



THE NEWENT LINK

VOLUME 1, ISSUE 1

EARLY SUMMER MAY /
JUNE 2013

INSIDE THIS ISSUE:

Festivals help 1

New Trustees 2

Lloyds Bank
Funding Help 2

Volunteers
Meeting 3

Dementia
Awareness
Week 4

FIND OUT 8
about
Parkinsons

Inside Story 3

MAKE A DATE
ON:
19-25 May
DEMENTIA
AWARENESS
WEEK

SUNDAY
30TH JUNE
SILVER
SERVICE
AFTERNOON
TEA

RENEW YOUR
100+ CLUB
MEMBERSHIP

QUIZ NIGHT:
THURSDAY
16TH MAY

NEW LOOK MAGAZINE

We hope you like the **new look** magazine in its larger format. We have had quite a bit of feedback on the old format and generally you have told us that you would like it in a different and larger format.

SO HERE IT IS!

We have also changed the name and added our house colours which we hope cheer you up.

You will see our LOGO is the chrysanthemum with its messages of cheerfulness, optimism, joy, rest, truth and long life. These are all values we have for the work which we do at our Day Centre in Newent, known to most

Our new logo which you can see on our buses and our published materials.



of you as SHEPPARD HOUSE.

We have chosen the title THE NEWENT LINK as that is how much of our work is known to our partners, by bringing the community together with our transport and caring services.

We are the One Stop Shop for older peoples' services in the North Forest Area and look forward to bringing you up-to-date news and successes.

TWO MAJOR FESTIVALS TO WORK WITH SHEPPARD HOUSE

The **GLOUCESTER THREE CHOIRS FESTIVAL** and **LEDBURY**

POETRY FESTIVAL will be working with Sheppard House clients over the coming months. MINDSONG is a charitable arm of the Gloucester Three Choirs Festival and a leader in the area for music therapy. Working with

clients with memory impairment, the specialists use a wide range of musical instruments to encourage participation and fun. Singing is an enormous stimulant to the brain and we will be starting a period of 12 workshops in the Autumn. We are enormously grateful to MINDSONG and look forward to working with them. Visit www.3choirs.org



GLOUCESTER
CATHEDRAL

**NEW
TRUSTEES
JOIN THE
BOARD**

FESTIVALS TO WORK WITH US continued

LEDBURY POETRY FESTIVAL are sponsoring a series of four poetry workshops in May and June. The workshops are aimed at reminiscence and at the end of the sessions, clients recollections will be captured by poet Deborah Alma and put into a collection of creative verse.

Many people with short term memory loss are able to recite verse which they have learned off by heart in childhood. Deborah will work in groups and on a one to one basis to collate memories.

We will publish these recollections in verse in due course.

Our thanks to Ledbury Poetry Festival for their generous help.

Ledbury poetry festival 6—13 July 2013

www.ledburypoetry.org.uk

TWO NEW TRUSTEES JOIN BOARD

We have welcomed two new trustees to the board. They are Mr John Oakman and Dr Tony Fawkes.

An engineer and civil engineer respectively both

will be learning more about the work of Sheppard House over the coming months.

We will put them in the Spotlight in the next magazine.

We look forward to

working with them and to their involvement with us.

Pippa English-Penfold
Association Manager

LLOYDS BANK PROMISE TWO YEAR'S HELP FOR ACTIVITIES



Lloyds TSB | Foundation for England and Wales

Lloyds TSB Foundation has generously agreed to fund support for development of our activities programme and associated costs for the next two years. Not only will this help fund a part-time post but will enable us to expand the range of skills needed and to support the team with resources. With emphasis on group and individual needs this funding has come at a critical time in the Association's improvement plan.

