

The Ring



MacIntyre

Providing support...your way

All the news, entertainment & achievements from MacIntyre



In this issue

Could you be a Shared Lives carer?

If you have a spare room in your house and spare room in your heart then find out what being a Shared Lives carer involves on page 3.

New Events for Families

We will be hosting two free events in November. Find out more on page 12.

A spotlight on independence

Read a collection of stories from our staff and people we support about how they have gained independence on page 14.

Welcome from Sarah Burslem

I would like to share with all our supporters a number of recent successes:

Firstly we achieved a double win at the finals of the Learning Disability & Autism Awards in June. The Dementia Project team were winners in the "Team" category and the team from our Haddons service in Milton Keynes won the "Supporting Older People With Learning Disabilities" category. I was lucky enough to have been invited to the celebrations and was both moved and proud to see how much these accolades meant to everyone involved.

Secondly we were awarded an Outstanding rating by the regulator, the Care Quality Commission (CQC), following a thorough assessment of our services in Leicester and Derbyshire. Only 2% of social care services regulated by the CQC receive this rating so it is a fitting tribute to Merle Davies, Area Manager and her team to be part of this elite club. We fully intend for others to follow suit, so watch this space! Our other key regulator, OFSTED assessed Discovery Academy in Nuneaton as Good after the school's first assessment in July. This means that all schools within the MacIntyre group (including MacIntyre Academies) have a Good rating.

Lastly we are excited about a number of new services that will be opening in the coming weeks; we are welcoming people in Warrington and Hampshire and will be opening a children's home in Hertfordshire.

All of this is positive affirmation of our position as an organisation that, despite challenging sector circumstances, continues to grow; continues to deliver creative solutions and continues to aspire to excellence. I would like to thank you everyone who makes this possible.

S.A. Burslem

Sarah Burslem, Chief Executive



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MacIntyre

Providing support...your way

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Registered Charity No. 250840



MacIntyre Shared Lives in Central Bedfordshire



Spare room in your house?

Spare room in your heart?

Could you be a Shared Lives carer?

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

You could earn between £374 to £500 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 for vulnerable adults 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 to give them a break from their family.

Shared Lives carers receive payment for the support they provide, 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.

"In Shared Lives, you do new things every day and if you want to try something new, your carers support you. They help your dreams come true."

For more information, please get in touch:

✉ sharedlives.cb@macintyrecharity.org

☎ 01525 406501 / 07834 168280

🌐 www.macintyrecharity.org

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

🐦 @meetmacintyre

📍 The Old School House,
Bedford Street, Amptill
MK45 2NB



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

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

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

📷 @meetmacintyre



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Our latest news

It's been a busy few months across MacIntyre:

MARCH

Successful BSi reaccreditation

Once again, BSi has approved our continued accreditation under the health and safety management system, BSi OHSAS 18001.

MacIntyre first obtained BSi accreditation in 2004 to the OHSAS 18001 Health and Safety Standard, and was named the first charity to achieve this.

The accreditation process is very thorough and involves BSi Assessors visiting various MacIntyre services for 5 days every 6 months. It helps us to continually improve and it provides us with reassurance that we are effective in looking after the health and safety of our staff, the people we support and anyone else we come into contact with.

✉ health.safety@macintyrecharity.org

MacIntyre receives High Sheriff Award

In March the High Sheriff of Buckinghamshire, Peter Kara, personally selected MacIntyre to receive a High Sheriff Award. The Award provides an opportunity for High Sheriffs to recognise and celebrate some of the fantastic organisations and individuals that they encounter whilst working within the County during their shrieval year and to acknowledge this work as well as convey the appreciation of the community the recipient works to support.

The High Sheriff said: "[MacIntyre's] site at Great Holm includes accommodation for 40 people, a centre offering a diverse range of educational and therapeutic activities from literacy and numeracy to horticultural and music, and a coffee shop which offers excellent memory cafe days designed to help stimulate those concerned about their mental acuity. It is ably run by Sadie Scott and a CQC report last year rated it as good in providing a safe, effective, caring and responsive service."



Wolverton & Stony Rotary Club

We were delighted to be chosen by a local Rotary Club to be their Charity of the Year, raising funds to provide a new kitchen at our Stony Stratford Coffee Shop. The team have already organised a number of events and are well on their way to achieving their £14,000 fundraising target.



Winners at the BILD Restraint Reduction Network Leadership Awards

We were thrilled that one of our staff teams from Wigan won the Inclusive Practice award at the BILD Restraint Reduction Network Leadership Awards.

The Inclusive Practice award recognises the inclusive way the MacIntyre team, together with Redstone Positive Behaviour Support and with lots of involvement from the person's family, reduced the use of restraints and self-injurious behaviour of the person being supported. The award win is a testament to the way everyone involved worked together to achieve positive outcomes, and would not have been achievable without Redstone Positive Behaviour Support or the family.

One of our residential staff teams from MacIntyre School was also recognised at the BILD Restraint Reduction Network Leadership Awards in the Innovative Practice category. The team reached the finals in this category for their creativity in reducing the use of restraint, which resulted in extremely positive outcomes for the young person being supported.

