

# PERSONA NEWS



We support people to live their best life

# Message from Kat

Whenever we enter a new season it makes me reflect about change. We often see change as something to fear. What we are used to is going to shift from under us and many of us don't like the idea of having to get to grips with something new or unfamiliar. We'd much rather wear the comfy shoes than break in the new ones!! But when you think about it change is normal. Year in, year out the seasons change. There are probably some seasons you enjoy more than others and some which you can't wait to get through, but however you feel about a season you adapt to it and make the best of it.

When it gets colder we alter our activities, our clothing, maybe our travel arrangements to accommodate the shift. As it warms up we do the same again. We are masters of adapting to change – we just don't always recognise it in ourselves. Sometimes I hear people say they don't cope well with change, but maybe we don't give ourselves enough credit. We are all capable of embracing change – it is our choice whether we make the adaptations we need to cope with the change, or fight against it.



When I think about Persona and reflect on the 8 years our fabulous organisation has existed, our journey has been filled with change – not necessarily seismic, shifting change where one day everything is totally different – but incremental shifting of what we do and how we do it. As I look forward that will continue to be the case. There will always be things we can improve, new things we can do, different ways to approach things. Our ability to embrace those **Adaptable** and **Enthusiastic** values to want to make those changes and develop new skills and ways of doing things will continue to be critical to our success. I know change can feel uncomfortable – it's uncomfortable for me too – but if we tell ourselves a different story then we can alter the way we approach change.

If we think about things as evolution rather than revolution then we can lose the 'C' word altogether and instead think about nudging and shifting things along.



If we told ourselves the story that we are good at managing change and adapting to things, then we might surprise ourselves with how much more positive we feel about doing things differently. The starting point is recognising that how we respond to change is a choice that we make. Having made that choice, we can then take control of what we need to do to enable us to cope with that change.

## This month's highlights

Kat

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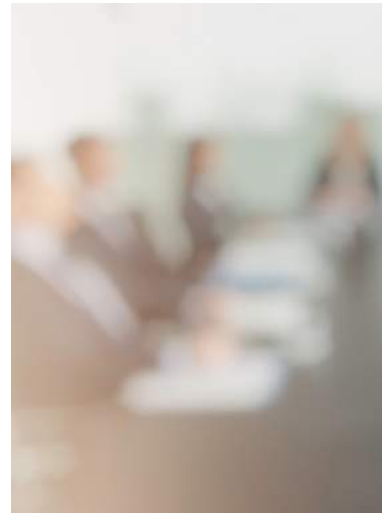
## ANNUAL GENERAL MEETING

This year our AGM is taking place on the 11th December.

It's a chance to reflect on the year we've had, share our success stories and acknowledge the challenges we've faced.

It's also an opportunity to look ahead to 2024 and consider the opportunities that will bring for us and what our priorities need to be.

Keep a look out for more information coming soon.



## REFER A FRIEND

Know someone who'd be a match with Persona?  
Why not refer them to us? If they're appointed and pass their probation, you'll both be rewarded with a £250 voucher!\*

**They just need to mention your name on their application form.**

**So next time you see a vacancy,  
why not refer a friend?**

\*Criteria is slightly different for casual staff members and there is no part payment option if your friend leaves.

There are more details on the intranet Refer a Friend page.

## CHRISTMAS COMPETITION

This year our Christmas Competition is having a makeover!

We heard you loud and clear, and we're ready to embrace all things arts and crafts! So get creative and decorate some trees, create a cosy nook, or make some decorations!

Be sure to submit your festive masterpieces to [info@personasupport.org](mailto:info@personasupport.org) by Sunday 10th December.

We can't wait to see what you create!

Keep an eye on this page for more details:

 <https://tinyurl.com/PersonaXmas>



## PERSONA TURNS 8!

Persona celebrated its 8th birthday on the 1st October!

Laura Wolstenholme, Head of People and Communications, and Kat Sowden, Managing Director, visited all our services to hand deliver some delicious cupcakes from Cuppaccino.

There was a variety to choose from such as red velvet, chocolate, carrot and lemon.

We hope you enjoyed your birthday cake!



## SETTLED IN AT BASECAMP

Our newly refurbished office space, Basecamp, has gone live! Yes – due to the amazing planning, preparation and hard graft of a number of the team, the move from the Business Lodge to Basecamp has gone really smoothly.

At the same time as moving the office we have also moved our training space from The Green to Basecamp. It's early days but so far everything is going well and it feels great to be back on Persona turf.

Moving into Basecamp will save money on office rental and also free up The Green to be reimagined as a community activity hub.

## WHEELS4ALL 50+ SESSIONS

Steven Greason, Community & Engagement Manager, has collaborated with Bury Live Well service to offer weekly accessible bike sessions for half the usual price as part of the Ageing in Place project.

