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# ASAA

**adults  
supporting  
adults**

## Notes from the Chief Executive - Trixie Bennett



### Welcome to the summer edition of ASA's Jigsaw.....

Sadly the summer seems to have (temporarily) disappeared!!!

Already in August and looking back over the eight months, my goodness, we seem to have packed a lot in! We have been doing a lot of work raising the profile of the organisation to local authorities, charities, etc and as a result have seen our workload increase. We had 3 days in Glasgow at the invitation of Skills for Care who recognised our Lifestyle Brokerage model of support for those accessing Personal Budgets as innovative and original. We are beginning to slowly see the increased uptake in Individual Budgets and the positive outcomes delivered to the clients have been gratifying to witness.

Talking of outcomes (the relatively new buzz word!) all our regular contact with CQC and Supporting People are now based around this concept. We have spent a lot of time understanding this term as an organisation, to ensure we meet these requirements and more importantly continue to deliver quality support to our clients. Ask about outcomes at your next supervision, the staff will be happy to discuss these with you... As the difficult economic climate continues to bite we have also seen many of our colleagues having to make radical changes to the way services are sourced. I am happy to say that the strong relationship we have always valued with LCC at this time remains solid. We are continually working to support these unprecedented pressures by providing a widening range of resources, which can be easily quality measured and value based.

We have seen the arrival of the Sitting resource and Shop2Gether, both projects are further supporting peoples needs to remain as independent as possible in their own chosen community. If anyone would like to get involved as a volunteer with these projects please contact the office... We would be very happy to hear from you.

ASA have recently taken on Community Care for the Elderly, a Grantham Charity which provides day time support for up to 50 older citizens, many with dementia. The funding was withdrawn as part of a Local Authority cost cutting strategy. ASA are delighted to announce that as from 5th July we will be re-opening, providing a service three days per week. Initially we will be offering those a place who where previously attending. We have organised a re-launch on the 1st September and are looking forward to welcoming his Honour, the Mayor of Grantham and his wife, along with Councillor Graham Marsh, portfolio holder for Social Care in Lincolnshire.

More good news, we recently had our Supporting People Review and once again have been awarded 5A's – a fantastic achievement! Thanks to all involved.

From July I shall be chairing the new Midlands regional group for NAAPS (Shared Lives) in Nottingham – we have been without a local group for many years and I look forward to the group making a real contribution to the ongoing development of Shared Lives. If you are interested in finding out more about NAAPS (Shared Lives) or getting involved please let me know. Along with Myself, Ian McDonald (Spalding ASA Provider) was elected as Provider Representative. Please let either of us know if there are any issues which we can take to the meeting on your behalf and we will keep you updated with any Shared Lives news.

Well, before I overrun my page I will thank you for reading this edition in advance and wish you all a very happy summer.

If there is anything you wish to discuss about items in this edition please don't hesitate to get in touch with either myself or the Team, we are always happy to hear from you.

**Kind Regards Trixie**

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## Individual Service Funds (ISF)

We have seen a huge increase in the up take of ISF's in Lincolnshire, although still in the early stages, we thought we would provide a brief explanation of an ISF.

An Individual Service Fund or ISF is a pot of money provided to clients following an assessment of their needs, in a similar way to a personal Budget. However unlike a Personal Budget (where a client, client family or brokerage service manage contracting arrangements and funds), an ISF is managed by Lincolnshire County Council on behalf of a client. ISF contracts are signed by the Council, client and the organisation providing services such as ASA. The annual budget and client contribution towards their service is specified together with a description of the service to be provided.

We have experienced quite lengthy delays in these contracts being drawn up and signed which has resulted in a delay of resources being available for the client. We are however hopeful that as the Council become more experienced at managing this process the system will become more efficient.

### Direct Debit Facility

ASA now has a Direct Debit facility available for clients who pay for resources directly to ASA.

Reminders are on all invoices and anyone who wishes to pay by this method should contact the administration team.

The process is very straight forward, a Direct Debit authority form with explanation letter is sent to any client who has expressed interest. Once this has been completed and sent back to us, we will set up the Direct Debit and confirm in writing every time a Direct Debit is to be taken including the amount and payment date.

### Team News

Congratulations to Richard Ward, Apprentice Administrator who has passed his NVQ 3 in Administration, Richard has become a valuable member of the Administration Team within Adults Supporting Adults and we are pleased to announce that Richard has now been offered a permanent position as an Assistant Administrator.



**Stephen**



**Toni**



**Emma**



**Richard**

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at [jigsaw@asaorg.co.uk](mailto:jigsaw@asaorg.co.uk).  
Don't forget to visit our website at [www.asaorg.co.uk](http://www.asaorg.co.uk)**

## Payment Schedule 2011-12

Please see the following schedules for the arrival of timesheets/invoices in Sleaford office, and payment dates to providers.

### ASA SP Payment Schedule

Payment Period		Date in Bank
04/04/2011	01/05/2011	04/04/2011
02/05/2011	29/05/2011	02/05/2011
30/05/2011	26/06/2011	30/05/2011
27/06/2011	24/07/2011	27/06/2011
25/07/2011	21/08/2011	25/07/2011
22/08/2011	18/09/2011	22/08/2011
19/09/2011	16/10/2011	19/09/2011
17/10/2011	13/11/2011	17/10/2011
14/11/2011	11/12/2011	14/11/2011
12/12/2011	08/01/2012	12/12/2011
09/01/2012	05/02/2012	09/01/2012
06/02/2012	04/03/2012	06/02/2012
05/03/2012	01/04/2012	05/03/2012

### ASA Provider Payment Schedule

Payment Period		Date due in Sleaford	Date in Bank
27/03/2011	23/04/2011	26/04/2011	02/05/2011
24/04/2011	21/05/2011	24/05/2011	30/05/2011
22/05/2011	18/06/2011	21/06/2011	27/06/2011
19/06/2011	16/07/2011	19/07/2011	25/07/2011
17/07/2011	13/08/2011	16/08/2011	22/08/2011
14/08/2011	10/09/2011	13/09/2011	19/09/2011
11/09/2011	08/10/2011	11/10/2011	17/10/2011
09/10/2011	05/11/2011	08/11/2011	14/11/2011
06/11/2011	03/12/2011	06/12/2011	12/12/2011
04/12/2011	31/12/2011	03/01/2012	09/01/2012
01/01/2012	28/01/2012	31/01/2012	06/02/2012
29/01/2012	25/02/2012	28/02/2012	05/03/2012
26/02/2012	24/03/2012	27/03/2012	02/04/2012

### AHDR Payment Schedule

Payment Period		Due in Sleaford	Date in Bank
01/04/2011	30/04/2011	02/05/2011	13/05/2011
01/05/2011	31/05/2011	02/06/2011	13/06/2011
01/06/2011	30/06/2011	02/07/2011	12/07/2011
01/07/2011	31/07/2011	02/08/2011	15/08/2011
01/08/2011	31/08/2011	02/09/2011	13/09/2011
01/09/2011	30/09/2011	02/10/2011	13/10/2011
01/10/2011	31/10/2011	02/11/2011	14/11/2011
01/11/2011	30/11/2011	02/02/2011	12/12/2011
01/12/2011	31/12/2011	02/01/2012	12/01/2012
01/01/2012	31/01/2012	02/02/2012	13/02/2012
01/02/2012	29/02/2012	02/03/2012	13/03/2012
01/03/2012	31/03/2012	02/04/2012	12/04/2012

### Timesheet/Wages Schedule

Month Worked	Due in Sleaford	Payment
Apr-11	02/05/2011	23/05/2011
May-11	02/06/2011	23/06/2011
Jun-11	02/07/2011	22/07/2011
Jul-11	02/08/2011	23/08/2011
Aug-11	02/09/2011	23/09/2011
Sep-11	02/10/2011	21/10/2011
Oct-11	02/11/2011	23/11/2011
Nov-11	02/12/2011	23/12/2011
Dec-11	02/01/2012	23/01/2012
Jan-12	02/02/2012	23/02/2012
Feb-12	02/03/2012	23/03/2012
Mar-12	02/04/2012	23/04/2012

## Hello Everyone

There have been some changes to the Senior Management Team, Dean Barnshaw, Area Manager for Boston, Sleaford and Grantham areas has been appointed to the position of Operations Manager. I am now the Registered Manager with responsibility for maintaining the Quality Aspects of the organisation ensuring the high standards already achieved by Adults Supporting Adults continue to be upheld.



A new Area Manager, Emma Duncomb, will be joining the team in the summer and I am sure some of you will meet her during her induction period.

Also, I am pleased to inform you all that the Supporting People review that occurred in March this year resulted in Adults Supporting Adults maintaining their five A's award which we are all very proud of.

**Jayne Marsh**

## Profile, Jemma Trollope, Social Work Student



Before starting my placement at Adults Supporting Adults in January, I hadn't really done a lot of work with adults and I wasn't really sure it was for me. Despite this, after a year out from my university degree after the birth of my daughter, and a whole year of watching cbeebies, I was looking forward to getting back into social work and having something other than the Peppa Pig theme tune going through my head!

