



THE CARE AND SHARE NEWSLETTER



Christmas 2018

Hello!

Welcome to the Christmas edition of the Care and Share Newsletter!

As we look back over the year we would like to say thank you to every one of you as part of the Shared Lives Team. We have been shortlisted for a SSS Award and been rated 'Excellent' by the Care Inspectorate! Thank you for all your help in making the scheme what it is- your feedback, ideas, hard work, contributions at the activity weekends and events are very much appreciated!

We hope you have a peaceful Christmas and best wishes for 2019.

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Bennachie Visit



Garry and Joyce worked together to write an article about our visit to Bennachie on Saturday 1st September. Garry also took a fantastic photo of the totem pole that has been installed in the forest. Read on to find out more.

In September, Shared Lives organised a visit to Bennachie.

We met our ranger Alison at the visitor centre. She explained a little about Bennachie and then took us to the bird feeding area. There were lots of seed feeders and fat balls hanging from the trees and bird tables for the birds. We saw lots, including chaffinches and a woodpecker.



We also saw a totem pole that had been carved by a Native American woodcarver taking a woodcarving class at Bennachie. There was a bird's head at the top and fish at the sides and it had been brightly painted. The large tree trunk used had been gifted by the Queen from her Balmoral estate.

Alison then showed us how to recognise signs to know which animals lived in the area. We found chewed pine cones that were left by squirrels and also scratch marks in soft earth. These marks were left by badgers looking for food. They like to eat lots of things, including worms, chickens and the birds' fat balls. Back in the centre, she showed us a stuffed badger. It had very sharp claws for digging. The fur is coarse and she told us badgers can be grey, black or brown.



After eating our packed lunches, Alison took us pond dipping. We dragged our nets through the pond and then tipped the contents into containers so we could see what we had caught. We found water beetles, water boatmen and tiny newts. It was good

having Alison explain things to us and show us things we didn't notice. I enjoyed my day.

Brian's Trip to London

Last month on a Wednesday Andy and I (Brian) went on the train to London. It was a long way. We met nice people on the train and talked about dogs.

Andy's brother Duncan was waiting for us. He was very pleased to see us. On Thursday we went to a football match. Tom (Duncan's son) gave me a special present: a Chelsea scarf. I was waving it about. Chelsea won! At half time we had a beer.

We walked over London Bridge and saw the wheel. It was lit up, very nice. Duncan's family have a dog called Rollo. We took Rollo for a long walk in the woods. I think Rollo still remembered me from last time. On Friday we went playing golf. I was a caddy for Tom and Duncan caddied for Andy. Two trolleys.

On Saturday we visited Andy's friend John. He has a big trainset. I had a go, switched it on, back and forth. John remembered me from last time. He introduced me to his friends. We had a nice lunch together.

Then we went back home on the train. We came back very late. Shiri was happy to see us.



Calamity Kitchen

In October Shared Lives enjoyed a morning with Food and Safety Officer for Aberdeenshire Council, Lorna Ross at Banchory. She asked us to work together to decide where different foods should be stored- fridge, freezer or store cupboard. Here is Doug checking all the items should be in the fridge. And Michael wondering where bananas should be stored.



This is driving me bananas- where should they go?



Yes, the store cupboard!

Lorna then tested how good we were at washing our hands to remove any bacteria- whose hands are these? They look very clean and germ free!



Michael told us all that we need to 'Stop and Think' and then 'wash our hands' after working in the garden, before and after cooking and after stroking pets.



We thank Lorna and those that came along for a lovely morning.

Chatty Daisy Group Update



The group met on 27th November at the Ellon Community Campus. At the meeting Jenna asked the group for feedback on the new **Easy Read Minutes**.

- George noted that the larger font was helpful;
- Rachel noted that the pictures also made them easier to read.
- Sarah shared that she felt the colours and pictures made the minutes more interesting.
- Sarah suggested that they include Makaton symbols.
- It was also suggested that an audio version of the minutes might be offered in the future.

Jenna suggested that at future meetings a different member of the group might volunteer to read through the minutes. The group agreed that this was a good idea.

Sharing what we learnt about Expressing Yourself! – The group discussed their ideas for how to share what they learnt from the presentation by David McCulloch on Expressing Yourself from the last meeting. Jenna reminded the group of their suggestions and it was agreed that they would put together a mind-map of what they had learnt and would also make a video to share with others.

