



NEW LOOK WEBSITE LAUNCHED



Over the last few months our website has been under construction as we needed to update the information in order to prepare for changes within service provision. The new **SUPER DUPER** website was launched on 9th September, 2014. with up to date information on services and support we are now able to provide and much much more, please log in www.gloslifestyles.co.uk.

As part of our future direction and core activities, we have

produced Basic Guide booklets which are also available on our NEW website. They are:

- Basic Guide to Self Advocacy
- Basic Guide to Managing your Money
- Basic Guide to Active Lifestyles
- Basic Guide to an Accessible Transport

If you do not have access to an internet, but would like a copy of any of the booklets, please contact the office and we would be happy to supply a paper copy.

MESSAGE FROM THE CHAIR

This year has been another difficult year; one of great change but one that GLS was able to plan for. Due to its organisational size and the need to find an appropriate partner for any successful bid, GLS made the decision that it wasn't able to enter into the tendering process to provide direct services. We were, however, delighted to be informed that Crossroads Care had been the primary successful bidding agency, along with Guidepost, to gain the contract to provide respite to carers by providing direct support to the disabled people they care for. With the staff from GLS being transferred over through the TUPE (Transfer of Undertakings Protection of

Employment) process, the board felt confident that this outcome was the best in protecting the interests of both GLS clients and staff

in providing continuity and minimised disruption.

Having said that, GLS was sorry to see Liz West, Julie Wilkins and Ian Weyman leave GLS to transfer to Crossroads Care. They were all thanked and presented with gifts in recognition of their contribution to our services at the GLS Summer dinner dance event held at Brickhampton Golf Club. GLS has always been about its people and so they will be greatly missed by us all.

The above changes made us focus upon our future direction and core activities. We now have a firm vision of how we would like GLS to progress in the future, primarily based upon listening to what our membership and volunteers have told us. All responses have been considered, and the board has discussed at great length how we can best support the people we work with within our limited resources.

The key issues that our membership and volunteers have raised are that:

- Leisure and social activities are vital to help in combating isolation.
- Support is required with managing money as people are finding it difficult to cope with their ever-shrinking income and increased living costs.
- Accessible information and help with advocacy is needed.
- Support with both using and purchasing IT (information technology) is required.

And it is these areas of support which will inform the shape of our services during the next phase of our development in GLS.

I am delighted to let you know that this year we were successful in being awarded a grant from Santander Foundation for managing personal finance – one of the above four issues highlighted as requiring our support. The grant of £9,415 is enabling us to so far meet all enquiries for help with managing money. This work is undertaken in a variety of ways, including by telephone, home visits, and by producing and sharing information in an easily understood format.

Work is already commencing to enable us to apply for further financial support in order to help us meet the other identified needs for our membership and the wider community.

Board update:

Katie Altoft has resigned her position with the GLS board of trustees. We were sad to lose Katie, who has been a stalwart supporter of GLS for many years. We thank her for her many contributions and great enthusiasm which we shall miss. Katie has left us to take up employment and we are delighted for her, and wish her all the very best for the future! GLS will be recruiting new trustees to the board but has taken the decision to defer this activity until we have carried out an audit of need to ensure that the board of trustees recruits people with the abilities to meet its skills shortages.

Finally, I have to say that Gloucestershire Lifestyles is indebted to its amazing staff and volunteers, including the board of GLS. This has

been yet another year of change and hard work and, without the dedication of everyone involved, we would not have been able to continue to provide our valued services and support for those whom we set out to do so. Well done everybody, and our grateful thanks!

Chris Shepherd
Chairperson

SUPPORT DEVELOPMENT ADVISOR REPORT

I think every year we say we have faced a difficult year and this year was no different!

The uncertainty about the Gloucestershire County Councils contract letting, their preference to reduce their costs of managing contracts by a move away from a number of specialist providers to a couple of large organizations was the writing on the wall for many of the smaller providers like ourselves. We did look at perhaps linking with some other organizations but this was not to be. In the end the "Buddying Scheme" was contracted out to Guidepost Trust/Crossroads Care and our staff were transferred across to enable continuity of care. We met regularly with Crossroads to ensure as smooth a handover as possible.

Every challenge is an opportunity they say and our trustees certainly took up the challenge and decided their chosen path for GLS – back to our roots, back to our specialised skills and back to providing what our members tell us they "really really want" rather than what the local authority tell us our members can have. In my 20 years experience with the voluntary sector in the county, the most ignored people with a disability are those with a physical

or sensory disability. Could it be that they are the ones isolated in their own homes without the chance to voice their needs? Could it be that they be the ones who need specialised transport to be able to overcome social isolation, visit their doctors attend hospital appointments? Could it be that they are the ones who are still waiting to have their needs assessed to provide them with a Personal Budget which should provide them with the support they so clearly need? ***Or could it be that to provide them with any service is more costly than for other disabilities?***

Day services closed 4 years ago in the lead up to Personalisation and many of our members are still waiting to be assessed for their Personal Budget. At the time there were about 13000 people receiving support from the Local Authority and less than 1/3rd have been assessed. In the meantime they sit at home unable to access doctors, dentists, hospitals, shops or social activities which make like worth living on very limited funds. Many do not have access to the internet which so many organisations both private & statutory expect their customers to be able to have.

The GLS trustees decided to survey members' needs & with that information they have prioritised the projects on which they will focus.

Advocacy, Support & Helpline Managing Money Disability Issues Information Social Activities

Moving forward GLS will concentrate on delivering services that we know our members want and speak out when issues arise that adversely affect them. In a way it has felt like

a big weight has been lifted off our shoulders and we look forward to the future leaner may be but doing what we do best!

Thanks can never be enough for the hard work that Bharti & her Support Workers do on a regular basis and with such genuine care, humour & kindness.

