

L&Q Living

INCLUSION

SPRING
EDITION

PERSONALISED SUPPORT FOR AN INDEPENDENT LIFE



Rowan House celebrates Dignity Month

L&Q



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the electronic copy

DIGNITY MONTH

Our Digni-tree event was a great success with over 60 schemes coming together to take part! Check out the amazing photos from some of the Dignity Month events held throughout February.



BARNES COURT, ELM COURT AND TOLPUDDLE HOUSE



WALTHAM FOREST MH



ATHOLL COURT



VIOLET COURT



BOCKING ALMHOUSES



COLEBROOK HOUSE



MAGPIE CLOSE



BERNARD HOUSE



DREYWOOD COURT



BRUNO HOUSE

We'd love to be able to fit them all.

Well done to everyone who made this month a success!

SAFEGUARDING MONTH

As part of our Themed Month initiative, this April, we offered grants for our schemes to host a fire safety awareness event. The only rule was that they must invite a member of the local fire service to come and have a chat! Below are a few photos from schemes that took advantage of the grant and held a fire safety awareness event at their scheme.



"I had a good time and enjoyed the talk in what to do when there is a fire"

"I enjoyed it and learnt a lot about fire safety"

RESIDENT DIARIES

Oomph!

Oomph! exercise sessions are in full swing at Ambrose Close showing their own hockey-style ball and noodle game!



Bluebell Grange

Bluebell Grange hosted an amazing games afternoon featuring Ludo and a giant table tennis competition, with some nice prizes for the winners!

St. Mary's Church House

St. Mary's Church House held auditions for a new short drama on inclusion:

'Be My Friend'

If you'd like to get involved with some acting, or as a member of the stage team please contact

Hannah Gottshalk at hgottshalk@lqgroup.org.uk



RESIDENT DIARIES CONT...



Having tenants in paid employment

We have several tenants in paid employment, working in the likes of ICELAND, ARGOS & STARBUCKS to name a few. All residents have been working at their respected places for a while now and are loving their new jobs and the extra cash.

Pictured left: Gary Inman

Birthday bonanza!

Happy Birthday to Mrs. C Patel who celebrated her 84th birthday with lots of cake and tea with staff and residents at Violet Court.



Supporting Comic Relief

Morning exercise with extra laughter, followed by afternoon refreshments, raffle and red nosed quiz took place at Dreywood Court back in March. They raised a fantastic £150 for Comic Relief.

We sadly announce the passing of Mrs. Marjorie Westlake, from Betty Brooks House who died at the age of 91. Marjorie was a very active member with the L&Q Living Board for a number of years, and also a life member of our residents panel. She will be solemnly missed by many.

MEET THE TEAM

Each issue, we are going to give you a little snapshot into the lives of some of the great people who work here. This issue we have Wendy Angell, Agency Contracts and Quality Manager, and Michael Dodd, Locality Manager in the hot seat!



WENDY ANGELL

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

The people and the great work we all do. I have the pleasure of working with such dedicated people at L&Q and other supported housing providers to deliver sometimes challenging

but exceptional services to the most marginalised people in our communities.

What's the most challenging part of your role?

Being Jack of all trades! You have to know and understand so many facets of business and service delivery. The most challenging however is actually a result of the saddest part; we're seeing a massive increase in the volume of work over recent years due to the increasing demand for services and lack of resource and funding available to the sector.

What do you do in your free time?

Mostly running around after the family! A daily walk with our dog, plus Yoga keeps me sane.

What would your autobiography be called?

Stay calm and just go with the flow.

Describe your perfect Sunday.

Walk the dog, gym, yoga, family roast dinner and ending with a glass of wine, sat in the sun in the garden.

What is your favourite lunch hotspot?

Seven Stars next to Cray House. We don't do it often but their feta wraps and mezzes are good!

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

Morgan Freeman, Eddie Izzard and David Attenborough.



