

THE Ring

ISSUE TWO - 2020

All the news and achievements
from MacIntyre



MacIntyre

Providing support...your way



IN THIS ISSUE:

OUR LATEST NEWS

We share our response to COVID-19, how we have been supporting people during the lockdown and introduce our MacIntyre Families Podcast.

MOVE WITH MACINTYRE: YOUR STORIES

Recently, we invited you to 'Move with MacIntyre' to raise money for the people we support and what a response we had! From Olympic 10 challenges to climbing Everest at home, we share your stories.

KEEPING SAFE: CHLOE AND GRAHAM'S STORY

Now more than ever, supporting people to feel safe is not just about what we do, but how we do it.

Welcome

from Sarah Burslem

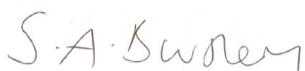
I would like to pass on my sincere thanks to everyone connected to MacIntyre for being so supportive over the past few weeks. Our absolute priority during the COVID-19 crisis has been to protect the children and adults we support and all employees.

Firstly with regards to the lockdown and the associated social distancing, this has had a huge impact on all of our lives. However, we have adapted and I am so proud of how this early action was embraced by all, contributing I am sure to our low levels of infection rate.

Our next challenge has been Personal Protective Equipment (PPE) both accessing this equipment and becoming comfortable with using it. The barrier that a mask introduces between people was a concern for us and seemed at odds with the culture that we value across MacIntyre. However again we have adapted and it is our culture that has enabled us to do so with humour and compassion and without a hint of "institutionalisation". Our ability to secure adequate supplies and to adapt to the wearing of PPE has been an additional contributing factor to the aforementioned current low rates of infection.

Secondly I was aware of the talent pools that existed in both the groups of people we support and our workforce. What has been phenomenal to witness is the extent to which both have provided barriers to the harsher consequences of the virus. Children and young people and adults are learning in new ways and have acquired the knowledge and skills that enable them to connect more productively with each other, families, friends and neighbours.

In summary distancing ourselves from each other, from friends, families and communities and wearing PPE contravenes all that we stand for. However in true MacIntyre style, this unpredictable and challenging set of circumstances has been hit head on by us all and with such sensitivity and humanity. We have learnt and grown together and are more connected with each other and with local communities than ever.



Sarah Burslem, Chief Executive Officer



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Have a story to share?

Do you have a story to share about someone supported by MacIntyre? Perhaps someone we support has achieved one of their goals, grown in confidence, or dared to try something new?

If so, we would love to hear from you.

Contact the Editor:

Heidi Warnes

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01908 230100

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.

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 hello@macintyrecharity.org

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

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

 facebook.com/MacIntyreCharity1

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

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



Our latest news



Families Podcast Launched

Recently we were delighted to share that we have launched the 'MacIntyre Families Podcast', lead by MacIntyre's Family Engagement Consultant Nicola Payne.

Each month Nicola will be talking to a special guest, who will share their experience and guidance.

In the first episode we hear from Debs Aspland, who shares an honest account of the challenges she has faced as a mother, what inspired her to become a qualified Life Coach and her own family's experience of lockdown.

Listen to the podcast here: <https://bit.ly/MacIntyrePodcast>



Move with MacIntyre

With many of our fundraising events cancelled due to COVID-19, we began to look for new ways to raise money for the people we support. This led us to launch our 'Move with MacIntyre' campaign, which ran throughout May.

Our supporters found new and inventive ways to get moving at home, raising over £4,000. We will be sharing some of their stories in this issue.



Locals bake for MacIntyre School

Local people in the village of Wingrave have been baking homemade cakes and kindly donating them to students and staff to enjoy at MacIntyre School and Children's Homes.

The cakes have brought great pleasure to the students and staff during the lockdown period.

Speaking about the kind donations, Maria Fiddimore Executive Lead at MacIntyre School said:

"We have been overwhelmed by the generosity and kindness of our local community towards us at this time. The cakes have been so gratefully received and our staff and young people have loved receiving them. We can't wait to return the favour and have the local community in for tea and cakes on us!"

