JULY 2018 ISSUE 33

# PERSONA NEWS



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# Message from Kat

The sun continues to shine this month and that's evident in the lovely pictures of activities taking place across our teams. There's no doubting it - a bit of sunshine gives us a real boost. It makes life feel a bit easier – longer days with bright evenings make us more inspired to be active and make the most of the good weather. We spend more time out in our gardens, out for a walk or if like me and you're part of the Persona 10k team – out for a training run.



The wonderful weather also gives us the opportunity to test out our Art of Brilliance again. How many of you have heard someone say, "It's too hot!", "How long is this weather going to go on for?!". It seems some of us are never happy. This edition gives you some useful reminders about our Art of Brilliance sessions including the 90/10 principle. The weather is part of the 10% we are not in control of, but we do control our reaction to it so choose to be positive and enjoy the sun.

Kat

It's great to see the effort that has gone in to all of our garden areas to make them nice places for people to spend time. I recently heard a worrying statistic that on average someone staying in a care home only gets 3 minutes of natural daylight a week. How worrying is that? What would our lives feel like if we only got outside for 3 minutes a week? So I'm delighted that we are paying attention to detail on the little things that really matter like having lovely outdoor spaces to spend time. All of the garden projects have seen investment from Persona alongside enthusiasm and energy of staff members, and engagement of community partners like Morrisons and the Princes Trust. Working in partnership is critical to us providing fantastic support so it is great to see this taking place.



#### **BURY 10K UPDATE**

Since the last edition we have 9 people who have signed up; the team will be running and raising funds for Bleakholt Animal Sanctuary. There are now 11 weeks to go before the big day on the 16th September and we are doing a final call to action to see if there are any more staff who want to take part. If you fancy a challenge and want to raise money for a good cause then we need to hear from you!

PLT have committed to contributing to the cost of the entry fee, so what are you waiting for?

Let us know by Friday 20th July by emailing us at info@personasupport.org



#### **MEDICATION**



We all know that over recent years medication has become an increasing feature of the support we provide. Many of the people we support have increasingly complex needs and supporting them with their medication is a skill which has become more and more important. We're currently doing some detailed work around medication to look at our processes and procedures, to ensure that the responsibility for medication which we are entrusted with is managed correctly with 100% accuracy. That's what any of us would expect when it comes to something as important as medication. Our work in this area has revealed that in 12 months we supported our customers with over 485,000 medications. Wow! We really do deal with a lot of medication don't we? It's really important that anyone supporting with medication is competent to do so and that's why we have policies and procedures to follow and training through Altura which must be regularly refreshed.

#### **BOARD AWAY DAY**

In May we had a Board meeting with a difference. Instead of sitting around a table and looking at how we take Persona forward, Board relocated to The Anderton Centre in Rivington for a morning spent climbing up crate towers, learning archery, balancing on obstacles and even leaping out of trees!

Why? You may ask. Well certainly not because we are adrenaline junkies – far from it! The session pushed every Board member well out of their comfort zone, stretching us to do things we had fears about. Sometimes we learn most about ourselves and those closest to us in our team when we are in a completely different setting. The morning highlighted the caring skills of some Board members who focussed on supporting and motivating others, the enthusiasm of others who put their fears aside and got stuck in to something new.

Above all it helped us understand each other better as a team.





#### **HIVE FIVES**

This month has seen 109 HIVE FIVES given across all the services. It's great to see so many staff being recognised for living the Persona values.

Here's a selection - congratulations to everyone!

#### Adaptable

#### Enthusiastic

Sarah Tattersall

Sarah has been really helpful with the planning and organising of the Festival of Ageing. Her hard work and commitment has not gone unnoticed. You have demonstrated the responsive enthusiastic and adaptable values. Well done

#### **Mark Hesford**

#### Caring

For going above and beyond to ensure a gentleman we support got a new kitchen fitted with as little stress as possible. Both by physically supporting him early each morning and for repeatedly making phone calls to the landlord to make it happen. Thank you Mark.

#### Lisa Ivatt

Adaptable

Enthusiastic

Thank u Lisa for stepping in and helping me on your day off, really appreciated it, ur always there to support the staff Thanks



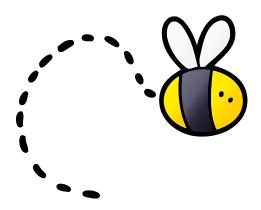


Adaptable

Enthusiastic Ann Thompson

For organising and delivering a fantastic Garden party at Woodbury, showcasing the service beautifully. A brilliant afternoon where the service shone. A delight to hear such amazing feedback from customers and their families. Simply brilliant. Well done to you and all of the team involved. Really demonstrating values of enthusiasm and adaptable - some very resourceful people in your team.





