



# THE CARE AND SHARE NEWSLETTER

Summer 2018



Hello!

Welcome to the Summer edition of the Care and Share newsletter!

We have lots of fantastic stories to share with you! In honour of summer finally arriving and being able to get out more, this issue has a wildlife theme.

Michael and George have shared their animal experiences, which we hope you enjoy reading. We also have fun nature-themed events coming up at Forvie and Bennachie that everyone is invited to.

We would also like to introduce Sandra, our new Shared Lives Support Worker. We are sure you will all give her a warm welcome to the team! As if that wasn't exciting enough, we are thrilled to have once again been shortlisted for a Scottish Social Services Award! Find out more in this issue of Care and Share.

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## Introducing Sandra

Hello!

My name is Sandra Gray and I'm the new Shared Lives Support Worker. I joined the team in the middle of May and I am really excited to be part of such an amazing scheme! For the last three-and-a-half years, I have worked in Perth supporting people with autism. My roles have ranged from supporting people in their own home, to working with young adults preparing to take the next step after leaving school.

Some of you may have already met me – I stand out quite a bit with my bright pink hair (although I am constantly changing my hair colour so it could be completely different the next time you see me!) – and I hope to meet a few more people as I get to know my role. Shared Lives is completely new to me, so I'll be spending the next few weeks learning everything and shadowing Nicola, Pauline and Sue, so you will probably see me around.



My role will be to work with those who use the Shared Lives scheme. This will include supporting people to provide the best possible care, helping them identify and develop new or existing skills - the list goes on and on! I will also be promoting Shared Lives and hopefully, encouraging more people to get involved.

For anyone curious about where I took my sunny selfie – it was taken at the top of one of the Five Sisters shale bings in West Calder. Although I'm not that fit, I do enjoy clambering up hills to enjoy the surrounding views – it may take me a bit longer, but it's always worth the effort!

## Michael's Zookeeper Experience

Dad and I went to Edinburgh Zoo to be Zookeepers for the day.



We fed 5 animals:

First we fed the monkeys. I threw sweet peppers to them.

Then we were part of the Penguin Parade!  
We fed the penguins fish. They were following me around!

Meerkats like to burrow so we gave them cardboard tubes filled with grain.

We fed the Parakeets (brightly coloured birds) fruit. There were two of them and they flew between two platforms.

And last we fed the armadillos mealworms. They were a bit strange with their hard shells.

We also went to see the Pandas. They were my favourite to see. They went and hid and wouldn't come back out.

We would recommend this experience to everyone who wants a special day out. Visit the website for more information.

[www.edinburghzoo.org.uk/events-and-experiences/keeper-experiences/](http://www.edinburghzoo.org.uk/events-and-experiences/keeper-experiences/)



## George and Bruno, the Therapet



George wanted to share with you all this photo of him with Bruno. Bruno is a Therapy Dog who visits people in their own homes as well as care homes etc. George enjoys taking Bruno for a walk every fortnight, along with Bruno's owner. If you would like to find out more about Therapets, come along to the Chatty Daisy Barbeque at the Methlick Community Garden on the 15<sup>th</sup> of August!



## Peterhead's Magical Garden

Did you know the Peterhead garden, which so many people helped to get started, is magical?

Fran and her many band of helpers, Gordon, Emma, Paul and Gilian have kindly continued to work away on the garden and just look at the colours that have been created and given so



Now you see him...



...And now you don't! Where's Paul? He's vanished!

much pleasure to us all. I love going to Peterhead for a peak at the garden as it is truly magical because it changes every time I go to look at it! Has anyone made rhubarb crumble yet? Thank you to everyone who helps with the lovely space.

## Sponsored Walk update

We would like to say a HUGE thank you to everyone who took part in our sponsored walk at Milton of Crathes on the 20<sup>th</sup> May! The grey and gusty weather conditions weren't enough to deter our hardy group and we followed the path that runs alongside the train track. Luckily, we were able to enjoy our picnic on the train, which included a huge selection of home-made cakes from some very talented bakers! We raised an incredible £216 from your very generous donations, which will go towards Shared Lives activities and events.



Halfway there – almost time for our picnic on the train!



Liam enjoying the wonderful spring colours!

## Curling with Shared Lives

In March the Shared Lives Group went curling! Some people had tried curling before and for others, it was their first time.

But we all learnt something new, or worked on developing skills we could use outside of curling:

- *Turn-taking*- we were divided into 3 groups and had to take turns with one person being on the ice at a time.

- *Listening to instructions*- before we could begin we had an instructor explaining what to do and how to stay safe.



- *Team work*- some of the games involved not only thinking about our own manoeuvres but also how we might all work together to win the match!

- *Problem solving*- how can I get the stone to the centre? What way do I

need to turn the stone to get it to go in the right direction?

