



From Left to Right Trixie, Karen, Jackie and Jayne helping out at the Charity Fayre.

issue 08

Adults Supporting Adults

JIGSAW

PHEW!! How hot is it...I'm literally melting...are we having a proper summer for the first time in ages or what? It's a lot better than our traditional holiday weather... large grey skies being occasionally graced by the small rays of sunshine that warm our faces. Apart from the sun, customary play resumes with England getting beat by Germany in the U21's football and all our hopes being pinned and then dashed on Andy Murray at Wimbledon. Ah well, lets us still dream and just hope we can reclaim the Ashes back from Australia....come on Flintoff and Pietersen.

As you can see by the photo, our very own 'Charlie's Angels' were on hand to help out at the Charities Fayre in Sleaford last month. Over 100 members of the public attended the stall over two days on June 12th and 13th. Our theme on the stall was 'Finders Keepers', in which you either won a bottle of water or plonk that

were hidden under covered cylinders. The good old 'Badgers Creek' wine made another fateful appearance....I think Jayne has a cellar full of the stuff at home...anyway I've heard it's good for cleaning brass ornaments.

We met with lots of people interested in receiving services, as well as those interested in becoming part of our organisation. We also made people aware of the government's personalisation agenda coming into effect at the end of the summer. For more information about this please speak with your Area Supervisor/Manager. Well I really do hope you enjoy reading through this 8th edition of Jigsaw. Please do keep the articles coming in; we've really struggled this time round, hence its late arrival. I'll catch you all at Christmas....it'll be here sooner than you think.

Kind Regards Dean

Notes from the Chief Executive - Trixie Bennett

Hello Everyone

What a fantastic summer we are having, the extended daylight hours always make the day seem longer which is very useful for ASA as we have seen a huge upturn in the demand for our services. Not that anyone is complaining!!

Since our last publication ASA has been involved in many areas of development not least our newly registered subsidiary company **Lifestyle Brokerage**.

This service has been set up to support clients through the new personalisation agenda which will lead to everyone being eligible for a personalised budget. What is that? Well it's an opportunity for each client to manage their own identified and assessed pot of money to use for purchasing their own services which can vary hugely from one to another. I have been involved in some of the recent Putting People First Conferences which introduces this concept to staff and interested

parties. In the next few weeks you will all be invited by your area supervisor to meet up and discuss this in more detail – there is a DVD and training pack which will also help. So rather than lose you on the first page can I recommend you go along to one of these meetings and find out about this very exciting new development and how it will sit within the ASA model of support.

By the time you receive this I hope to have met with many of you at the local road shows happening in July and you will have received our small celebration gift.

There's so much to see in this edition, exhibitions in NE Lincs our Grimsby base, more anecdotes and stories from you, oh and I think there's a profile on one of our Directors. What else could you need on a long summer eve, your cool celebratory gift and a copy of the Jigsaw?

Enjoy everyone, with very best wishes.....Trixie



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Don't forget to send any articles into the editors at
enquiries@www.asaorg.co.uk

ADMINISTRATION UPDATE FROM STEVE JOHNSON



Steve

Tony

Emma

Hello to everyone, I just thought I would give a little reminder to all providers with regards to their payment schedules and timesheets, mileage claim forms. Could all extended stay and respite providers please ensure that they keep to the agreed payment schedules as sent out at the beginning of the financial year. If you have lost your copy, then please speak to your Area Supervisor and ask for another.

Also, Day Time Providers and At Home Day Service Providers should ensure that timesheets / invoices are received at Sleaford Head Office by the 2nd working day of each month, but should not be submitting until all hours/sessions have been completed. Finally, could Day Time Providers also ensure that mileage claimed does not exceed the specified client contract level, client initials are always written and that mileage and hours are correctly totalled at the bottom of each page, and that vehicle details (including engine size) are provided. Kind Regards Steve

Profile on Niall Armstrong – Director

My name is **Niall Armstrong** – spelt like the footballer Quinn but pronounced like the astronaut. I am married with one daughter aged 17, who has just got engaged. Last year I reached the magic age of 50 and decided to take early retirement from Barclays Bank, an institution that I had worked for since leaving school at 18. My reasons for taking early retirement were varied but basically I no longer believed the Banks were there to help customers but had become motivated purely by profit and keeping shareholders happy at the expense of customers and staff.

I now work for Lincolnshire Chamber of Commerce and am presently on secondment to a company, Boston BID Ltd. This company runs the Business Improvement District in Boston and it is my job to ensure that the agreed Business Plan is implemented to provide additional services to the people and businesses in Boston. Ultimately the aim is to make Boston a more attractive town for both residents and visitors alike and improve the level of business undertaken in the town.

I became involved with ASA through Jacky Smith who asked me if I would like to join the board and bring my banking expertise to the table. After meeting with Trixie I agreed to join up as I believe the work that ASA does gives substantial benefits to local communities and individuals.

Away from work I have numerous interests that keep me busy and out of mischief. I am a part time DJ, a frustrated car mechanic and a dormant Radio Ham. I will explain. I have a complete mobile disco which I bring out every so often for parties and functions. I am also in the process of restoring a 1971 Triumph Herald 13/60. This project has been going on for about 4 years and my wife has decided that she will never get to drive the car. I am a qualified Radio Ham having passed my City & Guilds exams in 1981 but 2 years ago we decided to move and I dismantled my radio shack. With the property market stagnating we eventually decided to take our house off the market but I haven't yet got round to re-establishing the shack.

I have reached the stage in life where I am classified as a grumpy old man so my dislikes are too many to mention. As for likes I enjoy music, hence the disco, my favourite genre being Motown and Northern Soul. I also like travelling my favourite destination being Australia, if I had gone out in 1981 instead of 2001 I would have emigrated as their lifestyle is to be envied.

So that's me in a nutshell, the grumpiest oldest swinger in town.

New Admin Worker Profiles



Lorraine

Hi my name is **Lorraine McDermott** and I am married to Paul. We don't have any children but we do have a cat who is now 15 years old. We moved to Quadring, near Spalding about 3 years ago from South East London. I worked for the University of Greenwich in Education and Training, placing trainee teachers in secondary schools for their teaching practice. We intended moving up this way when we retired but Paul was made redundant so we brought the move forward and have not regretted a single moment.

We made quite a few friends. I've joined the WI in Donington and I volunteer at the local Primary School. We have both joined the Donington Bowls Club and really enjoy playing except when it's wet!! We both like reading and gardening and eating out and getting together with friends, we have even been known to take part in Karaoke evenings at a friends and I am glad to say we still are!

I joined ASA – Boston at the end of March and although there is a lot to learn I am enjoying it. My colleagues at Boston and Sleaford are very friendly and helpful and I couldn't ask for a nicer place to work.



