

Information and news for disabled and older people and family carers

# Independent Living News



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Edition 144 – March 2022

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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 Summer newsletter is Friday, 29th April 2022

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.



Welcome to the Spring edition of the SIL newsletter. I hope you had a good Christmas and are looking forward to the Spring, hopefully with a few less restrictions and less risks from Covid. It is great to see the nights starting to get a bit lighter and to see the lambs in the fields. I can see the first shoots of the spring bulbs in my garden and that is always a sign that spring is well and truly on the way.

I hope you enjoy the newsletter, but please let us know what you think or if you would like to see something

specific in future editions.

'Spring will come and so will happiness. Hold on. Life will get warmer.' - Anita Krizzan

## SIL Wants You!



We are looking for additional trustees to join our Board and to become a major part in shaping the future direction of the organisation.

Our trustees work with our senior managers to develop future plans and steer the organisation. It's a rewarding and enjoyable role that can make a real difference to the lives of the people we support.

We want people with good interpersonal skills and who enjoy team working. You do not need to have been a trustee before as support is available from our existing experienced trustees, who meet monthly. SIL is a supportive and accessible organisation and we welcome applications from all ages and backgrounds.

If you are interested in joining SIL as a trustee, please contact Euan McPherson: euan.mcpherson@s4il.co.uk or call: 01568 616653 for an application pack.

For the job description and person spec, visit: [www.s4il.co.uk](http://www.s4il.co.uk)



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 – the Employer of Choice



### #MakeaDifference – New Job, New Start, New You

An hourly rate of £11.28, paid travel time and paid mileage, as well as a range of other benefits, make Services for Independent Living the Employer of Choice for social care in Herefordshire.

We are recruiting now, and you don't need lots of qualifications to start your career in care. All you do need is the right attitude - so if you are kind, honest, thoughtful, and can support older people with compassion you're the person we're looking for.

Other benefits include enhanced family friendly benefits to include maternity, paternity and adoption pay; paid company sick leave; 28 days annual leave that increases with length of service; Blue Light Membership discount card; company uniform and mobile phone; and a fully paid comprehensive induction, including paid DBS, training and continued learning and development opportunities.

Full time and part time shifts available, including alternate weekends, evenings only etc.

Tasks may include providing personal care, medication management, light domestic duties, meal preparation, shopping, and companionship. But, you will be supported by SIL, an organisation that promotes both personal and professional development, supports wellness in the workplace and a good work life balance.

Full driving licence and access to a car is desirable but not essential. Click on the link for more information, call us on 01568 6126653 or submit your CV to [HR@S4il.co.uk](mailto:HR@S4il.co.uk)

If you would like to talk to our staff about working for SIL, please come and meet us at one of our recruitment open days on the 7th March or the 5th May. We will be open from 2pm – 4pm and each visitor will be given a goodie bag and cake!

In the meantime, why not watch our videos and see us in action: <https://www.s4il.co.uk/about-us/videos/>

SIL is a member of the Armed Forces Covenant and guarantees an interview to any veterans or family members of serving personnel providing they meet the essential requirements.



# Winter with our Service Users



It's been a busy winter for our service users and support workers, but despite the sometimes inclement weather, we've all been busy and enjoying ourselves.



Service user Andrew proudly shows off his dinosaur masterpiece which he completed at Avonbury Care Farm.

Service user Ian gives a thumbs up to one of the chefs at Pontins where he enjoyed a short break in Weston Super Mare with support workers. Andy Rachel and Charlie Poolton. Ian enjoyed walking along the promenade and the entertainment in the club.



Service user Josh and Support Worker Naomi Seavour saying hello to the Herefordshire Lions' Father Christmas who's out with his sleigh.

SIL Service user Alan snapped by Team Leader Elaine Powell enjoying the early Spring daffodils at Eardisley Church



Greetings from the Malvern Hills from service user Luke. He was accompanied on a brisk walk on a crisp winter day by Support Worker Kristina Labanauskaite where they both enjoyed the fresh air and the fabulous views.

The new year meant a return to Hereford Community Farm for Beth, one of our service users. Here she is getting reunited with some old friends.



At Avenbury Farm's Christmas Party, Alan was rewarded for his hard work and progress through the year with a Certificate of Achievement. Alan loved the round of applause he received from the other service users.

Service user Josh feeding goats with support worker Sam Gawler at the Hereford Community Farm.



SIL Support Worker Gary Medding supporting service user Alan as he draws furniture and plants on his walls. Much more fun than buying them!

# Snippets



**Herefordshire Mind Safe Haven** is open 7 nights a week, 365 days a year, 5.00-10.00pm daily. The meeting space at Heffernan House, 130 -132 Widemarsh Street, Hereford, provides a social space where visitors can be around like-minded individuals. Light refreshments are provided. For more information, to book a private 1-2-1 appointment, or to have a confidential chat, call 01432 372407. E: [safehaven@herefordshire-mind.org.uk](mailto:safehaven@herefordshire-mind.org.uk)

**Alzheimer's Legacy Month** You can write your will quickly and affordably in the way that is most convenient for you through the Alzheimer's Society Will-writing offers. You can also do something incredible in your will: leave a legacy to help make sure people living with dementia are not forgotten. For more information, please visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk) and search "write a will".

