

The Ring

All the news and achievements from MacIntyre



MacIntyre

Providing support...your way



In this issue

Memories and Miles

We reflect on the achievements of our Dementia Project....

A spotlight on...MacIntyre in Warrington

This year MacIntyre in Warrington turns 30!

"Lets go on an adventure..."

We've helped many people we support to achieve their goal to travel in 2018. Read their stories on page 8

Welcome from Sarah Burslem

Our "Outstanding" success, as reported in the last edition, continues with our services in Warrington rated as 'Outstanding' in all five categories, by our regulator the Care Quality Commission and with the 14 people we support, who were nominated for the Learning Disability and Autism Leaders' List 2018.

This is the UK's first national listing of people with learning disabilities and/or autism who are helping make things better for themselves and others. The official List of 2018 was published on the 'International Day of Disabled Persons' on 3 December and published in The Guardian.

The common themes connecting both of these achievements are many incredible people, all of whom go above and beyond, showing aspiration for themselves, for others and for MacIntyre.

I would like to finish with a tribute to Sue Tufnell who sadly died on 1 November after a short illness. Sue has been a great employee, fundraiser, supporter and friend of MacIntyre for over 40 years. Our thoughts are with her son Richard who is supported by MacIntyre, Nikki her daughter who is a current Trustee and other family and friends. I would like to thank Sue and the rest of the family for all of their support over many years and we look forward to reflecting further on Sue's support in a future edition of The Ring.

S.A. Burslem

Sarah Burslem, Chief Executive



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MacIntyre

Providing support...your way

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www.macintyrecharity.org
Registered Charity No. 250840

General Data Protection Regulation

You may be aware that a new regulation comes into force in May called General Data Protection Regulation, also known as GDPR. Based on the information we have received to date, our intention is that we will continue to send you this quarterly newsletter – and very much hope that you wish to continue to receive it - but we wanted to remind you that you are able to unsubscribe at any time by contacting us through any of the following methods:

Email: hello@macintyrecharity.org Phone: 01908 230100

Post: complete and return the tear off slip on the back cover and return to the Freepost address provided.

Our Vision

For all people with a learning disability to live a life that makes sense to them.

Our Mission

We will support a sense of wellbeing through a celebration of each person's unique gifts, talents and contributions, the quality of our relationships and ensuring the promotion of real opportunities to connect with others.



hello@macintyrecharity.org



[youtube.com/providingsupport](https://www.youtube.com/providingsupport)



[@meetmacintyre](https://twitter.com/meetmacintyre)



[facebook.com/MacIntyreCharity1](https://www.facebook.com/MacIntyreCharity1)



[linkedin.com/company/macintyre](https://www.linkedin.com/company/macintyre)



[@meetmacintyre](https://www.instagram.com/meetmacintyre)



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Our latest news

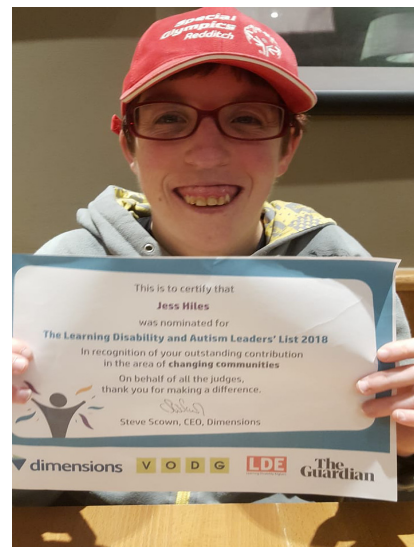
The Learning Disability and Autism Leaders List

It has been an exciting couple of weeks for everyone at MacIntyre, as nominations for The Learning Disability and Autism Leaders List 2018 rolled in. The 'Leaders' List', which was created by UK charity Dimensions, is a collection of stories from 14 people who have a learning disability and/or autism who are dedicated to improving their own life and the lives of others.

