Rhyl Members' sponsored walk

On the 22nd May Members in the Rhyl network took part in a sponsored walk that they had organised.

They made the plans at Christmas but wanted to wait until the weather was better to do the walk.

The experiences of some of the Members inspired them to raise money for an epilepsy charity. They wanted to make sure the money went to an organisation in Wales, so they chose Epilepsy Wales.

Mel, the Community Enabler in Rhyl, contacted the charity to ask them for sponsorship forms. Epilepsy Wales supports people living with epilepsy and provides information.

The walk went around the Marine Lake in Rhyl, which is about one mile.

Members with a range of abilities took part. So far they have raised over £110.

Mel's birthday surprise

At the Rhyl Hub Members decide what they would like to organise and Mel supports them to do it.

Whenever it is someone's birthday they go out for a meal together. Members all chip in to pay for the meal of the person whose birthday it is. When Mel recently came back to work after being off sick for 3 weeks the Hub Members had organised a surprise birthday meal for her on her first day back!

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Pen Pal wanted!

Steven is a Member in Oldham. He is 68. He is looking for a Pen Pal to write letters to. If you would like to write to Steven you can send a letter to the address below:

Steven Nicholls, c/o Luke Entwistle
KeyRing, Highfield Works, West End Street, Oldham, OL9 6AJ

Rhyl Hub

The Hub meets at the Ask Centre in Rhyl every Wednesday from 12 till 2pm. Tea and coffee is available and there is sometimes a game of bingo. Please bring a prize if you want to play!

Other events coming up include:

✱ Rhyl network annual walk
✱ Trip to Southport
✱ Meals at the Sun Verge (pub in Rhyl)

Other networks are very welcome!

Congratulations Toby!

Toby Hughes has been working really hard to manage his money and get himself out of debt. Toby says:

“It was hard work and long weeks of denying myself things that were wonderful for me to have and to own but that were not as important as the bills I had to remove from my debts list. I knew that eventually I would be able to treat myself again.”

Thomas at Work

I'm Thomas A Reed. I work as a warehouse assistant for Weee, a charity that recycles computers and electronic equipment.

I did 8 weeks work experience and then chose to carry on as a volunteer.

I came back in December 2018 and Lee and Mark gave me a part-time job. Since I’ve been here it’s been really amazing and special. I’m happy right now and I’m really enjoying work life.

This is the first job I ever had in my life. I’m really proud of myself when I go on collections with Alex.

I believe “In life no one is born perfect and amazing in life. Everyone is born different in life the world is massive.”

Thanks to Lee and Mark for this opportunity in my life and thank you to Lisa for bringing me back to Weee Charity.

I go to collections around England, Wales, and Scotland.

KeyRing staff always talked about getting a job or volunteering and where is good to look.

They told me to speak to my job coach, so I went to Weee Charity

and I volunteered from 2016 to 2018.
Our new service in Flintshire

Lizzie works in our new Community Enrichment and Transport Service. This is part of a bigger Community Support Initiative.

The project places people with disabilities at the centre of all activities, focusing on what matters most to them. KeyRing provides support around community enrichment and transport.

Anybody with a disability can join the service. It is for people of any age, including children.

We also sometimes support the families of disabled children as they can feel isolated.

The aim of the project is to increase wellbeing.

Lizzie will meet with someone to get to know them. She finds out what they are interested in, and then finds out what they could get involved in that matches their interests.

“‘I’ve got a lot of contacts all over to help people engage with their interests. There are lots of things that people can be doing but they don’t necessarily know how to get started. I also help social groups if they need help with things like getting funding.’

The project also supports people with travel training, travelling on journeys with them until they can get confident enough to do it by themselves.

People usually get support for 5-6 weeks but if they need more time they can refer themselves again.

The project is starting a Community Superstar award! After people have taken part in lots of activities they can be nominated for an award.

Other organisations in the partnership are:

Leonard Cheshire - Partnership Coordinator. They are the central point of contact in Flintshire to access local services.

Deafness Support Network - Sensory Loss. They undertake assessments in relation to orientation, mobility, communication and daily living skills and how they are affected by sensory loss.

