

Reachout

Your twice yearly care and support magazine from Peabody Summer 2019



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 Peabody



Hello...

Welcome to the spring/summer edition of *Reachout* magazine, bringing you all the news, events and projects that have taken place since November in London, Essex and the south east.

It's great to see summer weather starting to appear after the cold winter and hopefully this edition will inspire you to get out and about to enjoy a holiday, celebrate special events with friends or volunteer for your local community.

I was particularly impressed by Anne and Teresa (see page 6). Both have in their own time helped to support, raise awareness and fundraise for the homeless community in Chelmsford.

Homelessness is a big problem right across the country so it is really heart-warming to see our customers doing their bit to help.

All too often we forget the good

things in life but some of the stories in this edition prove that's not always the case. I especially loved reading about the gratitude board at Derek Crosfield House. It's really important to take time to think about your achievements and I would urge all of you to try it.

As we head into summer, I hope you all manage to get out in good weather and maybe enjoy a break. Although Barbara and Susie have already trumped my holiday plans with their wonderful trip to Disney!

Enjoy reading *Reachout* and here's wishing you warm days ahead with friends and family.

Best wishes,

Moira Griffiths

Group Care and Support Director

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Official opening: Prescott House's Friendship Shop
Right: guest of honour June

A pint of milk and the time of day

Prescott House in Burgess Hill has opened its own shop, given the delightful name of Friendship Shop in a competition won by resident June

June's suggestion, which she said 'just came to her one evening', got a unanimous vote from the judging panel, formed from the Prescott House residents' committee.

Guest of honour

June did the honours at the opening ceremony by cutting a ceremonial blue ribbon. Then new 'shop staff' Brian and Netta set to work on their first shift, selling the very first purchases to residents.

Resident Alba's freshly baked cakes went down a storm.

The shop sells basic items and a few treats and is a huge help to residents less able to get to the local shops.

Emma Gould, Sussex head of services, says: 'The grand opening came about after a lot of hard

work behind the scenes. Residents will keep a close eye on stock that sells well and will take on board any suggestions and feedback.'

Early comments prove how welcome the shop is. Managed by the resident management committee and staffed by volunteers in shifts, the shop is already proving a great venue for making new friends, in keeping with June's winning name.

But above all, it will be useful - a place to restock 'items you might run out of', as one resident said. And a lot less lugging heavier goods back from town.

Thanks to the social inclusion fund which funded the work needed to create the new shop at Prescott House.

Share your thoughts on our services for older people

Here at Peabody we are rethinking the way we design and manage our homes and services for older people.

Rethinking the strategy
We have now merged two big organisations - Family Mosaic and Peabody - so we need to be sure our strategy for older people is relevant and covers all aspects of our work with older people.

An important first step is finding out what older customers think of our homes and services. We'll therefore be contacting some of you to get your views.

Your opinions and suggestions will help shape our future services.

Tell us your views

If you have some suggestions or thoughts about our homes and services for older people and would like to share them with us please call Shelley Rose on 01273 468 037 or email us at policy@peabody.org.uk

Who writes for *Reachout*?

Some of the stories in *Reachout* have been written by customers and some by staff. If you would like to write an article for *Reachout* or want to report news other readers might find interesting, please tell your support worker.

The content of each issue is decided by an editorial panel made up of customers and a few staff. It meets twice a year. If you would like to join the panel, ask your support worker to contact editor Alexandra Marshall.

Summer pics competition!

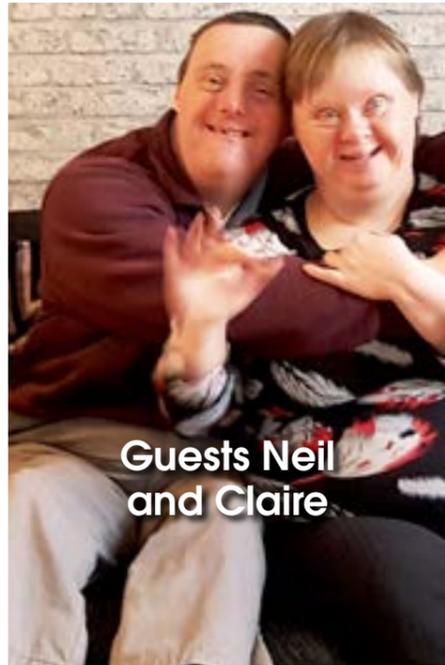
Which of the photographs you've taken best says: 'This is what summer means to me!?'
Send your best photo to *Reachout* editor Alex Marshall for our Summer Photo Competition. The winning entry will go on the next cover of *Reachout*, to be published in November. All the photos must be digital. To find out more, email Alex on Alexandra.Marshall@peabody.org.uk

