

Moray Shared Lives



Newsletter Edition No 6 – March 2014



Welcome to the 6th edition of our Shared Lives newsletter. Our carers have been telling the Shared Lives Support Team all about the innovative activities and outings they have been able to offer over the colder winter months.

Some people who use the Shared Lives Service have enjoyed the pantomime with their carers, others have visited local museums and galleries, visitor centres and cafes etc. They have also been making the most of their time indoors, using IT to access suitable online games, Google Earth to see new and old places they may have been or wish to visit etc. Some people have been trying out card making, knitting for various charities, cooking, baking, enjoying different games and puzzles, reminiscing and generally having fun together.

We are currently looking into suitable venues for a possible summer outing and Christmas Party, as a follow on from the suggestions we received previously. We will provide more information nearer the time.



New - "Cuppie n chat" sessions:

The carer team organised a get together to offer an opportunity for some carers and service users to meet. Everyone who went along said they had a lovely afternoon and it was a nice opportunity to meet new people.

They are planning to arrange further opportunities, throughout the year, on different days and at various venues, to enable more people to go along.

Shared Lives and Technology.....



There was a lot of laughter to be heard the other week at Hilary's home. Hilary, one of our carers, agreed to use her home as a venue for the Shared Lives Team to set up an interview via Skype. The article will be about the innovative ways in which Shared Lives supports people to be part of their community and get the most out of life.

Jean and her carer Hilary really enjoyed the afternoon and it was wonderful to speak to Simon, from the Sue Ryder Charity, when he was so far away in London!

Do you know anyone who could be a Shared Lives Carer?

We are looking for individuals to provide a special kind of support, based from the carer's own home. Shared Lives Carers are self employed and invoice the Moray Council each month for payment. They would be required to support adults with a variety of needs, to develop their potential, and get the most out of life. This would be achieved by:

- Giving the opportunity to learn new skills or rediscover old ones
- Assisting people to get out and about in their local community
- Giving support to participate in and enjoy social activities
- Help with personal care: washing dressing etc.

The Shared Lives Service is recruiting now.....

Recruitment Days are being held at:

Do you know anyone who would like to come along to gain more information on the Shared Lives Service, or who may wish to become a carer?

| Date | Venue | Times |
|------------------------------|--|------------|
| Tuesday 6 th May | Tesco Foyer | 10am – 4pm |
| Thursday 8 th May | Asda Foyer- venue requested, but still to be confirmed | 10am – 4pm |
| Friday 9 th May | Dr Gray's Hospital – main foyer area | 10am – 4pm |
| Monday 12 th May | Elgin Library foyer | 10am – 3pm |
| Tuesday 13 th May | Moray College/UHI | 10am – 4pm |



We are pleased to welcome Jane Alexander to the Shared Lives Team. Jane took up the post of Shared Lives Support in January. She has been out and about to meet the rest of the team and some of the people who use our service. She really enjoyed the opportunity to meet everyone. Jane is based at the council Annexe in Elgin and will support the Shared Lives Officer, Diane Mcleary.

Diane Mcleary - Shared Lives Officer or Jane Alexander - Shared Lives Support, can now be

contacted at sharedlives@moray.gov.uk or by telephoning 01343 563450/563969.

Please feel free to contact us at any time to give us feedback on our service, newsletter or anything else related to Shared Lives. Any ideas or suggestions will also be most welcome.