Caring

Enthusiastic

**Melanie Little** 

Melanie led on arranging a fantastic picnic trip out for customers and worked in partnership with a local cricket club to achieve the great trips. It was such a great success, that she went on to organise a second day so that more customers could attend. Feedback from customers and families has been excellent and really positive. Well done and keep up the good work.

Val Rutter

Caring

Adaptable

Well done Val, fantastic work supporting Jennifer to go on holiday to Benidorm. Jennifer has told me she loved it and is already making plans for next years holiday:)

John O'Connor

Adaptable

Enthusiastic

Sharing your amazing photography talents to get some lovely photos for the leaflets and web pages of Escape and Get Social. It brings them to life. Thanks for being Adaptable and Enthusiastic.



HIVE FIVES **Helen Yates and Rob Laing** 

Honest

Adaptable

Project management of the Escape refit. Put together a comprehensive plan and stuck to it. Produced exactly what was asked for authorisation on the project and stuck to all timescales. Stayed true to the agreed brief and have created an amazing space which is light, bright and fresh. Absolutely brilliant and getting great feedback from staff and existing customers. Worked really well with the maintenance team too. Fingers crossed for your open days.

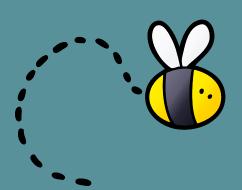


#### **Ann-Marie Davies**

#### Enthusiastic

A big thanks for all the time you have spent researching and purchasing items for our upcoming social event. You have done all this in your own time and I really appreciate it. Can't wait to see it all decorated on the night!





Adaptable

Respectful

**Carolyn Watson** 

Carolyn dealt with a situation that occured whilst escorting customers home on the bus. She did this in a calm and professional manner, ensuring that the customer was safe and as comfortable as they could be. Her logical thinking avoided any further injury/discomfort to the customer. Carolyn liaised with NOK and paramedics to ensure that correct information was passed on.

The next day without prompt, Carolyn made a call to the customer's family to enquire how she was.

#### **Emma Altham**

Enthusiastic

Caring

Thank you for all the hard work you put in organising the reminiscence trips on the ELR. The customers had a fantastic time.

#### **Kim Atkinson**

Adaptable

Caring

For yet again going the extra mile to help out her colleagues and the customers she supports. A huge thank you for being so supportive and responsive!



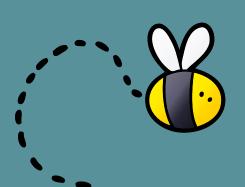


**Diane Davies** 

Adaptable

For being so pro-active, creative and organised with Shared Lives since you came into post. With you and Paula it really feels like the service is in good hands. Thank you.





Adaptable

Enthusiastic

Sasha Hyde

Works hard never moans when asked to assist with other duties and always try to accommodate when short on shifts. Thankyou Sasha.

Enthusiastic

**Debra Roberts** 

For always being cheerful, keeping staff smiling with positive attitude.

**Anna Craig** 

Respectful

Caring

Anna - never seen her irate or stressed. Never known her to be harsh. Has best outcome in mind for both service users and staff. A good asset to persona

A number of staff have also received a HIVE FIVE for embracing Altura and working hard to ensure that their training is up to date – Well Done!



## Choose to be Positive



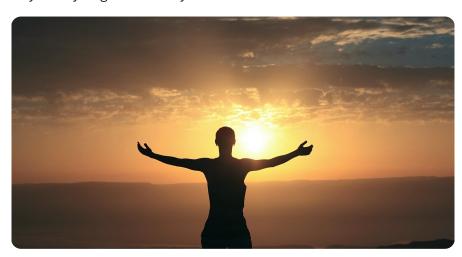
Now that's easier said than done sometimes!

Or as Daryl said to us during the Art of Brilliance Workshops – it takes practice to be a top 2%er, especially in a world where negativity seems to be a habit and it's easier to conform with the 'norm' of negativity. But positivity can take over; there is nothing more important than spreading positive, upbeat, energetic passionate vibes, especially when our roles have such an impact on the lives of others.

Do you remember the 90 / 10 principle that was shared with us? This is a general theme around which life is based.