Money for good works

The Peabody Community Foundation supports many of the projects written about in *Reachout*. If you have ideas for a project in your area, speak to your support worker to see if you can apply to the foundation for some help.



Dignity first



Guests Neil and Claire



Vanda with support worker Brooke



Party host Steven with Karen

New leaf for the Dignitree

Rangoon Close customer Steven hosted a tea for some of our other Essex customers with learning disabilities to celebrate Dignity Action Day in February

Steven loves a party and wanted all his friends to get together for some fun. Helped by staff members Karen and Sarah, he decorated his home with balloons and laid on biscuits and cake for his guests.

Ten customers turned up for Steven's tea party. We talked about what dignity means to them. All agreed it is important for them

to be able to say how they want to be treated and supported and that everyone has a role in upholding dignity in care.

Writing thoughts on a leaf

Each guest wrote their thoughts on a 'leaf' we hung on a Dignity Tree, made specially for the event.

Things really livened up then.

Judy asked if she could sing for everyone. Aaron helped Steven set up his karaoke machine and Judy took the microphone - followed by everyone else.

Peabody team manager Clare Heath said later: 'It was a lovely morning and such a good idea.' Steven loved playing host, saying: 'I can't wait to do it again!'

Dignitea fundraiser

Old time songs and cakes made by Avalon customers greeted the 30 customers who came to our Dignitea at Avalon in February.

Do the right thing

The event was a fundraiser for the *dignity volunteers*, who champion dignity for people in care and challenge unacceptable attitudes and practices.

But it was also a chance for fun, with customers and guests singing and dancing with singer Charlotte.

Customers also wrote down short messages on little paper 'leaves', saying what dignity means to them. The leaves are now all stuck onto the Avalon dignity tree.

'Avalon feels like home and I felt humbled by all I witnessed,' said visitor Julie. 'You can see that customers love the staff and it was lovely to see how happy they are.'

Donations for dignity volunteers from guests who came to our Dignitea added up to £53.66.



Linda at the Avalon Dignitea with support worker Millie

Dream holiday for Barbara and Susie

Avalon customers Barbara and Susie had the treat of their life in March, spending two days at Disneyland Paris

Susie and Barbara's holiday began with first class seats on Eurostar. 'Once settled in our seats we realised we were in first class,' says staff member Megan who, with Vester and Kim, travelled with the two. 'We were speechless. We hadn't been expecting that!'

The train dropped them right outside Disneyland Paris, and after

a shuttle bus to their *Cars*-themed hotel, it was straight to Disneyland.

'Staff and the other tourists were so helpful getting us on and off the buses,' Megan says, 'and Barbara and Susie didn't once stop smiling.' After a long walk, dancing with a parade and admiring the Disney Castle, it was back to the hotel for dinner and an early night.



Birthday girl Barbara



Barbara and Susie at the Buzz Lightyear ride, with Megan, Kim and Vester

Barbara greeted day two with: 'It's my birthday!' Disneyland was ready, handing Barbara a birthday badge. 'Lots of people came up to wish her a happy 81st birthday and everywhere staff sang her happy birthday,' Megan says.

Fast forward to the rides

Green passes meant there was no queueing for rides. Both loved *It's a Small World*, a waterboat-ride with singing and dancing, and the *Buzz Lightyear* ride. But the runaway favourite was *Ratatouille*, at one point being chased around the kitchen 'like mice' by a chef. Barbara and Susie found it hilarious.

A *Star Wars* parade was followed by one with characters from films including *Shrek* and *The Lion King*. And even at dinner in 'Annette's', Barbara's special diet for dysphagia was no problem.

A beautiful display of fireworks rounded off Barbara's birthday.

On day three we packed in as much as we possibly could before reboarding Eurostar at 5pm. We watched *Stitch* live, did our favourite *Ratatouille* again then went to the shop for souvenirs.

