

SHARED LIVES News

May 2025

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Dear Shared Lives Carers,

- "Summer is almost here, and it's time to embrace the sunshine and warmer temperatures!"
- "Get ready for the season of outdoor adventures, family time, and fun-filled days!"
- "Summer is a time to unwind, recharge, and make memories that will last a lifetime."
- "With its endless possibilities, summer is a great time to try new things and explore."
- "Let's make this summer the best one yet!"



West Berkshire
C O U N C I L



Dates for the diary



Shared Lives week in 2025 will be
Monday 23rd June to Friday 27th June
we will confirm nearer the time of any organised events

Next Carer meeting
12th May at 6:30pm
in person in the office and on teams

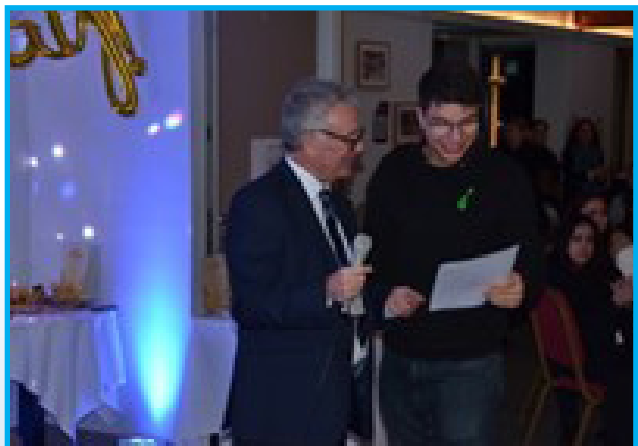
Join the meeting now

Meeting ID: **313 225 261 630 7** Passcode: **AV6ka3ri**

Next Service User meeting
Wednesday 11th June

we are meeting up in person at 5.30pm for food and drinks and planning a quiz.
Venue to be confirmed.

Shared News



In February Lynne and Ryan went to the Bucks Care Leavers awards ceremony at Wycombe Golf Club.

they had such a great time, and it was so lovely to see such a great attendance.

There were many fun activities to do there including the golf range, a disco, a barber and a fabulous magician. They will attend next time which will be a picnic over the summer.

Health and safety



To stay safe in the sun this summer, prioritize sun protection measures like wearing a wide-brimmed hat, sunglasses that block UVA and UVB rays, and lightweight, long-sleeved clothing. Avoid the strongest sunlight hours, usually between 10 AM and 4 PM, and reapply broad-spectrum SPF 50+ sunscreen regularly. Seeking shade is also crucial, and extra care should be taken around reflective surfaces like water.

Equality and diversity

Men's Health Week in the UK for 2025 will be held from June 9th to June 15th. The week is an annual event, coordinated by the Men's Health Forum, and aims to raise awareness of preventable health issues and encourage men and boys to seek professional help. The week is designed to give all boys and men access to information, services, and treatment they need for healthier, longer, and more fulfilling lives.



Men's health by numbers

1 man in 5 dies before the age of 65
(**2 men in 5 die before 75**).

NHS health checks are available from age **40**.

A body mass index (BMI) over **25** is considered overweight. Over **30** is considered obese.

A waist over **37** inches puts you at increased risk of many serious health conditions.

Aim to drink no more than **14** units of alcohol a week.

Aim for **5** portions of fruit and veg a day.

Aim for **150** minutes of exercise a week.

Aim to walk **10,000** steps a day.

**MEN'S
HEALTH
WEEK**

MEN'S HEALTH FORUM

#menshealthweek

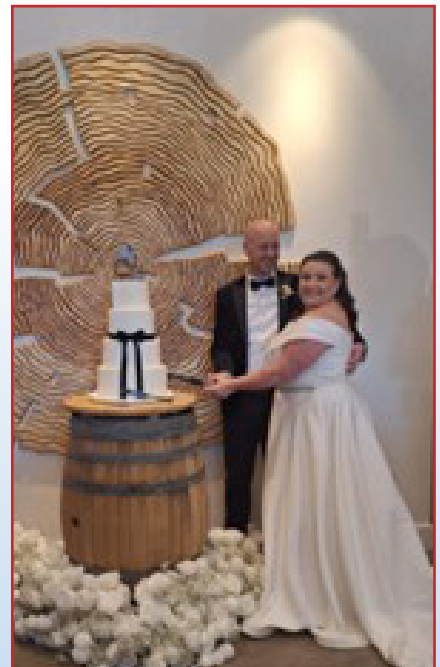
menshealthforum.org.uk/mhw

Meet the person

We would like to congratulate the new Mr and Mrs Corcoran who got married at the Post Barn in Newbury on Saturday 19th April.



I think we all agree, you look gorgeous Lisa



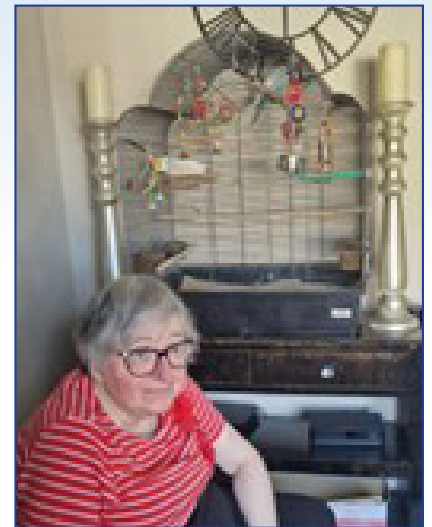
Congratulations!



Please meet Fiona and her new budgies. The darker blue with black feathers is Peppy and the light blue budgie is called Nobby.

They were gifted to her by my sister when her last budgie Nutty died in January.

Since having her new budgies, she is so very happy again. Having birds makes her life so much more fulfilling. She is always talking to them and showing them her toys and books. It is a lovely relationship.



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

Paul Flack– 01635 519332

Mel Jones– 01635 519861

Charlotte Treagus—01635 519802

Lisa Corcoran– 01635 519642

Sadie O'Reilly—01635 519307

Becky Stephenson– 01635 503357

Bridgette Caner- 01635 503406

Max Chaplin—01635 519119

Main Office Line - 01635 520173



WBC Shared Lives feedback



Please scan
the QR code
below and leave
your feedback