**Herefordshire Carers Coffee Morning** via Zoom, every Wednesday, 10.30am – 11.30am. To join the meeting, use ID: 984 5988 1692 Password: 419620

**Rejuvenate!** The craft club for carers are making Easter cards at their monthly meeting on Thursday, 3rd March. Join them at the Courtyard, 10.30am – 12pm.

**Connecting with Friends lunch club** for older people. Tuesdays weekly - £5 to include lunch and entertainments. 12 noon at the following venues: 1st March - Millennium Hall, Garndiffaith, 8th March - Varteg Community Centre, 15th March - Cwmavon Village Hall and the 22nd March -Talywain Hall. For more details or to book a space, call: 01495 774453

**Bingo Night**, Friday 25th March. An online evening of fun from 7pm. For joining instructions and bingo sheets email: [infohfd@carersworcs.org.uk](mailto:infohfd@carersworcs.org.uk)

**An afternoon of Rugby**, on Saturday, 12th March at Sixways Stadium in Worcester in the company of Megan Baker House. MBH are inviting you to join them in reserved seats in the stand to watch Warriors take on the Exeter Chiefs. Tickets cost £35 to include a hot buffet lunch, complimentary light refreshments and interval soup and access to the private bar and WiFi. To buy your tickets contact MBH: [lee@meganbakerhouse.org.uk](mailto:lee@meganbakerhouse.org.uk) or call: 07801 900518



**Age Cymru Gwent** is offering support for older people on how to stay safe and avoid scams. Scams are increasingly common and anyone can fall victim. For information about how to stay safe, and advice for those who think they have been the victim of a scam, email: [j.boyer@agecymrugwent.org](mailto:j.boyer@agecymrugwent.org) or call 01633 763330

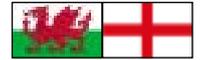
**A new gardening club** is being set up by Herefordshire Carers Group. It is going to be an informal group, meeting at a few different locations around Hereford. Carers can join up for one session or come to multiple sessions. Plant fruit and veg and taste some of your own hard work! If you would like to be part of this new gardening group please call 07817 000985 for more information.

**The GP Learning Disability Register** supports individuals with a learning disability to have access to a healthcare professional and also, if they are over 14 years of age, an annual health check. Statistically, those with a learning disability are more likely to die of preventable causes and at a younger age than other people, so if you have a learning disability or support someone who does, and you live in England, contact your GP and ask for them to be included on the register.

**Disability Grants** is a website that aims to help anyone with a disability find out about and access grants which might help make their lives a little easier. Charities and Trusts provide funding towards the high cost of disability equipment, holidays, housing, days out... in fact anything above and beyond the normal costs of everyday living and Disability Grants can point people in the right direction. Visit: [www.disability-grants.org](http://www.disability-grants.org)

**SIL's Leominster office** has re-opened and is welcoming back staff and visitors. However, if you are visiting our offices for a meeting, we ask that you take a Lateral Flow Test on the morning of your visit and only come into the venue if you are symptom free and the test shows a negative result. It will be a requirement to wear a mask while moving round the office, unless exempt.

# SIL Updates



## SIL's Yearbook

SIL produces a yearbook which captures much of what has happened in the preceding year. Full of photos and short stories it is the essence of SIL in print.



The 2021 edition is now ready so if you would like a copy we can send it either as an electronic version, or in the post. To request a copy, and any previous years' editions, please contact [paula.palmer@s4il.co.uk](mailto:paula.palmer@s4il.co.uk)

## SIL's Website

SIL's new website went live at the end of November and is a useful resource not only for information about us, but also for links to other sites you might find useful. The site includes information on clubs and forthcoming events, and lots of downloads which are helpful not only for service users but for anyone who wants to know more about us and how our services work. If you haven't yet seen the website, please visit us at: [www.s4il.co.uk](http://www.s4il.co.uk)

## Peer Support Group

Angela Higham, SIL's Chairperson, is relaunching our Peer Support Group this Spring. This will be an opportunity for service users to come together to share their experiences in a way that both gives and receives support.

If you would like to be part of this and help develop the service, please contact SIL, either by calling the office on 01568 616653, or emailing: [contactus@s4il.co.uk](mailto:contactus@s4il.co.uk)

## SIL Membership

If you use SIL's services you should have been invited to become a member when you signed the agreement. Membership allows full members the right to vote at SIL's AGM to elect our board, but also to raise questions that you might have about our services. However, we want to make our membership much more attractive and so this year we are looking at how we can do this. If you use our services we would like to hear from you about what you think our membership should include. Please email your ideas to [paula.palmer@s4il.co.uk](mailto:paula.palmer@s4il.co.uk)

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