The Memory Café—a place to engage

Once a month at Sheppard House we hold a Memory Cafe designed to provide a meeting point for carers and those with memory issues. Through **Village Agents** members of the wider community can



meet to share problems, experiences and stimulating conversation over a

cup of coffee. Originally set up by the Alzheimer's Society as a resource for carers of people with a memory loss. We are now on the Gloucestershire circulation for those who are part of the Memory Cafe

There will be an EVENTS page on our newly designed website for upcoming events

VOLUNTEERS WEEK 1—7 JUNE

We will be holding our annual Volunteer Dinner on 6th June as part of Volunteers Week. This is an opportunity for the Association to say a huge thank you to all the many volunteers who work on its behalf and add great value to the organization. A meeting of volunteers was well attended on 2nd May and there will be regular quarterly meetings throughout the year.

DO YOU HAVE TIME TO VOLUNTEER? IF SO, WE WOULD LOVE TO HEAR FROM YOU

INSIDE STORY KNITTING FOR A CAUSE

Many of our users enjoy knitting so we have regenerated their enthusiasm by introducing Knitting for a Cause. The idea is universal but it involves knitting with a particular cause in mind and producing useful objects which will help those in need.

Our Cause is new born babies, particularly premature, in Swaziland. We have a contact in the country and we are told that many babies need warm clothing as they go in to their winter. We have found a pattern for tiny

bobble hats and so far have made in excess of 30. Booties and vests are on the way too.

Our contact in Swaziland is Nosepo Storer. Nos is married to a teacher at the International School and travels across Swaziland and south Africa in her role as an Aids Adviser. She writes .."



I thought I could send you some statistics of Swaziland that were collated by UNICEF, to give you an idea of the situation for babies in the country. Between 2006 and 2010, 73% of babies were seen by a health care worker for diagnosed pneumonia; only 24% of these though, were treated with antibiotics. Reassuringly, Swaziland has made some excellent strides in free immunization coverage (almost 100%), for illnesses such as TB, DPT, polio, measles, HebB and HIB.

... most vulnerable to these factors are newborn babies. Weak infrastructure and poorly equipped facilities means that they are often disadvantaged in terms of keeping warm when they need to the most. With the bitterly cold winter fast approaching, it is becoming increasingly critical that babies are kept warm to avoid opportunistic infections and illnesses. This is where Knitting with a Cause becomes an important partner and friend. Similar causes have emerged, and have targeted their interventions towards babies and children residing in refugee camps, or within prison facilities. All of them have shown such a great and sometimes life changing impact, and have received appreciation even from the office of His Majesty.”

If you would like a copy of our Knitting for a Cause patterns please get in touch

So we are doing a little to help. Our clients have picked up their needles, some for the first time after many years and even trauma and serious ill health. Now we move on to little vests and blankets and have our first bundle ready to send. If you would like a copy of our KNITTING FOR A CAUSE patterns please just get in

CLIENT NEWS

We are pleased to welcome back Joan Skrine following her hip op.

Hugh Sime and Des Saunders have joined us—welcome both.

We bade farewell to Nora Coole on 29th March and send our sympathy and thoughts to her family and friends.

CONGRATULATIONS TO OUR MUMS !!! You may remember in the last newsletter we told you about four members of the team who were expecting—well all four have hatched safely and we are delighted to welcome the following four BOYS to the team!

Julie with Noah

Kyreen with Alex

Helen with Charlie

Alison with Archie



We send everyone our very best wishes and look forward to lots of cuddles in the future

A MAY QUIZ

We recently explored May Day Customs at Sheppard House and the following is a short quiz enjoyed by all.

- 1 What was the name of the aviatrix who flew non stop from England to Australia on 5th May?
- 2 What stamp was introduced on 6th May 1840
- 3 Who ran the 4 minute mile in 1954
- 4 What year was sVE day celebrated
- 5 Who tried to steal the Crown Jewels on 9th May
- 6 Who became President of South Africa on 10th May 1994
- 7 Who was born in May 1820 and worked in the Crimea
- 8 What was rationed in May 1946
- 9 Who reached the summit of Everest on 29 May 1953
- 10 Who was burned at the stake in Rouen in 1431
- 11 What year did King Arthur die
- 12 What is the flower associated with May.

