










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

October 2022

In this newsletter you'll find:

-  A message from Kate Allen
-  Ategi updates
-  A Shared Lives story
-  Celebrating our Trustees
-  Meet our Trustees
-  Shared moments
-  A Supported Living story



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

This photo was taken by Victoria who is supported by Shared Lives

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

Shwmae Pawb/Hello Everyone,

"The more I connect with our employees and carers – the more I am proud that Ategi provides much-needed support to those who need it."

There are many reasons we choose our paths in life, both professionally and personally. For me, it's important that I feel I'm contributing to society – I choose to do that, in part, through working for a non-profit charity. The more I connect with our employees and carers – the more I am proud that Ategi provides valuable support to those who need it.

I was horrified and saddened to watch the episode of Panorama recently that exposed abuse at Edenfield Hospital, Manchester. The trauma of being ill-treated and neglected by the very people who should be caring for you is unimaginable and will have a lasting effect on those involved. My full response can be read here: <https://ategi.org.uk/news/posts/bbc-panorama-programme-ategi-s-response>

If you didn't see that episode, it is available on the BBC iPlayer however, please be aware it is difficult to view.

Since the last newsletter, we have appointed a further three trustees to the Ategi Board, giving us a complete Board

to steer the charity and we have included a section about our Trustees in the newsletter.

The Board approved our audited accounts for the last financial year and the accompanying annual report. Both will be submitted to the Charity Commission to achieve compliance with regulations and it is available on our website here: <https://bit.ly/Ategiirep>

It was an interesting year for the charity as we invested in ensuring we were fit to recover and rebuild after the pandemic. I hope you will agree that it is an excellent summary of all that we achieved over the last year.

"It was an interesting year for the charity as we invested in ensuring we were fit to recover and rebuild after the pandemic."

Finally, we are organising some festive lunches across the regions for the end of November or the beginning of December. Dates for South Glos and Bucks are not yet confirmed and will be shared soon but details of the Wales get-together are in the newsletter. Each event will start with a short families and carers meeting, followed by a light sociable lunch. The objective is to provide that much-missed opportunity to meet face-to-face.

Best wishes. Kate

Ategi updates

Wil ran the Cardiff Half to raise money for Ategi!



On Sunday 2nd October, Wil ran 21.1km in the Cardiff Half Marathon to raise money for Ategi and the people we support.

Wil ran 21.1km in 2 hours 4 mins, and he was placed 41st out of 101 in his age group and an incredible 5,553rd out of 12,783!

Wil has worked for Ategi for 8 years as a support worker in our Visiting Support service. Inspired by the new fundraising manager, he offered to run the Cardiff Half Marathon to raise money for Ategi.

So far Wil, aged 65, has raised over £500 which will be going towards the launch of the new Ategi Wellbeing Fund. The fund will provide small grants towards helping the people that Ategi support to afford items that will boost their wellbeing and help them to achieve their goals.

Find out more about Wil and show your support here:
<https://ategi.org.uk/news/posts/wil-ran-the-cardiff-half>

Do you have a story you'd like to share? Get in touch
kittyt@ategi.co.uk

Launching the Ategi Wellbeing Fund



Wil went the extra mile by running the Cardiff Half Marathon to raise funds for Ategi. In response to Wil's great fundraising efforts Ategi has launched the Ategi Wellbeing Fund. The fund will provide small grants towards helping the people that Ategi support to afford items that will boost their well-being and help them to achieve their goals. All the money Wil has raised will go straight into this fund.

We want to raise £2000 by January which is when Ategi will start taking applications for people who would like to benefit from the fund. To find out more about the fund or if you'd like to do some fundraising of your own head to our website here:

<https://ategi.org.uk/support-us/the-ategi-wellbeing-fund>

Care worker crisis!



A report from Skills for Care was released recently that sent a clear warning that

not only is the social care sector struggling to recruit, but also retain care workers.

Read more about it here:
<https://bit.ly/3EwE9Lz>

We're changing how we're communicating with you!



We're starting to move our emails onto a platform called Campaign Monitor. We'll first send out these emails to South Gloucestershire and Buckinghamshire Shared Lives carers and will start rolling out to our Wales contacts in December. Campaign Monitor will help make sure you get the information that's relevant to you and you'll be able to opt out if you want.

