

Welcome

to the Winter 2013
issue of the Penderels
Trust newsletter



Review of Services 2011/12

We recently sent out our Review of Services questionnaire to people who have used our services in the last year. Many thanks to all those who completed the review, your feedback helps us to understand what we do well and where we can further improve our service to you.

The results are analysed at local office level which enables each service manager to identify areas for improvement specific to their own service and to follow up on any suggestions made by respondents. We also share our results with your local authority.

Many congratulations go to Eliza Ingham from Middlesbrough who won the £100 Amazon voucher in the prize draw.



Penderels Trust welcomes three new trustees to the Board

We are delighted to welcome three new members to our Board of Trustees, Mr. Andy Berry, Mr. Kenneth Barrett MBE and Ms Patricia Sadio.

Andy is a user of our services in Gloucestershire and is an active member of the Gloucestershire Peer Support Group. He also chairs our Penderels User Group (PUGs). Prior to retirement, Andy enjoyed a successful career working in the Information Technology (IT) industry as a business owner, contractor and civil servant. He has also found the time to be a volunteer, including being on the Board of Trustees for Scope, a governor of Gloucestershire College and running a computer club in his local library.

Kenneth is a user of our services in Lincolnshire. He has served in the Royal Navy and worked with the Medical Research Council in

Gambia for twenty years, work for which he was awarded an MBE. Kenneth has worked in many different countries during his life, giving him experience of working with people from many different backgrounds and cultures.

Patricia Sadio is an accountant who has worked voluntarily for a number of charities, starting with MENCAP when she was just 14 years old. She is a qualified psychotherapist and has worked as a Samaritan, for Bradford Rape Crisis (as a director/trustee) and has also set up her own charity for teenagers. Patricia has sat on numerous committees and has extensive knowledge of disability legislation.

We are confident that Andy, Kenneth and Patricia will bring a wealth of experience to our Board of Trustees and we look forward to their contribution to the ongoing success of Penderels Trust.

If you are interested in being considered for our Board of Trustees, please contact Ais Reynolds on 02476 511 611 or e-mail areynolds@penderelstrust.org.uk

Your Chance to Make a Difference

Andy Berry, Chairman of our PUGs group is calling for new members:

The Penderels User Group (commonly known as PUGs) is a group of users of Penderels Trust's services. The group meets on a regular basis (usually four times a year) to get the opportunity to find out what Penderels Trust are doing and what they are planning to do.

Currently, PUGs members have all been users of Penderels Trust's services for many years and most of them are from around Coventry.

We are keen to attract new members of the group, some of whom may be new to using Penderels Trust and also from other geographical areas.

What's in it for you? Well, apart from the opportunity to meet other people who use Penderels Trust's services, we get to discuss important issues such as changes to direct payments and what Penderels Trust will do in response to these changes. We also have presentations from senior managers which gives us a chance to raise issues that are

important to users of the services. As a trustee, I am also able to discuss issues with fellow board members at one of their meetings.

If you are interested in getting involved, please contact your local office who can explain more and send you our leaflet and (short) application form if you wish to get involved.

I look forward to seeing some new faces in the group soon.

Andy Berry

Keeping the flame alive

Coventry's oldest paralympian, Rita Thompson, was chosen to present the Paralympic Lantern to Coventry's Lord Mayor Councillor Tim Sawdon as a gift to the city and a memento of the London 2012 games. Rita is a wheelchair user and has been supported by a Penderels Trust Independent Living Adviser from our Coventry team since she took a direct payment at the beginning of 2012.

Rita was Coventry's first paraplegic gold medalist in the Paralympics in 1980 when she won a gold and a bronze medal for Flat Green Bowling at the event in Holland (the Olympics took place in Russia that year). Rita returned to the Paralympics in 1984 which took place at Stoke Mandeville (they were supposed to go to Chicago with the Olympic team but there was insufficient funding – there were some very disappointed Paralympians that year!). Not only did she pick up one gold and two silver medals for Flat Green Bowling, she had since taken up Air Weaponry and was awarded 4th overall in the world for Ladies' Rifle Shooting!

Rita, who had not undertaken any kind of sport before she became disabled in 1975, was encouraged to attend the sports centre run by the Coventry Sports Association for the Disabled by her friends at the day centre she attended. Rita says her greatest supporter was her late husband, Roy, who she sadly lost in June 2012.

Rita continues to live independently in her own home in Coventry with support from her carers and Penderels Trust.



Keeping the Paralympics flame alive

COVENTRY'S Lord Mayor has been presented with a Paralympic Lantern as a gift to the city and a memento of the London 2012 games. The lantern was formally handed to Coun Tim Sawdon by Coventry's oldest Paralympian and Paralympic Ambassador Rita Thompson at the start of Tuesday's council meeting.

The lantern, which was lit from a 'spindle' of the Paralympic flame, was collected by Rita and the mayor last month from Trafalgar Square.

