

JIGSAW



**ASA**

**adults  
supporting  
adults**

## Notes from the Chief Executive - Trixie Bennett



Hi everyone,

Well here we are in March and as usual we are obsessed with how quickly this year is going – but it really is!!

There seems to be so much going on and this edition of JIGSAW is particularly packed with really useful information as well as good news stories.

This year will see very new challenges for ASA as we strive to constantly develop the resources we offer in this economic downturn. Our team of Directors are fully committed to ensuring all elements of ASA are repeatedly reviewed and updated to ensure we continue to provide the quality resources we are all proud to be associated with.

Good news – We recently had our Quality Assessment Framework (QAF) review for Supporting People, some of you have been contacted or visited by the SP team as part of the process. I am happy to say that everyone's efforts were not in vain and we have just heard we were awarded 5 straight A's which is the highest award that can be attained. So a very big thank you to everyone, it was a complete team effort and shows what we can accomplish when we share a common goal to provide quality, community based options for our clients to achieve their own outcomes – Fantastic!!

This year will see the development of Individual budgets, which as you know will enable individuals to take control of the services they want to receive, ASA are perfectly placed to meet this need. We have always been about the

individual and have consistently worked with a client centred approach; we will endeavour to continue developing our commitment to identify new and creative ways to meet these outcomes. This means we will continue our commitment to training, keeping you in the picture of these new and exciting times.

ASA has launched a subsidiary company - "Lifestyle Brokerage" - which will be able to support clients with their individual budgets by offering all aspects of administration and money management, necessary to manage the process. Many of our clients are telling us they want the new opportunities to make choices about how they achieve their personal outcomes but the daunting process for many is the employment and management of staff, to do this is quite scary. We feel we can offer a unique opportunity through Lifestyle Brokerage; this will slowly develop as people are given their budgets and I will keep you posted as we proceed with this. There are leaflets available and the website will be launched shortly or you can call me or Steve to check it over further!!

Another area taking our concentration is the conference on 17th March at the Bentley Hotel. I just wanted to say a big sincere thank you to the Provider Forum who this year have shared the load and kindly agreed to MC and steward the event. I am sure we are in for lots of fun as well as hearing about new developments; there will be more in the next issue including many incriminating photos!!

I am writing this on a train to Birmingham and really enjoying the chance to think about the positive and exciting changes we will face together but I can see the food and drink trolley approaching so will sign off and treat myself to a cuppa – sorry folks, needs must!!

Enjoy the magazine and please don't forget you can be apart of this, send in any stories, events or thoughts either to Karen or Dean, they will be your friend for life!!

Take care everyone, looking forward to seeing over 100 of you at the conference signed up to date – enjoy.

Take care

Trixie

## News

- Administration.....
- Director profile.....
- Area updates.....
- Provider forum update.....

## Day Time Provision Including

- A profile on Margaret Gale.....
- My story by Jane Wernham.....

## At home Day Service including

- Story from Erica.....

## Extended Stay Provision including

- Story from Tina Mellors.....
- Goodbye to Mike and Marion Wilkinson.....
- Jokes from Barry Hare.....

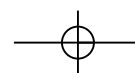
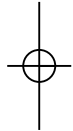
## Respite Services including

- Life story by Cyril Baker.....
- Riding for the disabled by Lynsey Matchett.....

## How to contact ASA.....

**The next issue will be our 5th Birthday, so let us have your stories and pictures about your memorable birthdays and anniversaries, let's make it a celebratory edition. Try and get all your articles to us by 30th September, Thanks, Dean and Karen.**

**Don't forget to send any articles into the editor at [enquiries@www.asaorg.co.uk](mailto:enquiries@www.asaorg.co.uk) please check the website for links to all articles at [www.asaorg.co.uk](http://www.asaorg.co.uk)**



## News from the Admin Team



**Steve**



**Toni**



**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 2<sup>nd</sup> 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

## News from Jayne Marsh

Hello to all of you who have been associated with ASA for a long time, and hello to all those new people who have joined the organisation recently, who may not know me quite so well.

Its been a busy time for us over recent months with reviews, conferences and impending changes in regulations with the Care Quality Commission (CQC) that are eagerly awaited, when there is more information available about these changes we will ensure you are informed.

I look forward to seeing you all at the conference on 17th March.



## Profile of Richard Ward

Hello All,

My name is Richard Ward I am 18 years old and I live at home with my mum, my mum's boyfriend and my older sister. I am a new starter at ASA doing an administration apprenticeship.

Last year I completed a 2 year ICT course at Lincoln College and achieved a national award, certificate and diploma in computing. My hobbies and interests include spending time with friends and family, reading, working on cars, off road driving in 4x4s and playing football.

Since finishing college I have acquired experience in catering and computing and I have 5 jobs including this one.

I like ASA because it is providing excellent support to clients with disabilities varying from physical to learning disabilities. The reason I chose to work at ASA is I have always been interested in administration, and hearing my mum and sister's stories about being care assistants always made me wonder what is done behind the scenes to help vulnerable people.

Working here for the last 2 months has taught me so much and given me a bigger understanding of the services provided.



## Profile of Nigel Horner, Director



"Hello. My name is Nigel Horner, and I currently work as Deputy Head of School of Health and Social Care at the University of Lincoln, where I help to manage courses in Acupuncture, Health and Social Care, Herbal Medicine, Nursing and Social Work. I have been a qualified social worker since 1980, and over that time have been particularly involved in residential child care, mental health services, child protection and safeguarding, fostering and adoption.

I thoroughly enjoy teaching and working with

our students. I have written some books about Social Work and am equally interested in local history. I am currently working on a history of children in public care, and am trying to find out where children lived in Lincolnshire in the 19th and early 20th centuries, if they could not live with their families.

I am delighted to have been asked to join the Directorate of Adults Supporting Adults. In my opinion, the organisation represents the best of where innovative social care is going, and I want to make a contribution, however small, to that journey.

I live in Lincoln with my partner and two younger children (my two older children both live in London). In spite of my advancing years, I still play cricket for Carholme Cricket Club, and want to keep going for a few more years yet!"

## THE GREAT ESCAPE (Not the movie but the real thing!)

A funny thing happened to me on the way to the Boston office. I had a clandestine meeting planned with Dean and Sue, and was seconds away from ringing the office bell, when my mobile rang. "Hello" said I. A calm, almost Darth Vader rasping voice replied "Where are you, we need help to get out!" My response was immediate, my leader was in some sort of trouble and I had to react. "Go outside, to the window and I'll give you your orders" Dean commanded. A thousand things flashed through my mind, was this an army exercise gone terribly wrong, possibly an endurance course for Sue, to scale down the side of the building carrying Dean on her back. The possibilities were endless but I had to help.

Once outside I saw Dean at the window, at first I thought his face was camouflaged with commando grease paint, but it was only the shadow cast from the window. "Here are the keys" he barked. There was no doubt, his command was absolute and I rushed up the stairs to free them.

As I turned the key the door swung open, and with great relief I saw they were safe. Emotion almost overwhelmed me, but in true ASA tradition I bit my lip, we often have to do that! "What happened" I exclaimed "what rival support team had imprisoned you?" The explanation was less exciting than I'd imagined. Sue had locked the door from the inside to check her new key worked, and managed to imprison them both, such is life, the reality is always more mundane. But between me and you, the next time my mobile rings, I'll turn it off!

