



# THE CARE AND SHARE NEWSLETTER



## Autumn 2019 Hello everyone!

Well that's our glorious Summer beginning to change to magnificent colourful Autumn. We hope you all had a lovely Summer, with lots of opportunities to explore the outdoors and enjoy the Sunshine. Brilliant weather was relished by all who attended Glenmore in June. The Shared Lives Team had a great time and we hope you did too. If you were unable to attend Glenmore (or fancy another trip away) there is a further Shared Lives weekend away to Parkmore at the start of November. Refer to the flyer in this issue for more information along with a booking form. Places usually fill up quickly so looking forward to hearing back from you all.

Everyone who attended our Come Dine with Shared Lives 'Pot Luck' dinner at the Methlick Community Garden had a great time. (read more in this issue)

The Chatty Daisy Client Group have been very busy and organised a brilliant barbeque for everyone in August. We all had a great time at the Chatty Daisy Garden. Over 35 people were in attendance which was a fantastic turnout and a great testimony to the group and their wonderful events. Throughout most of Aberdeenshire there was heavy rain on the evening however the community of Peterhead had lovely sunshine. How lucky were we! The group are preparing an article as we speak therefore "Watch this space." Looking forward to reading it and seeing all the photos.

### In this issue:

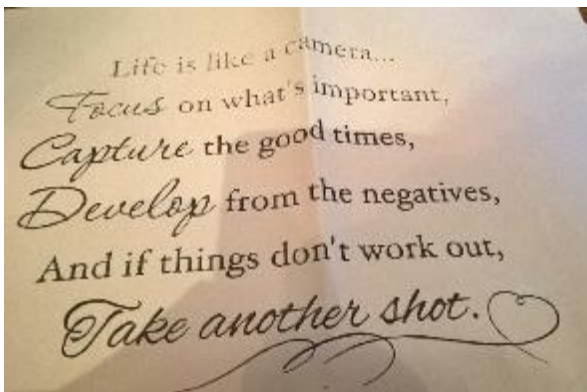
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I took a picture from my art class at Reach Out as an example of what my art tutor Steve does. It's a picture of a cat on a cardboard with a message on the back. Steve (tutor) puts these all over the world for people to read. I thought it would be good for me to take it to Methlick and share with the volunteers at the garden. The kind of message Steve puts on the back are:

Life is like riding a bicycle to keep your balance you must keep moving.

Which is a nice thought to share and I thought relevant to the here and now. The picture below is also an inspirational message I'd like to share with everyone.



George



Garry shared and discussed how he uses music in a positive way to help lift his self esteem e.g. "I search for songs and download them onto my iPad. Eye of the Tiger and Moves Like Mick Jagger urges me on when I feel I can't be bothered doing something and if I'm feeling sad I play Happy." "To help me relax I also listen to Pan Pipe music and this has a calming effect on me."

Garry

## Our Exciting Awards News- Update!

You may remember from the Summer Issue that we had been shortlisted for 3 awards this year. Here is the update following the awards' ceremonies!

Katie was a finalist for an **SCLD Learning Disability Award in the Volunteering in your Community** category for her work over the past 4 years at the Museum of Scottish Lighthouses!

Katie thoroughly enjoyed the ceremony which was held at the Sheraton Hotel in Edinburgh. As you can see from the photo Katie

was delighted to go on stage to accept her award as 'highly commended' with the host! Katie received a lovely glass award as well as a framed certificate to commemorate her achievement.

Well done Katie! A fantastic achievement which was even celebrated in the Daily Record!

You can watch Katie talk about her work, with the support of her Shared Lives Carer Morag, at the Museum of Scottish Lighthouses at [www.sclld.org.uk/learning-disability-week/learning-disability-awards](http://www.sclld.org.uk/learning-disability-week/learning-disability-awards)

Shared Lives were also shortlisted for a **Scottish Social Services Award** in the 'Enlightened Approach' category for the approach we take to learning from the people we support and making changes, particularly on the subject of health.

Shiri, Brian and Nigel went along to the awards ceremony at Mansfield Traquair in Edinburgh on behalf of the entire Shared Lives Team and are pleased to share with you that Shared Lives were the WINNERS!

