

issue 12
Summer 2012

Adults Supporting Adults

jigsaw@asao.org.co.uk



ASA

**adults
supporting
adults**



Hello to you all, I hope this edition finds you well.

There is so much going on in the Social Care Sector at the moment it's hard to summarise into a few words!

I am sure you have heard or read in the media Personalisation is changing the way services are being delivered - one of those changes being Personal Budgets. I know I have outlined a personal budget to you in the past but these are now a reality for our clients. LCC have a target of achieving 100% of clients all assessed and accessing services by means of their own pot of funds (personal budget) by April 2013. This means that each of our clients will have to be assessed in the near future – some will see changes to their current care packages because of this.

Many of our clients outcomes (goals) improve or are achieved due to the quality of support offered by ASA and the person may well move on to further independence, however, some people will always require support. For these clients it is important we support them during assessment to ensure that the assessor understands that without the support of ASA or similar services their needs

would be greatly increased and therefore to retain a personal budget which represents this need is imperative. If one of your clients is approached for assessment please let the Sleaford office know as we will ensure a staff member is on hand to support the client through the process. We are currently working with the LCC FAB Team to ensure minimal disruption to our clients as possible through this procedure.

New Services/Resources

In the last year we have seen further developments of Spriteleys in Grantham and our Sitting and Shop2Gether projects, all of which are proving popular with clients and their families – we hope to expand these opportunities to more rural communities over the next year. If you think your village or community would benefit from such support please contact me, you could be helping to develop a new group close to your home for family and neighbours!

Our volunteer project continues to develop and again we are always keen to meet anyone who may be interested in offering a few hours a month of your time please contact Toni at our Sleaford office for more details.

Information about all of the new resources can be found throughout this edition of Jigsaw. Once again thanks to all of you who have contributed to its production particularly Karen McNulty who tirelessly chases us all for our pieces!!

Enjoy reading – please feel free to contact me if you have ideas, thoughts or comments to make about this edition of Jigsaw or anything else about ASA, as always I would be very happy to hear from you.

Kind regards

Trixie

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Don't forget to visit our website at www.asaorg.co.uk

Sleaford Admin Update

New Team Members - Sleaford Admin. have recently welcomed to the Team, Brittany East as an Administration Apprentice. Brittany is undertaking her NVQ 2 Business Administration through Grantham College and she is quickly learning about ASA and how we operate.



Stephen



Toni



Emma



Brittany



Congratulations to Toni, who received her 20 years service Award on 7th March 2012. Trixie presented her with her choice of gifts, which were a Kindle, a handbag and purse, some holiday vouchers and a bunch of flowers, before staff shared a glass of orange juice and cake. Coincidentally, the presentation was made on Brittany's 19th birthday, meaning that Toni has been in this job since before Brittany was born!

Finally, we have also recently been joined by Joanne Bollons as a Secretary at the Spalding office and Susan Smith as a secretary at the Gainsborough office.

Admin messages

The new payment schedules for ASA have been circulated and we would ask all providers to keep these dates safe to ensure we receive the necessary paperwork in good time to enable us to make prompt payments as planned.

Providers are also reminded that invoices can only be faxed through to Sleaford with prior agreements from Head Office and this method should not be used on a regular basis. We must also be sent by post the original copy of any invoices we do agree to accept by fax. Invoices/timesheets can also be scanned and emailed to Sleaford but again only with prior agreement and originals must also be submitted.

Kirsty Cambers – Fresh Marketing



Thanks for the welcome via Jigsaw! I started working with ASA 2 or 3 years ago, helping with strategy development and delivering specific training to make the strategy become reality. Having worked with over 120 companies, it would be fair to say ASA made a big impression on me, standing out as one of few trail blazing, worthwhile, very high potential brands out there.

Recently, I have started working as ASA's marketing consultant and marketing agency. With this I get involved in both strategy (i.e. how do we attract 5 new respite clients in a certain area?) and implementation (i.e. advertising/design/social networking etc).

The best way in which the ASA team could help me be most effective is to share your accounts and thoughts with me - be it client stories, testimonials, new challenges, events, new opportunities, new local partners...don't worry that it's not relevant, just send it over anyway!

All About Brittany

Hello, I'm Brittany East and started in the Sleaford office as the new Apprentice in January. I have enjoyed my time here so far and everyone is very welcoming and friendly, I'm sure you all would agree with that!

A little bit about meWe moved to Lincolnshire from the South in 2006, I attended St George's College and stayed for another 5 years, until I had gained my A levels. I completed a variety of courses but my favourite, by far was Psychology. I didn't feel university was right for me and started searching for Apprenticeships. I found this role and was very interested as I have always wanted to be in a job that helped people in some way.

I lead a very busy life as we have two horses (Paddy and Indi) which take up a lot of time, especially the youngest who I am training to take to competitions in the summer. I have been riding for about 11 years now and it all started from one riding lesson I was brought for my 8th Birthday. Look where it ended up! The newest edition to the family is our 11 month old chocolate Labrador puppy, Benji. Who is the cutest dog I have ever seen (but what can I say, I'm biased!).

I enjoy going on holiday, anywhere hot is fine for me, and am very lucky as my parents used to work for British Airways, so we have been fortunate enough to travel to many different places. I also like to spend time with my boyfriend who like me is completing an administration apprenticeship. So we can compare notes on how we are finding the work and how our courses differ.

Anyway enough about me enjoy this Issue of Jigsaw!



Hello Everyone,



During the last few months there have been changes and events that you may find interesting. Firstly Adults Supporting Adults is very proud to announce that it was subject to an unannounced inspection by CQC. The report was received in January 2012 where we were assessed as Compliant in all areas inspected. You will remember that there is no longer an official rating now but to be Compliant is the highest accolade available. The report is accessible on the CQC website if you would like to read more about what CQC had to say about Adult Supporting Adults.

Secondly the National Association of Adult Placement Schemes {NAAPS} has now made a decision to rename the association which is now officially known as Shared Lives Plus, we have of course in recent times been referring to ourselves as a Shared Lives organisation and nationally Shared Lives is a term that is recognised. The new name demonstrates how diverse Shared Lives organisations have become and the variety of resources they provide.

Along with the new name has come a new set of policies and procedures which are now called Guidance Notes, Adult Supporting Adults are adopting these Guidance Notes and Extended Stay and Respite Providers will soon be receiving their copy, this information is written for both the provider and client in a Shared Lives arrangement incorporating what can be expected in this unique setting.

I think that is all the news I have for you at the moment, Bye for now, Jayne.

Update from Dean Barnshaw – Operations Manager



Hi Everyone, I really would like to thank all of those Extended Stay and Respite providers that have made the commitment to attend the recent mandatory training. We know it's worth it because you tell us in your evaluation sheets and it's always a great opportunity to catch up with people that you haven't seen in a long time. Please let us know if there are any topics that you feel we should be covering on this training day, as I'm sure you can appreciate the importance of updating your knowledge and skills, is integral to your role as a provider.

