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putting individuals first ...

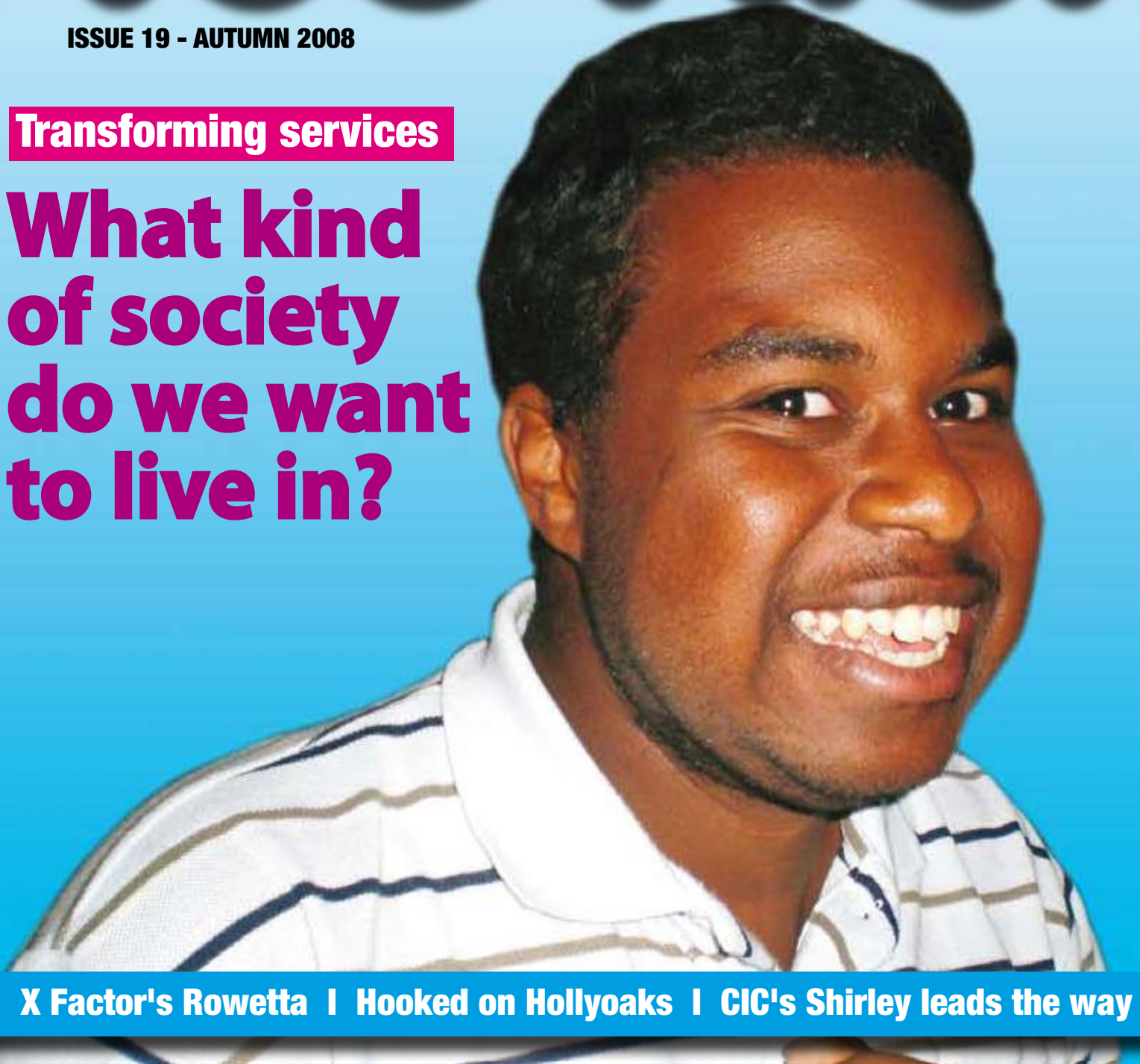
The magazine for supporters of Community Integrated Care

You First

ISSUE 19 - AUTUMN 2008

Transforming services

**What kind
of society
do we want
to live in?**



X Factor's Rowetta | Hooked on Hollyoaks | CIC's Shirley leads the way



Phil's Foreword

Welcome to the latest edition of **You First** magazine - have you noticed that things look a little bit different? In **You First 18** we asked for your opinions on our magazine; it was good to hear that so many of you look forward to reading about the CIC community and share your copies with friends and family. Following your feedback, we decided to update **You First's** look to a brand new design. I hope you agree that our editorial team and the designers have done a great job!

