

# Imagine Act Succeed



*Listening with intent, acting with purpose*

IAS Newsletter Edition 32

## Railway Road Up and Running

Railway Road is now up and running with all 12 flats occupied. The mix of six supported tenants and six general lets has worked really well. All the tenants have really embraced the "Good Neighbour" concept of the scheme?

Though not without some early teething troubles which mainly concerned the building, people have settled in well. There are still some minor jobs on the exterior of the building to do which will soon be completed. The final touch will be the soon to be added conservatory which Imagine Act and Succeed will fund. This will provide some communal space to allow even more opportunities for people who live in the flats to meet up.

John Yates who has moved to Railway Road gives his view on how things have gone. "My family helped prepare me for the move which went fine. The great thing about my flat is it's really close to everything. Sainsbury's is just over the road and Leigh town centre is a five minute walk away. Also the flat feels really new and smart. I'm going to make sure it stays that way. I'll keep it tidy. My staff are with me each day helping me with my meals and stuff. The staff are close by each night if I need them. I like it here. It's great.

## Thanks to all involved.

IAS would like to thank all involved in ensuring that the people who have moved to Railway Rd have got off to the best possible start. It's recognised that it has meant a big change for the people supported and the staff and it means we now work in a different way. The Staff, Team Leaders and Senior Managers have all worked hard to ensure the scheme's success. Well done! That is not the end of the story though. We are currently exploring how we can copy Railway Rd in other areas. Let's hope others can benefit from living in similar schemes in the future.



## Reablement Success

### Christina's Story

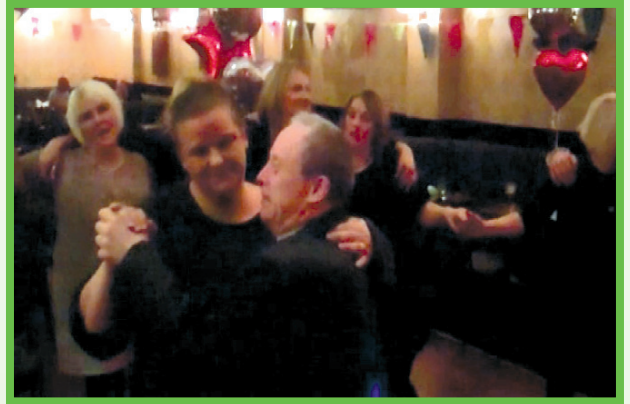
The Reablement Team met Christina in 2012 when Christina was 18 years old. Christina was a young lady that worked at the Bridge in the Gap, and at the Boat House Café, mainly in the Kitchen. Christina was referred to the IAS Reablement Team, to support her in increasing her self-esteem. Dawn, the Reablement Team Leader, met with Christina and her family to agree a support plan that focused on her needs. Christina and her Support Worker started working together to look at new independent living skills, increasing Christina's community links and travel training.

While working with Christina, the Reablement Team helped Christina build her self-esteem by offering lots of encouragement in the home, and then introducing Christina to social events such as a weekly disco. Support also involved staff taking a step back, promoting Christina's independence when out travelling on the bus. Whilst working with Christina she expressed an interest in pursuing a college course, the work done with Christina around boosting self-confidence, socialising and travel training would aid this process.

Christina has made great progress since the Reablement Programme ended, it has been 12 months since Christina received support. She has since started attending a college course, in Cooking Skills, learning about Kitchen Hygiene and Health and Safety in the Kitchen, which was what Christina wanted and is great news!

# A Fond Farewell...

It's with a great deal of sadness that we write this article for the Newsletter on behalf of the trustees and senior management team of IAS.



This has been a very difficult last few months for all those involved in the transfer of people we support and staff teams to different providers as a result of the Tender process in Salford. Long standing

We didn't want to stop working in Salford but we couldn't participate in, or condone a tendering process that ignored people's wishes, and took all the elements of choice and control away from people and their families. Any provider that joined in on the tender had no idea who they would be working with or what kind of services they would gain. Even if we had participated, we would have had to transfer most of the services we

people we supported, their relatives and staff for many years of happy memories. Salford Network requested to have a farewell celebration. It was wonderful to see so many people, their families and staff coming together to enjoy themselves and reminisce about their many good times.

We need to say a huge THANK YOU to all the people who made the evening happen.



friendships and relationships with people who receive support, with family members and with staff are suddenly disregarded and seen to be of no importance. We will never understand the reasoning behind the decision that was made.

provide and take a limited number of new ones.

It was a process that made no sense to us, has caused much distress and seemed contrary to

everything we believe in. We wish we weren't having to write this article, however we felt it was important people understood the decision making in such a difficult situation.

Given this context, we wanted to thank all the



We would like to thank you for all you have done to ensure that the people we support have the best lives possible. Hold onto your positive memories.

