



# Lifelines



## OUR TOMORROW IS COPRODUCED TODAY

SEE PAGES 8, 9, 10, 11, 12 AND 13 TO SEE WHAT EVERYONE  
WAS UP TO DURING OUR COPRODUCTION WEEK.

### FARMING WITH CUSTARD

SEE HOW WILLIAM ACHIEVED HIS  
GOAL AND WHAT THE FUTURE  
HOLDS FOR HIM

PAGE 4

### INDEPENDENT WOMAN

HELEN TELLS US ABOUT HER  
GROWING INDEPENDENCE,  
WORKING AND INCLUSIVE  
RECRUITMENT

PAGE 16

# Welcome to the new look Lifelines magazine.

We've been working in coproduction with two groups of people we support in Halifax and Chesterfield, to review our newsletter and we've coproduced this new version based on the input of everyone at the meetings we've attended.

We will be adding new features, an editorial team and changing the overall way we work to include the people we support more in the production of the newsletter. This will be an ongoing project and we hope you like the new look. We are committed to coproduction at Lifeways and want to ensure people can be as involved as much or as little as they want to be. If you like talking to people, taking photos, writing poems or stories get in touch and join the Lifelines editorial team. Even if you don't want to be involved, but would like to give us some feedback about the new look please get in touch at [yourstory@lifeways.co.uk](mailto:yourstory@lifeways.co.uk)



## Introducing the new editorial team

We're delighted that William B, Anthony B, Phillip F, William T and Sharon B from the Chesterfield area have all joined the editorial team and will be working on the next issue of Lifelines.

# Contents

<b>Farming with Custard</b> .....	<b>Page 4</b>
<b>Home sweet home</b> .....	<b>Page 5</b>
<b>Horsing around</b> .....	<b>Page 6</b>
<b>Getting out and about</b> .....	<b>Page 7</b>
<b>Coproduction news roundup</b> .....	<b>Page 8-13</b>
<b>Snooker Review</b> .....	<b>Page 14</b>
<b>Whiskey and golf</b> .....	<b>Page 15</b>
<b>Independent woman</b> .....	<b>Page 16</b>
<b>A fighter pilot poem</b> .....	<b>Page 17</b>
<b>Natural benefits</b> .....	<b>Page 18</b>
<b>Walking to Puerto Rico, Gran Canaria</b> .....	<b>Page 19</b>





# Farming with Custard

William is 34 and has been volunteering at Chesterfield Community Care Farm four days a week for the past eight months.



**"In that time I have achieved my Land Based Studies Level 1 Award and I have just started working towards my Level 2 award. I love working with the animals and the staff. I would really like to work at the farm full time because the atmosphere is brilliant and I am learning so much. Not just about the animals and how a farm works but also about myself. I really enjoy feeding the animals but cleaning them out is the worst job!" William jokes.**



"My favourite animal at the farm is Custard the calf, he's a Jersey bull. The work is really varied and I enjoy that a lot, you never get bored on a farm. I do all sorts of jobs from moving the animals from one field to another, feeding them, to taking them to market for sale or to the abattoir. You have to know a lot about animals as there are lots of regulations. For instance, did you know they have to have a passport? If they don't have it then they can't be sold, this is to make sure that the food chain is protected, it really interesting.

I have also learnt to drive the Polaris tipper which is brilliant, I really love doing that and I'm a really good driver, but can only drive on the farm. I am involved in all the planning on the farm, we have daily meetings and decide what we will work on each day. It's really given me lots of confidence. Sometimes I work alongside people who have challenging needs and I really enjoy helping and support them."



# Home Sweet Home



Written by Paul, together with his support team

My best friend Dan plays the organ and played the notes above my bed so I would know what they sounded like.



