

Information and news for disabled and older people and family carers

# Independent Living News



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Edition 141 - June 2021

#partofthesolution: 1996-2021, celebrating 25 years of promoting independent living

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If you would like a regular copy of the SIL newsletter, and to help us adhere to our environmental policy to reduce production and postage costs, please forward your email address details to [shelagh.callaghan@s4il.co.uk](mailto:shelagh.callaghan@s4il.co.uk)

Deadline for article contributions in the Autumn newsletter is Friday, 30th July 2021. Email to [shelagh.callaghan@s4il.co.uk](mailto:shelagh.callaghan@s4il.co.uk) or post to the address on the back of this newsletter. Don't forget the prize for every star letter/article printed is £25.



Well what a year we have had since we last looked forward to some summer sunshine - this time last year.



I asked if I could write to you in this edition of the quarterly newsletter to express my thanks to you all, as Chair of the Trustees and also as a long-time SIL customer.

I know how isolating it is to shield, as so many of us have had to do for the last year. If I've learned one thing during this time it is that "it's good to talk" even if it is through video or written message like this. I have appreciated, as I am sure you all have, Euan's video messages of encouragement and the newsletters that SIL staff have continued to produce even during these difficult times. I am so glad to add the Trustee's voice to theirs.

These have been challenging and tough days for us all. We have lost people we have cared for and people have been sick but, as often in life, sadness is compensated by joy. Many of our colleagues and service users got better and returned to the SIL fold and we have also welcomed and continue to welcome, new faces both staff and customers.

As I write this we know Herefordshire has been hit with another cluster of cases so I do reiterate Euan's words throughout the pandemic that "we still need to be careful". However, these coming months will not only bring better weather, we hope, but a return to the good bits of our life, those we describe as "normal". These I know we will all cherish and enjoy. SIL has a strong and resolute management team and the most caring and willing staff who work to serve and support us as users of the SIL services – I speak from my experience of all roles in our organisation.

SIL continues with our aim to grow and to keep our futures secure so we can be confident that we are prepared for whatever comes our way. We have the tools (good management and staff, good supplies of PPE and enough sanitiser to sink a ship I understand!!) to keep us safe, along with good availability of covid testing and of course the vaccine.

I am really looking forward to seeing you all at the AGM to celebrate our 25th anniversary. Hopefully we will be face to face (we all love our friends and families "bubble" but we also benefit from a little variety!). However even if we have to meet "virtually" it will be great to see each other again and to celebrate the successes we have had during this challenging year. I will never tire of reading about our successes at The Hereford Times Health & Social Care Awards. Well done those who were recognised publically but we all know that there will never be enough awards to thank the rest of you.

Take care all of you, customers and staff, and enjoy your summer.

Caveat: Please note we print articles provided by third party organisations in good faith. SIL takes no responsibility for the accuracy of the information or content. Dates and times of events and activities are correct at the time of going to print.

# SIL's 25K Mileage Challenge



25,000 miles to mark 25 years is certainly a long road to travel, but this is what SIL's staff, service users, friends and family hope to cover in their silver anniversary year. Underlying this adventure is the hope that between us and with the support of those who can't be part of the challenge themselves, we can raise funds for Megan Baker House (MBH), our charity of the Year.



MBH uses Conductive Education (CE) to teach coping mechanisms and techniques to allow participants to learn to manage the difficulties caused by their movement disorder. CE is built on the concept of human potential; the idea that everyone can develop and learn regardless of their starting point.

It is this shared vision that drew SIL to MBH – both organisations use a strength-based approach to their work. It's not what you can't do, but what you can do that matters, and SIL and MBH work hard with their service users to ensure they reach their full potential, sometimes defying medical opinion along the way!

Every single journey made by MBH's clients takes time and motivation. We hope that our 25,000 mile challenge will highlight this commitment and determination to overcome personal obstacles and raise money for our charity of the year.