'Barbara and Susie absolutely loved their trip and they got on so well,' Megan says. 'It's a memory we'll all have forever.'



Street food: Anne's home-bakes have 30 happy new fans

Sweet gesture

Anne has been bowled over by the response to her donation of home-baked goods to a café that feeds homeless people in Chelmsford

Recently widowed Anne moved into Pioneer House to help cope with gaps in her memory. But after a week full of activities she came to dread the quiet weekends. 'Before my husband died our weekends were packed,' she says.

Thoughtful suggestion

Anne began cooking for homeless people at the suggestion of her support worker. The plan was to take the goods to Sanctus, a café serving local homeless people.

Having first checked what they might like, Anne went for chocolate muffins and lemon drizzle loaf cake. 'I used to cook with my mum so baking brings back fond memories.'

Approaching the café, she began to really notice homeless people in the street. 'You never know what's around the corner. I've been on the flipside too, losing my hubby and a lifestyle I loved.'

After Anne's support worker told one of the staff why they were

there, Anne was astounded at just how welcome she was made.

'They told everyone there were home-made bakes and there was a rush. One man left his breakfast to get a cake. But what I immediately noticed was just how respectful they were to me. I was so chuffed I couldn't help but have a little cry.'

Anne asked her 30 new fans what they'd like most. 'Sausage rolls - apparently they go like hot cakes.'

Anne's weekends have a new meaning. 'I now look forward to baking on Fridays and making my delivery to Sanctus on a Saturday morning. There's going to be a lot of pastry being filled with sausage meat and rolled out with love.'

'I was so chuffed I couldn't help but have a little cry.'

Teresa's charity sleep out

In March, Pioneer Way resident Teresa took part in the YMCA's Friday night *Sleep Out and Sleep Easy* to help raise money for homeless people.

Arriving with student social worker Mary at Guy Harlings Cathedral Gardens in Chelmsford at 7.30pm, Teresa and the others set about



Teresa prepares for the cold

making their boxes look and feel good for the night ahead.

'We were judged and I was very pleased to be winner of 'most creative box', Teresa says.

After a barbecue dinner our pair took part in a quiz on homelessness, which Teresa said made her really think how it must feel. But then it was time to try to sleep.

'It was very cold but it did stop raining at 9.30pm,' Teresa says, 'but me and Mary did not go to sleep until the morning after.' And that despite warm clothes and plenty of food.

The experience has, she says, made her feel humble but happy. 'I wanted to do my bit and I felt I did.' Teresa also gave her box to a young girl nearby who was homeless.

Student social worker Mary adds: 'It was a way to understand what it must feel like when your biggest worry is where to sleep that night.'

The March sleep out raised a welcome £4000 for the YMCA.

Straight from the Pathways pantry

Customers at Pathways in Bexhill on Sea have filled a gap in the publishing market by writing their own cookbook of recipes for other people in support

All the recipes have been road-tested in cooking and tasting sessions and 2000 copies of the book are now being printed.

The idea for the book came about when Pathways residents tried but failed to find a cookbook suited to people like themselves who get support with their mental health. So they sat down with staff to write their own book, using their personal favourite recipes.

They also added some that have proved most popular at Pathways' supper and breakfast clubs.

Between them, the recipes are suited to small budgets, different skill levels, a choice of storage options including freezing, and

varying dietary needs or choices.

Even *Reachout* editor Alex Marshall joined Pathways for a great day of cooking and tasting.

Claire's recipe (see right) was a clear winner. George said: 'It's got really good flavour and seasoning. I would definitely have it again.'

Scott agreed: 'It's great comfort food and one to cook for friends.'

Team manager Kate has since sounded out Peabody's social inclusion unit, who love the idea and agreed to pay for the print run.

'Residents really took a leading role but we've all enjoyed this,' said Kate. 'There has been so much laughter and we cannot wait to see the finished product.'



Golden delicious: Scott and George help staff test the recipes

Tasty Tuna Pie

by Claire Woodley, ex-resident

Crunched up crisps give this dish a lovely crunchy topping!

