

Information and news for disabled and older people and family carers

Independent Living News



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Edition 146 – September 2022

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

Inside this edition



- 2 A Message from the Chief Executive
SIL's AGM
- 3 Building Better Opportunities
Become a SIL Trustee
- 4&5 Summer of Fun with SIL Service Users
- 6&7 SIL's Summer of Fun - Jubilee Garden Party
SIL's Summer of Fun - Picnic in the Park
- 8 Accessible Activities at the
Courtyard
Join SIL for a Macmillan
cuppa



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 Winter newsletter is Friday, 27th October 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.



This year seems to have flown by, no sooner than we get to Summer and I am writing the introduction to the Autumn Newsletter.

I hope you enjoy this edition and find it both entertaining and informative.

We are aware that many of you will be feeling the costs of living pressures as the cost of food, fuel and daily essentials continue to rise. Unfortunately, it appears that gas and electricity could rise still further later in

the year. If anyone is struggling to pay their bills, please speak to your suppliers sooner rather than later and speak to the welfare rights team at the council to make sure you are getting all the financial support you can.

Hopefully things will start to settle down before too long.....

In the meantime the table left outlines what help the government has currently announced for households in England.

What has been announced?

Cost of living payments



8m lowest income households

£650



8m pensioner households

£300



6m receiving non means-tested disability benefits

£150



Energy grant for all households

£400

Source: HM Government



SIL's AGM



Our Annual General Meeting will be taking place on Thursday, 6th October at Luctonians Rugby and Sports Club. The event will include a buffet lunch and, as well as the business part of the meeting, there will be the annual awards for support workers and personal assistants and other entertainment in the afternoon. Attendance is by invitation only as we need to know numbers in advance, so if you would like to attend, please email: shelagh.callaghan@s4il.co.uk so that your name may be added to the invitation list.



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.

Building Better Opportunities - BBO



The Building Better Opportunities (BBO) programme helps those furthest away



BBO Herefordshire
where will your journey take you?



The project is funded by The National Lottery Community Fund and the European Social Fund.

from employment gain the skills and experience they need to get into work. Jointly funded by the European Social Fund and the National Lottery Community Fund it tackles the root causes of poverty, promotes social inclusion, and drives local jobs and growth.

BBO Herefordshire works with people 19+ years across the county who are experiencing multiple barriers, resulting in social exclusion. The project helps participants gain skills and develop confidence through intensive personalised support to equip them with the abilities needed to move towards and into employment. It also provides access to a wide and diverse range of volunteering opportunities, enabling more disadvantaged people to move into further education or training having acquired basic skills, increased confidence and motivation through participation in project activities.

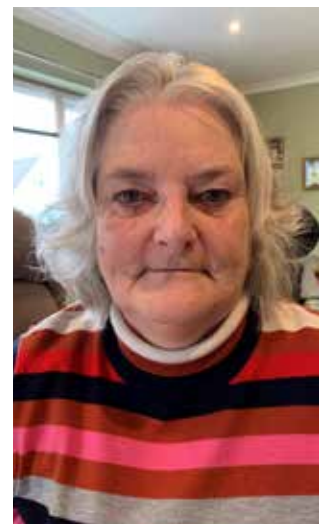
If you are interested in finding out more, contact Landau's BBO Herefordshire team: Call 01432 530041 Email: BBOHerefordshire@landau.co.uk or write to: BBO Herefordshire Landau Ltd, Priebe Building, Red Barn Drive, Hereford, HR4 9DX

Become a SIL Trustee



SIL's Chairperson, Angela Higham, is asking readers if they would like to become a trustee on our Board. Our trustees work with SIL's senior managers to develop future plans for the organisation. It's a rewarding and enjoyable role that can make a real difference to the lives of the people we support.

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. We would especially like some more of our service users to become part of the Board.



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

Summer with our Service Users



Regular readers will know that we enjoy seeing what our service users have been up to during the past couple of months. We hope you enjoy reading about their adventures too.

Service user Dave, with his support team Ruth, Joyce, Hayley, Martina and Esther, enjoyed lots of events at Hay Festival this year. He enjoyed the Hay Shantymen choir who sang sailors' songs and a second Hay choir called Cantorion Y Gelli who sang beautiful Welsh songs. He also enjoyed the recording of the BBC Radio 4 show, Add to Playlist, with the singer Cerys Matthews and the Welsh tenor Wynne Evans, from the Go Compare adverts! Dave thought he was very funny.



Service user Josh enjoyed two trips to the fair in the glorious sunshine. One visit was to the Hereford Racecourse where Support Worker Naomi Seavor and Josh got to enjoy the thrills of the rides and the other visit was to the Hereford May Fair with Sam, what a treat!



Last year service user Alan had a makeover in his home over Christmas with a wall painted Christmas Tree. Well, to celebrate the Jubilee in style, support worker Gary Meddings got very creative and turned Alan's wall into a real red, white and blue celebration.



And if this wasn't enough excitement for Alan, he had a meet and greet with the town crier while enjoying the Jubilee celebrations in town.



Service user Dave enjoyed a lovely day out at Moccas Park, supported by support worker Esther. Moccas Park is one of the largest and most diverse examples of wood pasture remaining in Britain. Dave's brother is an expert at creating species rich hay which he provides to the manager of the Park. Dave's father and brother provide cattle which are for trampling the meadows, an essential part of the management of the meadows.



Service user Alan spent a lovely sunny day at the seaside with his mum, sister Jenny and her husband who were holidaying in Aberdovey. Support worker Gary said Alan had a great day and they all enjoyed the good weather with a picnic on the beach and a paddle in the sea. It was lovely to see him together with his family, including the dog called Apprentice who took a real shine to him.



