

## We've had a busy May at InSpire

Last month has been busy at InSpire. We enjoyed the Pop Princess Show at the Albert Halls in Bolton, planted sunflower seeds in the sunshine and cooked with produce from our allotment as part of our environmental activities.

We visited Bolton Library to browse for books and have a brew and a cake and loved the pantomime Chester and the Chocolate Factory at Victoria Halls Bolton. Amazing, don't know how we fit it all in!!



### EXTRA CARE SERVICES

## Pauline is loving living at Lever Gardens Court



**Pauline used to live at Campbell House, she tells us about her positive move to Lever Gardens Court and how it has made a big difference to her life.**

Pauline's story.

I had my own little flat at Campbell House, I loved living there, but it didn't really have full kitchen facilities. Last year we were told it was closing down and I was very upset. However, we were told we would be supported to find somewhere new to live and my sister also helped me. I decided that I would like to move to Lever Gardens as it was nice and new, and my friends were going there too.

Now I live at Lever Gardens and have a lovely big flat with lots of room, new carpets, and new blinds. I have my own kitchen, with my own cooker and washing machine which is really nice as I didn't have this before.

Since moving, I am baking cakes every week and really enjoying it as it is a new thing I can now do. I also take part in the community activities in the scheme.

We also have a games room and I enjoy playing darts. I have made many new friends, and I am now really glad that I moved.

### WIGAN EXTRA CARE SERVICES

## Celebrating 'Girl power' at Little Lane in Wigan

Our Extra Care service, Little Lane in Wigan marked International Women's Day by celebrating the incredible and influential women who live there.

They had afternoon tea, discussed the importance of women in today's society and how they can work together to empower one another. They finished off the celebrations with an awards ceremony.

Certificates and trophies were awarded and the 'Best Woman

accolade went to Norah a resident who is soon to celebrate her milestone 92nd birthday.

Best storyteller award went to Susan.

Both were thrilled with their awards and Susan said "I felt so proud of myself for winning the award for 'Best Storyteller' it was excellent and made me happy."

Norah said "I was overcome with emotion and started crying. I was so happy winning the award for 'Best Woman'."



**Bolton Cares Group**

# Moments to Cherish

**Bolton Cares Group**

### SHARED LIVES

## Daniel's European footie tour of a lifetime



**Daniel and his Shared Lives Carer Ruth embarked on an adventure of a lifetime, with a footie theme to celebrate Daniel's special birthday.**

The fearless pair set off from Bolton train station on the first leg of their European tour. Stopping off in London and Wembley Stadium. Then it was across to France via Eurostar to travel across Europe, see some iconic

football stadiums along the way and then on to their ultimate destination Croatia.

Daniel said "I enjoyed my holiday. I saw Paris Saint Germain, Bayern Munich and Dynamo Zagreb stadiums. Amazing."

In between the stadium visits they packed in some sightseeing, meals out and caught up with friends. What a fabulous adventure!!

### THE HOLLIES

## Huw meets royalty

**The staff team at the Hollies were blown away by Huw's achievements. He received his Duke of Edinburgh Award in London meeting Prince Edward the Duke of Edinburgh.**

The award was for his commitment to helping others through his voluntary work and for overcoming major obstacles to successfully achieve academic qualifications at Bolton College. What an amazing accolade for him.



### MENTAL HEALTH HUBS

## Matthew gets his own space

**Matthew is on a mission to move into his own flat, live independently and have a space he can call his own and take pride in. He's already excitedly choosing new furniture and decorations for his home.**

We wish Matthew all the best with his new adventure, it means so much to him.

## Trent goes to Wembley



Trent went to Wembley to watch and cheer on his beloved Bolton Wanderers with Lesley from his support team.

He had an amazing experience and loved everything about it, despite the disappointing result.

## 'Thinking outside the box' to encourage Richard to go outside

**R**ichard a young man we support in Salford hasn't been outside his front door for a very long time and he has a hospital appointment in the next few weeks that he needs to attend.

Thinking 'outside the box,' his team are finding different ways to build his confidence and make him feel comfortable outside. Each day encouraging him to go a little bit further to achieve his end goal. Some of their ideas include.

Encouraging him to take the trays back to the Tesco van when they have a delivery

Meeting his friend off the ring and ride when he's dropped off.

Walking his mum up the path when she is going home.

Tinkering with the Supported Living minibus on the drive.

Richard is doing amazingly well so far and with the team's support he will make his appointment.



## SHAMEERA ATTENDS HER BROTHER'S WEDDING

Shameera was supported by the Our SPACE team to celebrate her brother's wedding.

She had an incredible weekend, made some amazing memories and was so happy to be there.

Mrs Radwan and Shameera's brother Faizal said "Thank you to the team for supporting Shameera throughout the wedding, she had a fantastic experience and we can see how much she is adored by her staff."



## Daniel builds his confidence at Jubilee Pool

Daniel wasn't particularly confident in the pool but the staff team at Jubilee knew that the warm water could help him with his mobility and that he would enjoy the experience. So, his keyworker Lisa worked alongside his Physiotherapy team to support Daniel, build his trust and give him the confidence to enjoy his swimming sessions.

He has achieved so much over the last few weeks; he is truly awesome.

Daniel's dad John said "This is a great achievement for Daniel, he has overcome a lot of challenges but his transition into the Jubilee Centre has been a great success."



## Creating summer heaven with our in-house beach day

**B**razley and Thicketford Centres created their own beach fun this week in the glorious sunshine.

Fish and chips, ice cream, fun and games and chilling in the pool. Brilliant day lots of smiles and laughter.



## Dorothy and Gordon dance again

**D**evoted couple Dorothy and Gordon were given the chance to rekindle their dancing skills as they danced along with the Halle Orchestra in Manchester.

The former dancing duo, now aged 88 and 86, said it brought back lovely, happy memories.



## GARY IS TRYING LOTS OF NEW THINGS

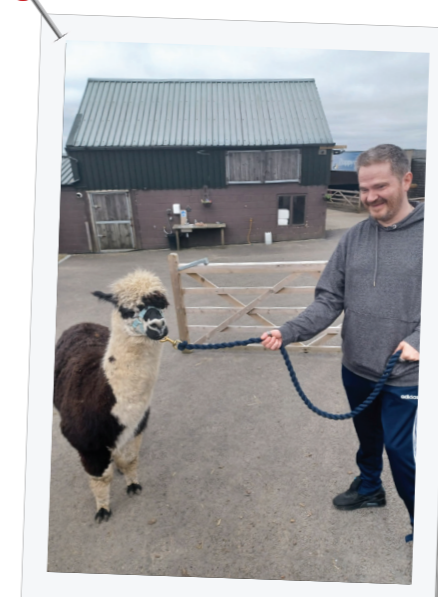
Gary has always dreamed of living independently. Recently he took a major step towards achieving this.

He moved from his supported Living home to an Outreach share home. Since then, supported by his team, he has been busy getting out and about in his community trying lots of exciting and different experiences and enjoying life.

Going to watch wrestling with a group of friends. He said "It was great, I loved going out in the evening."

Visiting Poppywood with staff to walk an Alpaca called Oreo. Planting strawberries, tomatoes and petunia, in hanging baskets at his new home.

What's more, Gary is joining a volunteering gardening group at a local park and he and his team are



excitedly planning a supported holiday, something he hasn't done for a long time.

## Getting stuck into our eco projects

Life Opportunities Community are getting stuck into their eco projects and championing the environment.

As part of their weekly volunteering, they run two allotment plots at Red Lane growing various fruits and vegetables for eating and cooking with. They are also volunteering every fortnight with Friends of Longsight Park where they've helped restore tree stakes to support young tree growth.

When they have a bit of spare time, they are also working in their own garden at the community hub. They have plans to plant more trees, build an allotment plot and create a wildlife space for birds, bees, hedgehogs, butterflies and other species.

Rebecca said "I like being outside and it's good to be with my friends"

Carole said "it's good doing something different."

