



# Moray Shared Lives

## Edition 18 – Summer 2017



Welcome to the summer edition of the Moray Shared Lives Newsletter. Our carers and people who use our service are making the most of the small amount of sun we have had. They have been out across Moray enjoying meals and picnics together, attending clubs and local events and getting out in the garden and beautiful countryside and beaches.

Being part of a carer's home and outings with support encourage community involvement, boost self-esteem and confidence. A small group setting with time together, often sparks conversations about times gone by and also what is happening in the world now. A sense of meaningfulness and belonging are all important we have been told by our service users and their families.

### **Members of the Shared Lives Team have been to three exciting events over the last month:**



**Ireland Presentation:** Diane gave a presentation to a group of commissioners and Shared Lives colleagues in Belfast City. They are looking to set up a similar service to our Moray one, over in Northern Ireland and had an event to discuss possible options. It was great to spread the good practice we have achieved as a team in Moray.

## **Parliamentary Reception:** A party of 4 also went to

Edinburgh for the Shared Lives Plus 30<sup>th</sup> anniversary, Parliamentary Reception. Richard Lochhead kindly hosted the event as a celebration for all Shared Lives services and he invited Moray and Fife Shared Lives to provide a showcase. This allowed us to highlight the very different services we provide, using the Shared Lives model of care.

John Campbell, Diane Mcleary and two of our carers (Rosemary Young and Hilary Williamson), made the trip down and all agreed that the event was a great celebration and wonderful opportunity to spread the word about the varied support Shared Lives can provide.



## **Quarriers**

### **Carers Week Event:** Karen Netherton and Alison

Sutherland were nominated for an award by a service users family. They received an award certificate each and enjoyed lunch together at the Elgin Town Hall event. It was lovely to see two of our carer team receive recognition for the great work they do every day. Congratulations ladies.



## Service update.....

We are pleased that our recent interviews were successful and we have appointed 3 more permanent office staff to join the team. Julie, Claire and Linda all start on the 10<sup>th</sup> of July.

Our recruitment ban has now been lifted and we will be looking to begin the assessment of the potential carers on our waiting list over the next couple of months. The ban has been in place, most of the time, since September 2016. Carer recruitment will now set off again at a pace. We are excited to see where the next year takes us and to continue on the amazing journey. We hope to build on the fabulous results our current carer team have accomplished!

We have two new carers:



**Elaine Stockdale** will be working 2.5 days per week and lives in Hopeman. She started on the 3<sup>rd</sup> of July and will initially be offering day support. She is also approved to provide overnight respite, should she decide to offer this in the future.



**Gail McLean** will also be working 2.5 days per week and lives in Keith. She also started on the 3<sup>rd</sup> of July and will be offering day support.

## Availability update.....

We currently have a few spaces available throughout Moray and we are still continuing to accept referrals for our waiting list. The office team meet each week to discuss availability and referrals, to ensure we keep a good track on the office team workload.

At the end of June we were providing 756 hours of day support each week and a few days of overnight respite per month. We currently support 90 people weekly and have 30 Shared Lives Carers across Moray.

### Long term placements.....



As advised in a previous newsletter, we are about to offer long term placements in Moray in addition to our growing day support and overnight respite branches of the service. I am delighted to report that we have 3 carers about to start offering long term placements from their home over the next few months. We are in the process of finalising the paperwork and visits to support them. One placement is on track to begin in August hopefully and the other young gentleman is currently going for weekly supper visits and regular weekends, to get to know his new carer. We are hoping he may start in September. It is certainly an exciting new chapter to look forward to, and I will share their stories as they unfold.....

### Communication Review.....

We are a reflective service, and we regularly look at aspects of how we organise and conduct certain tasks to see if they can be improved. Our focus this year is on communication, as you know. As a follow up to this, I have added in the feedback you all kindly gave from your annual surveys. We will shortly be following this up with a stakeholder's communication survey, which will be sent out to professionals who refer to the service.

We are looking into providing all our carers with ID badges, as we have not done so for a while and we have noted this from our carer feedback sessions earlier in the year. We will also ensure all new carers have an individual service promotion leaflet.



We continue to forward on best wishes to our two ladies in the East – Sandra and Janice. They are both receiving treatment and are doing

really well. At recent visits, they both thanked everyone for their best wishes and kind thoughts. Sandra hopes to be back with the team in the next few weeks and Janice will return in a few months.

## **New Service User and Carer Group?**

## **Have your say? Volunteers needed.....**



I mentioned in the last newsletter, that other Shared Lives Services have set up various different groups to encourage group activities, outings and the sharing of ideas and feedback.

If you would be interested, can you please suggest what you think would be best in our area? Please email, phone or write to the team directly to discuss. Our contact details are below.

## **Follow up from MSP, Douglas Ross's visit earlier in the year.....**



Alison goes along to our Shared Lives Carer, Charlie in Duffus. She said that she really enjoys her time there.

Recently Alison accepted an invitation we sent out and came along to meet Douglas Ross MSP. As part of his visit, to learn about the service we provide, she told him that she liked Charlie and had fun at her Shared Lives placement. We also asked Alison if she would like to say anything, while we were all there together. She let us know that she would like to write an article about her time

with Charlie, for our next newsletter. The photos above show the process and the finished letter is below. The photo below is a project they have completed together. Alison took it along on the day to show us all.