Across MacIntyre, we've seen a number of fantastic nominees. Congratulations to **Kirsty Brandon, Katie Pearce, The MacIntyre Checkers, Rosie Joustra, Rachel Silver, Keep Going...Don't Stop!, Sui-Ling Tang, Chris Slaughter, Lewis Fallows, The Mag Group, Michael Huddleston, Dominic Hall and David Whilton.**

Congratulations to **Jess Hiles**, who was announced as a winner in the area of 'Changing Communities'.

Not only is Jess a published author, promoting equality and individuality in the 'Jess The Goth Fairy' series, but she has also undertaken a number of challenges to raise money for charities, including MacIntyre.



An Outstanding CQC rating for Warrington!

We are delighted to share the 'Outstanding' news that MacIntyre in Warrington has been awarded an overall 'Outstanding' rating in all five categories by CQC! This is our second 'Outstanding' rating this year, following our success in Leicestershire and Chesterfield, so it's safe to say we are all on cloud nine!

Andrea Parr, Area Manager for Warrington said: "I am extremely proud to be part of such a fantastic team in Warrington. The Frontline staff and Managers have worked exceptionally hard and achieved the best outcome we could have wished for. We are all so proud to work for an organisation that invests so much in the workforce to be the very best we can be, so the people we support receive the support they deserve."

Congratulations to the teams in Warrington!

National Safeguarding Adults Week

From November 19 to 24, MacIntyre supported Ann Craft Trust with the first ever National Safeguarding Adults Week. Each day, we shared examples of how we keep people we support safe, covering themes including hate crime, financial abuse and internet safety.

Sue Martindale, MacIntyre's Head of Compliance and Safeguarding said:

"MacIntyre is proud to be part of the National Safeguarding Adults Network set up by Deborah Kitson from the Ann Craft Trust. Being part of that network has enabled all of the organisations involved to share good practice and develop robust and meaningful partnerships, which have been of benefit to all of us."

All of our contributions to National Safeguarding Adults Week can be viewed on our website.



Around MacIntyre...

Go Purple Week 2018

Is there such a thing as too much purple? We don't think so!

In October, everyone across MacIntyre celebrated Go Purple Week. From Go Purple themed horse and cart rides at Celebrate Chesterfield, to a purple party at Bedfordshire Lifelong Learning; Go Purple Week 2018 will certainly be hard to beat!

We are also pleased to announce that the winners of our Go Purple Week Competition 2018 are:

Individual winner: Claire Miles, from Shropshire who knitted bonding squares for premature baby units in hospitals

Group Winner: Warrington Learning Centre, who were extremely creative with all of their Go Purple activities

A big thank you to everyone who got involved with this year's Go Purple Week. We're looking forward to next year already!



Launch of Chesterfield Memory Café

September saw MacIntyre's Memory Café in Chesterfield open its doors for the first time. Organised by David Stiley and Michelle Wilkinson, the Memory Café was held in the Resource Community Centre in Chesterfield.

Over 25 people attended the opening; enjoying coffee, an assortment of delicious cakes and the conversations that followed.

The Chesterfield Memory Café takes place on the last Friday of the month. All welcome!



Cleaning up Biggleswade

Christopher, a young man supported through MacIntyre Shared Lives, has been independently cleaning up the streets of Biggleswade. After completing a placement picking up litter, Christopher wasn't satisfied, so began to spend his spare time ridding his street of litter.

After Christopher's Shared Lives carer, Sally shared his war on waste on Facebook; she was met with floods of positive comments, full of praise for Christopher.



Have a story to share?

We love hearing what everyone across MacIntyre gets up to. If you have a story you would like to see featured in The Ring, please send all submissions to:

 heidi.warnes@macintyrecharity.org

Losing weight, gaining confidence!

Mary Hughes, who is supported by MacIntyre, has lost an incredible five stone with Slimming World and has since won Slimming World's 'Woman of the Year' award.

In February 2017, unhappy with her appearance and conscious of her health, Mary decided it was time to change. With support, Mary began to learn about the food she was consuming and began to make informed, healthy choices. Taking control of her diet, Mary began to feel healthier and happier in her own skin.

Nicole Brooks, Senior Support Worker said:

"This journey has empowered Mary to be a woman who is strong and full of confidence, with lots of new clothes! We couldn't be more proud."



