



Edition 9 – December 2014

Welcome to the December 2014 edition of our Newsletter.

It is the time of year when people tend to look back and reflect on the year gone by. I have been looking at what we have achieved over the last 12 months, within the Shared Lives Service in Moray.

Reflection.....

It has certainly been a very busy and exciting year for the Moray Shared Lives Service. We have recently appointed 2.5 new support staff. The extra office staff will allow more time for the promotion, growth and support of the service, carers and the people who access support from us. 2015 should continue to see the expansion of the service as a whole.

Natalie Falconer started this month. She joins the office support team with Social Care qualifications and a background in working with people who have learning disabilities. We hope she will enjoy her new role as Shared Lives Community Care Assistant and that she will be an asset to our Support Team. We will still be based at the Moray Council Annexe in Elgin, though Natalie will also spend some time each week out in our other offices, to get to know the referring teams.

The other 2 staff are due to start in January, Details will follow in the next edition of the newsletter.

We have welcomed 5 new carers to the team recently. That takes the total number of Shared Lives Carers up to 11. We are also currently assessing another 4 throughout Moray. We have a panel set for this month, to decide if they will also join the carer team. Carefully recruiting more carers, will allow us to offer a wider range of both day support and respite provision throughout Moray. We are adding to our range of individual carer service leaflets. They will give information on each new service that becomes available. They will be added to the Shared Live Section of www.moray.gov.uk or you can request them in paper format, if you do not have internet access, via the Shared Lives Support Team. You can either phone on - 01343 563450, or email your request at www.sharedlives.moray.gov.uk.

Throughout the year, our carer team have increased the activities, outings and support we are able to offer. Through training, experience and recruitment, we now have a wider range of knowledge and experience throughout the carer and admin support teams e.g. increased knowledge to help us support people with dementia and carers who have worked with a range of people who have a variety of learning disabilities. This will allow us to continue the excellent work we have become known for as well as offering Shared Lives to more people. This year we have begun to work closely with our learning disability team throughout Moray and will continue this piece of work into the New Year.

Part way through this year, we were no longer able to offer the small amount of overnight respite, as we did previously. From feedback and requests, I know this provision has really been missed. Hilary, our carer, provided an excellent service, but unfortunately her circumstances changed. I am pleased to report that we should have 3 carers from the New Year, who are able to offer overnight respite/short breaks. As the carer team grows further, we hope to extend this part of our service even further. We will be looking to streamline our referral process in the New Year. Meantime, please continue to contact us by phone or email, as detailed above.

Meet the team.....



Karys Paterson, near Spey Bay: Karys has no paid care experience but she has recently completed her full carer training programme. Karys has personal experience of supporting a family member with dementia and is keen to use her life experience to help others. She has considerable transferable skills from her past employment, especially with regard to communicating effectively with people from all walks of life. Karys has moved in with her sister and her family. Her sister, Hilary Williamson (who is one of our established carers), and Karys intend to offer a day support together. Taster visit times are available for booking now.

NB: We also have a small amount of spaces available with our other established Shared Lives Carers. Please contact the Admin support team for details.

Christmas Party.....



We had our Christmas Party on the 4th of December, at New Elgin Hall. It went extremely well and everyone seemed to have a fantastic time together. We are very thankful to Fiona from Inspirational Harping and the children from Jack n Jill Nursery, for keeping us entertained throughout the afternoon.

Please take a little time to complete the feedback form attached, and to think of suggestions for our events for 2015.

Glenmore outing 2015.....

Moray Shared Lives have been invited to an outing at Glenmore near Aviemore, in June 2015, by the Aberdeenshire Shared Lives Service. It is a subsidised holiday weekend for anyone who uses a Shared Lives Service, their families, or workers for a Shared Lives Service. Shared Lives Plus support the event and this has ensured that the weekend is priced to allow as many people as possible the opportunity to attend. Previous activities on offer have included outdoor archery, walks, climbing wall etc as well as many indoor activities e.g. pampering sessions etc. I will cascade further information when we receive it.

Christmas and New Year good wishes to all.....

We would like to extend good wishes and thanks to everyone who has supported or accessed the Moray Shared Lives Service throughout 2014:



Merry Christmas and Happy New Year

From everyone at the Moray Shared Lives Service.

Christmas Party Evaluation and event suggestions for 2015.

1. Did you think New Elgin Hall was a suitable venue for our event? If no, please give comments.....
2. Did you enjoy the event as a whole? Yes/No
3. What was your favourite part of our Christmas Party afternoon?.....
4. Is there anything we could have added to the afternoon to make it more enjoyable for you?.....
5. In 2015, we hope to organise a couple of events. What would you enjoy? (Feel free to suggest events, venues etc).....

NB: We will not be able to use everyone's ideas and suggestions, however, we hope to incorporate one or two ideas into any future events.

Your feedback is important to us, so we appreciate you taking the time to answer the questions above.

Please return your completed evaluations to: The Moray Shared Lives Service, 2-10 High Street, Elgin, Moray. IV30