✉ pbs.team@macintyrecharity.org



APRIL

MacIntyre Golf Day

We raised a fantastic record sum of just over £50,000 at the 2018 Golf Day and would like to thank everyone involved for their incredible support. A special mention must go to the main sponsor, McCann Homes, and to all those who donated prizes and auction and raffle prizes.

Funds raised from this year's event will benefit our Lifelong Learning Centre at Ampthill in Bedfordshire who will purchase some music equipment and to one of our houses in Milton Keynes to make some significant changes to the garden to make it more accessible.

Next year's Golf Day will be on Thursday 25 April 2019. Please contact the Fundraising team if you're interested in getting involved.

✉ events@macintyrecharity.org

Marjorie Newton Wright Awards 2018

Our annual Marjorie Newton Wright Awards ceremony was once again a day to remember. We recognised staff from across the organisation for their excellence, innovation and dedication and for making MacIntyre the organisation that it is today. Well done to everyone who was nominated or received an award!

We would also like to extend a special thank you to all of the family members who took time to nominate a member of staff or a team, it is very much appreciated from everyone at MacIntyre.



Redditch Ladies Circle

We were delighted to be chosen by the Redditch Ladies Circle in Worcestershire to be their charity of the year.

News from MacIntyre Academies

We were delighted that Discovery Academy achieved a Good judgement as a school with Good across all areas in their first Ofsted inspection in July 2018. Sarah Burslem, MacIntyre CEO, congratulated staff saying "To receive a Good rating at a first Ofsted inspection is testament to the vision, commitment and hard work of the Principal, the whole staff team, the students and their families. Since opening in September 2015 the team at Discovery, with support from both the Academy Trust board and MacIntyre, have worked tirelessly to ensure that the school delivers excellent education in a child centred and compassionate environment."

Across the academies, everyone is looking forward to the new academic year welcoming new students and staff as the schools continue to develop and grow.

MAY

New website

In May we launched our new website, www.macintyrecharity.org and would love your feedback.

Birthday celebration

In May Sir David Berriman, one of MacIntyre's original trustees, celebrated his 90th birthday with his son James who is still supported by MacIntyre."



Welcome to énergie Fitness

In May we welcomed énergie Fitness Gym, based in Milton Keynes, as our newest Corporate Partner. énergie Fitness kick-started its support to MacIntyre by providing two massage therapists for our stand at the Milton Keynes Marathon in May and taking part in the Milton Keynes Dragon Boat Festival in June.

Rob Francis, Club Owner, énergie Fitness Milton Keynes said: "We have seen first-hand how the support that MacIntyre provides is invaluable and life changing. We share MacIntyre's commitment to caring for any person with a learning disability in a meaningful way. We love the fact that MacIntyre, like us, is outgoing, fun and striving to engage with the community of Milton Keynes and beyond with innovative ideas."

✉ events@macintyrecharity.org

Our latest news

JUNE

Winners at the National Learning Disability & Autism Awards!

We were thrilled to be awarded not one, but two awards at the National Learning Disabilities and Autism Awards. The Awards recognise individuals and teams who make a difference and provide quality care and celebrate excellence in the support for people living with learning disabilities.

MacIntyre's Dementia Project Team secured the 'Team Award', whilst the Haddons Staff Team from Milton Keynes were presented the 'Supporting Older People With Learning Disabilities Award.'

Responding to the work of the Dementia Project Team, the judges said:

"Exceptional work mixing lived experience, sharing positively and helping to develop resources. The team are outstandingly fabulous and strive to make dementia something not to be scared of. They show so much enthusiasm even after personal loss. A wonderful demonstration of team working."

The judges also described the team from the Haddons in Milton Keynes as showing: "Creativity, determination and passion to develop and co-produce responsive support for people with learning disabilities as they age were at the heart of this team, who recognised that as we change - the support we need also changes."

Sarah Burslem, MacIntyre's CEO added: "Well done for the outstanding achievements of the Dementia Project Team and the Haddons Team, both worthy winners."



Volunteers Week

In early June we celebrated the contribution of our volunteers by sharing some of their stories during Volunteers Week. Each of our volunteers brings their unique contribution to the organisation, whether it's doing some gardening, supporting our learners or working in an office. If you're interested in volunteering for MacIntyre please contact:

 volunteer@macintyrecharity.org

Milton Keynes Dragon Boat Festival

It was a fabulous day at the Milton Keynes Dragon Boat Festival in June where MacIntyre was the official charity. Part of the event was filmed by All4's Extreme Cake Makers as we were gifted an incredible dragon themed cake by Oak FurnitureLand following their store reopening that morning. The cake was made by Rosie Cake Diva who features on the TV programme; the episode aired on Monday 17 September on Channel 4 and is now available on All 4.

The event was made possible due to the amazing organisers Gable Events, media partners MKFM and Business MK, and of course all the teams and sponsors.