Green thumbs in Oxfordshire

Staff and people supported by MacIntyre in Oxford have been busy preparing for winter by getting their hands dirty. Based in Kennington, Oxfordshire, the Group have been choosing, arranging and planting winter flowers to brighten up the village during cold winter days.

Diane Smith, the Area Manager said:

"If you happen to be passing through Kennington in Oxfordshire take time to look at the village winter flower arrangements created and displayed by people who attend Kennington Lifelong Learning services."

My Life, a Personal Perspective by Kirsty Brandon

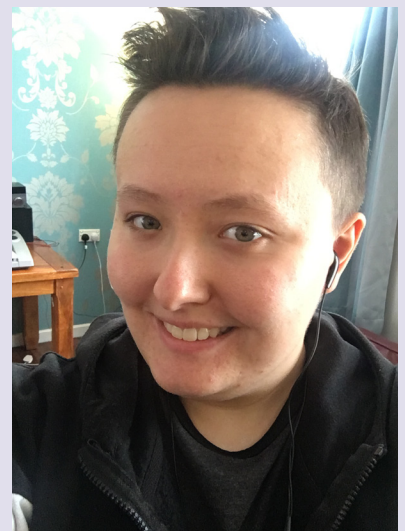
Earlier this year on our website, we shared a film about a young lady called Kirsty Brandon. 'My Life, a Personal Perspective by Kirsty Brandon' is a personal account by Kirsty, detailing her journey. She covers how an exclusion from school led her to become sectioned in a mental health unit. When she was released from the hospital, Kirsty was traumatised by the experience and as a result, spent a long time at home, before being introduced to MacIntyre No Limits.

Kirsty added: "When MacIntyre No Limits was mentioned, this was the best thing that ever happened to me in a long time. It started off slow, but it was at my pace, I felt so much better and they always tried their best to understand me."

After four years with MacIntyre No Limits, this year Kirsty was offered a job to become an Expert by Experience for MacIntyre's Positive Behaviour Support Team (PBS).

'My Life, a Personal Perspective by Kirsty Brandon' can be viewed on our website via

<http://bit.ly/Kirsty-Brandon-Film>



A spotlight on...

The MacIntyre Dementia Project

It's hard to believe it's been three years since The MacIntyre Dementia Project began. Funded by the Department of Health, the project began in 2016, with the aims to:

- Help raise awareness of dementia among people with a learning disability, their families and professionals to better understand the condition and future care.
- Help people with a learning disability receive a timely diagnosis of dementia.
- Train professionals to provide better care for people with learning disability living with or at risk of dementia.

Since then, the team have produced a toolkit of 33 eLearning modules and 11 booklets on 'changing behaviour'. They won the 'Dementia Innovation' award at the 8th Dementia Care Awards 2017. They also received the 'Team Award' at the National Learning Disability and Autism Awards 2018. They know that they couldn't have done this alone.

Sarah Ormston, MacIntyre's Specialist Health Advisor & Dementia Project Manager said:

"We are so proud of the journey we have been through. The success of the MacIntyre Dementia Project is because of the incredible support we had from across MacIntyre and of course the people we support."

In fact, the team were thrilled to introduce the 'Keep Going... Don't Stop!' group, who ensure that all documents covering health and dementia are accessible to people with a learning disability. Not only this, at the beginning of the year, we were thrilled to announce that both Rosie Joustra and Rachel Silver had been employed as Dementia Project Assistants. Together, they have spoken at events, put together presentations and worked hard to raise awareness of the project.

The project has also supported the growth of the MacIntyre Memory Cafés. Three years ago, the MacIntyre Memory Cafés were simply a idea created by Dementia Project Officer Nicola Payne and Milton Keynes Area Manager, Sadie Scott on a train ride home. Three years later there are now four, successful Memory Cafés across the country, with two more opening in 2019.

Finally, to celebrate the end of the project, we held four fully accessible, one mile walks called the 'Memories and Miles' events to raise money for each of our four Memory Cafés; Milton Keynes, Warrington, Bedford and Chesterfield. Nearly 300 people took part! We'd like to thank every one of you who joined us for Memories and Miles, truly making the events walks to remember.