Whilst there have been lots of changes to the magazine, I'm pleased to say that we still have the same high standard of content. Our Community and News pages (p4-7) give an idea of the breadth of talents and success that CIC has to celebrate. Over the past few months we have seen many personal achievements from both people who access our services and CIC staff. These have included everything from a raft of new qualifications, to Jason Wright from Gipsy Lane in Leicester doing us proud at the 2008 RDA National Championship Horse Riding Finals.

As many of you will already know, CIC was founded in 1988 following the closure of long-stay hospitals. We wanted to provide each person leaving institutionalised hospitals with care and support based upon the principles of choice, dignity and respect. The story of Shirley Davies (p16), the first lady in the UK with 'profound' learning difficulties to live independently in her own tenancy, really puts into context the history, vision and values of CIC. It has been 16 years since Shirley first moved into her own home, and her life has transformed beyond measure. Her success is the result of a determination to seize opportunities and the dedication of the team that supports her. In our twentieth year and as we look to move towards self-directed support (p23), Shirley's story is both timely and very relevant.

There is certainly a lot of variety in this edition. We have a scrapbook of photos from two of CIC's most unique services, the Children's Enablement Service and the Rievaulx (p14-15) in the North East and football predictions of some footy fanatics from our Homelessness Relief services in Halton (p21). There are fascinating health tips for seniors in our 'Fitness for Life' feature (p8-9), some amazing tales from the Paralympic Games (p19) and a discussion on 'inclusive clubbing' with X Factor star Rowetta (p10-11). If any of these articles inspire you to tell us about your story or have given you ideas for the magazine, please contact the editorial team.

Best Wishes

Chief Executive
Phil Edgington

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Magazine Readership Survey

The results are in... and the **You First** team are delighted to hear that 91% of you rated our magazine as good or excellent!

We had a great response to our survey and received some fantastic feedback from you including tons of tips and hints on how you think we can make our magazine even better. These included more competitions, more photographs, and the most popular suggestion of all – a fun and fresh design. So, with that in mind, we hope you like the first edition of our new look **You First**!

Thanks to everyone who took time to complete the survey and as always, if you have any thoughts or ideas for the magazine, please email us at danielle.chan@c-i-c.co.uk

Recommend a friend

Do you know someone who would like to receive **You First** magazine?

Send us their details: -

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putting individuals first ...

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You First is printed on paper that is manufactured from sustainable forests
and is elemental chlorine free.

News



A new website, www.connectingforcare.co.uk, has been launched to support paid and unpaid carers to share experiences, exchange information and expand their support networks.



“Screen Stars”

Form an orderly queue for autographs! Everyone at the Wolfcraig Project in Stirling will be appearing on our screens on 29th September 2008 in a new BBC 2 documentary, which focuses on the Retired and Senior Volunteer Programme, who the Project work in partnership with.



Northumbrian Water chose to help out at The Whinnies allotments in Northumbria this summer as part of their team building event. Twenty-five men spent two days helping out on the three large allotments that make up CIC's gardening project – SIGN (Social Inclusion Gardening Network). Paul Lowe, Team Leader at Northumbrian Water said, “It was great to be able to add to the excellent work that Brenda and her staff do at the Whinnies.”



Welcoming the Mayor of Halton to the official opening of their new sensory garden, was the staff and residents at St Patrick's Care Home, Widnes. The garden, which was funded by a capital grant, includes a variety of sensory features including aromatic flowers and herbs, along with water features and bird tables to encourage wildlife.



“A Credit To Us”

Grace Carson and Carole Sutherland of Belmont Road, Edinburgh, received their Skills Accreditation Award from the Borders College. Both Grace and Carole would like to say a big thank you to everyone at Juniper Green Bowling Club, especially Club Secretary, Douglas Stuart, for making their night so special. Well done to you both!



Clever lot...

Congratulations to...



Helen Cook and Mark Laight, Managers from Green Heys and Winsford Grange who were awarded their Master of Business Administration (MBA) from Liverpool University.

