

L&Q Living

# INCLUSION

WINTER  
EDITION

PERSONALISED SUPPORT FOR AN INDEPENDENT LIFE

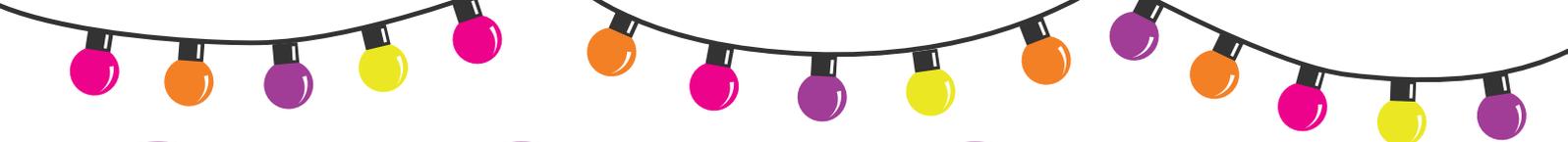


L&Q Living's new Bank Activity Workers, Amber and Harvey provide some 'Social Distanced' festive music to our residents.

L&Q



Scan here to view  
the electronic copy



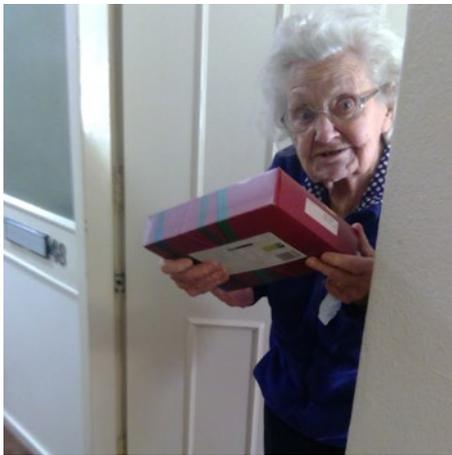
# CHRISTMAS CELEBRATIONS at L&Q Living Schemes

L&Q Living staff provided some amazing, innovative alternatives to our usual Christmas parties this year. In refusing to let the lockdown prevent us from celebrating, we offered all our Sheltered, Supported Living and Care Homes residents the opportunity to host a localised Christmas event.

With Christmas grants available to bring some joy to our residents over the festive period, our dedicated members of staff had to think outside the box, consider local lockdown protocols and come up with creative ideas to deliver a festive celebration... and they didn't disappoint!

Here are some of the amazing events our staff held to celebrate Christmas with their residents, from personalised hampers to hot meals delivered to the door.







Balbir Randhawa and Julia Wynne-Williams arranged for a locally cooked hot Christmas roast dinner for all their Bexley schemes residents. The dinners were hand delivered to every resident with a dessert and a cold drink and for those that did not want the hot meal, they delivered some lovely biscuits and chocolate to enjoy during teatime.



# THANK YOU



**Thank you to Violet Court.**

We were delighted to receive a thank you card from our residents for the Christmas grant.

**It was a lovely gesture and very much appreciated!**

## Resident Feedback

“Thank you all at L&Q for thinking about us here stuck in our flats!!! With the hamper...it makes us realise you know what we are going through” - M. Harris

# WINTER WONDERLAND



We know many of our customers look forward to visiting Winter Wonderland in Hyde Park each year. It couldn't happen this year due to the pandemic, so we gave our Care Home residents the opportunity to apply for a grant to create their very own Winter Wonderland at their schemes by transforming their garden or inside space. Here are a few photos from those events.



Staff at our Newham Mental Health schemes combined the Winter Wonderland with Christmas and held one big socially distanced event, along with all their residents. Mrs Claus was also in attendance to join in with the festivities, which included individual Christmas hampers for all residents, food, drinks, music and a bit of karaoke.



# RESIDENT DIARIES



## Rowan House

Residents took advantage of our 'Get Active in the Garden' grant and planted some flowers in their garden. One resident said "We enjoyed the teamwork thank you L&Q, we have not been to the garden for months."

## A Christmas wish

Making dreams come true for children at our mother and baby scheme, for the past few years we have been giving out a Christmas toys grant to all our young parents to make sure no child is without a toy for Christmas day. The team at Railway Meadow have done an amazing job organising this and their Christmas event; they made a Christmas grotto for their residents, organised a takeaway lunch including a turkey roll with all the trimmings and lunch boxes for all the children.





### Table tennis at Coxley

Coxley House have been keeping up with their indoor exercise routines throughout this lockdown, which is great to see, keep up the good work team.