Serves 2

4 large potatoes
1 x 400g tin chopped tomatoes
1 x 160g tin of tuna in brine or spring water
A large knob of butter
100ml of milk
Small block of cheese, about the size of two matchboxes, grated
1 small bag of crushed ready salted crisps

Heat your oven to gas mark 7 or 220 electric

Start by peeling and chopping the potatoes into 2cm squares. Place them in a pan of cold water on the hob, bring to the boil and simmer for around 15-20 minutes or until they are soft.

While the potatoes cook, cover the bottom of an ovenproof casserole dish with the tinned tomatoes followed by a layer of the tuna. Now set this aside.

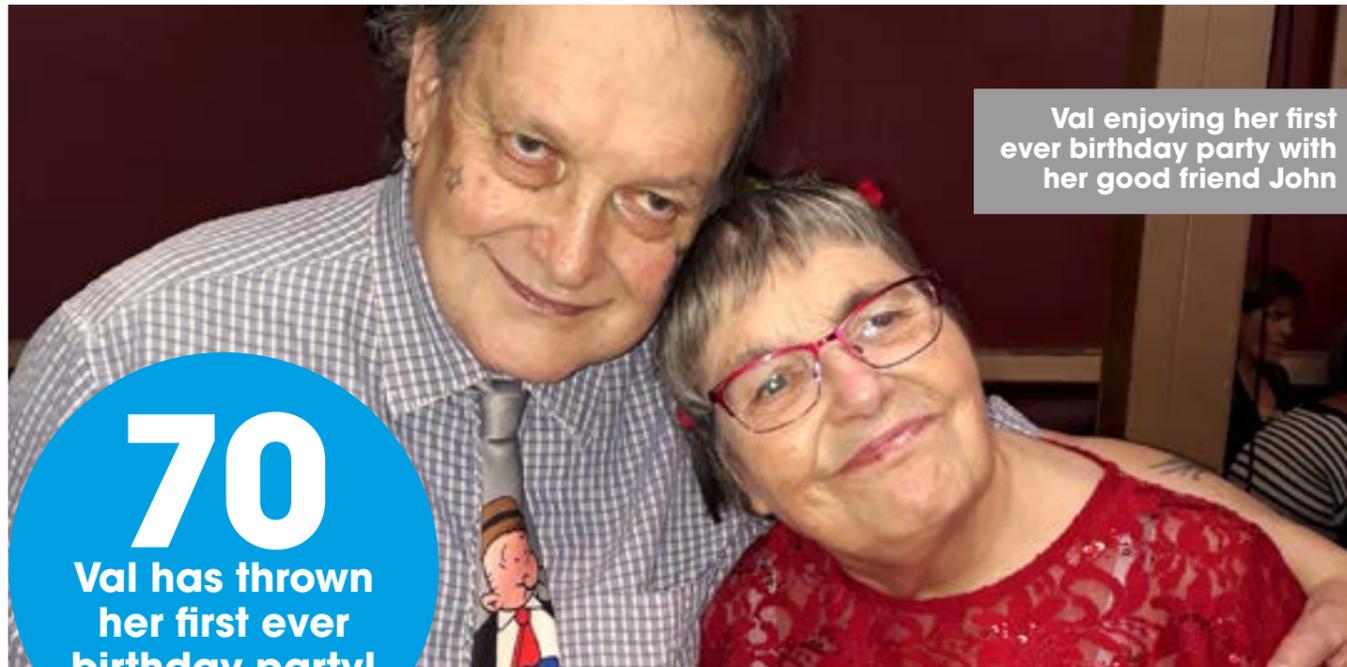
When the potatoes are soft, drain away the water then mash them with the butter, milk and a little salt and pepper.

Top the tomatoes and tuna with the mashed potato, spreading it to cover the dish.

Top with the grated cheese and the crunched up crisps and bake in the oven for around 20 minutes or until golden brown on top.

Get cooking!

To order your copy of the Pathways cookbook, contact *Reachout* editor Alex Marshall by email on Alexandra.Marshall@peabody.org.uk



Val enjoying her first ever birthday party with her good friend John

70
Val has thrown her first ever birthday party!

Never too late...

Proving it's never too late to start celebrating your own birthday, Honeysuckle Cottage resident Val has thrown her first ever party, to mark her 70th birthday

Joining Val at the Silver Dawn Caravan Park in Clacton on Sea last November were Val's family and friends from some of our other Essex support schemes.