Everyone shared in creating the mind-map. Rachel, Sarah, Gavin and Nicola volunteered to take part in the video. Jenna and Rachel filmed them and Gavin, Michael and Joyce put together some fantastic pictures to add to the mind-map. The group put together a brilliant video and mind-map that we can't wait to share about how to Express Yourself!

Your feedback on the Chatty Daisy group 2018 – each member of the group was given a form asking them what they liked about the group and new ideas for the future. Everyone was asked to take this home to look at and was given a stamped and addressed envelope to send this back. If you weren't at the meeting but would like a feedback form please ask Sue, Nicola or Sandra and we will get one to you.

Jenna thanked everyone for coming along and for their fantastic input and hard work throughout the year.

If you would like to get in touch with Jenna regarding the Chatty Daisy group you can contact her at the new Chatty Daisy email address:
chatty.daisies@gmail.com

Journey Assistance Cards

If you use buses regularly and require some extra help to travel safely, we have full details of a scheme used by Stagecoach (and other bus companies throughout Scotland).

The Journey Assistance Card can be used to inform bus drivers of any additional support you need to get on the bus or reach your destination.

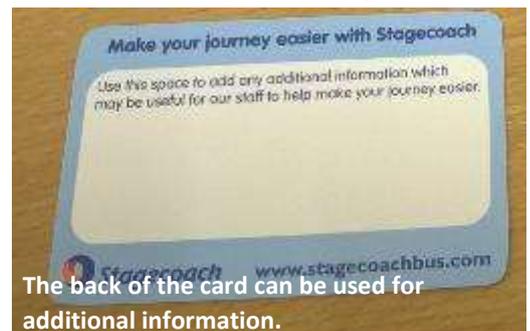


An example of the card and the stickers

The card comes with a variety of stickers, including symbols to highlight what you have difficulty with, such as mobility, sight or hearing.

The stickers also feature stock phrases that clearly state the help you need, such as being given extra time

to find your seat before the bus moves off or being advised when it's your stop. You can also customise to suit your specific requirements.



The back of the card can be used for additional information.

The Journey Assistance Cards should be shown to the driver as you get on the bus – we suggest keeping it in your purse or wallet, alongside your Concession Card (if you use one). They are recognised on all Stagecoach services in Aberdeenshire, Buchan, Moray, Inverness, Badenoch and Strathspey, Caithness, Lochaber, Skye and Orkney. However, according to the Confederation of Public Transport, they should be recognised and acknowledged by all bus companies.

If you are interested in obtaining a Journey Assistance Card, these are available from most Stagecoach offices and depots. For further information, contact the Stagecoach Bluebird Disability Help Desk on 01779 470077, email

Aberdeen.disabilityhelpdesk@stagecoachbus.com, or visit <https://www.stagecoachbus.com/promos-and-offers/national/journey-assistance-cards>.

Thank you to Lesley and Garry for telling us about this scheme!

Parkmore Activity Weekend



Nestled in the hills overlooking Dufftown, Parkmore provided the backdrop for another successful Shared Lives weekend.

People flocked from across Aberdeenshire to take part the popular event, sharing 56 short break nights together.

Held every year, the Parkmore activity weekend aims to bring people who use Shared Lives together.

Over the three days, everyone embraced the values of the scheme; sharing news, experiences, skills, food and interests with others.

34 people attended Parkmore this year, with a combination of people staying for the whole weekend and coming along for the day.

We wanted to share with you this poem created by Sandra that sums up the weekend:

RECIPE FOR KINDNESS CAKE

Take 34 people from Shared Lives.

Mix together at Parkmore.

Add some tasty home-baked food.

Then find out what's in store.



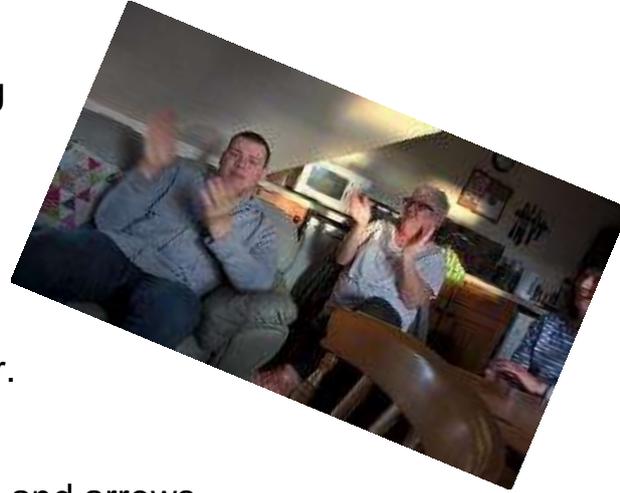


Add three days of great company.
 Marinate for two nights.
 Immerse yourself in the activities
 That will help you reach new heights.

