



Photo taken by
Victoria David from our
Shared Lives scheme in Wales

April 2022

This is ategi's bi-monthly newsletter, bringing you stories from across our services and updating you on all things ategi.

In this newsletter you'll find:

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-  A message from Kate Allen
-  ategi updates
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-  Your stories
-  Take care of yourself
-  Shared moments

Please send your stories and pictures to Kitty Treacy,
kittyt@ategi.co.uk

 **Tori David photography**



Photo taken by
Victoria David from our
Shared Lives scheme in Wales

A message from Lesley-Anne Ryder, ategi's former Interim Chief Executive

I'm delighted to announce that Kate Allen, our new CEO, has now started at ategi.

In October 2020 when I was asked if I would undertake an interim role as CEO of ategi on the retirement of Tim Southern, I had to research this charity and its people in order to find out just what ategi was all about as I hadn't heard about Shared Lives, or ategi, before then. I had such a warm welcome from the people who we support, carers, trustees and staff - and all were asking for change for ategi.

Having worked to identify a new flourishing future, my final task was to recruit a new permanent CEO to lead ategi. Kate has now joined ategi and we have already started working together in order to ensure that I can share my knowledge of ategi and its people before I leave, and will continue to do so until the end of my contract.

I know ategi can look forward to an exciting future under Kate's leadership. I will miss you all very much, but know just how pleased Kate is to join you. I wish Kate, and all at ategi, a very great future.

Lesley-Anne Ryder



Maxine is supported through ategi's Supported Living service and was on the interview panel that helped appoint Kate.



Jill Davies is ategi's Chair of Trustees and one of our longest serving trustees as well.

"I'm very happy that Kate is starting, when we interviewed her, I really liked that she seemed very committed. Kate also seemed very sincere and down to earth when we spoke to her."

"On behalf of the Trustees, I would like to welcome Kate as the new CEO of ategi. Kate has a wealth of experience in the social care sector and impressed us with her shared values and desire to work with the team at ategi to build on our success and create a positive working culture for all."

A message from Kate Allen, ategi's new Chief Executive

Shwmae pawb/Hello everyone, despite contracting Covid just before Easter resulting in a slightly delayed start, it is lovely to finally be here.

It feels incredible that here we are in the full thrust of spring and yet I first saw ategi was looking for a new Chief Executive before Christmas! As with each and every year, 2022 is flying by... but there is much to look forward to.

Firstly, my thanks to Andrew and Maxine, two people we support who assisted ategi in the recruitment process. It was a comprehensive one with 3 interviews, people we support, the senior leadership team and the Board of trustees, and a psychometric test. Having been put through my paces, I feel privileged to have been appointed.

I have worked in adult social care for over 20 years and come to ategi from an autism specialist support provider in England where I was CEO for 7 years. With 300 staff providing frontline to support to more than 400 extremely vulnerable adults, the Covid pandemic made the last couple of years particularly hard, as it was for so many people. I have also been a charity trustee for more than 10 years, my current role is on the Board of ACEVO, a charity providing assistance to senior leaders in the Third Sector across the UK.



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My first few days and weeks will be spent meeting lots people and gathering as much information as I can to enable me to steer us through the next stage in ategi's life. We provide such valuable support services, that I'm keen to explore how we can reach more people who need us, but first and foremost, my priority will be on ensuring that we keep providing excellent support to the people we support right now – and I'm looking forward to meeting those people, their carers, relatives and staff and hearing feedback. Being Carmarthenshire based and a regular M4 user I'll keep my podcasts topped up as I travel around!

I look forward to meeting you over the coming weeks and months and I'll share with you another update at the end of my first 100 days.

ategi updates

ategi #StandsWithUkraine



As most of you will be aware, on Thursday 24th February, Russian forces launched a large-scale military offensive against Ukraine, putting the safety of millions of Ukrainians at risk.

On 11th-15th April ategi's staff, carers and the people they support showed their solidarity with Ukraine.

You baked, made yellow and blue flower arrangements, dressed in yellow and blue and some of you even got crafty, made cards. Some of you even donated to the cause - we managed to raise £126 to send to the Ukraine Humanitarian Appeal!

Thank you to everyone who got involved, donated and showed your support for this campaign.

Join ategi's summer ramble!



Welcoming our new Wales Shared Lives Manager



We're excited to welcome Samantha to the Shared Lives team as she's taking over from Richard Cox who is now our Head of Quality and Compliance. Samantha has worked in various health and social care settings since 2013, including experience supporting individuals with mental health difficulties, learning disabilities and challenging behaviour. Samantha is passionate in her role and will endeavour to provide a service which promotes a high standard of care and person centred approach to enable individuals to achieve outcomes.

This August we will be holding a community event, the ategi Summer Ramble. We'll be planning a ramble in your area and everyone is welcome to take part, or even organise their own ramble in their local community. Next month we will be issuing more details and guidance on how you can get involved. We can't wait to get our walking boots and head out in to the summer sunshine.

If you would like to get involved contact Sheleagh at SheleaghL@ategi.co.uk or phone on 0759 7590657.

Welcome Mandy our new Recruitment Coordinator



We have another new addition to the ategi team, Mandy has joined us a Recruitment Coordinator for Shared Lives. Mandy has worked in care supporting people with a disability and mental health issues for over 27 years, 13 of those have been as a foster carer.

She loves spending time with her family and friends.