For many a year now I've harboured an ambition of running a marathon, but to be honest with my back and ankles I've always thought if it would be too long a distance to run. Anyway as luck or fate would have it, I was thumbing my way through the local paper just after Christmas, when I saw an advert asking for people to run this year's London Marathon on behalf of St John Ambulance. Within two days of sending a tentative email, I received a response and I was in. It then quickly dawned on me that I'd better start training and fast.



Well folks just to let you all know that on Sunday 22nd April, I managed to crawl over the line in 4 hours 38 minutes and 30 seconds, I was hoping to beat four and a half hours but not to worry, not too bad as a first attempt. Amazingly, I have raised just over £1000 for St John Ambulance, so a big thank you to everyone who has sponsored me.

Kind Regards, Dean

New Client Guide - Over the last few months, Karen McNulty has been given the task of updating the Client Guide for all individuals who stay within Extended Stay and Respite Shared Lives Arrangements. After consultation with providers and clients, this has now been completed and copies of the guide are currently being distributed. The guide is much more comprehensive than before and offers advice on support and information about how the arrangement will work. ASA have also had the Client Guide translated into Easy Read. A big thank you must go to Karen for all the hard work that has gone into this project.

Radio Siren 107.3 FM Update - Unfortunately for one reason or another, this project has taken a lot longer to get off the ground than originally thought. The Open day last September was very successful and from that a number of people have said they would like to be interviewed for the programme. The first show was aired on Saturday April 7th @ 10am and focused on the life story of a particular client, talking about likes, dislikes, hobbies, and interests, as well as playing music of their choice. It is hoped that the discussion that takes place will go some way in breaking down any negative stereotypes that some people may have about disability or mental health. You can listen to Radio Siren on 107.3FM in the Lincoln area or you can go online at: www.sirenonline.co.uk. Hopefully, there are plans for the show to be aired on other community radio stations around the county at a later date.

Dave Harrison's Profile and a Provider Forum Update

Hi, my name is Dave Harrison, and I have been an ASA Provider for over 14 years. I am married to Jo and we live in South Carlton, just outside Lincoln. We provide a permanent arrangement in our home for Mark and we offer a respite facility, as it is requested, if we can accommodate that request.



I have 4 children, 15 grandchildren (yes 15!!!!!!!) and 2 dogs Charlie and Nethy. We juggle our provider responsibilities with running our business, Skylark Cottage Holidays offering supported holidays for adults with learning disabilities, we are now in our 8th holiday season and we keep very busy throughout the year.

I am a keen birdwatcher (Twitcher to some) and every year I spend a week working as a volunteer warden, working for the Royal Society for the Protection of Birds (RSPB). I go up to Loch Garten, in Speyside, Scotland and help to look after the nesting Ospreys; this is something I have been doing for 15 years now and I get great enjoyment and satisfaction from helping to protect these magnificent birds of prey.

I have been attending the Providers Forum for the last 5 years and during that time, I have found it invaluable as a place where specific and general issues, regarding Adults Supporting Adults can be discussed. It is a meeting place to 'catch up', have a chat, discuss issues, it's a time we can share common ground and common issues. It is also a forum where we can share good practice and positive outcomes.

The meetings are not prolonged and intrusive but they allow us as Providers, to have a voice and to be able to express our opinions and choices. They are an excellent forum, to be able to share experiences and to 'bounce' ideas and theories off each other, to be able to talk through proposed changes and to influence others. It has been a forum where we can be kept up to date with how ASA is progressing and any new concepts and processes can be discussed.

The group will only work if it is well attended. By promoting it, we can establish a larger network of support, which can only benefit the clients and enable us to promote ASA as an alternative to mainstream service provision. The meeting is the only time, that as providers, we can get together and share a common ethos, enabling the service to progress and be enhanced.

To join in with this group contact the Sleaford office for information.

STOP PRESS

Shared Lives Plus (the new name for NAAPS) have announced a SL Plus week 13th-21st October. During this week there is likely to be national and local events to promote the Shared Lives model of support. Please let me know if you have any suggestions about what ASA could do in Lincolnshire. We shall also be participating in the East Midlands regional SL Committee promotions at this time.



Linked in



Spalding/Stamford & Bourne Area update

It's been a busy time since we last wrote in the Jigsaw magazine. Christmas has been and gone, the extended stay providers organised a Christmas meal at the Swan pub in Moulton, which they all enjoyed and said it was a lovely meal.

We have had a change of secretaries, Shelley left us for a full time post, Sarah then joined us and was head hunted for another company, and we have finally recruited Joanne Bollons, who we are going to keep locked away so no one knows she is with us and they can't poach her. So it's a big welcome to Joanne from the Spalding/Stamford & Bourne team.

All the team continue to be involved in events where we can inform everyone about the range of resources that ASA has to offer.

Carole and Jackie are involved with the running and marketing of the new groups in the Grantham area known as Spriteleys. These groups were previously known as Community Care for the Elderly, when funding from the County Council was withdrawn, they were in danger of ending, but ASA came to the rescue and the groups continue under the new name.

Jackie continues to be part of the National Dementia Project, this is now into its second year, ASA had a site visit by Rachael Litherland, one of the projects co-ordinators who was very impressed with the resources that ASA provide, and particularly the support ASA offer to clients who have dementia.

The area has two extended stay providers Colin and Denise Smith who have completed their Shared Lives Award, this award is now undertaken in a different way, with lots of extra evidence being required to achieve it, so a big thank you and congratulations to both Colin and Denise who have been very patient with Jackie whilst she got her head around the new way of evidencing.

The dementia training has continued to be rolled out to providers across the county and receives excellent feedback; Jackie is also involved with training the volunteers for the Spriteley groups and the Shop2Gether resource.

We would also like to say welcome to Sue Renner who is a new respite provider in the Stamford/Bourne area and welcome to Janet, Angela and Halina new DTP's for the area.

Jackie, Sally, Carole & Joanne



Jackie



Sally



Carole



Joanne

Joanne Bollon's Profile

I have been warmly welcomed into Adults Supporting Adults at the Spalding Office by Sally, Carole and Jackie. I have been working within Lincolnshire County Council Adult Social Care Business Support for quite a few years. Especially enjoyable was the time I spent supporting the Spalding Adult Learning Disability Team.

My main hobbies are jewellery making and reading an eclectic mix of genres from Georgette Heyer to Clive Cussler by way of Dick King Smith. Friends and I E-mail each other with collections of word based jokes. You can find some of these throughout Jigsaw.



Joanne

Profile, Claire Thomas, Area Supervisor, East Coast and Wolds



Having been in post now for several months, I think it's time to introduce myself.