Progress in one year

Her family are amazed at the progress Val has made since she moved into Honeysuckle a year ago. Anxiety has always made Val reluctant to socialise and she also struggles with poor mobility and vascular dementia.

Now, not only is her mobility better, she feels more confident and secure. She spent her party night dancing, laughing and smiling. Even better, she still remembers the happy event.

'At the party they told us Valerie would never even go out shopping or come down stairs if they had a visitor,' says support worker Amy.

The anxiety isn't completely gone, but as team manager David says: 'She now has happier memories to comfort her.'

Moving to music

Customers with many different support needs enjoyed the health and social perks of our first 'movement to music' class at King Edward Community Centre in Laindon in March.

The monthly event offers a gentle way to do things good for the body and mind and a wider choice of activities will follow, taking up suggestions from our customers.

Toni and Linda have said they would like karaoke and cake decorating while Ann wants to share her self-made diabetic banana cake and Pamela wants more sensory activities. Using instruments was the highlight for Lesley, who also loved dancing and listening to music. Paul simply said he enjoyed everything.



Roy takes a rest



Marion dancing

Pride in the past

Returning to the UK from France five years ago, 93-year-old Tom was told his local council at Bexhill had no duty to help with his housing. Forced to rent privately, and with his eyesight going, his luck changed with a chat with his postman

Since former RAF gunner Tom's postman told him about STEPS one month ago, he has been getting regular help from STEPS support worker Michael.

No place to turn

'The housing office said they can't help but Mike's already done me an online housing application and is helping me find somewhere more suitable to live,' Tom says. 'I'd be struggling without his help.'

Born in Fulham in 1926, Tom has had a colourful life. He has two Open University degrees, worked for chartered airlines and London Underground, among others, and for a long spell lived in France.

But it's his war-time service that he recalls with the greatest pride. Too young to join up when the second world war first started, Tom instead volunteered with the Home Guard. Then at 17½ Tom's luck changed: he joined the airforce.

Within six months of signing up, Tom was airborne. He vividly recalls setting off on his first raid as rear gunner in a Lancaster bomber, targeting an enemy installation in Bergen, Norway, in 1944.

During the next 27 missions Tom and the crew took part in raids over strategic German strongholds in France and other occupied countries. After several close shaves, he finally swapped his uniform for civvies in 1947, got married and settled down.

But his war service is still getting attention. In May he'll be off to Holland to mark its Liberation Day. And he's hoping to be among those marking D-Day's 75th anniversary in Normandy in June. His proudest moment so far was being awarded the French Legion of Honour for a daring raid on German ground forces in France.

Things have otherwise become pretty hard for Tom. 'I am starting to get lonely,' he says. 'This is a miserable place to live and I'm beginning to feel isolated.'

'I'm a member of several blind associations, volunteer with the 9th Bexhill Scouts and am president of the Bexhill Air Training Corps. But in the evenings and at weekends I don't see or speak to anyone.'

Tom is hoping to move into sheltered housing. 'Mike's really been a great help so I'm keeping my fingers crossed.' Let's hope Tom will soon be sharing his stories with friendly neighbours in a new, safer and happier home. ■



Harry now, above, and, left, back in his RAF uniform

STEPS is a free short-term support service for people in Hastings and Rother who live in their own home. It helps people aged 65 or older, or aged 18 or over with a long-term physical health need. STEPS is commissioned by East Sussex Council's supporting people team.



Sammy and Jamie enjoy a romantic dinner

Valentine's surprise

Romantic Jamie, who lives at Allen House in Braintree, wanted to make Valentine's Day extra special for girlfriend Sammy. Jamie's plan was a romantic dinner for two, though we first had to sweet talk Sammy's dad.

Shopping trip for decorations

Support worker Victoria went with Jamie to the shops to buy decorations. Jamie's learning disability makes it hard for him to work out the value of money so we set him a budget so he wouldn't waste his own money.

Victoria also helped Jamie make the room look invitingly romantic. When Sammy arrived, she wept with joy. They had a lovely meal, with Jamie making drinks and being waiter. After Jamie did the washing up, they walked hand in hand to the Gateway Disco.