Bernie McDerra, Project Manager at Belvedere, Runcorn, who passed his ILM Management qualification in July.

Paul Caslin, Vocational Support Co-ordinator, who recently passed his NVQ level 4 in Management.

Nicola Ferns and **Stephanie Hughes** from CIC Support Services both attained AAT Technician qualifications.

Employee Forum Winners

Staff at Crompton Drive, Liverpool, are July's Employee Forum Winners. The team were nominated for their continued commitment, dedication and person centred approach. Jay Lomax, Service Manager said, "We are very fortunate to have such a great staff team at Crompton Drive. They continue to strive to provide the very best care for the people they support."



New statistics published by the Information Centre for Health and Social Care and the Home Office reveal the attitudes of England's young people towards drugs. The study of school aged pupils revealed that the majority of young people do not feel that drug use is acceptable and that amongst 16 -24 year olds the overall use of illegal drugs is at its lowest ever level since 1995.



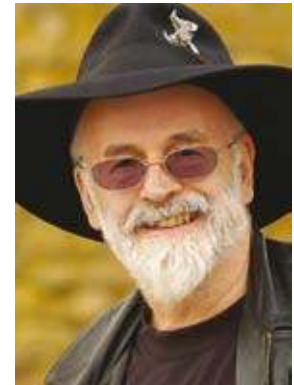
Preparations are being made for the Homeless World Cup, which takes place this year in Melbourne between 1st-7th December. The tournament will see 500 homeless individuals from 48 different nations compete in street football matches played on custom-built pitches. To view some of the action from the last tournament and find out more about the games visit www.homelessworldcup.org



St Stephen's care home, Cheshire, hosted a tea party recently to raise money for Christies Hospital.

Up for an award...

Good luck to CIC's Learning and Development Department who have been selected as finalists in the National Training Awards 2008 for our E-learning induction programme.



Author Terry Pratchett discussed his battle with Alzheimer's with BBC's Panorama programme. The author, who has sold 55 million books worldwide, discussed how he still had ideas for novels, but is now beginning to struggle to type. Pratchett said, "I type badly - if it wasn't for my loss of typing ability, I might doubt the fact that I have Alzheimer's."

A series of workshops are being held across the country to mark Healthy Ageing Day (September 24th). The workshops which are run by the Chartered Institute of Environmental Health will discuss 'good nutrition' for older people and provide helpful tips on how to ensure older people continue to enjoy their food and get the most out of a well balanced diet. See www.cieh.org/events.html for more information.

Community

“Gardener grows”

Just some of the Gardner House residents enjoying the Hartlepool sun in their newly refurbished garden. The revamp, which was funded using money from a capital grant fund, also saw the transformation of what was an ordinary lounge into a home cinema!



A big thanks to AIM's social inclusion group in Glasgow for organising their annual Easter Dance. Many people supported by CIC attended the event, with everyone looking very fetching in their homemade Easter bonnets!

“Amy's animals”

Good luck to animal lover Amy Evans, who is being supported to volunteer at Gorse Hill Farm, Leicester.



Ryan Murphy, Handley Street, Leicester in charge of the BBQ at a recent cocktail party for all CIC local tenants.



66

Jason Wright, from

Gipsy Lane in Leicester, recently took part in the 2008 RDA National Championship Horse Riding finals. Jason came an amazing 4th in the Championships, which attracts the best riders from all over the country. Well done Jason!

99



Drummond Place, Edinburgh, enjoyed a girly night when they went to watch Girls Aloud perform at Edinburgh Castle. Rachel Wilson and Christine Gowans said, “We had a wonderful time and danced all night!”



"Hello I am Edna Lock. I recently celebrated my 58th birthday. We had a disco and buffet. All my friends from CIC homes came to help me celebrate. I got lots of cards and presents, but my best present ever was when my brother Tony walked in. We had lost contact 13 years ago; little did we know we only lived along the street from each other! So now Tony can visit me at my flat anytime he likes."



Carlingwark House, in Castle Douglas, organised a special party for support worker Stacey Currie and husband Dougie Rennie when they wed on 2nd August 2008.



Action packed: Halton Goals, Runcorn, enjoyed a trip to the outdoor Crocky Trail and a visit to Liverpool Football Club.



