



## Gala Dinner - supporting our partners



Back row, L to R: Vijay Dham, Mandeep Jhalli, Franc Thurgood, Sam Mason, Jonny Anders, John Keaveny  
Front row, L to R: Aisling Duffy, Maureen Carpenter, Fiona Brown, Mary Schumm, Marianne Selby-Boothroyd, Maureen Aldridge

On October 1st, the Ramada Hotel in Ealing played host to a fundraising dinner and auction in aid of Ealing Mencap. With shoes polished, hair combed and a matching pair of socks found, Support for Living was out in force.

We were shown to our seats during a fantastic performance by Ealing Mencap's instrumental band and a wonderful dinner of salmon and chicken shortly followed.













Next came the centrepiece of the evening: a charity auction to raise funds for the development of Ealing Mencap's Enterprise Lodge. Our host, Ealing North's very own Stephen Pound MP, was on top form as he swept through the lots - including a signed QPR shirt, to Jonny Anders' audible delight.

Mandeep said "The auction was very interesting, the singer was excellent, the food was good, it was for a brilliant cause and it was fun. Mr Pound was funny and his jokes were good. It was good to see the mayor at the fundraiser."









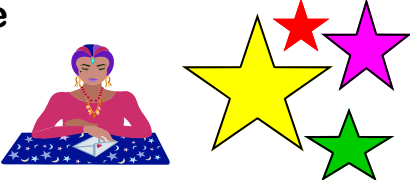
It was a night to remember and, crucially, £5,300 was raised for a great cause. Julian Hillman, Director of Ealing Mencap, would like to thank everyone at Support for Living for our continued support.

*Sam Mason*

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## BIKER BROTHERS



When we were working on this year's annual report, we received an article from Andrew Cooke's brother Paul, about improving Andrew's social activities. You will all be aware of the great photos we managed to take, but only a small part of the article was used. Below is the article in full because we thought it deserves a page to itself.

**Many thanks to Paul and Andrew.**

Due to Andrew's Mum not being able to actively participate in Andrew's welfare, the responsibility as the oldest brother fell to me. At one of Andrew's progress meetings, the subject of what we could do to improve Andrew's social activities and helping him to interact more with his family, was discussed.

There were a number of ideas considered, but one particular subject was noted - that Andrew enjoyed, and responded well, to motorcycle rides from the age of 14. The prospect of me riding a motorcycle after 30 years was somewhat a daunting prospect. But it is with great thanks to Derrie for her persistence and encouragement to allow me to hire a motorcycle to enable both Andrew and I to enjoy our past together.

I will never forget the time we organised the first motorcycle ride. I arrived at the house with a 1100cc Harley Davison motorcycle and a spare helmet and clothing for Andrew. I knocked on the front door to be met by David and Andrew. I presented Andrew with the motorcycle equipment and, to my surprise, he instinctively knew what to do by placing the helmet on his head and the protective clothing on with help. We then took him outside to the motorcycle and off we went, followed behind by Derrie and David in a car. Andrew took to motorcycling as if it was yesterday. He had not lost his ability to sit patiently and maintain his balance on the rear of the motorcycle. We ended up at our brother Stephen's home for afternoon tea and socialised with other members of the Cooke family.



Andrew and Paul in action

Since the first motorcycle ride we have invested in a proper helmet and jacket for Andrew and have undertaken another motorcycle outing to Black Park. The plan is to organise another outing possibly to the seaside later on in the year.

The feedback I get is Andrew does enjoy these outings and he is more relaxed.

*Paul Cooke*

## Wedding Bells



Everyone loves a wedding, and Our News is no exception. **Elsa Grigg**, who has worked for Support for Living for many years, in a variety of roles, is now Elsa Morris! She married **Drew Morris**, who also works for Support for Living, at Ealing Town Hall on 2nd October. You may spot familiar faces amongst the bridesmaids and guests! Congratulations Elsa and Drew. We wish you all the best for the future. ❤️ ❤️ ❤️



## A spa weekend in Manchester

In September Steven Ewins from Greenford Gardens and staff member Gbemiga Johnson went off to Manchester for a posh spa weekend at the Radisson Edwardian Hotel. He enjoyed his journey up there by train and thought his bedroom at the hotel was first class. Gbemiga agreed it was "a very classy and finely decorated room"!



