



# The Moray Shared Lives Service Newsletter

Edition No 2 - March 2013



Welcome to the second edition of the Moray Shared Lives Service newsletter. Thank you to everyone who kindly gave me feedback in December, when we circulated our first newsletter. It is helpful to know what people think, and to gauge what would be useful for me to include in future.

## Progress update....

The service is still progressing well. We now have 4 carers in our team. They provide their services from Kinloss, Bogmoor, Buckie and Findochty. Recruitment of new carers is still ongoing and we are still looking for carers, especially in the more rural areas.

We currently have 14 people who use the service and 6 more booked spaces for people who are awaiting one of the new carers to start. We have 4 more taster visits booked, for people to see if they wish to use the service in the future.

It is very important that the service is promoted effectively and that we ensure the right people are allocated the limited spaces within our Shared Lives service. I have been out to various team meetings to update staff on how our service is progressing, to chat about the people we can help, the referral process etc.

Please contact the Shared Lives Officer at any time to discuss any aspect of the Shared Lives Service. I am happy to visit individuals or Teams of professionals, who want to know more about the flexible service we offer.

### **New carers join our team....**



**Trevor Geddes** - Shared Lives Carer - Lives near Buckie. Trevor offers day service at the moment. He is due to commence his day service mid April. He has 3 gentlemen on his waiting list, and a further two taster visits booked in. Trevor has said: **"I am a person who likes to keep busy and I like to help. I am also calm, placid and fun loving"**.



**Shirley Welford** - Shared Lives Carer - Lives at the top end of Findochty. Shirley will offer a day service and is hoping to start her service at the beginning of June. She has 3 people on her waiting list and a further two looking to book in taster visits. Shirley has said: **"I have a friendly caring nature and a ready smile....."**

All our carers have compiled a leaflet for their individual service. Please feel free to request these from the Shared Lives Officer at any time.

### **Carer team building.....**

Our team of carers are invited along to monthly Focus Group meetings to keep up to date with new information. It also offers the

opportunity to get to know one another, share best practice etc. These meetings are always well attended and seem to be working well.



This month we looked at the subject of reminiscence and how it can be used within our care service. We borrowed one of the free library reminiscence boxes, shared library reminiscence event dates and I compiled a hand out of useful information.

After a fun session, reminiscing about our own child hoods, we all agreed that it would be really beneficial and fun to include some reminiscence time with the people who use our service.

Some of the carers have said that they intend to use this as a starting point for their own reminiscence boxes, scrap books, individual memory boxes etc.

## Upcoming events.....



### **Elgin Library Foyer Event on the 19<sup>th</sup> of June:**

We are holding an information morning to highlight and promote the Moray Shared Lives Service. The Shared Lives Officer will be there from 9.30 - 11.30am to distribute information leaflets, answer enquiries about the service and recruit potential new carers.

Also on the same day.....



**The Moray Shared Lives Service Afternoon tea and "Trip down Memory Lane" on the 19<sup>th</sup> of June:**

The Elgin Library activity room will be open to Shared Lives Carers, service users and their families. There will be an opportunity to share a cup of tea, have a chat and possibly get out for a short walk together (for those who wish to) in the lovely Cooper Park.

The event will run from 1- 4pm (approximately).

We hope to continue the reminiscence theme and bring some of our service users and carers together.



**The Moray Council's Older people's information co coordinator has provided us with some information, which you may find useful:**

## **MORAY MEMORIES**

Have you visited the Moray Heritage Memory Project website? It's a great resource for older people, providing the chance to generate chat while taking a walk down memory lane. The site features retired Moray folk's stories about

first jobs, shops of yesteryear, childhood games and much more. Visit:

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

## **REMINISCENCE BOXES**

There are 12 reminiscence boxes available for loan from Elgin Library, and these can be borrowed by anyone working with older people.

Users report positive feedback, saying it prompts memories, discussion and interaction and they are particularly good for group sessions.

If anyone is having a Spring clean and has older objects or magazines that could be added to the collection, please get in touch with Esther Green, Older People's Information Co-ordinator, on 01343 562613 or email

[esther.green@moray.gov.uk](mailto:esther.green@moray.gov.uk)

Items should not be large, breakable or heavy and should date back to the 1950s-1970s. Farming memorabilia in particular would be welcomed.

Esther Green, Older People's Information Co-ordinator  
(All day Tuesday and Wednesday and Thursday mornings)  
01343 562613 [esther.green@moray.gov.uk](mailto:esther.green@moray.gov.uk)

**Do you know anyone who would be interested in becoming a  
Shared Lives Carer? .....**

If you would like any further information on any aspect of our Shared Lives Service, or wish to share comments or feedback on our newsletter, please contact:

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