

Information and news for disabled and older people and family carers

Independent Living News



Find us on
Facebook



Follow @S4ILiving

Edition 145 – June 2022

SIL – The Employer of Choice in Herefordshire's Social Care sector

Inside this edition



- 2 A Message from the Chief Executive
Easter Eggstravaganza
- 3 Age Cymru's HOPE
Colour Fest
- 4&5 SIL - What We Do
- 6&7 Spring with our Service Users
- 8 Snippets



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

Deadline for article contributions in the Autumn newsletter is Friday, 29th July 2022

Email to 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 latest edition of the SIL newsletter, I hope you find the content interesting.

Although it is lovely to have the lighter nights and a bit of sunshine, we are aware that many people are having a tough time at the moment due to the costs of living crisis that is being driven by increasing costs and high inflation. The costs of electricity and gas are obviously a big issue for many and if you are struggling to pay your bills it's really important you talk to your supplier in the first instance, and then try

Herefordshire Council's Welfare and Benefits Team (01432 383444) to make sure you are getting all the support you are entitled to.

Let's hope the situation in the Ukraine is resolved soon, so that the families there can start to rebuild their lives and the price of gas and oil start to reduce.

'Peace begins with a smile' – Mother Teresa

Easter Eggstavanza



On the 8th April we opened our doors for the first event since Christmas 2019! Lots of service users and staff attended our Easter Fun Day and made the most of a good catch up with friends, old and new. It was a lovely event with plenty of coffee and cakes, baked by service users and staff, a special draw and raffle with some amazing prizes, and a fun game based on an Easter Egg hunt. The event raised £390 and this money has been donated to the DEC Ukrainian Crisis appeal.



The lucky winners were Business Support Assistant Charie who won first prize in the raffle, and SIL's Chief Executive Euan, who won the weekend hotel break.

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.

Age Cymru's HOPE



HOPE is making a huge difference to the lives of many older people, (50+) and their carers across Wales, who currently don't know how to deal with their concerns or don't have the confidence to speak up about what they really need.



Age Cymru's trained Independent Volunteer Advocates help older people and their carers access services like utilities, GP, housing and benefits. They also help people to reconnect with their community now Covid restrictions are easing.

If you know anyone who could use the help of one of their Volunteer Advocates, please let them know about HOPE. Or if you would like to join them, they'll train you to provide support to local older people and carers so they can help shape the key decisions affecting their lives and avoid getting into a crisis situation.

For more information email advocacy@agecymru.org.uk or ring Janet Ellard on 07943 186766.

Colour Fest



Leominster based charity Echo, which runs activities for people with learning disabilities, is bringing Colour Fest to Leominster - a 5k Fun Run with paint thrown in! The run, part of the Leominster Festival events programme, will start and finish at Halo Bridge Street Sports Centre.



Dressed in white, participants will be able to walk, run, jog, or dance their way through a series of Paint Stations, so that by the time they reach the finishing line, they'll all be covered in (fully biodegradable) paint, making a splash of colour to mark the Queen's Platinum Jubilee. Shorter, easier routes are available so the event is accessible for all.

To book a place go to: <https://www.echoherefordshire.org.uk/colour-fest/> or call 01568 620 307

SIL – What We Do



Lots of people have heard of SIL, and many people use our services, but it's likely that not everyone is aware of the range of services we offer across Herefordshire and the services we offer in Torfaen. If you've ever wondered - here is a summary of what SIL does!

Supported Living

SIL delivers care at home in Herefordshire through two service areas; the Homecare Service (HCS) and the Independent Living at Home (ILH) service. From 30-minute companionship and welfare visits, to 24 hour- 7 days a week care at home, we offer an adaptable service, ready to change with your changing needs. Regardless of which service is right for you, support and care is provided to keep you confident, safe and independent in your own home and in the community, whether you have a disability, an illness or are getting older. We'll help you to decide which service is right for you and tailor the care around what you choose to have. Both these services work with Herefordshire Council and the CCG to provide support for those whose care is paid for by the Council or health authority, but we also support individuals who want to pay for their own support.



Direct Payment Support Service

The DPSS team deliver services across Herefordshire and Torfaen to anyone who prefers to employ their own personal assistants (PAs) rather than use an agency. They might receive funding from their local authority or receive a health budget, or they may pay for their own PAs, but if they are an employer then the DPSS team can help. We provide bookkeeping to manage your expenses; run payroll for your PAs, which includes liaising with HMRC and the Pensions Regulator on your behalf; and we provide employment services, including recruitment, training and advising on employment law. We are committed to responding to all phone calls and correspondence within 24 hours, so our service users are never left worrying on their own.



Training

Most of our team of qualified trainers are SIL employees who each bring their own wealth of experience and passion for their subject to the training sessions, making the training relevant and interesting.

For some subjects we bring in external training bodies who have the appropriate expertise.

For our full range of courses visit: www.s4il.co.uk/services/training-courses/



Behind the Scenes

As well as the front-line staff, SIL employs a number of officers in the background who support the team delivering support.

We have an HR service that is constantly looking at ways of ensuring our staff are well looked after, which in turn leads to a positive attitude and a happy workforce; a Finance department which ensures that SIL pays its bills on time and also brings in the income it needs to keep running its services; a Business Support team that manages the smooth running of the office, picks up phone calls, processes written correspondence and ensures the office is a pleasant environment for visitors and staff; a Special Projects Manager who identifies new opportunities to develop and grow our services; and a Marketing department that uses a variety of media to highlight what SIL is doing and works hard to promote SIL as a vibrant care provider and an employer of choice.



