

IMAGINE ACT SUCCEED



Listening with intent, acting with purpose

IAS Newsletter Edition 36



Get together Go together provides a weekly calendar of structured events available to people that live in and around Oldham that receive a personal budget. Turn to pages 4&5 to see how you can get involved.

Strictly Fiona Gardens

There was a night of music and dance recently when Havana Nights (a professional dance duo) brought the magic of Strictly to Fiona Gardens. They danced the rumba, the tango and the waltz and taught the audience a few moves too. The evening was shared with family and friends and people from the local community.

A big thank you to the staff team at Fiona Gardens who worked really hard to make the evening a massive success, the room was decorated with glitz and sparkle, and Fiona Garden's had its very own judging panel. There were trophies for the 6 best dancers on the night. Everyone who attended had a fabulous night full of laughter, dancing and great food provided by Wendy and Paul at the restaurant at Fiona Gardens - Keeeeeep Dancing!!





A leap of faith for Max

My name is Max and I live in Urmston. My faith has always played a big part of my life especially following the Pope. I finally got to tick two items off my bucket list in September 2015 when I had my dream holiday in Rome in a bid to meet the Pope; and at 76 years young finally flew for the very first time. Although nervous I had the window seat and Tom who supported me on my trip reassured me and made me feel safe.

I felt like royalty as we were transferred to our hotel in a flash Mercedes car, passing the Coliseum and the driver telling me the history, and the view of St Peters and at last... the Vatican was magnificent. Visiting it was one of my highlights and I bought a trinket with Pope Francis on it.

Over the next few days we did all the tourist things, the Spanish steps, the marvellous churches and the Trevi Fountain where I tossed a coin into and made a wish... but I can't tell you what it was as it won't come true!

The food was fantastico and I found a new passion... glasses of quality rich red wine which I have carried on having a tippie on my return home. This was a trip which I will never forget and thank you Tom for making this so memorable... how about Spain next year?!!!

Fight★Night!

I'm Neil from Oldham. I am a huge wrestling fan. And it's really exciting going to watch the fights and my latest visit was just as good as always.

I went with Steve, my support worker, and after getting drinks we went into the arena to find our seats – third row ringside. A brilliant place to sit! The atmosphere in the arena was great and I was whistling loudly along with the rest of the audience.

The first bout was between The Road Warrior, a wrestler that I've seen before and Mr Tank, a new wrestler. Everyone boos The Road Warrior, and I booed him too and got all the people in the crowd around me booing too. It was great having everyone joining in the spirit of it with me! Mr Tank was the better wrestler which pleased the crowd and everyone cheered.

My favourite wrestler was in the next bout - Aussie Aussie Aussie. He was fighting Bull Blitzter. Bull Blitzter is a wrestler with lots of dirty tricks, but Aussie Aussie Aussie won and it was thrilling to watch.

There was more great fights to follow, another favourite Rocky Steele lost his fight, which was a shame, but at the end in the Red Hot Rumble with all the wrestlers together, Rocky won! What an exciting end to the night.

It was just a brilliant time, and I loved whistling and shouting and everyone joining in with me and being as enthusiastic as I was. To top it all off I later managed to get the wrestlers autographs before we went home which I was so pleased about.





You think it, We'll do it!

Get together Go together provides a weekly calendar of structured events available to people that live in and around Oldham that receive a personal budget. It offers shared support to people who would like join groups with others who have similar interests. Having shared support to attend the group means your personal budget goes further. An example is if you can share a support worker with 2 other people and you attend a 3 hour session you only pay for 1 hour of the support because the other 2 people will also be contributing an hour each toward the cost. This graphic shows how your money goes further with shared support.



People attending Get together Go together may also benefit from:

- meeting others and making new friendships
- pursue a new hobby or interest with like-minded people
- doing something that has purpose and meaning to the person
- learn something new

We currently have a walking group that meet weekly as well as a music session. Other sessions that will be available include art and crafts, swimming and low arousal sensory groups.

Taster Day

Get together Go together recently had a taster session in the afternoon at the Oldham Link Centre to show people some of the activities we are providing.

Several people who we support in IAS attended and had a great time doing craft work making Easter cards. We also had the music group going for a couple of sessions with Wayne and Peter leading the sessions. We had music making with guitar and percussion instruments and people singing along to cd's.