Working at Adults Supporting Adults has been different to anything I've ever done before, and I have seen that this unique way of working is hugely beneficial to the clients. I have never before seen clients given so much choice and control over what they would like to do in order to improve their quality of life. The support given to clients is so flexible, and from meeting the clients while working with ASA, I have seen the difference this makes to them, as opposed to other settings I have experienced where clients have had to settle for whatever is offered to them.

As well as this, all of the providers I have worked with during my time with ASA have shown a real dedication to their work; it is not just a job to them, they really care about the clients they work with. I have learnt a lot from all of the providers I have worked with throughout my placement; they have all been very accommodating and shown me all sides to working in this field; good and bad. But mostly they have shown me the positive impact this type of work can have on people's lives if they are supported by people who are able to help them to maintain and develop their independence.

All of the staff at Adults Supporting Adults have made me feel very welcome from the beginning of my placement, and I feel that I have got on well with everyone. The past 5 months have gone so quickly; I have felt like part of the team at ASA and I will be sad to leave. I would like to thank all of the staff, providers and clients that I have worked with for giving me the opportunity to grow in confidence and build my knowledge, and complete the final stage of my degree. I appreciate everything you have all done for me, so thank you!

I hope to see you all again in the future!

### **Jemma Trollope - Student Social Worker**

*Good Luck Jemma, we have learnt a lot from you too. Keep in touch, from all at ASA.*

### **RADIO SIREN 107.3 FM PROJECT**



An exciting new opportunity has arisen for ASA to get involved with SIREN 107.3 FM, Lincoln's first community radio station based at the University. The station has been broadcasting since August 2007 and it aims to make radio accessible to everyone within the community. The station currently broadcasts about 60 hours of radio each week with a wide range of locally produced material. Andrew David, the Managing Editor, is very keen for anybody involved with ASA to work with

SIREN FM and develop new programmes that can be broadcast from the station. Andrew has been involved in radio since 1972, previously working on BBC Radio across Nottingham, Kent and Lincolnshire. He has also been the front man on Television programmes, BBC East Midlands Today and Midlands Today. The station is a friendly and safe environment where you can explore just how much fun radio can be. Who knows, it may even be the spring board for launching the career of the next Terry Wogan or Chris Moyles for us younger ones?

One of the ideas being discussed at the minute is for clients and providers to share their life stories and play music, a sort of 'Desert Island Discs' or radio JIGSAW if you wish. However, we are open to all sorts of suggestions and if you have an idea that you think will make a good radio programme, then let us know and we will try and make it happen. We are having an open day at the station on September 28th. So if you are interested in getting involved with the radio project, then please call Dean on 01529 416270. If you live in the Lincoln area, you can listen to Radio SIREN on 107.3 FM or you can go online at: [www.sirenonline.co.uk](http://www.sirenonline.co.uk) The station plays seven days a week from 7am through till 11pm.

## From the Provider Forum

One of the most asked questions to someone is "what do you do" or "where do you work"? When I became an ASA provider I never really knew how to answer this question so I would say "I'm a carer". As time moved on I began to realise this did not really do the job justice. I was more than a carer. I was a friend, a shopping buddy, a mate to go to football with, a taxi driver, a tutor and a role model. There are probably other job titles you can come up with as you work with your clients but if you want to sum it all up how about "I work with vulnerable adults to help them access services and to do things you and I take for granted".

Having always worked in a customer service role I was used to putting the customer first. However in some instances the customer came first only when it suited the organisation! That is where ASA really shines out as a beacon for putting our clients first. Can you think of any other organisation that includes clients as much as we do? Clients are there when providers are recruited, their views are sought via the Jigsaw groups and they are asked to talk to visiting assessors.

As chair of the Provider Forum I was more than happy that clients played a part in last years conference and those of you that attended can testify to the valuable role they played. The Provider Forum has a role to play for both clients and providers. Primarily, the Forum is a means for providers to discuss with ASA management issues that are affecting them on a day to day basis. This will also affect clients as issues raised may have an impact on their provision or finances in a positive way.



You will probably be aware I have chaired the Provider Forum for some time now. Pauline and myself have been Extended Stay Providers for 10 years but the personal circumstances of our clients meant they had to move on so we are currently not involved in caring. As we are now in this position I decided to step down as Forum chair at the last AGM, but will continue as vice chair. I would like to encourage all providers to get involved with the Forum either attending meetings (quarterly) or talking to forum members about current issues.

Big thanks to Trixie and Jayne for listening to our moans, being honest with us and providing the hospitality for Forum meetings over the last few years.

I would like to wish Ian McDonald all the best as he takes over the reins as chair of the Forum and here's to clients being helped in even more ways in the future.

**Steve Hayes**

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### PROVIDER FORUM UPDATE

Well it's that time again. I will refrain from the usual banter, of we still need more members, but I guess you know that already. There have been slight changes since I last wrote, JAYNE has managed to escape our firm grip and Dean has stepped into the breach, I hope his baking skills are a little more wholesome, sorry Jayne. Both Jayne and Dean have been elevated and the Forum congratulates them. Many thanks Jayne for the input you have provided, let's hope Dean can fill your shoes, sling backs of course, high heels are just too much!

Plans are already afoot for next years "Working together, Achieving together" conference and we are looking for your input in how the forum can support this event. As you know we M.C'd the last one and it has been suggested that we have a pivotal role again. This conference is an ideal vehicle to promote ASA and its troops in a positive, effective way. So if you fancy a challenge contact your local Forum member.

There have been lots of new faces added to the ASA line of Providers, so to give Steve and myself a rest, step up.

**Cheers from the Forum. Andrew, Boston**

## Central Government Visits Local Charity Adults Supporting Adults

Adults Supporting Adults (ASA), a countywide not-for-profit registered charity supporting people to live independently in the community, was recently paid a visit by the Department of Health's, Director of Social Care Policy, Shaun Gallagher and his colleague Anne-Marie Hamilton.

Shaun who is a lead on the National Dementia Strategy and Personalisation Agenda and Anne-Marie responsible for writing the governments new policy on public services reform (White Paper), were keen to find out how ASA, a 5A star rated Supporting People and CQC registered organisation, adapts its resources to create real choice for people who require assistance in the community.

Chief Executive of ASA, Trixie Bennett, said "We are honoured to be asked as an example of excellence to host Shaun and Anne-Marie's visit on behalf of Shared Lives (NAAPS countrywide). ASA was recommended to Shaun by Chief Executive of NAAPS, Alex Fox who has also visited and experienced the innovative and person centred work which is the foundation for ASA's work. The day was a very successful one which enabled Shaun and Anne-Marie to gain first hand experience of the organisation and the resources ASA create with our clients to ensure each personal outcome can be met to the individual's greatest advantage."

Of particular interest was the At Home Day Resource which supports people with dementia in small groups within a family home setting, giving family/carers a break



during the day. Also visited was the Day Time Provision resource which assists people on a 1:1 basis to develop skills such as supporting and maintaining their tenancy.

Trixie added "ASA is also an excellent model of how the third sector supports the development and quality of bespoke resources to individuals whilst reducing cost to the public sector purse."

Shaun Gallagher stated "It is great to hear peoples personal stories of how the approach ASA takes gives them freedom and flexibility to have a homely environment in which to receive the care and support they need to live full and independent lives."

The day was capped off when Shaun and Anne-Marie had lunch with providers and clients involved in the sitting service, respite and shared lives placements.

**To find out more about Adults Supporting Adults or to become involved with the support they provide you can visit the website [www.asaorg.co.uk](http://www.asaorg.co.uk), email [enquiries@asaorg.co.uk](mailto:enquiries@asaorg.co.uk) or call their Head Office on 01529 416270.**



## News from Lincoln and Gainsborough

Last time we told you about our office move in Gainsborough, I'm pleased to report that we are now very much settled in. Most of the Gainsborough providers have now been and visited us there for one reason or another, but the invitation is still open if you haven't been yet. Give us a ring first though, just to make sure we're "at home".

In Lincoln, we need to say welcome to Marie and Ian Boothman, who were approved as Extended Stay and Respite providers at Panel in February; they are already very busy with one Extended Stay client, and several respite clients enjoying their hospitality. In May, we said goodbye and happy retirement to Sandra and Stuart Flynn, Extended Stay providers from Lincoln, I'm sure we'll be keeping in touch with them, as they remain dedicated Respite providers. We also need to wish Lorna Grealish the best of luck in her new job, our loss is their gain. In November last year we recruited some new Day Time Providers in Lincoln and Gainsborough, so welcome to the team.

Both, Karens and Vanessa are busy appraising the DTP's, and it's a great opportunity to hear about all the innovative ways you find to keep DTP fun while meeting the outcomes for clients. Keep up the fantastic work.