## A Day at Shared Lives, by Alison Jaffray

This is for the Shared Lives for the newsletter.....

On Monday Charlie picks me up at half past ten then we go to the Elgin Library to put back the books. We went to Asda to buy a Garden Gnome then we go back to Charlies house for Lunch.

Then we watch a programme called Anne without the E then I play with Jackson with his ball.

Me and Charlie have lots of fun. Me and Charlie got our photo taken for the Northern Scot. It was about the Embroidery Guild. They have a Class in the village Hall in Duffus. She picks me up at the back of seven. We have a raffle -only fifty pence! - and get a cup of tea or coffee and biscuits.

From Alison xxxxxx

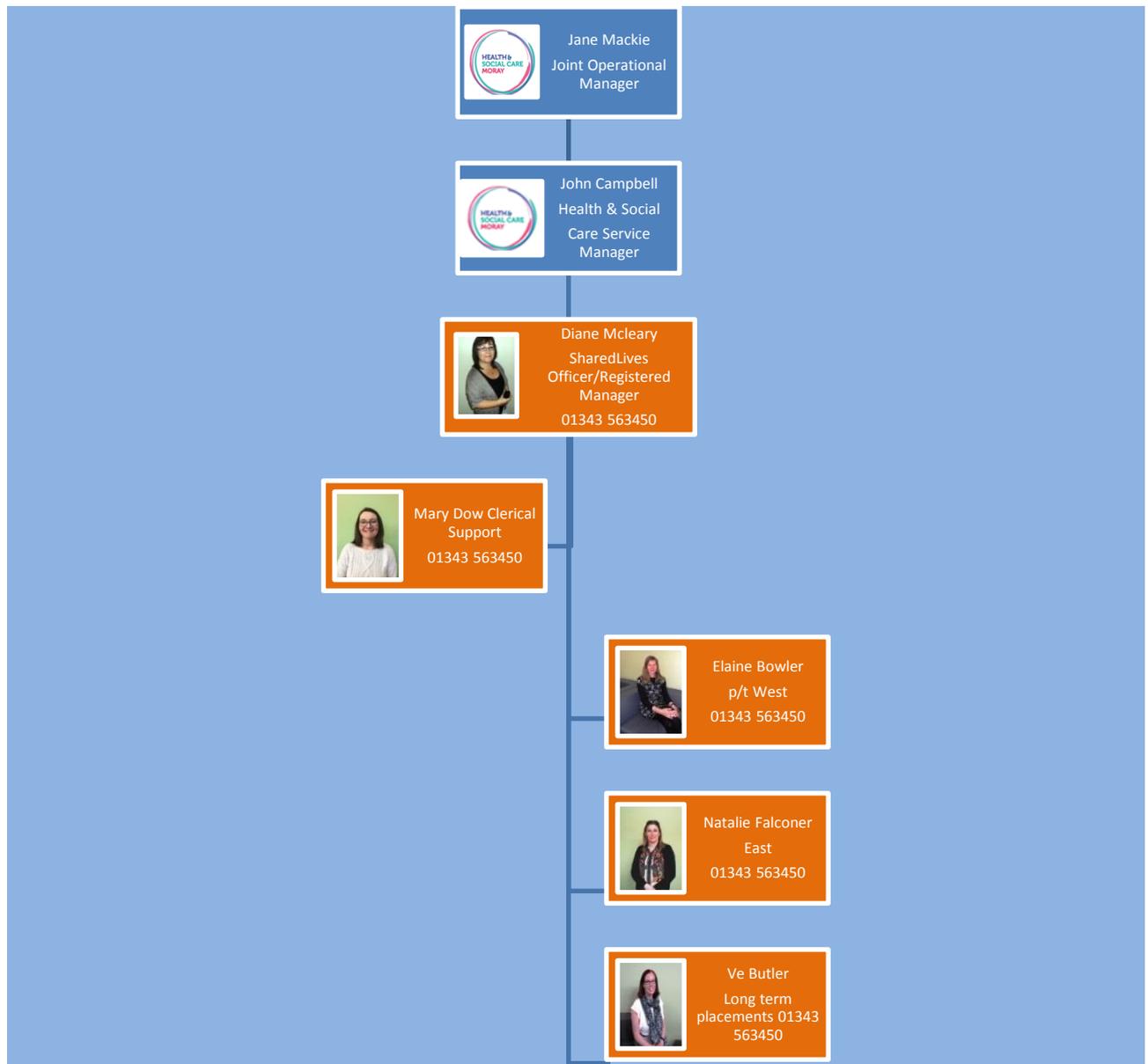
Recent pictures of our Shared Lives Adventures and creations together .....



Enjoying time out and about in Moray and our Shared Lives Craft Group had lots of fun making "fairy doors" together.



## The Current Shared Lives Office Team Staff Plan



If you have any comments or suggestions, or want to get in touch with the team, please **phone 01343 563450** or email [sharedlives@moray.gov.uk](mailto:sharedlives@moray.gov.uk).

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