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Message from the Chairman

Again it's our Annual General Meeting for GLS. I'd like to encourage you to come along and voice your opinion. The last few months have been very busy for staff and volunteers. We've put a new computer system into the office, which will improve our administration, also the Buddy Scheme took some members to France - a good time was had by all. The council are reviewing how they deliver advocacy in Gloucestershire. We're working together and will let you know the outcome. Hope to see you at the A.G.M. on Tuesday 12th August, 2008 at 11.30am at the NIA.

Peter Cleary
GLS Chairman

GAD DIAMOND JUBILEE CELEBRATION BURSARY

On 29th April, Gloucestershire Association for Disability held a celebration event at Nature in Art to launch their Diamond Jubilee Celebration Bursaries. Please look at the leaflet enclosed.

Thank you to GLS - At the celebration event at Nature in Art I met two GLS members who I had not met before. To my delight they said they had seen my name many times but were pleased to have the opportunity to thank GLS for its help and support in enabling one of them, who uses a wheelchair, to learn to swim and join a fitness club. I was told that without the help of GLS this would have been impossible. The couple have gone on to take an active part in their community, serving on a residents' association and running a crib club. The meeting made my night and made everything worthwhile - GLS

has a great staff team and they do help people change their lives!

Sue McClung -General Manager

Bursaries - This year is a very special year and the Trustees have decided to mark the occasion by offering a Diamond Jubilee Grant of £5,000 to a charity or voluntary group based in Gloucestershire for an experience, adventure or other "out of the ordinary project" that will enrich and make a difference to the lives of Gloucestershire people with physical or sensory disabilities.

Additionally, the Trustees wish to acknowledge the very special part played in the development of the Association by the generosity of Enid Stuart and Kathleen Powell, without whom a grant making programme would not have been possible, by introducing six bursary awards in their memory. These will be open to Gloucestershire residents with a physical or sensory disability.

There will be four Enid Stuart Bursaries for any amount up to £4000 to help applicants: take part in full or part-time education or training which will improve their employment prospects and life chances **OR** travel to other places to observe and provide a written report for the Trustees on different and successful ways of meeting recreational, social or health care needs of people with physical or sensory disabilities not available in Gloucestershire.

There will also be two Kathleen Powell Bursaries for any amount up to £2000 to help applicants take part in sports, recreational or arts and crafts activities, including the performing arts, in order to enhance their quality of and outlook in life.

Physical and Sensory Disability Scheme

Summer is coming and everywhere we go people will be smiling and being nice to each other and enjoying the warm weather and sunshine.



Well I can live in hope! I am sure that it will be a vast improvement on the summer we had last year.

We have had very good news regarding our contract with Supporting People. They are extending this until March of next year, which means that we will not have to worry about having to write tender applications and wonder whether we will be able to continue providing care in July. We can now leave those thoughts until next year.

I was invited to attend Rotary meetings both in Cheltenham and Gloucester where I met some friendly people who are very interested in Gloucestershire Lifestyles and working with our



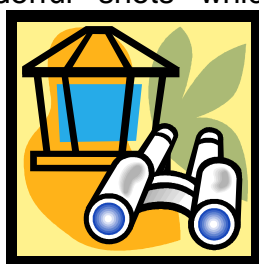
members. A number of members of the Cheltenham Rotary are already providing some gardening support to one of our members. She is having her garden landscaped. They have drawn up plans for her

approval, fitted decorative fencing and are now about to begin work digging out a new raised flower bed. Their assistance has been very beneficial to her as she will now be able to get into her garden and tend her own flowers as well as sit and enjoy the sunshine in a beautifully landscaped



garden. So a big THANK YOU must go to our friends at Cheltenham Rotary Club.

Other wonderful news is that one of our members, Bob from the Forest of Dean, has been contacted by B&Q regarding photographs of birds he published on his website. He is a very keen birdwatcher and photographer and had captured a number of wonderful shots which he



published on his website. They have commissioned some of these for their new catalogue. Congratulations to Bob. He definitely has a hobby which other people appreciate.