The sessions are held every Thursday from 1pm - 2pm and cost £2 for an hour on the bikes. Participants can also enjoy a free brew and a chat in The Green Community Cafe afterward.

For more information, contact Steven Greason on 07356 108 494 or [steven.greason@personasupport.org](mailto:steven.greason@personasupport.org)



## Holiday Lodge Update

As you know, earlier this year we took the decision to purchase a holiday lodge in Carnforth.

The idea came from our Persona Your Voice Committee and is designed to provide a luxury holiday opportunity for people we support, at an affordable price. The lodge is currently being built to a design that makes it accessible for people with specific mobility needs.

The location and design of the lodge have been directed by a willing group of volunteers from the Persona Your Voice Committee. We recently discussed the design of the lodge at Your Voice and as a result we've made a few changes to the layout.

The key changes we have made are:

- ensuring both bathrooms are wet rooms
- ensuring one bedroom has a profiling bed
- replacing the two single beds in one of the rooms with a double bed
- adding a sofa bed in the living area
- adding a large utility cupboard in the hallway that can house mobility equipment and if necessary, provide a parking space and charging point for electric mobility equipment

The lodge is currently in build and we can't wait to see its journey as it comes to life.



## Introducing our Events Calendar

After lots of planning, our events calendars are live!

We have one calendar on the website which shows all the events open to people we support and the public. Another events calendar is on the intranet showing staff only events.

If you have an event you'd like adding to one of our events calendars, please email [info@personasupport.org](mailto:info@personasupport.org) with the following information:

- who is the event open to?
- do spaces need to be booked? If so, who do people contact?
- is it a free event? If not, how much does it cost?
- what is the purpose of the event?
- what will be happening?
- date & time of the event?



**Make sure you keep an eye on the calendars so you don't miss out on any events!**

Click here for the Website Events Calendar: <https://tinyurl.com/EventsCalP>

Click here for the Intranet Events Calendar: <http://tinyurl.com/StaffEventsP>



Our PersonAwards 2023 took place at the Fusiliers Museum in Bury and had an autumnal theme.

**Congratulations to our winners:**



**Respectful Award** - the Maintenance Team



**Enthusiastic Award** - Daniel Jackson



**Adaptable Award** - Escape



**Caring Award** - John Tuohy



**REACH Award** - The Elms



**Special Recognition Award**\* - Grundy Hub

\*This award replaced the Honest award this year and the winners were chosen from among the finalists by PLT (the Persona Leadership Team).

**Congratulations to our winners and finalists and thank you to everyone who took part by nominating and voting.**

Guests were greeted with an arrival drink and welcomed into the Minden Suite, which was festooned with fairy lights.

Each table held an arrangement of balloons in rose gold, pearl, gold, black and clear confetti, a sprinkling of gems in rose gold and rainbow crystal colours and autumn leaves of red, yellow, orange and brown.



Each place setting also had a complimentary raffle ticket and the prizes included:

- a bouquet from Palmer's florists
- a Green & Blacks hamper
- a voucher for our new Zen Room, for a complimentary therapy of the winner's choice
- a voucher for a 3 night stay at our new holiday home
- a One For All gift voucher

We were joined by Leader of the Council Eamonn O'Brien, Deputy Leader and Cabinet Member for Health and Wellbeing Councillor Tamoor Tariq and Adrian Crook, director of adult social services and community commissioning. The evening began with a welcome from Kat Sowden, managing director and from Tony Hunter, chair of Persona's board and then guests enjoyed a pie and pea supper and cupcakes by Cuppaccino.



Winners took home a specially designed trophy and giftbag and after the presentation, DJ Macc provided the music and took requests. Soon the dance floor was full and others chatted or had photos taken at the Stephen Redfern Photography photo mirror booth, as people celebrated their wins and enjoyed a catch up.



Click here to for more images




[www.personasupport.org/awards](http://www.personasupport.org/awards)




## Ideas Hub Update

Persona is investing £25,000 to bring positive change to the organisation, by implementing ideas from both staff and people we support. After evaluating the feasibility and cost of each idea, 5 were selected for voting.

**Our top 3 most popular ideas were:**



**Introduce a bee hive into the newly renovated garden space at Grundy Hub**




**Improve the outdoor space at The Elms to create a larger, more accessible space**




**Develop a purpose-built kitchenette for the people we support at Elmhurst**

Congratulations to those teams for succeeding in being allocated the funding to complete these fabulous projects. We're keen to see you get underway with bringing your ideas to life. However, the good news doesn't stop there. The three most popular projects won't require the full £25k funding available so we can still support the other 2 ideas on the shortlist with some of the remaining investment! **These are:**



**Putting in some seating in the garden at the Pinfold Suite**



**Developing a Persona inclusive garden**

The Ideas Hub has certainly prompted lots of creative thinking and it will be fantastic to see teams take forward these developments. If your idea wasn't successful this time don't be disheartened; we hope to run the scheme again next year. Ideas that fit well with the Persona strategy and which are led by people we support will be stronger so start thinking now to give yourself time to develop your idea ready for the next opportunity.