P.S. don't let Dean and Sue know I told you

Andrew from Boston



## Boston, Grantham and Sleaford update



### Where's my dinner? ...the Grantham Christmas lunch

Hello everyone, I hope you all had a good Christmas,..I know it probably seems a distant memory by now. Time flies and I can't believe it's March already, but at least the cold has moved on and the bright mornings are back again. Well we are a year into the changes across the area and I hope things weren't too disruptive for you. In fact things have gone quite smoothly, but there has definitely been an increase in work and we are far busier than ever before. As many of you know, there have been some changes to the Boston office. Unfortunately, Lisa has moved on to pastures new and she is now learning to become a mental health nurse. Also, Lorraine, our admin support has left us recently. But not to worry folks, Sue Marshall joined late last year (you can read her profile below) and we have just recruited a new admin support to the Boston area. A big thank you to those of you who attended the Christmas parties in the area....there is a story and photos somewhere. Please let me know if you have any ideas for venues this time round. All that is left for me to say is I hope you have a good year and I look forward to seeing many of you at the conference in Lincoln in March. PS There will also be opportunity to meet with the senior management team again in the summer, but we'll send out letters nearer the time confirming dates and venues. See you all soon  
Dean

Hello to Jigsaw Readers, I'm Sue Marshall, the new Area Supervisor for Boston. I joined ASA in November of last year, having spent the previous 5 years working in Adult Social Care



**Dean**



**Sharon**

for the Local Authority, firstly within the Social Work Team based at Pilgrim Hospital and for over 3 years within the Learning Disabilities Team at Spalding.

My working life has been varied, spending many years working for Lincolnshire County Council's Personnel Services as a Development Officer responsible for the delivery of their 'Fast Forward' contract in the south of the county. I also worked on the ICAS (Independent Complaints Advocacy Service) Pilot Scheme supporting and enabling people with learning disabilities and those experiencing mental health issues, to make a formal complaint and progress it through the NHS Complaints Procedure. I also spent some years joint managing a residential home for adults with a learning disability. Basically I'm a person who gets a "buzz" from helping others! I enjoy the personal autonomy working as an Area Supervisor has given me, as well as being part of providing a valuable service to a generic client group.

I am married to John and we live in the small, but friendly, village of Sibsey 5 miles from Boston. Life for us is now much quieter as our two sons, both in their thirties, have long flown the nest and both work within health related fields. John and I love to travel, Italy being our favourite destination, and have dreams and aspirations of retiring there one day.....maybe who knows? I enjoy gardening, keeping fit, reading historical novels and watching Inspector Morse until it drives everyone else crazy!



**Sue on holiday**

## BOSTON AREA CHRISTMAS PARTY

It was the evening before the huge downfall of snow, and although bitterly cold, everyone was in good spirits and dressed in their sparkly party outfits. The New England Hotel, Boston was the venue this year for our Christmas celebration. The staff provided us with an excellent meal and attentive service, after which the disco "struck up" and everyone was on their feet, dancing until they could dance no more, although I have to say some of us had to sit down much sooner than others! It was a great evening and everyone said how much they enjoyed the meal and the dancing, but most of all the "get together" it provided. The evening had been some time in the planning, and by the time I joined ASA most of the arrangements had been made. I know Andy Hawkes DTP gave much of his time to ensure the success of the party, so thanks from us all Andy!! By Sue Marshall



**Yvonne and Val throwing down a move at the Boston Xmas party.**

## Spalding, Stamford & Bourne Update.

Hello everyone, a belated Happy New Year to you all. So what's happened since the last edition of the jigsaw? We have been busy recruiting new providers, both Daytime Providers and also Respite and Extended Stay providers in the area. Some of the Daytime Providers are also interested in becoming At Home Day Service Providers so this will also see an increase in this provision within the area.

Socially we met in the summer for a picnic, and we met at Christmas for our annual meal, unfortunately due to the weather we had to cancel the meal in the Stamford/Bourne area, but I am sure there will be plenty of opportunities for this to take place over the next few years.

The Dementia Training delivered by myself and Carole was successful and we will be holding more of these training days throughout 2010, they will be held at various locations in the county.

Two Extended Stay/Respite Providers in the Spalding area are currently having their Shared Lives Awards assessed and the new providers will be beginning this process soon, so our providers are busy with their awards. Some of our Daytime Providers have successfully completed their NVQ Level 2, congratulations to these providers.

For the Spalding area Day Time Provider appraisals are due, and this process will begin shortly, also some Extended Stay/Respite Providers are due their re-approval so it will be busy year for Sally and Carole.

I haven't caught up with providers for a while now, so the training and appraisals will give me the opportunity to catch up with you all in the near future.

Kind Regards Jackie, Sally and Carole



**Jackie**



**Carole**



**Sally**

## Lincoln and Gainsborough area update

### What has happened since the last issue was published?

We have been recruiting again. We have several new Day Time Providers in the Gainsborough and Market Rasen area, they are all in the process of undergoing their training, and we have referrals ready to get them working. In Lincoln we potentially have new Extended Stay Providers, and new Respite Providers, both couples are ready to go to panel in March. Good luck to all of our new providers, and welcome to the team. Hopefully we'll see you soon at a Lincoln and Gainsborough Provider support group, look out for an invite. We also need to say a big thank you to Mike and Marion Wilkinson, on behalf of ourselves and all the clients they have supported over the years, we wish them a long and happy retirement.

Following the Lincoln office move at the end of 2008, we can now let you know that the Gainsborough office is also moving, to nice new premises. We will let providers and clients have our new contact details as soon as they have been confirmed, we'll have a new address and phone number. I can tell you that we are hoping to be in room 007, which should be easy to remember.

### Socially, we've been as active as ever.

- ❖ *Twelve providers from the Lincoln and Gainsborough area took time out from their Christmas shopping and met up for a festive breakfast at Doddington Hall.*

*We soon established that no one was "ready for Christmas" and set about ordering copious amounts of coffee (and some fruit teas). Mike and Marian Wilkinson had joined us and with their forthcoming retirement there was a lot of reflective conversation about the years gone by. I have worked out that between the providers who got together there were 135 years of extended stay service with ASA, most having been part of the scheme for fifteen or more years. As we were having breakfast there was no turkey insight just the smell of freshly toasted bread eaten with home made preserves, field mushrooms or the full compliment of sausage, egg and bacon. The café is part of the farm shop, so for those behind with the Christmas preparations there was the chance of grabbing a Christmas pudding or selecting your Christmas tree on the way out, and I did!*

- ❖ *Well, everyone arrived at Lincoln Bowl in Washingborough, all excited in anticipation for the up and coming big day.*

*Some had a festive drink whilst we waited for all the others to arrive, and wore festive hats. Ho Ho Ho*

*Everyone had a super game of bowling and most people were able to get a strike, whilst others who got 3 in a row, were called a 'turkey'. Ho Ho Ho*



**Vanessa**



**Karen N**



**Karen M**



*Most importantly everyone had a good laugh and a joke.*

*Whilst some had to rush off to complete their Christmas shopping, a small group did stay and enjoy a catch up and food and drink.*

Let us have your articles and photo's about these social events, it's nice to have the story from your side.

We would all like to pass on our congratulations to Vanessa, who recently received her long service award, for 20 years service. This was presented to her by Keith Phillips, one of our Directors, at the Sleaford office; we all raised a glass of orange juice! Well, we were working.



Finally, keep spreading the word about the great resources we offer, you are all in the best position to promote us, and help us find new providers.

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

## NE Lincs Update

Roz and I have been kept busy with work in other areas of the county whilst we wait for the NE Lincs office to become fully functional. Roz has been supporting the Sleaford Office with administration work created by the successful interview days that took place during the summer.