The following day, more than 600 people enjoyed an afternoon celebration of disability sport, art and culture in Coventry's Millennium Place. Coventry was one of 36 cities to receive the flame.

Coun Sawdon said: "After an historic event in Coventry and collecting the Lantern from Trafalgar Square with the city's Paralympic Ambassador, it's a fitting tribute to be able to receive the Lantern as a parting gift of the...Paralympic Games and display it for Coventry citizens to enjoy."

SPRIT OF THE GAMES: Paralympic Ambassador, and Coventry's oldest paralympian Rita Thompson, handing over the Paralympic Lantern to Lord Mayor Coun Tim Sawdon.



New look website

Have you had a look at our new website? It's now much easier to find the information you need.

The home page has an easily navigable button layout which leads you through a logical path or you can jump straight to what you need.

Our 'Local Office' section now contains far more detail, something that you have asked for. Each office has its own page which details the team members and their job roles, the services available in that local area and any forthcoming events that may be of interest.

Anyone wishing to apply for a job, either with Penderels Trust or for one of the people we support who is advertising, can now do so through the online process which saves the need for printing and postage.

We are continually updating and improving our website (and our online presence on marketplace websites, like Connect to Support) with further projects in the pipeline for the forthcoming

year. We will also be increasing our use of social networking as an interactive way of communicating with our customers and other users of our services.

Our mobile phone application (app) is also available for people on the move, with the app available both on Apple (iPhone) and Android devices.



For those with a smartphone, simply scan the relevant QR code with your QR reader to instantly download the FREE Penderels Trust App.

“Six months ago, I never would have dreamed that I would be living a completely different life.”

Elin Jones is a 21 year old lady from Oswestry. She has physical problems and mobility difficulties and uses a motorised wheelchair to get around and needs support with most activities of daily living.

Until six months ago, Elin was living in a nursing home after having left her residential specialist school. Her local authority wanted her to move to her own flat, but she had mixed feelings about this. Whilst she wanted to do be able to do the normal things people her age do, she felt worried about how she might cope. She says moving to independent living was a 'leap of faith'.

Elin was referred to Penderels Trust and her Independent Living Adviser (ILA), Jane Bown, supported her to take control over the support she needed. They discussed how she could use her personal budget to meet her needs and planned how many staff she would need to recruit.

Elin has her own tenancy and is the employer of five staff, with whom she has built good relationships. Elin says that this has been a challenging time with the responsibilities of becoming an employer and managing a large budget, but she says “I now feel much happier and more positive and I can do what I

want, when I want, without having to fit in to the routine of the care home”.

Elin would like to qualify as a teacher for children with special needs and had embarked on a university course. Unfortunately, recent ill health has meant that Elin has had to put this plan on hold but she hopes to resume her studies in 2013. We wish her all the very best of luck for the future!



Making dreams come true

Kevin and Lorraine Cox are Shared Lives carers based in Bournemouth, Dorset and have 32 years' experience between them of supporting people with mental health needs and learning disabilities.

They have recently set up a new initiative called 'Make a Dream Come True' supporting people with disabilities to plan and undertake a trip either abroad or within the UK that they might not normally be able to do. Kevin and Lorraine will research the best options for the trip, price it up for them and support them for the duration of the holiday or event. They have recently

taken Stuart, an avid Liverpool supporter for 50 years, to Anfield, Liverpool F.C.'s home ground, somewhere he had never been before.

Kevin and Lorraine also have a luxury lodge and 8-berth caravan at the Haven 5* park, Rockley Park in Poole, Dorset that are available for hire. They can offer respite for all or part of your stay, even for just an evening if that is what required.

Quote 'Penderels Trust' to receive a 30% discount on the hire of the caravan when booked outside school holidays and bank holidays.



For more information on the luxury lodge and caravan, please go to:
www.ukcaravans4hire.com/to-let-userid2125.html (lodge)
www.ukcaravans4hire.com/to-let-userid437.html (caravan)

For bookings and further enquiries on either service, please contact:
 Kevin and Lorraine Cox, tel: 01202 681 617
 or email: lorraineandkevin10@hotmail.co.uk



Approved Personal Assistant Register for Derbyshire

Penderels Trust has been awarded the contract to develop and deliver the Approved Personal Assistant Register service in Derbyshire. Working closely with the Adult Care team at Derbyshire County Council, Penderels Trust will be building a register of approved personal assistants (PAs) who can support adults with disabilities living independently in Derbyshire. The Approved PA Register will be accessible to everyone in Derbyshire via the county council's website.

Alongside this initiative, Penderels Trust is developing the PA Finder service which we will be

launching in a number of areas shortly. We know that finding the right PA is a daunting and time consuming task. The PA Finder service aims to make the process of recruitment much easier with a register of PAs who are available for work at your fingertips. Watch out for further news on this service in your area.



Sharon Carter, Regional Manager and Phil Arnold, Service Manager for Birmingham, manage to get their hands on the Olympic torch at the Community Health Fair in Birmingham.