Very good links were made with St Georges Health Group through Gemma who are interested in the walking group and maybe the music group. We also met Simon from 'The Challenge' which works with young people. We will hopefully be working with both groups in the future.



Walking Group



The walking group which meets on a Wednesday has had a break during the winter months but we are starting up again now we have some warmer and better weather. We have had a small core group who came most weeks and enjoyed walking in the local parks, around local lakes and down at Heaton Park.

We normally plan it so we have a relaxing walk first and then go the parks or a local café for a drink and something to eat. The walks are not too strenuous and are open to most people. This means that anybody who uses a wheelchair can access the group as well. The walk does you good and it is also a chance to get together and catch-up with people.

Gaynor on the Music Group

Hello my name is Gaynor. Every Friday I go and meet up with my friend Sandra. We go for lunch together then onto music group. I haven't been very long but already a lady comes and sits near me and we chat. There are people there I have known for a very long time too. When the music is playing especially when it's Sandra singing I enjoy getting up and dancing with my friend Martin. I enjoy joining in and playing different musical instruments for example the triangle, tambourine and tubes. Everyone is really friendly there so there is lots of laughter as well as music and singing. I look forward to going every week.



Shop

Stepping Out have recently begun to run a shop within Elmridge Court, which is an extra care establishment.

A number of people that are supported by IAS, but don't live at Elmridge, applied to work in the shop, and attended an interview. Well done to Claire, Robert, Joanne and Charlotte for being successful in getting a role in the shop.

Hopefully working in the shop will develop their skills in the retail sector.

The shop sells groceries and essential sundries to the residents of Elmridge Court. The next phase will be to expand the shop to also be a delivery service to the Elmridge community.



A Decade On!

Congratulations to Nick Smith and John Nettles who have recently celebrated their 50th and 60th Birthdays! This year is also a significant one as it is the 10th year that Nick and John have lived together in their apartment in Sale. They celebrated with a joint party with all their family, friends and staff reminiscing about the last 10 years.





Bake and Make a Difference

This year Make and Bake decided to do something different. We thought of raising money for the Macmillan Coffee Morning.

We started to plan the event, choose recipes and collect donated gifts for the Tombola and Kevin made his fabulous 'Tea Time' cake for the raffle.

On the Thursday Make and Bake sessions we began making our cakes - some big, some small and a few disasters along the way.

On the Friday at the Stepping Out Make and Bake Group everyone pulled together, more cakes were made, stalls set out and people began to

arrive. Before long the event was in full swing with cakes being eaten, prizes being won and items sold from the Arts and Crafts Stall. Anna who lives at Patterdale won the cake in the raffle.

We raised £131 and would like to thank everyone who supported us.

Thank you.

Make and Bake



IAS Wigan Autism Team

In 2009 the Government delivered the "Autism Act" which is a piece of legislation that aims to improve the lives of autistic people and the services they receive. Although this directive is the responsibility of every Local Authority we decided to establish a specific Autism Team that would also seek to improve the lives of autistic people that we support.

Although IAS are a "Learning Disability" Provider we also provide support to a significant number of autistic people and this is typical for all LD Providers. Having an internal resource, which is a group of eight people, allows us to provide additional support to people and their teams in respect of the support they receive. All the members of the Team have studied at Cumbria University and gained a recognised qualification.

This support could be staff training, support in making the environment better, creating specific services and also quality monitoring. All input is applied individually, because although autism is a condition that comes by way of a diagnosis, each person is different or unique (in what autism means for them).

"Many thanks again for providing the team with the autism training last Sunday. I have had lots of comments and feedback and all

of it really positive. Above all they have said that they have had a morale boost because of it and ask for more! I think it's a good way of supporting and mentoring the team"

One specific service we are establishing is Ashton Road in partnership with Hilldale Housing Association, which is a service for four autistic people. This service will sit alongside another similar model that has a different Provider called CareTech and there will be a degree of collaboration between us. Wigan local authority have commissioned these services in order to address the unacceptable position of autistic people being supported far away from where they belong. All the accommodation is individual and very spacious and will be further developed to suit each person.

If you would like to know more about the work of the Team or autism please contact us at the following email address:
asc@imagineactandsucceed.co.uk

IAS Wigan Autism Team

Ashton Road under construction