- *Coordination*- where will I place my feet? How will I push the stone?

- *How to get involved in the community*- there are a number of different ways to get involved in curling. Visit

[www.curl-aberdeen.co.uk](http://www.curl-aberdeen.co.uk) for more

information.

- *Dealing with disappointment*- when our team didn't win the match.

- *Showing empathy for others*- when our team did win the match but we wanted to commiserate with the other team.



Together  
Everyone  
Achieves  
More



## “Chatty Daisy” Group



The group met on the 13th of March at the Ellon Community Campus.

**Topic of Discussion:** The group spoke about something they had done to help another person since the last meeting.

**Internet Safety Poster:** The group discussed the information they received from Police Officer Mike Taylor about Internet Safety at their last meeting. The group had agreed to put together a poster of the information to share this with the Shared Lives community. George pointed out to the group what the Police Officer said was the most important thing to remember to stay safe when using the internet - **“If you’re not sure, tell someone”**. Jenna will put together a draft copy from the group’s ideas for the next meeting.



**Shared Lives 2018 event:** The group discussed ideas for their Annual Shared Lives event. Everyone enjoyed the last two Shared Lives BBQs and agreed to host a BBQ again this year.

Jenna recalled the group holding their first BBQ in Methlick Community Garden and last year’s in the Happy Daisy Community Garden. The group agreed to return to Methlick for this year’s BBQ. They also discussed activities for the BBQ. George suggested a visit from the Therapets would be enjoyable. The group agreed to find out more about this. Fran suggested other activities such as Boules and Giant Knots and Crosses. The group agreed to host the BBQ on the 15<sup>th</sup> of August in hopes of some sunshine and to give them plenty of time to plan. They agreed to spend the next meeting organising the event.

**Next Meeting:** Jenna advised the group that the date of the next Chatty Daisy group meeting will be **Tuesday 3rd July from 6.30pm - 8pm at Ellon Academy Community Campus**. The agenda will be sent out in advance for anyone to add anything they wish to discuss.

If you would like to get in touch with Jenna regarding the group, you can contact her at the new Chatty Daisy email address:

[chatty.daisies@gmail.com](mailto:chatty.daisies@gmail.com).

You can also contact Sue on 07824837791 or Nicola on 07826535531.

## Shared Lives in Nature

With summer well upon us now, you are invited to join Shared Lives at two fantastic nature events!

The first event will take place on **Saturday 14<sup>th</sup> July at the Forvie Nature Reserve, near Ellon. We will be meeting at 11am.**

One of the Reserve Assistants will then lead us on a *wildlife discovery walk* on the easy access path to the sand loch. As we make our way round, we will complete a quiz and also have the chance to study the fascinating wildlife more closely, using hand lenses.



### **What to bring:**

- **A picnic lunch.** If it rains, we will eat in the visitor centre, which we can also explore after lunch.
- **Waterproof clothing** – it might be summer, but it's still Scotland!
- **Suitable footwear**

**Toilets are available at the visitor centre.**



### **How to get there:**

**The visitor centre car park is 5km (approx. 3 miles) north of Newburgh.** Turn right at the Collieston crossroads and follow the signs to the centre. The visitor centre car park is just off the B9003. If you are using sat-nav, the nearest postcode is AB41 8RU. **The car park is quite small, so please try to car share where possible. Let us know if you would like to do so.**

For more information, visit [www.nature.scot/forvie](http://www.nature.scot/forvie)





The second nature event will take place on **Saturday 1<sup>st</sup> September at the Bennachie Centre, near Chapel of Garioch. We will be meeting at 11am.**

Alison from the Aberdeenshire Rangers Service will lead us on a short walk to the wildlife viewing screen and she will help us identify all the birds enjoying the feeding area.

After lunch, we will then have the opportunity to explore the visitor centre before enjoying a skills session led by Alison. She will teach us how to identify the tracks and signs of wildlife that make the Bennachie area their home. How many will you spot?

#### **What to bring:**

- **A picnic lunch.** If it rains, we will eat in the visitor centre, which we can also explore after lunch.
- **Waterproof clothing** – it might be summer, but it's still Scotland!
- **Suitable footwear**

**Toilets are available at the visitor centre.**

#### **How to get there:**

From Inverurie, take the A96 north towards Huntly. After about 5.5km (3.5 miles), take the road on the left which is signposted to Chapel of Garioch. At the T-junction in Chapel of Garioch, turn right, then first left, following the signs for the Bennachie Centre. Follow this road for about 3.2km (2 miles) to reach the car park. If you are using sat-nav, the postcode is AB51 5HY. **Please note, there is a daily parking charge of £3, or disabled badge holders are free.**



For further information, visit [www.bennachievisitorcentre.org.uk](http://www.bennachievisitorcentre.org.uk) or [www.scotland.forestry.gov.uk/visit/bennachie-centre](http://www.scotland.forestry.gov.uk/visit/bennachie-centre)

## Dates for your diary



**Friday 15<sup>th</sup> June – Sunday 17<sup>th</sup> June:** Glenmore Activity Weekend. Although the accommodation is fully-booked, there is still the opportunity to join us for the day on Saturday 16<sup>th</sup> June. Spaces cost £35, which includes lunch and must be booked in advance.