Around MacIntyre...



Keeping connected

Thanks to charitable gifts, we have been able to purchase iPads to help many of the people we support stay connected to loved ones during the lockdown, which has been essential for their wellbeing.

Rich and Rob, who we support in Worcestershire, have been using their new iPad to keep in touch with their friends and families.



Meals in MK

Whilst our MacIntyre Coffee Shops in Great Holm and Stony Stratford were closed to the public due to COVID-19, the teams were working hard behind the scenes to create delicious and nutritious meals for people we support across Milton Keynes, who were unable to go out and buy food from the supermarkets.



Going green

To help the people we support 'stay at home' during the lockdown, our teams in Hampshire launched a new project titled 'Mac Homegrown'. The project invited people supported across MacIntyre to get gardening and share their progress with each other, which has been a huge success.



Food for thought

When anxieties around COVID-19 were rising and the supermarket shelves were empty, our team in Warrington launched a foodbank delivery service for people who needed extra support.

Delivering food and a chat from a safe distance, our teams were able to provide people such as Bill, with peace of mind during this challenging time.

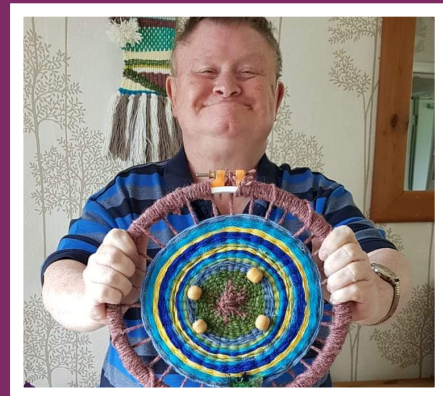
Bill said: "I'm really grateful for all of the help and support through the foodbank. To be honest, it's been a godsend. The food has been a real boost."

What have the people we support, our staff, families and specialist teams been up to across the country? Find out...

Photo Gallery



We love this photo taken recently of James and Angela from Milton Keynes, a married couple who we support. They have been together for over 17 years.



Recently Kenny began a new hobby to help him manage his change of routine. It turns out... Kenny is a natural at weaving and loves it! Well done Kenny.



Laura, a young lady we support in Leicestershire, is really looking forward to her trampolining sessions again when it is safe to do so.



Keeping us safe: Chloe and Graham's Story

Going to work in gloves and masks might have seemed unthinkable for many of us before we knew of COVID-19 but this, for now, is the reality for many of our teams across MacIntyre.

At MacIntyre we are all about Great Interactions. In short, this is primarily about warmth, touch, creativity and eye contact, all of which play an essential part in how we support people.

With staff now wearing PPE, which can be frightening for people we support, now more than ever supporting people to feel safe is not about what we do but how we do it, as demonstrated by Chloe, a member of our team in Milton Keynes.

Recently Chloe donned a mask for the first time when supporting Graham. Masks, while essential for keeping people we support and staff safe, hide a key part of our face that demonstrates expression: our mouths. With visible smiles out of the question, Chloe made a plan to help Graham to get used to the idea.

Speaking about the experience, Chloe explained: "When I arrived I stood back from his doorway without

a mask, so as not to frighten him. I then explained that I would need to wear a mask to come in to support him to keep him safe."

In order to keep safe, Graham voluntarily gave up his bus pass and has stayed at home since the lockdown began in March.

"I explained he had been doing so well at staying home and staying safe, that we did not want to impose any risk to him."

Chloe continued: "I asked him if he was okay for me to put on a mask now, so I could come in. Once I had the mask on, I asked him what he thought. He said I looked funny, but he seemed a little unsure."

For Graham, this seemed to make all the difference.

Before long, Graham seemed to forget about the mask completely; enjoying a conversation with Chloe and completing a jigsaw, proving that at MacIntyre it's not just about what you do, but how you do it.

Thank you to our teams!

We've been hearing so many fantastic stories over the past few months, underlining what we knew all along...that our staff are incredible.

Throughout this uncertain time our teams have continued to put the health and wellbeing of people we support first.