John has organised a number of events for the coming months and I hope to meet lots of you at these. I really enjoy attending the

events and meeting up with everyone.

Have a wonderful summer. I know the sun is going to shine.

Lorraine Easdown
PSD Scheme Manager

Community Members' Events & Activities

Bridges

We had a great night at the Bridges, Worcester. The Carvery and entertainment were very good and our members were surprised when they realised that Nick the singer was a wheelchair user. He sang songs from the late fifties onwards and his voice was brilliant. Wendy and Lorraine led the dancing with many of our members joining in.

Many thanks to staff from Leonard Cheshire and John Taylor for supporting the event and driving.

Also thanks to Bharti, Lorraine and Wendy for their support, I think the long drive was worth it.

Roses Theatre

In March we visited the Roses Theatre in Tewkesbury to see Drive performed by a dance group. It was a mixture of

film and dancing, some of which was spectacular and gymnastic while other parts were weird and difficult to



follow - that's modern dance for you!

After the show we went over the road to the pub for a drink and they happened to have a duet playing Irish music. They were really good and it rounded the evening off nicely.

Many thanks to Bharti for helping with transport and support at the event.

Future Events

13th June - Summer Dance, Civil service Club, Cheltenham

July - Cotswold Wild Life Park, to be arranged

14th August - Willow Trust Boat trip

Summer Dance

This year we are holding our Summer Dance on the 13th June 2008 at the Area Civil Service Club, Tewkesbury Road, Cheltenham. Due to



popular demand we are including a buffet at this year's event. Once again Amethyst will be performing for us and following the great time we had last year I look forward to seeing you all again. Tickets (including buffet) are £10 each.

Ask your support worker for tickets or ring John on 01452 541556.

Generous Rugby Supporter

I went to see the European Cup game between Gloucester and Munster at Kingsholm with some of our members. I have never known it so busy with the road closed



and the bars overflowing. The only sad part of the day was that we lost the game, but the Munster fans were a great crowd.

After the game we went into the packed bar for a drink. A smartly dressed Munster supporter stopped as he was passing us. He removed his Munster scarf and gave it to one of the three wheelchair users with us. He then took off his Munster tie and gave it to another of our members. He then removed his overcoat and took off his Munster jersey and gave it to the third member. He did all of this without saying a word and just nodded and walked away. There are some great people around.

John Print

Events & Activities Co-ordinator

Gloucestershire Advocacy Support Service

SUCCESS FOR GLS STAFF who have recently completed The Open College Network (OCN) Course and now have a Certificate of Qualification in Advocacy.

GLS are hosting the OCN Training Course and the first six 'Graduates' included Lorraine Easdown, Wendy Bamford and David Morris.

GLS is one of the first organisations to develop this training course and this is in line with the Government's initiative to promote Advocacy for all and to have fully trained advocates.

Certificates were presented



to the successful candidates by Bob Bickerdike, GLS Trustee, on 21st April, with tea and cake to celebrate.

CONGRATULATIONS TO YOU ALL!

Lesley Hodges
GASS Co-ordinator

Buddy Page



It's so nice now that the sun has started to shine and the cold wind has dropped. It puts new bounce into the Buddy outings.

However happy we are to be warming our bones, there are several bits of sad news so I will disperse them amongst the good news.



It was with sadness that we had to say goodbye to John Andrews in March. He has moved to Bristol with his fiancée and we wish them the best of luck.



We are pleased to have now recruited a new support worker. Her name is Donna Noble, she lives in the Forest of Dean and will be starting with us on May 12th.



I am sure you are all aware of the tremendous increase in the cost of fuel, and as previously mentioned, as a charity we work to a very tight budget.

From May 1st the transport charge for a normal session, within county, will be £4 for an individual and £5.50 for couples.

For events out of county we will divide the petrol costs between participants.

I will give you an estimated figure when confirming the event.