I started my career in Health and Social Care when I was 19, albeit very reluctantly. My parent's owned a Care Home in Mablethorpe and they felt it appropriate for me to enter in to the family business. It never occurred to me that this would be the start of a long and fulfilling career, as I only intended to stay there for a few months, until I decided 'what I wanted to do with the rest of my life.' To this day, I still don't know. Having gained further qualifications, this then enabled me to progress my way up the career ladder, and I secured a management role. After ten years, I decided it was time for a change, and a new challenge. So I left the family business in order to spread my wings. I moved in to Integrated Care and Housing as a Deputy Manager.

After a short career break, I went to work for a prestigious Lincolnshire Healthcare company, and this is when I started to move further in to Training and Development within the Care Sector. I was really pleased when I was able to complete my PTLLS in 2007. I never realised how much job satisfaction I would get from doing this and felt after three years, it was again time for a change.

So, in October 2009, I began a new career in the Welfare to Work Sector, as a Personal Job Advisor and Employability Skills Tutor. It turned out to be one of the most challenging roles I had ever taken on. Although a difficult role, it was very rewarding and I went home most days feeling like I had made a real difference to at least one person. Sadly, it became apparent that I may be made redundant. So I began my search for another job in earnest. I had missed working in the Care Sector, so when I came across an advertisement for an Area Supervisor, I was on to it sharpish.

Luckily for me, I was invited for interview. That day I will never forget! I have never been so nervous in my life. Anyway, I needn't have been, as everyone was very kind and did their best to put me at ease. Obviously, I got the job. Otherwise I wouldn't be writing this profile. I have to say, since starting at ASA, I have been overwhelmed by the quality of the Providers we have working with us. They display real compassion, empathy and skill in what they do and I admire that greatly. And it will be a pleasure to support ASA, to ensure these high standards are maintained.

Why is the third hand on the watch Called the second hand?

How come abbreviated is such a long word?

If a word is misspelled in the dictionary, How would we ever know?

Why do we say something is out of whack?
What is a whack?

Why does "slow down" and "slow up" mean the same thing?

East Coast and Wolds Area update

Hello everyone, as most of you will be aware; this will be my last area update, as I am leaving to take up a new opportunity. Having now settled into our new home in the Fairfield Enterprise Centre we have welcomed Claire Thomas into our Team as an Area Supervisor. I have been reliably informed that she is busy writing a profile about herself which can be found within this edition.

As an area we have continued to be busy, and a continuous flow of referrals have been received especially with respect to respite, unfortunately they have not always been appropriate or funding has been an issue. Sandi, Claire and I continue to work hard marketing ASA resources and have attended the LCC marketing events with regard to the changes in the provision of Social Care Services. We are always happy to attend events and meetings so please let us know of any that may be appropriate to promote our resources. I am very much aware and appreciate the support from you all as providers and clients in promoting ASA resources and recruitment by word of mouth, and through your good work.

I would also like to welcome Iris Wilson as a new Daytime Provider within the Skegness area and wish Liliya Stasulane good luck as she has unfortunately had to leave.

The recent changes in funding and the introduction of personal budgets, has produced concerns and anxieties for you as providers and our clients as well. As an area we have had to respond to these demands and I recognise that some of these responses could not have been achieved without all the hard work put in by you as providers, as well as Sandi, Claire and Roz.

It was really nice to see so many clients and providers at Weatherspoons in Louth for an East Coast and Wolds social event on Friday 25th May 2012. Having all enjoyed a hearty meal and drink there was an opportunity for me to have a chat and say goodbye in a social setting.

I would like to take this opportunity to wish my successor a warm welcome, and to thank everyone within ASA for their friendship, help and support during my five years working as an Area Manager.

Finally I wish everyone goodbye and continued health and happiness.

Kind Regards

Richard Brown-Warr



Richard



Sandi



Claire



Roz

Why does "fat chance" and "slim chance"
Mean the same thing?

Why do "tug" boats push their barges?

Why is it called "after dark" When it really is "after light"?

Why are a "wise man" and a "wise guy" opposites?

Why do "overlook" and "oversee" mean opposite things?

East Coast & Wolds - Christmas Party

After lots of hard work from the team, especially Roz our Secretary, who deserves a special thank you from her commitment and contributions, we had our Christmas party at the Trinity Centre in Louth this year. There were 35 of us all in the Christmas mood. Area Supervisor, Claire, introduced the plan for the day.



The buffet was lovely, lots of sandwiches and sausage rolls with some rich chocolate log to finish.

We followed lunch with some games of bingo, many thanks go to our 'volunteer' caller, Arthur, who forgot his specs!!, and also won the raffle star prize, a huge box of Thornton's chocolates. We hope he got to eat a couple of them before they disappeared!



Our raffle was very popular with lots of great prizes and most of us went away with something. Frankie won the Name the Bear competition and Bridie won the Number of Sweets in the Jar competition.

We all enjoyed some comedy entertainment from Lyn, and sang along with some Christmas carols to finish off the party.

Area Supervisor, Sandi, was presented with a bouquet of flowers from the staff team and all of our clients and providers, to wish her a very happy birthday and to thank her for all her hard work throughout the year.



On behalf of ASA, Sandi thanked everyone for all their efforts and support in 2011 and wished everyone a Merry Christmas and best wishes for 2012.

General feedback from those who attended was that it was a pleasant venue and a nice change to have an afternoon party.

We're all looking forward to our next event, any suggestions from clients or providers are very welcome.

Talking Jigsaw!

We have recently discovered a way for visually impaired people to "listen" to Jigsaw through their computer. Please share this information with anyone you know who may benefit.

What you need to do is go to www.asaorg.co.uk and select the news tab. Then click on the copy of Jigsaw which you would like to listen to. You need to save a copy onto your computer. Once it has been saved, then open up the saved version, it will open as an adobe reader version; there should be a toolbar across the top of the page. From this toolbar select the view button, and right at the bottom of the list will be an option to Read Out Loud. From here choose Activate Read Out Loud. If it doesn't start reading, click on view and Read Out Loud again and this time you will be able to choose Read to end of Document, and it should begin to read it. If this doesn't work, then it may be worth checking that your computer speakers are switched and on not muted – I'm afraid we can't offer technical support beyond that, good luck and happy listening. You should find this will work with any PDF document.

Update from Lincoln and Gainsborough

I seem to have spent the last few weeks continually asking others to get their Jigsaw updates, stories, profiles etc written, so I guess it's time we got something down on paper for this area!

In beginning my area update it is important to let you all know that Karen N has decided to retire at the end of August, and although she will be missed by us all, we wish her a long and fulfilling retirement. We must also take this opportunity to say goodbye and good luck to Shirley Strickland, Tracey Lewis and Jackie Livingstone, Daytime Providers, Julia and David Holt, Extended Stay providers, and Kirsty Stevenson, Gainsborough's secretary, as they have all moved onto pastures new. Susan Smith has been successfully recruited as area secretary for Gainsborough, welcome to the team. This, along with new referrals I mentioned above has left us with a need to recruit more Daytime Provider's in both areas, and as always, we would still like more Extended Stay and Respite Providers for the area.