Roz

Hi, I'm **Roz Chapman** and I've been working as a Secretary at ASA since January. I work one day a week in Louth, and one day a week in Grimsby, so I've had the benefit of being able to compare an established area that has lots of clients and providers with a brand new area getting new providers and clients on board.

I've lived in Louth most of my life and I have two children, a dog, 3 cats and a rabbit. Feeding time can be quite hectic at times!

In the past I've worked for a few local companies including Lin Pac, Anglian Water and as an Energy Efficiency Officer at East Lindsey District Council. I trained as a Reflexologist and Massage Therapist several years ago, and run my own business as well as working here at ASA. As you can imagine this takes up most of my time.

When I'm not working I enjoy spending time in my garden, growing my own fruit and vegetables. The raspberries have been gorgeous this year!

I'm really pleased to be involved with ASA, albeit in a very small way, as I can appreciate the positive effects it has on many people's lives.

At Home Day Service by Jackie Quant

Hello folks, Jackie here, I just thought I'd let you know of a few changes to the At Home Day Service (AHDS). Primarily, the main change will be that the AHDS will now be managed in each locality by the respective Area Managers and Supervisors. Myself and Carole Drew will still oversee the service countywide, so as to continue to offer advice and guidance where needed, however, this will now allow providers and referrals to be supervised at a more local level.

I have also recently completed the Alzheimer's Course in Dementia Training Skills. Consequently, I have designed a package that will be available to all providers and staff in the coming months. The service continues to progress at a steady pace with a good flow of referrals, and given our recent recruitment, there should be new providers in all areas across the county very soon.



Jackie



Carole



Sally

Client Questionnaire

Well folks a big, big 'thank you' to those of you who completed and returned the questionnaire we sent out earlier this year. So it seems most of you out there have seen at least one copy of the Jigsaw magazine, however we are now into our 8th edition, so make sure you ask your provider for a copy. Unfortunately, there are not enough magazines printed for everyone to have their own copy, so we ask all Extended Stay, Respite, Day Time Provision and At Home Day Service providers to share the copy they are given with the clients they support. I know this is difficult at times but it's the only way....sorry. However, for those of you that have access to the internet, you can either view or even download the magazine from the website at www.asaorg.co.uk

All of you say you thoroughly enjoy the magazine, but would like more articles on the following subjects: peoples life stories, animals and nature, puzzles, fashion and beauty, music, comics, Egyptology, forthcoming local events and things to do, letters from clients, art and pictures, information on medical conditions and lots more photographs.

All we can say it is down to you to send in the types of articles you want to read about. We know each time we ask for you to forward us bits and pieces, but without us doing this there would be no magazine. We would urge you all to start sending things in for publishing, as the amount of articles we receive are becoming less and less and we now have to rely on regular contributors. It would be a real shame if we lost the magazine due to lack of interest. Together, there are nearly 300 clients, providers and staff involved with ASA, so please have a little thought, be a bit creative and start sending something in to us. The editorial team.

New Process for Interviews by Sam Jervis

On Wednesday 17th June Richard Brown-Warr picked me up at 7.30am to take me to Sleaford Cricket Club. On arrival we were introduced to a new format of interviews. They were still some questions being asked to the potential Day Time Providers. Alongside this they were various challenges for the potential Day Time Providers which included

- An Optical Illusion challenge where the DTPs had three pictures and they had to say what they saw
- Another challenge was to fit tiny pieces of paper together to create a shape. Also they were two extra pieces of paper which weren't needed.
- One was where they had different words which they put in traffics lights. Red for bad, Amber for not sure and green for words they would use. They were also given situations which they had to put in an order and explain why they choose that order.

- I had to do a challenge which involved them looking at a piece of card with a figuration of playing cards and they had to explain to me where they wanted the cards placed on the table in response to what was on the card. This required thinking as the cards could only fit one way on the table.
- A memory game where they had one minute to remember as many items on the table before it was covered over and they had to write down what they remembered.



After taking part in the formal part of the interview in Grimsby I realized that it was better and fairer than the interviews I have been involved with before. My reason for this is that everyone gets the same questions than everybody else. Where before the clients involved in interview process were just thinking of questions which could have been different in previous interviews.

QUANTUM OF SOLACE by Chris Fuller.



Quantum of Solace is the second James Bond film that stars Daniel Craig. This time there are no gadgets and no Miss Money Penny, only plenty of action, stunts, explosions, exotic locations and beautiful girls. Everything a James Bond film has and more besides.

In the opening sequence an Aston Martin is being driven madly by James Bond; he is getting battered about a lot by a large lorry and a door comes off. He goes under a tunnel and stops the car, opens the boot and there is a man inside. James says to the man, "Time to get out!" The music then starts.



At the office James takes off his tie and pours himself a whiskey; M says, "You look terrible! Is it Vesper you are worried about or is it Le Sheaf?" He says, "She is not worth worrying about and neither is he!" The man who was in the boot of the car was tied to a chair and gagged after being tortured. His clothes were torn; he was covered in cuts and bruises and there was blood everywhere. They were after information about the "baddie" Dominic Greene.

A woman in a car called Camille says to James, "Get in!" He says "Yes Mam!" They speedily drive around Tuscany. James says, "I've had enough of this, I think I'll get out!" She gets a gun out of a silver briefcase and points it at James. He escapes of course and gets on a motorbike to chase around the Marina to look for Camille.

M had arranged for another Agent to help James out and they met at the airport. "What



shall I call you?" James asks. "Agent Fields will do for now," she says. "We are sending you back to England!" "When is the next flight?" He says. "Not until tomorrow!" She tells him. "We have all night then!" James replies. They decide to go to the theatre and when he looks over the balcony he spots Dominique Green. James says to him "I am sure there must be a better place than this to meet".

At a party James has a drink with CIA agent Felix who tells James to get a move on as the Police are after him. Agent Fields had been covered in oil at the hotel in Tuscany where he had been staying. After that James goes chasing after Dominique because they think he is behind all of it. James and Camille get into a Dakota aircraft and an enemy plane chase after them black smoke comes out of the plane because they are being shot at. They manage to touch down in the desert and they walk along and find a cave with a stream running through it. James has cuts and bruises and blood on a torn shirt and he tells Camille it's not the oil Dominique's after, but water.



As they walk along the desert they see a green Landrover being driven by Dominique's henchman under an archway which leads to a nuclear power station. James and Camille follow him and hear him talking to others about Dominique taking over the world. James shoots out and he sets off an explosion which starts a fire and they look for a way out. They find a hole in the wall to escape through and they take Dominique with them. James leaves Dominique in the desert after he has shot him and that's it after that. They head off to London and James teams back up with M and she says she has missed him and that she doesn't want him to go again.

