

SHARED LIVES News

August 2025

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Dear Shared Lives Carers,

We want to thank you all for all the amazing contributions you have made this summer.

We have had so many get-togethers and wonderful opportunities to get to know each other better.



Autumn

By: Ellwyn Autumn



Autumn is a time for change,
Red, orange, gold, and brown,
Leaves scatter across the town!

Autumn is a time for change,
Apple pickin', pumpkin patch,
Choose your favorite from the batch!

Autumn is a time for change,
Haunted houses, harvest time,
Let the spooky doorbells chime!



WestBerkshire
C O U N C I L

Dates for the diary

IN - individual
V- Voices
I -In a
C -Community of people
T- That
U - Use the
S -Service

Service User meeting - our new name for this group is INVICTUS.

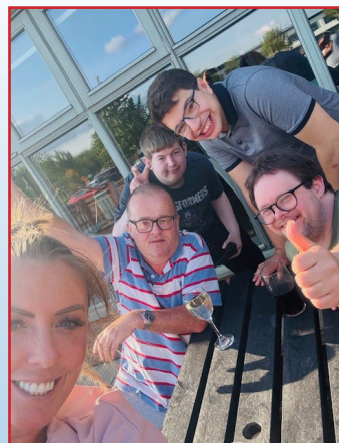


We will be meeting in person for our summer party at
The Six Bells, The Green, Back Ln, Beenham, Reading RG7 5NX
On
Wednesday 20th August
At 5pm – 9pm

You are welcome to purchase food and drinks, we will have some games, and music.

It will be great to see as many as you as possible for some fun in the sun.
If you would like to get involved please email or call Becky
becky.stephenson@westberks.gov.uk 01635 503357

The Invictus group met for a face to face catch up at the 2 watermills pub in Newbury on 10th June.



We would like to congratulate Ryan for successfully completing his 2024-2025 ALFIE course Cook together, eat together, making music



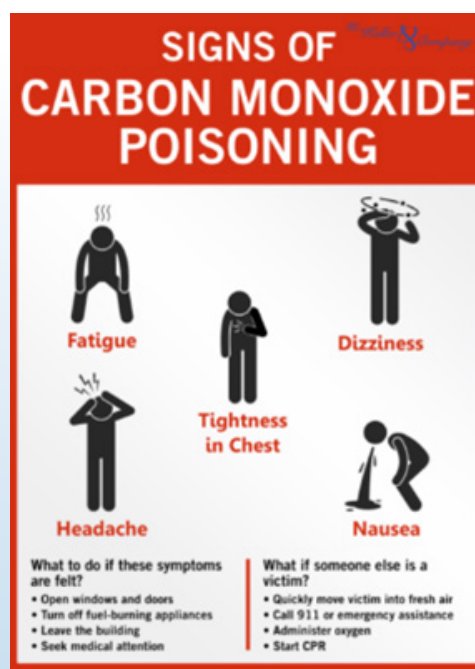
Next Carer meeting – 1st September 2025

Health and safety

Carbon monoxide (CO) is a colourless, odourless, and tasteless gas produced during the incomplete burning of fuels like gas, oil, and wood. It's a poisonous gas that can be deadly if inhaled, as it displaces oxygen in the blood, leading to oxygen deficiency.

Carbon Monoxide Safety:

- **Install and Maintain Carbon Monoxide Detectors:** Place carbon monoxide detectors on every level of the home, especially near sleeping areas. Test them monthly and change batteries annually.
- **Regular Maintenance of Appliances:** Ensure gas appliances and furnaces are properly maintained and vented.
- **Know the Signs of Carbon Monoxide Poisoning:** Be aware of symptoms like headache, dizziness, nausea, and fatigue.



Equality and diversity

September Awareness 2025

- 10 – World suicide prevention day
- 15 – World afro day's 'big hair assembly'
- 18 – International equal pay day
- 21 – World Alzheimer's day
- 22 – Autumn equinox
- 22-28 – UK national inclusion week
- 23 – Bi visibility day
- 23 – International Day of Sign languages

October Awareness 2025

- 1 – Anniversary of the introduction of the Equality Act
- 1 – International day of older persons
- 6 – World cerebral palsy day
- 9 – World sight day
- 10 – World mental health day
- 17 – Show Racism the Red Card's wear red day
- 18 – World menopause day



Thatcham Funday

Thank you to everyone who came to get involved at the Thatcham funday on 29th June.