Once there Steven settled in and had relaxing aromatherapy sessions and massage treatments. He also used the swimming pool and the sauna facilities.

Even before this trip Steven greatly enjoyed his weekly aromatherapy sessions at the ARC with Sandra Dixon, therapist, and he is now planning for more spa weekends away.

Steven not only enjoyed the pampering, but the lovely dinners, lots of shopping and most importantly a ride on the Manchester wheel!



## Police called to Star Road!



Recently at 49A Star Road, service users were visited by local police. They did a short talk on transport and safety and generally just spent some time chatting and getting to know everyone. These visits are something which the service users seem to benefit from a lot and everyone had a very enjoyable time.



The Police Constable was Bilal Hussain's brother who works in the Safer Transport Team in Hounslow Borough. Bilal tells us that his brother would be able to provide information or point us in the right direction/do more visits if it's something we would like to expand our work on. Although these PC/PCSOs specifically work in the London Borough of Hounslow, the possibility of something similar in other boroughs could be explored. If you would like any more information about the Hounslow visit then contact Bilal Hussain at Star Road.



Star Road would like to share their photos with you and Frena French, who lives at Star Road, writes below.



**On 12 September, the police came to visit to talk to us about safety on buses.**



**The visit was attended by myself, Teresa, Kevin, Michael, Lavinia, Joyce, Ellen and Wayne and it was great fun.**



**We did some drawings, dot to dots, and colouring in pictures and the police brought gifts such as torches, key-rings and alarms.**



**The best part of the day was putting the sirens and the blue lights on in the police car as a demonstration. It was good to dress up and try on the police hats and we had our photos taken with PCSO's Steve and Maria and a policeman (Hamza).**

**It was a fun day! I would like them to visit us and other service users again.**

*Frena French*

## Elvis rocks the ARC!



On Monday 18 October the Activity and Resource Centre was visited by the King of Rock and Roll. Elvis Presley entertained over 40 people from a variety of services within Support for Living. As well as being an excellent live concert and disco, it was an opportunity for people from “Out and About”, the Brent Services and other Support for Living service users to get together for a fun evening. We were “all shook-up”! Lots of people hit the dance floor and a buffet was provided.

It was the first in a series of “**The ARC presents....**” events to be organised at 24 Stockdove Way. Look out for our next presentation in the New Year.

# certitude

## NEW EXCELLENCE AWARDS

Don't forget that from 1 September, Certitude Support, our parent company, will be awarding Excellence Awards across the group, to include both organisations - Support for Living and Southside Partnership. These will be awarded quarterly and there will be three categories:

- 😊 Providing support that has made a real difference
- 😊 Best Colleague
- 😊 Community Champion

The winner of each category will receive £100 (up to £300 for a team win).

Further information on the awards and the criteria for nominations will be found on your organisation's website and on flyers sent to each service. Nomination forms can be downloaded from the intranet/website. **Make sure you put those nominations forward!**

## COMING UP ON OUT AND ABOUT



You may remember in the last Our News we told you about a great opportunity to film, star in, and make, an animation film on CD to take home and show all your friends. Well, the Out and About group have now completed a great film which you can view on our website. Please do find time to watch it.

Below you can read Carole Dukes interview with Jonathan Wilson, one of the participants of the workshop, about the filming.



The Out and About Programme for October to December 2010 is now available from Carole Dukes, or you can download it from the Support for Living website.

