

# Moments to Cherish

## SUPPORTED LIVING BOLTON

### The power of music - David's karaoke story

**David lives in his own home and receives Supported Living services. David can communicate using some Makaton and uses a limited number of words.**

Fast forward to June 2023 and David and his neighbours decide to buy a karaoke machine. The staff knew David loved his music but they had never heard him sing.

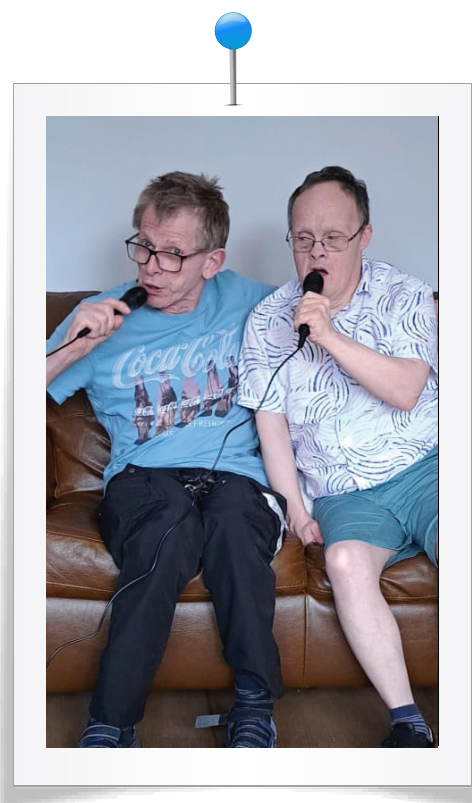
At one of their get togethers, David was offered the microphone and to everyone's surprise, took it and began to sing the lyrics of a Queen song, in tune, loudly!

David's support staff began to realise that if he could use words

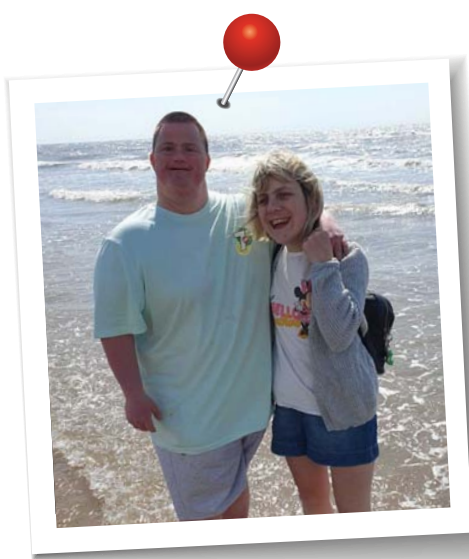
to communicate and could sing, he could speak. Also, if he could speak, he could make more choices and be more independent.

They set about thinking of ways to help him develop his communication skills and bought him a handheld microphone which he now uses daily. While he's at home staff use the device to speak to him and have found that he will answer confidently when using it.

Staff who work with David are now looking at new ways to help him further to build his words and phrases.



## THE HOLLIES



### SAM AND ZOE'S STORY

**Sam and Zoe met each other when they both moved to The Hollies. The staff have supported them to develop a meaningful relationship and the couple have been together about three and a half years.**

They have overcome a lot of obstacles to be together, particularly when covid hit as this meant they couldn't go into each other flats. To help them staff suggested Sam and Zoe do an activity together once a week a "date day". This is every Monday they take it in turns to choose an activity and go out for their lunch with staff.

Both of them lead very active lives in the community. Sam goes to the gym three times a week and Zoe enjoys playing in the church band and they cook for one another.

They wanted to go on holiday together. Staff helped them plan so they could enjoy a weekend in Blackpool supported by staff.

They walked along the beach, visited the dungeons, enjoyed the circus, bravely went up Blackpool tower and in the evenings loved going to the bar for their own drinks and taking part in the karaoke and bingo sessions.



## Visits to Crawford Street have helped Keith decide his future



**K**eith first came to stay at Crawford Street in November 2022 and due to life's challenges returned in December 2022 staying until May 2023 and then again from July 2023 to the present time.

During this time Keith has met many guests who stay at Crawford Street and has developed strong friendships and a rapport with the staff team.

Being at Crawford Street has been such a positive experience for him. It has given him stability in his life and has helped him to think about his future and what he wants.