Congratulations to the "Brinklow Barbarians" from Kuehne + Nagel who were the 2018 Champions – and who also raised the most for MacIntyre meaning they won a meal for the whole crew gifted by Melis, a Turkish restaurant in Central Milton Keynes.

We look forward to doing it all again on Sunday 23 June 2019!



Time for Tea Week

A big thank you to everyone who got involved in this year's Time for Tea events. From Warrington to Chesterfield to Essex there were beautiful cakes being made (and bought) to share. It was a fantastic chance for everyone to come together, but for many drinking tea just wasn't enough: there were 'guess how many tea bags in the jar' competitions, tea bag tosses and opportunities to make teacup hats!

In our Central Office several members of staff submitted their best bakes for the annual 'Bake Off' which was judged by experts from Puratos UK, one of MacIntyre's corporate partners, and MacIntyre Trustee Rosemary Hart.

JULY

We're Outstanding!

The good news just kept coming during the summer...in July we were delighted to receive an overall "Outstanding" rating by CQC for our support in Leicestershire and Chesterfield. Merle Davis, Area Manager said: "I'm so incredibly proud of the Leicester and Chesterfield teams who have achieved this 'Outstanding' recognition, through their commitment to providing the very best support for amazing people."

The Mag's Birthday Party

Also in July The Mag celebrated its 16th birthday. For 16 years The Mag has been developed for and by the people supported by MacIntyre; featuring artwork, recipes, news and stories about new activities, achievements and adventures. Published seasonally, The Mag's Editorial team consist of people supported by MacIntyre who meet to share ideas and discuss upcoming content submitted by readers.

Reacting to The Mag's 16th birthday, The Mag's Editor Donald Delmohamed said:

"I've enjoyed being part of The Mag since the beginning and nurturing it for 16 years. It's brilliant seeing what everyone gets up to and to know that we are showcasing everyone's talents. Ultimately, The Mag belongs to people we support."



Amazon Smile and easyfundraising

In July, building on the success of easyfundraising, we registered for another way to support MacIntyre with Amazon Smile - where 0.5% of the net value of each purchase is donated to MacIntyre.

And if you log into easyfundraising first <https://www.easyfundraising.org.uk/causes/macintyre/> then you'll get a donation from their platform too as Amazon are one of their online shops!

Neither of these will cost you anything and you could raise valuable funds which will make a difference to the children, young people and adults who we support. You just need to set up an account and remember to login before you shop.

End of Term at MacIntyre School

As always it was a busy time at the end of term at MacIntyre School with Sports Day, MacFest and the School Prom for this year's leavers.

Of the Prom, School Principal Fiona Veitch said "My favourite points of the evening included seeing each of our magnificent young people emerging from the limo looking so fabulous and talking to the families who were all overwhelmed, grateful and sad that their children are leaving us."



AUGUST

Moving into Birmingham

In August we announced that we were a chosen provider to support people under the Transforming Care agenda in the Birmingham area. Natalie Macpherson, Development Director at MacIntyre, said: "We are really excited to be expanding into the Birmingham area. We believe we have much to contribute to the lives of people who are moving from long stay places and have many examples where we have supported people very successfully."

New children's home in St Albans

We also announced that we have been chosen to run a children's home in St Albans, Hertfordshire. The home will support four children and young people on a permanent basis who have autism and/or a learning disability and may have a mental health diagnosis. In addition to these placements, there will be an additional area of support, which will be retained for emergency placements. This will offer a short-term placement for children and young people that have an immediate need for accommodation.

Alongside this, the home will offer an extended curriculum. This is designed to complement and reinforce a learning programme, which is delivered at the child or young person's school or Further Education College. The provision will also be made available as part of the Transforming Care agenda within Hertfordshire.

Maria Fiddimore Head of MacIntyre No Limits said: "We are really excited to be awarded this new contract. This new project sits extremely well with our expertise and experience and complements our other areas of support we have in and around Hertfordshire, within our No Limits, MacIntyre School and Hillside Road provision."

Around MacIntyre...

MacIntyre Pool Competition 2018

Thanks to an inspired member of staff, David Hardman, MacIntyre's first Annual Pool Competition took place in June. Held at the Savanna Pool and Snooker Club in Bury, the competition was a chance to make new friends and compete to win the title of MacIntyre Pool Champion 2018.

Discussing how the competition originated, local manager Cath Kelly said: "David started to share his interest in pool with the people we support in Bury. They really enjoyed playing against each other, so David began to invite other people supported by MacIntyre to join in. From there the MacIntyre Annual Pool Competition was born."

At the end of the night, the title of MacIntyre Pool Champion 2018 was secured by Andrew Lawson. In response, David Hardman said: "Congratulations to Andrew Lawson who has made history by being the very first MacIntyre Pool Champion 2018. We hope to see you all again next year."

Hampshire's Big Hike

This summer saw the Big Hike taking place in the New Forest in Hampshire for the first time. Inspired by MacIntyre's nationwide Big Hikes, the New Forest Big Hike was a chance for many people supported by MacIntyre to work together, make new friends and experience the great outdoors – with many experiencing camping for the first time in a secure and inclusive environment. Throughout the week the group took part in a variety of team building activities including group walks, deer spotting and inflatable darts.