Unfortunately, the snowy weather in December (which seems so long ago) caused the Christmas bowling session to be postponed, but it was rescheduled for January, I hope those of you who went along had lots of fun.

We are busy marketing around the areas as always, we never miss an opportunity to tell others what we do, thank you to all of our providers and clients who have been helping with this, by putting posters and flyers up in places you visit, this all helps to promote ASA.



**Karen M**



**Karen N**



**Vanessa**



**Sharon**



**Kirsty**



On Wednesday 6th July 2011 Gainsborough clients and providers met at Blyton ice cream parlour for coffee, and of course, ice cream.

The caramel and butterscotch was tried by Gillian, who thought it was yummy.

Christine tried the mango and ginger, which got excellent reviews.

There are many flavours to choose, I counted more than 25. The company was great and conversation flowed well.

We would recommend anyone to try; they also do a variety of hot and cold food, and have seating inside and out, plus a small play area for children.

Some of the party then moved across the road to the Black horse pub at Blyton. They had a lunch time 2 courses special for a brilliant price of £4.50. Andrew had the fishcake, chips and pies followed by an ice cream, and of course, his favourite tippie, a pot of tea.

The jacket potato with coleslaw and side salad was excellent especially if you are watching your waistline. Nigel, of course, had to finish his meal with the traditional apple pie and custard, which was highly enjoyed too.

So from all of us at Gainsborough, do call and visit if you're passing through (try the office first though, we're not always in the ice cream parlour or pub!).



## East Coast and Wolds Area update.

Hello again everyone, it doesn't seem that long ago I was writing the update for the last issue. One of the major changes for Sandi, Roz and I as a staff team is that we have relocated the area office back to Louth, our new residence is Room 5, Fairfield Enterprise Centre, Lincoln Way, Fairfield Industrial Estate, Louth LN11 0LS. Tel/fax 01507 617746. Please feel free to call in and see us if you are passing, there will always be a welcome if we are in.

Since my last update panel has approved Liz Lowe and Ian Silcox-Crowe, and Wendy and Paul Warne all from the Louth area as respite providers, also approved for Extended Stay is Hazel Jewitt who lives in Chapel St Leonards. I would like to welcome them into our area. Also I would like to wish Cyril and Margaret Baker all the best for the future following their retirement, and thank them for their support and hard work during their time as respite providers and Cyril as a DTP, I know that they will be greatly missed by all the client's that they have shared their home with, over the years. As an area we are also saying goodbye to Jan and Derek Thornton who have taken the hard decision to resign due to family circumstances, I wish them well for the future too.

I would also like to welcome Liliya Stasulane, Fiona Yivli, and Donna Marsden as Day Time Providers within our area, and I hope they enjoy working with our clients.

Marketing ASA services continues to play an important part of our role, Sandi and I have attended many meetings and events highlighting the work that ASA does. 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.

Due to the recent changes in funding and the introduction of personal budgets, I know that for some of you times have been quite busy and for others it has continued to be slower, but in general the work load for the area has been rapidly increasing, especially the demand for respite. I recognise that the response to these demands could not have been achieved without all the hard work put in by you as providers, as well as Sandi, and Roz. 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**



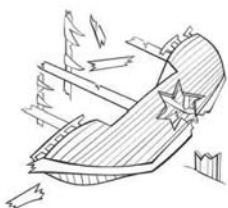
**Richard**



**Sandi**



**Roz**



## Michael's Joke Corner

What shakes and quivers on the sea bed?

A nervous wreck!

## Spalding Area Update

Hello everyone, haven't we been having some lovely weather lately, lets hope it stays this way until the end of September. It feels odd to say we had a great Christmas meal when the weather is hot and sunny, but providers and clients who could make it got together and had a lovely evening and an excellent meal at the goat pub, Frognall.

Carole and I are in the process of setting dates for the next round of the Dementia Awareness Training, this has been well received and we have had some positive feedback from this training, by the end of 2011 we should have all providers trained to support clients who have dementia. I still continue to be involved in the Shared Lives National Dementia Project, this went live in February, this has involved Area Supervisors from across the county identifying clients, family carers and providers who would be willing to complete questionnaires to feed into this project, so a big thank you to those involved. This involvement will last for 12 months and then the project will evaluate the comments and a report will be published.

Sally and Carole have been involved in events where they can let people and other services know about ASA and what we can offer, this has resulted in an increased number of enquires, and some new services being offered. The sitting service has begun in the Area which is an exciting new service being offered by ASA.

As reported in the last edition we do have some providers who have completed their Shared Lives Award and we are at present supporting some new providers to complete theirs.

The Spalding office has had a new phone system installed and our number has changed, it is now **01522 555990**, the old number is fax only.

Have a lovely summer; let's hope the weather stays warm and sunny.

### Jackie, Carole, Sally and Shelley



**Jackie**



**Sally**



**Carole**



**Shelley**



Congratulations were in order for Sally Wilson who received her 10year service award on the 5th May 2011. Sally was presented with a DAB radio from Keith Phillips, Chair of Adults Supporting Adults and a bouquet of flowers from Trixie Bennett Chief Executive of Adults Supporting Adults.



Sally joined ASA in 2001 she was the first Area Supervisor to be appointed, during this time Sally has supervised the Spalding, Stamford and Bourne area.

*Well done Sally!*

## Boston, Sleaford & Grantham Update

We are hoping that by the time you are reading this, the summer will well and truly be upon us. Outside of the window, you can hear thunder in the distance and see dark clouds full of rain...although the fields do require some much needed watering. Again its' already been a very busy year...We know we say it all the time but it is so true. So where do we start!! I suppose the biggest change is that I have now taken on the role of the Operations Manager. It is something that I have always aspired to since joining ASA and I feel very privileged to have been recruited to the post. I would like to thank everyone for their support and kind comments, and Jayne, who is now Registered Manager, is doing her best to train me up...I still have so much to learn. With me moving on, we have recently recruited Emma Duncomb, a social worker from Grantham, as the new Area Manager. She will hopefully be starting at the beginning of August and I'm sure we will see her profile in the next edition. I have really enjoyed my time in the area and I feel very proud as to what we have achieved over the years together. So when you're passing by head office, please feel free to pop in for a coffee and a chat.

I know Christmas seems such a long time ago now, but the parties where well attended in both areas and we saw a lot of empty plates, so the food must have been excellent. We were please to see so many new people attending, which is testament to how we have grown in both areas over the past couple of years. Remember, if you have any ideas for this December or any other time, then, please let either Sue or Sharon know in good time so that we can make arrangements. It was also great to see a few of the DTP providers and clients catch up at Grantham Bowl the other month. It is something that we will try and arrange more often if the interest is there. I'm still waiting on Mr Hawkes to arrange the Boston event, as I remember, it was one nil to the boys last time. We must also thank those providers who took the time to attend the annual SMT/provider meetings. It's always good to have opportunity to share ideas and show what we have been up to.

We would like to welcome two new DTP's to the area, Lorna Lee and Stephen French, who are both already working away and enjoying it very much so they tell us. Also a big thank you to those people involved in the annual Supporting People Inspection...we achieved the 5A standard again. During the last six months we also had Jemma Trollope on her social work placement, she was a pleasure to work with and we wish her the best for the future. I really appreciated the involvement from the providers who were supervised by Jemma whilst with us. In terms of work there has been a steady flow of DTP referrals in both areas and it looks like that we will soon have to recruit again to meet the demand. The impact of the Personalisation agenda has just started to happen and we now seem to be receiving an extremely high number of private respite referrals in the area. If you know of anybody interested in becoming a Respite provider, then please contact us, as you are the best advocates for ASA and the resources we deliver. The new Sitting Service has also started to pick up and we are again looking for providers to assist us in offering this resource. You will have been made aware by now that the Care Quality Commission (CQC) requires all social care organisations to focus more on outcomes for the clients they support. ASA is no different and over the coming months we will have to change the way in which we record our work. This will be a joint commitment so that we can continue to maintain the high standards that the organisation is known by. Finally, please keep the articles coming in so that Jigsaw can be as interesting as ever and we look forward to catching up with you all over the coming months.

**Kind Regards, Dean, Sharon, Sue and Christine.**



**Dean**



**Sue**



**Sharon**

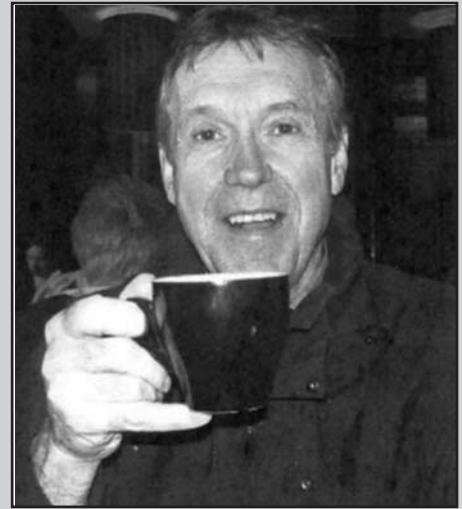


**Christine**

## Howard's Way

### Why ASA?

I first got involved with ASA via our chairman Keith Phillips whilst I was working at Duncan & Toplis as their Human Resources Director. I assisted with some policies and people issues. I was very impressed with the people I met, Trixie, Jayne and Stephen and the objectives of the organisation. So when I retired last year and was approached to join the board I needed little persuading, and certainly any doubts flew away after spending an afternoon out and about with Richard Brown-Warr.



