2. Drain and mash with 25g (1oz) butter and the drained salmon.
3. Season to taste with onion salt and pepper. Leave mixture to cool.
4. Turn out onto floured board. Divide into 8 equal sized pieces and shape into cakes.
5. Fry in a non stick frying pan in remaining butter and oil until crisp and golden allowing about 3-4 minutes each side.
6. Drain on absorbent kitchen paper.
7. Garnish with parsley and lemon.

Supplied by Nick Saunders, Boston.





Alive&Kicking is a leisure club based in Skegness. We recently joined forces with the Butterfly Hospice in a joint fund raising venture; the venture was a men only sponsored sock and frock walk. The walk was 2½ miles all around Skegness and at the end of the walk a burger and pint was waiting at the Lilywhites Football Club. When the letter went out to the members we had a good response and two of the members, Bernard Savage, who lives with his wife and John Burrage, who lives with Extended Stay Providers, both wanted to take part. Finding clothes for the two gentlemen was a feat in its self, scouring the charity shops, Bernard wanted an orange wig, why we still do not know, John would not wear tights insisting that he wore his socks and trainers, Bernard was happy with hold ups, but by the end of the walk they were around his ankles.

The day of the walk dawned and with 5 other members, the walkers assembled at Wainfleet Road playing fields, where there was a photo call with the local press photographer, then a warm up which was a sight, 30 men dressed as women doing stretching exercises. Then they all set off on route, the men carried collecting buckets and near the end they all called in at a local pub which was holding a bikers weekend.



John Bernard

Bernard, who is in his 70's came in with the first group with a time of 58 minutes. All the walkers then enjoyed the evening with a band night, Bernard stayed in his clothes all night and John even left the party and went to his local in his outfit, to show everybody in the pub who sponsored him, walking to the pub he certainly got a few looks.

We are hoping that when all the sponsorship money is in we shall have raised £4000, £400 was collected in the buckets alone.

We have decided to make this an annual event so if anybody is interested in taking part next year please phone Tina on 07900275119.

Kriss Cross Solution



My holiday

By Chris Fuller

On Saturday the 4th of September I got the train from Sleaford at 10 past 9 to go to Skegness to stay with Barry and Sheila for a week. When I arrived I went for something to eat at a little café, I then went to Barry and Sheila’s house where I was given a very warm welcome and a nice mug of tea.

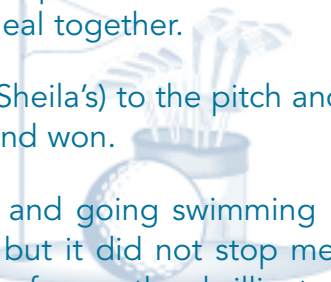


After unpacking I went for a walk to the Embassy Theatre and bought a ticket to see Tribute to Queen for that night. I went back to Sheila’s and had a meal and get ready to go to the theatre. The concert was brilliant with them singing all of Queen’s hits which I knew and sang along to.

On Sunday I went to church and then had some lunch, later I went to visit my brother who lives in Skegness and spent a nice time with him. I visited him twice more during the week and we went for a meal together.

On Wednesday Sheila took me and Adam (who is resident at Sheila’s) to the pitch and putt which is not far from the seafront and I got two holes in one and won.

The rest of the week was spent shopping, writing postcards and going swimming in the indoor pool. The weather was sunny but with a cool breeze but it did not stop me from having a really great time. Can’t wait to visit Sheila and Barry for another brilliant week’s holiday next year.



Word Grid

M	I	E	P	S	C	H	R	I	S
S	N	C	I	E	C	S	A	M	T
E	A	S	N	S	A	R	K	E	Y
G	U	P	I	R	K	U	I	R	T
A	S	G	P	A	E	T	F	L	E
E	S	N	I	F	A	O	L	O	J
O	S	T	U	F	S	R	A	C	E
T	A	T	O	P	T	G	T	O	L
S	P	U	D	D	I	N	E	H	L
A	M	T	S	I	R	H	C	C	Y

Starting from the bold letter **M** in the top left corner, can you find a winding track that includes all of the Christmassy foods listed? You can move up or down but not diagonally. Every single letter in the grid should be used once by the time you’ve finished!

- Chocolate
- Christmas cake
- Christmas pudding
- Jelly
- Mince pies
- Parsnip
- Roast potatoes

- Sausage
- Stuffing
- Trifle
- Turkey

WHERE TO CONTACT ADULTS SUPPORTING ADULTS

enquiries@asaorg.co.uk



**Railton House
Sleaford Business Park
Sleaford
NG34 7EQ
Tel: 01529 416270**

**The Vista, Church Gate
Spalding
PE11 2RA
Tel: 01522 555272**

**Greetwell Place
2 Limekiln Way
Lincoln
LN2 4US
Tel: 01522 512552**

**Gainsborough Area Office
Mercury House
Willoughton Drive,
Foxby Lane Business Park
Gainsborough
DN21 1DY
Tel 01427 619540**

**County Hall
Boston
PE21 6LX
01522 554339**

**Freeman Street Resource & Community Centre
Kent Street
Grimsby
DN32 7DH
Tel: 01472 239137**