

L&Q Living

INCLUSION

WINTER
EDITION

PERSONALISED SUPPORT FOR AN INDEPENDENT LIFE



L&Q Living celebrated the International Day of Older Persons with a lively fashion show featuring our fabulous models.

L&Q



Scan here to view
the electronic copy

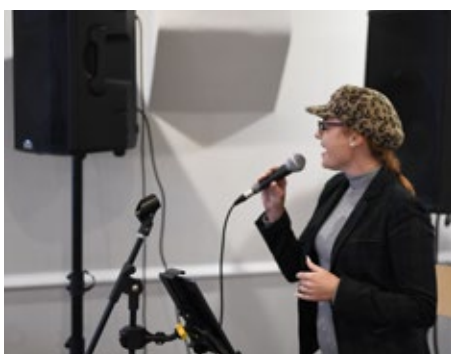
International Day of Older Persons



L&Q Living hosted our very own Autumn Fashion Show to celebrate the International Day of Older Persons on October 1st. The event opened with a speech from the Mayor of the London Borough of Bexley, Geraldene Lucia-Hennis. Guests were then treated to an array of canapés for lunch while being entertained by the lovely singing voice of L&Q Living support worker Leanne Hollington. Joyce Rushbrook was declared the winner of our poetry competition for Autumn Leaves (which you can read in Poets' Corner on page 16), before 14 sheltered housing residents took to the catwalk.



The models strutted their stuff in brand new outfits provided by L&Q Living and even got to keep the clothes afterwards! The other residents in attendance also had a great time cheering them on. Thank you to Melissa Fields for organising this wonderful event.



L&Q Living Athletics

The annual L&Q Living Athletics event gave residents from across the country the chance to show off their sporting prowess. Over 100 residents competed in events including the long jump, shotput, javelin, discus and an 80m race. Staff also got their chance to shine in a 100m race, which was won by Business Development Manager James Denman. A great day was had by all at the Mile End Stadium in East London, and spirits were high as medals were awarded by L&Q's Group Director of Neighbourhoods Di Hart. A poignant inclusion was the Josh Conway Star of the Day Award, which went to Diane Frost.



Athletics event winners

		Group 1	Group 2
Long Jump 		Shahjahan Ali	Kimberley Owens
		Froster Monlouis	Victoria Wake
		Nick Slemmings	James Gill
Shotput 		John Raferty	Kalim Karawuja
		Shaun Turner	Barry Bastick
		Nick Slemmings	Victoria Wake
Javelin 		Nick Slemmings	Victoria Wake
		Shaun Turner	Kalim Karawuja
		Perry Warren	Barry Bastick
Discus 		Nick Slemmings	Victoria Wake
		Froster Monlouis	Barry Bastick
		Barry Hollyomes	Matthew Drury
Walking Race 		Perry Warren	Victoria Wake
		John Raferty	Kimberley Owens
		Shaun Turner	Matthew Drury
80m 		Nick Slemmings	Edward Chapman
		Shaun Turner	Kimberley Owens
		David Barbosa	Barry Bastick

THEMED MONTH: HEALTH AND WELLBEING

Mollands Lane and Breakaway joined forces to celebrate Health and Wellbeing month in July. The theme of the afternoon was how to make the best food choices, and healthy living in general. Residents then made their own personal pledges – here are two very sensible ones from Kim and Jackie!



Beddalls Farm Court and Bluebell Grange joined forces for their themed month activity, inviting a massage therapist to come and give everyone a special pampering session. Therapist Dawn also gave an informative talk about the different ways that people can manage their own minor health issues. The session proved to be very popular amongst residents and ever since then the question on everybody's lips has been: when is Dawn visiting next?



Bluebell Grange held a Yoga session led by Hannah, an instructor from Harmony Dance. The event involved a lot of warm up exercises and stretching. Residents were left feeling relaxed and energised, as you can see from the pictures below:



Dance and BBQ prove the perfect combination

Dance therapy is a great stress reliever as it is both physically and emotionally beneficial. Movement can be related to thoughts and feelings, which means dancing can change emotions and attitudes almost immediately. Grove Farm decided to follow up some dancing with a BBQ to keep energy levels high, and it proved to be a winning combination.

RESIDENT DIARIES



Talent competition at County Hall

Here is Paul of **Goldlay Square** with his award certificate for reciting his poem during a talent competition at County Hall. Paul was also front of house for the event, directing people to their seats. His winning poem, 'More Than Just A Person', is about young people overcoming difficulties and fulfilling their desire to work and lead a fully independent life. You can read it in Poet's Corner on page 16. Well done Paul, you are a star.

