



THE CARE AND SHARE NEWSLETTER



Autumn 2018

Hello!

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

Well, what a summer we've had! We hope everyone made the most of the sunshine – we were certainly lucky with all of our outdoor Shared Lives events! Read on for lots of photos and stories from this year's Glenmore activity weekend, the nature walk at Forvie and our garden-themed evening events at Peterhead and Methlick.

This issue also has a few added bonuses – the Chatty Daisy group worked together to create an Internet Safety poster and a copy of this is included with the newsletter. It has lots of great advice to follow and pass onto your friends and family!

The second addition is a brilliant poster designed by Rachel and Derek, one of our Shared Lives Carers. If you have ever fancied trying ten-pin bowling, then this has all the information you need.

We have also included a copy of our latest Care Inspectorate report. Some of you may remember talking to Lynn Ellison at Glenmore – she has now published her findings and we're all very pleased with what she had to say.

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Katie's work with DAWGS

In August, Katie went to visit DAWGS, a charity who find loving new homes for unwanted dogs, dogs in need or dogs whose owners can no longer care for them. Katie, with the support of Morag, had created and distributed a charity quiz with the aim of raising money for the charity she had chosen. (You can try some of the questions on our puzzle page!)

Katie and Morag then went round the businesses in the community who had agreed to display their quizzes collecting the money raised. Katie, Morag and Isabel, from DAWGS marked the quizzes- only one person had all the answers correct! Katie was pleased to pass on £27 which had been raised from the quizzes.

The money donated to DAWGS helps to fund their re-homing service, veterinary care, kennelling, training and other vital services that ensure they can give all dogs the chance of a new start in a loving new home. Well done Katie!



Welcome Back Ann!



Hello everyone at Shared Lives! I am covering a maternity leave post for a year this time. I am very happy to be asked back again by Sue, and again have been made very welcome by the Shared Lives team. I can see that technology has moved on a bit since my last role at Shared Lives, so it will be a learning for me again. I have been catching up with the team and looking at what Shared Lives have been doing over the last 18 months. I can see already how hard everyone works to make Shared Lives what it is.

My role will be similar to my last time with Shared Lives and I will have support work also. I have already met some of you at the 'fab' event at the barbeque held at the Methlick Community Garden hosted by the Chatty Daisy Group. I am so proud of the Chatty Daisy Group continuing to progress and achieve the good work they have done, and that the membership continues to grow.

So, no doubt I will meet you all at some point. I am two years older and a Granny Brodie now, but I don't think I have changed too much I hope! Look forward to being part of Shared Lives again.

Ann Brodie - Support Worker Shared Lives

**WELCOME
BACK!!!**

Shared Lives at Forvie



The Shared Lives group spent a perfect summer's day in July at Forvie National Nature Reserve. As well as enjoying beautiful sunshine and scenery, we were lucky enough to have the expertise of Reserve Assistant, Elaine Sherriffs.

Elaine organised a fascinating wildflower hunt, following the reserve's easy access path. We walked for about an hour, looking for a wide range of plants and learning about their history. For example, Elaine told us that a fragrant yellow flower called Lady's Bedstraw got its name because it was traditionally used for stuffing straw mattresses to give them a pleasant aroma. Similarly, Hogweed is also known for its distinct smell – can you guess what that might be? The clue is in the name!* We also took some time to use our senses and listen to the sounds of nature.



When we closed our eyes, we could hear the waves from the North Sea, the rustling of the grass and lots of gulls screeching overhead.

We thoroughly enjoyed our day at Forvie and appreciate the time that Elaine took to teach us about the plants and flowers that we see every day. We all learned something new and it was a pleasure to experience what has been described by Elaine as “one of the last really wild places in North East Scotland”.



Our day was also made extra special by Andrew, who was celebrating his birthday. We all sang Happy Birthday to Andrew before presenting him with a delicious cake, which he very generously shared with the group after our picnic lunch.

Shared Lives would recommend you visit! It really is a hidden gem!

(*For anyone who didn't guess, Hogweed is said to have a similar odour to pigs!)

Scottish Social Services Awards



As you may remember from the Summer Issue, Shared Lives was shortlisted once again for the **Scottish Social Services Awards**. This time we were nominated under the “Living the Codes” category which recognises and rewards services that bring the Scottish Social Services Council’s (SSSC) codes of practice to life to make a positive impact on people’s lives. The SSSA judges chose Shared Lives to be shortlisted as we “stood out because of the creative way not only of delivering the services and meeting needs.

We were invited to attend an awards ceremony in Edinburgh which Shiri, Michael, David, Pauline and Nicola attended as representatives of the scheme. We were treated to an afternoon tea and throughout the ceremony, found out more about the other groups/organisations which had been shortlisted. Our category was announced last (saving the best until the last!) and the winner of our category was Balhousie Clement Park. To see a one-minute video on their project and the other winners visit www.sssa.scot/2018-winners. As you can see, we were extremely pleased to receive a certificate to celebrate our achievement of being shortlisted!



This nomination reflects the hard work and commitment to the scheme from everyone involved: families, Shared Lives Carers and people who use our service. Well done and thank you everyone!

For further information on the SSSC Codes of Practice, go online to www.sssc.uk.com.

Top Marks!

You may have seen the newspaper article in the Evening Express this August but if not, I am delighted to share with you all that there was a great write up in the paper celebrating Aberdeenshire Council's Shared Lives Scheme being rated **Excellent** by the Care Inspectorate.



Highlighted in the article by Dale Haslam was the "Culture of continuous improvement and a programme of stimulating and enjoyable experiences and opportunities".

To receive an **Excellent** grade from the Care Inspectorate is testament to the hard work and the "extra mile" by everyone who is part of the scheme, not just the Council but importantly family carers, Shared Lives supporters, people who use the service and the Shared Lives Team.

So, a huge thank you to you all for being part of such a positive report and exciting partnership



To view the Care Inspectorate report go to www.careinspectorate.com and search for "Aberdeenshire Council Shared Lives Scheme", or read the full copy included with your newsletter.



Happy Daisy Garden Update

On a sunny evening in July, some of us met at the Happy Daisy Garden in Peterhead to finish the last section of the garden.



For some of us, it was the first time we had been to the garden, which is based at the Salvation Army Centre on Windmill Street, for more than a year. We were amazing to see how beautiful and well-looked after the garden is and we enjoyed looking at the vibrant displays. The herbs smelled amazing, the bird box had some visitors and the rhubarb was growing well!



Shared Lives' very own Groundforce team of Fran, Gordon, Gilian, Paul and Emma have worked so hard on the Happy Daisy Garden, with help from members of the Salvation Army. The group has worked together to create a real community asset that is used by lots of people, including members of the church, the playgroup and the youth group, as well as Shared Lives. They have also made some new friends along the way!

After admiring the garden, we set to work painting the last wall, decorating stones for the rockery and sanding down and painting various woodwork pieces, including a fab decorative boat. Our green-fingered helpers were kept busy with planting, watering and hoeing the garden. We worked up quite an appetite, so our fish suppers from Zanre's were very much appreciated!



At the end of the evening, one person was amazed by how much we had achieved by working together as a team, while another described it as being "just like 60 Minute Makeover!". A member of the community was also very appreciative of the efforts of the Shared Lives group as he worked alongside us in the garden.

We look forward to hearing about all the visitors to the garden in the year ahead and beyond! Thank you so much to everyone!

What a difference a year makes!

Just look at these before and after pictures of the Happy Daisy Garden!
They really show the amazing difference that the hard work and
commitment of everyone involved has made.

BEFORE:



MAY 2017 - This was how the garden looked.

AFTER:



JULY 2018 - This is how the garden looks now!



Chatty Daisy Group Update

The group met on Tuesday 3rd July at Ellon Community Campus.

Topic of Discussion: As there were several people attending the Chatty Daisy Group for the first time, the group discussed the aims of the meetings. These are to learn about new things and share this information with others, and to talk and listen to others about topics that are important to them.

Internet Safety Poster: Jenna showed the group the final draft of the Internet Safety poster they have been working so hard on. Everyone was given a copy to take home and agreed that the information was very useful and should be shared with more people.

Chatty Daisy BBQ: The group discussed the final arrangements for the Chatty Daisy BBQ, including what information would need to be included on the invitations. Andrew suggested directions to Methlick Community Garden, where the BBQ was held; George wanted to make sure everyone knew about the Therapets coming and Sarah suggested including a tear-off RSVP slip for people to send back if they are attending. The group also agreed an entrance fee before everyone volunteered to help with the various jobs. (Please see the next page for Rachel's great report on the BBQ!)

Future Speakers: Jenna discussed plans to invite someone to the group to talk about public speaking. A gentleman called David has very kindly agreed to come along to the September meeting. The group discussed an interest in learning about keeping people's attention when speaking, having the confidence to voice their opinion and ways to feel more relaxed when talking to others.

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

chatty.daisies@gmail.com.

Chatty Daisy BBQ

Rachel took on the role of roving reporter and wrote a short article about the BBQ:

The Chatty Daisy BBQ took place on Wednesday 15th August at Methlick Community Gardens.

There was entertainment from Bob's Buddies and Therapets.

People were patting the dogs and stroking the owls.



There were lots of different owls – a barn owl, a long-eared owl and an American barn owl.

There were three dogs from Therapets – Breagh the golden retriever, Noodle the beagle and Dora the golden Labrador.

Sue did the cooking - the burgers and hot dogs were really good, especially with onions and ketchup!

There was chocolate cake and brownies which were enjoyed by everyone.

Thank you to everyone from the Chatty Daisy Group for all your hard work in organising and hosting the BBQ.

Thanks also to all those who came along to support the event. It was a fantastic evening and we hope everyone had a great time!



Shared Lives Glenmore Experience 2018



“Embrace your own expectations and all achievements. Don’t allow anyone to hold you back, including yourself, try something new and learn who you are!”

Morven-May MacCallum, author of the novel 'Finding Joy' and guest speaker at this year's Glenmore weekend.



Why do we come along to the Glenmore Activity Weekend?

Those who come along to Glenmore say they choose to do so for a number of reasons. These are some of reasons it is such a popular weekend:

- *To try things I wouldn't normally get to do at home*
- *Lots of encouragement, no pressure and no one is judging you*
- *Meeting with other family carers and hearing of their experiences*
- *Great ethos of acceptance and inclusion*
- *Getting away from it all*

What challenges did we take part in?

Everyone who attended Glenmore embraced the opportunity to try something new, whether or not they have been several times before or if it was their first time coming along. Almost two-thirds of everyone who came along enjoyed a completely new experience.

There were a wide range of activities on offer including, for the first time, a photography group that proved very popular and encouraged everyone to look at their surroundings in a different way.



Other opportunities included orienteering, fishing, archery, canoeing, wellbeing sessions and shiatsu. Everyone attending Glenmore had the chance to challenge themselves creatively and physically and, just as importantly learning to take time to relax and look after their own wellbeing.

What differences does Glenmore weekend make in our lives?

Glenmore isn't just about taking part in a wide range of activities – it also provides a great opportunity to discover new things about yourself and to meet new friends, or catch-up with old ones. The weekend is also about coming together as a small team to help each other and work together.



We all learned a lot about ourselves and it made use our life in a different way:

- *I can do more than I ever thought I could.*
- *Shared Lives makes me feel like I'm not alone in making my son's life better... I'm so glad I reached out.*
- *We all encouraged each other to achieve and were a great team.*

What will your next challenges be?



Our guest speaker, author Morven-May MacCallum gave an inspirational presentation about the challenges she's faced in life after being diagnosed with Lyme Disease and how she's overcome these. Morven spoke about the importance of family and friends in supporting you to achieve your goals.

Glenmore is always a great time for self-reflection for everyone. Many people surprised themselves with what they can achieve independently or make goals for the year ahead. Some embraced the opportunity to look back at how far they have come since their last adventure at Glenmore.

What is next for Shared Lives?

- Continue to organise events and activity weekends for families to take a step back and see what their loved ones can achieve in a variety of settings.
- Promote and encourage people to organise their own activities and events.
- Empower the Shared Lives Carer Group to become a self sufficient and proactive group with an input on the scheme.
- Provide a range of opportunities to promote relaxation and the development of coping strategies for all. Activities that promote life skills, taking time in nature and getting to know others and ourselves are also planned.



Dates for your diary

Saturday 6th October 2018: Test your food safety skills at our popular Calamity Kitchen event! This takes place at Scolty Resource Centre in Banchory. Times to be confirmed.

Friday 2nd – Sunday 4th November 2018: Parkmore Activity Weekend. Flyers and booking forms have been sent out. Please make sure you send your booking form and payment back as soon as possible, as places are allocated on a first-come, first-served basis.

Tuesday 27th November: 6.30pm – 8pm – The Chatty Daisy Group at Ellon Community Campus. This will be the group's last meeting of the year but don't worry, they will return in 2019! Full details of November's meeting will be sent out closer to the time.



To book your place to come to Parkmore for the day, or to attend any Shared Lives events, please contact Sue, Nicola or Sandra. Contact details are available at the end of the newsletter.





Did you know??



Scottish Disability Golf & Curling

Are you interested in trying something new and getting fit at the same time? Scottish Disability Golf and Curling (SDGC) has recently launched a year-long programme to encourage people to get involved with the sports. By joining SDGC (for free!), you can take part in the Members Golf Lesson Programme and the Ice Curling Programme. This gives you access to funding that covers lessons with local golf and curling professionals. The golf programme runs from February, while the curling season begins in September. Full details are available at www.scottishdgc.org.uk.



Scottish Natural Heritage
All of nature for all of Scotland

Forvie National Nature Reserve is located just five miles away from Ellon and is looked after by Scottish Natural Heritage.

It covers a huge area, stretching from the coast along from Collieston, all the way down to the River Ythan estuary at Newburgh.

The visitor centre at Forvie is open daily from April 1 until September 30 between 10am and 5pm. It has interactive displays, films and toilets. The paths at the reserve are open all year round.

For further information, contact 01358 751330 or visit

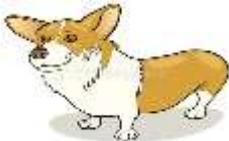
<https://www.nature.scot/enjoying-outdoors/scotlands-national-nature-reserves/forvie-national-nature-reserve>



Have you heard of ALISS? ALISS (A Local Information System for Scotland) is a brand-new service that aims to help disabled people, unpaid carers and people living with long-term conditions find the information they need. By entering your postcode, you can find the various groups and services in your area, what they provide and how to get in touch with them. To find out more, visit www.aliss.org.

Puzzle Page

As mentioned earlier in the newsletter, Kate created a cryptic quiz to raise money for D.A.W.G.S. She did such a grrr-eat job that we decided to share it with everyone. Can you prove your canine knowledge or will the clues have you licked? We promise not to be too “ruff” on you!

CLUE:	ANSWER:
1. The Queen’s favourite! 	
2. Most often herds the sheep 	
3. 101... 	
4. I chase the hare round the track 	
5. Churchill used me for Britain 	
6. I compete in a pulling team 	

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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