## Rising Stars Update



September saw the first session of our Rising Stars Program take place, welcoming 8 staff members from across Persona on to the scheme.

The first session focussed on:

- *The Role of a Persona Manager and Compliance*
- *CQC and being inspection ready*

whilst meeting with the tutor from Partnership Training who will be supporting our Rising Stars to achieve their Level 3 Team Leader qualification.

The programme has been designed as a direct result of feedback from our staff, who through our recent staff survey identified that we needed improved clarity in relation to career progression opportunities at Persona.

In addition, we are also working with our partners in the Integrated Delivery Collaborative (IDC) to start to develop pathways from social care into other professional roles such as social worker, nursing and therapies. This has been made possible due to the support of Greater Manchester Combined Authority, who through the Foundational Economy Bid are part funding the scheme. The built in swap days as part of the Rising Stars Scheme will give the opportunity for our staff to try out these pathways and to experience these roles both within and outside of Persona.

The first session - The Role of a Persona Manager - lays the foundation for the remainder of the programme and provides clarity on the behaviour expected of anyone in the role of a Manager and Leader at Persona. Development sessions for existing managers and new managers will take place to support anyone who would like additional support in relation to any of these areas.



**We look forward to seeing the programme progress and the ongoing learning and development of our Rising Stars**

## Our ambassadors are well underway in their roles! Take a look at what they've achieved so far:

### Digital Ambassador - Mike Moore

Over the course of July I have been learning more about a new project called 'Virtual House' which uses tech to help those primarily in their own homes to have further independence while also being safe & easily monitored from a distance. I am looking to build a network of 'digital champions' from staff in each service to help me in my role so if you work for Persona and you have a passion for the digital wonders and the implementation, you may be just who I am looking for!

Mike has had some time off work as he and his partner Naomi have welcomed a little girl, Phoebe - congratulations to you both!



### Wellbeing Ambassador - Darcy Blamire

In my first few weeks being Wellbeing Ambassador, I have familiarised myself with the Wellbeing Hub and looked into wellbeing approaches we already have in place. For my first month, I decided to focus on completing some work around the Mental Health First Aiders and the Zen Room. I sent out a survey to Mental Health First Aiders which gave me a good insight into what is going well in services and possible improvements/changes that I can work towards making.

I have also been in touch with Pam and Jacqui from the Zen Room and I have asked them both some questions about the different treatments that are on offer – these will be included in next month's blog.

### Green Ambassador - Carmen Gillon-Weerasinghe

I have had a lot of conversations with our staff and people we support about the Green Plan and it was very exciting to see how everyone got involved with lots of ideas and the support I have received has been immense.

We have a new project which is to recycle the gloves we use at the services. More information regarding this project will be announced in the coming few weeks.

I have been in contact with Bury Council to talk about getting some recycling bins for our LD Day Services to help the people we support involved in recycling the waste we produce at the centres.

### Workforce Ambassador - Cathy Stimpson

I had the pleasure of visiting Queensberry and meeting the staff and people they care for. I met some lovely people and got an insight as to how things operate there at Queensberry. My colleagues there do an amazing job and it's a lovely place for people to stay. I had a lovely chat with one of the team leaders, Chris, and got an insight into his day-to-day duties.

I have also chatted with Diane, who is a new member of Persona staff and currently works at Peachment Place.

To read our case studies, click here: <https://tinyurl.com/WorkingForUsP>

Click here to read the full updates & to get involved:

<https://tinyurl.com/SYVAmbassadors>



As part of our Green Plan, we've created these posters alongside our Green Ambassador, Carmen Gillon-Weerasinghe:



To read more about our Green Plan or for printable copies, click here: <https://tinyurl.com/GreenPlanP>


## Managing Menopause

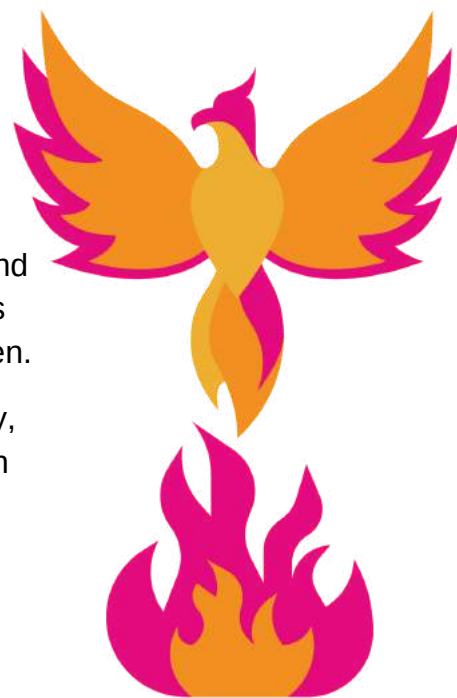
World Menopause Day is on the 18th October and this year the theme is misinformation & management. There is so much advice out there, how do you know who to trust to look after yourself?