**Tuesday 3<sup>rd</sup> July 2018:** 6.30pm – 8pm – Chatty Daisy Group at Ellon Community Campus. Please see latest update in the newsletter for further information

**Saturday 14<sup>th</sup> July 2018:** We are meeting at 11am at Forvie Nature Reserve, near Ellon. Please see newsletter for more information.

**Wednesday 15<sup>th</sup> August 2018:** Annual Shared Lives BBQ, organised by the Chatty Daisy group at Methlick Community Garden. Further details to follow.

**Saturday 1<sup>st</sup> September 2018:** We are meeting at 11am at the Bennachie Centre, near Chapel of Garioch. Please see newsletter for more information.

**Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup> November 2018:** Parkmore Activity Weekend. Full details to follow.



To book your place to come to Glenmore for the day, attend the nature events, or to let us know if you are coming to the Shared Lives BBQ, please contact Sue, Pauline or Nicola.



## Did you know??



The Open University

The Open University has produced a FREE app for iPads, called “**Our Story**”. You can create a story using pictures, text, audio and video, which can be shared with others. This would be a great way for everyone to share what they have been doing with their Shared Lives Carer, or anyone else they work or spend time with! If you don't have an iPad, but would like to try this app, let us know! For further details, visit [www.open.ac.uk/creet/main/projects/our-story](http://www.open.ac.uk/creet/main/projects/our-story) The Open University also has around 1000 free courses online, which can be access by anyone. These give people the opportunity to learn more about health, history, nature and many more. Go online to [www.open.edu/openlearn](http://www.open.edu/openlearn) for more information.



**Congratulations everyone!** We are delighted to announce that Shared Lives has once again been shortlisted for the **Scottish Social Services Awards**, under the “Living the Codes” category. This category focuses on how services creatively make use of the SSSC Codes of Practice to make a difference to the lives of people. To find out more about the SSS Awards, visit [www.sssa.scot](http://www.sssa.scot). For further information on the SSSC Codes of Practice, go online to [www.sssc.uk.com](http://www.sssc.uk.com).



**Pony Axe S Will be at Balmedie Beach on Saturday 9<sup>th</sup> June 2018** from 10.30am – 3.30pm. This gives people who use wheelchairs the unique opportunity to access the beach in their own chair, via a pony pulling a specially-adapted buggy. **This event is very popular and spaces fill up quickly. To enquire about availability of spaces, please email [grampian@pamis.org.uk](mailto:grampian@pamis.org.uk), or call 01569 764221 or 07518 248733. For further information, go online to [www.ponyaxes.com/pony-axe-s-in-scotland](http://www.ponyaxes.com/pony-axe-s-in-scotland).**



### Fancy a trip to Edinburgh or Glasgow?

Kath C has given us a great tip – if you have a National Entitlement Card (or Saltire Card) that entitles you to free bus travel, then you can book a seat on a Citylink Gold bus. All you have to pay is a £1 booking fee and you can enjoy complimentary snacks and refreshments, all from the comfort of your seat! For further details, visit [www.citylinkgold.co.uk](http://www.citylinkgold.co.uk).



### Mearns Community Library in Laurencekirk is hosting a range of free drop-in sessions on “Digital Life Skills”.

- Tuesday 29th May: Using the internet and email
- Tuesday 5th June: Online booking and systems
- Tuesday 12th June: Online shopping
- Tuesday 19th June: Travel and transport.

All sessions take place between 3.30pm and 5pm. Refreshments are provided. For further details, please contact the library directly.

### Puzzle Page

#### Wildlife Word Scramble

1. OXF                    \_ \_ \_ \_
2. BIBART              \_ \_ \_ \_ \_ \_ \_
3. GDBEAR            \_ \_ \_ \_ \_ \_ \_
4. ULSRRIQE          \_ \_ \_ \_ \_ \_ \_ \_
5. LOW                    \_ \_ \_ \_
6. GODHEEHG        \_ \_ \_ \_ \_ \_ \_ \_
7. OEML                 \_ \_ \_ \_ \_



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## List of important contacts

If you have an article you would like to appear in the next issue of the Care and Share then please get in touch with Nicola.

Any other enquiries please do not hesitate to contact us on one of the numbers below!

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