



Moray Shared Lives



Edition No 12– December 2015

Welcome to the festive edition of the Moray Shared Lives Newsletter.

Our carers have been working very hard to create new and interesting activities within their services. They are all keen to trial new things that might encourage more time in the community, or to rekindle or learn new skills together.

Carers have tried new outdoor activities over the last few months including - Living Golf, rollerball and shopping trips to Inverness. One carer has taken some of her ladies to a specially arranged porcelain flower making group and another has supported a young lady to enjoy swimming and the relaxation suite at Moray Leisure Centre. One of the lovely baskets they made together at the flower making workshop, was kindly donated to our Christmas party raffle



too!

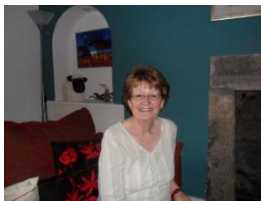
Two of our carers also accessed the new intergenerational group at the local Youth Café and found it very good. It is important to us as a service, that we encourage meaningful occupation within the service in a relaxed and supportive environment, as well as opportunities for social interaction and access to the local community.

An important part of our service is to enhance social circles for the people we support and also to provide continued support to get out and about across Moray, when people feel they are able.



Some recent pictures of new friendships built within our service, from our service photo album.

Meet the new members of our carer team.....



Rosemary Young, from Lossiemouth: Rosemary is offering 2 days day support initially and is already supporting 2 people within her service. She comes to the team with a wide range of life experience and has travelled the world with past employment. She is passionate about support for her local community and is really enjoying her new role.



Karen Netherton, Burghead: Karen has worked extensively in a variety of care roles and most recently worked in Homecare. One of the things that attracted her to the team was the chance to spend quality time and build supportive relationships to support people in her community. She is offering day support, 3 days per week. She supports 3 people at the moment, and has a small amount of space within her service.



Jude Linsell, Burghead: Jude also comes to the team with Homecare experience. She enjoys all forms of art and craft and is a talented painter. She is looking to build up her Shared Lives Service from the new year.



Reg Nessling, Elgin: Reg has experience supporting people with learning disabilities and has also volunteered with many services and organisations locally. He currently supports 1 young gentleman and may build his service in the New Year.



Christmas party memories.....

Everyone had a lovely afternoon together.



Lots of laughter and an opportunity to chat and meet people.



Shared Lives Christmas Party 2015





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Merry Christmas and Happy New Year from

Moray
Shared Lives



Shared Lives Christmas Party 2015

The local band Bed Head and Shared Lives friends Neil Macdonald and Jim, and Addie kindly provided our entertainment for the afternoon.....





Shared Lives Christmas Party 2015 – Extra photo sheets





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