- 10% of life is made up of what happens to you
- 90% of life is decided by how you react to the 10%

So the 10% is things that just happen - the car breaks down, your children will create a mess, you get stuck in traffic or your flight is delayed as you go on holiday.



These things just happen. What you can do is choose how you react and feel about these things or even not react to them at all, after all it's unlikely that your car will just be mended, the mess that has been created will just disappear, the traffic will clear or the plane will arrive earlier if you react in negative way to these things – it will probably just make you feel worse!

The top 2%ers will not get frustrated or angry by these or similar things and would choose to react differently or use the time for something else such as read a book, talk to someone in the same situation, do some mindfulness or make tidying up into a game with the children #bestmumintheworld.

#### So what things can we try to continue to work at being a top 2%er?

- Think of someone who inspires you, what do they do that makes you feel brilliant?
- Be grateful for the things that we have what things do we take for granted?

If you enjoyed the Art of Brilliance workshop and would like to find out more, Persona have purchased some of The Art of being Brilliant books.

Please contact the workforce team on 0161 253 6135 if you would like to borrow a copy.

Do you have any tips for dealing with life like a 2%er? Please share them with us - email info@personasupport.org.

# Mr Nobody & the Cleaning Fairy











Since we've launched our values I've had my values radar well and truly switched on. I don't know about you but I am much more conscious of when people live by them and also the times that, quite by accident, they don't.

Our values are as much about how we treat each other as they are about how we treat our customers, and often that is where we find it harder to live by them. Little things can have a significant impact both negative and positive.

Let me share with you a quick story about Mr Nobody and the Cleaning Fairy.



The kitchen at head office is no different to any workplace brew up point. You'll all recognise it. It accumulates a varied selection of dirty pots. Nobody knows how. They don't belong to anyone – it's Mr Nobody. One thing is for sure Mr Nobody is a really untidy person! The thing is – Mr Nobody has a really negative effect on people. Little things really matter, and assuming that people will tidy up after you says lots of things that Mr Nobody never intended. It says – 'I'm far too busy to clean up after myself' which leads to 'but I'm sure there are other people around here who have time to clean up after me'. Relating it back to our values it fits with our Respect and Honest values – treating people with respect and taking responsibility for your own actions. Leaving that dirty plate or cup matters a lot more than you think.

On the positive side of things, for every Mr Nobody I see, I also know there are the Cleaning Fairies. These are the unsung heroes of the tale.

The people who quietly do the clearing up after Mr Nobody – mostly without complaint. The people who empty the recycling pots. The Cleaning Fairies live the values of Respect and Caring. They want to make their work environment the best it can be. But they also have a secret motivation. The Cleaning Fairies get something back in return for their efforts. Taking the time to do Mr Nobody's washing up is a random act of kindness and as we know from our Art of Brilliance, those random acts help us fill our 'Feel Good' bucket up. I see lots of these little gestures. Making a cup of tea for a colleague, leaving the photocopier with paper in, filling the kettle back up when you've used it, an extra biscuit for a colleague you know is having a tough day.



Obviously this story is a bit of fun, but like any good fairy tale there is a clear message in it. It's the little things that matter, so make sure they make a positive difference not a negative one.



# My IMPACT Appraisal

All staff will be aware of the IMPACT performance management approach that takes place across Persona on an annual basis. This is our team approach to working toward Persona's vision and business priorities.

This year we are extending this approach to include My IMPACT Appraisal. An annual one to one appraisal with your line manager, it is an opportunity for all members of staff to discuss:

- Success and what has gone/is going well
- Reflections on your impact in your role
- Training and development opportunities
- How you are living the Persona Values
- Managers' feedback and reflections
- Commitments for the next year
- Your career plans

Every member of staff will receive a My IMPACT Appraisal meeting and it is time for each of us to spend some time reflecting and thinking about the last 12 months in our role. It is also an opportunity to consider and develop plans for the future, depending on your individual situation. Everyone will need to take some time to prepare for their IMPACT Appraisal, so that they get the most out of it.

My IMPACT Appraisals will roll out across teams throughout the year, so expect to see this in your team soon - and look forward to it. It's your chance to have a great conversation all about you. The more you put into thinking about what you want to say, the better your conversation will be.

## PersonAwards



#### **SPONSOR UPDATE**

This year we celebrate the PersonAwards on 4 October 2018. The awards are a celebration of the hard work and commitment that all our staff show and the positive difference they make to people lives.

