

L&Q Living

INCLUSION

WINTER
EDITION

PERSONALISED SUPPORT FOR AN INDEPENDENT LIFE



Hello 2019!

Happy New Year! Take a look at some of the party pictures from last year. We certainly celebrated Christmas in style.

L&Q



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the electronic copy

PHOTOS FROM THE CHRISTMAS PARTY



RESIDENT DIARIES

Party time!

What an amazing Christmas party season we had! You certainly put your Christmas grants from the L&Q Foundation to good use! Enjoy looking at some of the pictures from your events. Pictured clockwise from top: 1. Violet Court, 2. Greggs Close, 3. Beddalls Farm Court, 4. The White House, 5. Catalina Court, 6. Phoenix Court, 7. Meggs Almshouses, 8. Chatsworth Court, 9. William Wood, 10. Ambrose Court, 11. Jubilee Court.



RESIDENT DIARIES CONT...



Making dreams come true at Christmas

Whilst we were enjoying the festivities, we also wanted to make sure that no child spent Christmas without a present from their dream wish list at our young parent's scheme, Railway Meadow.

Spooktacular!

Even the youngsters at Railway Meadows got into the Halloween spirit! Residents at Mollands Lane celebrated Halloween and Guy Fawkes night.



What's cooking?

Thanks to everyone who attended one of two healthy meal preparation classes sessions, led by our very own Joseph Thompson, Peer Recovery Worker and ex-chef.

You said, "The cooking lesson was therapeutic, I learned something new, and the food tasted good too!"

Horsing around

Some of our South Bucks residents enjoyed a day out caring for horses, thanks to the health and wellbeing service offered by L&Q Living and the L&Q Foundation.

Thanks to health and wellbeing facilitators Taylah Garner and Nigel Crompton.



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 Will Kennard, Business Development Officer and Debbie Cook, Supported Housing Operations Manager are in the hot seat.



WILL KENNARD

What's the best part of working for L&Q Living? Working in a team that do their absolute best to make life better for our residents.

What's your tittle – tea or coffee? Coffee. I don't understand why people like tea!

What do you like to do in your free time? If I'm not injured you'll find me on the sports field. If I'm injured, I'm wishing I was playing sports!

What is your favourite lunch hotspot? I do my best to cook my own food, but if not, I can be found lurking in the nearest fried chicken shop.

What would your autobiography be called? Sports, sleep and sausage rolls.

Best office snack? Peanut butter sandwiches.

Your face is on the front page of a national newspaper. What is the headline? Will Kennard conquers Mount Everest at the grand age of 108.

Describe your perfect Sunday Up late, gym, massive roast - followed by wishing I hadn't eaten so much. Then a good bit of TV and early to bed.

If you were CEO of a company, name the first thing that you would make compulsory in the office. Slides instead of lifts (apart from going up).



DEBBIE COOK

What's the best part of working for L&Q Living? It has to be the variety of the work. Every day is very different and I learn new things all the time. One day you could be reviewing/monitoring your budgets and the next chatting with a resident about the redecoration of the scheme they live in. It reminds me that every single thing I do in my job has an impact on our residents, whether big or small.

And the most challenging? There is a lot of responsibility that comes with my role, this at times can be over whelming. So, the most challenging part is to accept that at times I'm not able to do all the things I's like to do, all the time. Just make sure what I do is to the best of my ability and makes a difference.

What's your tittle – tea or coffee? Tea all the way.

What do you like to do in your free time? I read a lot and go rowing. I row mostly on the River Thames, but also around the UK and abroad, taking part in races and events. I also like to eat, hence the rowing!

If you could be any superhero, which one would you be? Wonder Woman – gotta love that outfit! I'd love the magic bracelets for use in meetings!

What would your autobiography be called? Did someone mention cake?

If you could take the credit for any piece of art, song, film, book, sporting event, etc. which one would you claim? London 2012 Paralympics – it was awe-inspiring. I felt completely transported when watching either on the TV or when I was actually there. It really brought home that anyone can do anything. I felt incredibly proud to be part of the host country which really raised the profile of the Paralympics.