I, on the other hand, have been working with Extended Stay Providers completing their Learning the Ropes training work books ready for accreditation. Each of the Providers has worked hard to complete the work books and I look forward to learning that they have passed.

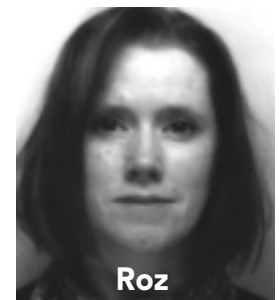
People continue to be very interested in the services ASA provides so hopefully things will really take off in the next few weeks.

Happy New Year to you all.

Maggie & Roz



**Maggie**



**Roz**

## PAINTING WORKSHOP

As stated in the last edition, Mick Robinson has kindly agreed to hold a painting workshop here at Sleaford head office sometime in the spring. Initially we have had a very poor response, but if you are interested please let Dean Barnshaw on 01529 416270 know as soon as possible so we can try and arrange a day in the not too distant future.



Also Hayley Nixon, a Day Time Provider in the Boston area wants to know if people would be interested in entering a writing/poetry competition with prizes such as a cut and blow dry at your local hairdressers or a meal at your local café. Obviously, it's just a bit of fun, but if you are interested then again let Dean know at head office.

## News from Spalding

On 10th August providers and clients were invited to a picnic in Ayscoughfee gardens. Unfortunately the weather was not kind to us and despite this those who came enjoyed their picnic with a nice hot cup of tea from the café.

We met again on December 8th for our Christmas meal at The New Saracens Head Pub and a lovely Christmas meal was served and enjoyed by all.



### Local Action Group (L.A.G.)

This is a group that meets every 2 months at the Chappell Centre or South Holland District Council in Spalding, to look at facilities in the local area. The aim of the group is to get interested parties from the following people with learning difficulties, physical difficulties, paid and unpaid carers, day services, housing, leisure, voluntary organisations, employment, providers, county councillors, advocacy, Connexions, further education.

The project that has been worked on since the group started is to get A Changing Place facility in Spalding. The council has allocated space for one in Red Lion Street as part of the refurbishment of a building there. A Changing Place is a specially adapted toilet facility for any one who requires a hoist, washing and changing facilities in the town without having to get back home or to a day centre to access these sorts of facilities.

The main aim now is to get interested parties to raise or donate funds to enable the necessary equipment to be put in.

If you would like more information regarding this facility, or are able to help in any way or know of any charitable organisations that could help with this project and if you are interested in attending any of the meetings please contact Chas Sandhu on Spalding 01775 711551.

## Pride of South Holland Awards November 12th 2009

Three providers were nominated for this award they were: Sharon Hutchesson, DTP for her work with Mick Jarman. Sharon supports Mick for 6 hours a week, to enable him to go out into the community which enables his wife to have a break.



**Sharon with  
her award**

Sue and Alan Browne: for their work with the church. They support a group of people with Learning Difficulties to meet socially on a Sunday afternoon and have a chat and a cup of tea.

The evening started with a 2 course meal and was followed by a talk from a lady who is an active mountaineer and due to an accident is now in a wheel chair. The theme of her talk was that she would not be able to continue with her activities if it were not for people willing to support her. Sharon, Sue and Alan were not the winner in each of their categories but are winners with what they do which enables others to do things with their lives.



**Sue and Alan with their  
award**



A great time was had by all at the recent Mixit stageschool 'try outs' in the Lawn in Lincoln. Moveable Feast who are an internationally renowned inclusive theatre company asked local people with disabilities to turn up and show off their talents at the event. Moveable Feast are creating Mixit stageschools for people with disabilities in four areas across the UK with the Lincoln area being the first. The 'try outs' in the Lawn were a way of seeing how much interest there was for the initiative and advertising it to local people.

Moveable Feast's founder Lawraine Hails, herself a parent of a young lady with Downs Syndrome, said;

"We were overjoyed at the turn out for our try outs and the excitement it seems to have caused in Lincoln. We have been a bit overwhelmed by the response to be honest. Over 50 people and their parents and carers came along and that was without us really trying to advertise it!"

Moveable Feast are now looking for a development worker and a head coach to make this happen in the Lincoln area. Lawraine Said; " We hope that we can get our development worker in post by the end of this year or early next and then things should start to happen quickly.

The Mixit stageschools were the idea of Lawraine and husband John who have spent the last twenty years including people with Learning disabilities in drama. The couple with their work in 'Moveable Feast' have toured the country and Europe presenting at some of the most prestigious events and training local Authorities both here and abroad. John said; " It was because we were constantly being asked by local authorities to recreate what we do for other people that we got the idea. That and the fact that carers and people with disabilities kept telling us there was nothing to do on a

weekend or through the week and nothing to spend their direct payments on!"

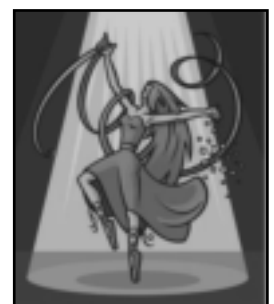
The Mixit team wanted to create day time activities throughout the week because so many people had little to do when they finished college. Matthew Fairley one of the Mixit team had been surprised by the turn out at the try outs and had explained that Mixit had been intending to open an academy style school for five days through the week.

"We first came up with the idea of an Academy which is still our long term goal but we think that there is more need for weekend activities, at least to begin with." The Mixit team were inundated with requests for weekend activities and in particular a stageschool.

Victoria, one of the Mixit Team said; "Parents up and down the country are trying to get their kids into Stageschools, its just natural that they want the same for their kids with disabilities. Everyone it seems wants to be an X factor performer or a singer or an actor and the popularity for those types of hobbies is obviously something that people with disabilities should have access too. It's only fair." Mixit also listened to the people they came across and found it hard to ignore the requests for younger people still at school. Lawraine went on to say; "I don't suppose we should be surprised that young families with disabled children should be looking for better things for their children. Peoples expectations have risen as more people use direct payments and an individual budget and services improve and become more community led." The Mixit stageschools will be starting in the new year and those wanting any extra information can contact the team on the details below.

*John, Lawraine and the Mixit Stagecoach team.*

**Contact details**  
**9 Bradley Lodge Drive**  
**Dipton**  
**County Durham DH9 9BD**  
**Lawraineh@aol.com**  
**tel. 01207 232727**  
**mob. 07768250159**



## Holiday Insurance

We are fast approaching the time of year when we plan and book our summer holidays so I thought it would be a good idea to do a little bit of research about holiday insurance.

There is a vast choice of insurances on offer, including those that are specifically for people with disabilities. When I did a bit more research it became apparent that these are for people with serious medical conditions and might not be just what we are looking for.

If there is a group of you going on holiday together it would be wise to get a group policy. This means if something happens to one person the insurance covers the group and all will get help to continue their holiday or come home together.

If there is a provider and client travelling together it is not necessary to organise a group policy, but it would be wise to have both people on the same holiday insurance policy. This would help to keep you both together should one of you have to come home because of ill health. These policies are readily available from some of the well known insurance companies. There are lots to choose from on the internet. Some of the websites will do insurance quotes for you, but it might be best to give them a ring and check that they have understood that you are travelling together and need to be on the same policy before committing to the purchase.

Happy Holiday Planning, Maggie Winship

## Louth, Mablethorpe, Horncastle, Sutton on Sea and Skegness Area update.

Since I last wrote the update for the previous Jigsaw edition, we have ended and commenced a new decade, which makes it seem a real long time ago.