Bedfordshire Games

41 athletes from MacIntyre's Bedfordshire Lifelong Learning took part in the annual Bedfordshire Games, taking home a total of 20 medals. 350 athletes took part, competing in a range of field and track events held at Bedford Athletics Stadium. The events included independent and assisted walking races, shot-put, javelin, running and wheelchair races.

The games were an opportunity for people to take part or simply support their friends.

Rebecca Dunhill, Senior Support Worker at Bedfordshire Lifelong Learning said: "There was a brilliant atmosphere and the people we support loved being involved and

showed excellent sportsmanship. A highlight was seeing the smiles on people's faces when they received their medals."

Exploring Gardening

At MacIntyre, we aim to help people we support to learn new things. David, a support worker based in Essex, recalls how he encouraged Bobbie to explore gardening:

"In the early spring, I brought some primroses into the house where Bobbie lives. The idea was to move them into bigger pots with Bobbie and show him the roots of the plants and that plants need water to drink, like us. Bobbie seemed happy to watch. The plants then stood outside in full view.



About a month later Bobbie watched whilst I planted some nasturtium seeds in a seed tray on the kitchen table. In late spring there came a time to repot the nasturtiums into a planter. This involved seeing the roots of the plants, like a few months earlier. Bobbie helped put the plants down into their new home.

Now it's summertime and the nasturtiums are flowering and they sit outside in full view. Sometimes I bring them in so Bobbie can see how they are getting on. He seems familiar with them now and will often say flower."

News from MacIntyre Academies

We were delighted that Discovery Academy achieved a Good judgement as a school with Good across all areas in their first Ofsted inspection in July 2018. Sarah Burslem, MacIntyre CEO, congratulated staff saying "To receive a Good rating at a first Ofsted inspection is testament to the vision, commitment and hard work of the Principal, the whole staff team, the students and their families. Since opening in September 2015 the team at Discovery, with support from both the Academy Trust board and MacIntyre, have worked tirelessly to ensure that the school delivers excellent education in a child centred and compassionate environment"

Across the academies, everyone is looking forward to the new academic year welcoming new students and staff as the schools continue to develop and grow.

Memory Cafés

MacIntyre's Memory Cafés offer a fun, welcoming and relaxing environment for people to take part in social activities, make new friends and enjoy fantastic cake and cups of tea and coffee. They are open to everyone; people living with dementia, those caring for someone that is, friends, families, and those who are just curious to find out more.

MacIntyre now hosts monthly Memory Cafés in four locations:

- Chesterfield, Derbyshire, last Friday of the month, 10-12noon
- Flitwick, Bedfordshire – last Tuesday of the month, 1.30-3.30pm
- Milton Keynes, Buckinghamshire – last Tuesday of the month, 10-12noon
- Warrington, Cheshire – last Friday of the month, 11am to 1pm

There is no need to book your place – just turn up and enjoy the company.

Next Cafés:

Chesterfield: 28 September, 26 October
Flitwick, Bedfordshire: 25 September, 30 October
Milton Keynes: 25 September, 30 October
Warrington: 28 September, 26 October

memory.cafes@macintyrecharity.org

Autism Family Group



If you live in Warrington and have a relative who has a diagnosis of autism, then why not come and meet us? The group meets once a month and provides information and support for family members of adults who have autism.

Come and have a chat, connect with other families and make new friends.

When: The next group meetings will be on 27 September and 25 October

Time: 7pm to 9pm

Where: MacIntyre Learning Centre, Orford Community Hub, Festival Avenue, Orford, Warrington, WA2 9E

Contact: andrea.parr@macintyrecharity.org

You can check the dates of the Memory Cafés and Autism Family Group on our website:

<http://bit.ly/Mac-Support-Groups>

Great Communities

We have formed a partnership with Community Catalysts to work together on the ground-breaking Great Communities project to find innovative ways to think about care and community, push boundaries and learn lessons of national significance.

We want to use the Great Communities project to engage with local people, test all these assumptions, design new ways of working and demonstrate what is possible. The project will forge strong partnerships with Warrington Council and other key stakeholders to ensure this investment from MacIntyre has maximum impact locally. It will then act to ensure this local investment is a springboard to transformational national impact within the sector.

MacIntyre and Community Catalysts know that the people with learning disabilities they support in Warrington have knowledge, assets and gifts that are untapped. We want to use this project to work together to engage with and learn from people with learning disabilities.

Q What are the main aims of the project?

We want to find ways to help people use their knowledge and gifts to enhance their own lives and futures whilst making a contribution to their community. We aim to work with local people and organisations in Warrington to think about how we can build communities that are much more inclusive of people with a learning disability. We also believe that working in this way will result in a wider range of more sustainable local and personalised community support, which will help people with a learning disability to live their lives to their full potential.



Q Why is Great Communities such an important project?