Read Ategi's annual report



The year 2021-2022 has been an interesting one for Ategi. It saw us move from response to recovery. In this annual report we want to share our journey and some of our achievements with you.
<https://bit.ly/Ategierep>

Ategi updates

Macmillan coffee morning success!



Ategi staff recently hosted a Macmillan coffee morning and raised an amazing £130! Rumour has it there was a particularly delicious chocolate orange cheesecake...

Call for evidence to support people with Down's Syndrome



The Department for Health and Social Care (DHSC) launched a national call for evidence, to inform guidance designed to support people with Down's syndrome, their families and carers.

Get in touch to share your experiences and opinions before 11.45pm 8 Nov 2022 here: <https://bit.ly/DownsAct>

Do you have a story you'd like to share? Get in touch: kittyt@ategi.co.uk

Can you help us spread the word about Shared Lives?



Shared Lives can transform people's lives, both for the people we support and for our carers.

We want to support more people through Shared Lives, but we need more carers. Can you help?

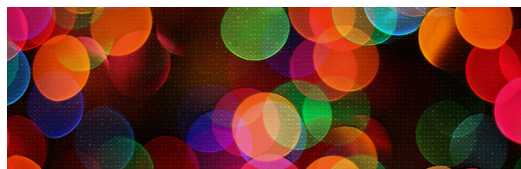
Are you part of any groups or networks where we could do a talk? Do you know someone who'd make a great Shared Lives carer? Do you know a magazine or radio show where we could tell our story? Or would you like to come and talk at one of our monthly carer recruitment events?

One of the best ways you can show your support for Ategi and help us find new carers is going on our social media and liking and sharing our posts!
Facebook @AtegiLtd
Twitter: @ategiUK

We want to make you part of the process of generating our future Shared Lives carers.

If you'd like to take part, get in touch with Mandy AmandaT@ategi.co.uk

Ategi get together!



We are delighted to invite you all to an Ategi event for our staff, Shared Lives carers, the people we support and their families/carers!

We can't wait to see you to thank you for your support and commitment during the Covid-19 pandemic and for you to help us shape our plans for the future of Ategi.

Details: Wednesday 23rd November @ 12:00 – 2:00pm
Location: The Misken Manor Hotel, CF72 8ND

We really hope as many of you as possible will be able to join us. Full details of this event and future events for Bucks and South Glos will be sent soon!

Giving Tuesday!



Giving Tuesday is when people from all over the world come together to support the causes that mean so much to us all. We are excited to be taking part in Giving Tuesday for the first time this year and we are hoping it will help us to reach our goal of raising £5,000 towards our Wellbeing Fund.

Join us for an event at lunchtime on 29th Nov for soup and mincepies at The Pottery on Treforest Industrial Estate.

For further details contact our Fundraising Manager SheleaghL@ategi.co.uk.



A Shared Lives story

Alana's Duke of Edinburgh

We love sharing stories about the people we support, how they're doing and what they're getting up to. Here's Alana who has recently been awarded a Duke of Edinburgh award!



Alana has been with her Shared Lives carers, Roy and Lynda since she was 7. At first, Roy and Lynda were her foster parents, when Alana turned 18 they become her Shared Lives carers in September 2021.

Alana was recently awarded the Gold Duke of Edinburgh award!

The Duke of Edinburgh Gold Award is for young people 16+ who can gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive. There are three levels to the Duke of Edinburgh, bronze, silver and gold.

"To have been awarded a gold Duke of Edinburgh is an incredible achievement that would have taken dedication and impressive resilience."

Alana's activities for the Duke of Edinburgh were: a 25K hike, canoeing, a night hike, rock climbing and abseiling, for her craft she practised her cooking and for her fitness activity she regularly went to the gym, she volunteered with the Brownies where she became a Brownie leader and she camped overnight with her companions cooking their own food in the wilderness.

To have been awarded a gold Duke of Edinburgh is an incredible achievement that would have taken dedication and impressive resilience.

Alana's Shared Lives carer Roy supported her throughout her journey to achieving this. Roy went above and beyond to support Alana, including finding enough other participants so there'd be enough people in her group to go for the gold Duke of Edinburgh, he also joined her on hikes and her other activities which he said was "a pleasure to do and he was proud to be part of it".