[www.supportforliving.org.uk/projectsandinitiatives/outandabout/outandabout.htm](http://www.supportforliving.org.uk/projectsandinitiatives/outandabout/outandabout.htm)

For more information ring Carole Dukes on 07507 196319 or email her at [carole.dukes@supportforliving.org.uk](mailto:carole.dukes@supportforliving.org.uk)

## INTERVIEW WITH JONATHAN WILSON



### HOW MANY DAYS DID IT TAKE TO MAKE THE ANIMATION FILM?

The Animation Film took 2 days to make and has also taken a few weeks for the people from Chocolate Films to produce the final copy.

### WHAT DID YOU HAVE TO DO?

First of all we each had our pictures taken, one of just our heads and one of our whole bodies. We then used these photos to represent us in the film. We then had to think of certain places that Out and About goes to and one of the places we all thought of was Kew Gardens. We then worked on creating a background for our film using materials that were provided by Chocolate Films as well as any that we had at the ARC.



## HOW DID YOU MAKE THE PEOPLE MOVE?

Using the photos of our whole body we first cut them out and then placed paper fasteners into the joints of our cut out figures and then used a camcorder along with a software programme called Stop Motion, where we moved each one of our photo cut outs a bit at a time and took pictures of it during each one of its movements. When we ran the photo shots through it looks as though the cut out is moving. The process is similar like when animators draw cartoon characters moving.



## HOW DID YOU MAKE THE PEOPLE SPEAK?

This time we had to use the photo shot of just our heads. We cut them out and cut out a part of our mouth so that we can move our mouths up and down as if we were talking. Each one of us then had our voices recorded using another computer program. We were asked questions on what Out and About was? How it helps us? And what do we do? Some of us were asked which places have we been to and what we have seen? The next part of this process was using Stop Motion again, this time to take shots of us moving our mouths. Once that was all done the people from Chocolate Films played our recorded voices during the scene where each of us was moving our mouths during the finished Animation Film.



## WHICH PART DID YOU ENJOY MOST?

I enjoyed taking part in helping to design the background for Kew Gardens. I was the one who cut out the sun with its rays and coloured it in. I also enjoyed helping to apply the movement for the Kew Gardens scene as I helped move the rays. Lastly I enjoyed helping to select the background music for our Film.



## WHAT DID YOU THINK OF THE FINISHED ANIMATION FILM?

The finished film turned out quite good. I even liked how photos of places that we have been were added to some scenes.

## WOULD YOU LIKE TO DO MORE FILM MAKING IN THE FUTURE?

I would possibly like to if any opportunities come up.

[Jonathan Wilson was talking to Carole Dukes]

## Adventures in the Garden at the ARC

If you visited the Activity and Resource Centre this summer you might have noticed a few changes. A trampoline has appeared, and the lawn and flower beds are kept tidy by Mark, who comes in regularly with his support worker.

Over on one side there are three big wooden “boxes”, which were full of plants before the frosts came. These are known as raised beds in gardening circles, and we’re very proud of them, as we made them ourselves in the woodwork sessions. Back in April a small group of us carefully moved the first one into place and filled it with soil.



Before long we were marking out squares and sowing our first seeds – lettuce, rocket, radishes, carrots and beetroot.

During later sessions we planted courgettes, tomatoes, basil, beans, sunflowers, squash and morning glories, and watched them grow from tiny seedlings to big bushy plants.



The most exciting part, of course, was to harvest the fruits of our labour – especially lots of shiny red tomatoes, which taste so much better than any you can buy in the shops.

After an hour or two in the garden we’d eat lunch together, including fresh salad we’d just picked with our own hands.



Growing vegetables has provided fun and healthy exercise, and enabled us to gain new skills. Apart from a row of strawberry plants, the beds are empty now, covered in rich compost made from last year’s leaves. But we look forward to getting out there again next spring.



**If you would like to be part of this, or try something similar where you live, please get in touch with us at the ARC on**

**020 8810 8111**



## Another Great Camping Year at 22 Victoria Road

We camped in our back garden once a month from April through to October 2010. Sometimes we went out to eat, sometimes we had BBQ when the weather was good, and sometimes we cooked a buffet. Here are some photos of us having fun.