This has given him the confidence to decide to move out and live independently with other people and have a home that he can call his own.

The team at Crawford Street have been working with Mencap and Keith has found just the home he has been looking for. He will move in September.

He feels very happy, excited and proud of himself. The Crawford Street team will be sorry to see Keith go but are pleased to have played a part in his big new adventure!

## CATH'S FLAT GETS A MAKEOVER

**C**ath is cared for in bed by our Extra Care staff and wishes to be cared for at home until the end of her life.

To help make her living space as comfortable as possible, Extra Care staff talked to Cath about making her surroundings and décor brighter and more cheerful.

She was really keen on the idea so staff helped and brought in samples of flooring, curtains, bedding and paint colour samples.

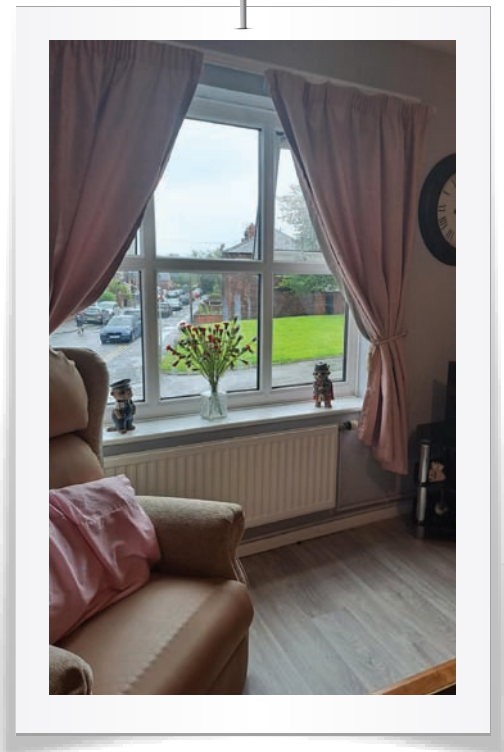
They helped her choose soft furnishings and she was determined she wanted a grey and pink theme.

They organised for her flat to be repainted, replaced the flooring with grey cushion lino, and bought new curtains, hung a kitchen blind and added new bedding.



Cath absolutely loves the results and is now very proud to show off her pink and grey themed decor to all her visitors.

### EXTRA CARE



# Jubilee Pool is helping Ruth develop her walking skills

**A**round five years ago Ruth was amobile but she suffered a fall and ended up in hospital. They discovered an old fracture of the spine and Ruth was sent home in a back brace and needed to have her bedroom fitted with a hoist. Physio wasn't readily available for Ruth and when it was, she had lost the ability and confidence to walk again.

The team have tried to encourage her to move, but sadly she hasn't walked for two years.



Recently the staff have been taking her to the Jubilee Centre pool.

Staff have slowly begun to help her move her body and her legs forward and remarkably she has walked four steps. The staff say that when she realised, she was moving she held her head up high made good eye contact and a gave them a lovely smile.

Taking these few steps is an amazing achievement for Ruth and something that her and the team can now build on.

## LIFE OPPORTUNITIES OLDER ADULTS

# JOINING GENERATIONS

**T**he Brazley Centre has been involved with a lovely intergenerational project with year two pupils from Claypool Primary School. They have been meeting up and collaborating on an amazing art project called 'Colourful Collaboration' and have made some new friends.

The project is called 'Joining Generations' and its aim is to bring young and older people together to break down age barriers, build connections, get creative and encourage them to talk to one another.

The project has focused on the real mental and physical health benefits of talking together, creating lovely artwork together and mixing up the generations.



## SUPPORTED LIVING WIGAN

# Karen is making memories

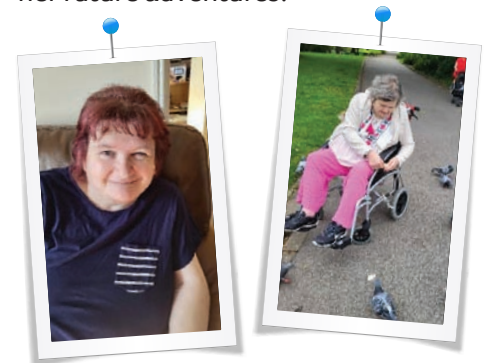
**K**aren has lived at Eliot Gardens for about seven years and recently had a life changing diagnosis that means she relies on her support team to help her navigate her day.