Reflecting on the project, **Emma Killick**, MacIntyre's Director for Adult Services said:

"We believe that thanks to the MacIntyre Dementia Project, the issue of learning disabilities and dementia is much higher nationally on everyone's agenda. All of this makes me very proud indeed and provides excellent foundations that we will continue to build on."



MacIntyre Shared Lives

Spare room in your home?

Spare room in your heart?

Could you be a Shared Lives carer?

We are looking for Shared Lives carers who want to make a difference to the lives of others.

You could receive £250-£550 per week but more importantly, you could change not only your life, but someone else's life too.

Shared Lives carers offer support and friendship from their own homes and communities to vulnerable people aged 16 and upwards. The Shared Lives scheme is different to traditional care options as the person visits or stays at the carer's home, spending time as part of their family and in their local communities.

This could be on a long-term basis where the person lives with them full time or for a couple of nights a month.

Shared Lives carers receive payment for the support they provide, some of which is tax exempt, receive training and have ongoing support from a Shared Lives worker who will visit regularly.

You could even do this on top of your existing job.

For more information, please get in touch:

Central Bedfordshire:

✉ sharedlives.cb@macintyrecharity.org

☎ 01525 406501 / 07834 168280

Warrington

✉ katharine.waldron@macintyrecharity.org

☎ 07834 168253

Essex

✉ sharedlives.essex@macintyrecharity.org

☎ 01245 407520 / 07834 168305



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Essex County Council

Central
Bedfordshire

“Let’s go on an adventure...”

Reunited in Cyprus

When Eva had the opportunity to visit Cyprus this summer, she knew it was going to be an adventure to remember. Not only was she thrilled by the prospect of stepping out into the sun, but it was a chance to be reunited with her parents after two years.

When Eva stepped off of the plane, it was boiling. Alongside her staff, she headed to her hotel and was thrilled to reunite with her parents.

Eva and her parents bonded over ice cream at Larnaca beachfront, where they were also joined by Eva’s sister. In the days that followed, Eva had a tour of Larnaca where she saw beautiful fountains, took part in a stunning sunset boat trip and even had the opportunity to ride a camel, alongside her brother and sister.

After a wonderful week away, Eva was sad to say goodbye to Cyprus, but is looking forward to returning soon.



Have you achieved any goals recently?

Sightseeing with Kevin

Earlier this month, Kevin, who is supported by MacIntyre, was pleased to tick a trip to London off of his bucket list. Accompanied by a staff member, Kevin was thrilled to stroll through the streets of London; even stopping to pose for a few photographs.

Recalling the trip Caroline, who joined Kevin on his trip, said:

“Kevin had a day trip to London and we had perfect weather for it. Kevin wanted to visit landmarks like Big Ben, the London Eye and the Houses of Parliament. We took a bus tour to visit all the sights. We also had a great taxi driver who spoke to Kevin about all his favourite things whilst we were stuck in traffic.”

She added: “It’s amazing what people can achieve. This all helps with building confidence and Kevin certainly feels very good about himself today.”



Keith was Boston bound...

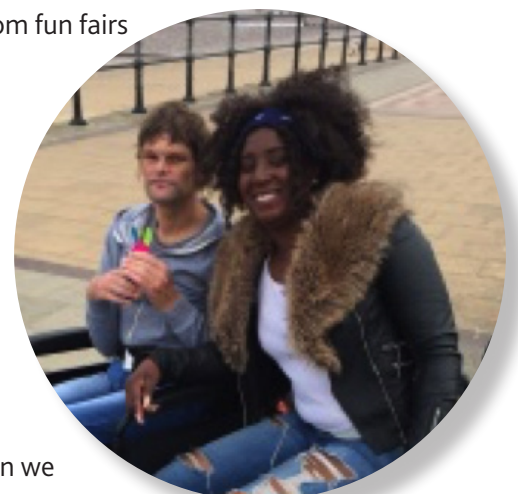
For Keith, a holiday in Boston was the perfect opportunity to seek out adventure. From fun fairs in Skegness to making friends with wildlife, it was a trip he will never forget.