John, a SIL service user, had a busy day out in Wales. During his day trip with support worker Kieran, he visited Llangorse lake, Talgarth and a nature reserve called Pwyll y Wrach, meaning pool of the witch - possibly somewhere to avoid after dark!



For lots of our service users spending time caring for their gardens seemed a priority – especially in the recent hot weather. Here is service user John busy maintaining his garden, watering all of his lovely flowers.



And if you run out of work in your own garden, why not help a friend! This is what service user Ian did and has been busy helping fellow service user, Sheila with her garden.

In theory this was to help with her lawn, but Alexa provided such fun games and the pair giggled so much that little gardening was done on this occasion!



SIL's Summer of Fun - Jubilee Garden Party



The sun shone down on SIL's service users and staff as they came together for two lovely summery events. On the 7th July we all met in the grounds of our offices for our Jubilee Garden Party.



The Business Support team and Paula from Marketing worked hard setting up marquees, bunting and decorations to give the event a real "street party" feel. They put together individual picnic boxes, with a whole host of summery treats, including little sandwiches, savoury nibbles, scones with jam and cream (jam first?) and cake. The wonderful lunch was served with refreshing soft drinks and tea or coffee.



Anyone who has attended SIL's Garden Parties in the past will know the range of games on offer and this year was no exception. Along with the old favourites such as the Human Fruit Machine, there were a few new ones, including a take on Bruce Forsyth's Play Your Cards Right.



Staff and service users had donated some lovely prizes for a raffle and we were delighted to have raised an amazing £186 for Megan Baker House, our Charity of the Year.



It was lovely that Lee Gough, MBH's CEO was able to join us, but even more exciting was the moment when some Royals popped in. Wills and Kate and even the Queen all made an appearance!



The highlight of the event though, was when SIL made a very special award to someone who has contributed unfailingly to SIL, since its inception in 1996. Many of you will know Maggie O'Neill who was one of the founder members of SIL. This year she stepped down from being a trustee, so to mark her contribution to SIL's success she is now our Honorary President.

The second event took place on the Grange, Leominster on the 13th July. Picnic in the Park was for anyone who wanted to join SIL in celebrating social care and the work done to support people in their own homes or in residential homes across Herefordshire.

SIL's Summer of Fun - Jubilee Garden Party



We were delighted to welcome so many people, both service users and care workers from care homes and domiciliary agencies from across the county, with guests from Hampton Grange & Gwen Walford Nursing Homes, Rotherwood Healthcare, Lynhales Hall Nursing Home, Forbury Home, Merrivale Farm, Buckfield House and ECHO. Many of SIL's own service users and staff attended and it was a lovely opportunity to make new friends and meet peers from across the sector.

Everyone had brought their own chairs, blankets and picnics and Leominster Town Council kindly allowed us the use of their deckchairs for anyone without somewhere to sit. The Town Council was very supportive of SIL while the event was being planned, and Leominster's Mayor, Cllr Trish Marsh, also attended the picnic.

We all found lovely shady places to sit under the trees and people mingled between groups joining in with a spontaneous sing-song provided by residents from the Forbury Home in Leominster, who also gave some impromptu old-time dance lessons!

To mark the importance of social care and commemorate this special day, SIL's Briony Phillips, a DPSS advisor, had organised a drone "photo shoot". She had undertaken a crash course (not literally) in using the drone and The Heart of Care photo is a lovely memento of the day.

It had been hoped that we might be able to enter the Guinness World Records with the biggest heart, but sadly the real deal was a little costly, so we settled for the Guinnext World Records, who sent an adjudicator, SIL's very own Paula Palmer, to register our attempt at setting the first world record for the largest number of social care service users and staff in a heart formation taken by drone. A certificate was given to each participant as a keepsake.

We would like to thank everyone who came along to one or both of these events, whether from within SIL or from another agency, and hope more of you will join us at future events.



Accessible Activities at the Courtyard



The Courtyard, Hereford, has a range of activities and shows throughout the year especially aimed at those who may need some support in taking part, or quiet space to feel comfortable. Here is a sample of the Autumn programme, but please visit their website, www.courtyard.org.uk for more information about these and other activities.



Playing Together Sessions - Tuesdays from 6 September, 10.30am – 12pm (term time only)

An interactive play session for older adults and pre-school children along with accompanying parents and carers. This lively creative session supports participants to communicate through play activities, including music, movement, sand, puppets and visual arts. Come along to experience the joy of playing together! The session starts with a cup of tea and chance to arrive gently before getting into full swing at 11am.

The Courtyard Spectacular Tea Dance - Tuesday 13 September

This fun and nostalgic dementia friendly event will brighten up anyone's day. Full of music, tea, cakes and dancing. Tickets £4 – including refreshments. Accompanying carers free.

Dementia Friendly Screenings

On The Town (U) Friday 14 October and **White Christmas (U)** Friday 16 December

Enjoy a cup of tea and a biscuit with these classic films. The films will be screened in the Nell Gwynne Studio, set up with tables and chairs. The lights will be dimmed and the sound a little quieter for a dementia friendly experience.

Join SIL for a Macmillan cuppa



Now that SIL is opening its doors again to visitors and for social events, we would like to invite you to our next special occasion, a coffee afternoon raising funds for Macmillan Cancer Support. The event will take place at our offices in Leominster on Thursday 29th September between 1pm – 3pm. Come along, buy a slice, or a whole cake, and have a brew. Although SIL's staff will be busy baking cakes, or buying where no Mary Berry exists in the household, we would welcome any donations to help make the afternoon a great fundraiser.



Please let our business support team know if you will be donating a cake, by emailing reception@s4il.co.uk. There will also be a prize for the best cake/cupcakes baked. No need to RSVP, simply drop in during the afternoon – we would love to meet you.

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