Centre of Sign Sight Sound (COS) - Technology and Equipment. They provide information and advice about equipment and technology and how to use it.

For more information about CSI or the Community Enrichment and Transport Service or to make a referral, please contact csi@leonardcheshire.org.uk
## Easy Recipes

*Cock up and dixie* pasta - this is a Grantham term for a dish made out of whatever you have in the cupboard.

### Phil's Pasta Bake

**Feeds 4-6**

**What you need:**

- [ ] 1 pack of any pasta shape (not spaghetti)
- [ ] Jar of any pasta sauce
- [ ] Tin of spam
- [ ] Grated cheese

**What you do:**

1. Cook the pasta until it’s almost cooked and drain.
2. Add half the jar of sauce.
3. Chop up half the tin of spam and add to the pasta.
4. Mix it all together.
5. Put it in an ovenproof dish.
6. Cover with cheese.
7. Bake for 25 mins at about 100-150 degrees.
8. Enjoy!

![SPAM](image)

### Michael's Pasta Sauce

**Feeds 4-6**

**What you need:**

- [ ] One pack of any pasta
- [ ] Tin of Mushroom soup
- [ ] Double cream
- [ ] Grated cheddar cheese (or whatever cheese you like, as long as it will melt)

**What you do:**

1. Heat the soup.
2. Add some double cream.
3. Add the cheese and keep stirring until it has melted in.
4. When the pasta is cooked drain it and add a knob of butter.
5. Mix it all in with the sauce.
6. Enjoy!

![Campbell's](image)
Anthony’s Story

Anthony became homeless in 2000. He visited the council for help but they told him to go home – he couldn’t do this because his marriage had broken down and his wife had changed the locks at their home. The council still told him to go back there.

6 months later he was told he and his wife owed over £3,000 in rent and that he had to pay half this. He had not known that his wife was not managing their money properly so this was a huge shock. He became extremely stressed and anxious.

At this point Anthony was sleeping rough a lot of the time. He went to Shelter for help but there were always more people than beds.

Anthony developed a drinking problem and people he spent time with would take advantage of him.

“I felt like committing suicide, depressed, judged, not even a valued member of society, I felt sick, wet dirty insignificant and lonely.”

Anthony managed his benefits by having his post sent to his brother’s house, although he could not stay there because there was no space.

The Jobcentre told him he could not be homeless if he had an address.

Anthony visited the Foryd Centre for breakfast where an advisor referred him to KeyRing.

When KeyRing started supporting Anthony he was living in temporary accommodation. Jacqui, his Community Enabler spoke to the council on his behalf and he was finally offered a first floor flat. He really needed a ground floor flat but he accepted it as he was told that if he didn’t it would be a long time before another offer was made.

Jacqui also helped Anthony to get a Discretionary Payment so that he could buy some items of furniture.

Three months after he moved Jacqui spoke to Anthony about how he is getting on.

“Over the weeks and months it has changed me to wanting to live life, enjoy my grandchildren be involved with their lives. It has totally changed me and now I still drink but only to socialise not to stay out the cold, or drink myself to a drunken state because of the depression homelessness brought.

I am still adapting as even though I have got a couch I feel I can only sit in the one chair as I feel at times it doesn’t belong to me and fear someone is going take it all away from me.

It has been a long journey but now I am happier and warm, drinking less and feel clean and part of society again.”
News from the Trustees

The Board of Trustees met on April 27th 2019.

There have been new board members joining over the past year so the meeting started with trustees sharing something from their background and why they wanted to volunteer for KeyRing.

The Trustees spent some meeting time looking at how they work together, to be a better board of trustees for KeyRing and make sure that Members get the best support.

The Business Plan priorities are to work with Members:

- on Making it Real so that we learn how to improve what we do and how we do it by working together
- to measure our impact – what difference we make
- to use what we have learnt to try new things
- to take up Community Organising training during the year.