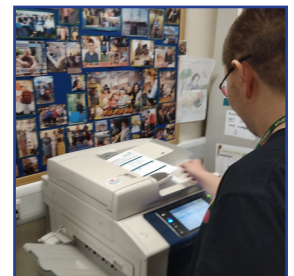
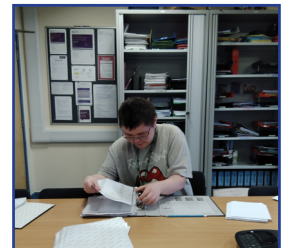
We would also like to thank the 2 Watermills pub and all the carers for their generous donations to our free raffle. The hamper was won by Justine and the meal for 2 at Watermills won by Andrew.

Meet the person

Please meet Ethan:

Ethan has been spending Thursday mornings with the Shared Lives team, This is Ethans work experience as part of the World of Work program at Castle School post 16, The program is designed to help young people make informed choices about their future and offer support and guidance along the way. Students have the opportunity to go out into the community on work experience placements, raising their career aspirations and simultaneously improving their skills set, confidence, self-esteem and independence.

Ethan has become a valued member of our team. He supports Max with finance work on the computer, photocopying, mail merges, sending emails and scanning. We really look forward to Ethans visits each week, he has fitted perfectly into our team, he works in a very professional way and is always happy to try new tasks.



Shared News

Dear Shared Lives carers,
We're excited to share that, following Paul Flack's call for volunteer carer representatives, three carers have currently offered their support. We are, Lynne Blencowe, Julie Cooper, and Mel Dorward. We would warmly welcome any other carers who would like to join our group.

Our mission is to advocate for the rights and needs of all Shared Lives carers and the people they care for in the West Berkshire scheme. We want to make sure everyone's voice is heard and that their needs are met. We will serve as a link between the staff team and families, sharing helpful information and ideas while also supporting our staff team by engaging in discussions that may impact our service and assisting with any upcoming events.

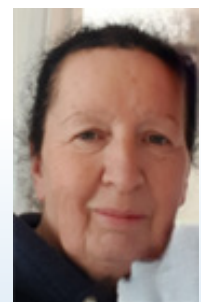
We also encourage all carers to join our carer WhatsApp group. This is a space where you can ask questions, share concerns, and keep up to date with important information and events. The more voices we have, the better we can support each other. If you'd like to join, please send your name and phone number to the Shared Lives team or any of the carer representatives, and we'll add you to the group.

Let's work together to create a positive and supportive environment for everyone involved in the West Berkshire Shared Lives Scheme!

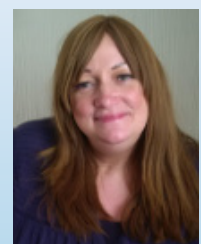
With many thanks and kind regards, The Shared Lives representative group.



Lynne



Julie



Mel



Wow! what an afternoon

After a lovely picnic the group brought an ice cream from the shop.

Everyone enjoyed the karaoke, some real talent was found.

Certificates were presented for support and personal achievements.