You can watch our award winning video and read our nomination at [www.sssa.scot/2019-winners](http://www.sssa.scot/2019-winners). Well done everyone! This really is a whole team award and by sharing in the Shared Lives ethos of equal trusting partnerships you have all played a part in us winning this award. Thank you!



Fran, was nominated for a **Scottish Social Services Award** in the 'Untold Story' category for her work as a Shared Lives Carer, supporting those she works with to become fully involved members of her community. Fran and Gilian, who came along with Fran to the award's ceremony were delighted to receive a finalist certificate. Well done Fran! This was a very much deserved award!



## Hello From Wendy



Hello, for those of you whom I haven't had the pleasure of meeting yet my name's Wendy and I'm delighted to say as from 10<sup>th</sup> June I've joined the Shared Lives Team as a full time Support Worker. At the moment everything is still very new to me, I have been warmly welcomed by Sue, Nicola, Ann and Pauline who have been supporting me to learn the ropes! So far my role as a Support Worker, has been all go right from the onset. I was fortunate enough to join everyone for the wonderful activity weekend at Glenmore this year. This was a brilliant opportunity for me to meet everyone and start to build relationships with those that were in attendance. Observing the many different partnerships was an amazing experience. Participating in the activities was fulfilling and it was evident how much everyone was rewarded in lots of different ways, including feeling proud of their achievements.

Everyone I have met so far during my home visits have made me feel extremely welcome so thank you for that.

I Look forward to meeting more of you as my journey with Shared Lives develops further.

Wendy



## Promoting the Rural older people pilot in the Marr area

Since April this year I have been out and about in the Marr area putting out posters and leaflets and speaking to local community groups, Care managers, Community Mental Nurses, voluntary services and GP Cluster groups to advertise our service and the new funding. Sue has been attending Marr area meetings and speaking to Care management teams across the Marr area.



We are also promoting the recruitment of Shared Lives Carers and a few people have come forward from the advertising methods in the area. We have held:

- \* A coffee morning information event at Alford Community Campus, Ballater and Aboyne Libraries
- \* Attended the Dementia conference at the Life Changes Trust Event Community and Dementia 'Creating Better Lives' on the 20<sup>th</sup> March 2019.
- \* I was also kindly invited to have an information stand at Aboyne library during 'Aberdeenshire volunteer week' by AVA.
- \* I attended an information event and had an information stand at Lumphanan Village Hall event 'What's in the Pipeline'.
- \* I attended the 'The Silver Circle group' at the Lonach Hall which is run by a group of volunteers, a Day coordinator and a voluntary committee. I had a lovely afternoon and was made very welcome by everyone

What I found this time around in this role at the Shared lives Scheme is the use of social media is A must to find out what is happening in local communities, events and to use social for advertising. The local community councils have advertised the service and events on their websites and facebook pages. I have written articles for local news bulletins I have found the publishing agencies very helpful. I have found lots of places to display posters and a quirky idea was an old telephone box used for display in Kincardine O'Neil.



I have more work to do in Deeside and have started the process again in engaging with the local communities. So you may see me 'oot and about' in my little car.

Ann Brodie

## Glenmore Activity Weekend 2019

“Coming together is a beginning, keeping together is progress, working together is success” Henry Ford



### Positive partnerships with Shared Lives!

It is not surprising that our success at Glenmore is built on strong, open and honest relationships. So what were the key partnership elements that were seen at Glenmore 2019?



Did you experience some or all of the elements listed below? You will have, you have been part of a great partnership, congratulations!

**Moral support:** A key factor to keep us motivated and sustained. If we had not been encouraged at our moment of doubt we may not of, “Had a go”, although we may have encouraged from the side-lines. Moral support is an important part of personal relationships and partnerships.



**Shared learning:** Learning from the expertise that surrounded us which gave a personal, and for some people a life change of direction, gave moments of great achievement, happiness and satisfaction, both inner and outwardly.

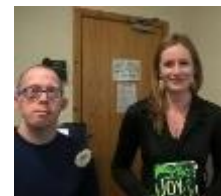
**Common values:** A mutual respect and commitment to each other, whoever we are. We were a diversely wide group which has brought inclusion, equality and creativity. Without each other we may not have inspired each other or ourselves.