Residents have a ball raising money for new gardens

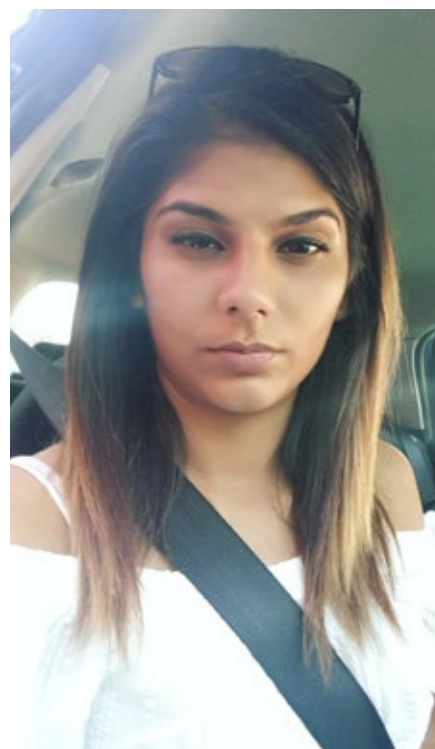
In August, friends of **Barnes Court** hosted their very own charity Summer Ball at Mulberry House Hotel in Ongar. Residents, friends, family and staff were all in attendance and enjoyed a lovely two course meal. Live entertainment was provided by our singing support worker Leanne Hollington. Guests later took to the dance floor to boogie to the live band and DJ, and prizes including an afternoon tea at Mulberry House were won in the raffle. All proceeds went to the Tranquil Garden at Barnes Court. Well done to everyone involved.



Barnados Conference

Kiran Dhillon from **Atholl Court** attended Barnardo's Annual Parliamentary Reception as one of their VIP volunteers. Barnardo's supports children by listening to them, fighting for their rights and doing whatever it takes to protect them. They work towards the goal of ensuring that all children have a happy and healthy life. Visit www.barnardos.org.uk for more information and to find out how you can help. Kiran was amongst many other dignitaries and had this to say on the day:

"I believe that we are the next generation and when it works it really works. I am now living my best life, and that is because of the help and support of so many people that believe in me, believe in my cause and believe what I want to do for young people."



Dance

Every Friday, **Jubilee Court** runs a free dance and armchair exercise session through OneyouHaringey, who are commissioned by Haringey Council. They go through some low impact dances and exercises to music, leaving residents feeling full of beans!

Get some Oomph in your life

In partnership with Oomph! Wellness, we have been delivering a series of new exercise leadership training programmes for residents and family members across our sheltered schemes and care homes. These have proved extremely popular – here you can see residents from **Ambrose** and **Bonfield** playing Noodle Hockey.



RESIDENT DIARIES

Picnic at Chatsworth Court

Chatsworth Court held their very own indoor picnic to get residents together and share a few sandwiches. Everyone had a great time, and no-one had to worry about the weather ruining the food!



Barbecues and sharing at Liberty House

Liberty House celebrated their disability awareness month with a BBQ that proved to be a huge success, with almost all the residents attending. One of the participants shared her experience of living with a mental health condition with the group, which was heartfelt and enlightening.



Tea Party

Residents at Woodstock Court had a tea party so that they could get together and have a nice little catch-up on a lovely summer day in August. Looks like the staff had fun as well, nice moves Ress!

MacMillan Coffee Morning

Dove Close held a Macmillan Coffee Morning, raising an impressive £213 for the charity. April Redding organised some drinks and cakes for our residents, a hamper was donated and a raffle was held. There was also a bric-a-brac stall, with any items that did not sell donated to the British Heart Foundation. Well done to April for organising this event.



Tribute to Martin John Free

Martin Jon Free sadly passed away this summer. He will be greatly missed.

"He was a friend to all; a pleasure to talk with. Martin laughed a lot and had a great sense of humour; I miss Martin a lot" Nick Goff.

Martin had a great interest in and knowledge of 80s and 90s music. Queen, who he saw at Live Aid in 1985, were one of his favourite bands and Those Were the Days of our Lives was one of his favourite songs. Martin recently participated in the L&Q Strictly Come Dancing event, performing to All for Love by Bryan Adams, Rod Stewart and Sting.