**In August 2016, I moved into my new home with Roger and Mark, who are both blind as well. I made the move as my mum had some health issues and I didn't want to be a burden on my parents and wanted to be independent. The house was already adapted because Roger is in a wheelchair and is blind and deaf. The adaptations are wider doorways and the front door has a bell when someone walks in which is great because we always know when someone arrives.**

I love music of all types, 50s, 60s, 70s, and early 80s, not a big fan of modern music though. I really enjoy singing karaoke. I listen to audio books, especially thrillers like Jack Higgins, I also listen to television documentaries mostly about the police and medicine. I like going out and socialising. I go to Fab club on Friday nights and I go to a friendship group 4 days a week and we go on day trips together, shopping, 10 pin bowling, country and western days, quizzes and bingo. I'm really busy!

I plan and prepare some of my meals, with support from my team. I do housework: changing my bed, dusting and sorting my laundry. Before I moved I didn't do anything for myself, not even showering but, now I am becoming really independent it's great. I know my surroundings and can move around without support, just me and my cane.

I have a treadmill, my support team help set me up and then they can leave me to get on with my exercises. They stay in earshot in case I need support but it's really good to be able to be this independent now, it means a lot to me to be able to do all these things on my own.

I enjoy travelling, last year my parents and I went to Disney Land Paris and the year before we went to Florida Disneyworld. I am really looking forward to going on holiday with my parents, we are going on a cruise around the Fjords in Norway.

# Horsing Around

A group of friends in Sunderland recently spent the day horse riding at Washington Riding School and they all had a great day.





# Getting out and about



Written by David, together with his support team

My name is David and recently I spent a few days on holiday in Bournemouth.



I didn't used to like going out, but my life has changed thanks to my support team. I am now doing lots of walking which is helping me to lose weight. I enjoy going to football matches, the circus, out for lunch and visiting people.

We stayed in a nice hotel and I had my own rented car, a Renault, red colour with no car key, which was really cool. On our first full day we drove to Poole Quay to see a pirate show. There were a lot of ladies and gentlemen dressed in pirate outfits. I played arcade games, rode on the merry go round, danced with pirates and at the end watched a procession with the Mayor and a band. It was a bit chilly and showery so we left and headed to meet my best friend Alan who lives in Poole. We had lunch together and enjoyed playing easy golf. Then we took the Land Train to Boscombe and had drinks.

The next day we did some sightseeing and on Friday I went to visit my brother, his wife and met his twins for the first time. I had a great holiday and I can't wait for my next one.





# Co-production news round up

Lifeways Group is committed to co-production. Working together is the best way to make sure we involve everyone in key decisions and changes. This will benefit everyone, now and in the future.

We've been hosting a range of co-production activities around the Group, here are the highlights.

## Walking in Someone Else's Shoes

To help people understand how co-production works we launched a project where people swapped jobs for a day. Some of our Directors swapped jobs with support staff and some of the people we support swapped jobs with their support staff.

Here are the stories of three people we support at Loch Park in Scotland:

**Craig became a support worker for the day because he wanted to swap jobs with his favourite support worker Ross. Craig's key responsibility was to manage the cleaning rota for the end of the day.**

He learned that it's not as easy as it looks; "I have learned that sometimes people don't always want to do the jobs that you give them, and that you need to take other people's feelings into account. I will work harder and try to be more helpful when cleaning up the centre. It is a job I enjoy anyway!"





**Graeme became a senior support worker for the day, his main job was looking after the tuck shop, taking money and using the till.**

We asked Graeme what he's learnt, "Lots! When I was taking the tea money it was very busy, and all the customers needed to be served very quickly. They came at me like a rocket! I have learned that sometimes being a support worker is quite hard." We asked Graeme what's next? "I will try and help other service users more. I would love to be in charge of my own group, and maybe help out in the office."

**Maurice chose to sell raffle tickets for the Loch Park music festival, and was in charge of the piper who played the festival.**

Maurice said, "I have learned that I am a really good salesman and that I would like to be in a pipe band again! I also learned how to deal with money and how to keep it safe. If I were to sell tickets again I would be more confident, and shout to attract lots of attention to more people to buy tickets."