**Effective communication:** We were straight forward, open to each other, which gave clear communication based on trust and honesty.

**Participation:** Strong emphasis on the relationship to be an equal partnership not a donor-recipient partnership, there was a genuineness to help and support each other to participate. Working with a partner or range of partners significantly enhances our resonance by combining a powerful lasting , bonding effect.

**Personal growth:** Inclusivity in a team or partnership boosts morale , gives us something to celebrate, adds more value and deeper partnerships to our lives. The theme of positive partnerships growing and developing was evident throughout the weekend- from the Ambassadors George and Michael **welcoming** us to the weekend (and inviting us to the pub!), to families having fun and learning new things together and Shared Lives Carers realising the difference they can make in people's lives!



Partnership means working together as **equals**, building **trust** and offering **support** to one another. At Glenmore partnership meant watching someone persevering at a task, and when they are successful congratulating them on that bull's eye and the effort it took to keep going to success! Partnership means learning from the other person that if I keep going I too can succeed.

Partnership means making **friends** that understand you and can offer support and friendship throughout the year, not just at one weekend. When you come along to a Shared Lives Activity Weekend you are guaranteed to meet new people and make new friends, "**where else could you go and have good friends by the end of the weekend**". Partnerships **strengthens bonds** between husband and wife, father and son, work colleagues, people matched through Shared Lives as well as friends.



Partnership is a **sense of belonging** and a recognising of different **strengths**. This might mean asking for help with the fishing, but then showing someone the ropes at rock climbing later. "**There is no barrier with Shared Lives**"

We saw partnerships developing over a game of pool, in the bar chatting to the staff at Glenmore, with the chef who caters for our dietary needs, laughing and focusing on our own **wellbeing**, asking questions of Morven and during the varied activities of rock climbing, canoeing, orienteering and fishing. Partnership also means recognising when someone doesn't need your support and letting them try new things on their own. "**I took a step back....It's ok to let someone else help**" Allowing them to flourish and to develop their own sense of self, "**I feel fulfilled**". "**This weekend proves that there is still a world of people who care for others and prove it by what they say and do**"

# Come Dine with Shared Lives at the Methlick



## Community Garden

On the 3<sup>rd</sup> of July a group from Shared Lives met at the Methlick Community Garden with a dish they had cooked at home to share.

Each person gave their lucky number to place beside their dish to await the sampling and judging.

Those who chose, set off, to build up an appetite, on a photo hunt around the garden. This hunt really tested everyone's observations skills and meant looking closely at the beautiful garden and the work that the group of volunteers have done.

We then shared a lovely meal of sausages from Sue's bbq and all the great entries to the Come Dine Competition before voting for our favourite.

It was a hard decision but we could only vote for one dish each.

And.....drum roll please.....the finalists who are invited to cook their meal at the final at the Garioch Community Kitchen on the 23<sup>rd</sup> November are:

- **Andrew Moar** with his fantastic flapjacks.
- **Maggie Moar** with her chocolate cheesecake
- **Katie Matthew** and her marvellous meringues
- **George Farquhar** and his fabulous fruit salad
- **Gilian Sheran** and her charming chocolate krispies
- **Michael Smith** and his moreish quiche



Well done all!!! We thank you all for coming and sharing a lovely evening.

Put the date of the 23<sup>rd</sup> November in your diary as you all are invited, either to help with the cooking, or to help with the sampling, to the Garioch Community Kitchen at 10am for the final of Come Dine with Shared Lives 2019!



**P.S. We all admired the raised bed that Andrew and Nikki have been working on together. Tim, the astronaut flower pot man, stands guard over some fantastic aromatic plants!**

**Thank you Gilian for the flower display**



## Dates for your diary



**Saturday 21<sup>st</sup> September 10am till 1pm:** Red Cross

First Aid training session for families and people who use the service. Venue Community Campus in Ellon. All Welcome.