The areas are both busy responding to new enquiries and referrals. More and more people are choosing to buy their support from Adults Supporting Adults now they have the freedom to make this choice. We've been busy spreading the word by visiting marketing events and getting posters, flyers and leaflets displayed wherever we can think of, thanks to the providers who have helped in this quest, it seems to have paid off. Look out for the new concertina card which we hope will aid us in this mission!

We've also been busy with training. I've recently undertaken a course to become the ASA safeguarding adults trainer, providers will be reaping the benefits of this, as a safeguarding update will be added onto the end of the moving and handling training you already attend, so that you receive this update every 3 years, which is the recommendation we have been given. Andrea Buck, a Daytime Provider in Lincoln has completed her Level 2 Diploma in Health and Social Care, David Burrows, Chris Whiteley, David Allison and Lesley Sutton, from the Gainsborough area are all well on their way to finishing too. Congratulations to you all.

Socially we've been as active as usual, keep reading to find the article about our Christmas outing, a coffee morning in Gainsborough and a trip out bowling last October, more events are already planned. If any clients or providers who attend these events would like to put together a short article for the next jigsaw, then feel free to send them to me at jigsaw@asaorg.co.uk. Otherwise you can write your article and post it to me, or pass it to Karen or Vanessa; this would be a good time to say a huge thank you to Sam Jervis, who types all the handwritten articles we receive, in order that we can send them electronically to the printer, Thank You Sam!

I think that's all we have to update you on for now.

Karen M, Karen N, Vanessa, Sharon and Susan



Karen M



Karen N



Vanessa



Sharon



Susan

Gainsborough and Lincoln - Christmas Bowl



We've had a few get-togethers since the last Jigsaw. In October, nine of us met at Washingborough Bowl for a drink and a game of bowling, and to help Andrea celebrate her 30th Birthday. Everyone had a good time and all scored at least one strike. Mark won on this occasion. Everyone enjoyed lunch in the restaurant after the game.



Washingborough Bowl is a real favourite and was the venue chosen for the Christmas event in December. This time there were four teams of bowlers, The Rudolph Reindeers, Santa's Little Helpers, The Scrooge's and The Christmas Puddings. There were prizes; Thomas and Derek were in Joint first place,



Arthur came third, Sam brought up the rear with the prize for the lowest score! Karen and Vanessa organised a charity raffle which raised £22.50 for the homeless shelter in Lincoln. The meal which followed was excellent.



Gainsborough and Retford Garden Centre was the place to be for our next get-together. Helen arrived in her Christmas hat and Arthur in his Christmas bow tie with flashing lights. The facilities were great, staff made everyone feel welcome, and the food was delicious. My guess is that we will be going back there in the future.



Social Networking - For a while now ASA have been looking at ways to enter the world of social networking. With support from Kirsty at Fresh Marketing Solutions we have done just that and we are proud to announce that we at ASA now have our own Facebook, Twitter and LinkedIn accounts. To interact with us, you must have your own individual account; however you can access each site through the internet to view the home page. We hope to use each networking site to share information and tell the public about what is going on at ASA. It is also a great way for you as providers and clients to receive information about events and activities far quicker than ever thought imaginable in the past. If you have any ideas for good news stories or things that you want to share, then contact us and we can put it out there. We are always looking to regularly update each site with current news and information so why not be part of it?

Is it good if a vacuum really sucks?

Why do we wash bath towels? Aren't we clean when we use them?

Boston, Sleaford and Grantham Update

This is my first opportunity to write an update for the Jigsaw magazine.

Over the last few months I have been introducing myself to lots of people and learning more and more about ASA. The Jigsaw social events that took place in Sleaford and Boston provided an ideal opportunity to meet people and hopefully these were enjoyed by everyone. We had two really successful Christmas social events, clients and providers met at the Barge and Bottle in Sleaford and The Burton Hotel in Boston. These social events are proving popular so we hope to arrange some more during the year; I know bowling has been suggested in Sleaford so watch this space.

I would like to take this opportunity to welcome Lynne King as a Daytime Provider in the Sleaford area who joined ASA in December. She has now completed her induction and is ready to work with clients. I would also like to take this opportunity to wish John and Anne Akid and Pauline and Steve Hayes well in their retirement and thank them for all their support in the past.

Our area has experienced a steady flow of new referrals, Sue, Sharon and myself have attended various marketing events which have gone on around the county. These have resulted in more enquiries about the services Adults Supporting Adults provide. We are continuing to develop strong links with other organisations in Lincolnshire and are working successfully on the referrals they sign post to us. Sue and Sharon work hard responding to all new referrals and are getting to grips with the different funding streams being introduced by the authority. Lincolnshire is experiencing many changes in the way services are provided for vulnerable people, many long term services are closing across the county. This causes increased anxiety to many clients and their carers. However, with the introduction of personal budgets it is hoped people will have more choice and control over the kind of support they receive. As an organisation we work flexibly with individuals and their carers to try and make this experience as positive as possible.

In the time I have been with ASA I am so impressed with the commitment and hard work I have seen from providers. The support you as providers offer to individuals enables them to make informed choices and lead valued and fulfilled lifestyles. I would like to thank you all for your support, enthusiasm and above all continued hard work.

Emma, Sue, Sharon and Christine



Emma



Sue



Sharon



Christine

Why is "phonics" Not spelled the way it sounds?

If all the world is a stage, where is the audience sitting?

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

The Grantham and Sleaford area Providers and Clients Get-Together



Grantham and Sleaford providers met for a Jigsaw event at Woody's in Ancaster, and an event organised by Matt Goulding and his provider Doreen Vickerson. 19 people attended, and a huge table was reserved for us. It was an opportunity for everyone to meet Emma Duncomb, new



Area Manager for Sleaford, Grantham and Boston. After lunch we walked around the lake, which was beautiful in the Autumnal sunshine.



Later in the year we met again, this time at the Barge and Bottle for a Christmas lunch. It was nice to see so many people attending especially some new faces that have recently joined ASA, it provided a great opportunity to get together and



share news about the year. The food was very festive with lots of yummy desserts on offer along with Christmas crackers and bubbly.

A big thanks to everyone who came, these events are proving very popular and we hope to arrange a bowling event soon.

Emma Duncomb and Sharon Thacker

Emma Duncomb – Profile



At the time of writing this, I have been with Adults Supporting Adults for six months and I can not believe how quickly the time has gone. I joined ASA on 8th August 2011 as Area Manager for Boston/Sleaford and Grantham.