MICHAEL DODD

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

Having recently joined L&Q living the thing I like best is the feeling of making a difference to people's lives. Working to improve their wellbeing and the homes they live in.

What's the most challenging part of your role?

Gaining contacts within relevant departments that provide key services to the schemes.

Coffee or tea? Coffee.

Black, one sugar or sweetener please!

What do you do in your free time?

I enjoy spending time with my family, going out with friends and trying to play golf!

If you were a superhero, which one would you be?

Spiderman. Imagine being able to shoot a web and swing around the city!!

What is your favourite day of the week and why?

Very different but I really like

Wednesday Afternoon. The main reason is that you have broken the first part of the week and are now in the end phase!!

Describe your perfect Sunday.

Mums roast dinner, chilling on the sofa watching the football!! bliss.

If you were CEO of a company, name the first thing that you would make compulsory in the office.

FUN!! We spend a lot of time at the office providing at times a very stressful service so we would need to have a release.

What is your favourite lunch hotspot?

Maureen's Pie, Mash and Liquor!!

POET'S CORNER

The Perfect Year

Design love, as they say
Satellite power and the magic ray
The perfect year for, having fun
The battle of pride has been won
Aliens from outer space
Respect to the human race
Life aint so bad
For all the miracles that you have
Open your heart and see the light
I give them such a fright!
Always believe life has meaning
All the music is what I am dreaming

Shaun Turner

This June we will be celebrating Disability Awareness Month.

Keep an eye out for the upcoming Themed Month opportunity!



STRICTLY L&Q LIVING SHOW

Thursday 20 June 2019.
Waltham Forest Town Hall,
12.30pm to 3.30pm

L&Q LIVING FC: 7-A-SIDE TOURNAMENT 2019



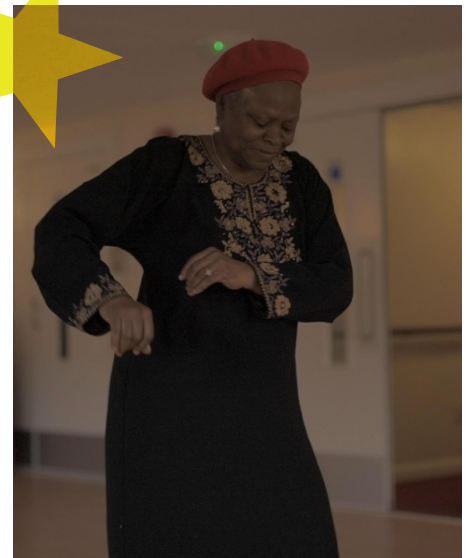
The annual LQL FC football tournament is going to be held on Friday 24 May 2019 at the West Ham Foundation Training Ground.

Last year, L&Q Living FC played incredibly well and secured 3rd place. The tournament also raised a whopping £4,500!

CULTURAL AND RELIGIOUS GRANTS

We will be offering grants for six major religions in the UK: Christianity, Islam, Hinduism, Sikhism, Judaism and Buddhism.

STRICTLY L&Q LIVING AUDITIONS



We held two great rounds of auditions for our upcoming Strictly L&Q Living show. It was great to see so many of our residents and staff come along and show off their moves. A massive well done to everyone who took part!

Our judges panel faced a tough decision, but have managed to agree on selecting the following 6 final acts:

- Joe Peculich**, Bromley Road
- Patrick Whitehouse**, Elwick Court
- Victoria Wake**, Widcombe Close
- Helena Socratous**, Coxley House
- Martin Free**, Elm Court
- Vera Allen**, Maple Court

Our acts will now be partnered with a professional dancer and begin to prepare for the final showdown, where the champion will claim the Strictly L&Q award, plus a £500 cash prize!



L&Q VALUES AWARDS

Alongside our second Strictly L&Q Living event, we will also be celebrating the L&Q Living Values Awards (previously Community Star Awards).