**Saturday 5<sup>th</sup> October at 11am:** Aden Country Park, Mintlaw. Join us for some orienteering in the lovely Aden Country Park. After a picnic lunch we will enjoy the Aberdeenshire Farming Museum.



**Friday 1<sup>st</sup>- Sunday 3<sup>rd</sup> November:** Parkmore Activity Weekend. More details will follow later in the year,



**Saturday 23<sup>rd</sup> November:** The Come Dine with Shared Lives Final at the Garioch Community Kitchen. Wyness Hall, Jackson Street, Inverurie AB51 3QB.

# Short break near Dufftown

1<sup>st</sup> November to the 3<sup>rd</sup> November 2019



Join us at the Parkmore Cottages (near Dufftown in Moray) for a fun, activity filled weekend! [www.parkmorecottages.com](http://www.parkmorecottages.com)

What can we offer:

- Archery, fun session ([www.activespirit.co.uk](http://www.activespirit.co.uk)); Wellbeing workshops with Jude; 'flower pot men' making with Joyce and Garry; Italian cooking with Sergio; pumpkin carving and shiatsu with Kay.
- Comfortable and cosy accommodation in four star farmhouse cottages within lovely, picturesque surroundings.
- A chance to meet new people and catch up with friends, in a friendly welcoming atmosphere, share experiences, learn more about Shared Lives and have all your meals provided- including an indoor barbeque on Saturday night and enjoy a coffee or glass of wine around the log fires.

The total cost for this great experience is only **£125** per person, inclusive of all meals, 2 nights accommodation, activities, tea and coffee. Arrival is after 4pm on Friday with tea and homemade cakes to greet you. Departure is 12 midday on Sunday.

This weekend is very popular, if you are not successful in booking a place for the weekend there is the opportunity to come along for the day for the price of £30.

To find out more about the break, or to book a place please contact: Sue Mahony:

tel: 07824 837791

email: [suzanne.mahony@aberdeenshire.gov.uk](mailto:suzanne.mahony@aberdeenshire.gov.uk)



## Dufftown 1<sup>st</sup> November – 3<sup>rd</sup> November 2019

I would like \_\_\_\_\_ place(s) for this weekend and enclose

£\_\_\_\_\_ in full payment.

Cheques only, made payable to “Aberdeenshire Council Shared Lives”.

<b>Name:</b>	
<b>Address:</b>	
<b>Tel No:</b>	
<b>Email details:</b>	

Are you:

(please tick)

Shared Lives carer	
Family carer	
Person supported by Shared Lives	
Interested in Shared Lives?	

Please make cheques payable to “**Aberdeenshire Council Shared Lives**”

and send to Sue Mahony, Team Leader

Aberdeenshire Council Shared Lives Scheme

Carlton House

Arduthie Road

Stonehaven, AB39 2DL

Cancellation: - up to six weeks notice, 50% refund.

- less than six weeks, no refund will be given. However, if tickets can be resold by event organisers, 100% refund will be given.

Did you know??



## **Mercat Bookshop**

The aim of VSA's Mercat Bookshop is to provide the people of Aberdeen's local and wider communities access to a wide and varied range of second hand books, vinyls, CD's and DVD's at an affordable price. We ensure every sector of society, even those on the lowest of incomes are given the same opportunities to access academic, recreational and children's reading materials.

Our bookshop is run almost entirely by volunteers. All books sold within the shop are donated by members of our local community. This offers individuals from all walks of life a unique opportunity to 'give back' to their local communities, as all proceeds from the bookshop are used to support VSA's services across Aberdeen in supporting some of our communities' most vulnerable individuals.

**We constantly need more donations so if you have any new, old or unwanted books, vinyls, CD's and DVD's, please give them to us. You can pop them into the shop or we would be happy to collect if needed.**

Contact details

38 Castle Street  
Aberdeen  
AB11 5YU

Gillian Simpson

Telephone: 01224 212021  
E Mail: Gillian.Simpson@vsa.org.uk

Opening Times:

Monday - Saturday, 10 am - 3.30 pm

## **News To Share**

To mark Alzheimer Scotland Dementia Awareness week 2019 (3rd June to 9th June) the Dementia Aberdeenshire website has been relaunched.