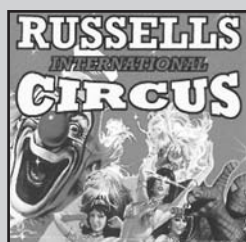
I have enjoyed attending several jigsaw events which has enabled me to meet most people in the area and I am sure in time I will have the opportunity to introduce myself. But in the meantime I thought you might like to know a little more about me.

My background is in Learning Disability services. I qualified as a Social Worker in 2001, whilst working for the local authority and continued to work for the authority in a community setting until 2011. I really valued my time with the local authority and learnt a lot about practice issues as I watched services developing. However, towards the end, I found I was working less and less with people and spent my time inputting data which I did not enjoy. I therefore made the decision to leave and explore new opportunities with ASA.

I live in Castle Bytham, a small village just off the A1 in South Lincolnshire. I am married with two brilliant children both at school now with better social lives than mine!!! Tom is a keen rugby player and my daughter Edie Rose loves dancing and horse riding. I have many hobbies and interests. As a family we love skiing together and are looking forward to our next holiday in Switzerland later this year. The snow has been good this season so should be brilliant skiing conditions. I am a farmer's daughter so love everything to do with the countryside particularly walking our three working dogs. I enjoy playing netball every Tuesday evening for a local team made up of mum's from school. We are not great but it's a good way of keeping fit and we have a laugh.

The first six months with ASA has flown by, I would like to take this opportunity to thank everyone for such a warm welcome, particularly Sue and Sharon who have helped me settle into the area. I look forward to a long and happy career with ASA.

Hi Daytime Providers and Clients



If you see an advertisement for Russells International Circus it is well worth a visit. When the circus came to Cleethorpes I planned a visit with a client. I rang for information and was told carers go free and they would reserve us seats at ringside. When we arrived they helped us park very close to the Big Top, they got the wheelchair out of the car for me and showed us straight to our seats nothing was too much trouble. The circus was really good and entertaining from the jugglers to the clowns. If you're looking for value for money and fun try the circus. You can check when it will be in your area, on-line www.state-circus.com

By Gill Lamming, Cleethorpes

A Weekend in The Capital



Early on Saturday 10th December my Dad took me to my Auntie Anne's and Uncle John's in Gainsborough When we were ready me, Anne and John departed town and headed



to London. We first went to Eagle Heights which is a Wildlife Park in Kent. At the park we met up with my cousin Laura and my friend

Lewis. We saw all the birds and one of the birds. Kayla featured on a Kings of Leon album cover. Kayla is a famous bird because she is the mascot of Crystal Palace football Club. We saw a couple of the birds being flown by one of the instructors. After the display we had lunch in the café at Eagle Heights. In the afternoon me, Anne, John and Laura went into Greenwich to have a look around. We saw a busker singing "Let It Snow" so I sat by him and joined in. I saw the Cutty Sark being worked on. When we saw what Greenwich had to offer we went to check in at the Travel lodge in Barking where me, Anne and John were staying for the night. At night we went to the O2 Arena where we met up with Lewis. The five of us had tea in TGI Fridays which was delicious. After tea we looked around the O2 and saw a silent concert. A silent concert is where you wear headphones to hear the music. After we experienced what a Silent Concert was we headed to a chill out room where you could relax and watch music videos. We then had a few cocktails which were expensive but very nice. Me, Anne and John went for a drive around London to see the Christmas lights. Driving in London at night time was very busy and most places were still open. It was like midday with the amount of traffic. We drove down the Mall and saw Buckingham Palace. We got back to the Travel Lodge in the early hours of my birthday. We should have got back to the room quicker than we did due to some of roads being closed. On Sunday morning the five of us went to a pub for breakfast. Me, Anne, John and Laura headed to Stratford to begin the Olympic tour. On arrival we had to show a form of ID and we had to be searched. The security at the Olympic Village is even tighter than at major airports. They have body scanners and X-ray machines for belongings. After this process we got on a bus and we had a tour of the Olympic Village, I saw lots of the venues that will be used for 2012 games. We saw police and dog units along the way making sure the Olympic Village is safe. The tour lasted approximately 1 hour. When the tour finished we all went to the Westfield shopping centre to look in the Olympic shop and I purchased a few items. Afterwards me, Anne and John departed Stratford and headed home. I would like to thank my Auntie, Uncle, Laura and Lewis for a fantastic weekend away and making it a birthday to remember.

Sam Jervis, Gainsborough

Arthur's Passions for Shire Horses

By Philip Juhos DTP



Hello everyone, I would like to tell you about the exploits of last summer I shared with my client and friend Arthur Chamber.

Arthur who lives in Saxilby previously resided in Tealby where he was employed on a working farm for many years which brought him into contact with a wide variety of farm animals. Although he loves all types of animals, Arthur's favourite

species is without question the Shire Horse. Unfortunately it is a rare occurrence to see this breed working on a modern day farm so Arthur and I came up with a plan which was to visit as many county shows featuring Shire Horses as possible.



After scanning the internet our first destination would be a trip to Belvoir Castle in Leicestershire. Armed with a picnic and loads of enthusiasm we set off on our journey on a sunny Sunday morning in June. When we arrived we marvelled at the beautiful setting of the showground and were amazed at the enormous amount of exhibitors which included all types of farm machinery from tractors to steam engines driving threshers and balers. The highlight for Arthur of course was the two exhibiting black Shire Horses and

he was able to chat to the owner where he got a full history of the animals. The day ended with a visit to a huge marquee hosting crafts and farm implements from the past, some of which I did not recognise but Arthur soon put me right. Having enjoyed the day so much we were soon discussing where our next visit might be which as it happened turned out to be in Spilsby.

The show at Spilsby is an annual event which in many ways was similar to Belvoir, the main difference being the presence of exhibiting Shire Horses in the parade ring. The judges had a very difficult task deciding who would take the prizes as all the animals just looked fantastic. Watching a display by birds of prey was our finale before making our way to the exit gate where Arthur was delighted to meet some old friends he had not seen in several years so all in all another enjoyable day.



Our final excursion of the summer took us to the Epworth Ploughing Show in the Isle of Axholme. This again was a fantastic show with the usual attractions of a country fair including a brass band, clog dancing and model making etc. The Highlight here of course had to be the ploughing matches (with you've guessed it the Shire Horses) It was a wonderful sight, such discipline and precision by the animals of which there were many competing. Arthur was invited by one of the owners to come over and stroke one of the horses

which made his day (unfortunately I did not have my camera) but before we left Arthur was able to buy two photographs which he has since framed as a reminder of his thoroughly enjoyable day. This like all the others was a brilliant day out and for me to see the sheer delight on Arthurs face enjoying something he has a real passion for.

Roll on next summer.

Courgette Cupcakes

This is wonderful recipe: virtually fat free and almost one of your five-a-day! The rice flour can be found in most health food shops and is suitable for those on a gluten-free diet.

