

L&Q Living

INCLUSION

WINTER
EDITION

PERSONALISED SUPPORT FOR AN INDEPENDENT LIFE



L&Q Living celebrate Christmas with a festive and fun-filled party at Bocking Village Hall!

L&Q



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the electronic copy

Resident Christmas Party

Over 200 residents attended our annual L&Q Living Christmas Party at Bocking Village Hall in Braintree, Essex. As well as a live DJ playing festive hits, there was also a Yuletide spread to enjoy. Santa was back in his grotto handing out presents, with some help from everyone's favourite elf (our Income Collection Manager Lorraine Carter). As you can see, attendees brought the party spirit and had a wonderful time! Thanks to all our guests and everyone else who made the event such a success.





How L&Q Living schemes celebrated Christmas

Over 70 sheltered schemes also enjoyed the festive season, hosting their own in-house celebrations funded through our Christmas Meal grant. These were supported by donations of £10,000 from the L&Q Foundation, and £6,500 from L&Q Living. We were very pleased to see so many people wearing their Christmas jumpers and Santa hats for the occasion!



Dear L&Q,

All the residents of Perry house would like to say a very big thank you once again for the cheque of £300 given to us towards our Christmas dinner, which was very much appreciated by all.

Also, a few photos of residents enjoying themselves.
Thank you once again!

Regards,

Margaret Jobling
Perry House Social Club Secretary



RESIDENT DIARIES



Havering schemes host coffee morning for Children in Need.

Our Havering residents were treated to a special coffee morning with all the proceeds raised being donated to Children in Need. Annie made a particular effort in getting the whole community involved by spreading the news around the neighbourhood with support staff – thanks Annie!

Good luck and goodbye to Lee Price!

Lee Price, one of our Regional Business Managers, is moving on from L&Q Living after three-and-a-half years with us. We wish him all the best in his new ventures.



MEET THE TEAM

This issue, Scheme Managers Sempela Kaulu and Shabanaz Begum answer our questions.



SEMPELA KAULU

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

Getting to see clients grow and develop at our schemes and then move on into independence. It's the most rewarding part of the job for me.

What's the most challenging part of your role?

Sometimes clients can become unwell. It's always difficult to see someone have to go into hospital, even if it's for a short period of time.

Coffee or tea?

Herbal and fruit teas for me.

What do you do in your free time?

I love vinyl, so I spend a lot of time in record shops, as well as listening to music and going to concerts. I occasionally DJ online and on the radio.

What would your autobiography be called?

I am not Banksy.

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

I've been a big Spider-Man fan since childhood so that's my first choice!

What is your favourite day of the week and why?

Saturdays, because there is no work and plenty of time to relax and check out the best of what London has to offer.

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

Fela Kuti, Prince & Nina Simone. I would just love to hear any of them talk about their music and the impact that it had.



SHABANAZ BEGUM

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

The best part of working for L&Q is having great opportunities to support our residents, for example with the themed months and grants that are available.

What's the most challenging part of your role?

The most challenging part of my role is that every day is never the same.

Coffee or tea?

Tea – every hour please.

What do you do in your free time?

When I get some, I shall answer this hehe!

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

A 30-minute laughter therapy session.

Where would you go in a time machine?

Any place where my mother-in-law isn't.

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

Cilla Black, a friend named Million and Lee Price!

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

I would take credit for John Wick, Ip Man and any film that requires fighting.



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

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.



MUSIC BINGO/ QUIZ/SESSIONS

We will be bringing music bingo, a music quiz and music sessions to you all in the coming months. Look out for flyers for more details.



EDITORIAL TEAM!

If you are a budding reporter who is passionate about care and support, we want your help with this newsletter! We're looking for staff and service users to contribute material and help us share all the good work going on in L&Q Living.



WALKING GROUP

Looking for a way to make the most of the sunshine this summer? Then why not get active and come walking with L&Q Living?



NEW: JOIN OUR RESIDENT SCRUTINY PANEL

We are looking for L&Q Living customers to join our new scrutiny panel. You will meet quarterly with L&Q Living's senior management team to:

- Review policy and procedures
- Carry out mystery shopper exercises
- Work with senior management to monitor quality standard and KPIs
- Review health and safety standards
- Transport and lunch will be provided
- We will also be using a panel reward points system through which you can receive up to £100 Christmas gift vouchers (£25 per session).

VIDEO SUPPORT PLANS

We are now offering your resident support plans in video versions to make it easier for you to access, understand and review your plan. Please speak to staff or contact inclusion@lq-living.co.uk if you are interested in finding out more.



If you would like to get involved with any of the above initiatives please contact inclusion@lq-living.co.uk

POET'S CORNER

Equality and Diversity – Shaun Turner

Time to get it right, in the darkness I'm the light
Mixed races come together, enjoy the party that lasts forever.
Poverty in the situation, need a transformation.
Equal rights equal heights, one day we will all unite.
I love civilisation, justice in one nation.
Protect me from all the doom, god will save us soon.
Love is salvation, it is like a power station.
Let's live the dream, equal rights is the theme.
I know equality does exist, call it the final kiss.

COMING
SOON

Safeguarding
Month



LQLFC
7-side
Football
Tournament



L&Q
Living
Talent
Show



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.

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

- Santa Claus
- Elf
- Presents
- Turkey
- Crackers
- Children in Need
- Coffee
- Water Safety
- New Year
- Dignity
- Arty
- Scrutiny
- December
- January
- February
- Kind
- Helpful
- Charity

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

Riddle Me This!

You see a boat filled with people.
It has not sunk, but when you
look again you don't see a single
person on the boat. Why?

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 April 2020.



L&Q Living

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

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