Take a dash of spellbinding
 stories

Filled with characters you'll hold dear.
 Then rock 'n' roll the mix with some
 Soundbeam

Before creating a wreath of festive cheer.



Add a shot of bows and arrows,
 Make the most of the autumn sunshine.

Finish it up with a barbeque
 And maybe a wee glass of wine!



Don't forget to relax though

And spend some time with Jude.

Focus on your wellbeing.

Leave here feeling good.



**STOP PRESS: This year we have created a Shared Lives Parkmore
 Weekend Newspaper which features everyone's fantastic
 'headlines' to celebrate what they have achieved during the
 weekend.**

Dates for your diary

Sunday 17th February: 10am – Curl Aberdeen, Eday Walk. Our taster session of curling was so popular this year that we will be heading along to Curl Aberdeen for another visit. The session costs £6.50 per person and carers go free. **To book your place please contact Sue, Nicola or Sandra. Contact details are available at the end of the newsletter**



Friday 1st – Saturday 2nd March: Glenesk Activity Weekend. Full details of the weekend, including how to book, will be sent out in the New Year.

Tuesday 12th March 2018: Chatty Daisy Group Meeting 6:30- 8pm at the Ellon Community Campus. Agenda will be sent out nearer the time.



Friday 14th to Sunday 16th June: Glenmore Activity Weekend. Save the date! Full details of the weekend, including how to book will be sent out later in the year.



Did you know??

PH*TOBOX

If you have enjoyed taking lots of photos of Shared Lives events throughout the year but have hesitated about printing them out due to costs, then Lesley F has a great money-saving tip for you. She recommends using **Photobox**, an online company that prints photos in a variety of formats, including canvasses, photobooks and of course, standard 6" x 4" photos for your albums and frames. For further details on the offers and services available, go online to photobox.co.uk.



Jump In, Craigshaw Road, Aberdeen offer relaxed sessions. Soft lighting and soothing music makes for a calm and safe, autism friendly sensory space to enjoy their trampolines. £6 per person and carers jump free. This takes place every Tuesday at 6pm for 1 hour. For more information contact: hello@gojumpin.com

The **Carnegie UK Trust** has undertaken research into kindness and the extent to which we experience kindness in our communities, from one another and the services we use. The research also looks at what difference we feel we can make as active citizens within our community.



Some of the key findings are:

- Over 90% think that people in their area are generally kind.
- People in rural areas are more likely than those in towns and cities to experience kindness.
- Over 83% of people in Scotland agree that they have experienced kindness in public services.
- The most active citizens in Scotland usually live in rural areas.

Why is this important? Well the report also highlights that:

“People who reported high life satisfaction were more likely to report strong experiences of kindness in their community”

Kindness brings positive change and helps us take ownership and feel part of our local community. We all play a part in promoting kindness in our communities and Shared Lives is certainly part of this.

I'm sure you have experiences you could share of kindness you have experienced or of kind acts you have taken part in your community. We would love to hear about them.

Shared Lives offers you the chance to be part of the team and take ownership for the development of Shared Lives and be an active member of this community.

In the New Year we will be sending out a survey via email to those who use our service for you to tell us about your experiences and contact with Shared Lives. Once the responses have been collated we will update you with a summary of our findings and how you feel the kindness of Shared Lives has made a difference in your life or the lives of others, as well as any ideas for the future. For more information on this report you can visit www.carnegieuktrust.org.uk/project/kinder-communities



Puzzle Page



Getting Ready for Christmas



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

CANDY CANE
CHRISTMAS
ELF
HOHOHO
HOLLY
JOLLY
JOY
LIGHTS

MISTLETOE
NOEL
ORNAMENTS
PRESENTS
REINDEER
RUDOLPH
SANTA
SLEIGH

SNOW
STAR
STOCKINGS
TINSEL
TRAIN
TREE
WINTER
WREATH

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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