Makes 12(ish)

- 2 eggs
- 160g caster sugar
- 300g courgette, peeled and finely grated
- 180g white rice flour
- 2 tsp baking powder
- ¼ tsp salt
- 1 tsp vanilla extract



1. Preheat the oven to 180°/Gas 4. Arrange paper cases on tray.
2. Whisk the eggs and sugar in a large bowl until pale and light. Whisk in the grated courgette.
3. Sprinkle over half the flour, along with the baking powder and salt, then whisk thoroughly. Add the remaining flour and vanilla extract and whisk until well combined.
4. Spoon the mixture into the paper cases about $\frac{2}{3}$ full. Place in the middle of the oven for 30 mins.
5. Once the cupcakes are cooked, cool on a wire rack.

For the icing

- 50g butter, softened
- 200g icing sugar
- A few drops of vanilla extract

Whisk the butter until smooth. Add the vanilla and the icing sugar a little at a time while beating until light and fluffy.

Happy baking!

from Lorna, Sleaford

A hole in one!



These pictures show Doug Gilpin, playing Golf. Doug is 90 years old and registered blind. Doug was a member at Laughterton Golf course before he lost his sight; it was a game he took up after retirement. We go to Laughterton as Doug can still remember the layout of the 9-hole course. I caddy for Doug round the nine holes, helping him line up his shots.



David Burrows, Gainsborough

Dear Readers,

I am writing this about my mum Hilary. She has suffered with mental health problems since I was a little girl. With this condition she is scared to leave the house unless she has someone with her, she fears people will hurt her. She has long periods on her own as I work full-time and this made her condition worse.



I was then told about Adults Supporting Adults, we had a meeting with Sally and a lovely lady called Lisa. Mum liked Lisa straight away, she gave my mum lots of reassurance and with time my mum began to trust her. My mum has changed a lot in the past year for the better and it's all thanks to Lisa.

My mum goes with Lisa to see shows at the Civic centre, swimming, shopping, walking around parks, tea and cake at different places, etc. My mum said to me the other day "I have a wonderful life and I love going out with Lisa". Mum always looks forward to their next adventure.

I am happier knowing my mum has wonderful people supporting her and I thank them especially Lisa with all my heart.

Thank you so much

Kind regards

Mandy Sawyer

My Day Out to Spalding by Frank Taylor



I really like trains so my Daytime Provider, Heather, arranged for us to catch the 10.50am to Spalding, we arrived at 11.30. I like this train as it passes through Helpringham where I was brought up.

When we arrived in Spalding we walked to the centre of town and I purchased some DVD's of Dr Who and The Spiders. I like DVD's.

We then went to the British Heart Foundation charity shop and I brought a CD of hits from the year 2000.

Then we walked down to the river where the water taxi goes to Springfield shopping centre. Heather asked me if I wanted to go on the boat but I didn't feel like it on this occasion so we walked back into town and went to my favourite fish and chip restaurant, I like to sit upstairs by the window while eating my dinner and look at the traffic going past below.

After our lunch we went to Sainsbury's and I brought some new pyjamas as my others had turned purple in the washing machine! We had a look around and then went for a cup of tea before returning to the railway station to catch the 3.20pm back to Sleaford.

I like going to Spalding as it is not too busy and packed out with people.

We had a good day out.

Harry Potter and The Deathly Hallows - Part 2

By Chris Fuller

On Wednesday 24th of August I went with Doreen to see the second part of Harry Potter and The Deathly Harrows. The film started by showing clips of the first part and how it had finished. Harry, Hermione and Ron were in hiding at a safe house but they had to go back to Hogwarts School to defeat Lord Voldemort.



The rest of the film was full of fantastic special effects which I enjoyed very much. The best bit for me was when Harry, Hermione and Ron flew on the back of a dragon. There was a big fight scene at Hogwarts where a lot of the school was destroyed by Voldemort and his henchmen; there were lots of explosions and fight scenes which made it very dramatic.

Harry had a fight with Lord Voldemert and we thought Harry had died but Hagrid carried him back to Hogwarts where he recovered and fought Voldemort again. Harry managed to get Voldemert's wand from him and at the same time Neville killed Voldemort's snake. This meant Voldemort had no power and he died.

The film then skipped forward several years and showed Harry and his wife Ginny together with their son at the station ready to send him on the train for his first term at Hogwarts. Also on the platform were Hermione and Ron with their daughter who was getting on the same train for Hogwarts.

I have really enjoyed watching the Harry Potter films and I am reading the books now.

My Birthday - Wednesday May 18th

I am now one hundred and three years old! I some times wonder where all the years have gone. I had a very quiet but happy birthday with my son and daughter in law, Chris and Anne. I received 18 cards and the phone never stopped ringing. My special friend Brenda provided my birthday cake, it was lovely with my name and age written across the top.

Anne made some very good meals. About mid afternoon I cut my cake and the three of us enjoyed the cake with a glass of sherry. We had our evening meal about 5.30. Roast Beef with all the trimmings, finished with strawberries and cream, and of course a glass of wine. Anne and Chris gave me a special day, for which I thank them.

I also spoke on the phone to my niece in South Africa, another niece in Bristol and one in Northampton, my granddaughter in Yorkshire, plus great grandchildren. Also my carer Diane, Sasha, Tracey, Julie. I will just say a big thank you to everyone for giving me a very happy birthday. With my love Hilda.

Also I have Julie as my DTP. One outing we went to Springfields in Spalding and I bought several items from Marks and Spencer's, then we went to Morrisons for a light snack before doing the grocery shopping. I really enjoyed this outing as I do all my outings with Julie. Also at my young age 3 I always put on my make up and varnish my nails which is not bad at 103 years.

Hilda M Millett

Race for Life

On 4th July 2011, Jacqueline Brockman supported by her Daytime Provider Michelle Walker took part in the Race for Life at Cleethorpes. Jacqueline answered the following questions about this day:-

What made you decide to do the Race for Life 2011?

My sister, Diane died from cancer in 2008 and my youngest grand-daughter, Sophie has recently been given the all clear from cancer of her kidney. I wanted to do something to help them and others like them. My mum completed the race 2 years ago and told me how much she had enjoyed it.

How did you apply?

Michelle gave me lots of encouragement - I surprised her by booking it up online on my computer and applied all by myself. It took me two goes and then I wasn't sure if I had done it right! But soon the pack came in the post.

How did you prepare for the Race for Life?

Michelle suggested all different activities to help me get fit like swimming, walking and keep fit activities at the local gym. Luckily the weather always seemed to be good so we were able to be outside a lot.

Did you enjoy these preparations?

No! To start with, I had the wrong training shoes so I bought a pair of trainers. We started with small walks which finished at a favourite café (so I could have a cup of tea and a rest!) Gradually Michelle would park further away so I would walk further.