Describe your perfect Sunday. Up early for a row on the Thames, quick drink with my crew mates, followed by a warm bath at home, then a big roast dinner.

POET'S CORNER

Diversity and the human race

Racism hurts, don't smirk or be a berk
 Watch how people treat people
 Then you will learn, we are equal, just the same
 I am white but sometimes I get brown
 No need to frown, black or white or in between
 You were created for a purpose so spread
 the word
 Only God knows why some people
 abuse people
 Because of colour or belief
 Some people say Jesus is lord,
 some say a prophet
 Now is the time to celebrate his birth,
 here on earth
 Don't judge people by their wealth,
 look after your health
 Don't wear a disguise or tell lies
 Its Christmas so enjoy your mince pies
 Some people believe in evolution
 Do you think that is a solution to problems?
 Don't let the sun go down on your worth
 Be of God, cheer and believe in things
 Renew your mind and be kind and don't take
 up arms against your brother
 Love one another, that is all.

by local resident

John Simmonds (Violet Court)



DIGNITY MONTH

February 2019. Keep an eye out for details.

SAFEGUARDING MONTH

April 2019. We'll be sharing details with you nearer the time.

STRICTLY L&Q LIVING

Our annual celebratory event 'Strictly L&Q Living' will return this Spring.



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. The first session will be at Bruno House in February.



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.



To sign up, or for more information about the healthy eating class or knitting group, 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

OPPORTUNITIES



JOIN THE EDITORIAL TEAM

Are you a budding reporter? Do you see yourself doing interviews and writing articles? Are you passionate about care and support? Then we want you to help create this newsletter!

We're looking for staff and service users to contribute to the newsletter and help share news of the fantastic work going on in care and support.

If you'd like to get involved, please contact aleem.hussain@lq-living.co.uk.

SCHEME MAKEOVER

GIVING YOU THE BEST HOME POSSIBLE

CRANBERRY & MOSS

recommended wall finishes

a. B54800-16-A-03 Grey
b. B54800-12-B-23 Green
c. Harlequin SeaglassTaupe 120670

RICH TEXTURES . VIVID COLOURS . SLEEK LINES

1. Iliiv Burghley Sage
2. Agua Linetta Ligth Grey
3. Panaz Lush Velvet Redcurrant
4. Agua Linetta Raspberry
5. Agua Nova Lemon
6. Fabricus Cheviot Tweed Charm
7. Iliiv Copenhagen Helsinki Charcoal
8. Iliiv Sierra Mulberry Print
9. Agua Linetta Olive

floor finishes

Smoked Oak 5G SKU: 5GSM002

Danfloor ET Dawn M. 3850-166

Window treatments

Panaz Amante 233 Pistachio

CRANBERRY AND MOSS SCHEME

DAVID PHILIPS SOCIAL LIVING

We are investing in our schemes to make sure we give you the best home possible to suit your needs.

We are currently doing makeovers at six of our schemes in Waltham Forest - Baytree House, Albany Court, Glebelands, Gainsfield Court, Nicholson Court and Suffolk Court.

We will be:

- Redecorating
- Installing new flooring
- Adding new curtains or blinds
- Adding brand-new furniture and accessories.

We have an interior designer, David Philips from Social Living, working closely with our planning team to make sure we create modern, elegant and stylish homes.

EQUALITY AND DIVERSITY PLEDGE

What equality and diversity means to you

We celebrated equality and diversity month back in December last year as part of our themed month initiatives.

We asked you to tell us what equality and diversity means to you. Thank you to everyone who submitted an entry. Here are the worthy winners of a £20 voucher:

- Martyn Champan
- Julie Cook
- John Raffery
- Nick Slemmings
- Margaret Merryweather
- James Summers
- Shajahan Ali
- Helena Socratus
- Awes Munye
- Joanne Ford
- Gina Kirby
- Victoria Omotosho
- Mikey Potter
- Barry Hollyomes
- Barry Bastick

We've used your submissions to create an equality and diversity pledge that we promise to follow.