There is a need to develop a radically new vision for a remodelled approach to health and social care which focuses on keeping people well, independent, connected and contributing to their local communities. Councils in areas like Warrington are facing unprecedented demand for services accompanied by significant budgetary reductions. These pressures are leading local authorities to:

- demand 'more for less' from the providers of care services
- tighten eligibility criteria and cut services, so that many people are losing the support and services that they relied upon.

Alongside this, young people and their families in transition to adulthood can face a cliff-edge, with limited options available to them and few aspirations for the future it's important that this project is created to stop people falling through the gap and are supported to achieve their full potential, and that reducing isolation while completing it. This project will also be rolled out nationally so it's very exciting times for all involved.


Q What's happened in the project so far?

The first couple of months were focused on gaining information from the asset mapping exercise, spending time in MacIntyre and other community groups to find out about people's skills and talents. Following this, we officially launched the project and the results of the asset mapping exercise at the end of April to showcase our findings to the local community in Warrington.

Q How can the local community get involved in the project?

If you have any local knowledge, would like to get involved or are interested in finding out more, please get in touch with our Great Communities Project Manager.

 great.communities@macintyrecharity.org

 01925 234443

Wellbeing for Life:

A toolkit of resources to support people as they get older

The Wellbeing for Life toolkit brings together a range of resources to promote awareness and understanding about getting older with a learning disability and living well with dementia.

Each theme contains various resources, including E-learning modules, films, MacIntyre documents for staff, Easy Read information and further reading.

Theme One: Fit for the Future

- Five Ways to Wellbeing
- Challenging Discrimination and Stigma
- Eating and Drinking

Theme Two: Person Centred

- Person Centred Care and Support
- Life Story

Theme Three: Health & Wellbeing

- Access to Healthcare
- Epilepsy in Later Life
- Reducing the Risk of Falls
- Safer Swallowing
- Pain and Distress

Theme Four: Good Support

- Dignity, Respect and Compassion
- Promoting Independence
- Who Else Can Help?

Theme Five: The Dementia Pathway

- Learning Disability and Dementia
- Signs and Symptoms
- Getting a Timely Diagnosis
- Treatment
- Changed Behaviour – including 12 booklets
- A Dementia Friendly Environment
- Validation and Reality Orientation
- Living Well with Dementia
- The Emotional Impact
- The Emotional Impact of Dementia: Supporting Peers and Friends

Theme Six: End of Life Care

- Introduction to End of Life Care
- Exploring End of Life Care
- Loss, Change and Grief
- Talking about Death and Dying
- Advance Care Planning
- Continued Care and Support for Everyone after Death
- Care in the Last Days and Hours of Life
- Providing the Best Support



For more information please contact:
dementia.project@macintyrecharity.org
01908 230 100



Introducing the MacIntyre Family Event

In November we will be hosting our first, free, one-day events aimed at providing useful information for the families of the people we support. As these are our first events we are just hosting one in the North and one in the South.

Details are still being finalised, but the format will be conference style, starting at 10.30am and finishing at 4pm, with a variety of workshops to choose from including:

- Information sessions about accessing accurate Special Educational Needs information, advice and tribunal support
- Support during transition
- A session led by a solicitor providing information about Wills and Trusts
- An opportunity to feed into MacIntyre's Family Strategy

Each event will also include an exhibition of some of our areas of specialist practice where you can meet our teams.

Refreshments and a light lunch will be provided.

When:

- Milton Keynes – Saturday 10 November
- Warrington – Saturday 24 November



If you would like to register to attend this free event, or receive more information as details are confirmed, please contact **Lorraine Devereux** ☎ 01908 230100 ✉ events@macintyrecharity.org



...A Walk to Remember

The 2018 Memories & Miles events will be a celebration of MacIntyre's award-winning, ground-breaking work around supporting people with dementia or at risk of developing dementia.

These events will be hosted at a time when our three-year funding from the Department of Health for this important work will come to an end. We wanted to recognise what has been achieved through the project and use the opportunity to connect with others in each area who may have dementia or know someone who has dementia.

Funds raised from each event will go to support each local MacIntyre Memory Café, a monthly café events for local people.

- All routes are wheelchair & pushchair accessible
- Fun activities along the route
- Free t-shirt & medal for all taking part
- Optional Prize draw to win prosecco/chocolates
- £5 to take part

A number of people and organisations have helped to make these events happen. We should like to give a particular thank you to the Milton Keynes Community Foundation for supporting the Milton Keynes event and to Willsmer Wagg who are gifting all the event t-shirts and medals.

Sunday 30 September	Bedford
Sunday 7 October	Milton Keynes
Sunday 14 October	Warrington
Sunday 28 October	Chesterfield

Each event will start at 11am

Contact events@macintyrecharity.org to find out more or to sign up.

A spotlight on... Independence

Taking GCSE History to France

✉ amanda.chadwick@macintyrecharity.org

Aramis is a young learner with Attention Deficit Hyperactivity Disorder (ADHD). Before his support with MacIntyre began, Aramis was having a multitude of incidents with his peers at school, with disruptive behaviour and a lack of focus meaning his education wasn't being given the attention it needed. As such, Aramis' Mum, Michelle, made the decision to remove him from school for part of the time, which is when the expertise of the MacIntyre No Limits approach was sought.