Ruth Gorman





## Wigan Support Workers Get Recognised

This year the Wigan Networks have introduced an annual award system, for Support Workers. Each team or member of staff in Wigan North and South can nominate fellow Support Workers for special recognition within their work. The awards are very much about the whole spectrum of good support work, not just the occasionally spectacular high point. This approach ensures that all teams and every setting can be a contender to be singled out.

Following the nomination process two winners in each Network were identified (after much deliberation) and then received the awards at our first annual get together. All four Support Workers received a trophy and gift voucher, which were presented by some of the people supported in IAS Wigan.

Left to right back row – Joseph Badrock / Robert Baker (Wigan South collecting award on behalf Leanne Booth) / John McCafferty. Front row – Rachel Croft / Laura Wilkinson (Wigan South) / Claire Corkhill / Vicki Worthington (Wigan North) / Jackie Meredith (Wigan North).

The get-together, which we plan to do every year, was an opportunity for tenants and staff to spend time together and review the year. This time around we had a focus on our daytime activity groups:- "Make and Bake" (Art / Craft / Cookery) and "Wednesday Club" (Social activities), promoted our Internal Quality System by recruiting more Support Workers to join the Team and displaying some of our service reports.

From the Wigan Senior Management Team

## Social Worker Students

Hi, we are Laura Cartwright and Evangelia Charalambous and we are student social workers who obtained a placement working within the network and community teams in Salford and Trafford. Initially we were nervous about starting the placements as we had a lack of understanding and experience in supporting people with learning disabilities. However, everyone has been very welcoming and made us feel part of the team, and we have been provided with a wide range of opportunities and experiences which have contributed invaluable to our learning.

Here are couple of the projects that we were involved in on our placement...

*Laura: During a meeting with a social worker we expressed concerns about a ladies decision making capacity around health screening and the fact that she had refused to have some important health tests. We were unsure of the knowledge that she had and weren't sure that she was making an informed decision. I offered to spend time researching the process and meeting with the lady and the people close to her and informing her of the facts. Once I was confident that she was making an informed decision I liaised with professionals involved. I continued to work with people throughout the Salford/Trafford network to ensure that people were making informed decisions around their health care. This resulted in a number of best interest meetings and for one lady some desensitisation techniques regarding attending health appointments.*

*I did a piece of work within Salford asking people supported what they would be looking for with regards to a local social group/activity. This resulted in The Make and Bake Group which is now well established and well attended on Friday afternoons 1pm-3.15pm at The Valley Community Centre in Swinton.*

Our placements ended in September and October and our experiences have been invaluable and hopefully will have a positive influence throughout our training and careers.

Thank you

**Laura (left) and Evangelia (right)**



# Inclusive Community Event (ICE)

It was fabulous to see 36 people from IAS having a fantastic time at the ICE conference. All workshops were inclusive and gave people the opportunity to spend time with old friends, make new friends and widen their community relationships. For the 3rd year running everybody took part in the Come Dine With Me. This experience enabled people who would not normally receive a dinner invite to do so and also to host a dinner party of their own. A Big Thanks to the My Life Team for brilliant organisation and planning.



"The workshops were really inspirational and gave me some great ideas"

"John said it was brilliant and he wanted to come back next year"



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B  
exper  
do y  
into



"Ribby Hall's Got Talent was fantastic"

"Can't wait for next year I would recommend to anyone"



"I had a brilliant time, one I will never forget"



"Come Dine With Me is a brilliant way to meet people and to be invited out for dinner"



"My Time at the ICE conference was fantastic and an enjoyable experience"

ways to Employment  
942 252288 or e-mail:





"The whole weekend was an experience that I won't forget"



"I've not been invited to somebody's house for dinner before. I loved it, and tomorrow we're inviting different people over for dinner"

What a brilliant experience, how you put it to words?"



"Made some great friends that I'll keep in touch with"



"Mix It made it great"



"Best one yet"



"It was a real pleasure to be part of such an inclusive event"



"I met so many new people and had such an amazing time"

Wish it was longer"



# When Your Team Wins a Trophy

When your team wins a trophy it's always a time to celebrate, to get two in the same season is fantastic but to win three major trophies in one season is more than any fan could ever expect.

This is what the fans of Wigan rugby and Wigan athletic football have had the privilege to witness this year.

For one fan, Peter Haslam, last week was a rare opportunity to have his photo taken with all of the trophies, something that will possibly never happen again in his lifetime. Peter attended a



celebration night at the DW stadium and along with other fans had the opportunity to have his photograph taken with all three trophies.

Peter is a season ticket holder at Wigan Rugby League Club and tries to get to most of the home matches, this season he has seen his team reach dizzy heights and win both the Challenge Cup at Wembley and the Super league Trophy.