# Co-production news round up

The 2nd 'Our Voice group' co-production conference took place in Derby on 12th June with people attending from around the UK. Everyone worked together on a craft activity to create a banner which spelled out our definition of coproduction "Our tomorrow is co-produced today with everybody working together with different ideas to help each other build things."

**A Co-production Café was held, giving attendees the chance to get involved in important new projects within the organisation and share their skills and ideas.** Martin Walker from Think Local Act Personal said: "We encourage everyone to think about co-production and make it a reality, and it's struck me today how seriously Lifeways is taking co-production. I'd commend the work that Lifeways is doing to other organisations – learn from Lifeways and get stuck in to coproduction."

Look out for our Co-production newsletter for more details and news about this and other events.





# Co-production festival



Members of the Our Voice coproduction group also went to the third annual Co-production Festival in London on 3rd July. The event was hosted by the Social Care Institute for Excellence (SCIE).

Everyone enjoyed the performances by Britain's Got Talent winner Lost Voice Guy and Emily Maguire, singer-songwriter and mental health activist. There was also a debate about barriers to coproduction success and a chance to ask questions to a panel of experts.



Our Voice is the co-production group for people supported by Lifeways. They meet regularly to discuss co-production projects and share their ideas with our staff and senior managers. Our Voice members come from all over the country and everyone who is supported by Lifeways is welcome to join the group. The group designed their own logo, which is used on all the documents they help to create.

**We've created a Facebook group for everyone who is interested in working in partnership with us to chat about coproduction projects. Anyone who shares our vision is welcome to join. Visit [www.facebook.com/groups/ourvoicecoproduction](https://www.facebook.com/groups/ourvoicecoproduction) to have your say!**

# Co-production news round up

We've been holding training sessions across the country to make sure that our staff understand why coproduction is so important and how they can ensure that the people they support play a part in shaping and improving their services. The training sessions were delivered by members of the Our Voice group. We received lots of positive feedback from the people who took part:

"I enjoyed meeting people we support and understanding how important co-production is"







**“I learned how including more people and working together can produce a better outcome”**

**“I will share my knowledge to give others a louder voice”**





# Snooker Review



Written by Sharon, together with her support team

Sharon asked if she could be part of the Lifelines editorial team and wanted to tell everyone about one of her favourite pastimes.

**My name is Sharon and I like snooker. I have been to see it quite a few times at The Crucible, Sheffield with my support worker.** The Crucible is a really good venue to see snooker as it is wheelchair accessible. You have to be quiet while you are there, and either turn your phone off or put it on silent. Toilets are easy to find and they are really clean. The staff there are very nice and friendly. You get a break in the middle of matches so you can stretch your legs or you can go to the bar for a cold or hot drink. You cannot take your own drinks or food and it is very busy at the bars and bathrooms.

There is a counter where you can buy merchandise such as coasters, T-shirts, mugs, snooker cues and lots more. I have bought some of these items and they are very good quality and value for money. I found it a very good experience and I LOVED IT! EVERY TIME!

# Whisky and Golf



Written by Shaun, together with his support team

I'm Shaun and I turned 50 this year and wanted to try something different. So my support worker Simon and I booked a two-day trip to St. Andrews, because I love golf and whisky!

On our first day we travelled up to St. Andrews on the train, then had a tasting tour at a whisky distillery which I loved, I even bought some sample bottles. We celebrated my birthday that night with a great dinner, I tried Haggis!! In the morning we walked the 18th fairway and stood behind the famous green at St. Andrews, which was amazing. We then had a look around the British Golf Museum which we both thought was really interesting. We finished our trip with a visit to Tom Morris' grave, he is a famous golfer who won the open 4 times in 5 years but unfortunately died at the age of 25.

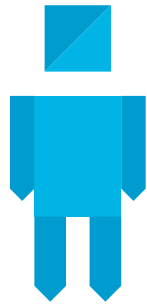
When we got home I said to Simon can we do it again. Simon is supporting me now to take golfing lessons with a professional at our local driving range.