Trustees

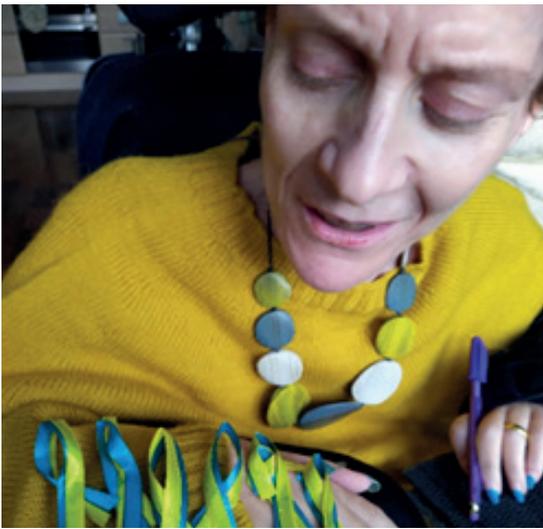
Last but certainly not least, we have a Board of dedicated volunteer trustees, whose role is to plan the future direction of SIL and ensure that the staff work within CQC guidelines and continually strive to be the best. The trustees meet once a month for board meetings and can also choose to sit on another committee of their choice. Made up of service users, family carers and those with particular business skills our trustees have the right amount of knowledge and experience to ensure we keep moving in the right direction.

If you like what you've read and want to know more about our job vacancies, trustee roles or service provision, email contactus@s4il.co.uk or call 01568 616653

Spring with our Service Users



Service user Shelia invited friend Vicky for lunch on Shrove Tuesday. They were treated to bacon and brie pancakes followed by traditional sugared lemon pancakes cooked by Team Leader Donna Tranter.



Service user Clare wrote to tell us how she and Team Leader Elaine Powell had used their creativity to a good cause. One project has been to make bows in Ukrainian colours. Clare said: "We wanted to make this effort as the Ukrainian people are clearly going through far more than we could ever imagine."

A very colour co-ordinated Clare is pictured with the bows made by her and Elaine.



Service user Ian took advantage of the Spring sunshine and gave fellow service user Sheila's lawn a first cut.

He made a grand job and both were really chuffed with it.



Service user John kept Team Leader Aggie Simpkin on her toes on her first shift with him. The day was made up of a two hour cycle ride, golf at the driving range and still left time for John to help prepare the family evening meal. Aggie said, "We had a lovely day together. And if someone needs a guide of cycling paths in Hereford, John is the man for this job!"



The regular Echo discos have resumed. The first one was held on Thursday 7th April at Shooters Bar in Leominster. Service user Alan enjoyed his first boogie night in over two years and even better, this first one was free of charge, courtesy of Echo. Alan was accompanied by Support Worker Gary Meddings who took this photo of him on the dance floor



Service user Luke wanted to show his appreciation to mum Jane for all she does for him. What better way to tell her than with this handmade card for Mother's Day. We're sure mum loved this beautiful creation made by Luke and support worker Kristina Labanauskaite.



ILH Service User and SIL trustee Angie made the most of the recent sunshine to finally get into the garden and start her summer planting.



New service user Holly has recently joined SIL. One of her first outings with Team Leader Aggie Simpkin, was a visit to the Hereford Museum & Art Gallery to admire the artifacts.

Snippets



SIL's next Homecare Services Open Day is taking place 2-4pm on Tuesday, 12th July, in its Leominster office. This is an opportunity to meet some of the team who deliver care, eat cake and find out more about working with SIL. SIL is now offering a welcome bonus of £200 to new employees within the Homecare Service*

The Much Marcle Steam Rally takes place on the 23rd and 24th July, on Rye Meadows, Much Marcle, Near Ledbury. The event starts at 8am on the Saturday and 10am on the Sunday. Entry to the event is £10 for adults and free for under 16's. Parking is free, with disabled spaces near the pay station. If you're a SIL service user going with your support worker, simply show the SIL badge for a complimentary tea/ coffee for you both. For more information about the event visit: www.muchmarclesteamrally.com

The Megan Baker House Anniversary Sparkle Ball takes place on Saturday, 22nd October at the Bank House Hotel, Bransford. The event is to celebrate MBH's 20th Anniversary and starts at 6.30pm. Tickets are £70 per person and tables seat ten. For more information email: lee@meganbakerhouse.org.uk

Queenswood Country Park and Arboretum on Dinmore Hill, Nr Leominster, HR6 0PY, is pleased to announce that the electrical mobility scooters are back in action. If you would like to visit this beautiful park, but mobility is an issue, you can book a scooter in advance of your visit. Simply call 01432 530088 to book your scooter.

A "Military to Business" Event is taking place on Wednesday 22nd June, at the Shell Store, Rotherwas, Hereford. The event, being hosted by Landau and NMITE - the new Engineering University in Hereford, is an opportunity for the Armed Forces community and their families to find job vacancies with businesses who are members of the Armed Forces Covenant. If you are part of the military family and looking for a career in care, come and visit the SIL stand as we are a "Forces Friendly Employer".

My Involvement Profile is a new free tool, designed by disabled people in a simple format to record your access and support needs. You can then share it with organisations when you go to events or when you get involved in something like a focus group, for example. It includes in the profile a place to record your interests, skills, and involvement activities so that anyone facing barriers, can get involved and have their say when it comes to health, social care, and research. If you would like this tool, email hello@shapingourlives.org.uk or call 0345 241 0383 and request a copy and the guidance or support to complete it.

*Terms & conditions apply

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