On numerous occasions, carers have asked if they can join some of the activities we arrange.

We realise that having a break is beneficial but you might also enjoy a day or an evening out with the person you care for.

We thought that once a month we would invite carers to join us on an activity.

As this is a new venture we may hit one or two teething problems (e.g. everyone wants to go out or you don't like what's on offer) so be gentle with us and please let us know what events you would like to join.



This is the month to watch Deal or no Deal. In March, a group of participants became members of the audience for this popular quiz show. We believe the shows are being aired week beginning May 26th.

Liz West

Buddy Scheme Manager

Carers' Emergency Scheme

Following on from my article in the spring issue, I am pleased to be able to

forward details of the Carers' Emergency Scheme. This scheme is open to any carer, regardless of the disability of the person care for.

There are two levels to the scheme. Level one has been in place for some time but the second level is new and something I feel you should all be aware of; please read on.

Do you worry about what would happen to the person you look after, if you were taken ill or caught in some kind of emergency?

If your answer is YES then this scheme may be the scheme for you.

What is the Carers Emergency Scheme?

The scheme is run in partnership between Gloucestershire County Council, Carers Gloucestershire and Forest of Dean District Council Careline.

The scheme offers peace of mind to you as a carer in that should an emergency occur, the person you look after will be supported. The scheme provides 2 levels of response depending upon need...

Level 1 - You are asked to nominate 2 contacts (eg family members, friends or neighbours) who would be willing to check on the person you look after if you are unable to because of an

accident/emergency or illness.

Level 2 - If you are looking after someone with high care needs you have the additional option of having a support worker, provided in an emergency by the County Council, to take over your role. This service would be provided for up to 48 hours.

How do I access the scheme?

Level 1 - If you want to nominate 2 contacts then you can get in touch with Carers Gloucestershire on 01452 386283. An advice worker will go through the details required and will enrol you.

Level 2 - If you feel you would benefit from the additional service offered through the county council, then you will need to have a carer's assessment and emergency support plan completed.

This can be done by contacting the County Council Adult Services Helpdesk on 01452 426868 or the Children and Families Helpdesk on 01452 426565 or by getting in touch with the social worker or mental health carer co-ordinator who supports the person you care for.

The assessment will establish whether or not you are eligible for the service.

How does the scheme operate?

You provide basic information about yourself,

the person you look after and the action required in the event of an emergency. This information is then passed onto the Forest Careline. You are then issued with a card - like a credit card - with a unique identification number on it. The card also displays the Forest Careline number.

In an emergency this number is called and the workers at Careline carry out the instructions you have given.

Is there any charge for the scheme?

No, the scheme is provided free of charge.

How will I benefit from the scheme?

You will have plans in place in case anything happens to you.

You will have 24 hour a day emergency cover.

You will have peace of mind.

To register for the scheme please contact:

Level 1 - Carers Gloucestershire on 01452 386283

OR

Level 2 - Gloucestershire County Council Adult Helpdesk on 01452 426868, Children and Families Helpdesk on 01452 42656 or talk to the social worker or mental health care co-ordinator who supports the person you care for.

I hope this will be helpful to some of you.

A Poem about Divorce

Thank you for publishing my article on the front of the recent Challenger, I'm most impressed and appreciate it. And I love the drawing of the swan, it's lovely!

I have just recently written a poem, my first one in about 4/5 years. I have written poems for a number of years on and off but for recent reasons I had stopped writing them but have started up again as the inspiration comes to me.

'A Lonely World'

Divorce is not a pleasant
Thing to go through
For a life on one's own
I have adjusted too
As he decided to
Go off with another girl
And leave me to live in
A lonely world
Health reasons prevent
Me from being employed
Though there were
moments
We spent together and
enjoyed
At times I have felt on a low
ebb
That I could have cried and
cried
But what's the point in that I
ask
When I just keep myself
occupied
Goodbye to a lonely world I
say
As for me its come to an end
For I go out and about and
make
Many a new found
friend.....