The British Menopause Society will launch a programme on their website to mark the day\*, hosted by Louise Minchin, former BBC Breakfast presenter. They will be talking to medical professionals and businesses about misinformation, best-practice menopause policies and will also provide practical menopause advice for younger women.

If you've got any questions about menopause or you need a friendly, understanding ear, you can find information, resources and more on our **Menopause** pages or talk to one of our Wellbeing Champions.

The next quarterly Menopause Cafe will take place on Teams on 10th January 2pm-2.30pm and everyone is welcome.

 <https://tinyurl.com/MenopauseP> \*find the link on this page  
<https://tinyurl.com/WBChampions>




## Handling Arthritis

Do you have arthritis?

Do you know someone living with arthritis?

Our **Arthritis Resources** page has information about living with pain and with arthritis, self management of long term conditions. There's a booklist, support contacts like Versus Arthritis & NHS information too.


 <https://tinyurl.com/ArthritisP>

## Wellbeing Treatments at Your Fingertips

Feel better mentally and physically - book a treatment at the **Zen Room**. Did you know that managing your stress is one of the key ways to manage any tricky **menopause** symptoms too?

There are four different treatments to choose from, they are competitively priced and the cost will even be covered if you have MediCash.

For full details and how to book, take a look at the Wellbeing Hub.

 <https://tinyurl.com/ZenRoomP>





## Staying Well Over Winter



Winter can be a difficult time of year to keep well both physically and mentally - our **Winter Wellbeing** page has a few suggestions for you to focus on, like:

- talk to someone
- get some daylight & stay active
- connect with other people
- boost your immunity
- what your coping strategies are for dark days

Visit the page for more details.

 <https://tinyurl.com/WinterWB>

## Stoptober

Do you smoke? Wish you didn't?

We've put together the **Support to Stop Smoking** page to help you, wherever you are on your journey.

There's tips, advice and support from the NHS, Better Health and MakeSmokingHistory plus details of a free app to help you quit.

 <https://tinyurl.com/StopSmokingP>



## Take Care of Your Back



Back pain is the largest single cause of disability in the UK, accounting for 11% of the total disability of the UK population.

If you have back pain, it can be difficult and frightening to be proactive about dealing with it.

The best thing you can do to treat it is to move more, sit less and have a healthy lifestyle; too much rest can actually make it worse. Please do talk to your GP before trying any new exercises though.

The **Taking Care of Your Back** page explains how to manage back pain and when to see a doctor. There are also some simple stretches, exercises that can be done at your desk and a free half hour pilates for back pain video from the NHS.

 <https://tinyurl.com/WBBackCare>

**To browse all the hub pages we've mentioned in this update, visit the intranet Wellbeing Update & scroll down (updated monthly).**

It's great to see so many staff being recognised for living our values.

Here's a selection of this quarter's High Fives - congratulations to everyone!



## Janice Thomas

## Respectful

I would like to nominate Janice for a High 5 because I think she does a brilliant job and I want to acknowledge and appreciate Janice for completing my time sheets. I feel Janice demonstrates all of the Persona values in abundance so it's hard to pick one, but whenever I interact with Janice she is always polite and **respectful**.

Thank you Janice for making such a positive difference.

## Mo Arthur

## Enthusiastic

I wish to nominate Mo because I feel she demonstrates all of the Persona values especially **enthusiasm**. I feel Mo demonstrates a **caring** approach to whoever she is interacting with and this leaves me feeling energised and supported. I often witness the people we support feel encouraged, accepted and energised too. I wish to take the opportunity to say thank you to Mo because you make such a difference to so many people.

## Margaret Grainge

## Adaptable

This is for your team at Birks Drive, a huge thank you for supporting a lady to transition to Supportive Living, time was taken to ensure everyone involved were listened to and their opinions taken on board. The team showed all the values in welcoming this lady at Birks Drive and I know the team have had to make some changes in **adapting** to work around her needs.

## Anelen Pickford

## Caring

Each week I support a friend to visit The Elms for bingo. Anelen always greets us with a smile and a warm welcome. I feel this welcoming and **caring** approach means so much to both of us and especially my friend, who responds well to such a **caring** approach on a consistent basis. I want to thank Anelen for her thoughtfulness and say thank you for making a real difference.

## Caroline Hulme

Caroline is **caring** on a day to day basis and always prioritises the needs of people we support. This was evidenced recently when someone became distressed whilst at the centre. Caroline dealt with a difficult situation with compassion and empathy, she is a great role model and support worker.