Apart from going for hospital appointments, she hasn't left the grounds of Eliot Gardens since before the outbreak of COVID.

Her support team have been encouraging her to go out in the local area. She's been goes to the local park and spending the day feeding the birds and eating ice cream and loves it. These things may seem like little things but they are massive steps for Karen.

She is photographing her journey for her family to reassure them that she is happy and safe and loving life.

Her support team have also been encouraging her to make choices regarding her appearance. Supporting her to go to the local shops, chose her own hair dye and helping her apply it. She looks and feels 10 years younger and this has given her a new lease of life. She is now shopping for new clothes and accessories and planning her future adventures.



## MENTAL HEALTH HUB

# LUCKY ACHIEVES HER GOAL TO HELP OTHERS

**Lucky is supported at Stanworth Avenue one of our mental health hubs.**

Lucky has shown a keen interest in developing her skills and education to become a counsellor to help other people in her situation.

With staff support she embarked on a college course to help her realise her goals. She has successfully



completed an Introduction to Counselling Skills Theories course.

Lucky worked really hard to complete the course and we are all very proud of her achievements. Well done Lucky.

## OUTREACH



### Staff help Christine have her bus adventure

Christine lived in a Supported Living property on Highfield Road when the Outreach Team met her. With their help Christine moved into her own flat and now receives daily support from the outreach team.

Christine is full of fun and enjoys knitting, colouring, playing dominos, going shopping and having tea and cake with the staff.

One day during the summer Christine was out and about in Farnworth getting some sun and fresh air.

While out she talked about going on a bus. She had done this when she was younger with her mum but hadn't been on a bus in a long time.

The Outreach Team supported her to go on her first bus journey in years. She loved it and can't wait to do it again.

## SHARED LIVES

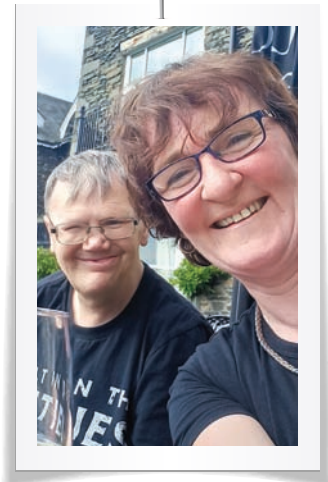
### Steven and Melissa are the stars of our new Shared Lives film

Melissa and Steven are the stars of our new Shared Lives film to help to help promote the service and recruit a further 30 new Shared Lives carers.

The film tells the lovely story of Melissa and Steven's life together. They have a very special bond and have great fun.

Steven is very much a part of Melissa's family and they enjoy holidays, meals out, go walking and have weekly trips to Asda.

You can watch the film by visiting our website Shared Lives - Bolton Cares



## Life Opps Community love their days out

## COMMUNITY LIFE OPPORTUNITIES

**The people we support within the community Life Opportunities service have had a busy summer and have had some fun.**

With a packed programme they have had some amazing days out, sampled new experiences and done something a bit different.

They've dodged the showers and had some brilliant trips out across the region.

They visited Manchester Airport to watch the planes taking off and landing, always a firm favourite.

They've also enjoyed, Fleetwood beach in the sunshine and had a fabulous beach buggy session which everyone loved.

A visit to the lovely, historic Heaton Park in Manchester was next and everyone had a chilled day in the sunshine.

The amazing Space Centre in Preston, the largest multi-sensory environment in the U.K, and was a great experience for everyone with smiles all round.

They have also been trampolining at Jump Extreme, cycling with the Wheels for All scheme and taken part in the Walk and Create artwork project, exhibiting their work at Horwich Library.

Our Life Opportunities Community team have had a really busy few weeks, they attended a presentation day for completing their Crown Green Bowling lessons. It was the last Zumba Gold session ran by Gabby from Stars and Stitches where they had lots of dress up and props while doing Zumba.

They have begun their new winter timetable which includes Jump Extreme, line dancing, Multi-sports at Bolton Arena and animal care. They attended their first animal care session at Heyhead Farm where they were shown around and introduced to the animals.