We would like to say a massive thank you to all of this year's sponsors, without whose support we would not be able to make the PersonAwards the event that it is. This year's sponsors are:

A&P



Brunsdon



Cuppaccino



**Xceed Care Compliance** 



**Bury Community Network** 



Reval



**APM Design** 



gunnercooke



HIVF

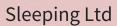


Horsfield and



Smith

Simply Moving and





#### Pinfold's Pop Up Pub

A great time was had by all, at Whitefield's newest (temporary!) hostelry!









#### National Cream Tea Day

Pinfold made us proud last month, joining in this truly British tradition.

#### Bambinos visit Grundy



Children from Bambinos nursery spent an entertaining afternoon with customers, who are already looking forward to their next visit!







#### **Grundy's Summer Patio**

Staff at Grundy have been hard at work getting the patio ready for this glorious summer - isn't it gorgeous?
Well done to everyone who contributed.

You are really living the values of

Enthusiastic

Caring









#### **Chocolate Eclair Day!**

We feel we need say nothing more... these satisfied expressions at Grundy say it all!









#### Selfie Day at Grundy & Pinfold

Thank you to staff for getting involved in this & for sharing these snaps!









#### Doughnut Day!



Customers and staff at Grundy and Pinfold had a fantastic time making the most of this scrumptious event!











#### **Cupcakes at Pinfold**

Pinfold raised £92.50 for the Alzheimer's Society in June, from the sale of cupcakes donated to them.





#### Bring Your Dog to Work Day











Head Office were lucky enough to have two canine visitors; Jenny (retired Greyhound) and Gus (Border Terrier pup). They really cheered up the day & Gus popped next door to Grundy to spread some love too. Did you have any dogs at work in your service? We'd love to see your photos!

# Reinvestment: Haymarket becomes Escape



Escape is a group of like-minded young adults ages 18-30 with mild to moderate learning disabilities who are all on a journey, looking for the next step in life. The rooms have been refurbished with a bright and bold feel and kitted out with new equipment.

Everyone has worked really hard to get this fabulous new service open & customers can attend the Summer Club too - search "Escape" on our website for more information.





#### **Get Social**

We would love you to join us on one or more of a range of exciting, fun filled activities that run on a regular basis, where you can meet new friends and learn new skills. To find out more about each of the different activity sessions that we run and how to book onto an activity, search "Get Social" on our website.







# Reinvestment: Woodbury Garden Party



The Mayor of Bury attended this party along with customers, relatives and staff, to celebrate the gorgeous new garden at Woodbury.

Well done to everyone who worked so hard to complete the project, it looks fantastic!



What a transformation at Spurr, with a remodelling of the space, a new reception desk and a lovely new seating area.









#### Accessible Festival

Customers from Spurr House enjoyed a day out in the sunshine at Bury's annual Accessible Festival.











A big thank you to Margaret Hardman, from all the staff and customers for her hard work transforming the garden. Margaret gardened straight after finishing her night shift to get the garden finished, so everyone could enjoy it in this gorgeous weather.

We'd also like to thank Morrisons, who donated olive trees and trolleys full of bedding plants.



#### Elmhurst's Garden Makeover





# Short Stay Welcomes New Team

A warm welcome to our new Customer Relations Team!

The team will be working across Older People's Short Stay at Elmhurst and Spurr House. They will provide essential support to the wider staff teams and ensure that a professional and welcoming front of house service is being delivered at all times, getting involved in areas such as meeting and greeting customers, dealing with enquiries, supporting staff with events and generally being fabulous!

The team started off in early June 2018 with a group induction day at The Ramsbottom Centre, and is made up of:











Eddie Cheung, Head of Operations Emma Hulse, Customer Relations Co-ordinator









Maureen Howarth, Kath Hopkinson, Lorraine Baison & Maria Vanichpatanakul, Jillian O'Keefe (not pictured), Customer Relations Assistants

## ANNOUNCEMENTS

#### **Starters**

Clair MacKinnon, Performance & Projects Manager, Finance & Facilities

Petra Cloherty, Casual Care Assistant, Casual Team Kali Habberley, Casual Care Assistant, Casual Team Nathan Hardman, Casual Support Worker, Casual Team

Samara Kareem, Casual Customer Relations Assistant, Casual Team

Jillian O'Keefe, Customer Relations Assistant, Elmhurst

Emma Rogerson, Day Care Assistant/Coach Escort, LD Day Service

Lorraine Baison, Customer Relations Assistant, Spurr House

Paula Forward, Care Assistant, Spurr House



#### Leavers

Christine Emanuel, Performance, Systems & Facilities Manager, Finance & Facilities



#### 100% Attendance

Congratulations to Anna Craig, Day Services Manager, who has won £100 of vouchers for April's 100% attendance.