As you are probably aware the area office at Louth is relocating to Grimsby to amalgamate with the area office there at the Freeman Street Resource & Community Centre, Kent Street, Grimsby, DN32 7DH. This move is taking place on Wednesday 3rd March 2010, so if you wish to contact, Richard, Sandi, Maggie, or Roz please ring or fax us on 01472 239137, or if passing and we are there please call in to see us.

During the Christmas period just gone by, some of our providers and clients attended a disco organised by Margaret Gale and partially sponsored by ASA at the Sutton on Sea Social Club, where a fun night and a good buffet was enjoyed by all. We were pleased to welcome some of our providers from the North East Lincolnshire area and hope that this will be the start of a social and professional network developing.

Recent times have been really busy for some if not all of us within our area, and I would like to thank you all for your excellent continued effort and support. I look forward to working with and seeing you all over the next few months.

Richard Brown-Warr  
Area Manager



**Richard**



**Sandi**

## WHAT HAVE WE BEEN UP TO!

IT'S BEEN A BUSY TIME FOR YOUR PROVIDERS FORUM. I HOPE YOU ALL HAVE BEEN RECEIVING YOUR INFORMATION SHEETS GIVING DETAILS OF OUR NEXT MEETING, WHICH IS ON THE 1/03/2010 AT 5.PM AT SLEAFORD. WE WILL BE DISCUSSING OUR INVOLVEMENT IN THE PROVIDER CONFERENCE, AT LINCOLN ON THE 17th MARCH. TRIXIE IS VERY SUPPORTIVE OF THE FORUM DEVELOPING AND TAKING A MORE ACTIVE ROLL IN FUTURE DEVELOPMENTS. TO PROMOTE THE FORUM, SHE HAS ASKED US TO M. C. THE CONFERENCE AND ACT AS STEWARDS. THIS WILL HIGHLIGHT OUR PROFILE AND ENABLE OTHER GUESTS AND ASA STAFF TO APPROACH US FOR A CHAT.

IF YOU HAVE ANY ISSUES OR IDEAS YOU WANT US TO DISCUSS THEN CONTACT YOUR LOCAL REPS, USING THE NUMBERS PROVIDED. AND IF YOU FANCY BEING MORE INVOLVED THEN COME ALONG, ALL ARE WELCOME AND JAYNE MAKES A NICE CUPPA, NOT TOO HOT ON THE CAKES THOUGH, BUT IT'S NOT THE END RESULT BUT THE EFFORT PUT IN. ANY HOW HOPE TO SEE YOU SOON.

CHEERS ANDREW (BOSTON)



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

Dave Harrison  
Skylark 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

## One of the best jobs I have ever done!

### Margaret Gale from Mablethorpe

Have you ever wondered why people do what they do? Everyone has their own story, this is mine.

I have had lots of interesting jobs in my working life; I would like to share some of those experiences.

I grew up in Nottingham as an only child in a working class family. School was something you had to go to everyday or the school board man would be round to see you. Education was not considered to be very important, especially for a girl as you were expected to get any job until you got married and became a mother. But times were changing, and I loved school. I can still remember when I was 11 and Miss Mathews read "The Rhyme of the Ancient Mariner" on a Friday afternoon.

A new school had been built a bus ride away, and I was able to go. I had 5 very successful years, playing for the school hockey team, being chosen as a school prefect and house captain. I also left with 5 G. C. E. exam subjects. There was very little career advice then and no unemployment. I had heard of a training course for nursery nurses, and as I had a caring nature and liked being with children, I was a Sunday school teacher at the time, I thought it would suit me. I applied and was accepted.

The 2 year course involved 2 days a week in college for lectures, and 3 days in a nursery for practical experience. This was quite an intense training and gave me valuable information which helped me with my own children. The N.N.E.B. qualification also enabled me to get a variety of jobs which I could fit around my family life. I worked as a

Ward Receptionist, a Nursery Nurse, nursing premature babies, and a Secondary School Technician, among others. After 5 years as a Class Room Assistant, and facing re-deployment, I decided to go to college and get a degree. I was unsure what course to take but heard of one that would combine my interests in art and dance.

I spent 3 years at Trent Polytechnic gaining a 2-1 BA (Hons) Degree in Creative Arts. After some time out, it was time to job hunt again. A friend was working at an Adult Training Centre for Learning Disabilities which I thought sounded interesting. I offered to work as a volunteer at another centre and after two sessions was offered a position as an assistant instructor in the Special Needs Department. After 18 months I applied for an instructors post in the main building, with more able clients.

Most of the activities here were work based, making items for sale such as Bricks and Mop Heads. Again times were changing, and the centre changed to a Social Education Centre. This was a challenge for both instructors and service users, finding new activities and ways of accessing the community. This was a very enjoyable time and I gained a wealth of experience, but there were no opportunities for further training. At this time, for personal reasons I left this position and for a while considered living abroad, and for the next three years travelled abroad. Family commitments meant I needed to settle down again and found myself moving to Mablethorpe, and becoming a carer, for young and old members of my family. During this time, to keep my sense of identity, I became a part-time dealer in Antiques and Collectables, something that I still do to this day, some 15 years later. Things change, nothing stays the same. My Mother died and the children moved into their own house nearby, so time for job hunting again.

I saw an advert in the local paper for a classroom assistant at St. Bernards' Special

School, in Louth. Perfect! I applied and was interviewed along with several other applicants. I was told that didn't have enough experience, but they would be pleased to have me as a relief worker. I was happy to do this as it was a way of getting more experience. However as funds ran out, relief work ceased. Some one suggested that I approach the nearby Social Education Centre. Again, this was a very good move. With my previous experience I was accepted immediately as a relief worker, which suited me as I could continue to be self employed too. I spent 5 very happy years here working with some very interesting people. Again changes were about to be made and I thought this might be an opportunity to try Adult Placement, which led me to become involved with Adults Supporting Adults.

Over the past 5 years I have worked with several very different clients, some challenging, but always rewarding. It is very different working alone, and can take some getting used to, but if you have the right backup and support, can be very rewarding. It can give you the opportunity to use your own ideas and initiative, and if you enjoy a challenge, you can provide the service user and yourself with some new and valuable experiences. I have been involved with helping a client develop skills towards the final result of independent living. I have also been instrumental in setting up volunteer conservation work, and have been successful finding social activities in the community to suit clients' individual choices and wishes.

Another development has been the setting up of a social evening. Talking with Lynn Cannon about the lack of evening social activities, it was decided to look into the possibility of a disco with one of my clients; I play snooker at Sutton Social Club. The club has a very good function room with a bar, plenty of comfortable seating and a dance floor with a small stage. I thought this would be ideal. I spoke to one of the committee members telling him of our ideas for a social

evening. He thought it was a good Idea and said we could have the room free of charge. I asked if he knew of anyone who could run the disco. He did, and by the end of the day we had booked the disco and settled the coming dates for the year. Lynn and I got together and designed posters which were delivered to any client groups we thought might be interested such as Boulevard Care, Linkage and Waverley. Sandi Rance passed the word to ASA clients; also Mablethorpe Out-Reach Base displayed posters and sent out flyers to parents and carers.

From the beginning the evening was well supported and a year later we have just arranged the dates for 2010. All the feedback has been positive. People really look forward to the disco and talk about it to each other. Some people have met others they have not seen for years, and friendships have been made. We run a raffle which is popular (any donations welcome) and helps to top up the funds.