Additionally, Aramis was refusing to take the medication prescribed to him for his ADHD, more often than not refusing to take it at home. This resulted in methods being used to try and make Aramis take the medication.

Delivering learning in a different way

MacIntyre No Limits is a unique and bespoke alternative education provision which offers local education for children and young people with complex needs. The flexibility of the approach, coupled with the family support provided, was recognised as something that would benefit Aramis and his education as the learning could be provided in a range of contexts.

Aramis began his journey with MacIntyre No Limits in September 2017 as a Key Stage Four learner working towards his GCSE qualifications, one of which was History. After a successful transition period involving the No Limits staff team getting to know Aramis, his family and his preferred learning environment and educational interests, the difference in how Aramis was behaving was soon clear to see.

Aramis' Mum, Michelle, has witnessed first hand the progress Aramis has made. "Before additional support was given from No Limits, Aramis was extremely anxious. Now he's developed a lovely maturity that I've never seen before. His confidence has excelled and he's so much calmer and self-assured."

A trip to France

To combine his key interests of history and cooking, the No Limits team arranged for Aramis to take a trip to Dieppe, France, in January 2018 to cover various areas of his study. The trip included visiting the beaches of Dieppe where the beach landings were attempted in World War II to support the learning as part of his History GCSE course. Aramis worked with the No

"It has been incredible to see Aramis take more ownership of his learning and have a real interest in how everything he is learning will contribute to his future. This wasn't anything that anyone would have thought was possible whilst Aramis was attending school full time."

Limits team to organise the trip; Maths was embedded into the key learning as Aramis organised and saved his own budget and researched and booked ferries at appropriate times to make the most of the time they had for the educational visit. Additionally, as Aramis had chosen to complete AQA units in Orienteering and Food, the trip included Aramis successfully navigating using French maps and cooking French cuisine.

Amanda, Programme Coordinator for MacIntyre No Limits, said: "It has been incredible to see Aramis take more ownership of his learning and have a real interest in how everything he is learning will contribute to his future. This wasn't anything that anyone would have thought was possible whilst Aramis was

attending school full time. Now, with the No Limits approach incorporated into his curriculum, he has even recently taken the time to speak to his teacher about the future topics they will be covering, so that he could prepare accordingly. It is obvious that he is pleased about feeling empowered enough to do this."

As Aramis' involvement in his own education continues, and as more progress continues to be made, the potential for Aramis to achieve is limitless. Michelle continues, "Aramis hasn't just made progress with his education, but with his social abilities too. The way he interacts with people has completely changed; whereas before, if you asked Aramis for a hug – he would sometimes say no – now he initiates hugs and is so much more caring towards those around him. I'm so happy with the progress he has made so far."



Leonora's story

Leonora is supported to enjoy her hobbies, learn new skills and live a life that makes sense to her at her flat in Hampshire. Leonora tells her story about her increased independence...

Since I moved into my flat, things have improved. I have more freedom and staff encourage me to be more and more independent. I am doing a lot of stuff myself in my flat. I go out by myself and I like to go shopping. I am also going to other local areas, and get taxis to do my shopping on my own.

For the first time I am feeling independent; for the first time I am having control over my life. I feel like I am being treated like an adult and staff encourage me to be independent. I have my own flat so there is no one bossing me about! I am becoming more and more independent in my flat, too. I have help from the adult sensory team to develop my skills and I am doing things like making sandwiches. I am basically really happy.

Thanks to Leonora for being interviewed! We're thrilled that you feel so happy in your new home.



✉ hello@macintyrecharity.org

Travelling to work independently

Malcolm supports David in Worcester. After David mentioned that he wanted to be able to travel independently to work, Malcolm put a plan in place to make it happen. Malcolm tells the story...

David has short term memory loss, but he is very independent and proud. David highlighted through his monthly Person Centred Plan (PCP) that he would like to be able to catch the bus from his home all the way to work. This involves two bus rides, which David would find very hard to remember.

David's routine on a Tuesday is that he would be dropped off in Worcester Town Centre then walk to the bus station where he would catch the bus to work. David has been doing this for a number of years. To introduce a new bus route to David would be very difficult because of his memory difficulties.

I spoke to David's parents and told them of David's goals from the PCP meeting. They were both concerned that David would not be able to remember another bus route, or remember the bus route from home to the bus station but forget the bus route to work. We decided it would be a good idea for David to take part in bus training. I spoke to David about what was I was proposing to do to help him achieve his goals and he was really pleased that he would be getting bus travel training.

One Saturday, David was support to go to Worcester on the bus. I had asked the Support Worker to tell David every aspect of the journey, where to catch the bus, what number bus to get on and to stay on the bus until it got to the bus station.

David enjoyed the first training session. Then throughout the week we would remind and ask David about the bus journey. Initially, David could only remember where he got the bus from.