RESIDENT DIARIES

Fun in the sun

Newham Sheltered Schemes' outing to Leigh-on-Sea was made possible by the Fun in the Sun grant provided by L&Q Living Inclusion. It was a lovely outing despite the rain, with some of the residents bringing a packed lunch and others enjoying fish and chips from the local chippie. They then went onto explore Old Leigh as well as the Heritage Museum, before choosing between the local café or the pub for some refreshments. The group thoroughly enjoyed the change of scenery and can't wait for their next trip away, which is no doubt already being planned by the wonderful Libby and Mary.

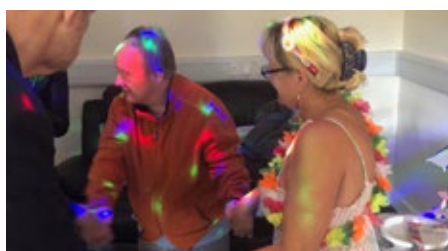


Music Bingo, anyone?

Melissa Fields, one of our bank activity workers, has been running Music Bingo afternoons at some of our Sheltered Schemes. It's just like Bingo except that instead of numbers, residents play to sing-along songs from the 30s, 40s and 50s. The sessions are aimed at helping people with memory loss or dementia as the chosen music helps stimulate memory. There are also prizes given out on the day.

Caribbean BBQ

Goldlay residents were among those awarded a Fun in the Sun grant to help them test out their new barbeque as they hosted visitors from **Beehive** for a Caribbean-themed feast. The day was an enormous success filled with laughter and the food was excellent. A big thank you to Jade, Simon, Jeanette and Margaret for making the event run so smoothly.



Brighton beach

In August Brighton Beach was descended upon by residents from **Colebrook House**. It was a lovely summer day and the residents enjoyed it thoroughly, visiting the arcade and enjoying a spot of lunch before having a stroll up and down the pier.

Fish and Chips

Bernard House had to adapt their Fun in the Sun event due to the weather, having their fish and chips in the lounge instead. The meal was well attended and thoroughly enjoyed.



MEET THE TEAM

This issue we have Income Collection Manager Lorraine Carter and Team Administrator Kulwant Chauhan in the hot seat!



LORRAINE CARTER

What's the best part of working for L&Q Living?

The L&Q living team are such a great bunch of people they make coming to work a pleasure, plus I get to dress as an Elf for the Christmas Party.

What's the most challenging part of your role?

When I hear service users have passed away. Even though I haven't met some of them it makes me feel sad.

Coffee or tea?

Coffee 100%, tea is old school.

What do you do in your free time?

Running (I have completed four marathons), enjoying time with my friends and family and walking my dog, Marnie.

If you could invite three people to your dinner, past or present, who would you pick?

My mum, Marilyn Monroe and Freddie Mercury (my mum loved him)

Describe your perfect Sunday

Going for a run, watching my boys play football, eating a roast and then vegging out on the sofa.



KULWANT CHAUHAN

What's the best part of working for L&Q Living?

Assisting colleagues, which gives me job satisfaction.

What's the most challenging part of your role?

Educating other departments about L&Q Living's complex requirements.

Coffee or tea?

Tea with onion bhajia.

What do you do in your free time?

Watch TV with my family or go out.

If you could take the credit for any piece of art, song, film, book, sporting event, etc.

Which one would you claim?

The invention of the aeroplane, because long-distance travel can now be made in matter of few hours.

If you were CEO of a company, what would you make compulsory in the office?

A crèche area for employee's kids.

If you could invite three people to your dinner, past or present, who would you pick?

My Dad, Peter Jones and Princess Diana.



COULD YOU HELP US GET IT RIGHT?

Our new **Equality and Human Rights Group** aims to help shape how L&Q Living will ensure that the Equality, Diversity and Human Rights of the people that we support are upheld.

The group will meet on a quarterly basis, with refreshments provided on the day.

If you would like to join, please contact ahussain@lqgroup.org.uk with the following:

- Your name
- Scheme
- The reason I would like to join the Equality and Human Rights Group is...


(in no more than 100 words!)

DID YOU KNOW?

Some of our schemes have their own quarterly newsletter!
For your free copy please contact the below individuals...


Havering Schemes

 Elaine Parkin


 elaine.parkin@lq-living.co.uk


Violet Court

 Blessing Stephen

 blessing.stephen@lq-living.co.uk

Grove Farm

 Shabanaz Begum

 shabanaz.begum@lq-living.co.uk

Tolpuddle

 Stevie Burns

 stevie.burns@lq-living.co.uk

POET'S CORNER

Autumn Leaves - Joyce Rushbrook

I sit here this lovely
September afternoon
listening to my music.