### My background

I originate from Grantham. Started my working career at 18 as a management trainee in the printing industry in Nottingham and subsequently had spells in careers advice, then back into industry in a personnel role at Raleigh cycles, the textile industry and then returned to Lincs with Padley's at Anwick. I left them in 2001 and after a year of consultancy and college lecturing I joined Duncan & Toplis to set up and head their HR function. I retired in 2010. I still sit on employment tribunals a few days a month which I find very interesting.

### My interests

Mainly sport. I'm a keen but average golfer and have played most ball sports, a Nottingham Forest season ticket holder (someone's got to be!), and I'm vice-chairman of Sleaford Talking Newspaper for the blind.

### My family

We have two married sons and five lovely grandchildren aged 1 to 6, 3 living near Stockport and 2 in Abu Dhabi. My wife is a remarkable lady (brownie points for that!) having survived a very rare neurological illness in 1985 she founded a national charity to provide support to sufferers and their families and assist with medical education, awareness and research. The illness is Guillain-Barre Syndrome.

### My proudest moment

Going to Buckingham Palace with our sons in 2010 to see my wife receive the MBE from the Queen for her charitable work.

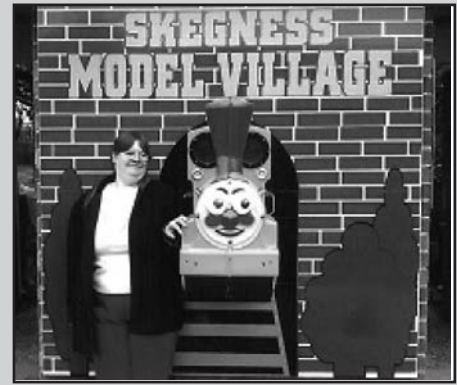
### Howard Sanders, Director

## ASA Recognised by the Department of Health

ASA have been recognised as an example of best practice in a government white paper called 'Carers and Personalisation: Improving Outcomes' (DH 2010). The document written by the Department of Health focuses on the greater opportunity for choice and control that the personalisation agenda brings to people who require support. The paper identifies ASA as an already leading market provider in this respect; by the way its flexible approach meets the demands of the local community. It highlights the unique way in which the At Home Day Resource (AHDR) has been specifically developed, so as to meet the needs of clients with dementia and their families. The paper also comments on the good rapport that is built between the client and the provider so that clear outcomes can be achieved through a person-centred approach. You can view the full document at: [www.dh.gov.uk/publications](http://www.dh.gov.uk/publications)

## My Story 6th June 2011

Monday I met Barbara in Boston bus station and we went to Skegness on the bus and when we got there we went for a drink first and we both went to the model village, it was so nice because we saw a mini fair ground and walked round and there was a small school and then a flower shop and a small fire station, was so nice and me and Barbara also see a haunted house and scared us a bit when the ghost came out and we both enjoyed it a lot and we had lunch and afterwards went for sit on a bench near the boating lake and saw lots of big boats and baby ducklings and they came right up to us because I had a paper bag and Barbara took picture of them, was lovely seeing all them and we had ice cream and donuts, and before we left model village Barbara took picture of me near train outside and later on we both went in amusement place and I went on dance mat, was fun because I enjoyed it and Barbara went on dance mat too and then we went round shops and was best time I had for long time with Barbara because we have lots of fun together as friends.



**Miss Diane Everitt, Boston.**

**Sandra Nicholls, Burgh Le Marsh**

## The Dog House

If you are a dog-lover,  
You will understand,  
That dogs are little rascals,  
They need someone in command,

Stop and think for a second,  
And you will realise,  
You have to be strong and in control,  
Or they will take you by surprise!

Imagine if you lived,  
In house with 10 other dogs,  
You scream, shout,  
While they sit there like logs,

But I know a couple,  
From just down the street,  
Who HAVE 10 DOGS,  
That's 40 little feet,

8 of them are pugs,  
With flat noses and curled up tails  
But 2 of them are spaniels  
Long haired with long, sharp nails,

There is Ruby, Laddy, and Sible  
Charlie, Dudley and Yummy,  
Jester, Sadie and Ebony  
Then Nina with a hairy tummy.



## A Trip To The Theatre

### Buddy Holly



On Thursday 5th May Nigel collected me from my house around noon. We went to the Woodcocks pub near Lincoln to meet Phillip and Andrew for dinner. After dinner the four of us went to the Theatre Royal in Lincoln to watch 'Buddy The Musical' which is based around the life and music of Buddy Holly. The show started at 2.30pm. It told the story of how Buddy Holly became a successfully Rock and Roll legend with his band the Crickets and on his own. He performed lots of Buddy Holly's classics including, Heartbeat, Peggy Sue, That Will Be The Day. The show also included the Big Bopper and Ritchie Valens. The reason they were included in the show is because they were all involved in a plane crash on 3rd

February 1959 where they all tragically lost their lives. The Big Bopper sang Chantilly Lace and Ritchie Valens sang La Bamba. I enjoyed the show very much and I was singing to most of the songs,

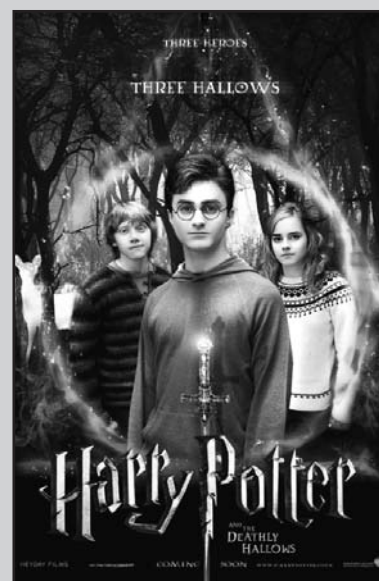
**By Sam Jervis**

## Harry Potter and the Deathly Hallows part 1

On Wednesday 29th December 2010 I went to the cinema at Boston to see the new Harry Potter film. The whole film was brilliant; I especially liked the special effects.

The best bit was the beginning of the film when one of the professors put some of Harry's hair into a bottle to make a potion which turned five people into Harry Potter look a likes. This helped Harry escape with Hagrid on a motor bike and side car; they went through Dartford tunnel and landed in a river. They met with Hermione and Ron at a safe house.

Harry, Hermione and Ron left the safe house and went travelling round the country living in a tent. Harry and Ron had a fight and Ron left Harry and Hermione by themselves but Ron came back and rescued Harry from the frozen lake.



Harry, Hermione and Ron spent most of the film trying to escape from Voldemort who is trying to kill them; this made it very exciting with lots of chases and action sequences.

The film ends in a real cliff hanger when Voldemort opens the grave and takes Dumbledore's magic wand and waves it about and lots of lightening flashes around the screen.

I am really looking forward to seeing what happens next in the second part when it is released.

**Chris Fuller**

## Horse Riding



My name is Tricia Picton. Every Thursday Lisa Davies, my Day Time Provider picks me up from the bus station in Spalding to take me to my horse riding lesson at Four Winds in west Pinchbeck.



Alice is my teacher. I go and get my horse from its stable. I usually ride Trotter or Travis. We go to the indoor school. I use a block to get on my horse because it's very tall. I have just learnt to sit and trot. I sometimes go on a hack on the field when the weather's nice. I like to take treats for the horses. I give them apples, carrots or polo's. I am hoping this year to take part in a gymkhana.

## Julie Davies, DTP, Sleaford

My name is Julie Davies, and I have been a Day Time Provider with Adults Supporting Adults for nearly eleven years, based in the Sleaford area.

I am married, to Ifor, and last year we celebrated our Pearl wedding anniversary, we have two children, Laura and Richard, and a grandson called Charlie.

I have many hobbies and interests mainly animal orientated; horses, Shetland sheep, dogs, guinea pigs, zebra finches, but sadly no cat, he passed away last year, at the age of fourteen, it happened very suddenly, and as of yet has not felt right to replace him, as he was very special, and his place is hard to fill.

I also enjoy doing crafts, my favourite being quilting, but I also like knitting, cross stitch and tapestry work. I am just about to learn about felt making, as I have several spare fleeces, that need using – so that should be fun and a new challenge for me.



Anyway my main reason for this article was the Christmas meal, we had a new venue, and I feel was most enjoyable, it was lovely to see everybody old and new! For some reason I ended up taking



photographs, as you can see David Bailey has no worries! But overall you can see everybody was enjoying themselves.