Reasons to be grateful

Support worker Karen and residents at Derek Crosfield House have made a lovely 'gratitude board' that they have set up in the shared lounge and add to daily.

'Old tenants go and new tenants come in,' says team manager Angie. 'They add to the board or read it and it's a reminder of things people achieve or that make life better, even if only in a small way.'

Derek Crosfield House in Clacton-on-Sea is home to vulnerable young families and, says Angie, young mums are often made by society to feel worthless.

'But what they are doing is so important, bringing up the next generation of children. Social media too can make young people especially feel others have a much better life. When we focus on the negative, it's easy to forget how much we have to be thankful for.'



Busy bees: news from Princess Christian's farm

By Allan Winstanley

On Wednesday 13 March, I went to the South of England Showground in Ardingly, West Sussex, for the Jim Green Memorial Competition.

The theme was Busy Bees and all the teams made cakes, scarecrows and sculptures on that theme. We had two teams, the Busy Bees and the Pollinators.

My team from Princess Christian's Farm won for the best bee sculpture. We also had to dig a flowerbed and identify material, flowers and leaves.

In the afternoon, we all received certificates and rosettes. We did not win best overall team.

Chris Rowley has written a book about the farm when it was a hospital for people with learning disabilities. 'The Princess Christian Farm Colony and Hospital 1895-1995: "Just a Bit Barmy" is £20. Sold by Waterstones, Mr Books and Sevenoaks Bookshop.

Health and wellbeing worker...what's that?

I'm a health and wellbeing worker. I organise and run activities and workshops for customers of our Lambeth mental health service.

Slow healing process

Everyone on the journey to personal recovery needs ongoing support so each step takes them closer to where they want to be. We aim to make their life feel meaningful and we offer choices so they can pick and choose from the workshops we offer.

We offer regular social activities, like our fortnightly Movie Afternoon at Greet Street and quarterly Cinema Club outing. Both are ways to connect with other people but doing so at a comfortable pace.

My role is relatively new so it is evolving as I am learning what ticks the right boxes for our customers. Sian.McDougalWright@peabody.org.uk



Stay active Prevent falls

Sheltered tenants at Leander Court in Lewisham have been working on ways to stay active as the years advance, without risking a fall

The older you get, the riskier falls can be. But even a minor fall can deal a big blow to your confidence and independence.

Strength and balance

Leander Court tenants and others living nearby have now been taking part in weekly *Stable and Steady* classes for over a year.

The sessions include exercises and movements designed to improve muscle strength and balance but those taking part have also made lots of new friends.

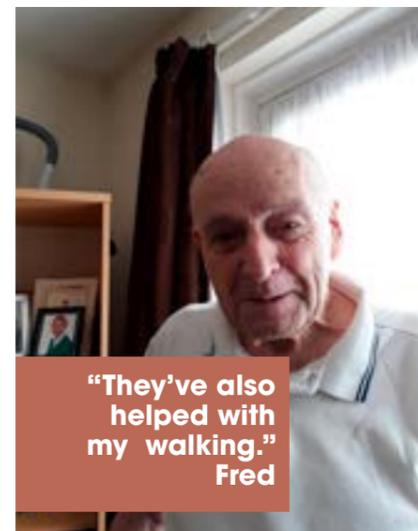
The classes are being run as part of a joint effort by Lewisham and Greenwich NHS Trust and Lewisham council's community falls service.

Why not give it a go?

The classes are open to anyone aged 65 or over who lives in Lewisham and/or has a Lewisham GP. If you have fallen or are worried you might fall and want better strength and balance, please call the Falls Helpline on 020 8613 9206, Monday to Friday 9am - 4pm, for more details. You will first need to be given a health check.



"The classes keep me active." Seaford, 93



"They've also helped with my walking." Fred



"They've helped me avoid going to physio at the hospital." Adriani

Abuse at home

Did you know that around 1.9 million women and men aged 16 to 59 were put through domestic abuse between April 2016 and March 2017?

Domestic abuse happens in homes across the UK, to people from all walks of life. Abuse can happen between strangers but usually comes from someone closer, like family or your partner or spouse.

Domestic abuse can be:

- hurting or even threatening to hurt you physically or sexually
- psychological and/or emotional abuse
- coercive control, which is deliberately acting in a way to intimidate, degrade, isolate and control you
- stealing or taking over your money
- harassing or stalking you
- abusing you online or digitally.