Take a look at this one-stop shop for Dementia in Aberdeenshire  
<http://www.dementia-aberdeenshire.org/>





**CFINE** is a charity and social enterprise based in **Aberdeenshire**. They provide a range of services and products to generate funds for our social and community services and support which focusses in disadvantaged, vulnerable and low-income individuals, families and communities in **Aberdeen, Aberdeenshire** and Moray. Fresh and Affordable Produce



CFINE was honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK. Lord Provost presented CFINE with the Queen's Award on Tuesday, July 30, 2019 at 11 AM, at CFINE headquarters. CFINE support 350 volunteers throughout a year, three of whom have volunteered at CFINE for over 11 years. CFINE's army of volunteers involves a wide age range from teens to 70s. Some volunteers are completing their Duke of Edinburgh Award, while others are adults with additional needs or learning difficulties. They are the backbone of the organisation; giving up their free time to help with tasks such as making up food parcels, operating a food bank and Community Food Outlets (CFOs), administration, warehousing and so on. The hard work of its volunteers allows CFINE to alleviate and work towards terminating poverty in the North-east.

***Fresh and Affordable Produce*** One of the main departments of our social enterprise is the fruit and vegetables wholesale and retail. Whether you are a restaurant owner, needing a reliable supplier or a private individual, wanting some good produce in your fruit basket, consider CFINE.



Our fruit, veg, dried goods, pulses and eggs are great quality and bought locally wherever possible. The produce is sold at competitive prices and – don't forget –

every penny you spend contributes to supporting some of the most vulnerable people in society.

If you prefer to walk that extra mile and pick your own, you can do that at our premises located in Aberdeen and Peterhead. Alternatively, we do free workplace delivery in Aberdeen, Aberdeenshire, Peterhead and Fraserburgh. If you would like a price list, or to place an order, call on 01224 596156. Open Monday - Friday 8am - 5pm. Aberdeen: 2-4 Poynerook Rd. AB11 5RW. Opening Hours: Monday – Friday 9am till 4pm. Peterhead: The Fruit Mart 19 Skelton St. AB42 1HR. Opening Hours: 10.30am till 3.30pm.

## **Some important information to share for anybody planning a trip to Disneyland Paris:**

Disneyland Paris offers a variety of services to help Guests with disabilities or special needs enjoy every magical moment of their stay and they can issue you with 2 different types of Access Card (Priority Cards and Easy Access Cards).

Priority Card: for disabled guests (anyone who is officially registered as disabled).

Easy Access Card: for guests with a temporary illness.

Upon arrival at Disney Parks, proceed to Donald Desk, City Hall or Studio Services with your companion(s) —one of whom should be an able-bodied person at least 15 years of age.

A reception Cast Member (Disneyland Paris employee) will give you information about accessibility to attractions and, if necessary, an Access Card.

To receive a Priority Card, you must present your disability card or a medical certificate.



Further information can be found here:

<https://www.disneylandparis.com/en-gb/guest-services/guests-with-disabilities/>

[dlp.rc.freecarer@disneylandparis.com](mailto:dlp.rc.freecarer@disneylandparis.com).

Phone 08448 008 898 to discuss discounted hotel accommodation.

# Autumn Word Search



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

autumn  
fall  
season  
leaves  
brown  
yellow  
red  
rake  
bonfire  
leaves



## 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 Wendy.

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

Sue Mahony:

07824 837791

[suzanne.mahony@aberdeenshire.gov.uk](mailto:suzanne.mahony@aberdeenshire.gov.uk)

Nicola Watson

07826 535531

[Nicola.Watson@aberdeenshire.gov.uk](mailto:Nicola.Watson@aberdeenshire.gov.uk)

Ann Brodie

07920 361709

[Ann.brodie@aberdeenshire.gov.uk](mailto:Ann.brodie@aberdeenshire.gov.uk)

Wendy Watson

07769565917

[Wendy.Watson2@aberdeenshire.gov.uk](mailto:Wendy.Watson2@aberdeenshire.gov.uk)

Website: [www.aberdeenshire.gov.uk/sharedlives](http://www.aberdeenshire.gov.uk/sharedlives)