66 St Patrick's resident, Lilian Smith, and her husband William, enjoyed a special celebration for their 60th wedding anniversary, which included a message of congratulations from the Queen herself **99**



"A right old knees up!"

Recreating the funfair of yesteryear was the aim of CIC's Thomeycroft day care centre, Stranraer, when they hosted their own 'funfair week', including 'roll the penny', 'hook a duck', 'hoop-la', along with 'glamorous granny' and 'knobbly knees' competitions!



"Memory Lane"

1940's Britain was the theme of CIC's Community Link dual diagnosis fundraising event in St Helens.



Fitness fo

How to healthy

Everyone knows that exercise and a healthy balanced diet keeps us fit and helps improve our life expectancy. For older people however, the importance of health and fitness is even more important. Studies have proven that a healthy, varied diet, mental stimulation and physical exercise can reduce frailty and delay cognitive decline. With this in mind, **You First** look at some interesting ways to promote a healthy old age.

1 A taste of the good life
Many studies point to the Mediterranean diet being a great foundation to a healthy life. The traditional diet of

Greece and southern Italy is rich in fruit, vegetables, bread, cereals, beans, nuts, seeds and olive oil, has limited red meat and is accompanied by exercise. A study by the American Medical Association, found that people aged between 70-90 who followed this diet for a decade lowered their risk of death by 23%. Other studies show the diet reduces the risk of developing Alzheimer's by 10%, the risk of heart disease and provides substantial protection against developing type 2 diabetes.

2 Sleep tight
As a nation that works some of the longest hours in the world, many of us don't get all of the sleep that we need. However, a proper nights snooze strengthens connections between nerve cells and the brain, a key process in learning

and memory. So now you have no excuse in making sure you get every one of your 40 winks! By establishing a regular sleeping pattern you will keep refreshed and energised.

3 Mental agility
Mentally stimulating exercises such as reading books, newspapers, magazines, playing cards or doing crosswords have all been linked with significantly reducing the risk of Alzheimers. Another positive is that studies suggest that you are never too old to benefit from mentally stimulating activities.

4 It's good to talk
Socialising with friends and family is one of life's great pleasures, butnow we have a great excuse for a gab – it keeps us healthy! Studies demonstrate that older people with a wider social network are less likely to suffer cognitive impairment as socialising has a protective effect on brain function.

Dr Life

stay



5 Stretch yourself
Yoga might seem like an unlikely choice of exercise for older people, but studies show that seniors who take up the ancient exercise form have increased balance, coordination and stability and are therefore less likely to have trips and falls. Tutors across the country are teaching specially adapted forms of Yoga designed especially for older people; see www.bwy.org.uk to find a tutor in your area.

6 Keep on running
A recently completed study tracked 500 runners and non-runners, who were in their 50's, over the course of two decades. It found that they were half as likely to die prematurely of illnesses such as cancer and that they developed disabilities at a much later age (on average 16 years). Physical exercise has numerous health benefits. It is linked to protection against age-related decline

in cognitive function, possibly because exercise stimulates the growth of new blood vessels and keeps existing vessels open and functioning. Campaigning charities like Age Concern are trying to ensure that older people meet the recommended minimum of 30 minutes moderate exercise five days a week, so even if jogging isn't for you, you should always aim to keep active.

7 Drink up!
Good hydration is essential for all ages, but it seems many seniors don't have the fluid intake they need. 8 to 10 glasses per day is recommended for older people. Water UK states: "Good hydration in older people can assist in the management of diabetes and help prevent pressure ulcers, constipation, urinary infections and incontinence, kidney stones, heart disease, low blood pressure, cognitive impairment, falls, poor oral health, skin conditions and many other illnesses", so it's clear that keeping hydrated is drenched in benefits!

Our activities coordinators

We spoke to Jackie Flaherty at St Lukes in Runcorn, a CIC care home that specialises in providing care and support to older people with physical frailties and mental health concerns, to discuss the work she does as an activity coordinator.

"We do a lot of activities at St Lukes, from sensory stimulation, to art and craft classes, bingo and cookery classes.

We have a day out every week, visiting community cafes, going to the local park or even having a drink in the local pub. There is a real sense of fun at our home and we have entertainers visit us at least once a month.

A few weeks ago we opened a new conservatory which has been a brilliant addition to our home; it gives us plenty of space to host activity sessions and lots of fresh air. Today we have been doing an arts session where our residents decorated pottery."