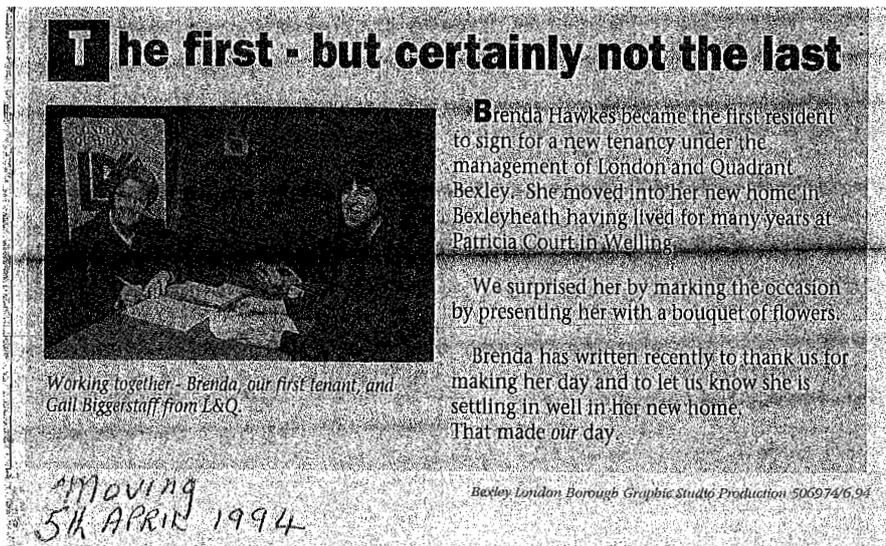
### Festive music at BLH

Our new bank activity workers Amber and Harvey delivered their very first social distanced music session at BLH in December, as part of our L&Q Living Inclusion initiative.



### Lorette Young to the rescue

The ladies at Helena Road had their hair cut for the first time since March 2020 courtesy of our very own Support Worker Lorette Young, who just happens to be a professional hairdresser. Where can we book? Asking for a friend!



### 90s throwback!

We were touched to be sent this clipping about a previous tenant of ours, Brenda, which was sent to us by her daughter. She moved into her new home in Bexleyheath on 5 April 1994, and became the very first tenant of what was then called London and Quadrant Bexley.

On the left is Brenda, our first tenant, and Gail Biggerstaff from L&Q working together.

# POET'S CORNER

## Better things are coming'

It was March last year, When Boris had to decide  
To lock the doors and keep us safe inside.  
For a terrible germ become known  
Our boss Leigh said we had to stay home!

At the beginning we felt confused  
But as time went by, we got quite used,  
To the Thursday clap with pots and pans  
On our doorsteps united we stand.

The sun it shone down on us all. Church was closed and so was our hall  
We never let this stop our fun, meeting outside we enjoyed the sun.

We laughed and cherished our time together  
New friendships made to enjoy forever.

A jolly time was had by us all.  
Our staff doing their best to give us their all.  
Activities and games to help pass the time away  
Wondering what pleasure, they would bring today.

Missing our family and friends too,  
We learnt to facetime and knew we would get through.  
Now as we stand together merged as one,  
We know that there are better times to come.

So once again as we sanitise our hands, we must look forward to future plans.  
When we can hug, go out and return to the hall.

UNITED WE STAND SO NO ONE WILL FALL.

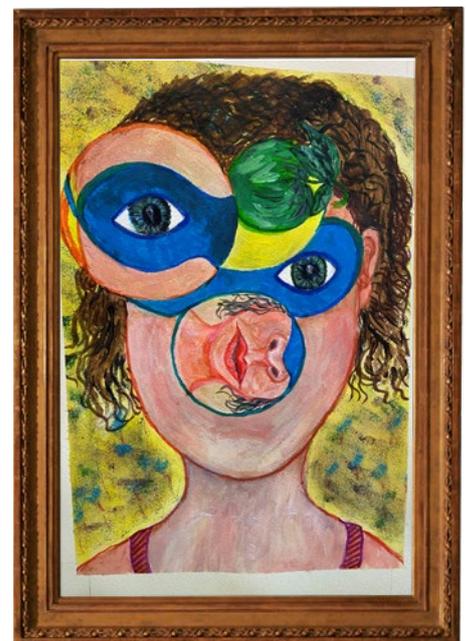
Emily Sheldon

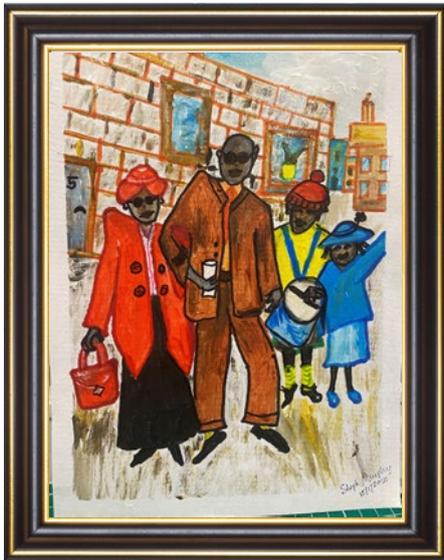
# L&Q LIVING CONNECT

## HAVE YOU JOINED US ONLINE?

### Art with Eray

Every Friday Eray Ismailov delivers weekly art lessons, sharing his expert insight and fun challenges inspired by a range of wonderful artists from past and present.