My life by Reg Higgins from Grantham

I was born in London in 1926. My mum died when I was only 2, I don't really remember her. Dad remarried. Mum's family were kept a secret from me for a long time, referred to only as "the people who lived over the river". Dad didn't have anything to do with them, so I didn't get to see much of them. I remember being shunted around a lot as a child, living with different people. At one time I was living with an Aunt, and she took me for a ride on a tram, this was a real treat for me. Unfortunately, at the end of the treat I found myself in hospital having my tonsils taken out. Dad and my step mum had 2 more sons, my younger brothers, after the boys were born my step mum used to regularly be heard saying "other peoples kids are a nuisance". I do have fond memories of my step mum's sister, she used to treat me very well, better than the rest of the family, I always got better presents from her than my brothers did. Even when I joined the army she wrote to me and sent me a present, it was a watch. I've often thought about asking the Salvation Army if they could find any of my mum's family.

I joined the army on my 18th birthday. Before my birthday I'd got myself all worried and worked up about going down the coal mine, which was where a lot of my friends had ended up, but I got the letter to join the army so I didn't have to go down which was a relief. I had 4 years in the army. I was in Egypt, near the pyramids one day while I was in the army, when I heard someone shout my name. I looked around and saw Roy, a friend from school, all that way from home, what a coincidence. We had about 6 months together in various places, before we both came back to England, we kept in touch for a while after we left the army.

I went to work for Tate & Lyle, Silvertown, in London. My dad worked there, so did my brothers, one of my sons started there as well. I was there more than 35 years, until I retired,

thats what people used to do, have a job for life.

After I left the army, while I was still in contact with Roy, we arranged to go to a local dance. I went, but he never showed up, while there I met a young lady called Iris, who was supposed to meet a friend there too, her friend never showed up either, so we kept each other company for the evening. We decided to meet up again, and we got married a couple of years later. Back to Roy, once we had a set a date for the wedding, I contacted Roy again, and asked him to be my best man. But he'd only gone and met someone himself and arranged to get married on the same day. That was the second coincidence.

Iris and I have 2 grown up sons, one is a sports master at a boarding school in Somerset, and the other has recently retired from the police force. It was to be near to one of the boys and his family that brought us to the Grantham area, 20 years ago when I retired. When we first got here we went on lots of coach holidays and tours to get to know the local area. We can't do that since I've not been so well. We miss that. We've only been back to London once in 20 years, and we couldn't wait to get back here, home.

A funny thing happened soon after we moved to Grantham; out and about one day in the town, we bumped into a familiar face, Pat. Pat is Roy's wife, she told us that Roy had passed away, but that they had also moved to the Grantham area from London. That's the third coincidence.

I had a stroke four years ago, and haven't been in the best of health since. We went on our last coach holiday soon after my stroke, and I scared Iris so much that we've had all our holidays at home ever since. The coach driver stopped at some services for a quick toilet

break, but I didn't realise that, and after 45 minutes of looking for me, they found me in the restaurant with a cup of tea, I had no idea I was lost!

We're settled in Grantham, still in the same place we bought when we moved here, the family has grown, we have 5 granddaughters and a grandson, 2 step grandchildren, 3 great grandchildren and 4 step great grandchildren, we see some more than others, but we can't get out to visit them.

I have a mobility scooter, Iris walks at the side of me when I go out on it, I wouldn't go out without her, we get where we need to go, into town, to Morrison's and around the local area. The cat likes to sit and have a ride too.

I wish I could help Iris more at home, she gives me little jobs to do, but I can't do much. I go to At Home Day Service twice a week, which means Iris gets some time for herself, I still worry about her, but I enjoy chatting to the lady, she listens and takes an interest in me, I like sitting in her garden, I've named all her chickens for her.

My Life Now by Diane Everitt from Boston

My name is Diane, I am 45 years old and have lived in a flat in Kirton since March 2007. I have had a great deal of support from ASA during that time and I enjoy my outings with Ann-Marie and Val. These include a visit to Sandringham, a visit to Hardy's animal farm and visits to Ascoughfee Gardens in Spalding, where I like to watch the birds. I enjoy writing poetry and have had my poems published in previous Jigsaw magazines. I also enjoy the bowling evenings arranged by ASA, when it is very nice to meet other clients and providers. One day I hope we can beat Dean and his team!!!

I have 3 sisters, a brother and 4 nephews and nieces. I have had epilepsy since childhood, which is controlled by medication and is not too much of a problem. Since moving to the flat in 2007 I have become much more independent, have learned new skills and have also made many more friends. I very much enjoy being a client of ASA

My life now has not got a mum, because she died on the 6th December 2008 and I miss her very much, but I will always remember the happy times we had together, as mum and daughter. She was my mum for 45years and



she took care of me, we had holidays together. My mum loved all her daughters, and her husband Mick, grandchildren, also the Labrador called Sandy was loved to. Mum was our Princess, and was best mum in the world, loving wife to dad she was married 46years, a great mum to her children, and a loving Grandmother, I will always miss you and love you forever.

My Holiday by Mick Robinson from Boston

On Saturday May 2nd, I went away on a week's holiday to the Isle of Wight with a group from Skylark. We caught a ferry from Southampton dock that took across the water. On the ferry we saw dozens of boats, some came so close I thought they would collide with us.

Once on the Isle of Wight we stayed at a bungalow complex in Shanklin. They were right up on the coast surrounded by large white cliffs and trees. The first day we unpacked and chilled out. While there we visited a farm museum, one of the exhibits was a tractor that my dad used to have. Another time we went round a miniature garden; all the thatched houses looked so real with trees and model people. We also had a day on the pier. I enjoyed going away with a group as I was part of a crowd and had people to mix with. I enjoyed it so much that I'm going away with Skylark at Christmas.

I've also been asked to submit my paintings to a magazine who are going to write about me in the 'Society of Arts' magazine. From my involvement with ASA I have made more friends and have been more involved with other activities. This stops me getting bored and fed up.



IMPORTANT – JUST A QUICKIE FROM BOSTON

Since part of my remit is to enable clients to access work placements, I have dealings with Blackfriars Art Centre in this capacity. To allow clients to attend as many functions as possible, I have been badgering the management to include not only concession tickets for clients but for their support workers as well. Like a dog with a bone we have a result, concessions for all. So from now on, if you're attending a show there, remember to ask!

Also don't forget we are in the process of arranging a boat trip down the River Witham with a cream tea from Boston on August 30th....Ask your Area Supervisor for a flyer. **Cheers Andrew & Clients**



HEADWAY SOCIAL DROP IN AT BOSTON BY BARBARA HALLAM

Headway is a registered charity that helps support people that are affected by brain injury, this may be a person themselves that have acquired the brain injury, a carer, friend or almost anyone that has any connection with a brain injury. Headway is now celebrating its 30th anniversary year.

The social group in Boston had its first meeting in November 2008, other than this there is very little in South Lincolnshire that accommodates for a person with a head injury or their carer. However, there are dedicated days for head injury victims at two day service centres across the county. The Boston Drop In, as it is now hopes to eventually become Headway Boston. At the moment there are plans to hold another awareness day to hopefully inform people of our aims and objectives. The Drop In is currently signposting and directing people to other professionals. We are also hoping to start a buddy system, especially targeting carers, as sadly they feel very much alone when a loved one gains an injury.