Wigan also won the F.A cup earlier in the year, to have all these trophies under one roof is something that will possibly never happen again.

## NEIL'S TRIP TO BLACKPOOL



Neil missed his annual trip to Blackpool with the Terence O' Grady club, Steve Lowe, his support worker said he would take him on a day trip to Blackpool.

Neil and Steve set off at 8.00am, had breakfast in Hollinwood then off on the motorway to Blackpool. We parked outside the football ground and walked along the front. We visited Sea World Centre; Neil loved watching the sharks and rays swimming all around him, even above his head.

As we walked at the back of Blackpool Tower we saw a busker, he was an elderly man with an electric guitar. We put some change in his collection pot and as he played a Shadows song Neil started to play his air guitar. At this stage there were only 4-5 people listening to the guitarist but once Neil started people were stopping and watching his antics. Not only playing his air guitar but also doing the foot dance that the Shadows did. The audience were lapping it up and had grown to 30-40 people. At the end of

the song they all applauded and cheered Neil. This took the guitarist by surprise as he had no idea what Neil was up to.

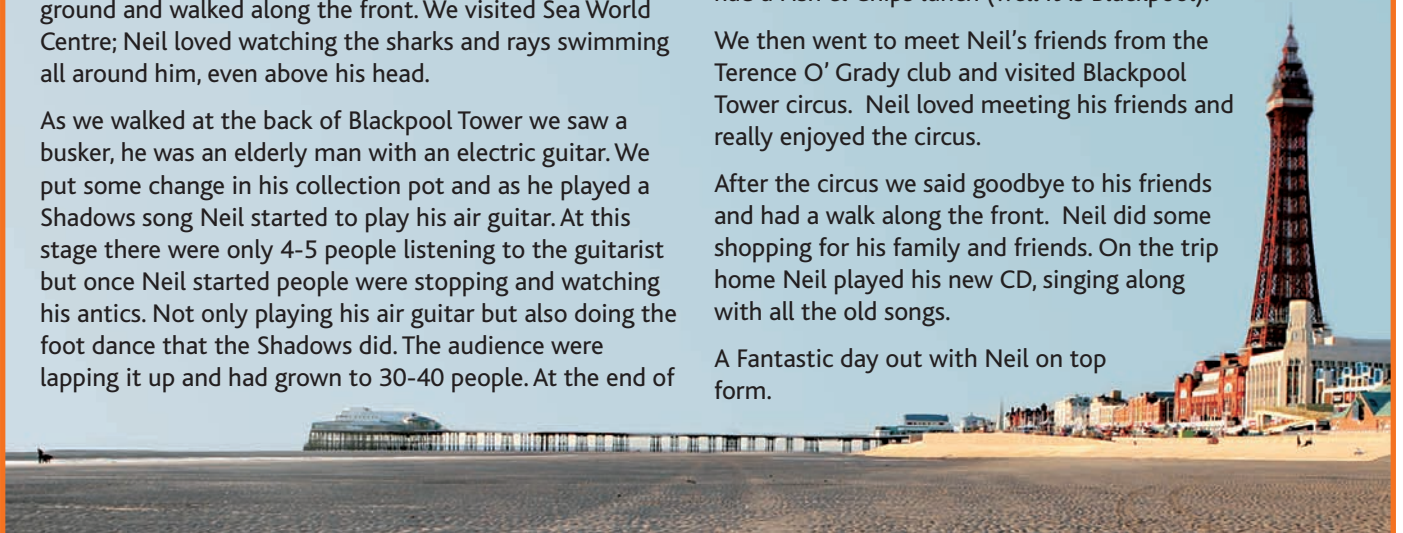
He went straight into a big rock number, this had Neil once again playing his air guitar, going down on his knees and playing the guitar behind his head. This had the crowd, now about a 100 people, laughing and cheering. There was thunderous applause at the end bemusing the guitarist.

We walked along the North Pier, Neil bought a CD then we had a Fish & Chips lunch (well it is Blackpool).

We then went to meet Neil's friends from the Terence O' Grady club and visited Blackpool Tower circus. Neil loved meeting his friends and really enjoyed the circus.

After the circus we said goodbye to his friends and had a walk along the front. Neil did some shopping for his family and friends. On the trip home Neil played his new CD, singing along with all the old songs.

A Fantastic day out with Neil on top form.



# My New Home At Last

My name is Marie, I am from Wigan and I am 45 years old. I have lived with my Mum and Dad all my life.



well. This was so that I could get to know the staff and they could get to know me.