The miles can be covered in any way that involves some sort of self-propulsion, so whether it's walking, running, swimming, cycling, rolling, or scooting, horse riding, canoeing or any other activity, so long as distance is covered it will count towards the final total. SIL want to make the challenge accessible to anyone, so the use of electric mobility aids or assistant propelled wheelchairs is fine too.

Please contact SIL if you would like to join the challenge by calling 01568 616653, or E: [SIL25K@s4il.co.uk](mailto:SIL25K@s4il.co.uk)

If you would like to make a donation, and every pound we raise will go to MBH, Visit: <https://www.justgiving.com/fundraising/sil-25k-challenge>



Jade, one of Homecare service's team members, who will be running to clock up the miles.

# Carers' Week Herefordshire

## 7 – 13 June 2021



Carers Week is an annual campaign to raise awareness of caring, highlighting the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. The week also helps people who don't think of themselves as having caring responsibilities to identify as carers. To raise awareness of carers across Herefordshire, CarerLinks is hosting a number of online workshops and a Walk and Talk for unpaid carers to find learn about their rights and how they can access much-needed support from local service providers.



### **Monday 7 June 2021, 11am – 1pm. Time for yourself**

Calling parent carers (of children up to 25 years) to join us for a walk and talk followed by a picnic at Belmont Country Park, Hereford.

### **Tuesday 8 June 2021, 10am – 12noon. Health**

Join CarerLinks and other local service providers to find out what support is available to improve your physical and mental wellbeing. Topics include: Stopping smoking, reducing alcohol intake, increasing physical activity and managing your mental health.

### **Wednesday 9 June 2021, 10am – 12noon. Finances**

Don't miss this workshop, which could not only save you money but could gain you some too!! With guest speakers from Just Wills & Legal Services, the Citizens Advice Bureau and Financial Assessment Team.

Topics covered will include: Grants available to Carers; Benefits for Carers; Energy Benefits; Managing someone's affairs; and Paying for Care – Financial Assessments

### **Thursday 10 June 2021, 10.30am – 12.30pm. Work**

Struggling to juggle working and caring? Do you know your rights as an employee who is also caring for a loved one?

### **Friday 11 June 2021, 11am – 12.30pm. The Caring Role**

Online discussions around skills needed for caring and knowledge of services to support you and your loved one to plan for the future. To find out more about these workshops email: [herefordshire@crossroadstogether.org.uk](mailto:herefordshire@crossroadstogether.org.uk) or follow CarerLinks on Facebook: [www.facebook.com/groups/CarerlinksHerefordshire](https://www.facebook.com/groups/CarerlinksHerefordshire)

# Rejuvenate! Reopening in September



Rejuvenate! the creative craft group for carers is looking forward to welcoming carers back to their monthly meetings at the Courtyard Centre for the Arts, Hereford, from Thursday, 2nd September, 10.30am – 12.30pm. Social distancing and safety measures will be in place to ensure your safety.



They have a very lively and interesting programme planned for the year ahead, beginning with a guest speaker and the AGM at September's meeting.

Rejuvenate! offers carers an opportunity to take some time out from caring responsibilities, meet others and have fun. It is the only group of its kind in Herefordshire, run by volunteers who are, (or have been) carers and are well aware of the challenges and rewards that caring presents.

The group meets on the first Thursday of the month at the Courtyard. If you would like more information contact Maggie Sanderson: [rejuvenate@creativecarergroup.co.uk](mailto:rejuvenate@creativecarergroup.co.uk)

## Calling All Golfers

FORD BRIDGE, LEOMINSTER HR6 0LE

# THE MBH GOLF TOURNAMENT

## IS BACK!

Texas Scramble:  
Tee off from 9.00am

£100 per Team of 4 to include  
bacon/sausage roll and coffee  
on arrival.

Saturday  
12TH JUNE  
2021

The Club provides an excellent Menu if you wish to stay on and eat after the Tournament.

Please contact [Lee@meganbakerhouse.org.uk](mailto:Lee@meganbakerhouse.org.uk) to reserve your Place/Team as soon as possible!