# GET INVOLVED

## NEW CHEF COMING SOON

A new chef will be taking up the mantle from Will Kennard in the latest edition of our popular cooking series. They will continue with the healthy, easy to cook theme but with their own twist on the recipes. Watch this space!



## INTERACTIVE BINGO AND QUIZ WITH MELISSA FIELDS

Join our interactive bingo and quiz group with Melissa every Tuesday. Melissa leads on our weekly general knowledge quiz and bingo which is played online via Kahoot. Entrants weekly scores are recorded with a monthly grand prize awarded to a lucky winner!



## LIVE MUSIC AND MUSIC QUIZ



Join us for live jazz, soul and folk music followed by a music quiz hosted by Harvey and Amber!

Come and sing along to some songs and show your knowledge!!

Live on Zoom every Wednesday

 <https://us02web.zoom.us/j/84376332086>



If you would like to get involved, please join our Facebook Connect page or email [inclusion@lqgroup.org.uk](mailto:inclusion@lqgroup.org.uk) for more details.

# DANCEWEST.

## Online afternoon classes



### Latin fitness

By DanceWest teacher Delene  
Monday 1 February – 29 March

2.00 – 2.30pm

[Click Here](#) for link to class



### Pop dance

By DanceWest teacher Ella  
Tuesday 2 February – 30 March

2.00 – 2.30pm

[Click Here](#) for link to class



### Jive and swing

By DanceWest teacher Maria  
Wednesday 3 February – 31 March

2.00 – 2.30pm

[Click Here](#) for link to class



### Yoga

By DanceWest teacher Jane  
Thursday 4 February – 1 April

2.00 – 2.30pm

[Click Here](#) for link to class

## Events

As well as weekly classes we will be producing special online events, please save the dates! More details released soon.



### Online disco

Friday 2 April  
Time: TBC



## Why Take Part?

'A fun way to stay fit' our classes improve strength, balance and co-ordination  
'This class has helped my balance and I feel more confident.'

The classes can be danced seated in a chair or standing.



## Do I need to book?

No booking required, just use the link provided.



## How do I take part?

From January the classes take place online. We have dedicated 1-2-1 support to help get you online.

'Getting on Zoom was easier than I thought, you need a laugh when you're on your own.'



## What happens in a class?

The classes start with a warm-up which includes a strength and balance exercises. The class then progresses on to learning dance, movement and routines supporting the body, brain and memory.

Each class is led by professional dance teachers, qualified to deliver dance to adults, 55+, 65+, learning disabled and people with low mobility. DanceWest teachers are trained in physiotherapy, dance psychotherapy; various dance styles, Yoga and Pilates.



## Do I need experience to take part?

No experience needed, no specialist dance clothing or footwear needed.



## I don't have a lot of space

Our classes are mindful of the limitations that come with dancing at home. We ensure that the routines and movement does not require specialist flooring and can be danced 'on the spot'.



## I don't know which one to join?

Florence, our friendly coordinator, will be happy to help with any questions you may have.

Email [projects@dancewest.co.uk](mailto:projects@dancewest.co.uk) or call **0749451307**

# MEET THE TEAM

This issue, Positive Behaviour Support Lead Sarah Hellowell and L&Q Living Locality Manager (Waltham forest and Redbridge LD Team) answer our questions.



**SARAH HELLOWELL**

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

All the people I get to meet and work with.

## Coffee or tea?

Tea from a proper tea pot with tea leaves, not too much milk and Yorkshire water please!

## What's the most challenging part of your role?

At the moment it's not being able to get out to all the different services to see people as often as I do usually.

## What do you do in your free time?

I like to bake, read, and recently have been sewing different projects. I also like to go walking when the weather is good.

## What is your favourite lunch hotspot?

At the moment I'd have to say Supermacs – it's an Irish takeaway – but because we haven't been able to travel for so long I have serious cravings!

## What would your pet say if we asked for a reference?

I don't have a pet, but Half Garfield at BLH would probably not be very nice because I always have to do the nasty jobs (like flea treatment and ear drops) and I've put him on a diet!

## Name the best office desk snack in the world.

Chocolate covered coffee beans – chocolate and caffeine in one snack!

## Where would you go in a time machine?

I'd go find out when we are able to start meeting people and going out again!



**ALBERT WILLIAM**

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

Interacting and communicating, making a difference in lives of staff, clients, colleagues and partners.