I would like to thank all of those involved in organising it, as it takes a lot of effort getting things right.

So, eagerly looking forward to the next event.



## Julie Miller, DTP



Hi everyone, my name is Julie, I am 49 years old and live in Long Sutton, and I am married and have a son aged 13. I like football and support Man Utd. Also I like all motor sports and cooking and going out for meal's and holiday's and days out with my family. I joined ASA 4 years ago and I am a DTP for the Spalding area. Before joining ASA I was in partnership with my parents in the horticulture business, selling flowers and bulbs etc all over the country, even the Royal Family had some of our Tulip bulbs in Sandringham and Glamis castle which we were very proud of. Then when my parents retired I went on to work at Gedney Bulb

Company being a line leader till I thought I had had enough being out in all weathers getting cold, wet and muddy as I had been doing that from my early teens and up to being in my 40's so I decided on a new career. I got an indoor job working at the Spar shop in Long Sutton part-time, 3 day's a week but then 1 member of staff in our department left so that made only 2 of us left so our jobs became full time which I didn't want at the time as my son was only young. So a friend of mine who already worked part-time for ASA mentioned me to Sally, then with an interview at Lincoln with Jackie and Dean and a few days later I got a phone call to say I had a place with ASA. I have 3 clients at the moment, 2 ladies and 1 gentleman and 1 of my ladies is 103 years old. I take them all out shopping or other places they would like to go, my gentleman client, I take him to other places when we have more hours were he would like to go, we have been to Hunstanton, Burghley House, Pensthorpe and just recently we have visited Gressenhall Farm Museum and Workhouse and more places too. And just a thank you from my clients makes my job very rewarding, seeing the smiles on my clients faces, knowing I have made them happy by getting out into the Community. I have achieved a lot in the last 4 years by passing my NVQ2 in Health and Social care, Dementia Awareness Training, and E- learning in Safeguarding plus other Mandatory training when my certificates are due. I have met many new friends since joining ASA at training meetings and get together's. ASA are always there on the other end of the phone if you need them anytime. I have really enjoyed my last 4 years with ASA and I am sure I will still enjoy my future years too.

**By Julie Miller, DTP Spalding**

## Mike's Gig at Oakdene Care Home

From 1958 to date, I have played lots of venue's, inclusive of girl's venture core, Afro-Caribbean clubs, fashion shows, T.A., universities, talent competitions, care homes, nursing homes and community centres, all happy memories. And playing keyboard's for Oakdene brought everything flooding back. Most enjoyable times of my life, meaning bringing happiness and enjoyment to those who appreciate it. Some may find it a little unnerving playing in public to an audience, but I, Michael Walker, dedicate my life, my music and myself to my audience and to their enjoyment of my performance, they are the real stars, not myself, never have and never ever will be.

**Michael Walker, Sleaford.**



## Hello Readers!



My name is Stewart Robertson and I have had the pleasure of working for ASA for over a year. I have been married to Karen for 34 years and live in Stamford. My son of 21 is away at university and my 17 year old daughter studies at the local college. Our family is not complete without our two lovely black Labradors, Holly and Inca!

I have worked most of my life in an industrial environment and, although content with my work, I have always envied my wife who works in the care industry. At the end of the day she could feel she had done something useful and had that work satisfaction. And I, well.....

When a redundancy situation presented itself I took the bull by the horns and applied to ASA.

The work is so different but so rewarding! It is a pleasure to think that I may be making a difference to somebody who has not had the opportunities I have had. People with disabilities deserve and should expect the same opportunities that able-bodied people have. I have had the privilege of meeting many lovely people since I joined ASA.

Recently I had the opportunity to attend a day course on Sensory Loss presented by the Lincolnshire Local Involvement Network (LiNK), as an ASA delegate. To lose your sight or hearing or both is truly frightening and the presentation included certain practical demonstrations. These were very thought-provoking such as the trying on of glasses which simulated various conditions such as cataracts, tunnel-vision etc. I volunteered to be blindfolded for a while to experience what it is like to live in a world of darkness. (Thanks to Lizzy for not "crashing" me.) To "see" or not what others with visual impairments may see is really humbling. I support a man who is registered blind and has no vision at all, and this course has helped me to try and understand better what this condition means to him and how it impacts on his daily life. The great and surprising thing is, he doesn't complain but just makes the best he can of enjoying life. A lesson to us all I think!

**Stewart Robertson, Stamford**

## Our Holidays In Spain



In the first week of May 2011 we went on holiday to Spain. We stayed at the Barcelo Hotel in Waiver which is situated on the coast of Seville near the boarder of Portugal. We visited the Bull Ring at the city of Seville. While we were in Seville we went to see the park and walked along the river. On another day we went to the Rio Tinto Copper mining museum where



they used to mine and quarry copper. We had a ride on a smaller tram around the quarry. We saw some disused steam trains that they used for transporting copper. On another day we went to the Christopher Columbus museum and had a look around the replica ships that Christopher Columbus went on when he discovered America.

**By Philip Chalkley**

## My Trip to Lincoln



In Feb. of this year me and my support worker whose name is Barbara and I wanted to go to Lincoln to have a look round the shops. While we were in Lincoln I wanted to have a look round the Lincoln life museum and have a look at the kitchens and living room. I liked the household, how they displayed it all so that you can read the notices on how they use to live. I also had a look round the farm which had lots of old farm machinery, and also I had a look at the war time and it showed you with them in the fields and it was lifelike. It made me a bit upset.

**Nick Saunders, Boston.**

## My Day Out at Grantham 10 Pin Bowling

By Chris Fuller



On Tuesday the 24th of May a group from ASA went to Grantham to play Tenpin Bowling. Seven of us played on one lane, Matty, Michelle, Alan, Jemma, Doreen and I. We had to put on special shoes which the man behind the counter gave us. We played one game which was won by Alan with 104 points. It was a very nice bowling ally, with places to buy food and drink if you wanted. When we went outside to go home Sharon took a group

photograph of us all. It was nice to meet other people from ASA and everyone seemed to enjoy it. I enjoyed the social event very much and I hope we do it again soon.

## Yorkshire Holiday



This photo was taken on a recent holiday to Yorkshire with my carer Sue Browne and her Mum, Val Frankish. We stayed in a cottage called Mayfields at Strensall, Nr. York. Whilst on holiday we had super trips out to the Yorkshire Moors and enjoyed the lovely Yorkshire countryside. We visited Helmsley, Thirsk and Beverley. Thirsk is the home of James Herriot and we visited the Museum there. We went to Beverley and visited Beverley Cathedral. We also spent time shopping in York and

looked at York Cathedral. We had some very nice meals out in local restaurants and also visited lots of coffee shops for Yorkshire teas. There was a lovely black cat called Merlin who visited us every day. He came from the house nearby. I have enclosed a picture of me doing a jigsaw puzzle at the cottage. I won the puzzle at Heacham earlier in the year when I had a respite holiday with Janet Baker and Sharon.

**Brenda Simpkins, Spalding.**

## My Life, Alan Clark

Alan Clark has been a Day Time provider with ASA for almost ten years. It was his wife, who was previously a DTP who introduced him to the role, something he'd never considered or had any experience of before, but he saw the dynamics of the relationships she built with clients and he felt it was something he wanted to be part of. He's worked with a relatively small group of clients over the years, and has two long standing client's. He enjoys the ability to enable clients to access places and opportunities that otherwise they may not have been able to do. He worked with one client who had not left the house for a number of years, and has since been to Grantham, Lincoln and Skegness among other places. Alan feels he has a specific skill in communication which he says has built from his years working in sales when he had his own business, these skills are transferable, and he says he is able to draw people out of themselves, and so instil confidence in them.



He was brought up near Skegness, then moved to just outside Lincoln before settling in Sleaford where he has remained for many years. He had a variety of jobs on leaving school. He also became a rock musician, playing six nights a week and working in an office full time in the day time. Every kid wanted to play guitar, but Alan pursued his interest and made it happen, he mainly played rhythm and blues or soul, and is proud to have once played second on the bill to Status Quo. He once jammed with a chap who looked vaguely familiar to him, from a band called The Gods, this turned out to be Mick Taylor who would eventually replace Brian Jones in the Rolling Stones. Alan Price was another acquaintance, he was best known for being the original keyboardist with the Animals. He has a story about Alan Price ordering a chicken salad, when everyone else was ordering the usual grease laden chips with everything type meals, the venue had to send out to a local hotel for the chicken salad, unfortunately it arrived before Alan Price was ready, someone else got to it first, he can still hear Alan in his Geordie accent shouting for his chicken salad.

Alan felt a real affinity for Blues music and had a desire to go to the States; however life goes on, Alan met and married his wife, and they had three sons. They also had a business, for twenty-eight years Alan was the main local agent for Wrangler Jeans. The boys grew up, their oldest Son is in the Royal Navy, the middle son is a Graphic Designer and the youngest son has just graduated from Lincoln University.

