



The Moray Shared Lives Service Newsletter

First Edition - December 2012



Welcome to the first edition of the Moray Shared Lives newsletter. I have introduced the newsletter to promote the Moray Service. I also hope to highlight our successes and showcase the flexibility and choice that Shared Lives can offer.

The Shared Lives Service in Moray is a personalised care service. Service Users are cared for in the friendly environment, of the *Shared Lives Carer's own home*. The carer also helps the person to integrate into their community, if they wish, in a very special way. This can simply be by taking them to clubs they are no longer able to attend, trips out to the shops or cafes, or further afield to the beach, cinema etc. On quieter days it can just be staying at the carer's home, to share a cup of tea and a chat. This is the beauty of Shared Lives - it tailors the service to meet the needs of each service user, on an individual daily basis.

Our progress to date.....

Our carer team is small at the moment, but historically, this is the approach that works best, according to the National Shared Lives Plus Network. Shared Lives is celebrating its 20th anniversary nationally this year.



Details of other Shared Lives services and what has been achieved nationally can be found at: www.sharedlivesplus.org.uk.

The Service in Moray has been running now for a year and a half. In that time there have been many success stories, which highlight how well the service works for some people.

I aim to develop and grow our service, and I am currently advertising and recruiting for new carers to join our care team. We have another two people nearing the end of the recruitment/assessment process at the moment. We have a gentleman from Buckie and a lady from Findochty.

Celebrating our success....



Jean has been attending the Moray Shared Lives Service with our carer Hilary Williamson, for about 6 months.

Jean was an active, independent, lady who enjoyed many pastimes - including cross stitch. She is very proud of her beautiful cross stitch of an owl scene, which has pride of place on her living room wall.

Sadly Jean suffered a stroke, and lost the use of the right hand side of her body. As Jean is right handed, this made everything more difficult to achieve. With Hilary's help though, Jean has now managed to go back to doing cross stitch with her other hand, and this has given her more confidence to "have a go" at other activities. They go out together now, shopping and to local cafes etc. Jean said cheerily that they "find lots to chat about!" Both Jean and Hilary really enjoy spending time together and have formed a lovely friendship.

Meet our team.....



Diane Mcleary - I am the **Shared Lives Officer** for the Moray Service. I recruit and support our Shared Lives carers. I also co-ordinate and promote the service across Moray. I have been in post since the end of July 2012. I am keen to showcase our Moray service with a fresh, positive approach. I am proud of the progress our service has made so far, and I am looking forward to growing and moving the service forward. I feel that Shared Lives offers service users a flexible care service and a tailored choice of activities.



Hilary Williamson - **Shared Lives Carer** - Stays out at Bogmoor near Spey Bay, and offers both respite and day service. She has been a Shared Lives Carer now for a year and a half. Hilary has undertaken a considerable amount of training to date, and continues to research further information and undertake training as it becomes available. Hilary enjoys her work within the Shared Lives Team and has said:

"As a Shared Lives Carer, I feel I make a worthwhile difference to the lives of the people I care for, and their families. I offer a loving home, where people can relax, be cared for and feel part of the family".



Angela Baker - **Shared Lives Carer** - stays at Upper Hempriggs near Kinloss. She currently offers day service and is our newest carer to join the team. Angela is also a registered mental health nurse with a great deal of care experience. Angela has said:

"It is my hope to establish a positive, supportive relationship with my service users, that will enrich their lives".

NB: all Shared Lives Carers now have individual service leaflets and a photo sheet. Please feel free to request these from the Shared Lives Officer.

Finally.....

I would like to take the opportunity to wish you all a Merry Christmas and Happy New Year, from everyone in the Moray Shared Lives Team.



I am sure the newsletter will change and evolve as we go along. I would welcome suggestions from anyone, or relevant articles from other care services, as I am keen to encourage the sharing of best practice ideas and information.

Do you know anyone who would be interested in becoming a Shared Lives Carer?

If you would like any further information on any aspect of our Shared Lives Service, or wish to share comments or feedback on our newsletter, please contact:

Diane Mcleary, Shared Lives Officer, Moray Council Annexe, 2-10 High Street, Elgin. IV30 1BY. Telephone: 01343 563450

diane.mcleary@moray.gov.uk