## CELEBRATIONS

#### A Big Well Done!

Barbara stayed with us at Spurr House as a convalescence customer from October 2017 with a fracture to her tibia following a fall at home. She has mild learning difficulties and because her left leg was in a half cast, required fully hoisting for all transfers.

Barbara was discharged in May 2018 and is now at home, mobile with her walking frame and she still visits Spurr on a weekly basis to use our bathing service with support from staff. No therapists were involved in her recovery; this was all achieved through the hard work and dedication of Barbara and the team at Spurr House.

s was ication

Barbara's sister recently purchased this lovely cake for staff to enjoy, to celebrate her recovery.



#### **Happy Birthday Edna**

Happy 96th Birthday to Edna, a customer at Grundy who celebrated recently with this yummy cake. Congratulations!

## COMPLIMENTS

Here is this month's selection of compliments and thanks we've received - it is fantastic seeing 'Our Values' being demonstrated on a daily basis.

#### Thank you's to Elmhurst

Many, many thanks for taking so much care of mum (Joan Johnson). Your kindness and care that you have given to her has been wonderful. Myself and my husband very much appreciate all that you have done for her. Also the quickness of your response to mum when she has taken poorly has been fantastic.

Thank you so much for all the care and attention you have given to us.

Many thanks again, love Sue & Dave (Perkin)





Lee and all the ladies at Grundy are all brilliant.

Brenda Taylor Frain, via Facebook

#### Thank you's to Grundy

Thank you for being so kind and friendly over these last few months - I won't forget your kindness.

**Ruth - temporary staff member** 

I would like to thank you most sincerely for all your help and kindness towards Stephen, it was very much appreciated. Mrs S.A. Phillips











## MAKING THE HEADLINES

# The Festival of Ageing

Celebrating Positive & Diverse Images of Ageing



Along with four other partners, Persona have been involved in organising this Greater Manchester wide festival, which has been funded by Ambition for Ageing. It runs until Sunday 15th July and there is something for everyone, so have a look at the Facebook events page for details:

https://tinyurl.com/y8lp2qhg

## A Message from the Mayor



Message from Councillor Jane Black, Mayor

I was so pleased to attend the Opening of the new garden area at Woodbury and would like to thank you all for the very warm welcome and lovely refreshments I received.

I thoroughly enjoyed the afternoon; it was really good to see the event so well attended and to meet so many. This garden will be such a great asset and I'm sure will be enjoyed by many. Thank you for inviting me to join you; I was

delighted to be able to do so.

With kind regards and very best wishes.

Jane

## **COMMUNITY NEWS**



## Grundy Day Centre's Garden Makeover

It's hard to remember at the moment, but before this glorious heatwave started, we had several weeks of wet and windy weather. It was then that the hardy crew from the Princes' Trust Team Programme (part of Greater Manchester Fire and Rescue's Youth Engagement Team, Future Heroes) set about transforming the Grundy garden from an overgrown jungle to a calm place of reflection, complete with bird bath, fruit and vegetable beds and flowers.

The group of six volunteers worked really hard repainting the raised beds and laying weed proofing and wood chips down to keep the area looking tidy; the wheelchair accessible paths have been cleared and a selection of plants and herbs have been planted which will provide a small amount of fresh produce as well as a feast for the eyes.

The garden was opened on 24th June by Anna Craig, Day Services Manager, and customers enjoyed a buffet in the sunny new space. Anna thanked the volunteers and the Fire Service staff for creating a space that customers can enjoy again, as it had recently become unusable.

Thanks to Anne Marie Davies and Laura Wolstenholme for these great photographs of the opening event and the garden.











My name is Debbie Tomlinson and I have been coming to Day Services since Adam was a lad!

I first attended Sefton Street in Whitefield and then moved to Seedfield Day Centre, where we stayed for a few years until four years ago we moved to Castle Leisure Centre, when it was renamed Re-start.

I have made lots of friends and met lots of lovely people over the years.

I lost my sight in 1978 but quickly adjusted because I had to. This has never stopped me doing anything, I have driven a car, been on Countdown, enjoyed abseiling and recently had a few days at Sandpipers holiday hotel.

I have always liked English and a love of poetry, so over the years I have written a few poems of my own and on my bucket list is to have it published.