“ I really enjoy getting to know the residents I work with. I always try to get to know their interests and personality so I can engage them. It's great to see the good results that our work produces. ”



Let's go to

FROGTASTIC CLUB NIGHTS

The North West is host to an exciting new club scene – 'Frogtastic' club nights are a unique, inclusive, clubbing experience aimed at people with learning disabilities, their friends and family, as well as the wider community.

As Frogtastic's reputation and popularity grows (tickets for the Manchester nights are now selling out three months in advance) we met up with organiser Terry Snowden to find out about this emerging phenomenon.

Terry explains, "Frogtastic nights are the same as any other kind of night out; it's about socialising, dancing, having a drink, listening to music, watching acts or bands, and generally just having a great time. The most important thing about our nights is that they are for anyone and everyone. Without this element, they wouldn't be 'inclusive'."



Using his contacts from the music industry, Terry has been able to attract some big acts to perform, from well known tribute artists ranging from Kylie Minogue to Amy Winehouse, to the fabulous X Factor star, Rowetta. But with such a wide ranging audience, how do the Frogtastic nights possibly cater for everyone's tastes? "That's the easy part," laughs Terry, "We make sure our DJ's play music that everyone knows, from pop to dance to rock; we play requests all night long and the classic pop acts like Westlife and Girls Aloud always go down a storm!"

The first ever event was held at the Frog and Bucket club in Manchester, hence the name "Frogtastic", and the bi-monthly nights are now held at several venues in both Manchester and Liverpool.

It's clear from the attendance at the nights, these kind of events are long overdue. "Often, when people with learning disabilities try to access mainstream nightlife they may encounter ignorance, discrimination, and aggravation" Terry explains. "What we do is ensure a real nightclub environment, in the city centre, catering for people with disabilities, whilst trying to attract all clubbers to attend our nights, instead of the other way around."

Terry's passion and commitment to promoting a genuinely inclusive society is strong. He says, "The golden rule of inclusion to me is that there are no barriers;

people with any form of disability should be able to enjoy the same experiences as those in the non-disabled community."

Terry is full of ideas for developing an inclusive social scene. He is excited about future Frogtastic-style projects, including plans for the first ever 'inclusive' golf tournament. Terry says, "The last ten years have been amazing. We have achieved things that I never thought possible. We just want to keep on providing experiences to as many people as possible, breaking down barriers in society for disabled people and of course having fun!"

To find out more about The Heroes Project and their Frogtastic club nights log on to www.heroesproject.org.uk



Kerry (25), Kelly (24) and Carla (20) from Drummond Road, Liverpool, recently went along to a Frogtastic night and had this to say:-

"We all love a good night out, so when we heard about Frogtastic we couldn't wait to go. We spent the whole afternoon getting ready. We had a fantastic night. The atmosphere was amazing; everyone there was really friendly. The music was really good too. We can't wait for the next Frogtastic night."

o the hop

Fresh from her recent performance at Frogstastic in Manchester, **You First** caught up with X factor finalist and former Happy Mondays vocalist, Rowetta, to find out why she supports the inclusive club nights, whether she is excited about the new series of the X Factor, and what she really thinks about TV's Mr Nasty, Simon Cowell.

YF: Rowetta, we heard that you put on an amazing show for clubbers at the Frogstastic night - how was the show?

R: Honestly, it was amazing, everyone just completely let their hair down! The whole vibe was brilliant, a real party atmosphere. I don't think anyone wanted to go home!

YF: How did you feel your performance went?

R: I did a mixed set of mainly uplifting tunes; some Motown numbers, some of my own tracks. The audience literally danced all night long!

YF: What do you think about this new 'inclusive' club night phenomenon?

R: It's a brilliant concept and something that's close to my heart. My uncle, who has now passed away, was blind and deaf, and he lived with lots of other people with learning disabilities. Sometimes there'd be events organised for them but they weren't inclusive because they were purely for people with some sort of disability.

YF: And do you think that the Frogstastic night managed to achieve the 'inclusive' status that it wanted?

R: Absolutely. I really didn't know what to expect, but I hoped that it wouldn't seem like a 'special' night for people with disabilities. I think events should be for everyone and that's definitely what the Frogstastic night was all about.