Research shows that:

- women aged 20-24 are most likely to suffer domestic abuse
 - people over 60 are much less likely to try to leave their abuser.
- The bottom line is: anyone can be vulnerable to domestic abuse - any age, race, ethnicity, religion, sexuality, social class or disability.

What is important is that help is out there. Domestic abuse or violence is a crime and the police can help.

If it's an emergency and you are in danger now, call 999.

Other agencies who can also help with support or advice:

National Domestic Violence Helpline (run with Women's Aid and Refuge): 0808 2000 247
Men's advice line: 0808 801 0327
National LGBT+ Domestic Abuse Helpline: 0800 999 5428 or email help@galop.org.uk

Flower power



Our group arrive at Kew Gardens



Chonlada on the Kew scooter

Blossoms at Kew

Sheltered tenants in London have already enjoyed two outings we've organised to Kew Gardens this year, as members of Kew's community scheme

The cherry trees, magnolia and azalea were in full bloom on our last visit to Kew. And being so early in the year, it felt as if we had the gardens to ourselves.

Some, like Chelsea Court's Trinny, came on both visits. 'The flowers are so beautiful,' Trinny says. 'I plant a lot in the communal gardens and we've won many prizes so coming here gives me some ideas.'

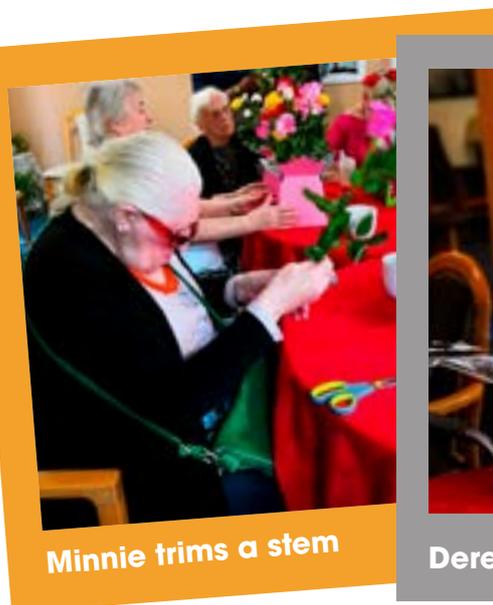
Chonlada, also from Chelsea Court, used the free mobility scooter and is now thinking of buying her own. 'I get out of breath easily,' she says. 'The scooter gave me independence.'

Queueing twice

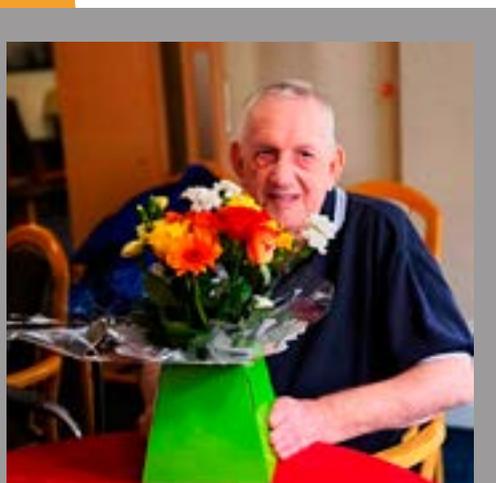
Overbury Court's Donna said she'd forgotten how wonderful it was. First-timer John, from Domeney, said Kew was magnificent.

Organiser Yvette Harte says the best part for her is seeing tenants who come on their own make new friends. 'It's blooming wonderful!'

Albion Road uses flower power



Minnie trims a stem



Derek's fine display

Sixth formers from Our Lady's High School near our Albion Road scheme in Hackney, have been visiting regularly, bringing fresh flowers donated by Morrisons and Waitrose.

Something to take home

Our tenants pick their favourite flowers and, occasionally with help from the pupils, create lovely displays to take back to their own flats.

The visits are part of a scheme to connect people of all ages locally and the flowers appeal even to tenants who rarely take part in our organised activities.

Albion development worker Joanne Cassar says: 'The flowers are near their 'best before' but normally last until the next visit. The girls bring such a variety that many see flowers the tenants haven't seen for years.'