However we have remained self-funding, in fact at Christmas we had a great party night, with a buffet, partly supported by ASA, with the disco paid for out of funds. This has been a very successful venture and we hope people will continue to support it. We hope eventually to form a committee of service users and carers who can take over the running of it. It's a good night out, plenty of good music and dancing. 7.30 - 10.30 3rd Friday in the month. Why not come along.

Time to finish, well not quite; even though I've reached retirement age, I hope I can carry on for some time yet because I really like doing what I do.



**Margaret**

## My Story - Jane Wernham aged 49

It was the evening of Feb.14th, 2000 and, as usual, I was alone, looking forward to having coffee and a chat with a friend the next morning. But things didn't quite pan out as planned.

It all started with some severe facial pain which at first I took to be sinus pain or a cold starting. The thought that it could be a stroke did enter my mind, but I discarded it because my only experience of stroke was that of my grandfather, who had been in his nineties when he died of a stroke, so I reasoned that at only 49 years of age, I was far too young to be experiencing a stroke. As a precaution, I did go and examine my face in the bathroom mirror. The only other thing I knew about strokes was that one side of your face



'froze' or drooped. I looked very carefully. No. My face looked totally normal, but then, very strangely, I felt some very soft feathers in my hand. When I looked at the hand, I was surprised to see that there were no feathers in it, there was just a tissue! As I looked at my hand, I was aware that feeling in my left hand was gradually fading away, until there was no feeling there at all. Perhaps I was in trouble, after all. Maybe this is a stroke. Still, you can make a full recovery from a stroke, can't you? thought I. I still didn't have the wit to call for help. I knew I was beginning to get confused. Who could I call for help? And wouldn't I look silly if I just had a sinus infection or something? The pains in my face were now so bad that I wondered if I'd had an accident in my car, banged my face and forgotten about it. I was getting confused. The main thought in my mind now was to go to bed and sleep, because if I was very ill, at least I knew that my friend would arrive in the morning and help me. I tried not to panic, and to keep really calm. I took myself off to bed, putting a few drops of lavender oil on my pillow to help relax me. I knew nothing more until the next morning, apart from a strange dream, when I saw the left side of my body light up with a white heat.

It seemed like just a second later, my friend was there, trying to get me to respond. I couldn't answer. When I tried to open my eyes, I could only see her as an outline. I could hear, but not see or respond. This was how I was to be for the next two weeks or so. I knew things were rather serious when I was loaded into an air ambulance, to be flown to a teaching hospital, some 80 miles away. Here, they ascertained that my carotid artery had dissected and caused damage to the right side of the brain, leaving me with left-sided hemiplegia.

To cut a long story short, five months and three hospital/rehab units later, I managed to return to my ground-floor flat in Cornwall. Six years on, despair and depression about my plight has given way to much more hope about my future, as I have sold my Cornish flat, bought a house in South Lincolnshire and continue to make tiny improvements. With the help of two excellent carers, coming in to my house for about six hours a day. I manage to live on my own. I can now walk a few steps with a quad walking stick and a brace to support my weak left ankle. There is, as yet, no movement in my left arm or hand (frustrating, because I used to be professional musician and can no longer play the piano) but maybe that is still to come! I live with constant vertigo and the stupid panic attacks that seem to come with severe disability, but am learning, at long last, to trust other people to help me. On bad days, when I ask myself why should I have experienced such a terrible thing as a massive stroke when I was only 49 years old and a non-smoking, non-drinking, fitness fanatic? I guess the answer is if I hadn't been those things, I wouldn't have been alive now. My love to all you other survivors out there... never give up... things can get better!!



## MY VISIT TO THE BUTTERFLY & WILDLIFE PARK

By Michelle South



I really enjoy watching wild animals in special parks like this one, because I like all kinds of different animals. The Butterfly Park is a bit different though, it's not like a zoo, and there are different kinds of animals there. You can obviously see butterflies in the tropical house



which is also the home of some rare and not so rare birds too. There are also farm animals, reptiles like lizards, frogs and also snakes which I held the last time I visited this park. My favourite animals here though are the birds of prey and you can watch flying displays. My favourite is the bald Eagle; it's so lovely to see it fly in the air when on display. You can also see a range of owls which I also got the chance to hold when I was there.



I can't drive a car, and I also have trouble using the bus on my own so my carer takes me out to visit places like this in her car, but I have trouble walking long distances so I have got a wheel chair which I take out with me. Unfortunately though, a lot of the animals and other things to see are outside where it is grassy and not very flat so it's difficult to push a wheel chair around the park. But I still enjoyed it.

Hello, I'm **Gill Lamming from Cleethorpes in NE Lincs**. I've been married to Steve for 9 years and have a son, Michael. Earlier this year I decided on a career change, so applied to Adults Supporting Adults to become a Daytime Provider and thankfully was successful after going through the new interview process.

I have just started work with a client. We go walking, visit the Jacuzzi and Sauna, shop till we drop, then have lunch.

I love my new job!



## Terror Reigns Again!

Pictured is Lord Grant Robinson with his latest fictional accomplishment 'Terror Reigns Again'. This, his latest novel, is a story of terrorist attacks around the world, although it mainly focuses on the attacks nearer to home, and the force that is brought in to deal with these terrorists.

Written under his pseudonym of Ronan Strobog (an anagram of Grant Robinson) 'Terror Reigns Again' is a fast paced action/adventure story with a twist, which brings the tale to a shocking conclusion.

'Terror Reigns Again' will be available at [amazon.co.uk](http://amazon.co.uk) and, possibly, W.H.Smith from early October 2009 onwards, priced around £10.95.

The novel is aimed at anyone older than 16, as it does contain certain scenes, and language, which are unsuitable for younger readers.

## Trip of a Lifetime

### Philip Juhos Day Time Provider Gainsborough Area

I have recently returned from a holiday with my wife Linda which took us literally around the world.

As a young person I always had a desire to visit New Zealand after being impressed by a film at a local cinema which showed the diversity of the country.

2009 was the year Linda & I would celebrate our Ruby wedding anniversary & we wanted to do something really special & agreed a trip to New Zealand would be a dream come true. When planning the trip initially, I realised it was possible to expand it into a world wide adventure which seemed very exciting.

The first stop took us to Hong Kong which was amazing, lots of high rise buildings, busy harbour, bustling streets, endless restaurants & markets. After Hong Kong we travelled to Sydney, Australia & took the opportunity to visit Linda's sister who has lived there for over 30 years. It was great to see her & we spent a beach holiday with her near Byron Bay (nice place to be during an English winter).

Two weeks quickly passed & it was time to board our flight to Christchurch New Zealand. Christchurch is located on the South Island & from here we embarked on an amazing adventure the highlights were seeing the beautiful snow capped mountains, lakes, fiords & a hair raising jet boat trip on the river in Queenstown. Our trip to the North Island took us to Auckland where we celebrated our anniversary with a meal in the revolving restaurant at the top of the Sky Tower – beautiful views of the city & harbour below. The remainder of our stay in the North Island took us to the Bay of Islands where we saw whales & dolphins & then on to Rotorua to see the geysers & thermal mud pools. Other highlights included sailing on Lake Taupo & just chilling out on the beautiful Corromandel beaches.

Alas we say goodbye to New Zealand where we head to Raratonga which is in the Cook Islands, a wonderful spot in the South Pacific Ocean. When we arrived at the airport we were greeted with Polynesian music & adorned with garlands of flowers – some welcome!

We reluctantly leave the Cook Islands & head for Los Angeles & have a two night stay in Hollywood where we tour the Universal film studios, Beverley Hills & all the attractions on Hollywood Boulevard which included me being photographed with "Marilyn Monroe".

