





Welcome to Ategi's newsletter, bringing you stories from across our services and updating you on all things Ategi.

February 2023

## In this newsletter you'll find:

-  A message from Kate Allen
-  Ategi updates
-  Ategi people stories
-  Get involved




Chif building an insect hotel for his local church.

 Cwmbach Community Wetlands 🌿

 Steve Gardener · 19 h · 🌐

Winner of The Photo Of The Month with this wonderful effort by a landslide of votes is [Tori David](#). Well done Tori



 You and 53 others

10 comments

Victoria's photo was voted photo of the month!

Please send your stories and pictures to Kitty Treacy, [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)

# A message from Kate Allen, Ategi's Chief Executive Officer

Shwmae Pawb/Hello Everyone,

So we're into February already! How many New Year's resolutions are still going strong I wonder? If you've waived or faltered, don't give up. If it was important to you at the end of last year and it's still niggling away, then deep breath, a bit of planning and start again. You CAN do it.

To all the people we support and our Shared Lives carers, I hope you enjoyed the Festive Get Togethers at the end of last year. It was wonderful to bring people together with carers and people we support all in the same space; to feel united. And we should be united as ultimately we all have the same goal. To do "our bit" (whatever that bit is) to help people with additional needs live their best life. That is the really special part about working for a charity. We aren't here to make profits and big bonuses for private company owners. We are here to make a real difference; and you do every day.

I'm looking forward to there being more Ategi events this year and we have already been busy putting together a schedule for the year ahead - we will share plans and dates soon.

Each new year brings new challenges and like all organisations providing social care services I have no doubt we will face our own set of challenges this year to keep us busy; there will be funding cuts to fight; health inequalities to battle against;



relationships to build with new people supported; new colleagues to welcome and induct; recruitment campaigns to attract more carers; discrimination cases to speak up against and much more. But we can do that. Ategi does it every year and we do it well. I am really looking forward to this year. With 10 calendar months ahead of us, April sees the beginning of a new financial year and will see us move into year 2 of our strategy to support people to live their lives, their way. Regardless as to position, role or how long we've been doing our jobs we should all be aiming for continuous improvement and consider whether doing something differently might be better? It might or it might not! At the events last year I shared the 5 values that underpin how we operate. These are really important to me and I ask you to read through and self-assess your own actions and behaviour against them in everything you do. Be brave enough to notice if you could something differently next time.

Thank you. Kate

# Ategi updates

## Shares Lives carers have you filled out your tax return yet?



As a Shared Lives carer you are self-employed and are responsible for your own tax and national insurance.

Need some help? Shared Lives Plus can provide support and guidance for you!

Head to Shared Lives Plus for more info: <http://bit.ly/3kdROj0>

## Can Ategi support you to get online?



We're living in a digital age, more and more daily necessities are going online, from doctors appointments to online shopping. Most of Ategi's

communications are happening online and through email. This not only allows us to send information quickly to you, we can also ensure you're sent information that is relevant and interesting to you.

If you, or someone you know, would like support getting online we're more than happy to help. Get in touch with our office on 01443 484400 we can arrange training for you to feel confident getting online.

## Donate your unwanted Xmas presents



Last year we managed to raise a terrific £305 from the raffles at our Festive get togethers, we'd like to do even better this year.

So, if you have any unwanted presents from Christmas, please donate them to the Ategi raffles!

Drop off your unwanted presents at one of Ategi's offices or, if you're a Shared Lives carer, hand them to your coordinator on your next visit.

## Ategi is now supporting homeless people in Cardiff



Ategi is delighted to share that from 16th February, we will be providing support to people living at Tŷ Cornel in Cardiff.

Tŷ Cornel is a supported accommodation service especially for who have a history of homelessness and additional support needs.

Find out more on Ategi's news page here: <https://bit.ly/3Ke7vRI>

## Get involved and have your voice heard at Ategi

We want you to help us improve our services and we'd like to work with you using co-production.

To find out more about how co-production works and how you can get involved. Call us on 01443 484400.

# Ategi people stories

## World Interfaith Harmony Week 2023



Chif at his local church. Chif is supported by Shared Lives.

This February Ategi celebrated World Interfaith Harmony Week, an annual UN observance which is celebrated in the first week of February.

To mark the occasion, we wanted to celebrate the diversity of faiths we have in Ategi and asked our Shared Lives carers, the people we support and our staff to share with us why their faith is important to them. Lots of you got in touch and shared your wonderful stories about why your faith is important to you or the person you support.

Read all the stories on the news page of our website here: <https://bit.ly/3RoyhZb>

## Don't miss Ategi's latest film..



Have you seen our latest film? It's all about Trevor, who is supported by Supported Living. The film explores Trevor's more than a decade long journey with Ategi. How our incredible team of support workers worked hard to make sure he's happy and healthy and how part of that process was decorating his home in all things America.

Watch the film on Trevor's Ategi people stories page here: <https://bit.ly/3hH8Qoe>

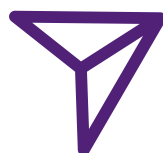
## Ategi Shared Moments



Rachel during her Shared Days session with her Shared Lives carer at Llantwit Major beach.

As always, lots of you have been sharing photos of what you've been getting up to over the last couple of months; From planting trees with your football club, meeting celebrities, donating to foodbanks and enjoying lovely days out at the beach.

We've put them all together on our Ategi People page on the website. Take a look here: <https://bit.ly/3B3WegL>



If you'd like to share any moments with us or tell us about what you've been up to send your photos to [kitty@ategi.co.uk](mailto:kitty@ategi.co.uk)

## Get involved

### Do you know someone that could be a Shared Lives carer?



Did you know the majority of our Shared Lives carers came to the role through hearing about it from another Shared Lives carer? It makes sense, it takes one to know one!

Do you know someone that would make a great Shared Lives carer? Do you have a network, group or community that would benefit from knowing more about Shared Lives?

Help us tell more people about Shared Lives. We could provide you with leaflets or posters or even come and talk at an event. Contact Kitty on [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)

## We want to hear from you!

Would you like to share your news or story in the newsletter, or on our social media?

Show off your skills and creations or celebrate your achievements with us.

Do you have any ideas of other things you'd like us to include? Please do get in touch with your ideas. This newsletter is for you, and we'd love to hear what you'd like to see.

**Email or WhatsApp your photo's/ stories and suggestions:**

Email: [Kittyt@ategi.co.uk](mailto:Kittyt@ategi.co.uk)    Whatsapp/Mobile: 07597 590 664