### Christmas Party



We are having a Christmas party on Thursday 16 December  
at the Greenford Hall.

It will start from 6pm until 10pm  
Food and refreshments will be served  
Bring your own alcohol.

We can't promise Santa will be there but we can guarantee you  
will have fun!

Look out for flyers.

## OPPORTUNITY!

Would you like the opportunity to represent our group organisations?  
To star in a magazine, on radio, or even the TV?



Opportunities arise from time to time to feature in magazines, and on radio or TV. We are looking for a range of people who can represent Certitude, Support for Living, Southside Partnership and the many projects and services they provide.

We are often asked to talk about the great things we do, or offer an opinion on something topical which may be happening in the world of social care. When this happens, we need to act quickly, and would like to know there are a group of people we can call on to step in and represent us. Lots of support, training and guidance would be given on what to do or say to ensure you are comfortable and confident in doing this.

If you use us for support, if you have a relative that uses us for support, or you work for us and are interested, then contact:

Marianne Selby-Boothroyd, Development Director to discuss further.  
[marianne@certitude.org.uk](mailto:marianne@certitude.org.uk) - 020 8354 5910

### The Hounslow Options Group meeting dates

8 December 2010 – 49c Star Road  
22 December 2010 – 49c Star Road  
12 January 2011 – 49c Star Road  
9 February 2011 – TBC – social event  
23 February 2011 – 49c Star Road  
9 March 2011 – TBC – social event  
23 March 2011 – 49c Star Road



# OUR NEWS IS CHANGING IN 2011

Our News is joining forces with Upside and Certitude.



Our News has been running for over 5 years but now that we have merged with Southside Partnership, and have a new parent organisation - Certitude - the time has come to think differently.

From 2011 the three newsletters will merge into one. We will still need your great articles and stories, but will be sharing our pages with news from Southside Partnership and Certitude. The newsletter will be produced around Spring, Summer and Winter and, as usual, we will let you know when we are looking for your input. We will try to make it suitable and interesting for our vast readership, which includes not only our customers with learning disabilities and mental health needs, but their relatives, carers, staff and our external stakeholders as well. It's a big ask, but we hope you find something in each issue which will be of interest to you.

If there are any particular articles you would like to see as a regular feature, then please do let us know. You can contact:

Heather Cannon: [heather.cannon@supportforliving.org.uk](mailto:heather.cannon@supportforliving.org.uk) or

Bola Owoade: [bowoade@southsidepartnership.org.uk](mailto:bowoade@southsidepartnership.org.uk).

Don't forget, we rely on you to let us know what's been happening and share with everyone the great things you do!

## The Ealing Options Group meeting dates

7 December 2010 – Christmas event – see flyer for more details

21 December 2010 – Allied House

11 January 2011 – Allied House

8 February 2011 – TBC – social event

22 February 2011 – Allied House

8 March 2011 – TBC – social event

22 March 2011 – TBC – formal meeting



## Intensive Interaction Update



Intensive interaction is a fun, enjoyable approach which helps to build relationships with people who through disability are socially isolated or could be described as “difficult to reach”. Support for Living is currently focusing on the development of this work. We recently invited one of the gurus of intensive interaction, Phoebe Caldwell, to visit to share some of her experiences with us. She spent time with staff and residents in two of our residential houses, 246 Haymill Close and 25/27 Haymill Close.

Mara Mendes, Sue Jackson and Florence Mabwa all met her. Here are some comments from them.



**Mara Mendes, 246 Haymill Close:** “I can now see that one of the reasons staff were not doing intensive interaction on a daily basis was in part just due to a lack of confidence. Since Phoebe’s visit people have been more open. There are still barriers and a lot of things to get used to when using this approach, for example if someone is on the floor, maybe that’s where we need to join them! I’m now trying to switch off my ‘normal’ responses and just tune in with who I’m with and imagine how it is to be them.”