Describing his adventures, Keith said:

“The fun started before we even arrived. On the way there we made a pit stop at Skegness. It was lovely, we had a drink and I had doughnuts and ice cream.

We arrived at our cottage at 5pm and I felt right at home. The front room was combined with the dining room, which meant I had a huge space where I could play. We also visited a seal sanctuary where they had meerkats, crocodiles and beautiful exotic butterflies.

We had the most fun at the fair in Skegness. I went on so many different rides but especially enjoyed the pirate ship. The highlight of the week was on the last day when we went to Fantasy Island. It was the perfect ending to a great holiday.”



A spotlight on...

MacIntyre in Warrington

"It was several chance meetings and being in the right place at the right time that brought MacIntyre to Warrington."

Speaking at MacIntyre in Warrington's 30th birthday party, **Marje Caine**, who was responsible for MacIntyre's arrival in Warrington, reflected on the area's origins.

When she met MacIntyre's founder, **Kenneth Newton-Wright** through a mutual friend, Marje couldn't have known what was ahead of her and the impact MacIntyre was about to have on so many people.

MacIntyre in Warrington has gone from strength to strength over the past 30 years and has recently been rated as 'Outstanding' in all five areas by the Care Quality Commission (CQC).

MacIntyre has also established a successful Shared Lives scheme and launched our ground-breaking Great Communities project, which we are working on with Community Catalysts. This is all something Marje was incredibly proud to witness.

"You see it really is about being in the right place at the right time and having tremendous continued support from the local community. Over the last few years, I have seen MacIntyre's services grow to support so many families in the community. I think that the original steering group would be very proud of what we have built."

Not only this, but we have found great success from our New Routes Project. Established in 2013, New Routes is an inclusive two-acre site set in Victoria Park, which encourages people supported by MacIntyre to develop

horticulture and other life skills, but also enjoy the relaxing atmosphere. In 2018, its doors opened to the public for the first time.

Reflecting on our recent 'Outstanding' rating, Mary and Allan who are parents of a gentleman supported by MacIntyre said:

"This comes as no surprise to us. From the senior management down to the caring support workers, they go over and above to ensure they deliver a professional and caring service to people like our son. As parents, we feel lucky to have found somewhere our son can reach his full potential in a happy, safe and caring environment."

"I think that the original steering group would be very proud of what we have built."

Finally, Andrea Parr, Area Manager for Warrington took the chance to reflect on all they have achieved:

"Thanks to everyone who helped us to celebrate 30 years. A special mention to Marje, who 30 years ago had the passion, determination and vision to succeed in introducing MacIntyre to Warrington. We are extremely fortunate to support some amazing and talented people in Warrington, as well as having so many inspirational staff, who really do go the extra mile."

So, here's to the next 30 years, Warrington!



Thank you!

We really couldn't make a difference and help people with learning disabilities reach their goals without our fantastic supporters. We'd like to say a big thank you to....

Jess' gang for raising over **£2,100** for MacIntyre and two other charities by riding the largest zip wire in Europe!

Donald Delmohammed for raising over **£400** by independently taking on MacIntyre's Memories and Miles in his wheelchair.

Sui-Ling Tang for raising over **£90** during MacIntyre Memories and Miles.

Parker Asein who cycled 100 kilometres raising over **£1500** for MacIntyre School.

Chay's Stompers for raising over **£500** for MacIntyre in West Cheshire.

Karen Lower for crossing the finish line of the Great North Run, raising nearly **£900** for MacIntyre.

Willmott Dixon for completing the fantastic summerhouse at Waring Close in Leicester.

Grand Union Housing for refurbishing the garden at Monro Avenue.