How did you get the sponsorship?

I was really excited to be doing the Race and I told everyone I knew about it - most people offered to sponsor me straight away. Michelle and I had a competition to see who could raise the most!

How did you feel when you arrived at the Race start?

It was a little bit daunting but when I got into the park I was excited to be part of it. I had bought bunny ears for myself, my daughter Jo and Michelle and we were all wearing pink.

What was the most difficult part of the Race for you?

It was a hot day and we needed lots of water. To start with I was so excited but I soon became very tired. Michelle and Jo kept talking about different things to keep my mind off the walk. I didn't think I would ever finish!

How did you feel crossing the finishing line?

Michelle's family and friends walked with us encouraging us over the last 200m but seeing my grand-daughter Sophie and my family at the end cheering us on helped me finish. I felt very emotional and proud - having my family there made all the difference.

How much money did you raise?

Between us, Michelle and I raised £346.50

Will you be doing the Race for Life again?

Yes, I am hoping to take part again next year with my daughter and my daughter-in-law.



Errol's story - November



I was born in 1958 8lb 12oz and had a disability which they did not know until I started losing weight. I was in and out of hospital.

When I was able to go to school I went to Gosberton boarding school to help me with my learning. I finally left boarding school and went to Spalding School.

I would always do something to earn some pocket money to go to the flicks with.

As the years went on I developed diabetes.

I felt I would like to do something to help people; I started collecting for children in need and was granted permission by Roy Watler from Norwich. I first collected over £800 and was very delighted with that. I then became a charity collector.

I would sit at the roundabout at Long Sutton. The first time I spent all the summer holidays sat there in my football clothes and collected £2,000.00 I finally got a place at Long Sutton Co-op store where I spent most of my time collecting money for charities.

I was taken ill some years ago and was in Addenbrookes hospital. When out of hospital I needed to look after my self and needed some help. ASA came to help me. My day time provider takes me to places I like to go. I love going out and it helps me feel better and keeps me active.

I'm now on dialysis some of the week.

I have collected for all sorts of charities like children in need, air ambulance, dog sanctuary and lots more. All together I have collected £34,106.29. I am very pleased to have collected so much. Me and my Daytime provider go to the sea side and to places I like, it's nice to talk to someone about the things I have done.

My September Holiday - by Chris Fuller



On Saturday the 10th of September I caught the train to Skegness to stay with Barry and Shelia for the week. I unpacked and settled in the guest room. I went to buy a ticket for the Roy Orbison and Friend's show at the Embassy Theatre for that night. The show was brilliant; Barry Steele who played Roy Orbison was very good. There were also songs from Elvis and Buddy Holly impersonators which was a tribute to their careers.

The rest of the week was spent swimming, visiting my brother, walking along the seafront and going shopping with Shelia for souvenirs for my friends and family to take home with me. While I was there it was Barry's birthday so all his family came round and we had fish and chips, we then went to play ten pin bowling and Barry won.

All too soon it was time to come home but I am already looking forward to going back next year.

My name is **Sonja Gardener**, I live in Holbeach and my hobby is making cards.



I started making cards just for friends and family in 2000. But it is so enjoyable that it very quickly escalated into making cards for everybody that asked me and also in the last year I have found a shop in Holbeach that will sell them for me. Since I am disabled and more or less housebound, Adults Supporting Adults have been a god send. I have got Chris that comes once a week and if I feel well enough to go out, she will take me out in her car. The vast majority of time we go to craft

shops in the area. When you start looking into how many craft shops there are you will be very pleasantly surprised.

Making cards for people is very rewarding, people enjoy getting home-made cards, it shows that I have taken the time, to find out what sort of things they enjoy and make a card that will be just for them. Even if you make several cards about the same, no card will be exactly the same.

I enjoy finding out if people have got a hobby, if it is something they enjoy doing and then make the card to fit in with that. This is of course not always possible; you will be surprised of how many people don't do anything. Well they do something but they do not have a hobby or anything like that. If that is the case, you just have to learn as much as possible about the person as you can.



The shop that now sells my cards will sometimes ask me for something special. They of course know what sells and what not. But most of the time they will just let me get on with things and when they are finished I will have them delivered to the shop. So far in 6 months



I have sold about 100 cards. This of course is not going to make me a millionaire but it is money that will go on more craft supplies. But to me it is not the money I get for my cards that is important; it is how much people enjoy the card. You may think that making cards is cheap, but let me tell you this. It is not, it is quite expensive. There is always something you have not got, and have to go out and get, to get the cards completed. But when they are finished, all the hard work is worth it. And when people get back to me and tell me how much they have

enjoyed the card. Well you just have to imagine how that makes me feel. And all this is possible because I have Chris from Adults Supporting Adults coming to me weekly and can take me out and about.

I always take a picture of the cards I make and my husband has made me a web site. And my cards will go on there. People can go on there and see and if they like what they see, they can ask me personally, ring me on my mobile 07719 612 309 or ask me by email. My web site is sonjamakescards.webs.com/ My email address is s021156@gmail.com So if there is anything you want to ask me or for me to make you a card, all you have to do is ask. I will be delighted to make a card for you.



Regards Sonja Gardener

Thank you

This is a letter received by one of the Area Supervisors in September 2011, from a client in the Spalding area. The daytime provider is Helen Jenner. Thank you too Elise Elliott for giving us permission to print it, and for giving us all a giggle too.

My dear Sally,

I wish to thank you for the gift of Helen. We have become friends more than just support worker and client. We have lots of laughter, lots of giggles.

We have gone over my childhood in which I thought I was perfect. But on reflection more naughty than I remember.

We have gone shopping for bras, there is an experience. First one like headlamps. Second more out than in. Third one just right. I felt like Goldilocks, all the same size just different models. Helen, bless her, helped when she stopped giggling!!!

We have gone round Baytree which I love. Bought orchids, which I have had in bloom from **December** no stop.

Nothing can compare to her help and companionship. We have travelled a long road in my life, and it was all possible to her.

When I recalled I was going to a boyfriend's, I needed a swimming costume. Mother said no so I asked Papa to let me have the money, 21 guineas, he thought it was for a costume. Bless him; he was stunned when I produced a swimming costume. It was after all 1956!!!

My life was enhanced when she came into it. The service you provide is second to none.

You have my heart felt thanks.

Elise Jan Elliott

ASA - Sit2Gether Resource

When this service was set up with us, we were introduced to a lady with similar interests to my husband; this was very helpful and has proved to be beneficial I think on both sides.

We have had this service since July 2011 for 3 hours each week; this allows me to go out and have my hair done and a bit of shopping, also if I can manage it to have a coffee!! Possibly something with it!!