And watching the autumn
leaves swirling like amber
feathers

Across my window,

Each one dancing in time
with the music sprinkling
memories, some

Happy some haunting like
gossamer wings floating
around me as

I settle into the autumn of
my life.

THAT'S the past and with
the past goes the little voice
in my head

Saying be careful be
responsible be sensible.

But this is the present, the
present is good the present
is exciting

The present is free.

The little voice now says
be a devil, be silly be
irresponsible be

ALIVE

Be
YOU.

More Than Just a Person - Paul Allen

I make no apologies
for myself, I do not need
the approval of anybody
else. Take me as I am or not
at all. Whether I'm big or
whether I'm small
Or whether I rise or
whether I fall.

I am not just a book
on a shelf, getting
dusty and unread.
Before you judge me
know my story because
words are meant to be
felt not just said. You may
have a perception in your
head but try to think of
something else instead.

Words can cut like a knife
through butter,

so please do not mutter
underneath your breath.

Feelings could shatter if you
don't think that they matter.

They can hurt you inside
and some people can take it
in their stride. So next time
if you have something to say
First check to see if it
sounds okay.

Everybody has a view even
if it might not be the same
as you.

Everyone has a right to a
life without boxes, without
having to put up a fight.

Labels, tags and stereotypes
are never helpful to anyone,
let alone the people, who
just want to be.

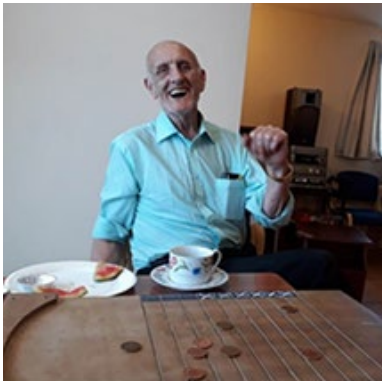
Hmmmmmm, now let me
see.....

I want to be a husband, an
employee, an inspiration and
a writer. I want to work and
live in a way that makes my
life even brighter.

My independence is
important to me, and that
other people can see, that I
am a fighter.

I look forward to all I can
achieve and give to the
people who surround me.
I intend to be, the best
version of me, that I can
possibly be.

GET INVOLVED



WHO IS UP FOR SOME GAMES?

Did you know **Bluebell Grange** run games afternoon on a regular basis?

Keep an eye out for notices that say when they are running their next games afternoon. Alternatively, if you wish to take part in table tennis on a Friday afternoon do get in touch via email at inclusion@lqgroup.org.uk. Who can tell what game is being played here?



THE RISING STARS

The Rising Stars from St Mary's Church House and Nicholson Court can be seen here rehearsing for their play *Be My Friend* in front of a captivated audience from Bruno House and nearby schemes. The group later performed in front of a full house at the Walthamstow Forest Community Hub in November, with writer Hannah Gottschalk and director Sandra Jerome amongst those in the audience. The play was very well received and the day was a huge success. Please contact inclusion@lqgroup.org.uk to take part in or watch future productions.

JOIN US FOR LGBT HISTORY MONTH

Comedienne Clare Summerskill will be our star guest at an evening to mark LGBT History Month in February. Hosted by our LGBT resident forum, the event will be a chance for LGBT residents and 'straight allies' to meet and mix.

Clare Summerskill will share stories of the lives of lesbian, gay, bisexual and trans (LGBT) people over the past 50 years, taken from her acclaimed play *Gateway to Heaven*. It is based on her interviews with 24 older lesbians and gay men about their lives and their place in society from the 1940s to the modern day. The event will run from 6.00pm to 8.30pm at our head office in Stratford. It is open to LGBT residents and residents who consider themselves to be 'straight allies'.

You'll have the chance to meet members of our LGBT resident forum, our LGBT staff network and our Executive team and Board. We'll also have colleagues on hand from our Neighbourhood, Income and Independent Lives teams. They'll be able to answer any queries you may have about housing management, rent and service charges and employment support.

Spaces are limited and are available on a first-come, first-served basis. To book your place, please email our LGBT resident forum at LGBTforum@lqgroup.org.uk.



Equality & Diversity Month this December

Again, keep an eye out for the flyer for full details.