Alan and his family went to the States to visit friends in Atlanta. While there, they drove the six hundred miles of Highway 61 from Memphis to New Orleans, also known as the Blues Highway, a journey that took two days. This involved an overnight stay at the Crossroads of Highways 61 and 49, Mississippi, where legend has it that Robert Johnson sold his soul to the devil. They enquired at their motel about a taxi as they had decided to visit a club frequented by B B King and Morgan Freeman, but they were very definitely told that taxis did not run after 9pm! The receptionist told them that she only knew of one person who may drive them. The Deputy Sheriff of Mississippi, Roosevelt Washington. Alan phoned him and he agreed to take them and drive them back to the motel at the end of the night, he turned up in his Cowboy hat. It was also during this trip to the States that they visited Graceland's, Elvis's home.

They have since travelled with their friends further in the States. On one of these visits, arranged to coincide with Thanksgiving, Alan had an "experience" on entering the country. Alan's fingerprints apparently did not match the prints that were held for him at US

immigration. The first he knew of this was when he felt a gun pushed into his back, and heard a man with an American accent telling him to follow the green line and not to make any sudden movements. He obviously obliged, and found himself locked in jail. US immigration really tightened up procedures following 9/11. Alan didn't help himself, demanding to be allowed to speak to his Lawyer, which he was not permitted to do. Eventually, they recognised that Alan was no threat, he was released after more than six hours with the greeting "Welcome to America". "Welcome to America?" replied Alan, his wife advised him they should probably go, and the immigration officer advised her to get him out of here.

On another occasion, Alan was chatting to some locals at a gas station, where he had gone to buy a crate of beer. They were buying many crates of beer and were going "deer hunting" in the deer creek. On realising that Alan wasn't a local, one of the guys stated "I've never met a guy from Scotland before." Alan pointed out that he wasn't from Scotland, he was from England. "You don't sound like that Prince Charles," was the response in a heavy American accent. "We didn't go to the same school" was Alan's reply.

While his son was stationed in Singapore on HMS Edinburgh, Alan and his wife visited him while he had some leave; they took him to a hotel for a few days. They then went onto Indonesia; they hired a 4x4 from a local guy and did some travelling. He took them to visit his temple, and Alan who arrived wearing shorts had to don a sarong before he was allowed to enter, his wife who was wearing full length trousers, just had to have a sash wrapped around her.

They returned to Singapore recently, to visit their son, daughter in law and young grandson, as their son is now based in Singapore, in charge of Royal Navy shore installations. He said it was a real eye-opener; he was very impressed and interested to see how people pursue different faiths within the country. He enjoyed the food which was seafood based.

This leads into one of Alan's favourite pursuits, cooking, he loves to cook, especially Cajun food, linking back to his music, and he soon discovered that all the dishes you hear named in the songs are real dishes. These dishes use lots of seasoning; two dishes he specifically named were Gumbo and Jambalaya.

Alan also breeds cats; the Singapura is one of the smallest breeds of cats, noted for its large eyes and ears, brown ticked coat and blunt tail. These cats originated in Singapore, they were drain cats, the breed was stabilised in the States in the 1970's. There are not many in this country, and breeding involves long distance travels to meet other cats. They have also had some success at shows with this breed. In the past they have also bred Bengal cats, which have wild-looking markings, such as large spots, rosettes, and a light or white belly, and a body structure reminiscent of the Asian Leopard Cat, which is where they descended from. They share their home with one of each breed, totally different cats, with totally different characteristics and temperaments, but most of the time they steer clear of each other.

Alan is keen for everyone to recognise that he is an ordinary guy who has had some extraordinary opportunities through life, and he has shared some of these experiences with us. His family have always been and will always be his biggest thrill; one of his proudest moments was seeing his son pass out at HMS Raleigh, he has since been all over the world, Alan is a little envious of the opportunities for travel which he has had. He talks proudly of the fact that his sons are the first in the family, which he has traced back for many generations, to have graduated from University.

## Sitting Resource



The Sitting Resource is a reasonably new service which we have been offering now for a few months. It does exactly what it says on the tin! It offers carers the opportunity to get out and meet their own needs in whatever form this may take e.g. attending an appointment relating to their own health and wellbeing or having a chance to go out socially, confident in the knowledge that their loved one is safe at home. It differs from Day Time Provision, which is predominantly a community based resource. The Sitting Provider can watch TV with the client, read the newspaper or a book together, do puzzles or play cards or dominoes, the choice is theirs. The resource is set up in a similar way to our other resources, with referrals, care plans and risk assessments all part of the process. If anyone would like more information regarding becoming a sitting provider or receiving the resource then contact ASA in the usual way.



## Worthwhile Experience!



I normally work as a Day Time Provider, but I have recently had the opportunity to work as a sitting provider. It is a completely different experience, but no less rewarding.

The things that make me feel that I am offering the best service is that:

1. I arrive on time
2. That the carer feels I am competent

I normally arrive promptly and I watch a film or television programme with the client. Sometimes it is in the evening and the client is asleep. Then partway through I make the client a hot or cold drink (with or without a biscuit).

I feel the person who benefits directly from the sitting service is the carer. They have the opportunity to attend an activity outside of the home, secure in the knowledge that the client is safe.

But the most gains are to the client, who benefits from a parent, partner or relative who has had some time to themselves. It a chance for the carer to recharge their batteries and to continue caring.

**J Simpson, Gainsborough**



## Michael's Joke Corner

What do you feed parrots on?

pollyfilla



## At Home Day Resource in Spalding



The At Home Day Resource offers person centred support in a homely environment. The resource enables clients to maintain their interests and have new experiences with others alleviating isolation. The clients who attend the At Home Day Resource in Spalding enjoy many activities. Julie Browne, a provider in Spalding, encourages the clients to take part in activities as she recognises that this will assist with stimulation. She supports the clients to knit, crochet, bake and crafts work. Some of the activities are based on special days throughout the year for example Easter and Christmas. One client made a birthday card for a friend. The client felt very proud of her achievement and her friend appreciated that she had taken time to do this and it was very personal.

The clients are encouraged to suggest ideas of what they would like to do whilst attending the sessions. This enables the clients to have a choice that makes the day enjoyable for them. Vera who

attends the AHDR in Spalding asked Julie if she was able to bring a Gingerbread house which needed to be built as she felt she would not be able to do

this at home on her own. The house would need icing and sweets attached to it. The next week Vera brought it with her. Julie reported that both Vera and Jean who also attends really enjoyed building the house using icing to stick the sides and roof together. The sweets were then stuck around the house. Unfortunately due to both Vera and Jean enjoying seeing what they had achieved, they felt that they could not then dismantle it to eat (I did offer to eat it with them however my offer was declined).



## Re-launch of Community Care for the Elderly

As Trixie has already made you aware, ASA have recently taken on the running of an existing charity called Community Care for the Elderly, which we are looking to expand. The resource is based at various locations in and around the Grantham area, with nearly forty people attending over three days of the week. The project is aimed at supporting often isolated older people to come together in small groups and socialise, have a lunch and take part in a few fun activities. Each group has a co-ordinator supported by volunteers and people are picked up at home and brought to the venues by mini-bus. On September 1st we are having a re-launch of the service under a new name...all will be revealed on the day, which will be attended by a number of local dignitaries. So watch out in the next edition and we will have a report from the actual day and be able to tell you the new name.

## My Life with the Coote Family

by Hannah Busby from Billingham



I came to live with Bill and Jean Coote and their two daughters Natasha and Eugenia, on my 23rd birthday last year in January. They had a birthday cake waiting for me at tea time, I was sad because things didn't work out at my old placement. But that is all in the past now and sometimes it's good to have a change.

In the last year I have started to become very independent and I now go to Lincoln College three days a week, where I attend a Life Skills course. We do cooking, personal finances and budgeting, computers, independent travel and living skills. All the things really that Bill and Jean help me with at home. I have lots of new friends now from the college, and

they helped celebrate my birthday this year by going ten-pin bowling in Lincoln. I also have a friend in the village, we go to the shops together and I visit her house.

Every Friday I work in a charity shop in Sleaford, where for the last four years I have helped sort out all of the clothes that have been donated. It is hard work but fun. I now catch the train to Sleaford on my own, after Bill drops me off at the local station.

I really do enjoy living with Bill and Jean, they have helped me become more independent but they also support me when I have appointments at the hospital and doctors. Jean is very good at supporting me when I attend the Hearing Clinic because I keep having problems with my hearing aids. I can lip read really well, but the hearing aids help a lot and Deaf Lincs also provide an interpreter when I have important meetings.

I get on really well with the two girls, Natasha and Eugenia, who we call 'GinGin'; they helped me settle in to the family. We do lots of things around the house, playing on the Nintendo Wii or on the trampoline in the garden. I also have to keep my room tidy, wash my own laundry and I now make my own pack-up for lunch at college. At weekends we always go out shopping, mainly to Lincoln; then we go to a restaurant for a meal. On a Sunday morning we sometimes go to church where I can meet new people. On other occasions we have been to the Trafford Centre in Manchester, I took lots of photographs, and to the Oxford/Cambridge boat race, where we had a picnic by the River Thames; it was a cold day though.