Goodbye to Linzi

Linzi, the Shared Lives manager for South Gloucestershire, has decided to leave ategi. We're sorry to see her go, but wish her the best of luck in the future!

Now that's what I call talent!

We're always excited to show off the talents and achievements of the people we support.

Make sure you share any achievements and creations with Kitty on:
kittyt@ategi.co.uk or via
Whatsapp: 07597 590 664.



We recently spent some time with Trevor whilst he was practising his golf game at the local driving range. Trevor is quite the sportsman and practices golf 3 times a week! Read more about Trevor in the "Your Stories" on the next page.



No sooner had we told you about Chris receiving his red belt in Kickboxing, he's already moved on and been awarded his White belt! Amazing work Chris, you must be one tough cookie! Chris is supported through Shared Lives.



Maxine shared some of her artwork with us recently. This one is of a ship she sketched and painted. Maxine has been supported through our Supported Living service for over 20 years!

Make sure you send us your photos and videos!



We want to put a special spotlight on Kyeron and his talent for wood carving.

Kyeron uses wood that he finds on the Taff trail near him - he waits a few weeks to make sure the landowner doesn't want it - then he carries it home and gets to work. First he finds an image he wants to use, then he burns it into the wood, then he gets to carving.

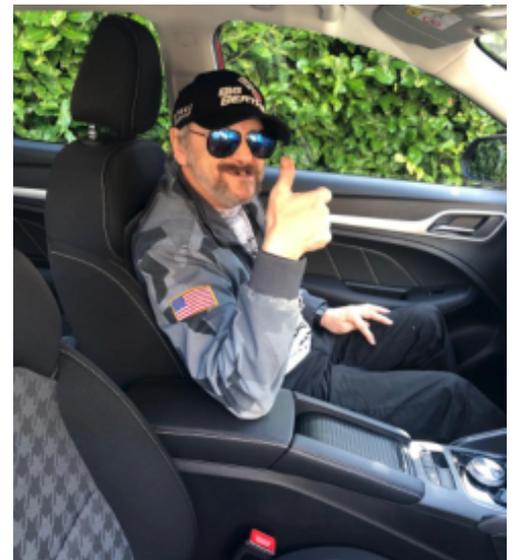
In the pictures you can see a reindeer he made for Christmas, a totem pole he's working on, an Easter bunny he recently finished!

Kyeron is supported through Shared Lives and will be starting a woodwork course later this year. Beautiful work Kyeron!

Your stories...

We hear from our carers and the people they support about their lives. Sometimes we give people some extra support to tell their story, but it's still very much theirs.

Trevor



We'd like to introduce to you Trevor, he's been supported by ategi's Supported Living team for 16 years.

Before having support from ategi, Trevor was a very isolated and lonely man who was prone to challenging behaviours.

Trevor has been with the ategi's Supported Living team since 2006 and his support workers are so proud of how he's grown and progressed.

Trevor loves all things America and he proudly wears his new york badge



that his support workers helped him sew onto his jacket.

The team found out that Trevor used to love playing golf, so they worked with him to build his skills and confidence and now he plays golf a few times a week. He loves it!

'Trevor says: "I go out nearly every day of the week, meet my friends and do what I love to do. My days are filled with the activities I enjoy, wherever I go now, everyone knows me and will stop to talk, shake my hand and of course do the American hand greet."

The support he is receiving has given him confidence and freedom, which has transformed his life in so many positive ways.

Please send your stories and pictures to Kitty Treacy, kittyt@ategi.co.uk

Take care of yourself



Wellbeing impacts on all elements of your life. It's especially easy to burn out when you work in social care, so it's really important to take care of yourself.

The NHS has defined 5 steps to mental wellbeing:



1

Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



2

Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood



3

Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.



4

Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.



5

Be present

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

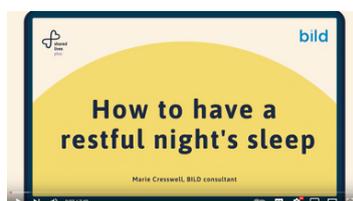
Take a look at some of the short video's that Shared Lives Plus have made to support you with the day-to-day:



Watch film



Watch film



Watch film



Watch film

Shared moments...

Here are some moments that you all shared with us.



Shared Lives carer, Phillip, is helping Linford to be as independent as possible and this includes cooking. They look up recipes and then cook them together. Linford enjoyed preparing and cooking the Christmas lunch and feels that he is learning new cooking skills. His coordinator, Nikki, asked him to complete a little cooking questionnaire for me. Here are some answers!

Q: What do you like cooking?

Linford: Chinese and Shepherds pie

Q: What is your favourite food?

Linford: Spanish omlettes/pancakes

Q: Are you a tidy cook?

Linford: Sometimes



Jon celebrated his 80th birthday at Our Place day centre. Happy birthday Jon! Looks like you got a mountain of presents and cards! Jon is supported through Shared Lives.



Timmy loves transport, especially London Buses. Janet, his Shared Lives carer, took him to The Brooklands London Bus Museum in Surrey and they had a wonderful time!



Neil won a signed Swansea City Football club shirt in a raffle!

Neil is a devoted fan of Swansea City Football club, so you can imagine how thrilled he was to win the football shirt. He loves being part of the crowd, watching and cheering his favourite team. Neil is supported through Shared Lives.



Fran looking fabulous after her 6 weekly hair pampering session!

Fran is supported by Visiting Support.



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 in our "Now that's what I call talent" section.

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 Whatsapp/Mobile: 07597 590 664