Recognise a staff member, volunteer or team with our Asana form:



<https://tinyurl.com/SendHigh5>



## Living the Values - Above and Beyond

This quarter's winners of a £50 gift voucher of their choice were...



**Kelly Redford**  
**Enthusiastic**



**Lisa McLaughlin**  
**Enthusiastic**



**Maddison  
Greenhalgh-Curtis**  
**Enthusiastic**

**Angela Duncan**  
**Adaptable**



**Anna Craig**  
**Adaptable**



**Sue Waldron**  
**Adaptable**



**Emma McBride**  
**Caring**



**Nicola Depledge**  
**Caring**



Well done & congratulations to you all!



To Mo, there are not enough words to say a huge thank you for everything you have done for Trina, you are so passionate about your work and are truly an amazing person.

Love Trina and family xx

Thanks to all the amazing staff at Elmhurst who have provided care and support to my mum, Yvonne, over the last 15 weeks. She has enjoyed her stay and would remain with you if she could. I have noticed a significant change in her mood, confidence and cognition over her stay at Elmhurst and certain that this has been as a result of the care, nutrition, activities and exercise that she has been provided with during her stay. Thanks again to everyone, Andrew.

**Elmhurst**  
Short Stay

**The Elms**  
Community Centre

Fantastic service, as a team staff can't do enough, and people are happy to approach staff for anything!

To all the staff at Red Bank, thank you for all the care, support and kindness you have shown to Christine and her family. It is very much appreciated and we will miss your friendly faces.

Take care Sherry, Brian, Ellie, and Christine.

**Red Bank**



I just wanted to say a big thank you to all the staff there. Charlotte has loved her time at Escape over the summer.

Hi Anna, thank you for allowing me to spend some time with your wonderful team. The staff and people you support were all so lovely and welcoming. It has been a real eye opener to see what wonderful work goes on that I had no idea existed! I feel I've experienced your service and want to go away and write a reflection as part of my university work as it's just been a touching experience.

I've never been anywhere so amazing with what's on offer.

Thank you for such a valuable learning experience - Rachel.

**Grundy**  
Hub



## PERSONA THEMED QUARTER

### Be Active

It's the perfect time to get active. No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day to stay fit and healthy.

It's recommended you get at least 150 minutes of moderate activity a week, or around 20 to 30 minutes a day.

A daily brisk walk can give your body a boost, lift your mood and make everyday activities easier.

There are lots of benefits to keeping active:

- lowering your blood pressure
- boosting your levels of cholesterol
- improving blood flow
- keeping your weight under control
- preventing bone loss that can lead to osteoporosis
- helping your brain, heart and lungs stay healthy
- keeping your body strong and flexible
- improving your mood

Everyone needs to be active, and regardless of your level of physical ability, there are lots of ways to get active! **The important thing is to get moving in a way that works for you.** Click below for some links that might help:



<https://tinyurl.com/2vxvjs37>

<https://tinyurl.com/5k33a4j7>

<https://tinyurl.com/PWBActiveTP>

No matter your age you can stay active, if you or people you support haven't exercised for some time, here are some tips and guides to look at how to get moving for:

older adults over 65: <https://tinyurl.com/373pfc27>

adults ages 19 - 65: <https://tinyurl.com/3xsdppca>

You can also find some strength training exercises here: <https://tinyurl.com/364u2fhx>

For more help and inspiration, try downloading these apps:



Click here for more information & links to the app stores: <https://tinyurl.com/ycjd69nj>

We have an amazing offer for all Persona staff to receive a FREE line dancing taster session with Julie Hawkins, deputy manager at Woodbury. These are on every Monday and Wednesday so if you'd like to find out more, visit our Staff Events calendar here: <http://tinyurl.com/StaffEventsP>

Click here to read more about our Themed Quarters:



<https://tinyurl.com/ThemedQuart>



*Respite*

*Long Term*

*Day Support*

**We're recruiting Shared Lives carers now & the role can be as flexible as you need it to be.**

**Want to know more?**

**Visit us at**

 **<https://personasupport.org/bury-shared-lives>**  
**or call 0161 253 7211**

**for more information on the scheme & on being a carer.**

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## Persona Poets

Laura, who is a Shared Lives carer and Deniese, who works as a personal assistant at Bolton Road Community Centre, have each written a poem about care:

### To Know Her Is To Love Her

'Disabled' they said, but in whose opinion?  
How come.....  
She is able to charm everyone she meets  
She is able to embrace each day with excitement  
She is able to tell me all the foods I need to make for each Festival  
She is able to remember things I've long forgotten  
She is able to recognise a song and its singer in less than three seconds  
She has a heart so big she is able to love unconditionally  
She is able to pray with such feeling that I'm sure her words are fast tracked to G-d.  
I think it's because from within the very nature of the challenges  
G-d gave her, lies the beauty that He gave her too.  
A ray of sunshine able to brighten everyone's day, how can I not love her?  
And so in my opinion, she is the most able person ever,  
simply because she is able where it counts the most!