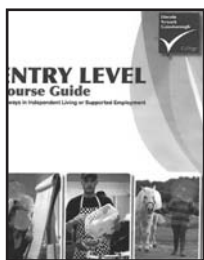
My husband entertains the sitter with some DVD's, a game of Domino's, Scrabble, Jigsaw puzzle's or Computer work.

Although there is a cost involved in this, it has proved very helpful as I can go out and know my husband is safe.

Thanks to Adults Supporting Adults.

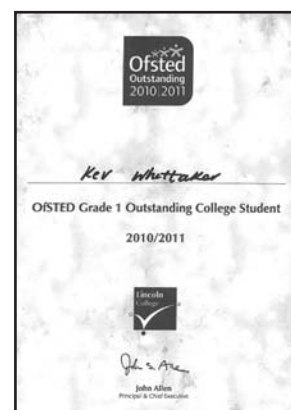
Mrs P Kennedy

Kev Whittaker, Sleaford



Hello again, I am in my final year of 4 years at college. I have achieved my City & Guilds level 2 in adult numeracy and writing and reading. I have also achieved ITC Information and Communication and Edexcel passes in Introduction to Hospitality Industry Basic Food Preparation, Basic Cooking Service of Food and Drink Guest Services in Hospitality and Food Service and Customer Service in the industry. I've also achieved

my Food Safety and Hygiene in Catering Level 2, because of my achievement I gained my certificate of outstanding college student 2010/2011 from Ofsted.



Hi everyone, my name is David; I came to live with Hazel and Vic at Chapel-St-Leonards in July. In September we all went on holiday to Fuertaventura, it was a lovely week. I got to know my new family very well and we had a great time. In October it was my 65th birthday, I invited some of my friends and we all went to the Italian restaurant for a meal. They dressed up the table with birthday confetti and balloons it was a nice surprise. I had a cake shaped like a football because I am a big fan of Spurs. I am now looking forward to Christmas

because all the family are coming and we have a good laugh. I am going to get them all on karaoke.

On Christmas Eve we dressed up as snowmen and elves. Colin plays Santa then we go around the villages of Digby and Rowston on a sleigh delivering presents to the children.

There is a firework display, mince pies and sherry for the adults and lollies for the children. We have done this for seven years running. For the first time this year on Christmas day we visited Roxholm Nursing Home and delivered Christmas presents to the residents before they sat down to their Christmas dinners.



Maria Sleight, Sleaford

My Achievement

On Thursday 24th November 2011 I attended the Lawn Hotel in Lincoln to receive my award at the annual award ceremony for the greatest contribution to the Social Enterprise Project. To achieve this I set up a stall at Lincoln market and I did a research on market traders. We produced cup cakes to fit in a small cup and saucer and then we sold them. We sold the items near to Mothers Day and charged £3. We made a profit of £125.80 and the money we raised went back to the Ravendale College cooks funds.

Kevin Whittaker

Profile on Helen and Ian McDonald



Ian and I have been married for 40 years and have lived in Deeping St Nicholas for 34 years. We have 4 grown sons. Having previous nursing experience I decided to become a provider so I could work at home while the boys were quite young. Ian fully supported me by studying for a mental health certificate and being involved with Shared Lives Plus East of England Committee.

As Ian is also a builder, we brought a pair of derelict cottages which we have been renovating and extending over the years. We now have six bedrooms and a flat so we have plenty of room to accommodate our clients.

We have had our clients, Phillip and William for quite a few years and they fit in like part of the family. We also have other clients for respite. It has been really rewarding to watch Phillip and William develop and we are very proud of their achievements and integration into the community. They both have voluntary part-time jobs and look forward to achieving independence through the support and guidance of Adults Supporting Adults.

What I like about Respite, by Lynsey Matchett

My name is Lynsey and I enjoy staying with Respite Providers in Louth when my Mum and Dad are away. I go to discos at Sutton-on-Sea and Smiles in Louth and meet friends, old and new and have lots of fun. My Providers take me out to lots of places where I can feed the animals. We went to Rushmoor Country Park had a good time but it rained. I went to Radcliffe Donkey Sanctuary and the photograph is of myself with one of the mules.



Shop2Gether Update

This new project which ASA has recently piloted is now beginning to develop particularly in the Spalding area.

In all we now have 6 volunteers trained, with a further 4 awaiting training. There have been 5 induction training courses.

We have numerous enquiries from people interested in this and 13 clients wanting to access the support being offered in various locations around the county. We are now at a stage where we are starting to introduce volunteers to clients and by the time the next Jigsaw is published we hope to be able to bring you news of how this is going.

The first introductions are being made in the Spalding area and there have also been several enquiries from people wanting the resource in Lincoln and surrounding villages. We therefore still need to recruit volunteers for those areas.

Volunteers complete a CRB Disclosure and will also be offered training in First Aid and Moving & Handling.

Anyone who is interested in volunteering or knows anyone who would benefit from this support can contact Toni at Sleaford for more information.



Spriteleys As reported in the last edition of Jigsaw, older people in the Grantham area who were at a loss following the closure of their support service are pleased to have a replacement, as ASA have successfully taken on the running of the Grantham resource Community Care for the Elderly. The project went live in July 2011, and on the 1st September 2011 after consultation with the group

members it was re-launched as Spriteleys, and has given them a lifeline. The clients played bingo, entered raffles and joined in a sing-along by the organ, before sitting down for lunch. Horace, who attended, said: "It's a day like today that I thank God. If it wasn't for this service, life would come to a standstill." Edith, another client, added: "I've met two very dear friends and we had a happy reunion at the party."

Mayor of Grantham, Mike Taylor was among the special guests at the launch, emphasising the importance of the service by describing it as "the spirit to get together". Spriteleys runs at Angel Court in Ancaster on a Monday, at Witham Place in Grantham on Tuesdays, at Central Place in Grantham on Wednesdays, and at Great Ponton Community Centre in Great Ponton on Thursdays, all 10.30am-3pm. Members pay £10 per session which includes transport. The groups continue to grow in numbers and are a valuable resource.



Spriteleys enjoyed a joint Christmas party which was well attended and a good time was had by all. A local primary school provided some of the entertainment in the form of a nativity play. The groups will come together again on the 1st June to celebrate the Queens Diamond Jubilee; preparations are underway to hold an indoor street party, with various entertainment and competitions planned.

Spriteleys

Mrs Robinson has sent this to us – try singing it to the tune of "My favourite things" from The Sound of Music – you'll be smiling by the time you get to the end!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillac's and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things...

When the pipes leak, when the bones creak,
When the knees go bad, I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things...

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, when the hips break,
When the eyes grow dim – then I remember the great life I've had,
And then I don't feel so bad.

Julie Andrews performed this to commemorate her 69th birthday, and received a standing ovation that lasted over four minutes – if you receive a longer standing ovation when you sing it please let us know!!!

WHERE TO CONTACT ADULTS SUPPORTING ADULTS

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