Awards will be presented to residents for the five categories below. As always, all winning nominees will be presented with their award and a £50 gift voucher at the event!

CATEGORY	DESCRIPTION
People Award	A person who has gone above and beyond to promote the safety, health or general wellbeing of the people that live at the scheme or in the wider community.
Passion Award	A person whose passion and determination has resulted in improving the scheme or community where people live.
Inclusion Award	A person who has promoted diversity at a scheme or their community by bringing people together through: <ul style="list-style-type: none"> • Bringing diverse groups together (from different backgrounds, cultures or religion) • Raising awareness of diversity issues or tackling stigma • Advocating on behalf of another person.
Responsibility Award	A person who has taken on responsibility to make a significant change in their life towards more independent living eg developing life skills, notable improvements to health, entering education/employment.
Impact Award	A person who has made a real impact at their scheme or community through volunteering.

We will also be presenting the following two awards to L&Q Living staff:

CATEGORY	DESCRIPTION
Living the L&Q Values Award 2019: Care and Support Award	A care and support worker who goes above and beyond to truly embed the L&Q Living Values.
Living the L&Q Values Award 2019: Housing Award	A housing worker who goes above and beyond to truly embed the L&Q Living Values.



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!)

CONGRATULATIONS TO OUR CALENDAR ARTISTS!



Victoria Omotosho & Emily Yeboah received some well-deserved vouchers for entries into our annual Art Calendar Competition.

You will find Victoria's entry in the month of August and Emily's entry in the month of July.

A huge well done to both from Beddalls Farm Court!

FANCY SOME FUN IN THE SUN?



This summer we are offering residents the opportunity to apply for our 'Fun in The Sun' Grant. We are going to leave the criteria open, giving you a chance to choose what you want to spend the money on!

Grants are limited to £6 per person and can be used throughout June to August 2019.

Deadline: 31 May 2019. To apply, contact inclusion@lq-living.co.uk




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

GET INVOLVED

KNIT ONE, PEARL ONE

If you enjoy knitting or would like to learn, join our new knitting group. The group will be led by residents Elizabeth Bowman and Maureen Young.



LIGHTS, CAMERA, ACTION!

Join our interactive photography and film group, led by Eray Ismailov.



GET ARTY

Try your hand at sketching, painting or perspective drawing in our new art classes.



A HEALTHIER YOU

Learn how to prepare healthy meals with chef Joseph Thompson. Joseph will introduce you to some new healthy meals ideas and teach you how to prepare and cook them.



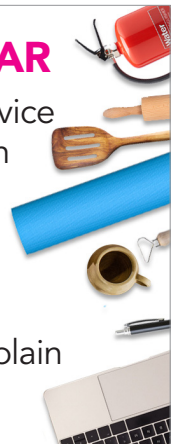
DRAMA CLUB

St Mary's Church House are currently working on creating a drama performance to highlight the importance of equality and diversity.



TRAINING CALENDAR

We're launching a new Service User Training Calendar with classroom and taster sessions in the following areas: Pottery, dance, cooking, yoga, fire safety, safeguarding, how to complain and IT for beginners.



To sign up, or for more information about the healthy eating class, knitting group or training calendar, please contact aleem.hussain@lq-living.co.uk

For more information about joining the art class or photography and film group, please contact james.denman@lq-living.co.uk

For more information about the drama club, please contact Hannah Gottschalk at hgottschalk@lqgroup.org.uk

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

Can you find these hidden words?

- Easter
- Wellbeing
- Human Rights
- Mental Health
- Values
- Sexuality
- Dementia
- Award
- Yoga
- Safeguarding
- Equality
- Dance
- Disability
- Diversity
- Pottery
- Cooking
- Fire Safety
- Interview Skills
- Inclusion
- Themed Month
- Religion

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.

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

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 June 2019.

Riddle Me This!

NEW

I live in a little house all alone
It has no doors or windows
and if I want to go out
I must break through the wall
What am I?

L&Q Living

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

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