We would like to say a BIG thankyou to you all of our teams for their dedication and commitment.



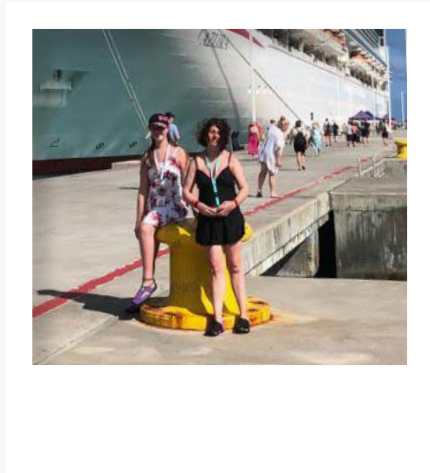


Over the past few months, life has changed for us all. We've had to adjust to a 'new normal' to stay safe and keep others safe, which has come with challenges.

To mark this time in history, we have invited the people we support and our teams, who are keyworkers, to share their experience of lockdown which we are calling our ' Lockdown Diaries'.

You can view the lockdown diaries here:
www.macintyrecharity.org/lockdown-diaries/

Here are a few extracts...



"We didn't know when we were going to be able to get home."

Ami, a young lady we support through our Shared Lives scheme was on holiday in March 2020, when news of the coronavirus began to sweep across the world.

"When we drove back from the airport the roads were so quiet. We had to have two weeks in isolation. We had gone from loads of things to do and loads of friendly people to talk to...and it had all stopped. The shops were closed and people were panicking and we were not allowed out of the house."

Jaydon, with support of No Limits staff Deborah and Liz, has kept a journal in lockdown.

"Nearing the end of March 2020 things changed, and they are still different now. At first, I missed my friends from No Limits and I wasn't sure why things had to change, but now I get it...we all need to STAY SAFE.

There are a lot of changes, but I am taking it all in my stride. My behaviour is very calm and I am enjoying being at home."



In response to the lockdown and the restrictions in place Meg, who is supported through MacIntyre Shared Lives in Warrington, has written an honest account in the form of a poem, expressing how the lockdown has made her feel.

Meg regularly attends MacIntyre's Great Communities 'Friendship Group' which has recently moved online. During the lockdown Meg has used her flair for words to inspire others to create, by leading an online creative writing group.



You can view these lockdown diaries in full and many more on our website. If you or a family member would like to record and submit a lockdown diary, please contact marketing@macintyrecharity.org.



An update from Nicola Payne

Since I last wrote to you, so much has happened in the world we live in. At MacIntyre, we are doing our utmost in keeping the people you love safe. We are all having to get used to the digital world even more than ever and although it's not the same as a face to face, platforms like Zoom and Facetime are hugely helpful for us all to feel closer and more connected.

I got my thinking hat on and thought how MacIntyre could stay connected to families. This is how the 'MacIntyre Families Podcast' was created. The podcast will ensure that people can listen at a time that suits them and share with their wider circle of friends and families.

Each episode will cover a different experience and I will be spending time in the company of families, staff, people we support and health professionals. I feel this will be a useful way to help you feel connected and hear directly from people who may be experiencing something that you are currently going through, or have gone through in the past.

Right now I am working behind the scenes on developing our 'Family Resources' and 'MacIntyre Family Workshops' and having help from you would be very much appreciated. If you are interested please give me a call, or email me and we can arrange a chat. If you are a Twitter user, please follow @MacFamilies.

I am looking forward to better times ahead where we can all connect and have a cup of tea together...still maybe at a safe distance! In the meantime, please don't hesitate to get in touch with me on 07823530100 or contact nicola.payne@macintyrecharity.org. I would love to hear from you.

For now continue to stay safe, stay alert and stay in touch with your loved one's staff teams if you have any questions.

Nicola Payne
Family Engagement Consultant

Join our Virtual Quiz Night and support MacIntyre!

It's time to pit your wits against friends, family and other teams and join us for our fun, online quiz! Entry is £3 per person with cash prizes for first, second and third place. The quiz takes just 15 minutes to play and categories include general knowledge, sport, film and TV, and music.