I have recognised in the short time that the group has been running, how valuable ASA can be to people with a brain injury. The main problem being is that many people with an injury are already on benefits and are unable to pay privately for this service. At the moment I am trying to find a way of targeting social Services to become more involved with the group, in a hope that they will recognise the need of the people that desperately need this service. You can contact me Barbara Hallam on 07546 592526, we meet on the first Wednesday of every month at Scott house, 35 Skirbeck Rd in Boston, or you can visit our website at www.headway.org.uk

The Co-worker Group by Nick Saunders from Boston

Last year I was asked if I would like to be on the Co-worker interview panel. Andrew, my day time provider discussed what it involved and explained how my involvement would help decide on the suitability of new providers.

Before I could sit on the panel, I had to be trained. This took place at Boston with Lisa and Dean, who supported us to ask questions and understand about not talking to others about personal information. This year I was asked to sit on a different sort of panel with Jayne and Doug. There will be five interview days in all. I'm looking forward to being involved and working with different people.

I asked Andrew in what way is this different to the other times and he told me I am on the main interview panel; one of the first clients to be involved in this. I write my questions out first that I want to ask, and then write notes to remind me of each person being interviewed. If they don't listen and talk over me, then I don't think they will be right and I say so. I am pleased to be doing this and want to help other new providers.

My Life Story by Brian Boles, Day Time Provider from Silk Wiloughby near Sleaford

I was born in February 1938, in the town of Worksop, which is in between Nottingham and Sheffield. It used to be a big mining area and most of my mates from school ended up going down the pit at Manton Colliery. I had an older sister and an older brother, with five years between each of us. My father died when I was young and things started to look up from then, as he was a bit of a tyrant. He would give you a big clip round the ear if you spilt anything or knocked something over. He always used to make me cry if I had to go near him.

When I was at school, I was never sporty in those days, so I somehow got into singing, first in the school choir and then later the Priory Church choir in town. By this time I had started taking singing lessons and the teacher Edith Galdwin, ran a children's concert party. I had a Soprano voice back then. We used to sing in village halls and other venues. I sang duets with the girls from the choir and solos such as 'Bless This House', 'Passing By' and 'Silent worship' by Handel. At that age, I always struggled to remember the words to the songs.

I'll never forget the year I left school as a 14 year old; it was the Queens Coronation in 1952. I had always wanted to go and work on the land but ended up finding work as a builder down at the Labour Exchange as it was called in those days. That finished after about six months, then I saw a poster which stated 'British Jobs for British Boys', run by the YMCA. It was a sort of apprenticeship for working on the land; you worked on the farm by day and had class work in the afternoon. Well I was sent to a farm near Burton-on-Trent. The owner was called Joe Able, a hard man with very Victorian values. It was hard work, up at 4.30 in the



morning to milk a 100 head of cattle, breakfast at 8am, then milk the cows again at 4pm and finish at seven in the evening. Then on a Saturday I had to sweep the whole farm yard, it was big. You were paid very little back then, even at harvest time the most I ever got was a shilling under £1. After a year I managed to get a job on a farm closer to home at a place called Ranby.

At eighteen I was enlisted into the Army through National Service. After my basic training in Wales, which was pretty hard, I was posted to the 4th Royal Horse Artillery at Hohne Barracks in Germany, right next door to where Belsen concentration camp used to be. It was a strange place when I visited, large mounds of earth marked the spot where thousands of people had been buried and there didn't seem to be a single bird singing. In the Army I always got the impression someone was watching me, like the officers which they were. I had never met upper-class people like officers before, the nearest I had met were doctors, teachers and priests. One Officer, John Henry Haswell Piele often invited me in his office to talk about horse riding, which I had done a bit of as a kid. They sent me on a cadre course and promoted me to Bombadier with the Signal troop. I was in charge of looking after the communications and laying the lines from the command post to the big Howitzer self propelled guns. When fired they were very loud guns and we would have to go on exercises on the ranges behind the camp on Luneberg Heath. National Service was a pretty easy life really, most days you finished at midday and as long as you weren't in your bed,

you were left alone. Amazingly I started getting into sport and I played a lot of rugby for the regiment. I really enjoyed my time in the Army; I had some real fun, like jiving to the records on the jukeboxes in the bars.

In 1958, and after two years I finished my National Service aged twenty. I came home and went to work in a factory called Oaks Limited, quite a famous firm; they made very precise wooden handles for all sorts of things. It was better than working on the land, as I could double my wages through bonuses for working longer hours. At the same time I met a girl who later became my wife. We then had a son called Phillip Andrew, so the extra money came in handy.

A few years after we were married a business opportunity came along via my wife's family, to run a café in Chapel St Leonards. It was very successful, but the work was seasonal and the town was dead in the winter months. So in 1967 we moved to Sheffield to run a grocer's store and I started to develop a real interest in Jazz music and playing the trumpet. Although I had always listened to a lot of records such as Kenny Ball, Acker Bilk and Louis Armstrong, I didn't know how to begin or who to ask, as I wasn't from a musical family. Anyway I saved up and bought myself a cheap Chinese trumpet called a 'Melody Maker' for £50. I think the box cost more than the instrument itself.

I would teach myself by listening to records, then try and copy the sound and record it onto an old 8-track tape. Then I would play it back and listen to where I had gone wrong. After a while I decided I wanted to be taught properly, so I looked up 'musicians' in the Yellow pages. I came across a classical piano teacher, who put me in contact with a man called Dave Brennan who had a jazz band in Rotherham. They played a particular style of jazz that I had never heard before, it sounded like a basic form of New Orleans jazz. By this time I was learning three or four tunes each week and whenever the band's trumpeter couldn't make it, I would fill in.

Unfortunately by this time my wife had decided to go back to Chapel St Leonards with our son. I would visit most weekends, but it was the beginning of the end for our marriage, as I had to stay in Sheffield and run the shop. Also, she hadn't really signed up to be married to a musician and I was beginning to play out more and more. Quite regularly Dave Brennan would have guests come and play with us. On occasion, a guy called Sammy Rimmington, a clarinet player, quite famous on the London scene would join us, who would remark on my distinct style.

Eventually Dave's band folded, so I decided to sell the shop and move back to Chapel to be with my family. I had been there barely a few weeks, when I was tinkering with the telephone because it wasn't ringing properly. I got an electric shock so I assumed it was a call, it was Sammy Rimmington. He said his trumpeter had left and they needed one straight away for a 2 week tour of Germany. The following day, a Sunday, I left for London to go and watch Sammy's band play a BBC radio broadcast at the Northumberland Theatre. That night, Sammy met me in the Sherlock Holmes pub at Charing Cross. Next day we left for Germany. This was brilliant for me as I had only been playing the trumpet for 18 months. We played in Dusseldorf and Bremen amongst other places, but the highlight was the Frankfurt Jazz Festival. A group called the Spencer Washboard Kings were top of the bill, but we stole the show by a long way.

