

BEST COMMUNAL GARDEN

Around a third of L&Q SL residents, whose homes have a communal garden, are working together to create something really special to win L&Q SL's first 'In Bloom' competition.

Some of our communal gardens have won prizes in local authority competitions in the past but this is first time they will be up against the gardens of their fellow L&Q residents from across London and the South East.

L&Q SL's Peter Warner, who is organising the event, said: "It's wonderful that residents are taking the opportunity to improve their environment, and fantastic to see them working together on their displays."

Judging takes place soon and we will let you know the winners in a future edition of Homelife.



It's wonderful that residents are taking the opportunity to improve their environment

Contact us

L&Q Direct*

0800 015 6536

L&Qdirect@lqgroup.org.uk

www.lqgroup.org.uk

L&Q Direct PO Box 194
Sidcup DA15 OAJ



* If calling from a mobile you may find it cheaper to dial 020 8308 6096, from which you will be put through to the L&Q Direct team.

To Borneo and back

L&Q's Slough Foyer helps vulnerable young people get a start in life by providing somewhere safe and secure to live and at the same time arranging education and training so that they can find a job and live independently. A good example of its success is Ryan Marshall.

Eighteen year old Ryan has recently returned from a life-changing 10 week expedition to Borneo with Raleigh International. This included the opportunity to help build a kindergarten, put up a suspension bridge in the rainforest and carry out conservation work on coral reefs.

After being selected for the expedition, to fund the costs of vaccinations and kits, Ryan did a 22.5-mile sponsored walk, raised money through a sponsored silence, and held a charity car wash. L&Q SL also helped by giving a

donation from its charitable fund.

Foyer manager John Terry said: "Raleigh International has provided Ryan with an amazing opportunity to be part of a high quality personal development programme. Those who are selected have to work really hard for their chance and we are very proud of Ryan's achievement. The experience will stay with him and the other young people for the rest of their lives."

A further three residents are waiting to go on a Raleigh International expedition to Costa Rica.



News for L&Q Supported Living residents

Supported LIVING

L&Q SL working with the Premier League

L&Q SL has successfully managed to secure £170,000 to run a further three years of MEND (Mind, Exercise, Nutrition & Do-it!) sessions, helping overweight and obese children in Redbridge to get fitter and healthier.

The funding has been provided by a number of partners including the local Primary Care Trust, the Government's Department for Sports and Communities and a whopping £109,448 grant from the Football Foundation, a charity formed to improve access to sports and football at grass roots level.

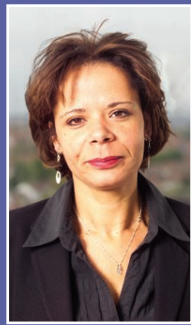
L&Q SL has also linked up with West Ham Football Club who will help to deliver the sports sessions and create ongoing access to sports for children who have completed the programme.

Sharon Beaufond, L&Q SL Support Manager, was delighted with the news. She said: "Through the health and exercise education programme and additional planned support for children and their families, this will be a great opportunity for us to have a real impact on improving the health and well being of people in the local area."



Welcome

Hello again and welcome to the special Supported Living edition of Homelife.



In our insert we've included stories about our young and not so young residents who live independently in our supported homes.

There's always so much happening across L&Q

Supported Living (L&Q SL) and we're always keen to hear about your stories. If you know something interesting that's going on, please tell one of our members of staff.

I hope you find time to browse through this special insert, as well as the rest of your magazine, to find out what your fellow residents have been up to recently. There is also some general information included that you may find useful.

Sonia Bernard
Head of Quality for L&Q Supported Living

Residents turning green!

L&Q SL is working with the environmental charity Global Action Plan (GAP) to raise awareness of green issues among our sheltered housing residents.

The project is still in its early stages but it looks like it will be an exciting opportunity for residents to do their bit for the planet. We will bring you more news about this in future issues.



GIVING EXTRA CARE

An open day took place recently at Baytree House, in Waltham Forest, to mark the completion of improvements that now mean more care can be offered to its residents.

These include an on-site care team, more staffing, and access to day services through activity clubs. Residents also benefit from a second lift, a new lounge and conservatory.

Baytree House now has facilities to help residents with higher care needs continue living there independently if they want to. The improvements were the result of L&Q SL working with Waltham Forest's Supporting People Team.

The open day was a great success with tours and an insight into life at Baytree House being given to guests by some of the residents.



KIT support service helping even more L&Q residents

An internal support service which helps vulnerable general needs residents maintain their tenancies has been extended to Waltham Forest.

The Keep It (KIT) project, which is run by L&Q Supported Living, has been operating since July last year and has worked with more than 90 residents at risk of losing their tenancies – with an incredible 92 per cent success rate.

KIT aims to provide early intervention and resettlement to reduce arrears, evictions and abandonment, which in turn helps to create sustainable communities and address the



Government's Respect agenda.

It takes referrals from L&Q's tenancy services and revenue teams and was initially piloted in Greenwich, Lambeth and Newham, but has now been rolled-out in Waltham Forest as well.

Feedback from service users has been very positive, with the majority of them saying that they would recommend the service to others.

Residents have their say...

L&Q SL residents are having their say through new service-user forums that have been set up for the young and not so young, people with mental health problems, people with learning difficulties and the homeless.

Sonia Bernard, L&QSL's Head of Quality, said: "The forums have been set up based on the needs of our residents. The response has been great and I'm thrilled at the level of enthusiasm. I'm sure you'll hear a lot more about the work of the forums in the coming months."



Goldies Sing for life

The 'Goldies – Sing for Life' charity visited St. Ethelburga Court sheltered housing scheme in Harold Wood, in the London Borough of Havering, recently.

Led by Grenville Jones, a prominent choir leader, the aim of the charity is to bring enjoyment, companionship and friendship to people through the music of the 50's, 60's and 70's. The event was arranged as part of the OPAL (Older People Actively Living) Project.

The guest of honour, Havering Mayor Georgina Galpin, came along to enjoy the entertainment with residents. The afternoon focused on getting our own 'Goldies' to join in the singing and stretching to hits such as 'Hi Ho Silver Lining'. This didn't prove hard to do.

As well as the singing, residents enjoyed a buffet and had a chance to have a cup of tea and a chat with the Mayor and fellow residents living in sheltered housing in the Borough.

It was a great afternoon, enjoyed by all.



Recycled Teenagers

Residents from Havering's sheltered schemes also attended an Afro Caribbean event which celebrated singing, dancing and movement.

The OPAL project organised a dynamic performance by Peckham's "Recycled Teenagers" at Ardleigh House in Hornchurch. Over 50 residents from six sheltered housing schemes and community members attended.

The performance was conducted by Carl Campbell, the founder of the Recycled Teenagers. The function focused on singing, performing, dancing and movement. Eight members of the group took to the stage and were soon joined by our own "recycled teenagers" who danced and sang to the enjoyable Caribbean rhythms. This event reflected OPAL's on-going drive and emphasis to promote participation, motivation, social inclusion and diversity for our residents in sheltered schemes. Residents said they really enjoyed the whole event and the opportunity to do something different, lively and involving.

Ruth Kintu, OPAL Co-ordinator, said: "It was lovely to hear the residents say how much they enjoyed something different and lively."