Join us on....

13 August, 7:30 pm

27 August, 7:30 pm

10 September, 7:30 pm

To find out more, visit:
<https://bit.ly/MacIntyre-Quiz>





MOVE WITH MACINTYRE YOUR STORIES

From 1 to 31 May, we invited you to take part in 'Move with MacIntyre'...and what a response we had! As a result of your dance videos, your jumping challenges and steps taken we're so proud to share that you have managed to raise over £4,000 for the people we support.

Climbing to Everest

The Morrissey-O'Keefe family took part in 'Move with MacIntyre' by pledging to climb Mount Everest, using just their stairs at home. Taking on 3871 flights of stairs is tough, but they were certainly up for the challenge.

Iain's Olympic 10

Washing a car, working out and whipping up a Victoria Sponge are just a few of the challenges undertaken by Iain, a gentleman we support, who took part in 10 challenges that raised over £300 for our Move with MacIntyre campaign.

5000 jumps for MacIntyre

Twins Jack and Freya, with the help of their mum Jess, set themselves a challenge of jumping 5000 times between them on their trampoline at home, raising over £240.

Let's dance!

We loved seeing Max, a member of our team in Birmingham, dance during her night shifts to action songs. Max's moves raised over £250!

40,000 steps in May

To raise money for the people we support, helping them keep connected to loved ones, Natalie set herself the challenge of walking 40,000 steps in the month of May, raising over £350.

A mile a day for Bill and Ted

Jane and her Border Terriers Bill and Ted walked a mile a day, a total of 31 miles, to raise money for the people we support.

Team Smarta

Our Corporate Partners Smarta Healthcare challenged themselves to take on 4 million steps, with two staff members cycling for 30 hours, between 17 May 2020 to 17 June 2020 to raise money for Move with MacIntyre.



Gifts from you...

Over 50 gifts have been donated through our Amazon Wish List!

In April we began to think about the items which could be fun and useful for the people we support during this unusual time and asked for your help to purchase these items through our Amazon Wish List.

We were overwhelmed to learn that so many of you kindly donated a number of gifts, including time capsules, scrapbooks, baking sets, puzzles, playdough and much more for the people we support to enjoy.

If you would like to purchase an item from our Amazon Wish List for the people we support, please visit:

<https://bit.ly/MacWishList>



This is Pattie and Celia from Worcestershire, enjoying a few jigsaw puzzles donated by you, from our Amazon Wish List.



"No two days are the same."

Maisie, a member of our team in Leicestershire, recently shared how her plans of attending university and becoming a primary school teacher changed after starting a career at MacIntyre...and why she hasn't looked back since.

"I thought I would be a relief member of staff whilst I finished my A-Levels and earn some money before going to university. I had my whole life mapped out. I was going to pass my A-Levels, go to university and become a primary school teacher."

Maisie continued: "I passed my A-Levels and I was offered places at two universities, but I turned them down. I had enjoyed my start with MacIntyre, I wanted to learn more and I wasn't ready to leave yet. I decided to take a year out to carry on working. A couple of months later, I changed my mind again! I decided uni wasn't for me, but supporting people with learning disabilities was."

From here, Maisie applied for a job at a special education needs (SEN) school with another organisation.

"I enjoyed working with the children at the school, but the support and training were incomparable to my time at MacIntyre. So, during the summer holidays I decided that MacIntyre was where I wanted to be."

Maisie added: "With MacIntyre I am constantly learning. We have a strong team who support each other constantly, along with the help and support from our managers and senior staff members. I enjoy working with the people we support and that no two days are ever the same."

To find out more about our current vacancies, please visit our website: <https://www.macintyrecharity.org/careers/>

A spotlight on.... our supporters

We really would not be where we are today without the continued support of each and every one of our fundraisers, Corporate Partners and lifelong supporters.