Not long after my return I headed to early seventies London as a jobbing musician. I got a regular gig on a Sunday night playing at the Lord Napier in Thornton Heath, when I saw a well known guy called Barry Martin come in, which I thought was a co-incidence. However, he had come to see me with a proposal. He asked if I wanted to join his band, as his regular trumpeter had a drink problem. I agreed straight away, which was good because they were playing in Hull the following night. Then followed a succession of tours all over Europe, Belgium, Sweden, Holland and Italy. It was non

stop and the van we had was always breaking down. We used to have big guests from America playing with us all the time, which was great for me, as I got to see different styles at work. I remember one night we were playing in Sweden on the Sunday and had to be in Milan by the Tuesday, typically the van broke down again and we had to use our cars. On our return to the UK we had a gig in Scotland, and again the van blew up. By this time Barry Martin said he'd had enough so he broke up the band and headed out to Los Angeles. Do you know he was in a famous Budweiser Beer advert of a Jazz band on the streets of New Orleans.

When the band broke up I was stuck for somewhere to go, I knew my sister and her husband had recently taken over a pub in Sleaford, so I headed there. Living in a boozier sounded good to me. I had been there barely a few days when I got a call from Italy; it was one of the guys from the Milan shows who had heard we had broken up. He was offering me some work, I asked when he wanted me, he said 'tomorrow'. So with hardly any money, I jumped on the 2pm Orient Express from Victoria to Milan, it took 23 hours. It was a terrible journey and I was hungry all the way. When I got to Milan, I was met off the train by my friend Luciano Invernezzi, who set me up in a pensione, which is just a room, no food, nothing. So I had to venture out for a beer and something to eat every day. Italian is quite easy to pick up and I lived in Milan for about a year. By this time I had also taught myself to read music, before that I was just playing by ear. Our band even got on Italian TV which was an exciting experience.

Our piano player was a chief accountant for a shipping line from Genoa and he made me aware of a vacancy for a trumpeter on a world cruise. So one winter I jumped on a big ship for 4 months and travelled across the Atlantic to Argentina, Brazil, up top the Caribbean, around lots of little islands, up to Miami and then back to Genoa. After that I came back to Sleaford for just a few weeks, when I got

another call. It was the offer of a six month slot on a mini cruise around the Greek Islands leaving from Venice every two weeks. I remember getting measured up for my band suit and all that, it was a good time. On top of playing the trumpet, I had also started singing with the band, I used to like 'Mac The Knife', which is originally a German song, its words are quite sinister really.

I could have carried on but my sister told me that my mother was really poorly with cancer, so I came back to Sleaford. I managed one last cruise over to Buenos Aires, Argentina in 1975. I caught up with a girl that I had met earlier on one of the Greek cruises, but it was nothing more than friendship really. Back in Sleaford I joined a pop band called 'Brass Roots', it was far away from jazz, but still enjoyable, we played all the local venues in the area. In 1977 I bought the old school house in Silk Wiloughby, it was in a terrible state, the roof had collapsed, all sorts, so I borrowed £5000 from the bank. It was a bit of a leap in the dark really and I'm still doing it up to this day.

In the early eighties, I got asked to play a jazz gig for the first time in ages with the Omega Jazz Band, it was good to get back onto the scene. This led me to joining the 'Johnny Johnstone Quintet' who played on the Nottingham circuit; we still play regularly at the Bell Inn in the market place there. I play out two or three nights a week plus weddings and other events, so I'm still quite busy for a 71 year old. Two years ago, I was asked to support an Australian band, doing 6 nights in Edinburgh and 6 nights in Norway. It was mad, the piano player was a gambler and he had been given all the takings to look after for the tour. I was rooming with him, so he confided in me that he had gambled it on the tables. When asked, I assumed he had lost it all, but no, he said he'd won loads, I felt relieved. However, he had since been back to the tables and gambled it all away again.

When I got settled in Sleaford, I managed to get in contact again with my son. Obviously, we

had lost contact due to me travelling all of the time. Phillip had joined the Navy, he had even been part of the field gun race at the Royal Tournament, but now he is a prison governor. He comes and sees me play from time to time which feels good. Unfortunately, music doesn't seem to be compatible with maintaining relationships, you have to be ready to go on tour at a moments notice...I have few regrets. You see to play jazz you have to be a bit of an anarchist, you don't conform, you're always going off on a tangent.

I joined ASA as a day time provider in 2000, which seems a very long time ago now. I had always wanted to do this sort of work, supporting other people, but didn't know how to start. Anyway, it's very rewarding and I really feel like I am doing something worthwhile. I've worked with many clients in my time and have fond memories of them all. I don't have any real philosophy on life really, other than to always be prepared to take a chance and 'go for it'.



CONGRATULATIONS

to Barry Hare of Grantham. He was recently presented with a certificate for working five years of voluntary service at a charity shop in the town.

Boston, Grantham & Sleaford Update

Hello to you all, I'm sure by now that you are aware of the changes that have occurred in this area. Due to the increase in productivity across all services within ASA, the Grantham and Sleaford area had now combined with Boston. This has meant for some a change in Area Manager and Area Supervisor, especially in the Sleaford locality.

We are in the process of getting to meet all those providers and clients in the Grantham and Sleaford area, but there's just so many of you out there, it's taking a lot longer than planned. However, both myself and Lisa are being ably supported by Sharon, who thankfully is staying put, whilst Jackie and Carole will now focus more on the Spalding, Bourne and Stamford area.

It was great to see some providers and clients from the Sleaford area who attended the Chinese meal in Boston with us, there were nearly 30 people in total and I think everyone left with full bellies and a smile on their faces. We will be planning more social events over the summer and we won't be forgetting Grantham. That reminds me, we will be planning one big Xmas evening party for providers and clients in the joint area. If there are any providers out there who wish to help us out in terms of organising the event and identifying venues etc, it would be greatly appreciated..however, we need to start planning now. So please get in touch with either myself, Lisa or Sharon if you're interested.

All that is left for me to say is that we hope you are as excited by the changes as much as myself, Sharon, Lisa, Emma at head office and not forgetting our lovely new admin assistant at Boston, Lorraine. For those of you we haven't yet met with, we promise to catch hold of you soon. If you have any queries in the meantime, please don't hesitate to contact any of the team. Kind Regards Dean Barnshaw.



Dean



Sharon



Lisa

My respite holiday with Janet, Mick and Sharon in August 2008

Last August I went to stay with Janet, Mick and Sharon at Saracens Head, when my carers (Sue and Alan) went away on holiday. Myself, Janet, Mick, Sharon and dogs Blobby and Flash travelled to Heacham to the family's caravan on Thursday evening.