Alana's achievement is even more impressive because 3 years prior to starting DoE Gold she had an operation on her back to fix a curvature in her spine. It took her 12 months to get back to normal.

Alana's is an inspirational story of what can be achieved with resilience and dedication.



Celebrating our Trustees!

To celebrate Trustees' Week Ategi want to recognise the achievements of our own Trustees and thank them for their invaluable support in helping us to make a difference in changing times.

In the last twelve months Ategi has welcomed five new Trustees and we now have a total of 9 Trustees who give their time and commitment to us as volunteers and we are grateful for this opportunity to say THANK YOU! Our Trustees are Jill Davies (Chair), Paul Smith, Susan Ali Shah, Helen Whitfield, Rob Pitts, Connor James, Erika James, Chris Dowell-Bennett and Bev Mills.

Through a challenging time our Trustees adapted to new ways of working and in the last twelve months their positive encouragement and their knowledge and expertise has been key in the development of our new three-year strategy – "Their Lives, Their Way". The Trustee role is an important one and our Trustees are committed to our aims and ambitions as a charity and help us to deliver our charitable purposes for the benefit of the people we support.

What is a Trustee?

Being a trustee means making decisions that will impact people's lives. Depending on what the charity does, a Trustee will be making a difference to their local community or to society as a whole.

The role of a Trustee is important in all charities and they use their skills and experience to support their charities, helping them achieve their aims. Trustees also often learn new skills during their time on the board.

Trustees are responsible for making sure their charity has a clear strategy, and that its work and goals are in line with its vision and meet the needs of the beneficiaries and achieve the charity's purposes.

They safeguard the charity's assets, this includes the money in the charity and may also include property. They make sure these are used well and that the charity is run sustainably. The Trustees also have other responsibilities for example ensuring the good reputation of the charity.

Trustees don't usually get involved in the day-to-day running of the charity. They delegate this to the staff, led by the Chief Executive. Instead, they work with the Chief Executive and the senior leadership team by giving support and by challenging – in a supportive way – to help them manage effectively. However, in smaller charities with less staff, trustees may take hands-on roles too. Trustees meet at board meetings and many boards have sub-committee meetings that focus on particular areas.



Some of our Trustees at an away day in 2021

"The role of a Trustee is important in all charities and they use their skills and experience to support their charities, helping them achieve their aims. Trustees also often learn new skills during their time on the board."

Did you know that all our Trustees are volunteers?

Would you like to find out more about our Trustees? You can head to our website and read all about our trustees there, we also did an interview with Ategi Trustee, Susan Ali Shah, which you can read on the next page.

Meet our trustees: Susan Ali Shah

We wanted to get to know one of our Trustees a bit better so we called Susan Ali Shah and asked her some questions. Susan has been a Trustee for Ategi since September 2021, find out more about her below...

How would you describe what a trustee is and their relationship to a charity?

I would say that the trustee takes responsibility with other trustees for steering that charity and enabling it to meet its goals and where it might veer off course to bring it back on course.

What made you want to be a trustee for Ategi?

So, I've always worked in the public sector or charitable sector and I'm at the stage in my career where I'm able to work part time So what I wanted to do was to give back in another way. Originally, when I found the vacancy at Ategi, strangely, I seemed to think it was in Birmingham where I lived. I started looking into it and by the time I met people and actually realised it wasn't in Birmingham, I was already hooked.

What hooked you about Ategi?

I think partly because it's a small charity, but straight away I could see the efforts that were being put in to help the recipients of the services. Although it's an area that I wasn't particularly familiar with, it was something that I engaged with quite quickly. This is because I wanted to be a trustee in an organisation that was very close to the end user, so able to help people without having lots of red tape.

What expertise do you bring to Ategi?

I'm a qualified accountant and I've worked in all sorts of finance roles, up to finance director, in different organisations - that's what I bring to the table.



What do you think it is that makes a trustee role special?

Trustees really want to steer the organisation to ensure it meets its charitable aims. So, in relation to finances, which is what I'm more involved in, I want to know where the controls are, what money is being spent, if we're near the budget or not, What things are changing? What costs are going up? What costs are going down? etc. Good quality information helps Ategi to make better decisions.

What do you enjoy about being a trustee?