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GLS Member

CHARITY SHOP

OUR CHARITY SHOP is now open and the number of compliments are staggering. So many local people are delighted to see it open and looking so beautiful. Thanks go to the many volunteers, staff and the Community Chest for making it happen. We have to make it pay and provide us with funds to run our Events and Activities and not cost the organisation, so volunteers are going to be vital. Takings are up so far but we need to sustain this and we need the donations of items to sell to be able to give the shop a turn around every couple of weeks.

Donations can be taken to



the Storage and Sorting area of the GLS Office, ring Bharti on 01452 530184 for details.

Charity Shop needs you!!!

Could you spare some time to come into the warehouse and help us sort our stock



for the shop, organising and sorting through our clothes and bric-a-brac?

local community, it raises funds, which support our other activities and the more we raise the better we can be.

Please contact Bharti on 01452 530184 or email bharti@gloslifestyles.co.uk.

For sale

3yr old adjustable bed in excellent condition. Used for approximately 6 months. Non-smoking environment. Asking £400.00.

We are also looking for more volunteers to work in our charity shop, if you are interested, then please contact me on the details below. I'm trying to plan a rota for staff to man the shop. We all know how important the shop is to the

Bulletin Page

Alexandra Rose Day

Collection is taking place on 21st June, 2008 at Sainsbury's Supermarket in Gloucester and on 19th July, 2008 at Morrison's



Supermarket in Abbeydale. If you have some spare time and would like to volunteer with collection, please contact Bharti on 01452 530184.

Thank You

Aren't our newsletters beautifully produced? I think they are great and would like to thank Jolene Prichard for producing them for us. So thank you for all your work on our behalf Jo, it is so much appreciated.

Jo also is the person who keeps our website up to date for us and for that also we owe her thanks.

Ann Knight

PA Pool

After receiving the latest newsletter I was very interested to see the article by Sue about the PA Pool organisation. I use direct payments to employ a team of care workers to help me care for my daughter who has PMLD and thought we might be able to use this service until I saw the fee structure. In fact one has to

subscribe to the service in order to use it and the fees are as follows:

1 month - £18
3 months - £48
6 months - £92
1 year - £180

Connie Williams

You are being watched...

But is it really a bad thing? About 13 million of us now own a Tesco Clubcard, indicating that we are happy for every egg, toothbrush and loo roll we buy to be logged by the supermarket.

Of course the rewards are obvious. Every three months an envelope full of discounts and vouchers magically targeted to your tastes drops through the letterbox and your next receipt shows in black and white just how much you have



benefited from this data collection.

Read the full article at www.magnetize.co.uk/News/You%20are%20being%20watched-20.aspx

Useful Website

BBC - Ouch! Disability Magazine - Features, Blogs, Podcast, News, Talk and more.

<http://www.bbc.co.uk/ouch/>

GLOUCESTERSHIRE SERVICE USERS FORUM

The new co-ordinator for the Forum is Nadia Novoli. She started her new position on the 21st April. Nadia has many years of experience working with people with disabilities and has recently worked at the Star College.

Our members will be attending the Employability Plus event at the Star College on the 13th and 14th of May.

Nadia will be organising more consultations and training at the University for our members' involvement.

I look forward to working with Nadia and continuing with the good work of the Forum.

Anyone wishing to be involved in the Forum, please contact John Print on 01452 541556.

Coming Events

June 2008

- 4th Volunteers Thank You Evening
13th Summer Dance*

August 2008

- 9th Gloucester Disability Forum
12th GLS Annual General Meeting
14th Willow Trust Boat Trip*

Please let your Support Worker know if you would like to attend any of the monthly events listed here. Deposit required when booking * events.

Trustees' Meetings

29th July & 23rd September 2008

Members wishing to contact the Trustees, please write to Colin Parry at the Lifestyles Office, Hatherley Day Centre, Hatherley Road, Gloucester, GL1 4PW.

The Challenger Information

Copy to GLS Office by 15th August 2008

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