## What's the most challenging part of your role?

Keeping everyone happy and providing continuous quality services in these difficult times.

## Coffee or tea?

Tea anytime.

## What do you do in your free time?

Listen to music, read, watch TV, spend time with family.

## What would your autobiography be called?

For your eyes only.

## Where would you go in a time machine?

Would like to travel in the past to meet people I admire but are no longer with us.

## If you could take the credit for any piece of art, song, film, book, sporting event, etc. Which one would you claim?

Rembrandt The return of the Prodigal Son (Painting).

## If you could invite 3 people to your dinner, past or present, who would you pick?

Abraham Lincoln, Mahatma Gandhi, Nelson Mandela.

## OUR TEAM IN THE HOTSEAT

Our Meet the Team series continues to entertain, as L&Q Living staff step up to answer some factual and funny questions on camera.



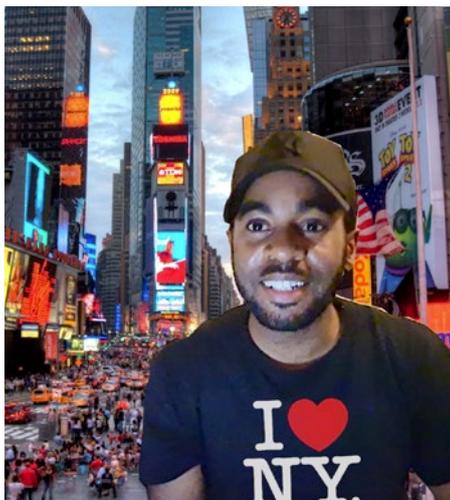
Charlie Culshaw



Alina Harris



James Denman



Lyron Johnson



Rogerio De Oliveira



Georgina Christopher



Find us online at [www.facebook.com/groups/LQLConnect](https://www.facebook.com/groups/LQLConnect)



# 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.



## DID YOU KNOW?

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

### Having Schemes

 Elaine Parkin

 [elaine.parkin@lq-living.co.uk](mailto:elaine.parkin@lq-living.co.uk)

### Violet Court

 Blessing Stephen

 [blessing.stephen@lq-living.co.uk](mailto:blessing.stephen@lq-living.co.uk)

### Grove Farm

 Shabanaz Begum

 [Shabanaz.begum@lq-living.co.uk](mailto:Shabanaz.begum@lq-living.co.uk)

### Tolpuddle

 Stevie Burns

 [Stevie.Burns@lq-living.co.uk](mailto:Stevie.Burns@lq-living.co.uk)



<b>APRIL</b>
Safeguarding Month
<b>JUNE</b>
Disability Awareness Month

## L&Q Living in BLOOM

Our summer residents 'LQL Garden in Bloom' competition.

Grants are now available, please ask your Housing Officer to fill in an application form on behalf of your scheme.



## Online Dance Lessons



We have partnered with DanceWest to deliver free online dance lessons to all L&Q Living residents.

DanceWest will offer weekly dance lessons teaching a range of genres for residents to get involved with.

Please see page 15 for full details.

You can book online now at [www.dancewest.co.uk/online](http://www.dancewest.co.uk/online)

## L&Q Living Values Awards

Each year, L&Q Living celebrates the valuable role our people play in their community.

The upcoming L&Q Living Values Awards will be presented online, recognising both the achievements of our customers and ongoing efforts of an outstanding staff team

Categories for this year's awards include:

 People	 Passion
 Inclusion	 Responsibility
 Impact	 Community Champion

# #Vaccinated Campaign

Inspired by @UNICEF

Getting a COVID-19 vaccine or know someone who is?

Post a photo of yourself or loved one after vaccination with the v-sign.

Include a message about why the COVID-19 vaccine is important to you with the hashtag #vaccinated

Send your photo to [inclusion@lqgroup.org.uk](mailto:inclusion@lqgroup.org.uk) and we will include it in the next newsletter!

If you have Twitter, tag @UNICEF and a friend who has had a COVID-19 vaccine too for the chance to be reposted by UNICEF!



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

- Autism
- Dance West
- Dementia
- Easter
- Facebook Connect
- Holi
- Lockdown
- Mental Health
- Ramadan
- Safeguarding
- Strictly
- Vaccine
- Vesak
- Video Care Plan
- Water Safety

# 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.

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

## 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](mailto: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 April 2021.

## Riddle Me This!

**NEW**

What English word retains the same pronunciation, even after you take away four of its five letters?

# L&Q Living

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

Address: L&Q, 29-35 West Ham Lane, London E15 4PH

Tel: 0300 456 9998 • Web: [www.lqgroup.org.uk](http://www.lqgroup.org.uk) • Email: [aleem.hussain@lq-living.co.uk](mailto:aleem.hussain@lq-living.co.uk)