After completing 3 sessions of bus training, I created a bus passport that had brief memory joggers for David so he could refer to if he became stressed or anxious. Each week I would continue to ask David questions about bus training to underpin his knowledge. After a while, I was confident that David would be able to remember the bus route he needed to take to get to work.

The day came, and David was really pleased and excited about getting the bus on his own as being independent is so important for David. David successfully got the bus on his own and made it to work!

Malcolm Patterson, Senior Support Worker, Worcester

✉ malcolm.patterson@macintyrecharity.org



Dates for your diary

- Sunday 30 September:** MacIntyre Memories & Miles, Bedford
- 5 and 6 October:** TES SEN Show, Business Design Centre, London N1
- Saturday 6 October:** MacIntyre Orchard Day, Warrington
- Sunday 7 October:** MacIntyre Memories & Miles, Milton Keynes
- 8-12 October:** Go Purple is back! Join us for a whole week of week of Go Purple celebrations. What will you do?
- Tuesday 9 October:** Autism Central Birmingham
- Sunday 14 October:** MacIntyre Memories & Miles, Warrington
- Thursday 25 October:** Autism Family Group, Warrington
- 26-28 October:** Kent Painters Group, Sevenoaks School, Kent, TN13 1HU
- Sunday 28 October:** MacIntyre Memories & Miles, Chesterfield
- Saturday 10 November:** MacIntyre Family Event, Milton Keynes
- Saturday 24 November:** MacIntyre Family Event, Warrington
- Thursday 28 November:** Learning Disability Today, London
- Sunday 2 December:** MacIntyre Christmas Fair, Woburn Abbey Bedfordshire

Details for all these events can be found on the MacIntyre website www.macintyrecharity.org/events or

✉ 01908 230100 📞 events@macintyrecharity.org

Contributing to the learning disability sector

As well as making a difference to each individual we support, we also like to make a contribution to the sector. This year a number of our Directors and specialists have spoken at events and conferences and we continue this theme this autumn.

- In September Emma Killick, MacIntyre Adult Services Director's will present a "Case Study: Providing CQC Inspected Adult Social Care - The Voluntary Sector Perspective" at the Inside Government Conference

- On 5 and 6 October we will have an exhibition stand at the TES SEN Show in London
- On 9 October we will be speaking and exhibiting at Autism Central in Birmingham
- On 28 November Natalie Macpherson, Development Director will be speaking at the Learning Disability Today event in London

Details of all these events are available on the MacIntyre website, or contact us at hello@macintyrecharity.org or [phone 01908 230100](tel:01908230100).

How will you get involved?

Therapy Room at MacIntyre School

Callum Sillitoe and the team who undertook Lands End to John O'Groats in the most treacherous conditions over Easter and raised over **£2,400** for a new Therapy Room at MacIntyre School.



Ian Herbert who undertook the Bay Cycle Challenge to raise funds for the house in Cheshire where his sister is supported.

'Team MacIntyre' - Sharon & Sam Spittles, Nik Taylor and Rebecca Fowler who ran a marathon distance blindfold in March to raise over **£600** for MacIntyre and two other local charities.

St Ninian's United Reform Church in Luton who raised **£77** from their 'loose change' bottle.

The Lord's Taverners who donated a table cricket set for Endeavour Academy in Oxford.

Cheap Panini Sticker challenge

As the World Cup came to an end it marked the end of a different challenge for *Alex and Sian Pratchett*. The couple managed to raise a fantastic total of over **£7,500** by drawing every 2018 World Cup Panini Sticker for MacIntyre and three other charities.

Their quest began on the day the World Cup 2018 started. With 682 stickers to draw in a month, self-confessed limited drawing skills and a baby to care for; the pair knew it was going to be a challenge. The couple kept fans updated and entertained with their latest drawings on Twitter (@CheapPanini) during the 32 day tournament.

Finishing their final drawing, Alex and Sian said: *"We made it! Thanks to everyone who has followed, shared, made fun of us, and donated to our good causes. It's been a blast."*

Sian works at MacIntyre's Endeavour Academy in Oxford so all funds raised for MacIntyre will directly benefit the students at the Academy.



Leanne Baxter and the team who undertook a 19.8 mile walk in the Malvern Hills and raised over **£450** towards an adapted bike for MacIntyre in Leicester.

Matt Worthington from Storm Videos who ran a World Cup charity sweepstake which raised **£340**.

Donna White who completed a Loop the Loop challenge in a glider and raised over **£500**.



The team who abseiled down the Spinnaker Tower in Portsmouth and raised over **£2,300** for MacIntyre in Hampshire and MacIntyre School.

Jamie Wooldridge who cycled 308 miles in three days to raise over **£2,000** for the new kitchen at Stony Stratford Coffee Shop.

Our *Milton Keynes Marathon runners*, including the two relay teams, who raised over **£1,000**.

A BIG THANK YOU too to all the Trusts and Foundations who continue to support us and to all the local companies who have supported our events through the gifting of raffle and auction prizes.

Thank you!

We have some amazing supporters who continue to find different ways to raise money for MacIntyre. Thank you to...

Amphill Methodist Church who made a donation of **£200** for our Lifelong Learning service in the town.