by Laura, Shared Lives Carer

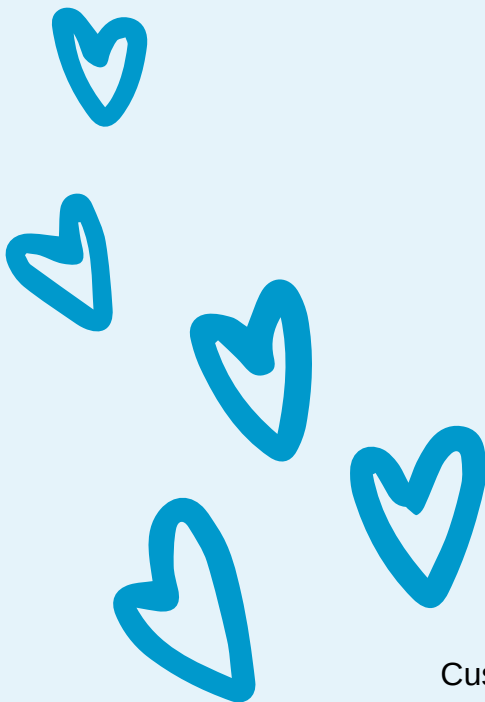


### Bolton Road Cares for their Customers

I came to the centre to care for Wynn  
As an outside carer I'd like to share a few things,  
The staff at the centre provide the ultimate care  
To all their customers they treat equally and fair,  
Providing comfort and care is their ultimate aim  
With daily interventions their customers flourish and gain,  
Physical, emotional and wellbeing support  
With all their customers staff build great rapport  
John, Barry and Tim like to play football  
Beth, Megann, Sarah and Nicky staff provide activities for all  
Cooking on a Friday the customers love to do  
Supported by staff they all work through  
To see the customers laugh and interact with each other  
It's credit to all the staff nothing is too much bother  
So privileged and humble I feel to work here  
I feel part of their team sharing laughter and tears  
So to Joanne and all the staff one of the best teams I've seen  
Customer care is paramount working many professions I have been.  
Well Done Bolton Road!!

by Deniese Holland-Ratcliffe | (Complex Care) | September 2023

\*some names have been changed to protect people's privacy.



Thank you Laura and Deniese for sharing these poems



## Macmillan Coffee Mornings

**Following a vote by our Persona Your Voice Committee, a number of coffee mornings were held across our services and an amazing total of over £940 was raised for charity!**



Queensberry and Hoyles joined forces to create their own Bake Off extravaganza! With lots of delicious treats and cakes, operations manager, Mark Gilroy, had his work cut out judging.



This beautifully decorated, heart-shaped caked won the prize - a voucher for Boots.

Their coffee morning was a roaring success, raising a sweet £140 for Bury Hospice. But, like a cherry on top, the Persona staff chipped in and boosted the amount to a total of £155!



The team at Grundy Hub raised a brilliant £64.11.



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Elmhurst raised a fantastic £211.13 for Macmillan during their coffee morning.



Our Shared Lives team gathered at The Green Community Café with a special appearance from DJ Macc. They were joined by carers, people we support in Shared Lives and people from Victoria Centre.



They raised a grand total of £41.



The team at Red Bank raised an impressive £299.83 for Macmillan during their coffee morning.



The Elms got their gloves on and were hard at work baking lots of carrot cupcakes and an assortment of breads. They raised £170!



**Well done to each of our services for all the hard work you put in and the money raised! And a massive thanks to Persona Your Voice for inspiring the coffee mornings.**

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## Dementia Café



The Goat's Gate pub runs a local dementia club called 'Get Together Club' every Thursday. As you can see from the bright smiles, Kim, our activities coordinator, Mary, Phyllis and Sharon all really enjoyed their time there.

Taking the time to play musical instruments such as the bells and tambourine, everyone had a great time!



## Grundy's Summer Shindig

Grundy Hub certainly know how to throw a party!

They threw their annual Summer Shindig, with everyone wearing flower garlands, while enjoying an evening full of laughter, dancing, food and drink.