# Independent Woman



Written by Helen, together with her support team

**My name is Helen and I want to share my story with you.**

**When I first moved 4 years ago my skills were very limited, I was in debt, had no money and I had acquired a lot of negative relationships in my life. In this time, I have learnt to plan, prepare and cook my own meals, pay my bills, do my laundry and withdraw my money safely. I am able to plan for my weekly activities and stick to a weekly budget plan.**

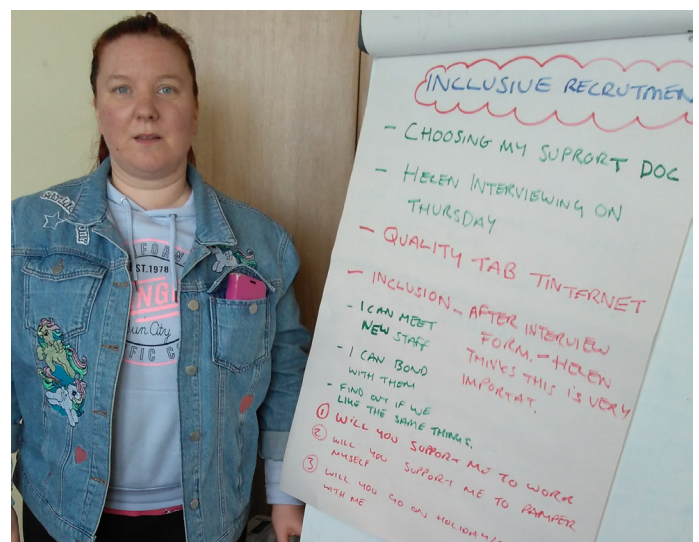
I have a job in McDonalds and I work twice a week as a cleaner, making sure everywhere is kept to a high standard of cleanliness. I have also completed a health and safety course and I now complete my own safety checks.

I've been working with my support team on inclusive recruitment, delivering presentations to managers and team leaders in Wrexham and Liverpool. This helps them to understand how important it is that I am involved in my own recruitment of staff.

I have worked really hard on my budgeting skills and am now debt free. I have also worked on my relationships and now all those old negative ones have been replaced with positive ones.

The best news of all is that I have now just moved into my own flat with staff support and I have furnished the whole flat myself and I have been able to book a holiday of a lifetime to Disneyland Paris.

I am now looking forward to the future in my own flat and I'm setting myself new goals.





# A Fighter Pilot



Written by Lee Rowley

He learnt his lesson fast  
As he saw his best friend die  
Caught up in a bomb blast.



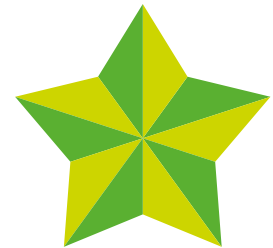
No time to grieve  
No time to feel  
His plane has been hit  
This war just got real.



As his plane begins to fall  
His body is in pain  
As he fights to save the engines  
There's no time to Complain.



Hoping for a miracle  
With battle raging all around  
God knows how he did it  
He lands the plane on the ground.



90 years later  
On Remembrance Day  
William goes to remember  
The role he had to play.



Lee has been writing poetry for over a decade, he says, "I feel it has become my natural habitat of creative thoughts and ideas. I believe I have a natural talent and one that I feel has been well and truly nurtured. Furthermore, I am also involved with a creative writing network which I find is a beneficial forum for my inspiration as a poet. Some of my work has already been published in several poetry collections over the years, during which time I also gained experience in poetry recitation at Lit-fests in Headingley. I gain inspiration from the themes of War and Romance which are highlighted in my upcoming collection entitled "The Suckerpunch Poet". This poem is included in this collection which is scheduled to be available via Amazon as an ebook. If you would like to follow Lee or would like to see more of his poetry you can follow him at **facebook: [www.facebook.com/lee.rowley.9](https://www.facebook.com/lee.rowley.9) or Twitter: [@rowley200](https://twitter.com/rowley200)**





# Natural benefits

An allotment project, started in 2017, has been going from strength to strength as more and more people get involved.