Jean has supported me to save my money, and I have brought a Nintendo DS, an Ipad, a digital camera, a new mobile phone and a Laptop computer. I talk to my friends on Facebook, but I now know how to keep myself safe as well. Last year I went on holiday to Spain with Skylark. It was fun and I met new friends, but we had to move hotels because there was a problem with the rooms. Just recently, I have been on respite to stay with Marie and Ian in Lincoln, which was good as I could still attend college. One night, I went to Club 87 with Peter who lives with them. We were able to communicate through sign language, just as well because I had to make sure he didn't leave me there on my own.

I think when I finish college next year I would possibly like to try living on my own. Just at the moment though, I am quite happy living with Jean, Bill, Natasha and Gin-Gin.



## Our Experience of Being Respite Providers



During 2007 following both of our retirements, we moved up from Portsmouth in Hampshire to our bungalow on the east coast village of Saltfleet. As Jan had experience working in social care with people with learning difficulties, we decided that we would like to support this client group during some of our spare time. After making some local enquires we were directed towards Adults Supporting Adults, and after contact and discussions with Richard and Dean we decided to apply to become respite providers.

The assessment process was very thorough, and when we attended the pre-approval training Richard informed us that it was to be a small group, which when we arrived turned out to be extremely small consisting of just us two, as the other couple had been unable to attend. We both enjoyed the training and learnt a lot. We were told about the matching process and how important it was to ensure that the placement was successful, we both now realise how this worked and feel that all the clients we supported matched our abilities and lifestyle.

We both feel that we really enjoyed having clients stay with us, and on reflection we both got as much out of the stays as they did, with many of them having an impact on our lives. Seeing the clients being accepted as part of our community was very rewarding and they were always part of village events when they were staying with us.

A particular part of the role as respite providers that we found rewarding was being able to give clients time. Seeing them develop new skills such as making simple meals and more complex baking was really enjoyable, as was eating what they had prepared. We found that supporting clients to discover new hobbies and places of interest enabled us to learn and develop new skills, as well as encouraging us to explore more than we would have done.

Something we both agree on is that we valued and respected Richard for the support we received from him and we appreciated the contact from all the staff team at Adults Supporting Adults. Although we never had the need to call it, knowing that the on-call phone was available was a great comfort to us. We both looked forward to our monthly supervisions with Richard and liked discussing the achievements and progress made by the clients we supported.

Attending training was important to us both and we always attended it together. We especially enjoyed the dementia training: it was made really interesting and was at the correct level. We both found that what we learnt was very useful recognising that it was not just for our work with Adults Supporting Adults but also in our family life.

Unfortunately due to increasing family commitments it has been with regret that we have had to resign as providers, but we have really enjoyed working for Adults Supporting Adults, and we hope that we have made a difference to some clients and their carer's lives. We have found our time as respite providers very satisfying and we wish all our clients and friends at Adults Supporting Adults our best wishes for the future and thank you all for the support and kindness we received.

**Jan and Derek Thornton**

## Shop2Gether



ASA have recently launched a new project which came about after the need was recognised during the bad weather last winter.

The project aims to support people to go out to do their shopping and to have a coffee or lunch if they wish. The resource will be provided by volunteers who will receive any necessary training and ongoing support from ASA.

The volunteer will collect the client from their own home, transport them to the supermarket or local shop, assist them to do their shopping and then take the client home and help them to put their shopping away.

The volunteers are paid an allowance for mileage of 45p per mile and if the client wishes to have a coffee and cake or lunch then they would also pay for the volunteer.

The project is being piloted in the Sleaford and Spalding areas but we are hoping to make this accessible around the county.

If you would like more information, want to volunteer, or know someone who would benefit from this type of support, then please contact Toni at the Sleaford office who will be able to answer your questions.



### What is 111?

NHS 111 is a new telephone service being introduced to help make it easier for you to access local health services.

If you live in Lincolnshire, you can now call 111 when you need help fast, but it isn't a 999 emergency.

You can ring 111, 365 days a year, to reach a full range of local health services, including out of hours, doctors, community nurses, emergency dental care and late opening chemists.

Calls from landlines and mobile phones are free – just like 999.

### How does it work?

111 will get you through to a team of highly-trained advisers, who are supported by experienced nurses. They will assess your symptoms and guide you to the right local service.

Wherever possible, the NHS 111 team will transfer you directly to the people you need to speak to. If they think you need an ambulance, they will send one immediately – just as if you had originally dialled 999.

### When do I use it?

People should use the NHS 111 service if they need help or advice urgently but it's not a life-threatening situation. You should call 111 if:

- it's not a 999 emergency;
- you don't think it can wait for an appointment with your GP; or
- you don't know who to call for medical help.

For less urgent health needs, you should still contact your GP or dentist in the usual way, and for immediate, life-threatening, emergencies please continue to call 999.

## "I Remember" By Eileen Waters



I came into this world on the 18th April 1932 at the St. Mary Abbott hospital, Kensington. My mother was 42 and my father 52, so I can say with my hand on my heart I wasn't a planned baby.

My mother was a dress maker and worked from home as she suffered from bad leg ulcers. People would bring their materials and she would make them a dress of their choice. She worked hard for the same company for 5 years. She started earning just a shilling and by the end

of the 5 years was earning five shillings. She had her own customers but did not charge enough and was happy with a small tip. Now, my father was a blacksmith. Very talented, very artistic and graced many a lords gate. I remember him saying that he had made the gas lamps for the Hampton Bridge over the Thames. My earliest memory was when I was two; my father was having a shave with his cut throat razor and a leather strop. When he put the razor down on the table I climbed up on a chair and got hold of the razor. My father saw me and took it away along with the top of my thumb. In those days you only went to the doctor if you were dying, so mum tore up a sheet to wrap around it. It took three weeks to heal. I still bare the scar.



Mondays were wash days. We would heat up the stone boiler in the scullery. My job was to grate a bar of soap and add to this 2lb of soda. This was put into the water with the clothes. Everything was so clean and the whites spotless.

My dad became ill and had to go into hospital and the day he came out was the night of the rats. I remember, due to a broken sewer my parents took me into their bed and the rats kept jumping on the bedsprings and my parents kept whacking them to try and get rid of them. Next day mum called the rat catcher who came and caught 6 big rats. When the flat next door became vacant we moved in there. The man who was helping us move knocked down a shelf and bugs ran everywhere. We burnt sulphur candles for three days.



1932, the era of depression. Kensington was locally known as Soapsuds Island. To get to it we had to cross over a bridge which was covered in laundries. Mum's pride and joy was her mangle. She would put the neighbour's clothes through for 2d a load.

Pawn shops were a big thing. The men would go off to work on Monday morning in their work clothes and their wives would go to the pawn shop with their weekend suits to get a little money for the week. They had to redeem them by Friday so the men could go to the pub on Saturday night. We would also go to the Portabella market that stayed open until ten o'clock. The stalls were all lit with gas lamps and the stall holders would auction off their wares. We always bought our meat that way. Mum always got a large H-bone of beef which we roasted on Sundays. Then we had cold beef on Monday, Lancashire hotpot, which I hated on Tuesday, shepherds pie on

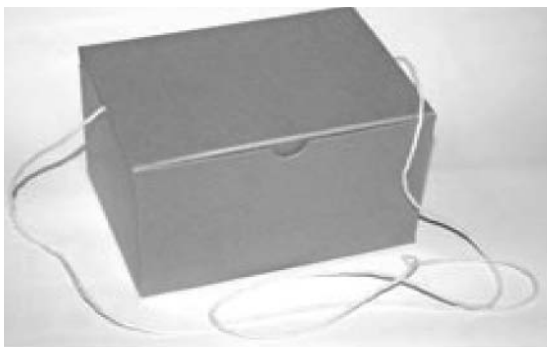
Wednesday, sausages on Thursday, fish on Friday and pie and mash on Saturday. Mum wasn't very adventurous. For a bit of extra food I used to pester the neighbours for any rags which I would then take to the rag shop. If I was lucky they gave me three pennies for them. I spent a penny on broken biscuits and then a penny on a large bottle of pop. With the last penny my friends and I would go to Williams where they had an electric machine, it was considered good for you, it had 240 volts and we children would hold hands and the first would hold the neutral and the last the positive, when it was switched on the current would pass through us all. We then went to the park at wormwood scrubs where we would have a picnic and play until dark, we could in those days. We would play hop scotch, hula hoop, spin the top and chippas. We used the bottle tops that we found at the pub to play shove halfpenny.