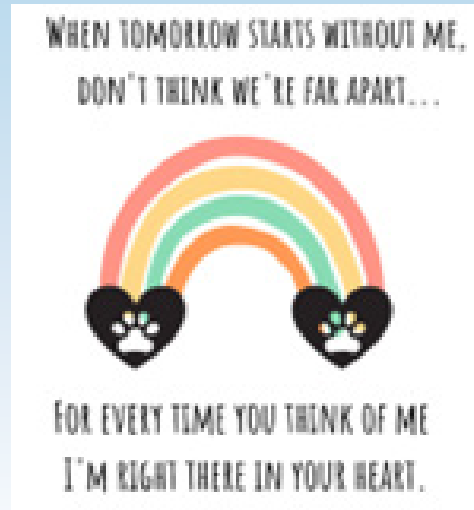
Casper's corner

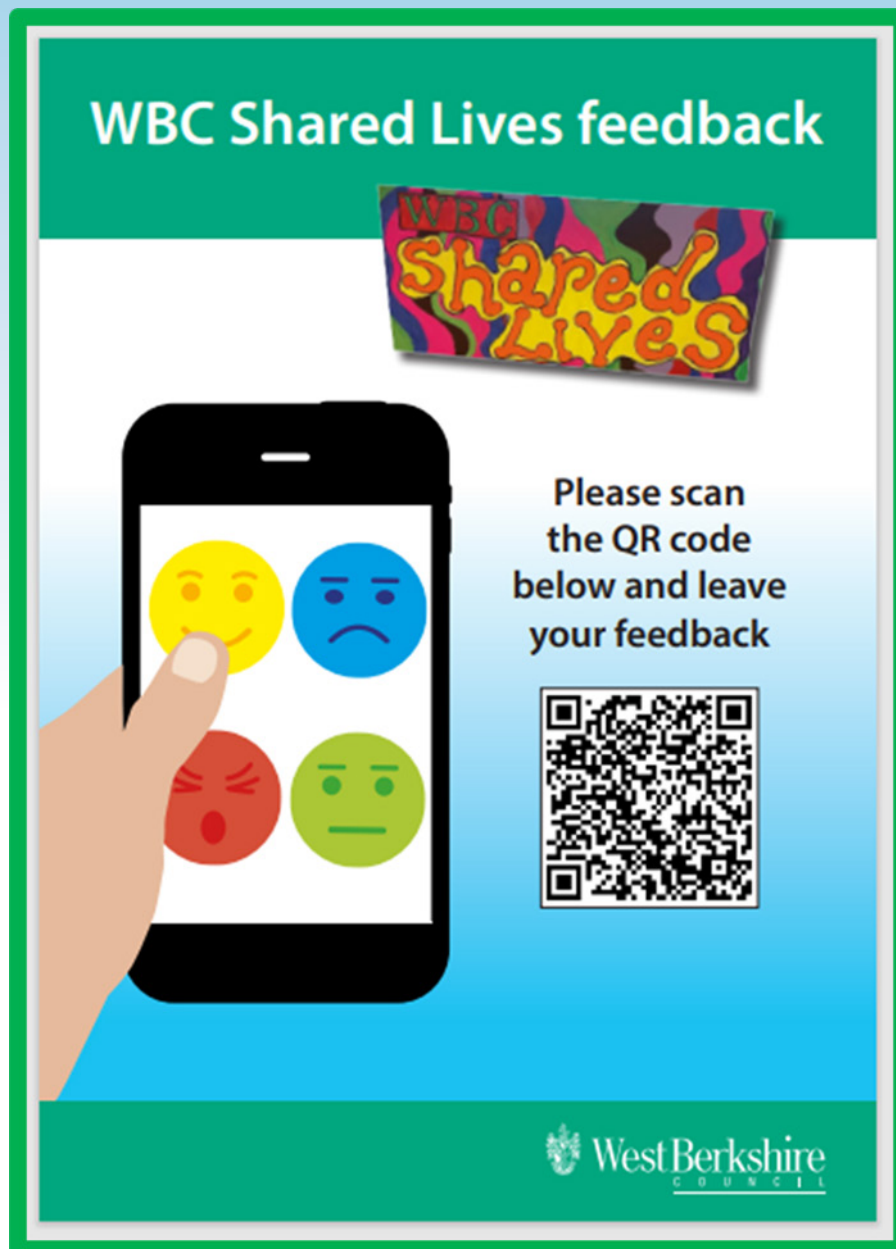


It is with a very heavy heart that we had to say goodbye to a member of the Shared Lives team in June.

Sadly, Casper passed away on 5th June 2025.

Casper was a valued member of the team who was loved by all and was a great support to everyone. You were loved by everyone you met Casper, and will be greatly missed





If you have any news that you would like us to include in the newsletter or you would like to appear in Caspers corner with your pets. Please contact Mel Jones mel.jones@westberks.gov.uk

Contact numbers

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