

SUPPORTED
LIVES



and



No. 9, July 2006

We've Moved!

We're finally in our new offices, despite the usual problems of the furniture disappearing en route, the phone lines not being connected, etc., etc.

Our new address is:

Rebecca House
Rebecca Street
BRADFORD
BD1 2RX



Rebecca House

It's all starting to look good though, and our new premises will make it even easier for us to continue to provide high quality services to our clients.



Client involvement: Simon Nunn takes charge of the refurbishment of the new offices

Who Am I? Libby Devlin



My name is Libby and I have a learning disability. I am a mum of 3 girls and I have help and support from *Supported Lives* in my home. I go to Russell St. Centre 2 days a week to do art and design and also maths. I am trying to get fit by going to the gym. I have recently got a certificate for successfully completing a parenting course.

RADAR keys

We now have a supply of RADAR keys, which allow access to locked disabled toilets in many public places.

Any support worker who needs one of these should ask at the office.

Owen

Bradford Older Carers' Project

My name is Mandy Lewis and I support people who are over 60 and care for someone with a learning disability.

I produce a free two-monthly newsletter, provide trips out, coffee mornings, training and events for older carers. I also give out free lifebooks to record details about the person you care for, which can be used in an emergency.

I am a member of the *Bradford Disability Partnership Board* and I help to run *Carers' Voice* meetings, which are open meetings held every two months to give any carer a chance to raise issues or concerns.

Please contact me if you want to get my newsletter, get information about the project or *Carers' Voice* or have any concerns:

01274 620 190

07951 716 903

mandy.lewis@mencap.org.uk

Advisory Committee

On 22 June we held our second *Supported Lives* Advisory Committee meeting. Clients, carers and other people interested in *Supported Lives* attended this. The committee looked at the new profile forms for clients and we talked about the communication at *Supported Lives*. The directors gave a report on finances, staff development, the new premises and other developments and activities at *Supported Lives*.

The committee feedback has been positive and the advice given to the directors has been useful.

Thank you once again to everyone for attending the meeting and if anyone would like to know more about the Advisory Committee please give me a ring at the office.

Tracy

Resource Development Worker

Just a quick introduction to say who I am and what I do. My name is Julie Oxley and my role has given me the opportunity to work closely with some of you.

I try to assist in finding appropriate resources and activities for our clients. Collaboration with, client, staff and often parents is the key in setting up successful placements and activities.

The role is client led with needs wide ranging. I may be looking at access to swimming pools one week, then searching for college courses another. Other needs have meant that links have been made with *Work-Able* and *Job Centre Plus* in Bradford in order to look at more work type settings.

We have had a resource file in the office and a notice board with useful information. Hopefully this will be extended now we are in the new premises.

A questionnaire was sent out to all staff in order to help decide the best way to share knowledge of activities and resources. Developing from this is the idea of a resource newsletter that gives local information on activities. It will be sent with the *Bugle & Trumpet*.

If any staff member wants support in finding resources or activities we now have referral forms in the office to fill in. A senior staff member will then pass it onto me and I will contact you to meet and take it further.

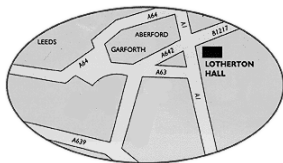
Since starting in September and seeing how people work, I have come to realise more and more the importance of one to one work with individuals who have different needs. By listening to those needs and using the intimate knowledge parents and staff have of the person they support; we can continue to provide worthwhile experiences for those who use our service.

Julie

A Grand Day Out...

to Lotherton Hall by Day Tripper bus

Lotherton Hall is three miles north-east of Leeds city centre and one mile east of the A1 at Aberford on the B1217.



There are lots of things to see there: a stately home, Edwardian formal gardens, a park with red deer and a huge bird garden.

The bird garden is particularly impressive; stocked with lots of rare and exotic species - and it's free. The only charge, apart from parking, is to get into the house, which costs £3 (£1.50 concessions). (Car parking is £3.50, but free if you have a blue badge.) Lotherton Hall is closed on Mondays, except Bank Holidays.

The bird garden is fully accessible by wheelchairs but the upper floors of the house aren't.



There are two buses an hour from Leeds to Aberford (not Sundays) and

then it's a twenty minute walk to Lotherton.

However, during summer the *Day Tripper* service 950 (operating Tuesday to Saturdays and Bank Holidays), runs from Leeds bus station via Lotherton Hall to Castleford. This service runs from 22 July to 2 September and if you have a concessionary pass it's free.

There are only three buses a day so you need to plan your journey but the same service also calls in at other attractions such as Temple Newsam and the RSPB nature reserve at Fairburn Ings

Brett



Carers' Support Workers

Are you looking after a friend or relative who needs support because of a learning or physical disability or mental health, or whose health is impaired by sickness or old age?

If the answer is yes, then the Carers' Support Service may be able to provide assistance to you.

All our services are free, confidential and specialist

The support workers could offer:

- outreach visits to carers
- time to talk and a sympathetic ear
- information about help available for you and the person you look after - including carers' benefits
- a contact point for carers' information and advice
- support to carers in voicing their needs
- help with running support groups
- awareness about carers' issues
- carers' emergency contact cards
- advice on carers' assessments
- and much more!

Telephone 01274 323 479

Contact details

Address: Rebecca House, Rebecca Street, BRADFORD. BD1 2RX

Telephone: 01274 223 242;

E-mail: office@supportedlives.co.uk