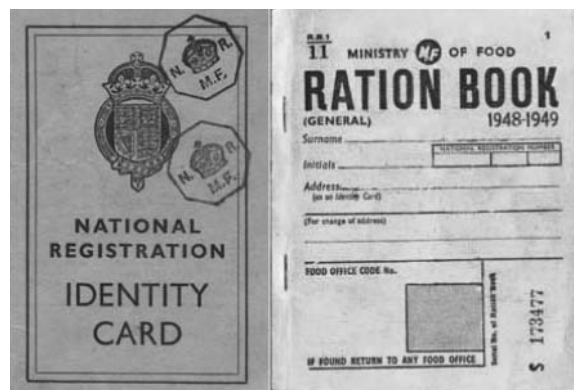
It was August 1939, I was now seven years old, I was taken to the Isle of Wight for three weeks holiday but little did I know my world was about to change forever. With the threat of war in the air things changed all around us. People gave up their gardens to build Anderson shelters. Ours was good it used to fill up with about a foot of water, but on the outside we would grow tomatoes. The well to do would have Morrison shelters built. They had pillars that went from floor to ceiling and when the siren went off the whole family would go in and carry on as normal.

All the road signs had to be blacked out in case the enemy landed and would follow them. We could not even strike a match because it could be seen from the skies. We were given torches that were shone on the ground and the street lights were switched off. Everything was done in the dark. Ration books were beginning to be issued. We hoped we would never have to use them, but we did. Later became the era of the "wide boys" and "spivs". They did not go into the services and started up what we know as the black market, selling anything from a hot water bottle to a fur coat.

Eventually came the evacuation where all the children were sent to the country for safety. Each child was given gas masks which were carried in a box at all times. We had a label pinned to our coats with our names on. For the



journey we were given a sandwich, banana and an orange. Most of the schools were closed and the children assembled at Paddington station ready to board the train. We said goodbye to our mums and boarded the train to who knows where. We eventually arrived at a sleepy town in Wiltshire where we were met by the W.V.S. who plonked a navy blue nap coat in my arms which was too big and came down to my ankles, luckily I had a good coat made by my mother. We were taken to the church hall to be billeted to strange families that had agreed to take care of us. The pretty ones were chosen first. I remember my husband telling me that he was one of the ugly ones and ended up knocking on doors trying to find



someone to take him in. Finally an elderly lady took pity and took him in. There were two boys who went to the local vicar and headmaster, they thought they had been dealt a severe blow and decided to go back to London which was 90 miles away. They only got to the top of the road before being caught.

It's amazing how different they thought we were. They thought we only had the clothes we stood in and lived on fish and chips. As a result we were fed on mashed potatoes with butter and cream whilst they had proper meals. Even at the age of seven I rebelled against that. Schooling was in the church. We sat on the pews and the teacher taught us from the rostrum. We only went for half a day as they said the war was not going to last forever and nobody owed us any favours. For the second half of the day we were allowed to go and watch the Home Guard drilling. They didn't have real rifles so they used broomsticks.

Jumble sales were becoming very popular. One lady used to snap up all the hand knitted articles, wash and unpick them. She would then crochet blankets; it didn't matter about the colours as long as they were warm. I can remember one lady knitting a stair carpet for 2/6. It wasn't very successful as it was too slippery. Also, when men wore out their trousers the women used to turn them into skirts. See, we were recycling long before it became a trend nowadays.



Mum used to send me a postal order every week of sixpence, and as sweets were rationed I would buy a carrot or swede and munch it on the way to school. I think that why the older generation had good teeth.

If you kept more than 24 chickens you could give up your egg ration for chicken feed, but above that you had to supply the government for two years. To fool the chickens into laying twice the amount of eggs

we used to have what was called "double summer time". We would go to school in the dark and return in the dark but they were not so gullible.

The winters were very cold and everyone had chilblains, small wonder as the soles of our shoes were made of cardboard. If you didn't fancy those there was always wooden clogs. Definitely the age of make do and mend. On our way to school we used to break off icicles and suck them like lollies. If we had a bit of money we would buy an oxo cube from the shop and lick that.

One year the river Avon froze to a depth of nine feet and we would walk with the family from Bradford to Trowbridge on the river. No wonder we all had chapped hands and chilblains. Sometimes to warm us up we would warm a brick on the fire and wrap it in a blanket and use it like a hot water bottle.

One Easter Monday we were told by the families that we would have to fend for ourselves as they were going on a picnic to bluebell woods which was a bird sanctuary. We kids then decided that we would follow them so we walked along the railway lines to Bradford on Avon. On the way we would put halfpennies on the lines so when the train went over they would make them into pennies. Whilst walking through one of the tunnels a train came along and I remember pressing myself up against the wall while it thundered past. We had no fear. We made it to the woods and had a good day. A battalion of soldiers had found out about the picnic and came along. Being from London they were outraged at the way the evacuees were being treated and smashed up the town where I was staying.

After eighteen months I returned to London to be a bridesmaid but unfortunately it was the

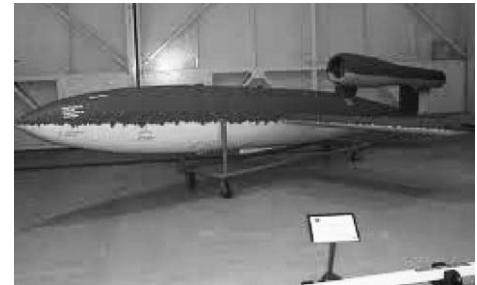
weekend of the blitz. We had fires all around us. Mum made up the bed on the floor and put the table over the top just in case we were bombed during the night. Because of the water shortage we were only allowed 6 inches of water in our bath, it had a thick black line at the 6 inch depth. Mum sent me to the public baths to get a good warm bath. After the wedding I was sent back to Trowbridge by train. It was full of soldiers and I was very popular, not!! As I had a bad dose of lice and smelt of carbolic soap.

The bombing seemed to have stopped and mum decided it was time for me to return home. Little did we know that soon after came the doodlebugs and rockets. As long as you could hear them you were OK, it was when you couldn't you were in trouble because that's when they came down. The RAF were great. I saw many a brave pilot catch them under his wings and change their course, sending them back to where they came from. It was frightening when the V2's started because you could not hear them and didn't know where they were going to land.

Rationing was at its worst. We had 4d a week meat and you could either have bread or cake, not both. One lady wanted some net curtains and because she didn't have enough points she bought some reels of cotton and crotched herself some. How would we have managed without the Americans sending us food? Thanks to the Marshall aid we gratefully accepted things like fat bacon that we made sandwiches with and covered it liberally with mustard. Then we had the wonderful dried egg. It was loved by everyone. After the war it was the first to finish. We ate many a carrot as we were told they were good for us and enabled the pilots to see in the dark, but it didn't.

I used to go to Sunday school and one day a doodlebug came down at 12 o'clock midday, all the munitions workers were going home for their lunch. It went off opposite the school, it was a bad do, many were killed. The next week hardly anyone turned up.

Fortunately the war ended in 1945 and everyone rejoiced.



## A Bit of Fun



"I hope we haven't gone over budget!"

"It's a party, take your accountant's hat off"

# Have A History Teacher Explain this.....if they can!

Abraham Lincoln was elected to congress in 1846.  
J. F. Kennedy was elected to congress in 1946.

Abraham Lincoln was elected president in 1860.  
J. F. Kennedy was elected president in 1960.

Both were particularly concerned with civil rights.  
Both wives lost children while living in the White House.

Both Presidents were shot on a Friday.  
Both were shot in the head.

## NOW IT GETS REALLY WEIRD.

Lincoln's secretary was named Kennedy.  
Kennedy's Secretary was named Lincoln.

Both were assassinated by Southerners.  
Both were succeeded by Southerners named Johnson.



Andrew Johnson, who succeeded Lincoln, was born in 1808.  
Lyndon Johnson, who succeeded Kennedy was born in 1908.

John Wilkes Booth, who assassinated Lincoln, was born in 1839.  
Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.

Both assassins were known by their three names.  
Both names are composed of fifteen letters.

## NOW HANG ONTO YOUR SEATS.

Lincoln was shot at the theatre named 'Ford'.  
Kennedy was shot in a car called 'Lincoln' made by 'Ford'.

Lincoln was shot in a theatre and his assassin ran and hid in a warehouse.  
Kennedy was shot from a warehouse and his assassin ran and hid in a theatre.

Booth and Oswald were assassinated before their trials.

## AND HERE'S THE KICKER.....

A week before Lincoln was shot, he was in Monroe, Maryland.  
A week before Kennedy was shot, he was seen with Marilyn Monroe.

## COINCIDENCE OR WHAT.....?

Andy Hawkes, DTP, Boston

# WHERE TO CONTACT ADULTS SUPPORTING ADULTS

[enquiries@asaorg.co.uk](mailto:enquiries@asaorg.co.uk)



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

**The Vista, Church Gate  
Spalding  
PE11 2RA  
Tel: 01522 555990**

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

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

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

**Room 5  
Fairfield Enterprise Centre  
Lincoln Way  
Fairfield Industrial Estate  
Louth  
LN11 0WA  
Tel: 01507 617746**