Answers in the next issue.

**BIRTHDAY BOYS—
HAPPY BIRTHDAY TO Barry Thomas, Transport Manager for 22 May—65!**

And Ivan Stafford who celebrated his 45th on 1st May

DEMENTIA AWARENESS WEEK 12—19 MAY WITH THE ALZHEIMER'S SOCIETY

Worrying changes nothing. Talking changes everything. We're all living longer. That means we're all facing a higher risk of one day developing dementia. It may be you. Or it may be someone in your family. But what can you do about it? How do you recognise the signs? And how will you cope if you or someone you love develops dementia? One thing's certain. The more we know about dementia, the more prepared we'll be to face it. HELPLINE 0300 222 1122

Price Increases— The Hub at Newent

We endeavor to keep our charges as low as possible. Charges will vary as they will depend on what service you require and the distance you are travelling.

Full Day (10.00am – 3.30pm) minimum charge £22.50 - £32 includes:

Accessible transport (collection and return)

Morning coffee and biscuits

Two course lunch (locally sourced, prepared and cooked on the premises)

Afternoon tea and freshly made cakes

Includes a choice of activities available on the day

Half Day (10.00am – 1.00pm) (1.00am – 3.30pm) minimum charge £12 - £20 includes:

Accessible transport with (collection and return)

Two course lunch (locally sourced, prepared and cooked on the premises)

Either morning coffee and biscuits or afternoon tea with cakes

Includes a choice of activities available during the morning or afternoon

Refreshments:	Coffee and biscuits	£1.50
	Tea and Cakes	£1.50
	Two course lunch	£5.00
	After lunch coffee	.50

Activity workshops:	each	£6.50
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Excursions (various prices dependent on place of interest) includes

Accessible transport (collection and return)

Entrance fee to place of interest

Picnic and refreshments

Therapeutic Care:	Assisted bath or shower	£7.00
	Massage bath	£8.00
	2 carer bath/shower	£13.00
	Visiting chiropodist	£15.00

Assisted bath plus day at Sheppard House – minimum charge	£29.50
Massage bath plus day at Sheppard House – minimum charge	£30.50

Transport:	Car and volunteer driver per mile	.45
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Accessible transport – please ring 01531 821227

WE ARE MAY HILL WIs Charity of the Year!

Throughout 2013 the ladies of May Hill WI will be fundraising through fetes, stalls, sales, quiz nights, cakes and preserves, for Sheppard House.

Pippa English Penfold visited the group in February and gave a presentation on the work of the charity and invited the ladies to afternoon tea at Sheppard House for a guided tour of the facilities so that they could see first hand where their fund raising efforts would be going.

As a result of this connection Pippa will now be a visiting speaker for other WIs in the area. THANK YOU!



100 + CLUB

The following draws took place in Sheppard House and the winners are:

FEBRUARY

- 1st Mel Pritchard No 105
- 2nd Lilian Dowdeswell No 60
- 3rd Eileen Crossman No 7

MARCH

- 1st Sid Riley No 80
- 2nd Harold Hayling No 23
- 3rd Roy Virgo No 64

APRIL

- 1st Sid Riley No 80
- 2nd Esme Haile No 11
- 3rd Sandra Meek Williams 24

PLEASE NOTE THAT MEMBERSHIP IS NOW DUE if you have a number. The cost is £12 for the year. Thank you. Sandie will collect.



Physical, Social, Esteem, Creative, Intellectual, Sensory, Spiritual, Psychological

REFURBISHMENT AT SHEPPARD HOUSE

We have undertaken a refurbishment project at Sheppard House which has brought the building up to date and has made a brighter and more welcoming environment for our clients.