EQUALITY AND DIVERSITY PLEDGE

- ➔ **YOU SAID:** It creates a fair opportunity for everyone to be who they want to be
- ➔ **WE PLEDGE:** to give every resident the chance to be who they want to be
- ➔ **YOU SAID:** We can achieve anything we want without any limitations
- ➔ **WE PLEDGE:** to help all residents reach their potential and achieve their goals
- ➔ **YOU SAID:** We want to be respected for choices we've made in life as individuals
- ➔ **WE PLEDGE:** to respect the decisions of each and every resident
- ➔ **YOU SAID:** It creates a nicer and more harmonious way of living
- ➔ **WE PLEDGE:** to ensure residents feel accepted and comfortable in their own home
- ➔ **YOU SAID:** It makes us feel valued and not lost in the crowd
- ➔ **WE PLEDGE:** to listen to every resident and make sure their voice is heard
- ➔ **YOU SAID:** It doesn't matter where you're from – we're all on this planet together
- ➔ **WE PLEDGE:** to value peoples' differences to create a cohesive environment for all
- ➔ **YOU SAID:** It means treating others as you wish to be treated yourself
- ➔ **WE PLEDGE:** to treat people as we would want our loved ones treated
- ➔ **YOU SAID:** Our independence is valuable; we want to choose what we want to do
- ➔ **WE PLEDGE:** to offer a tailored service that meets everyone's unique needs
- ➔ **YOU SAID:** We don't like being treated badly; we feel proud when people treat us well
- ➔ **WE PLEDGE:** to safeguard residents from abuse, harm and neglect
- ➔ **YOU SAID:** The service we get shouldn't be different to the service the next person gets
- ➔ **WE PLEDGE:** to deliver a fair, equal service; from one individual to the next

FAREWELL JOSHUA

Rest in peace Joshua Conway, who passed away on Sunday, 30 December 2018.



OUR NHS HEROES

Back in October 2018, we celebrated the 70th anniversary of the NHS, marking the occasion with the L&Q Living NHS Heroes Awards. This was your opportunity to say thank you to your unsung hero.

The winners were:

- Best GP – Dr Sen
- Best Consultant – DR O'Brady
- Best NHS Community Worker – Richard Morris
- Best Community Health Officer – Patricia Handley

Pictured are Richard Morris and Patricia Handley with their awards.



GET SOME OOMPH IN YOUR LIFE

Our Oomph! exercise leadership programme has now come to an end, which is great news because it means we have more trained facilitators to deliver exercise classes at our schemes.

A special thank you to the residents who completed the course:

- Maureen Taylor
- Margaret Clifford
- Jakki Cummings
- David Pocock

- Yvonne Rann
- Sheila Bradfield
- Kirsty Brandon



GET YOUR L&Q LIVING 2019 CALENDAR

Our appreciation and thanks to all the residents that took part in the L&Q Living calendar art competition. The winners are:

- Donald Grindrod and Kimberley Owens - Mollands Lane
- Geraldine Stewert and James Summers - Coxley House
- Pamela Rickards - Helena Road
- Sabrina Smith – Grove Farm
- Emily Yeboah and Victoria Omotosho - Beddalls Farm Lodge
- Margaret Bagshaw – Evelyn Sharp Close

There's a £50 love2shop voucher for all the winners.

Please can a member of staff from each scheme contact aleem.hussain@lq-living.co.uk to arrange collection of the vouchers.

Well done to everyone who took part and congratulations to the winners. The calendar is now ready and available for collection from West Ham Lane.



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

Can you find these hidden words?

- New Year
- Wellbeing
- Spring
- Resolution
- Dementia
- Summer
- Talent Show
- Mental Health
- Autumn
- Dignity
- Equality
- Winter
- Safeguarding
- Diversity
- Inclusion
- Disability
- Conference
- Themed Month
- Health
- Athletics

JUST FOR FUN

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

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

L&Q Living

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

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