Time now to head home arriving in London to fog & snow brrrr!

What a wonderful trip, exceeded all our expectations, we both feel very privileged.



## Places to go

I thought it might be helpful to let you all know some really good places to have a snack or even a full dinner.

At Glenthams the "home of 1000 happy hens" is a really nice café/restaurant that caters for everything from a cup of tea and a slice of cake to a full 3 course lunch. Not bad value for money and the farm shop is great. The bacon and sausages are especially good value.

Now to some garden centres, namely Whisby, Brigg and Scunthorpe. Whisby has a great selection of farm food, clothes, books, pet food and pet accessories. The choice of plants and shrubs is very good. There is a choice of 2 cafes, one does mainly fry-ups and the other has a much larger selection of foods.

Brigg, of course, is a large concern which at the moment hosts "Christmas Land". The variety of goods on offer is vast and the restaurant is excellent although a little pricey.

Scunthorpe has a very nice homely cafe which caters for all needs i.e. full dinners which seem very popular to a pot of tea and a sandwich which we normally indulge in.

We have also tried most of the supermarket cafes and have found that the best deal seems to be at Morrison's with a pot of tea at just 79p.

Hope this helps and can't wait until the New Year to try out some other venues maybe further a field.

**Lesley Sutton, Gainsborough**



## Sailability

A few people decided to help disabled persons learn to sail.

For three months at the end of 2009 a trial was held at North Hykeham Sailing club. They borrowed three special Sailability Dinghies from the Access Dinghy manufactures that would nearly be impossible to tip over and sailed every Friday afternoon.

The trial was a success and it was then decided to form a Sailability Club at North Hykeham sailing club. This new club, Hykeham sailability LTD has a grand opening day on the first Friday of May this year. Already we have managed to buy all three dinghies as well as a brand new Safety boat through help from various local charities.

It is intended to install a jetty with hoist before the opening day again through help

of local charities and any grants that can be made available to us. These facilities will be available to anyone with physical or learning disabilities for a minimal cost of £20 per year. Sailing is planned to take place every Friday from 10 am to 3 pm weather permitting. Full safety gear will be provided as well as wet weather clothing. There are disabled facilities within the Clubhouse and spacious decking outside ideal for summer barbeques.

Please feel free to get in touch with A.S.A.

**Geoff Willerton  
from Burton  
Pedwardine**



## Profile of Matty Goulding



My name is Matty Goulding, I am 26 years old. I live in Grantham in my own bungalow, I have been here since April 09, I enjoy living here independently! My hobbies include going to the theatre to see live music shows and plays, I have recently seen "ELO" in Skegness and "Vampire Rock" in Newark. I also enjoy visiting places of interest, like farm museums, "The Deep" in Hull and would like to visit the "Tennyson" museum in Lincoln.

In order to do these activities I require support from my family or carers, as for long distances, I use a wheelchair for mobility, I would like more hours support to be able to go to different places.

I also like David Jason from "Only fools and horses", I have all the videos and all the "Frost" ones too, as well as his autobiography, I enjoy collecting box sets of my favourite TV programmes.

My main objectives are to find voluntary work locally perhaps in a charity shop, also to make

new friends with a view to being able to have them visit me at home, or for me to visit them, where we can chat, watch a DVD and maybe have a beer or 2!

The photograph was taken at Bourne garden centre, Helen who works for ASA and I went there to see the Christmas decorations. We also had lunch there and I purchased some gifts for Christmas. Helen and I have been to Skegness, we went to a farm museum, we had fish and chips (obvious choice!) and a walk along the seafront, we were lucky with the weather which was not as bracing as it can be!

I like to go on a holiday and enjoy Sandpipers, a resort in Southport, which has lots to do, including a hydrotherapy pool. Outdoor activities, live music, including my favourite "Queen" and also importantly a bar overlooking the marina. The advantage of getting away I feel that it gives me a break from routine and my parents a well deserved rest.

I also enjoy doing research on the computer to find places of interest.

Finally on behalf of myself and Helen I would like to wish everyone who is reading this a "Very Merry Christmas", happy new year, good health and prosperity for 2010! I will be raising my glass of beer and thinking of you all on new years Eve, but not too many!

Cheers!

## Jokes from Barry Hare

**Why was the goldfish so boring?** *Because he kept carping on.*

**Why was the spider in the bathroom all night?** *Because he wanted a night on the tiles.*

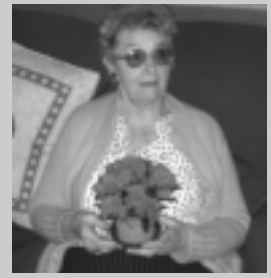
**Why did the cow run?** *Because it saw a bull rush.*

**What did the alien say when it landed in the flowerbed?** *Take me to your weeder.*

**Did you hear about the incontinent gardener?** *He weed himself.*

## An "At Home Day Service" Experience, from Erica, Brenda and Lew

Erica Dowse has been an At Home Day Service Provider for ASA for 10 years. She became a provider as she has worked in care and to gain more knowledge of Dementia. The work also fitted in to her children's school hours and she could work at home.



**Brenda**

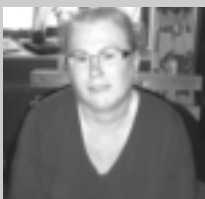
Erica enjoys craft work and has introduced craft into the sessions. The craft work that Erica provides for her clients are flower arranging, Fimo (clay), painting, Jewellery making and card making. The clients also have a choice of baking, listening to music and gardening.

Erica provides a 2 course home cooked meal as she acknowledges that meal times can be a social event for people especially for those who live on their own. Providing a balanced diet is also important for those who rely on ready meals when they are at home. Clients, if they choose to, can help with the preparation. A lady used to peel the carrots and gained a lot of personal satisfaction. This lady did take her time peeling the carrot and sometimes there was more peelings than actual carrot but seeing the enjoyment on the lady's face was very rewarding for Erica.

Erica finds her role as an AHDS provider sometimes challenging and every day is different. Erica gets to know her clients and their interests to enable her to offer activities which the clients will enjoy. Erica also offers new activities and introduces new things, however, as she says "not everyone is interested so get to know the client and their interests and try to work with them. Everyone is an individual with individual needs, interests and levels of ability."

Erica enjoys watching her clients reach their potential and watching the socialising between the clients.

Brenda attends AHDS two days a week. Social Services referred Brenda just over a year ago as Brenda had moved into a new area. Brenda said "I was very lonely and did not know anyone. I would go shopping come home and still not have spoken to anyone. I have had people always around me however I lost my husband and was on my own for the first time".

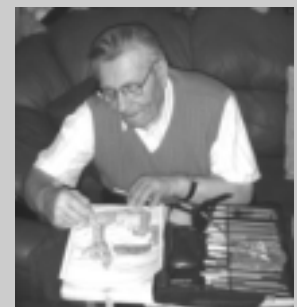


**Erica**

Whilst attending the AHDS Brenda has enjoyed listening to music, looking through cookery books with Erica, as Brenda used to enjoy baking, flower arranging, and has made cards with Erica's support for family and friends. Brenda said of this that the cards which she has made herself make the person receiving the card feel special and Brenda feels that she has achieved something.

Brenda has benefited from the resource. She stated that she has gained friendship; it has stopped the loneliness, has broken up her week and has given her a reason to go out. Brenda also said that "Erica is lovely and looks after us well".