The bit that I enjoy the most is learning about the service side, because actually that was quite new to me and the more I see in terms of what people do and how people are helped, especially when you see the bits in the newsletters about people we support and the people that are supporting them and that's just fantastic. It makes you feel like you're part of it and part of the Ategi family and that we're really trying to help people get the best out of their lives.

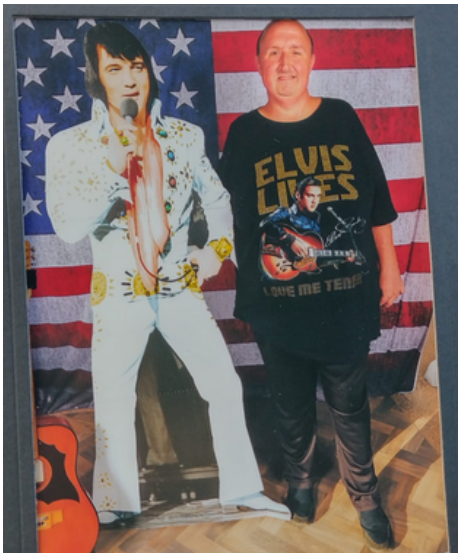
What do you get up to in your spare time?

Normally in the UK, when I have any spare time, I'm probably cooking or gardening. I do like to travel a bit, so I spend time going over to Istanbul, often if I'm not at home in Birmingham, I'm in Istanbul.

Find out more about our Trustees on our website

Shared moments...

Here are some moments that you all shared with us.



Luke is Ategi's biggest Elvis fan! So he had a wonderful time visiting the Elvis festival in Porthcawl recently, which is supposed to be the largest festival of its kind in the world!

Luke is supported through our Shared Lives service.



We got some lovely photos from one of our Shared Lives carer, Victoria, of her holiday to Bognor Regis with Andy. They both had an amazing time and Andy enjoyed going to the beach and the arcades.



Our Kickboxing King, Chris, has earned himself another belt! This time it's solid yellow. Chris is supported through our Shared Lives service. Well done Chris!



Ategi hosted its first-ever ramble! Shared Lives carers, people we support, Ategi staff and Poppy the dog got together for a lovely ramble around Pontypridd Park. They met the community group Growing Space Pontypridd and did some lovely nature clay tree faces with them. Lovely day had by all!



Rachel had a great time bowling with her Shared Lives carer.



Ategi is proud of its Welsh roots and wants to make sure we're Welsh-friendly. Our new Welsh group brings staff together to learn Welsh and improve Ategi's service's for its Welsh speakers. This is all part of Ategi's "Active Offer" as part of the "More than just words" plan for Welsh language in social care.



Kelsey enjoyed a trip to Legoland with her Shared Lives carer. What an amazing lego unicorn!

If you'd like to share any moments with us or tell us about what you've been up to send your photos to kittyt@ategi.co.uk



A Supported Living story

Why I like being around horses

We love sharing stories about the people we support, how they're doing and what they're getting up to. Here Sarah* who is supported through Supported Living, tells us about how being around horses has really helped her.



I really like being around the horses and working with them because I get to know their personalities. It is good for my mental health and physical health to be around them. Horses keep me calm and make me happy. They also help my core to stay strong and stretch my legs, which helps my cerebral palsy. It's like having physio but more interesting! Being outdoors also helps me stay healthy.

Tippler, Rio, Milly and Sally, the horses at Clare's farm where I ride and work, help lots of different people to be able to ride. The experience of riding and grooming them helps

to create a bond. We also have Sam the Simulator horse, which we got with lottery funding. He helps a lot to improve your riding and is good when the weather is too hot or wet to ride the horses.

"Horses keep me calm and make me happy."

I love working in the stables with the horses as a volunteer with the RDA. I like brushing the horses, washing them, riding and doing things to bond with them. It is hard work but great fun too.

I also ride in competitions for the Vale of Glamorgan RDA. I do Dressage and Countryside Challenge and have won lots of rosettes. I ride Tippler and Rio for competitions, though Tippler can be a bit naughty. I love riding and being around horses. It makes me the happiest person in the world!



*Sarah is not her real name to protect her identity



We want to hear from you!

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

Tell us what you've been up to, share your days out, what you've been making or tell us about your volunteering activities.

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