**Sue Jackson also from 246:** “The part of the conversation with Phoebe that struck me most is the idea that when you are mirroring what someone is doing you are really trying to connect with the underlying feeling and emotion rather than just literally doing what they are doing. While mirroring what someone is doing is a great way to get started, developing this empathy is the key to building long term, fulfilling meaningful relationships. Also once a connection is made it is important to keep varying the input to keep up interest.”



**Florence Mabwa, 25/27 Haymill Close:** “I was very touched by Phoebe’s passion to communicate with people in a style that suits them. Sometimes I’ll talk in a way that works for me, but I’m realising a person responds better if you try to find out their own ways of communicating. Phoebe spent time with Aileen and was quickly able to identify what was meaningful to her. This has really supported me to develop my own relationship with Aileen.”



### Future Events

We are really pleased to have booked Dave Hewett, another of the pioneers of this work, to run a training day next year. Details of how to apply will be available soon. Please see the website for details of practice development sessions (support for staff using this approach) and ‘Introduction to Intensive Interaction’ sessions.

For anything related to intensive interaction please contact Lucy Harrison on 07908 563 662 or [lucy.harrison@supportforliving.org.uk](mailto:lucy.harrison@supportforliving.org.uk)

For more information about intensive interaction see the SFL website or [www.phoebecaldwell.co.uk](http://www.phoebecaldwell.co.uk)

## NVQ AWARDS

Congratulations to the following staff who have received their NVQ Awards.

### NVQ 2

Thomas Hill  
Alice Rankin  
Imogene Smith  
Regina Mukuware  
Sarah-Jayne Beavis  
Alice Bryson  
William Forrester  
Inderpak Virk  
TKE Adeoba  
Valerie Austen

### NVQ 3

Regina Mukuware  
Natalie Wiltshire  
Jo Bynoe  
Hajnalka Toth-Szollos  
Anne-Marie Whittaker  
Clare Hotson  
Satu John  
Zeanab Garuba  
Rachael Holden  
Susan Jackson  
Funmilayo Ibrahim

### NVQ 2

Noori Kader  
John Rogers  
George Mensah  
David McKenzie  
Tsitsi Murisa  
Evelyn Chawatama  
Olu Onikoye  
Caroline Njora  
Susan Jackson  
Babucarr Jonga

### NVQ 4

Helen Anidugbe  
Vennell Pellington

### A1

Gianluca Zucchelli





## YOUR WINTER STARS BY CLAIRE VOYANT



**Gemini** Start making plans for the party season but be careful with your spending. Don't forget that special person when you go shopping for presents!



**Sagittarius** Your personal sky is full of promise. It's a good time to get closer to your nearest and dearest.



**Cancer** Your popularity is on the up and up. People you meet now find you fascinating and want to know what makes you tick.



**Capricorn** Tempted to sign up for an evening class? You never know who you will meet. There are also romantic opportunities.



**Leo** Stop sweeping things under the carpet. Once you confront a problem on the work or home front, you'll be able to sleep easy again.



**Aquarius** You should be free to do your own thing at the weekend and you may find a new kind of entertainment.



**Virgo** You are in demand, so getting organised is important. Expect interesting emails or texts from loved ones or friends.



**Pisces** Change is on the way—with or without help from you. And with it comes the golden opportunity you have been waiting for.



**Libra** Try exploring new interests to brighten up your week. Now's a good time for getting things sorted.



**Aries** You have been daydreaming lately, so that probably means you're not getting a lot of work done. Time to wake up!



**Scorpio** A mix of brilliant ideas and a boost of new money means you can speed up that home make-over.



**Taurus** Wouldn't it be nice to do something you really like and show off your talents. This is the time to do it! Be brave.

**If you would like to submit any articles or photos for our next newsletter, please send them to:**



**Email:**

heather.cannon@supportforliving.org.uk

**Write:**

Heather Cannon  
Support for Living  
Allied House 154-156 Broadway  
West Ealing  
London W13 0TL



**Phone:**

020 8354 5925 Or 020 8354 5900



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