Lew has been attending the AHDS since 2007. He says "I like something to do as I used to go to bed as there was nothing to do. I like talking to people as I am lonely." Lew has done flower arranging, clay work and card making with Erica's support. Lew also enjoys colouring pictures of landscapes and animals. Lew States "I like coming here. I enjoy it very much. Erica is a nice lady and has a good temper".



**Lew**

## One and Other, Tina Mellors, from Skegness

My name is Tina Mellors and myself and my husband are long term providers, we have 2 gentlemen who have lived with us since 1992. In August this year I was lucky enough to be chosen to take part in Antony Gormley, One and Other, which was a live artwork by sculptor Antony Gormley, which took place over 100 days during the summer of 2009. 2,400 participants representing every region of the UK each spend an hour alone on the empty plinth in Trafalgar Square for 100 days and nights.

My time slot was 2am, not a very good time slot but this is London and it was busy, I was told to arrive at Trafalgar Square at 12.30, I had to be interviewed by the One and Other team, and asked what I was going to do on top of the plinth, I was planning to talk about Alive and Kicking which is a charity I started 10 years ago in Skegness, the charity is a leisure group for people with a learning disability. We have 35 members and meet twice a week and go Ten Pin Bowling, mystery tours, Caribbean nights, holidays and generally have a good time.

After running through the health and safety I was put on to a cherry picker and rode through Trafalgar Square to the fourth plinth I had to wait until the lady who was on before me came off as it has to be 1 heartbeat at all time on the plinth, when I stepped foot on the plinth the view is amazing I stood there for a couple of minutes to get my bearings, I then unravelled the Alive and Kicking banner and started to talk about the charity, but all my friends had stayed up to watch as it was filmed live on the internet, started to phone me, also there was a lot of people who was shouting up at me so I was talking non stop for a hour. The hour went so quick and when it was time to come down I was then asked to do an interview with Sky Arts, which took another 15mins and then to the hotel for bed as it was now 4am.

What I did not realise was that on the Sunday the LA Times wrote a piece about the project, and when I checked the website I had loads e mails from people in California wishing me luck which was great.

During the 100 day project, the website received over 7 million hits. The project became the subject of photos and blogs, tweets and newspaper articles. It provoked plaudits and vitriol – in short; it became part of the cultural fabric of the UK.

The project will live on, although the 100 days are finished. A TV documentary by distinguished filmmaker Mike Figgis is in production and is due to be screened on Sky Arts; a book, no less epic than the project itself, is being produced by Random House; and the Welcome Library plans to store the photos, videos and interviews with every one of the participants for future historians and academics

My hour of fame was what can only be described as excellent and something I will never forget.



## We wish a happy retirement to Mike and Marion Wilkinson, from Gainsborough

We would just like to say a huge thank you to Mike and Marion, Extended Stay providers who have been with us for, hang on, not enough fingers to count, over 17 years, since 1992. This for you long timers, is when we were still called Adult Placement, way back then.

1966, World Cup Final Day, Mike and Marion remember this day very well, it was the day they received their letter to say they had been accepted as foster parents. A double celebration. At the time they had 6 children of their own, all under the age of 11.

Marion has no idea how many children they have fostered over the years. She once tried to work it out; she says it runs into hundreds. She remembers one particular time when she had 17 children staying in the house. Ex foster children still turn up occasionally on the doorstep, or an email will arrive from someone they took care of in the past, all receive the same warm Mike and Marion Welcome, and, I'm sure, a slice of cake.

Mike always worked and was a bus driver when he retired, and Marion had a few jobs, with the probation service, at a private care home, and as one of our very own Day Time Providers.

They've always been local to the Gainsborough area, except for 2 years when they lived in Stevenage. They moved back to Gainsborough with a foster child from Stevenage, and he has made Gainsborough his home, and is now a foster parent himself.

Thomas and William arrived as foster children in the early 1980's, William moved on, but continues to visit 2 or 3 times a year. Thomas has remained with them ever since. Marion is



now 72yrs old, and Mike, her toyboy, is 70. They have decided to retire, because they feel that someone younger would be able to give Thomas more opportunities. Thomas is staying within ASA, and is moving to another placement, which he is looking forward to. But he will definitely still be visiting Mike and Marion.

So what about plans for retirement, the first thing they are hoping to do is to go on a Caribbean cruise for 2 weeks, they've never taken a holiday longer than 1 week before. They will continue to have visits from their children, grandchildren and great grandchildren which will keep these two young things on their toes and forever young!!!! But long term, they are going to enjoy going out, and not clock watching or worrying about when they need to be home.

They have enjoyed their time with ASA. Marion says she may have cursed the courses, but really she enjoyed meeting other people. She says she's seen many changes, at the start there was no one to tell you what to do, she now enjoys her monthly supervision and appreciates that someone is always available anytime of night or day, although she has never had need to call.

Vanessa says Mike and Marion are a shining example of what providers should aspire to be, they have moved with the times.

ASA wishes Mike and Marion a long and happy retirement and Thomas the best of luck in his new adventure.

## James Keane, from Beckingham

This is me giving my calf a drink of milk. He is wriggling his tail. He'll soon be a cow with a horn.

I have also just received my level 2 award in Food Safety in Catering.



## Hi, my name is Kevin Whittaker

I am 35 years old and I live at Digby with Colin, Marie and Nicky. I have been with ASA for years. I am in my second year at Ravensdale College studying entry to NVQ catering. I really enjoy my course and in December we prepared and cooked Christmas lunch for the Salvation Army. It went really well so we also had a day where we cooked for our family and friends.

On Thursdays I travel to Swinderby where I help with horses. I also help keep all the grounds tidy and repairs fences etc. I like to get involved in some charity work for LIVES first responders where I have been involved with many events such as village fetes, sponsored bed push's and a tramps Ball.

Every Christmas we do a Santa's sleigh where we go around Digby and all the surrounding villages delivering presents to all the children. We have a Santa and sleigh and all the adults dress up as elves and snowmen and angels etc.



During the Christmas break I have delivered a lot of LIVES information leaflets through the doors of every house in Digby, Scopwick, Rowston, Ashby and Bloxholme. I hope this will help keep the villagers informed about what we do and help keep a steady flow of volunteers coming through. So far it has been successful bringing in two new volunteers.

## Hello, my name is Nicky Reeves

I am 48 years old. I live at Digby with Marie, Colin and Kevin. I like to keep myself busy during the week and then we relax at the weekends at a caravan site near Horncastle where Marie and Colin have a caravan. When I'm there I like to go fishing with Colin, ride my bicycle, do some jigsaws and relax and watch my DVD's. On a Tuesday and Thursday I go to the glasshouse project where I do arts and craft, tai chi and socialise with all my friends. On Wednesdays I have a day time provider called Julie and we like to go out on trips to theatres, cinemas and markets etc. She also has an allotment where we go to see and feed her animals. She has horses, sheep and chickens. It's the chickens that I like the most of all. In December we went to ASA's Christmas party in Sleaford where we had lunch and played games. In January we have booked to go to the theatre to see Jack and the Beanstalk. On Sundays we go to watch the Autograss Racing at Newark and Scunthorpe, I am registered as a mechanic and I get to go into the pits to see all of the cars and watch while Colin helps mend one of our friends cars. At the end of August they have a men's national championship where all the top cars that have qualified through the year go to race. This year it's in Hereford.





## All about me, by Mark Roper from North Hykeham

I like trucks, not cars. Then I have learnt all about cars for 3 years. I am moving onto trucks all the time.

I like fashion, walking, rock climbing, canoeing, sing, talking to friends, play snooker, swimming, cycling, travelling, helping people, going out a meal or pubs, making models, cooking, go karting.