This is the poem I have chosen to share with everyone:-







When you're feeling down, my friend
Spare a thought or two,
Not for the man with the greener grass
But for those worse off than you.
Those who yearn for food and drink
Those plagued by flea and pest
Those dying folks, with bellies swelled
Who fight without a rest
To find the bare necessities we all must
have to live

Surely, we'd feel happier
If we spared the time to give....

Thank You.

# SPOTLIGHT



## CLAIR MACKINNON PERFORMANCE & PROJECT MANAGER

#### What do you enjoy about working for Persona?

I only started in June, but as soon as I came for my interview, I could tell I would enjoy it here. Everyone has been so friendly, having a Treats Table and Gus the Border Terrier pup to cuddle were an unexpected bonus. But having an Ice Cream van visit every day would take some beating!

#### What's your greatest extravagance?

My car when I bought it 7 years ago & following Manchester City FC around Europe. Three years ago my sister and I bought a horse and it's better not to think about how much he costs us. I also have an obsession with handbags. Please don't ask me how many I have, because I actually don't know (#InDenial).

#### Favourite place?

Sevilla, the party capital of Andalucia. Fabulous (except the heat) & I have several friends there through following Sevilla Football Club. I think of it as my second home.

#### What makes you angry?

Injustice, bullying, discrimination. I was bullied mercilessly at high school. I had the worst pustular acne you have ever seen which made me a prime target.

#### Who/What makes you laugh?

Red Dwarf, Friday Night Dinner, 8 out of 10 Cats Does Countdown, League of Gentlemen, Mock the Week, the IT Crowd.

#### Favourite film?

Monty Python and the Holy Grail. After I hired out the video from Blockbuster more than 30 times they gave it to me to keep.

#### Your most embarrassing moment?

Ahh. Well. I have a lot to choose from. Some are bordering on tragic. Even my Mum calls me Clumsy Clair. After using the loo at Manchester Piccadilly in rush hour, I walked across the city centre to pick up my car. I could hear a woman behind me shouting, but just kept walking faster & was almost at the car when she caught up with me to tell me that the back of my dress was tucked in my knickers. I have no idea how many people were traumatised.

#### Favourite singer/band?

Duran Duran; my first ever gig on 3rd July 1981 at Manchester Apollo. I took my sister for her 13th birthday present, I was 15, and we have been Duranies ever since.

#### Tell us about your life at home/hobbies?

I live with my Mum Norma who, at 76 is a formidable lady but she has several health issues and needs support. I have one sister Kathryn. Toby The Wonder Horse, watching football and buying handbags take up most of my free time.

#### Favourite food and drink?

Paella and Jamon Iberico Bellota washed down with Cruzcampo beer or Tinto de Verano (the Andalucian version of Sangria – not quite as strong but I can drink more of it before I fall over!!).

### Who would you want to be on a desert island with and why?

Channing Tatum. He would be strong enough to build me a beach hut, resourceful enough to forage for food then barbeque it, dance to keep me entertained and is quite easy on the eye.

#### DATES FOR YOUR DIARY

#### August

- 1st Yorkshire Day
- 8th International Cat Day
- 13th National Allotment Week

  International Left Handers Awareness Day

14th - Afternoon Tea Week

19th- World Photo Day







A note from the Employee Forum:
As you may remember we were working on running a charity event for staff and customers on 14th August at The Green. We've had some fantastic ideas put forward, and the event has really grown beyond what we originally anticipated. As we've started to work on the logistics of it we've realised we need more time to put it together. So we're hoping to run it during dementia week next year and raise some money for local dementia charities.



## **BACK PAGE NEWS**







Those of us who are lucky enough to have met Jenny on her visits to head office & LD Day Services know what a great home she has found with Rob Laing, Day Services Manager - Learning & Physical Disability Day Service.

Jenny was rescued from Greyhound Rescue Wales www.greyhoundrescuewales.co.uk who find forever homes for racing greyhounds once their careers are finished.

Rob will be visiting the charity at the end of the month, so if you would like to donate any food, bedding or toys, or make a donation to the "Last Hope" dogs, please send it to head office for Rob's attention before Friday 27th July. Thank you.

Keep up to date with upcoming events across Persona on our website at http://www.personasupport.org/news-and-events/events/



The Persona Care and Support Facebook page reached 500 likes in June!
Thank you to everyone who follows us - please spread the word and help us reach our next milestone.

Our apologies to Anne Kenyon Symonds, whose name was spelt incorrectly in the last newsletter.



If you'd like to share a story, photos, or suggest someone we should put in the spotlight, please email us at info@personasupport.org

Follow us on social media:





