



and



## One Year On... Messages from the directors

**H**ard to believe that we have now been delivering support to people for over 12 months. We are now supporting at least 36 people, offering well over 400 hours support per week via 30 plus staff. It is amazing how far we have come.



Now is a good time for reflection on what we have achieved and to look if there are ways we can improve what we do. That is why we have commissioned the questionnaire that Tracy Ellington has recently sent out to

all families, in order to find out what we can change and improve on.

We will be doing a similar activity with staff in order to see how we can improve conditions for employees. Watch this space for findings on both surveys.

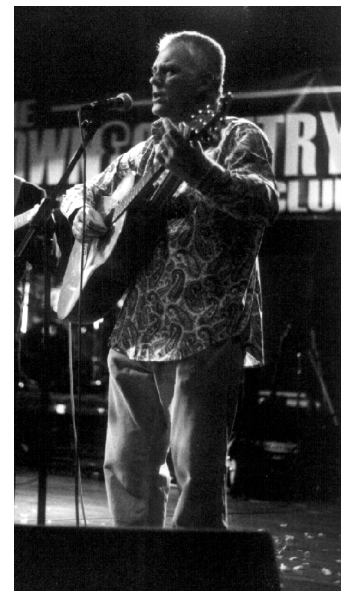
**Jon Wright**

**W**hen Jon and I started **Supported Lives**, we knew that we had a good idea. It was clear that there were many people out there who wanted a service that met their needs in a flexible way, that suited them - and we are very happy to have been able to provide this.

We are hoping to do well in the National Community Care Awards, for the work we have done in supporting one of our clients who has a young child. She too is very excited about this.

Most of all however, we are proud of the fact that in the short time we have been working in Bradford, we have gained the

trust of the people we work with. The relationships our support workers have built up with their clients have brought about positive changes for many people's lives. We would like to say a big thank you to all our support workers for this and to our clients for giving us the opportunity to be part of this growth. To the parents, carers and families who we work with where again we have seen mutual trust growing between us - thank you! It is also great to have feedback from families and care managers to know that we are an organisation which can be trusted to really care about people's lives.



We are hoping to move premises, early in the new year, to a much larger building (a converted mill) right in the centre of town.

**John Drury**

### Mince Pies

**Sorry, but we're mentioning Christmas already!**

**W**e'd like to invite all of our clients and their parents and carers along to the office for coffee and mince pies.

Drop in on  
Monday 19 December  
anytime between  
10:30am and 2:30pm

## A Grand Day Out...

### Great Northern Railway Trail

**T**his is a short walk that I have done with several different clients. Setting out from Cullingworth, it follows a disused railway line across the Hewenden viaduct.

It forms the first stage of what will be a cycle route all the way to Queensbury. Currently, the walk is only about a mile long but it is fully wheelchair accessible and is easily walked by people with mobility difficulties.



The only drawback is that the parapets on the Hewenden viaduct are about 5 feet high, so the beautiful views are as not easily accessible to the shorter rambler.

The start of the trail is on South Road near the centre of Cullingworth; a nearby bus stop serves Keighley and Bradford. A map/leaflet can be downloaded from:  
[www.thegreatnortherntrail.co.uk](http://www.thegreatnortherntrail.co.uk)

## Who Am I?:

### Sylvaine Dauffy-Wheatley

**B**onjour a tous! My name is Sylvaine Dauffy-Wheatley and I am a social work student at Bradford University.



I originally come from France and have been living in this lovely part of England for 10 years, most of my adult life.

I am a mum of two beautiful children of 4 and 8. I love red wine and smelly camembert!

I have been on placement with **Supported Lives** for 5 weeks. During this time I have already learned a lot, met some great people and, when accompanying Mark and Brett to their walking group, walked for miles!

Thank you all for making me feel very welcome!

**Sylvaine**

## Pension Fund

**W**e now have an employer contributory pension scheme, where **Supported Lives** makes a minimum contribution when a staff member contributes to our chosen pension fund. Our contributions will increase the longer the employee stays with the organisation. This scheme is available to **all staff**, irrespective of their employment status. If you want details please contact Jon Wright for an information pack. Note that the process to set up a pension takes only a few minutes and the company will pay in to add to your on contribution.

**Jon Wright**

## Team Meeting

**T**he next team meeting is (note the change of date):

6:00-8:00pm

Thursday 10 November  
Carlisle Business Centre.

Amongst other things we will be discussing personal and professional boundaries, individual training needs, feedback from the CSCI inspection and general information and policy updates.

Please note that we like all staff to attend staff meetings where possible, and we will always pay you for your time where it is not part of your contracted hours.

# A Breakaway Holiday at Beamsley

**H**ello, I'm Ann Nunn, Simon's Mum. It's some weeks since we returned from our 'Breakaway Holiday' to Beamsley, but the memories are good. These holidays are run for people with disabilities and there are lots of volunteers to help. I had already cancelled our summer holiday (a coach trip) because I could not face the struggle on my own but the more I thought about Breakaway Holidays the more attractive it seemed because I need **help**.



Our time away seemed to be all trips and treats and kindness. I managed to skip away several times knowing that Simon was in safe hands. We could let him go out of the bedroom and not worry because he was in protected surroundings.

Our outings included a trip on the Emsay Steam Railway, lunch break at the Cavendish Pavilion, time to stroll by the river thence to Bolton Abbey.

We also had a picnic at St Anne's and returned through Blackpool. That evening we were due to be pampered with relaxation, Indian head massage and foot reflexology.

The jolly farmers wife prepared and cooked our meals. A district nurse came in night and morning for the more disabled people using the pully-tracked bathroom but I continued to support Simon myself in his morning personal care.



The whole holiday was keyed to the interests of individual holiday makers, so on Tuesday we went for our lunch snack to a fascinating café hidden in the dales. This café sold lots of model railway stuff and anything else on wheels. Upstairs were many model railway lay outs and buttons to press.

Later we went to Jervaulx, the Braemor Ice Cream factory. On Wednesday we lunched at Marigolds in Knaresborough by the river, then made our way to the top of the castle, all taking turns to push the wheelchair.

Our final treat was a trip to Ambleside with two boat trips on the lake. On the way there we stopped at the lovely Ingleborough Harvest shop. In the ladies loo there I bumped into someone from Baildon! Small world.

We are looking forward to going next year and hope there will not be too much of a rush. Did it cost? Yes of course, but hold on - there are at least three organisations that I know of (and probably many more) who will help with financing holidays. Also, I was able to use the money that would normally pay for Simon's care when he is at home. So think about it: treats, trips and kindness - a lovely break.

**Ann Nunn**

If you would like more information about the Beamsley Project you can visit their website at [www.beamsleyproject.org.uk](http://www.beamsleyproject.org.uk), or contact the office, where we have some leaflets.

## Talent Trek ... update

**I**n the last B&T we told you that **Supported Lives** had entered the **Talent Trek** competition. Well, the **Supported Lives Swingers** didn't manage to win but nevertheless put in a great performance. Perhaps, like the eventual winners, we should have had more men in basques and stockings!



## CSCI Inspection

Some of you (both staff and clients) may have been contacted by the Commission for Social Care and Inspection (CSCI) about our forthcoming inspection.

Originally it was planned for the 4<sup>th</sup> October, but they forgot to tell us of the change in the date to the 24<sup>th</sup> Oct! They also sent the wrong forms to the wrong people. Obviously we are not involved in this process so were not aware of the mix up!

The inspection is to check that we are running properly and safely within the government legislation and guidance, and the findings will be made available on the CSCI website.

If you have anything you want to contribute (good or bad!) please do so either to me or directly to Ashley Fawthrop at CSCI.

**Jon Wright**

## Christmas Meal

All **Supported Lives** staff are welcome.

The **Supported Lives** Christmas meal will be at **The Blue Sky** Chinese Restaurant in Little Germany, 7:45pm, Thursday 15 December.

The evening will consist of a four course Chinese meal followed by a disco. The meal will be paid for by **Supported Lives**, all you need to do is bring yourself enough money for the odd glass of water!

We have tried to organise the meal for a time when very few staff are working, but if this is an issue for you, we will contact the carers and try to come to a mutually acceptable solution.

In order to be sure we have correct numbers for the night we need to know exactly who is able to attend or not attend; so let the office know as soon as possible

## A Year In The Job

I have now been with **Supported Lives** for a year and also just finished my first year working with people with learning disabilities.

When I was first taken on as a Community Support Worker, I took it to mean that I was supporting people to enable them to participate in their communities. After one of the most enjoyable years of my working life I have come to a different conclusion.

Most of the people I support have been labelled as having challenging behaviour and are regarded as problems. Yet when I'm out and about with them, despite one or two unpleasant reactions, I get overwhelmingly positive reactions: most people we meet are pleased to see us.

Sometimes peoples' reactions can be

kind, but a little patronising, more often, the responses are much more positive: there is sense of engagement and pleasure in the social interaction. My clients may require some help to interact with other people, their speech or behaviour may require some interpretation but they add something to other people's lives. When I finish at the end of a day out I really feel that not only are my clients happier but that most people we've met have gone home happier.

I've now come to the believe that as a Community Support Worker I'm actually supporting the Community, as my clients enrich the lives of those around them just as much as their own lives are enriched. We really provide a service not just to the clients we are engaged to support but also to the rest of our community.

### Contact details

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