TV soaps – Hollyoaks, Emmerdale, Doctors, Use car roadshow, cowboy trap, 60 minute makeover, X factor, dog soldiers.

Colours – my colour is pink, blue, black, orange.

I have helped Gemma to do shopping from Dave & Elton all the time. Then I help to get a better car for them.

I will have a passion for trucks not cars.

I am hard working around the house.

## William Morrison

Hi, I'm William Morrison; I gained an NVQ in animal care this year. I've been a volunteer at the exotic pet refuge for about 4 years and love looking after animals.

Rudey the talking parrot is on my shoulder; he's very friendly but says naughty words sometimes. There are lots more animals. If you fancy a visit we have open days once a month during the summer to raise funds.

For information on open days you can ring Pam Mansfield on 01778 345923.

We would love to see you.



## Mark Bailey, from Lincoln

Hello.

My name is Mark Andrew Bailey. I am 32 years old and live at South Carlton, near Lincoln. My parents and brother live in Gainsborough, and I visit them once a month for the weekend.

For the past 11 years I have lived with Jo and Dave Harrison, who work for ASA, and since September I have gone out with Rita Hughes, who is a DTP with ASA. We started to go out on activities whilst we waited for a voluntary work placement to start at Whisby Nature Park, and once I had started working there, we now go on trips, such as bowling, cinema and leisure centre, where we've become members, on wet weather days.

I have had work placements in the past, and it is nice to have one again.

I have been away on many holidays with Dave, who also runs Skylark Holiday trips. We have visited lots of places, including Iceland, Spain, Scotland, Blackpool and Minehead. Each week I go with Dave to the Buffaloes Club, and also the Capital Club, which are in Lincoln. I see lots of my friends there.



## My Life Story by Cyril Baker from Skegness

I was born in the mining village of Shirebrook, Derbyshire in 1936. It was a small place then, built around the pit. Everybody knew everyone and there was a real sense of community. The World Cup winner of 66', Ray Wilson and the actor John Hurt, Elephant Man, came from the village. I am the tenth of eleven children; there was Alfred, Celia, Benjamin, Rhoda, Doris, Maude, John, Ethel, Gordon, me and finally Kenny. My dad worked down the pit, in those days you used a pick and shovel on the coal face, the men were called 'Hewers'. At the weekend my dad would play piano in the local pubs and I remember the brass band competing against each other from each pit. My granny stayed with us and we all lived in a three bed terraced house.

I remember as a 7 year old, my mum bought me my first pair of football boots. I asked why there were no studs and why the toes were hard. They turned out to be ballet shoes; she got confused because of the long laces. As a kid I used to have my own gang, we were called 'The Market Street Bucket Bangers'. We used to ride on the pulleys that emptied muck on to the slag heaps and I once fell 50ft. When next boy did it he broke his leg. I remember once we were trying to get to pigeon eggs underneath an iron railway bridge. My mate, Georgie Wardle grabbed a cable and electrocuted himself by accident. I had to put my rubber pumps on my hands to push him off. Unconscious, Georgie fell to the ground and badly burned his hand, so we ran to the local doctor who took him to hospital. I didn't meet him again until some 60 years later in a pub in Skegness; he still looked the same to me.

At 15, I followed my older brother's to the pit; I worked on top though in Supply and Haulage. However, in 1954, aged 18 me and



my five pals went to join the Army at Mansfield, but one of the mum's dragged one friend out of the recruiting office before he could sign up. The men were the bread winners of the family you see. Eventually, I ended up in Hohne, Germany, with the 6th Royal Artillery as a driver on the self propelled guns. They looked something like a tank but with a bigger barrel to fire further. After three years I came out and went back down the pit in Shirebrook. I'd already met a girl called Margaret at a dance in Creswell before I joined the Army. In those days you weren't allowed to live together until you were married, which we did in 1959.

We bought our first house in Creswell for £350; we could put down a deposit as Margaret's brother had won money on the Pools. We had five children, Tony, Carol, Michael, Elizabeth and June. When Margaret couldn't have anymore children, we started fostering in the early seventies. I found work on the railways by this time, working nights doing repairs to the track. I stayed at the same job for 36 years. At one point we had 11 children, ours and three sets of twins. We had more kids than the local children's home. The Director of Derbyshire Social Services came to see us to see if we could build an extension on the house. All in all I think we must have fostered over 150 children. We had all sorts of kids living with us for various reasons, but in the 70's there was real poverty. We had one young lad who stayed with us who was a right one. We were told he was sporty and good at

the 50 metres. We later found out it wasn't running but robbing the old money gas meters.

We used to have a lot of fun and we have loads of memories, in those days there was no such thing as health and safety. I used to take all the kids and the ones off the estates to some lakes near Worksop. I'd throw them all in the back of a big dumper truck and I'd tip them out at the edge of the water. Once I was seen by my gaffer, fortunately, he pretended not to see us. We had lots of lovely times; some of the children we fostered still keep in contact. It's rewarding in the fact that we know that we made a difference and gave them a chance in life

The pit in Shirebrook eventually shut in 1994, there was no community left. In fact a lot of people moved to Skegness. During the miner's strike of 1984/5 you would find families who had lived together in the same street for years fighting against each other, because some had broken the picket line or gone to work in Nottinghamshire coal mines.

We retired from fostering and moved to Skegness in 1996 after Margaret had a stroke. Chris was living with us at the time and he came with us. In the old days it was a real day out to go to the sea side and everybody from

the area headed for Skeggy. I would drive coach trips at weekends to the coast for extra money.

We joined the adult placement scheme in 1997, not long after Beverley came to stay. We retired from becoming extended stay providers to concentrate on respite after we bought a caravan on South Park. There have been lots of changes to the scheme but we've always taken things in our stride. There's nothing much in life that can shock us nowadays; we're very down to earth. Our daughter Carol and her husband Buster became providers and now support Beverley and Chris. We enjoy working for ASA, we have lots of good memories and we've always got on with all the staff. We retired from respite last year but I still work as a day time provider. You have to be optimistic in life, things will always get better. Just remember, you never trouble trouble, until trouble troubles you.

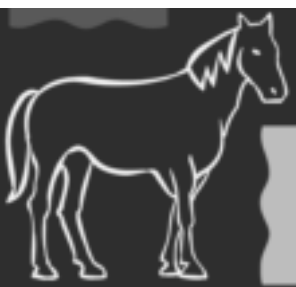


Shirebrook Colliery trainees, 1950.  
Pictured at Crown Farm training centre, with other youngsters from neighbouring collieries in the East Midlands.

## Riding For The Disabled, Lynsey Matchett from NE Lincs

Hi, my name is Lynsey and I go to a Louth Provider for respite whilst my Mum and Dad go away on holiday. I enjoy my short breaks, doing different things and meeting other Louth area clients.

I would really like to tell you about one of the activities I enjoy in Grimsby. This is Riding for the Disabled (RDA) at Weelsby Park Riding School. I started about 6 years ago and have ridden lots of different horses. My favourite is Edward. Edward is a Chestnut, he is very well behaved and I am able to ride him without anyone helping me. I can walk and trot around the indoor riding school, sometimes without my stirrups.



I must be doing something right because I haven't fallen off. I have my own jodhpurs and boots but I borrow a riding hat when I get there.

My mum was very nervous when I first started but I have always really enjoyed riding. I think everyone should try riding horses as it is so much fun.

# 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 555272**

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

**156 Trinity Street  
Gainsborough  
DN21 1BR  
Tel: 01522 555167**

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

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