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## Peachment: a Place of Motivation

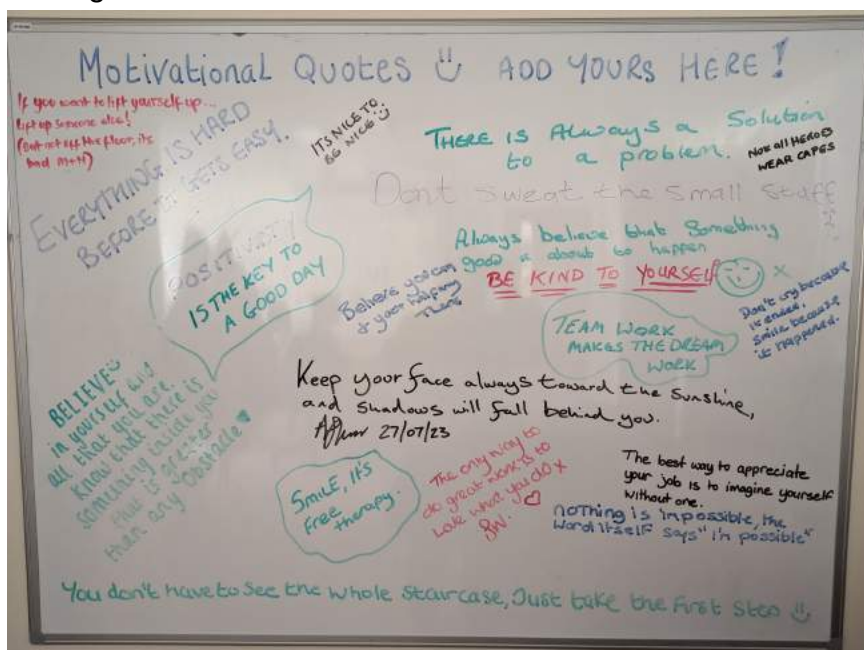
We can all lack motivation from time to time, so it always helps to have a pick-me-up. That's why at Peachment Place, the team have rallied together to create a motivational board as a reminder of all the good that they're doing.

Speaking to Deputy Manager, Leanne Taylor, she said:

'It was my idea, I came into work all motivated and I wanted to share it. So I decided to clean the board and start it off and encourage staff to get involved.

I check it daily, but it's monitored by everyone really. We all check it each day to see if anyone's added anything different to it.

The purpose of the board was to put a smile on everyone's face. It is situated as you walk into the office, it's the first thing staff see as they walk in each day. It helps to remind staff that they can accomplish anything with the right mindset and helps to motivate us all on them more difficult days!



So far, it's had a positive impact on staff. In scenarios where they may have had a challenge, it helps them to be motivated and positive about that situation. This gives them a positive mindset and when faced with that challenge again, they are more open minded and this sets them up for a positive outcome. This is how having the board has a positive impact on the people we support; **a positive, motivated team equals quality care when supporting others at Peachment Place.**

Staff were a little dubious at first about the board. I encouraged them and explained it's not for everyone but if you want to join in, then do so. But once they realised how good they felt about the quotes being added, they were googling quotes that meant something to them and making their own up which they soon started to add them. Each day I come in there is a new one and staff come in asking are there any new ones for us to read and we'll check to see. A staff member from Six Town Housing also added a quote on our board to join in. I've found that the board became a talking point and staff would relate a quote to work or home.

At Peachment Place staff can be faced with different challenges and having the board has had a positive outlook on challenges and motivated / reminded them that they can do it!

## Rebecca's Eye Care

Rebecca is See Ability's Eye Care Champion for the North West and has worked for the charity since 2019. She's had a busy summer, offering a training and awareness session to all our staff and people we support and raising even more money for See Ability.

Her Eye Care session was at The Green Café during a Shared Lives Drop In and she explained about the importance of good eye health, what that means and how to look after your eyes. This was Rebecca's second session for us and everyone found it really helpful.

Rebecca has also repeated her 2021 challenge by doing 100 laps of Nuttall Park. She fundraised online and with collection tins and has raised over a whopping £500 for See Ability!

Congratulations Rebecca and thank you for keeping us up to date on eye health too.



## A trip to Whitby



Debbie and Judith took the coach and enjoyed a trip to Whitby.

After visiting the Museum of Whitby Jet, they indulged in some delicious fish & chips followed by ice cream - 'a lovely day we had'.





## Festival at The Elms

Bunting went up around the centre as everyone prepared for the long awaited summer festival!

Lisa, support coordinator, says:

'We had stalls, live music and our very own Activate Dance Group did a sing and sign to several songs. It was busy, with people from different centers joining us, including people from Elmhurst, as well as parents, carers, and people from our local community.

As everyone arrived they got a wristband, glowsticks were available whilst the band was performing and people danced. Everyone had a raffle ticket and there were plenty of prizes to be won. Lunch came in a festival box in keeping with the theme! Even the weather was true to form for the festival, even though it didn't rain during the day, the grass was rather soggy from the previous days of continuous rain!!



The centre looked fantastic with flowers placed around the various rooms - people we support had spent previous weeks making the displays in arts and crafts sessions. The garden looked amazing, thanks to our volunteer Richard, who had helped us prepare! He said 'when preparing for The Elms festival, I made sure all the garden area was tidy and that all the flowers would be in bloom around the time!'. To read more about Richard, click here: <https://tinyurl.com/4eu3nsa3>

It was a fantastic feel-good day, and we would like to thank everybody who came and supported us! Everyone at The Elms spent the last few months preparing for the festival and worked really hard in ensuring it was a great success!!