L&Q Living 2020 calendar

We are in the process of putting together a small desk calendar for 2020, which will feature a few of the events from 2019 that we are proud of. Calendars should be ready and available for collection mid-December. For your free copy please ask your scheme to contact:

inclusion@lqgroup.org.uk.

L&Q Living

OUR ANNUAL RESIDENTS CHRISTMAS PARTY

The party took place on the 13 December 2019 at Bocking Village Hall. Thank you to everyone who came and remember to keep an eye out for photos of the event in our next edition.

Cultural and Religious Grant

January 2020,
keep an eye
out for the flyer
with full details.



Art Exhibition February 2020

We'll be holding an exhibition of residents' art in February – more details to follow.



JUST FOR FUN

Think you're a super word sleuth? Have a go at our L&Q Living word search! Or try Sudoku if numbers are more your thing.

A	B	L	A	C	K	H	I	S	T	O	R	Y	G	H	U	R	D	R	P
A	M	A	Q	U	I	C	K	B	R	O	W	N	E	W	Y	E	A	R	E
H	D	I	W	A	L	I	D	E	P	M	Z	X	S	W	V	U	J	E	X
T	H	S	A	F	E	G	U	A	R	D	I	N	G	U	R	E	H	S	T
N	U	O	P	U	E	C	N	O	X	O	F	O	E	S	Y	Z	A	U	L
A	H	A	T	M	A	V	E	R	E	H	T	M	E	A	L	M	I	P	A
C	O	O	T	E	R	I	O	W	S	L	O	S	W	L	Y	R	E	P	P
E	L	M	O	Q	G	D	A	R	T	E	X	H	I	B	I	T	I	O	N
T	I	U	C	U	R	E	D	E	Y	A	L	P	E	O	U	H	M	R	E
C	D	S	O	A	O	O	S	T	D	E	M	E	N	T	V	I	A	N	T
A	A	I	E	L	T	C	I	H	A	G	G	I	R	Y	O	O	T	P	P
M	Y	C	D	I	V	A	R	E	S	A	M	T	S	I	R	H	C	L	R
I	N	B	I	T	B	R	H	A	N	T	H	I	E	O	T	H	F	A	E
N	S	I	V	Y	O	E	F	L	G	A	R	N	O	U	R	P	R	N	S
C	E	N	E	G	L	P	R	T	T	I	S	S	A	W	E	U	E	H	E
L	I	G	R	M	A	L	A	H	F	A	M	I	L	Y	O	D	U	O	N
U	H	O	S	E	H	A	E	V	E	D	N	A	A	L	L	D	N	G	T
S	T	I	I	R	U	N	O	R	P	E	R	Y	E	S	I	I	G	E	S
I	R	Y	T	H	E	M	E	D	M	O	N	T	H	N	A	N	E	C	L
O	D	M	Y	A	W	E	R	H	A	N	U	K	K	A	H	G	H	M	I
N	B	E	C	A	U	S	E	H	O	M	E	S	M	A	T	T	E	R	A

Can you find these hidden words?

- Art Exhibition
- Black History
- Christmas
- Dementia
- Diversity
- Diwali
- Equality
- Family
- Hanukkah
- Health
- Holiday
- Inclusion
- Meal
- Music Bingo
- New Year
- Presents
- Pudding
- Safeguarding
- Support Plan
- Themed Month
- Video Care Plan

JUST FOR FUN

Fill in the grid with the numbers one to nine, so that each row, column and 3x3 block contains the numbers one to nine.

2		3	4			6		
				7			2	
9				6		7		5
7								
	5	9				8	7	
								3
5		1		4				8
	9			8				
		7			3	9		6

Riddle Me This!

A traveller comes to a fork in the road which leads to two villages. In one village the people always tell lies, and in the other village the people always tell the truth. The traveller needs to conduct business in the village where everyone tells the truth. A man from one of the villages is standing in the middle of the fork, but there is no indication of which village he is from. The traveller approaches the man and asks him one question. From the villager's answer, he knows which road to follow. What did the traveller ask?

NEW

Residents COMPETITION!

Fancy winning some Love2Shop gift vouchers?

All you need to do is complete all three (Word search, Sudoku and Riddle and send your answers to inclusion@lqgroup.org.uk

All correct entries will be put into a draw and a random winner will be selected. Closing date for entry is 30 September 2019.

L&Q Living

L&Q Living - Proud to have signed up to the Social care commitment

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