Sue McClung
Development & Support Advisor

MEMBERS SOCIAL ACTIVITIES PROGRAMME

Hi All

Well after a very good summer, we are in Autumn and hope the good weather continues.

As always we had a very busy programme of social activities events over the last few months, our November & December events are listed under the "**Coming Events**" on the back page for information.

If you would like more information about these activities, please contact me on Tel: 01452 530184.

Bharti Patel
Operation Manager

BULLETIN BOARD/USEFUL INFORMATION

Computer & IT Group

We meet every Thursday from 11 am - 1 pm and Fridays from 2 pm - 4 pm at: Tuffley Library, Windsor Drive, Tuffley, Gloucester. GL4 0RT



We help everyone - from beginners to

those with some experience. There are two or three people who come every time and can help anyone who needs help. If you would like to attend, or for further information, please contact **Andy Berry, Mob. No. 07939001317.**

Sue's Page

National Trust Membership

If someone is a NT member and disabled they can request an "Access for all" card to allow a person accompanying them as their "carer" free access to National Trust properties.

It only works if the disabled NT member is with them, obviously, but it isn't a named card, so is good for different people who may want to visit with the disabled member.

Personal Assistant - financial//tax implications

The website for disabled people who want to take on (or have already taken on) a personal assistant - www.disabilitytaxguide.org.uk which contains detailed guidance, help and resources.

BBC looking for disabled people under 30 yrs

BBC3 are making a brand new series that explores disability in the under 30s. Are you young and disabled and looking for a carer/personal assistant? Would you like a carer who shares your interests as well as providing for your care needs? We are making a brand new series that aims to find young disabled people likeminded carers. If you are aged between 18-30, disabled and need regular care support we would love to hear from you. To apply please contact us on personalservices@ricochet.co.uk or Phone 01273 224 802.

MEMBERS CHRISTMAS LUNCH

**Wednesday 10th December, 2014
12.00 noon – 3.30 p.m.**

Yes it's that time of the year again when we start making arrangement for our big get together, Members Christmas Lunch and this year we are again going to **The Brickhampton Court Golf Complex, Churchdown, Gloucester. GL2 9QF.**

The restaurant is accessible to all and the Menu looks good too. The cost of the meal is £18.50 per person. To make it easier for everyone on the day, we are again asking people to make the food choices in advance and would request full payment with the enclosed booking form.

Members Xmas lunch is open to all **Gloucestershire Lifestyles members & their family**, so if you would like to come, (please do so, more the merrier!) just tick your selections on the enclosed form (not forgetting to add your name) and send it with your cheque made payable to **Gloucestershire Lifestyles** by **17th November, 2014. Reservations will be on a first come (with payment) first served basis.** Please arrive by 12 noon, Lunch will be served from 12.30 p.m. and we hope to finish by 3.30 p.m. I am sure it will be a lovely festive gathering for all again!

This year we have decided not to send Christmas raffle tickets, instead you will be able to buy on the day.

If you need further information please do not hesitate to contact the office, Tel. No. 01452 530184 or mobile No. 07792503323.

CHRISTMAS LUNCH MENU



STARTERS

Roast Tomato & Red Pepper soup

Beetroot tart tartin, soft goats cheese & balsamic dressing

Crab croquette with Saffron mayonnaise

MAINS

Roast turkey, stuffing, chipolatas, goose fat roasted potatoes, turkey jus

Slow braised beef, sautéed mushrooms, caramelized shallots, mash & beef jus

Vegetarian moussaka

DESSERTS

Fig Crème Brulee, shortbread biscuit

Apple and blackberry crumble tart, vanilla ice cream

Christmas pudding, brandy sauce

&

COFFEE

£18.50 PER PERSON

Coming Events

NOVEMBER

Magic of Motown
Treasure Seekers Karaoke Disco
The Woman in Black
Frank Skinner
Ten Pin Bowling
Jeeves & Wooster
Fish & Chips @ Simpsons
Rugby
Joan Armatrading
Gloucester Quays Victorian Xmas Market
Russian State Ballet

DECEMBER

Pantomime
Members Christmas Lunch
Christmas Carols at Glos. Cathedral
Fish & Chips @ Simpsons
Ten Pin Bowling
Educating Rita
Wild Bird Feed at Slimbridge
Rugby
Pub Lunch

Trustees Meetings

26/11/14 & 21/1/15

Members wishing to contact the Trustees, please write to The Company Secretary Richard King at Gloucestershire Lifestyles, The Business Centre, Suite 5, Innsworth Technology Park, Innsworth Lane, Gloucester. GL3 1DL

The Newsletter Information

Copy to GLS Office by 12/12/14

News Team

Bharti Patel
bharti@gloslifestyles.co.uk
Ann Knight
annknight33@googlemail.com

Gloucestershire Lifestyles Support Service

**The Business Centre,
Suite 5,
Innsworth Technology Park,
Innsworth Lane,
Gloucester.
GL3 1DL**
Website: www.gloslifestyles.co.uk
Email: office@gloslifestyles.co.uk
Office 01452 530184
Tel. Nos: 080029 49 249

GLS & GDF

Support & Development Advisor
Sue McClung
Telephone: 01452-530184
Email: sue@gloslifestyles.co.uk

OPERATION MANAGER

Bharti Patel
Telephone & Fax: 01452 530184
Mobile: 07792503323
Email: bharti@gloslifestyles.co.uk
Admin Assistant: Lynne Greig
Tel: 07792545334
Email: lynne@gloslifestyles.co.uk

Support Workers:

Lynne Greig: 07792545334
Email: lynne@gloslifestyles.co.uk
John Andrews: 01452 530184
Email: john@gloslifestyles.co.uk