Well done everyone!!!





## Elton's Garden Party

After doing up their garden, Elton held a garden party during September which was a massive success.

Jane Unsworth, support coordinator, said 'Our garden has been a long and pleasurable project with every single person who attends Elton doing something and staff have been brilliant in supporting people to do what they can.'

In memory of staff and people we support who have passed away, the centre has purchased some benches which will hold plaques in their name. Thank you to Action for Children for donating a lovely wooden bench for the garden.

They received this compliment:

For a lovely garden party and supporting us with transport enabling the people we support to still attend.

Your kindness made a difference,  
from all at Bolton Road.



## Summer Fun Day

Escape went all out for their summer fair!  
With games such as hook a duck and tombola, there were lots of prizes to be won and fun to be had!



## Anne's Emergency Stay

Anne's living situation (which was outside of Bury) broke down, so she needed somewhere to stay while Shared Lives found somewhere more permanent for her to live. She told us: 'I needed emergency short stay\* accommodation, with a carer's support to enable me to be independent.'

Everything happened quickly, but I met the carers and their family beforehand. The next morning we signed the agreement that I would stay with the family until I found a more independent place to live. I felt very welcome; another lady who lives with the family through Shared Lives made a card to welcome me.

While I was staying with them, I had some day support from my carer too. I enjoyed being in a new area and we often went out so I could look around. I liked taking the dog on walks too!

I had never used Shared Lives before, but they quickly stepped in and found me accommodation. I loved the fact that the carer was so welcoming; they were very nice and took an interest in me. My emergency placement has finished now as I've found a new place to live more independently, in an area I am familiar with - I hope it will be my forever home. It was great staying at the house, it felt like a mini holiday!

**I think Shared Lives is a really good idea - they helped me and even now I know I could call them about anything and they'd be there. I'm looking for some day support with them now and am really excited to start the matching process!**

\*also known as respite

## Shared Lives Explore Basecamp

The Shared Lives Committee have now held a meeting at our new head office space, Basecamp, and they enjoyed exploring the new space.

During the meeting, Verity took a lead in creating a list of rules, while Macc took charge of adding to the agenda for the following meeting.

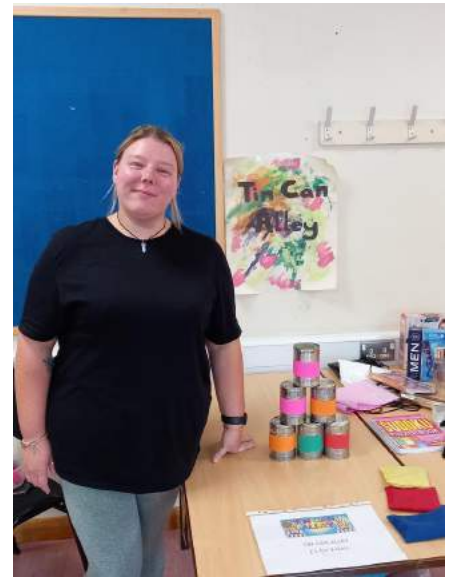
Chayim went to a Jewish supermarket and bought some chocolate mints and a Kosher cake in preparation for the Jewish new year the following weekend and the committee expanded, as Sarah and Ellie joined for the first time.







Happy 60th Birthday to Caroline at Elton!







Goodbye & good luck to Liam from Hoyles



Massive congrats to Jacqui from Sunnybank on 25th years of service



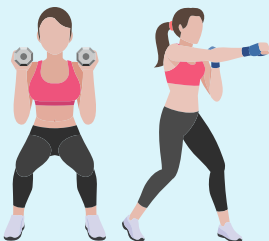
# UPCOMING EVENTS

16th October



**Line Dancing  
- Monday**

17th October



**Sweaty Bootcamp  
for Women**

18th October



**Persona Wellbeing  
Session**

18th October



**Line Dancing  
- Wednesday**

19th October



**Ageing in Place  
Coffee Morning**

21st October




**Walking Group**

25th October



**Shared Lives Drop  
In at The Green**

Keep an eye out for more events being added and if you want more information about any of the above events,  click here: <https://tinyurl.com/EventsCalP>

Connect

Be Active

Take  
Notice

Keep  
Learning

Give to  
Others

These are the #FiveWaysToWellbeing, approved by the NHS, that remind us how to keep well. You'll see them throughout each newsletter, to celebrate how people are living their best life.

If you'd like to share a story, photos, or an idea,  
please email us at [info@personasupport.org](mailto:info@personasupport.org)

**We support people to #LiveTheirBestLife**

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