We have been overwhelmed by the thoughtfulness and generosity of so many of our supporters over the past few months. Every single gift is already making a real difference to the people we support

We'd like to say thank you to everyone, including:

The many individuals who have kindly made donations

MacIntyre's Trustees who set up online appeal and have raised just over £15k

The local people in the village of Wingrave who baked cakes for MacIntyre School and Children's Homes

Redborne School in Bedfordshire who donated PPE to our teams

Gable Events and the teams who were due to take part in the Dragon Boat Festival.

Although the actual event was sadly cancelled, MacIntyre still received the sponsorship paid by some teams.

Our networkers who have joined our fortnightly Milton Keynes corporate networking event 'MacIntyre's Meet Up'.

Our quizzers who have raised over £100 at our virtual Quiz Nights.

Milton Keynes Community Foundation who gave £1,800

Leicestershire and Rutland Community Foundation who gave £2,500

Worcestershire Community Foundation who gave £3,000

Cheshire Community Foundation who gave £2,040

'Tesco Bags of Help' who made two grants, £500 for our children's home in Bedfordshire for garden furniture and £500 for our flats in London to purchase outdoor gym equipment

Introducing The 'Big Give Christmas Challenge'

For the first time, MacIntyre will be taking part in the 2020 Big Give Christmas Challenge, the UK's biggest online match funding campaign. For this challenge we are seeking individuals, companies or Trusts who can make promises of funding, called 'Pledges' during the summer which will be used as match funds to double online donations made during the campaign in December. Your commitment of funding might also help us to secure additional match funds via a Champion (sourced by the Big Give).

Could you get involved and consider making a pledge of **£100** to help us reach our target of £1,000 in pledges? If so, you can do so by contacting Claire Kennedy, Head of Fundraising on fund@macintyrecharity.org or 07810 631305 by the deadline of **5pm on Friday 28 August**.

How it works:

- We secure pledges of £1,000 by 28 August 2020
- We secure donations during the Big Give Christmas Challenge campaign week, 1-8 December
- Pledges are fulfilled between 9 December and 15 January 2021
- Donations are matched by the Big Give Champions
- Every penny raised will make a difference to the people we support

Congratulations

...to all our colleagues that celebrated their MacIntyre anniversaries recently!

5 years

Lucinder Ibitola
Johnnie Phillips-Ayikpa
Mercy Mills
Takura Chiketa
Louise Garrity
Joe Hamilton
Stephen Matthews
Martyn Brown
Toby Whaymand
Rebecca Dunhill
Sarah Greenaway
Abel Lyttle
Natalie Williams
Vicky Smith
Andrea Ravenscroft
Oliver Thomason
Elizabeth Green
Cheryl Smith
Wesley Noel
Sarah Hemming
Bethany Delli-Bovi
Viki Davies

10 years

Agnieszka Rokita
Pui Wu
Rachel Jordan

15 years

Teneta Cuff
Miroslawa Sledzianowska
Cherry Lewis
Paul Payne
Angela Armbruster
Denise Colley
Tina Nicholls

20 years

Mary Chandler
Margaret Cargill
Alex Clemson
Sarah Tregilgas

25 years

Catherine Farrell
Diane Smith
David Barlow
Louisa Roberts

30 years

Brian McCormack
Rita Gerrard
Heather Buckley
Sandra Crosbie
Pauline Kujabi
Elaine Moore

35 years

Elizabeth Newton

giftaid it

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

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

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. Please send your completed form to:

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

Lottery

The latest winning numbers

February

First prize of £500: 64

Second prizes of £50: 329, 48

Third prizes of £25: 134, 35, 242, 282

March

First prize of £500: 229

Second prizes of £50: 40, 260

Third prizes of £25: 265, 414, 434, 203

April

First prize of £500: 360

Second prizes of £50: 111, 188

Third prizes of £25: 265, 251, 74, 253

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!

Contact: **Claire Kennedy**

Tel: **01908 357012**

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.



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

Please send me more information about:

- MacIntyre Lottery
- Making a regular gift
- Fundraising events
- Fundraising ideas
- Volunteering
- Leaving a lasting gift
- Other (please specify)

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

- Please do not send me further correspondence

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