Milton Keynes Chamber of Commerce who raised **£500** for MacIntyre in Milton Keynes during our year as their nominated charity.

Steve and Debbie Wilding who continue to raise money from a collection tin at their fish & chip shop.

Amara Wilshin who raised **£166** by completing a sponsored silence at school.

Pinpoint Facilitation Limited who made a donation of **£200** for our Lifelong Learning service in Oxford.



Our London Marathon Runners who together raised just under **£10,000** for MacIntyre in Leicester, Stony Stratford and Warrington.

Corporate Supporters

We have a number of fabulous companies who support us. Here's what three organisations have been doing recently:

Willmott Dixon

The UK's leading independent construction and property services company, Willmott Dixon has been supporting MacIntyre since 2016.

During August a team from Willmott Dixon's Trainee Challenge have been developing a summerhouse for people we support in Waring Close in Leicester, creating a much-needed additional space.

Merle Davis, Area Manager for MacIntyre in Leicester said: "We are very excited to see the space at Waring Close transform from what was a tired garden to a fantastic place for the people we support to relax and have art and music therapy sessions. We know that this will make a huge difference and we want to express our immense gratitude to all the team working on the Willmott Dixon Trainee Challenge."

Jurys Inn

Between 25 June and 20 July Jurys Inn Milton Keynes thought of all sorts of ways to raise money for MacIntyre and we could not be more grateful. Included in their fundraising activities were

- an 8-mile walk or cycle ride
- a competitive staff bake-off
- an exercise bike challenge in the hotel foyer

The team raised over £290 – and also raised awareness of MacIntyre through their events. Helen Collins, Human Resource Manager for Jurys Inn Milton Keynes said: "We really enjoyed the charity challenge month and look forward to working with MacIntyre for future fundraising activities in the future."

Franklins £50 Challenge 2019

We are really excited to be involved in the 2019 Franklins £50 Challenge.

What is the Franklins £50 Challenge?

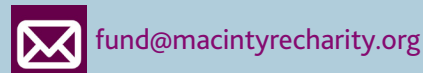
- A no risk challenge for your business
- A different way to fundraise & support MacIntyre
- A great way to team build
- The chance to win a brilliant award

How does it work?

Franklins Solicitors will give a team from your business £50 to invest and reinvest from 24 January to 21 March 2019 with all money raised benefitting the people MacIntyre supports.

In 2018 over £48,000 was raised from this Challenge.

More information can be found on our website or just contact the Fundraising team.



Congratulations to all our staff members who have received their Long Service awards!

5 years

Adetokunbo Adedeinde
Amy Carter
Antony Chasaya
David Farrall
Jodie Fretwell
Simon Hau
Hannah Hilton
William Johnstone
Kay Jones
Sophie Jones
Amanda King
Helen Morris
Paula Pickett
Linda Powell
Pam Rozentals
Katarina Sepelova
Daniel Simmonds
Michelle Smith
Katarzyna Stopa
Julie Winfield
Eva Zawedde

10 years

Simon Andrew
Ingrid Elms
Louise Holmes
Jeffery Hunt
Wilson Mungwira
Godfrey Muula
Linda Payne
Jakub Potmesil
Vickie Redmond
Marian Sandwell
Daniel Sapple
Ingrid Smith
Laura Taylor
Kathryn Webb
Mark White

15 years

Christopher Armstrong
Susan Bueno
Elizabeth Buxton
Hannah Crampton
Susan Holman
Janetta Hunt
Martin Ibbotson
Karen Marriott
Alison McIndoe
Claire Roberts
Adam Scott
Beryl Sillitoe
Pauline Thomas
Yvette Todd
Karen Walker
Amber Whittaker

20 years

Vivienne Donald
Mercedes Douglas
Gloria Lusack
Tina Nicholls
Georgina Owen
Frances Smith

25 years

Claire Dove
Dee Ellis
Georgina Grice
Mariella Protopapa



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 us 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 MacIntyre Lottery is a great way to show your support for MacIntyre whilst also having a chance to win one of seven cash prizes each month!

For more information contact the Fundraising Team on fund@macintyrecharity.org or call 01908 230100.

Latest winning numbers

January

First prize of £500: 442
Second prizes of £50: 376, 330
Third prizes of £25: 306, 215, 89, 135

February

First prize of £500: 51
Second prizes of £50: 13, 38
Third prizes of £25: 476, 253, 444, 381

March

First prize of £500: 330
Second prizes of £50: 404, 495
Third prizes of £25: 340, 334, 450, 473

April

First prize of £500: 449
Second prizes of £50: 287, 60
Third prizes of £25: 50, 222, 365, 382

May

First prize of £500: 39
Second prizes of £50: 2, 421
Third prizes of £25: 37, 102, 474, 306

June

First prize of £500: 135
Second prizes of £50: 235, 282,
Third prizes of £25: 468, 435, 184, 360

July

First prize of £500: 13
Second prizes of £50: 75, 95
Third prizes of £25: 301, 176, 53, 238

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.



MacIntyre

Providing support...your way

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