On Friday morning we all went to Hunstanton to look round the shops. We went in a café and had tea and cakes. I bought myself a new skirt. When we got back to the caravan, Sharon and I went for a game of bingo. We did some sketching until it started to rain.

On Saturday morning we went to a car boot sale. In the afternoon Sharon and I did some more sketching. We went for a swim in the pool in the afternoon and at night we went for a few games of bingo.

It was raining on Sunday so we stayed at the caravan and relaxed. I enjoyed playing with the dogs. The photo shows me with Flash (the black and white dog), and with Blobby (the smaller brown and white one).

On Monday the weather was good so we went on the beach and did some more sketching. We walked along the beach and the dogs had a good run around.

On Tuesday morning we sketched pictures of houses and then we travelled back to Saracens Head. The picture enclosed is Sharon and me standing by the aviary.

I always enjoy staying with Janet and Mick and Sharon and look forward to going again shortly when Sue and Alan go on holiday.

By Brenda Simpkins (Spalding)



Brenda with the Bobby and Flash at the caravan.



A good time had by all..... Brenda with Sharon.

Our Condolences go out to Janet, Sharon and family, for unfortunately Mick passed away earlier this year. Mick joined the scheme as an extended stay provider with his wife Janet in 1997. He was a well liked and much loved character within ASA and his presence will be greatly missed

Walk Raises Money For Charity by Sam Jervis

On Sunday 14th me and my Dad went to Richmond Park in Gainsborough to take part in the Santa Saunta. I heard about the walk through the Learning Shop. I did it with staff from the Learning Shop. I invited people to join us, my Auntie and Uncle and Nigel and Mark. The walk was to raise money for the charity When You Wish Upon A Star. This charity takes children to Lapland. Some of us decided to dress in Santa costumes (which were provided by Richmond Park). I dressed up in a Costume. I did the walk in my wheelchair. Before we started the walk there was a band playing Christmas Carols. Someone from the Learning Shop pushed me around who dressed as a fairy. The Walk was about 3 miles. When we arrived back at Richmond Park we were presented with a certificate each.

We went out of Richmond Park down to Marshalls Yard through Gainsborough town centre and back towards Richmond Park.

After the walk had finished I went to Starbucks with the Learning Shop and people that wanted to join us. Afterwards a member of staff from the Learning Shop brought me



Photo shows the number of people that took part in the walk

Thomas Morrison from Gainsborough

Hi everyone, I have not written for a long time. I hope you all enjoyed Xmas and New Year. We in Gainsborough lost our club leader. We were very sad. we have just got a new club started this week. I have been going to Lincoln bowl with dad and I have joined the gym. I go 3 times a week also just started crown bowling. I am away to Scotland this month with Dave looking forward to this. We are going to Ireland in July and Butlins in Sept. Me, mum and dad are going to Haven in April. I am going to wrestling next Saturday night.





WANTED!!! NIGEL AND STEPH AKA BONNY AND CLYDE

No real story, just a lovely photo sent in by Grant Robinson from Gainsborough of his two day time providers, Nigel Bishop and Stephanie Toms. However, anyone that knows this pair will tell you to keep your eye on them....

Lincolnshire Show By Sam Jervis

On Wednesday 24th June Steph pulled up outside my house who had Chris in her car. Shortly after Nigel and Mark came to pick me up. The weather was very sunny and very warm. Steph then followed us to the 125th Lincolnshire Show. We went on the A15 which was quiet but there was a little queue to get onto the showground. As we approached the showground Nigel displayed the disabled sticker as a result of this we were directed into another lane so we missed most of the queue. Nigel and Steph got in free to the show because they are carers so only me, Chris and Mark had to pay. I saw a couple of school friends which was good to see them. We looked around some of the tents. We watched a display in the morning which was the falconry display. After dinner Nigel and Chris went on the big wheel. We then looked at more tents before going to watch more displays which included Jousting, Pig racing and the Police dog display team which was very good. We didn't get enough time to look around of the stalls because there was so much to see and do. We left the showground at 5pm planning on going to Lincoln for tea. We discovered that this wasn't possible as the road was closed due to Show traffic. So we ended up going to the Trent Port near Gainsborough.



Hello from Lincoln and Gainsborough

Hi to all of you jigsaw readers, so what's new in the Lincoln and Gainsborough area? Well, we have lots of new providers, for extended stay and for DTP, but we still need more, so we are busy interviewing people to become DTP's and AHDS providers for both areas. We receive a regular stream of referrals for the popular, innovative services that ASA can offer, and we're confident that all the new providers we are recruiting will soon have work. Due to the volume of work in the areas, Vanessa has had an increase in her hours and Karen N is now working her hours over 5 days a week, making it easier to contact her. We told you in the last issue, about our move to a new office in Lincoln, lots of you will by now have visited the new office, so you can verify that we are unpacked and settled in, very comfortably, and if you are a Lincoln provider and have not yet been to the new office you are very welcome to visit, but we'd recommend you give us a call first, and make sure we're "home" because we are busy people.



Socially, we've had some more successful provider group get togethers, including a Christmas meal, a bowling afternoon, a visit to the newly opened healthy hub in Lincoln, a very enjoyable strawberry tea at Alan's and a coffee morning at Nigel's. If anyone has not yet given these social events a try, we recommend you do, they are great opportunities for you to relax, chat and swap ideas with other providers and clients.

Back to business, as you are all aware by now, we are going to be offering At Home Day Service (AHDS) in the area shortly, and we will be interviewing some potential providers for this service, but if any of our current providers would like to consider taking on another role with us, or know of anyone else who may be interested then let one of us know. It would also be great to have some more extended stay and respite providers in the area, so spread the word.

Thanks everyone, Regards ,Karen, Karen, Vanessa, Sharon and Kirsty.

Here are some more jokes.

*There is a new restaurant on the Moon.
Good food but no atmosphere.*

*What do you call the wife of a hippie?
Mississippi.*

*A sandwich walks into a pub and asks for a beer.
But the barman shakes his head and says:
"I'm sorry we don't serve food here!"*

*What lies at the bottom of the ocean and twitches?
A nervous wreck.*

Our holiday to Bournemouth by John Chumroo

23rd February 2009 to 27th February 2009
Bourne Hall Hotel

Maxine Wade
 Grace Butterworth
 Damian Omeera
 John Chumroo
 Zeny Chumroo

We were excited on the day to be picked up by local Grayscroft Coach. We had an early breakfast and picked about 7.30am from our place. The coach proceeded to pick other passengers locally, whom myself and my wife knew most of them. Last stop to pick other passengers was at Alford and after that we proceeded towards our holiday destination.