Leominster Motors   

[www.meganbakerhouse.org.uk](http://www.meganbakerhouse.org.uk)

Registered Charity: 1141827

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# Kitchen Capers



Many of us have used this latest lockdown to spend time in the kitchen perfecting our Mary Berry/Jamie Oliver skills, and SIL's service users Lindsey and Patrick are no exception.

Both service users sent us in their photos and told us what they had been making. Patrick rustled up a tasty Beef Stroganoff completely from scratch, with the help of Support Worker Caitlin, whilst Lindsey had the unenviable task of whisking 12 eggs for her lemon drizzle cake. Thankfully, husband Dave and Support Worker Elaine were on hand to help out but most of the hard work was done by Lindsey. After all that whisking you would think Lindsey would need a rest, but no – the following week she was baking again, ginger cake, flapjacks and batter for Yorkshire puds and pancakes....weighing, whisking, mixing, chopping and slicing..... looks like SIL has their very own Domestic Goddess!



# Accessible Garden Design



Gardening is another pastime that has grown in popularity over the past year. If you need an accessible garden here are a few tips which might help:



Pathways should be about 1.2 – 1.5m wide, which is wide enough for two people to walk side-by-side, in a wheelchair or using a frame or stick.

To stop wheels ending up in a flowerbed, install a raised edge, either using a wooden gravel board (the board found at the bottom of a fence) or a concrete edger that stands proud, about 10cm above ground level.

Use paving slabs rather than gravel for paths, as little stones are very difficult for wheelchair wheels to navigate. Paving should be pointed with a minimum gap of 10mm. In some instances, anti-glare paving slabs are a good idea, especially for partially sighted or blind people.

If you need to hold onto something when walking about the garden, then consider hanging a rope through hoops or install a support rail.

Raised beds should not be wider than 1.2m, especially if you can only access it from one side. If you use treated softwood sleepers laid on their longer flat edge you can create a perching spot all the way around the soil area.

# Adapt to Perform



Exercise is always a challenge, but now wheelchair users can join in a Wheel Power work out in their own home thanks to Ben Clark.

Ben, a C7 quadriplegic, is a personal trainer and created a series of cardio and strength based workouts specifically for wheelchair users. Visit: <https://www.wheelpower.org.uk/resources/cardio-workouts> to find out more about Ben. His workouts can be followed through YouTube.



# Dementia Matters Here (fordshire)



Dementia Matters Here (fordshire) is delivering a number of services across the county for people with dementia, mild cognitive impairment and their families and friends. A telephone support line, a bi-weekly newsletter, online meeting points for an hour a week of support and friendship, a befriending service, and an online Carer Support Group are all part of the services that can be accessed. If you would like more information, call 01432 804480 or email: [dementiamattershere@gmail.com](mailto:dementiamattershere@gmail.com)

**DEMENTIA MATTERS**  
**HERE fordshire**

# Older Generation Telephone Support



Covid has had a huge impact on mental health over the past year and in particular many older people have been badly affected by the constraints of social isolation and fear of the virus. However, as lockdown eases, it is anticipated that some people will become more anxious and frightened by the thought of socialising and mixing with other people again. There are a number of organisations that can support individuals at this time:



- Age UK - Advice Line is open from 8am-7pm, 365 days a year. 0800 678 1174, or email: [contact@ageuk.uk](mailto:contact@ageuk.uk)
- Independent Age - Helpline is available on 0800 319 6789
- National Mind info line is available 0300 123 3393, Monday-Friday, 9am-6pm.
- The Silver Line, for a chat call 0800 470 80 90, available 24/7 365 days a year.

Registered Office:  
Services for Independent Living, 1 Owen Way, Leominster Enterprise Park,  
Leominster, Herefordshire, HR6 0LA  
T: 01568 616653 E: [contactus@s4il.co.uk](mailto:contactus@s4il.co.uk)  
[www.s4il.co.uk](http://www.s4il.co.uk)