Using our logo colour of orange we have renewed the flooring and had a good spring clean. With the staff team working over the weekends we have painted and reorganised space. You can see the results in the photo on the left. If you would like to use this space for a meeting please get in touch with our Administrator Carol, who will be pleased to talk to you about rates and availability. Contact 01531 821227



We have recently looked at our programme of activities and following best practice now have an approach which addresses core areas which are important for well-being and health.

Clients enjoyed a busy afternoon of flower arranging with carers and volunteers. Above is Sid Riley with Carer Anne putting the final touches to an arrangement which he was then able to take home to enjoy.

An activity such as this enables clients to respond to sensory, emotional and psychological and well as physical challenges. It left everyone with a sense of achievement and success!

SHEPPARD HOUSE, NEWENT

INVITE YOU TO A

*SILVER SERVICE
AFTERNOON TEA*

On

Sunday 30th June

At 3pm



Sheppard House, Onslow Road, Newent, Glos.

Tickets: £10 / Over 60s £7.50 / Children £2.50

From the Charity Shop or 01531 821227

All proceeds to Newent Association for the Disabled – Charity No.1121008

About Parkinson's

Wednesday 12 June 2013

The Hub at Newent

Sheppard House, Sheppard Way,

Newent, GL18 1TL

Drop in anytime between
10 am and 1pm (tea and coffee available)

Information and advice on coping with Parkinson's

**For people with Parkinson's, their families and carers,
health/social care professionals and nursing/care home staff**

Visitors can meet the Parkinson's Specialist Nurse, the local Information and Support Worker and representatives from other support agencies and carers' organisations.

WE LOOK FORWARD TO MEETING YOU

For further details please contact:

Jayne Dunn Tel: 0844 225 3692

Email: jdunn@parkinsons.org.uk

FOREST OF DEAN CARERS FORUM—8TH MAY MEETING

This previously held annual meeting which co-incided with Carers Rights Day was held at Sheppard House recently. As a member of the Carers Partnership, Sheppard House brings carers together in their own locality to work to find solutions for those who suffer with early dementia, mobility needs.

and care needs.

The Forest of Dean takes a pro-active approach to enable carers' voices to be heard. The Forum takes an aspirational approach in the way it is driven by local users and seeks to find community solutions. The aim of the Forum is "to reach more carers, enable, respond and support those in need."

Connecting People and Services

An opportunity for Health and Social Care practitioners to find out about local services and networks

Wednesday 5th June 2013

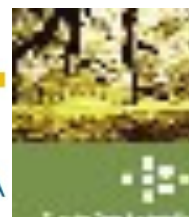
11.30am – 2.30 pm

Foxes Bridge Day Centre
Cinderford

Lunch & drinks will be provided

Hosted by Forest Care Matters

Contact Gail Hardy or Val
Boyd on 01594 825484



Supported by the European Agricultural Fund for Rural Development: Europe investing in rural areas



Newent Association for the Disabled

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www.sheppardhouse.co.uk

Day care services are an

important aspect of community care, making it possible for many people to remain in their own homes for longer. The main purpose of day care is to give short breaks for carers and their families and to provide clients with therapeutic opportunities and group activities.

the one stop shop for Older Peoples' Services in the North Forest Area

Patron: Sir Peter de la Billiere

TRUSTEES

Mr Tony Aldridge—Chair

Mr Mike Edwards — Mrs Margaret Woods

Dr Ian Cocks — Mr Wrig Jones

Mr Martin Brown — Mr John Oakman

Dr Tony Fawkes

Advisors to the Board

Financial—Mr Paul Reynaert

Legal—Ms Lucy Yeomans

Association Officers

Pippa English-Penfold—Association Manager

Alison Keyse - Charity Shop Manager

Vanessa Millard—Services Manager

Tony Parsons — Sites Manager

Barry Thomas—Transport Manager

Mark Shepherd—MiDAS Trainer

Sandra Meek-Williams—Social Care Worker

Caroline Rogers—Administration Clerk



**INVESTORS
IN PEOPLE**

On the Web!