We had a comfort break after 2 ½ hrs drive. Maxine who is blind, diabetic and recently had a kidney transplant depends mostly on my wife, Zeny for help. The coach driver was very helpful and always willing to help Maxine, Damian and Grace with getting in and out of the coach. The other passengers were understanding and will let us to go in first in the coach. After another 2 hrs drive, we reached our hotel, Bourne Hall Hotel.

We were welcomed by the manager and our rooms were allocated, there was a lift to all floors. The hotel itself was not a big one – can accommodate about 50 people. The hotel

was clean and tidy and there was room service if needed. The breakfast and evening meals were included in the price. Waiter service at evening meals were available. The food was delicious and different types of food were served.

Shows and music were supplied twice during our holiday. Damian was singing to the music, so was Grace and Maxine. Zeny won the bingo, £15.00. She bought us a drink from her winnings.

The coach outings were included in the price of the holiday. We went to the park and we had lunch out when there was no coach outings. The place was slightly hilly. We have to take taxis (return journey) to town because the clients get tired, also my wife Zeny.

Thursday night, we had a farewell party at the hotel. Next morning, after an early breakfast, we got in the coach and proceeded back to our home town, Mablethorpe. The manager thanks us all.

As a whole, the coach holiday was exciting and interesting. Our clients, Maxine, Damian and Grace really enjoyed the break. Myself and Zeny enjoyed it as well. Till next time – we are looking forward for another short break.



From L-R, Maxine, Grace, Damian, Zeni and John..... 'where's our dinner'.

Louth, Mablethorpe, Skegness and Horncastle Area Update. (Respite and Training).

Now that the dust has had time to settle since the realigning of area boundaries and the restructuring of roles of the area managers, I am happy to say that Sandi Rance and I have both managed to maintain our sanity and have continued to consolidate the excellent work that has been taking place in this area, and we are looking at how we can develop new services.

You are all probably well aware of the recent successful marketing and recruitment campaign which for this area culminated in an interview day on 25th June 2009, for Day Time and at Home Day Service providers. There has also been a very good response from potential Respite and Extended Stay providers which we hope will generate some assessments for new providers, which will keep Sandi and I busy for the foreseeable future. We are also hoping to arrange some social events during the next few months, which we will advertise when dates and venues are confirmed.

Although I am now managing this area I still have involvement with Respite Services and Training. The demand for respite is still continuing to grow, and this looks to be the trend as individualised budgets are introduced. Over a period of time, the individual areas will be responsible for managing the respite services within their areas, with my support as and when required.

As ASA grows then the requirement for training will increase, as will the cost and logistics of providing these training needs and requirements. To assist Emma Hernon and I, could providers who are offered places on training courses please return the reply slip as promptly as possible. Also would you please write your name on them, as we both are useless at the art of crystal ball gazing. With your support in doing this, it will enable us to maximise the attendance on these courses, as we will be able to offer your place to someone else if you are unable to attend.

The Learning the Ropes Training has now reached it's natural ending point with all 12 modules completed for the last time. I would like to take this opportunity in congratulating everyone for their involvement in attendance and presenting these modules. The new Shared Lives award training will commence soon, so watch this space.

I look forward to seeing every one within my area over the next few months, but if you need to contact me before then, please do so.

Best wishes Richard Brown-Warr and Sandi Rance



Hello Everyone by Chris Downey from Skegness

Hello everyone I'm Chris...My fiancé and I would like to tell you about our lovely holiday we had in January.

We went to Lanzarote with our carers for a very special celebration. A Golden Wedding Party!!!!

I will tell you all about my family.

When I was a small boy I was fostered by Margaret and Cyril Baker who I refer to as my mum and dad. I lived with them until 2000 when mum got ill and felt she needed a break.

Their daughter, who I refer to as my sister, asked would my fiancé and myself like to come and live with her, of course we were over the moon.

Especially as mum and dad were coming too, we were all together.

So in 2000 we all moved to live with Carol and Buster Bell, where we have lived ever

since. They have a son called Keithley, he's like our nephew. Every year we go abroad with the family, often more than once, but this year was very special... Mum and dad celebrated their golden wedding. 50 years married.

We had a wonderful party in Lanzarote there where 28 of us altogether. Family and friends. We had t-shirts printed and all the ladies wore golden wigs, it was excellent. We even had a stag night. The girls had a hen night as mum and dad never had one 50years ago. Beverly my fiancé had a great time drinking cocktails, dancing and singing with the girls. The boys went to a bar and sang on the karaoke, I did actually get up and sing one of my favourite songs by R Kelly, I believe I can fly. We had such a good time.

This was one holiday we will never forget. Here's a photo of the 4 of us in our outfits on holiday. Now we're saving hard for the next one in July, we don't know where yet but we're sure it will be fun.



Golden Wedding celebrations..from L-R Cyril, Bev, Margaret, Chris

Mother and Daughter – Keeping it in the Family

Hi! We're Jean and Jane, two DTP's, mother and daughter providers.

Hi! I'm Jane, a DTP for the Gainsborough area. I have worked for ASA for a year now and love my job. I'm a widow with two grown-up sons and live in Grimsby. I do loads of different things with my clients including swimming, walking, cinema, and visiting interesting places, also watching aeroplanes.

Hello, I'm Jean, Jane's mum; I have been working for my Supervisor, Sandi in Louth, since last October. I thoroughly enjoy being a DTP. I have a lovely client called Steph and we enjoy days out driving to and visiting various places.



Picture from L-R Linda, Jean, Stephanie and Jane at Xmas lunch

We would like to thank ASA for our excellent training we received and also our Supervisors and Area Managers for being very efficient with our onward training. We thoroughly enjoy our job supporting people. Thanks again ASA.

By Jane Jackson & Jean Brown

*I've started work for the ASA,
It really was a wonderful day,
My supervisor Sandi, took me to my client,
Her name is Steph, on me she'll be a bit reliant,
A wonderful lady, she is so kind,
To care for her I really don't mind,
We go for a drive; we like to walk too,
Garden centres and town we also do!
We call in for coffee and sometimes lunch,
Steph and her family are a smashing bunch,
We laugh and giggle, get on really well,
Loads of stories to each other we do tell,
A great day in my life was joining ASA,
I'm so grateful it came down my way.*

By Jean Brown

North East Lincs Update

Hello there all of you Jigsaw readers, I thought it was about time that the North East Lincolnshire Area Office gave everybody a bit of an update. In NE Lincs things have really started to happen. Lots of people have now heard about ASA and are very interested in the range of services we provide. Trixie and Steve have been up to Grimsby several times to keep the managers of local services informed about ASA. We now have 12 referrals across the services and our new providers are waiting to start work. I think it is fair to say we are now well and truly on the map. The next plan is to ask our new clients to start contributing to Jigsaw as so many of you already have. Take care Maggie & Roz.