On the 6th July 2013 I moved in, I had been waiting for 2 years in total and I thought it would never happen. I have been here about 6 months now and I am very happy, I still see my Mum and Dad every week and my sisters visit also. I still go to Day Centre 3 days a week, but the rest of the time I am finding new things to do. I have been to the Social Evening, but I wasn't sure about it. I will go again though!

Thanks to all the team at Lilford for making my move easy for me and my family.

Marie Richardson

My parents wanted me to have more independence and they needed time for themselves, so my social worker looked for a place for me to live in Wigan. A place was found and I started to visit, all seemed well and then we were told I couldn't move there.

I was allocated a new social worker, Helen, and she set out to look for a new place for me. Mum and Dad wanted me to stay near to them and my sisters in Wigan, but Helen found me a place in Leigh on The Avenue near to Lilford Park. We all came to visit and we fell in love straight away, Kathryn and Alison who live there are really nice. Over the next 6 months I came to visit regularly and stayed overnight as



## Ian Hits the Road Again

Ian has been doing his bit again for Children in Need. He beat last year's total by £5 to make a total of nearly £500 from his two walks. Last year Ian was lucky with the weather but this year was a different story. It was very wet underfoot and with it being November it was a very mixed morning. However the worst of the weather held off until Ian and his team made it to the pub. Having walked from the Leigh Office to Salford Ian and his crew had a well-earned lunch with and a few drinks in the Bluebell in Monton. I

said "Next year I think we will do the walk in the summer. Maybe if we start later in the day we can make a night of it in the pub!! It would be really good if I could get more people to come along. I think next time I'll start mithering people a good few months before so they have no excuse. **You have been warned.** The more people that come along the more money we can collect.

Laura, Janet, Stephanie and Mark accompanied Ian on the day and everyone enjoyed it. They all agreed that Ian had done a great job in getting people interested in raising cash for Children In Need.

Well done Ian....again.

## Ryan's Move & Looking Forward

Hi I'm Ryan and I live at Davyhulme Road, Trafford and I have lived here for 10 months now and it has changed my outlook on life.

I used to feel unhappy and very apprehensive about moving away from my mum and dad, I was convinced that I would not like living anywhere else. The transition was a long process for me and involved learning a lot about what I really wanted. Now, I am so glad I did it!

I think I've done really well moving into my new home, I feel I can do even more here than ever before, I feel I have more confidence and I'm looking forward to trying lots of new things. I have now joined the tenants forum and recently attended my first meeting.

My relationship with my parents is now better than ever which is great and I'm really looking forward to the future!





# From a Service to a Life

How can we ensure people with learning disabilities get a life, not a service? asks Ruth Gorman from Imagine, Act & Succeed

Sometimes, great ideas and change can begin with just an offhand conversation. This was certainly the case with a pilot programme for a different model of social care service that IAS has been implementing with Oldham Council recently.

The idea came out of a conversation I had with Paul Cassidy, adult services director at Oldham Council, about a year ago. We were discussing the extreme pressures on adult social care funding and how some radical thinking was needed to prevent a conveyor belt of long-term and increasingly paid support for people, which not only risked escalating expenditure, but also increasing the social exclusion of those individuals.

I felt that if paid support could, in some scenarios, be replaced by richer, natural and more sustainable support networks and community connections we could enable people to enjoy a better life. Person-centred thinking was central to this approach and as an organisation IAS has a deeply rooted person-centred ethos but it has been beneficial to shake up our reablement thinking using the principles of 'just enough support'.

Paul Cassidy liked the idea and, cutting a long story short, Oldham Council gave IAS a sum of money to cover training and the initial six months running of a pilot, called the New Reablement Journey.

It's a small service, which I believe is a factor in its success as we can be swift and flexible in our decision making, and supports between 10 and 12 people at any given time. Each person is taken through a high-level reablement pathway and their weekly progress is recorded on a wall chart, which helps us keep track of outcomes and ensure that

support is provided on a needs-led basis. Each person's story is written up and includes the reason for referral and the outcome.

Some of the positive results and case studies can be read here:

<http://www.imagineactandsucceed.co.uk/Networks/Central/News/Implementing-the-New-Reablement-Journey.aspx>

I believe our results demonstrate that by taking an approach to supporting adults with a learning

disability which focuses on building independence and confidence and puts a much greater focus on community-based and natural supports

and seeks to secure results in a short time frame we have created a "win, win, win". Individuals are supported to choose options that sustain their own dreams and aspirations, families remain active partners in their journeys and the council benefits from shared learning and the ability to target limited resources where they are most needed.

Looking to the future, I hope we will be able to extend this new way of thinking to other councils and maybe even encourage them to consider earlier short-term intervention to pre-empt the crisis that traditionally prompts Reablement Support.

**"IAS has a deeply rooted person-centred ethos"**

**"Individuals are supported to choose options that sustain their own dreams and aspirations"**