We asked senior support worker Joe Barker how things have been going, "So far we have around 10 people involved in the allotment and the main activities range from watering, planting, painting the shed, building a patio, making raised beds, weeding plants, tidying and most importantly...sunbathing. We have managed to source lots of free tools and equipment to keep it going but are always looking at local websites and local companies for more free equipment. So far we have grown French beans (which have been used in our cooking classes!), tomatoes, potatoes, rhubarb, carrots, onions, sage, mint, basil, oregano and strawberries. This year we hope to finish building a patio area and will possibly look at getting a pond put in.

I cannot highlight enough how beneficial this has been for our tenants and hope that we can continue to put our time into this, it puts us all on the same level which improves the dynamics of our support. It also encourages people to get involved with nature and improves fitness and mental well-being."



# Walking to Puerto Rico Gran Canaria



Written by Margaret, together with her support team

**A year ago we noticed Margaret started to experience problems with her breathing and was struggling to walk up the stairs to her flat. So we supported her to visit her local community nurse, Sally to find out what was happening. Sally suggested that losing some weight would help improve her breathing and general wellbeing.**

The whole support team became involved and we talked to Margaret about the best way to achieve this. Lorraine, who is her key worker, knew that she had been a keen walker and explored why she had stopped. Margaret explained that she had become self-conscious about how she looked and didn't feel comfortable going out and walking. Margaret said she was determined and wanted to get healthy she said, "Right I need to do something about this and I must listen to nurse Sally!"

We supported Margaret to put a plan together, focusing on healthy meal planning and regular exercise. Margaret said, "They eased me into the exercise, so we started walking to the shops instead of having a taxi and having short local walks every evening after dinner. I started to feel better in myself and it wasn't long until I started to notice my clothes were becoming looser.

I would meet nurse Sally every month and I was continuing to lose weight. I plan my meals every week and shop according to my menu. I enjoy preparing my meals but, I do still look forward to my weekly treat of a cream cake!

One year ago I weighed 16 stone, today I weight 12 stone!  
And only have 5 kilos to lose until I reach my goal weight!

Not only do I look healthier and feel fitter, losing weight has given me a new found confidence, a love for shopping for new clothes and a great sense of pride and achievement. I treated myself for all this good work with a holiday to Puerto Rico in Gran Canaria earlier this Summer and yes I kept up my walking! All this wouldn't have been possible without the support from staff especially my key worker Lorraine."



**Margaret's weight loss tips:** Short walk before or after every evening meal. More vegetables on your plate. Eating more salad and making salad more fun to eat! Have a treat once a week instead of everyday! Mine is a fresh cream cake on my key-worker day. Drink more water rather than fizzy drinks



# Loch Park News Round Up



It's been a very busy summer at Loch Park, they celebrated their 5th annual music festival, featured performances from Bedhead, RockSet Community Choir, singer Tommy Twigg to some of the people we support, George G and Ewan S performed a Scottish Soldier together, David T sang Skyfall and Andrew, Tom and Fiona performed with Dreamtime Makaton Group. They raised £2000 for local charities through stalls, raffles and donations from local businesses.

Later in the year they were treated to a lovely scenic train tour of Keith and Dufftown. The trip was organised as a thank you from the local train service for all their hard work at Halloween last year decorating the Halloween ghost train display.

"We all had a really great day and the tour was lovely, the staff and the people we support also surprised me on the journey with a birthday celebration which was lovely." said James Baird, manager at Loch Park.



Find out more, keep in touch or share your story:



Head office:  
The Lifeways Group  
56 Southwark Bridge Road  
London  
SE1 0AS



[facebook.com/thelifewaysgroup](https://facebook.com/thelifewaysgroup)



[@LifewaysGroup](https://twitter.com/LifewaysGroup)



[yourstory@lifeways.co.uk](mailto:yourstory@lifeways.co.uk)



[www.lifeways.co.uk](http://www.lifeways.co.uk)

we listen  
we respect  
we deliver