My life by Stephanie Fairburn

When my husband died suddenly and unexpectedly at the end of July last year I lost my soul mate as well as my partner of 37 years. He was diagnosed with M.S. shortly after we were married. We worked together through the ups and downs of married life and I took on the carer's role for him and our 2 beautiful daughters. In 2005 I was hospitalized for 6 weeks and was left with a problem with my balance and debilitating headaches. What I hadn't realised was how much I had needed Geoff for help in getting around. I had stopped driving and always had his mobility scooter to hang on to when I felt unsafe. For the first time in my life I had no-one to care for and found myself bereaved

and totally housebound except when I was taken out by caring friends. Then along came ASA. Sandi was very understanding and easy to talk to and was on my cast straight away. I was introduced to Jean and Margaret who now take me out twice a week. I was Jean's first client (what a baptism of fire!) we have talked and I have laughed and cried over the last few months. I love my visits and get out in the fresh air as much as I can, going shopping, walking and enjoying a natter over lunch. Nothing seems to be too much trouble. ASA has literally been my lifeline. I am privilege to receive their service and am beginning to look to the future with more confidence. My daughters live in Peterborough and I know they are more comfortable in the knowledge that I have a service I can completely rely on.

Thank you all so much.



VERY IMPORTANT NEWS - PROVIDER FORUM UPDATE

IT'S TRUE! ACTIONS DO SPEAK LOUDER THAN WORDS.....BUT WORDS HELP TO GET THE BALL ROLLING.....

Now I know it's our job to support clients, but we also need to support ourselves and each other. I know my main working tool is my voice, and as dean can tell you I use it often. Hopefully my words won't fall on deaf ears but receptive ones. So here goes. For the last several years we have been active in running a providers forum which gives us a voice in responding and initiating ideas and opinions within ASA.

We meet once every 4 months at Sleaford at 5pm and over a cuppa and chocolate hobnob we discuss current issues. Now the crunch (get it!) of the matter is we need more members to fill the ranks, the more voices, the more we can air our views. I must stress its not tokenism, our voice has an effect and can be used to highlight any concerns we providers have.

We have our AGM meeting on the 27 July at 5pm at the Sleaford office. if any of you hard working providers would like to attend, just to dip your toe in, please do, and oh yes! Don't forget the chocolate hobnob biscuits. Please come, your fellow providers need you.

Cheers...Andrew from Boston.

Your Provider Forum Representatives are:

Steve Hayes (chair)
1 Church Road
Boston
PE21 9LW
Tel: 01205 361102

Dave Harrison
Hill Top Cottage
Middle Street
South Carlton
Lincoln
LN1 2RW
Tel: 01522 730923

John Smith
Hawthorns
Main Road
Saltfleetby
LN11 7TI
Tel: 01507 338358

Helen and Ian McDonald
The Cottage
Blue House Farm
Deeping St Nicholas
PE11 3DH
Tel: 01775 630610

Janet Baker
Gerudach Cottage
Roman Bank
Saracens Head
Holbeach
PE12 8BB
Tel: 01406 422466

Andrew Hawkes
The Cottage
Beggars Lane
Mareham Le Fen
PE22 7SF
Tel: 01507 56898

LAST MINUTE INFORMATION

It is with mixed emotions we announce that Lisa Spencer, Area Supervisor for Boston has decided to move on to pursue a career in mental health nursing. Obviously, we are all sad to see her go but we also wish her well for the future. Lisa is a valued member of the team and has been with ASA for several years, first working in administration and latterly as an area supervisor. She has always been a fantastic advocate for the organisation and has worked tirelessly to deliver a quality service to the providers she supports. It is not all doom and gloom though as the course is only part time and Lisa will be continuing to work for ASA as a day time provider, so we won't have lost her all together. We know you will all offer her the support she needs to ensure she is able to fulfill her dream...Good luck Lisa

For those of you who are interested, we are planning to run a one-off art session at Sleaford later in the year. Some of you may already know that Mick Robinson from Boston isn't half bad at painting, so we've asked if he'll host a session for us. If you are interested then please contact Dean at Sleaford office asp so we can confirm numbers.

Finally, thank you to all those providers who attended the 'Provider Information Meetings' across the county. We hope they were of benefit to you...it's always good for providers to meet the head office staff and discuss matters face to face. We hope you enjoyed your sparkling wine as well...just a little token of our appreciation for the great work that you all do.



BBQ Tips in Three Easy Steps

by Jayne Marsh

Step One - your objective is to enhance all the flavours of the meat, fish and vegetables before they are cooked. To do this, marinate your barbeque food in sauces, rubs or oils at least a day before if possible. The natural juice from your food then mixes with the marinade and the heat and smoke of the BBQ, to create that ideal summer taste.

Step Two - is to allow your BBQ to cool down before using it, as you do not want to serve up burnt offerings. Traditionally, BBQ's meant slow cooking, so spread out your coals once they have caught alight and use a lid, so the smoke and heat from the coals can be used more effectively.

Step Three – allow your food to sit once you have removed it from the BBQ as it has not yet finished cooking. While it cools down, there is still sufficient internal heat to keep the food still cooking which will allow it to become even more tender. The flavour should be delicate and the texture easy to chew.

Wordsearch by Anonymous

A	R	E	A	J	T	C	L	I	E	N	T	C	D	F	A
J	D	D	K	E	F	G	S	Q	R	A	V	O	R	R	T
T	X	U	Y	D	A	Y	S	O	U	T	O	F	A	I	O
V	C	K	L	W	Y	Z	A	T	R	U	S	T	B	E	U
C	H	I	T	T	I	M	E	E	G	T	B	I	C	N	R
S	U	N	E	H	S	P	A	L	D	I	N	G	A	D	N
T	R	D	A	E	M	S	U	P	P	O	R	T	R	S	E
A	C	N	M	V	I	Q	U	T	A	B	D	C	E	H	H
F	H	E	W	I	L	H	P	P	Q	F	I	L	K	I	F
F	G	S	O	S	E	O	Y	E	P	X	Z	S	X	P	A
U	A	S	R	T	S	P	S	H	F	O	P	A	V	B	I
G	T	E	K	A	Z	E	P	E	H	Q	R	J	F	U	T
H	E	T	W	Q	V	W	E	L	C	I	W	T	H	V	H
B	A	D	U	L	T	S	F	P	D	L	V	K	I	T	F
G	A	I	N	S	B	O	R	O	U	G	H	M	O	N	Q
C	S	A	L	L	Y	W	I	L	S	O	N	T	S	S	G

ADULTS SUPPORTING

ADULTS

AREA

CLIENTS

CHURCHGATE

DAYS OUT

FAITH

FRIENDSHIP

GAINSBOROUGH

HELP

KINDNESS

SALLY WILSON

SMILES

SPALDING

STAFF

SUPPORT

TEAMWORK

THE VISTA

TIME

TRUST

WHERE TO CONTACT ADULTS SUPPORTING ADULTS

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**Freeman Street Resource & Community Centre
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