The Red Thread Partnership team for working on the garden at Daubeney Gate

John Lewis Partnership for the donation of **£1,050** from their in-store green token scheme

Everyone who booked a stall and attended our Christmas Fair at Woburn Abbey

If you have an idea for a fundraising event, get in touch:  events@macintyrecharity.org



Dates for your diary

Friday 25 January

Friday 25 January

Tuesday 29 January

Tuesday 5 February

Friday 22 February

Tuesday 26 February

Friday 5 April

Friday 10 May

Sunday 23 June

Warrington Memory Café

Chesterfield Memory Café

Milton Keynes Memory Café

Bedfordshire Memory Café

Chesterfield Memory Café

Warrington Memory Café

Milton Keynes Fashion Show

Chesterfield Fashion Show

Milton Keynes Dragon Boat Festival

Fancy getting involved and supporting MacIntyre? Add these dates to your diary!



Congratulations to our Long Service Achievers!

5 years

Rachael Fagen
Amy Brookes
Steven Cherry
Katherine Baldwin
Gemma Thorpe
Diane Dinneen
Amy Evans
April Hobden
Teresa Makura
Victoria Grimmer
Nina Conneely
Marie Andrews
Neeraj Benjamin
Lucie Robins
Elizabeth Sherratt
Denise Carmichael
Richard Goodger
Harry White
Stevee Buckland
Deborah Davies
Alice Mayne

Karis Fox
Sylvie Daniels
Ryan Parrish
Ebrima Faye
Rebecca Legh

10 years

Sharon McGoldrick
Isabel Blower
Mojisole Omoyele
Rena Roberts-Anibaba
Sarah Lancaster
Tracy Greenfield
Parthiban Pakresamy
Michael Smith
Oswald Smith
Michelle Palmer
Melanie Bryan
Jane Howe
Gail Fisher
Fiona Mutch

20 years

Helen Rowan
Lydia Bandy
Gooroosamy Kistenen

15 years

Maria Tarlivinga
Jennifer Duffus
Helen Knowles
Michelle Hannan
Thomas De-Lacy
Lisa Pearson
Martin Kirkcadly



giftaid it

Increase the value of all your donations for the last 4 years by 25% by filling in this Gift Aid declaration which allows us to claim back all the tax at no extra cost to you!

I am a UK taxpayer and want MacIntyre to treat all donations I have made for the last 4 years and all future donations as Gift Aid donations

Signature _____ Date _____

Name _____

Address _____

_____ Postcode _____

You must pay income tax or capital gains tax at equal to the tax reclaimed from the HM Revenue & Customs by MacIntyre in the tax year.

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MacIntyre, FREEPOST RLXH-YZTA-ZGYB
602 South Seventh Street, Milton Keynes MK9 2JA



Latest winning numbers

August

First prize of £500: 34

Second prizes of £50: 12, 485

Third prizes of £25: 69, 55, 187, 215

September

First prize of £500: 231

Second prizes of £50: 415, 309

Third prizes of £25: 33, 328, 140, 94

October

First prize of £500: 411

Second prizes of £50: 441, 54

Third prizes of £25: 121, 353, 211, 468

Not signed up yet?

The MacIntyre Lottery costs just £5 a month per number. You can play as many numbers as you wish.

Every penny raised from the MacIntyre Lottery goes directly to benefit the people we support. You can even nominate your favourite service to receive your donations.

We look forward to hearing from you!

Tel: 01908 230100

Email: fund@macintyrecharity.org

All winners will be contacted directly by the Fundraising Team. All winning numbers are published here in each issue of The Ring and on MacIntyre's website.

The MacIntyre Lottery is licensed by the Gambling Commission under the Gambling Act 2005. MacIntyre is committed to responsible gambling. It is an offence to gamble under the age of 16.



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Please send me more information about:

- MacIntyre Lottery
- Making a regular gift
- Fundraising events
- Fundraising ideas
- Volunteering
- Leaving a lasting gift
- Other (please specify)
- Please do not send me any further correspondence

I want to help make a difference to the lives of the children, young people and adults supported by MacIntyre

- I enclose my gift of.....
- I enclose my cheque made payable to MacIntyre
- I have completed the Gift Aid Declaration overleaf

Name _____

Address _____

_____ Postcode _____

Telephone _____

Email _____

Please send your completed form to: MacIntyre, FREEPOST RLXH-YZTA-ZGYB
602 South Seventh Street, Milton Keynes MK9 2JA