We also want to develop our innovation work including:

- expanding the influence of the Criminal Justice System work, with research funded through Big Lottery
- testing out an employment social enterprise
- contributing to thinking on social care innovation,
- working with communities to make sure projects like the Ancora Project in Oldham are sustainable

We are spending our money carefully

We also need to make sure that we keep to our budget during the year! We did well last year by being more efficient and spending our money carefully. This meant when we set the budget for 2019/20 the Trustees were pleased to be able to approve a pay rise for Community Enablers. They will be paid in line with the Foundation Living Wage.

Social Care Futures

The Trustees also agreed to contribute to a project called Social Care Futures who are going to commission research into changing the public's idea of social care. They want to build public support for the values, principles and ideas that many (including KeyRing) share.
News from the Trustees

For a future where:

✱ Everyone is considered to matter and have the right to be in the world
✱ Our longer lives are regarded as a gift to be celebrated
✱ We are all supported and support one another to pursue our own life goals, to develop and maintain our relationships, to be in the place we call home and to feel connected to our wider community

We will keep you updated on this work.

Making It Real

KeyRing Members, staff and volunteers have been finding out about Making It Real.

This is a set of standards which Members can use to check whether KeyRing is doing the best we can to support Members in the way that they want.

We want everyone to have a chance to be involved in testing Making It Real to make sure it is right for KeyRing.

Look out for a Making It Real workshop at your Network Meeting, Hub or Forum meeting. Come along, get involved and have your say.

What happens at a Making it Real workshop?

Making it Real has 6 themes. Under each theme there are statements that start with ‘I’ or ‘we’. The statements are about what good support looks like.

In a Making it Real workshop staff and Members decide which statements are important to them and then talk about how good KeyRing is at doing what they say.

Some examples statements:

“I have opportunities to learn, volunteer and work and can do things that match my interests, skills and abilities.”

“I feel welcome and safe in my local community.”

“We make sure that personalised care and support plans are co-produced and set out how people can be as active and involved in their community as possible, doing things that are important to them.”

Working For Justice Group

Trustees also had a report about the work of the Working For Justice Group and the new Development grant from the Lottery to research the gaps that make it harder for people with learning disabilities who are in the criminal justice system and make recommendations about improvements.
Brothers and flatmates!

Phil had been living in his flat for 3 or 4 years. His brother Michael moved in with him in December. Michael had been living with their mum in Grantham but they didn’t get on and he had got into debt. Phil suggested that Michael could come to live with him.

Since he moved in with Phil Michael has stopped smoking – Phil didn’t let him smoke in the flat and he didn’t want to go outside all the time! He now has more money to spend on other things. He is enjoying life more.

Phil helps him to manage his money. They are enjoying spending time together. Phil and Michael are twins and they have always looked out for each other.

Phil says “We’re very close but we’re opposites in every way”. When they are apart they can feel a strong connection – when Michael got a tattoo Phil could feel the effect on his arm!

Living together is working out really well for both of them. Michael still has some medical issues but he’s not as stressed as he used to be. Phil likes having his brother nearby. He likes to cook for them both and Michael will always cheer him up if he feels down.

They have both saved money as they are now sharing the rent and bills. Michael is putting money aside to pay off his debts.

Michael is great with electronics and can fix anything that needs fixing, like TVs, laptops and phones and regularly fixes things for his friends.

Michael came to visit before he moved and was roped into a play that Phil was taking part in! The play was about homelessness. They showed what it was like to be homeless and shared people’s experiences.

Phil based his character on someone he knew. As a result the way that homeless people in Rhyl are treated has improved. They don’t just give out forms – they talk to people to get to know them.

“He’s a great brother when he’s not swearing so much!” - Phil.

Michael and Phil

That’s all for this time! If you have anything you would like to see in the paper, please send it to: Sarah Hatch, KeyRing Living Support Networks, 21 St Olav’s Court, Lower Road, London, SE16 2XB. Or e-mail Sarah at sarah.hatch@keyring.org. For an audio version of the paper phone 020 3119 0960.

ABOUT THE NEXT EDITION

The next edition will be from the North East. If you can’t come to the meeting you can still tell us your stories. You can send them to Sarah at the national office, pass them to your volunteer or worker, or ask someone who is coming to the meeting to bring them along.