YF: Do you think you'd perform at a Frogstastic night again?

R: Definitely! As soon as I am asked! It's very rare that I go out on a Wednesday night and have as good a time as that.

YF: We couldn't let you go without asking about your time on the X Factor. With such a successful singing career already behind you, what made you apply for the show?

R: At the time I had been out of the limelight for a couple of years. I had watched Simon Cowell on American Idol and I thought he was brilliant. So when I heard that there was no age limit for applicants, I knew it was just too good an opportunity to miss.

YF: Was the whole process really nerve-racking?

R: When I went to the auditions, it was just for a laugh really. I just wanted to hear Simon say that I was a good singer, so once he did I felt like I'd already won!

YF: You did amazingly well to come 4th in the show; now you look back are you pleased you entered?

R: The thing I am most proud about is that I was the last woman standing. It was fantastic to work with everyone on the show, and it's opened up so many new doors for me. It was an amazing experience from start to finish. I can't wait to tune in to see the new series.

YF: Finally Rowetta, what are your plans for the future?

R: I've got lots of new gigs coming up and I'm working on some dance tunes. I'll never stop singing because it's what I love. I'm also focussing on my radio show which I present on Gaydio 87.7 FM in Manchester. I'm just really lucky that the work is still coming in and I'm enjoying it all.

For more about Rowetta check out her website at www.rowetta.com



In the media: Substance misuse

Can popular TV and radio programmes help young people grasp the dangers of substance misuse? BBC Radio 1 is trying to transform attitudes on binge drinking whilst Channel 4 soap opera *Hollyoaks* recently engaged in a hard hitting heroin storyline. **You First** takes a look at both campaigns...



Radio 1 & 1Xtra's ALCOHOL EXPERIMENT

Radio 1's alcohol campaign aims to make young people in the UK more aware of the effects of binge drinking. Shocking new statistics reveal that 53,000 under 25 year olds were admitted to hospitals in England between 2006-07 as a result of excessive drinking, and with growing concern about individuals in their 20's developing serious liver disease and other alcohol related conditions, the campaign has an important message.

Radio 1's initiative aims to change attitudes by not only highlighting the long-term damage that alcohol can do to processes in our body, but also the dramatic effects that it can have on looks and waistbands!

A new mini-site set up on the Radio 1 website uses games, video diaries and photos to engage a younger audience. This multi-media approach is being favoured by campaigners including Liverpool City Councils 'PSSST!' Campaign and CIC's Positive Communities website. One particularly shocking section of the Radio 1 website is an animation that shows the effects that drinking above

the recommended daily amount of alcohol would have on the station's popular presenters. Over the course of a decade, Fearne Cotton is almost unrecognisable in her transformation from a glamorous and fresh faced TV presenter to a tired and worn looking blonde. Another game converts the drinks that you have on a night out into calories and then reveals their equivalent in food (shockingly drinking three pints of beer is 535 calories, the same as scoffing a hot dog, onion bajhi, doughnut, and a jaffa cake!)

On the airwaves, presenters have been trying to further the alcohol debate. Scott Mills visited Leeds General Infirmary, where the majority of people who visit their hospital of a Friday night receive treatment because they have

consumed too much alcohol. In his report, Dr Philip Morgan of their A&E department described A&E on a Friday night as 'carnage'.

Perhaps the most astonishing element of their campaign is the 'Alcohol Experiment' that presenter Aled Haydn Jones is taking part in. Over the course of two weeks he drank 8-10 units, twice the recommended daily amount of alcohol. Thirteen days into the experiment and the drinking was already beginning to take its toll on his body. Aled complained, "My liver is swollen, I'm dehydrated, my breath smells and I have head aches."



To learn more about the Radio 1 alcohol campaign visit:
www.bbc.co.uk/radio1/alcohol/2008

Channel 4 soap Hollyoaks never shies away from controversial issues, so its portrayal of respectable teenage students rapidly descending into heroin hell made shocking viewing. We spoke to Hollyoaks writer Maurice Bessman to discuss the impact he hopes their story will make on the show's young audience.



heroin use amongst younger people isn't too widespread a problem, but it is still a problem for society and has devastating consequences. It is an issue that should be explored."

Cath Groves, Director of CIC's Addiction and Homelessness Services said, "It is interesting

that, whilst illegal drug use seems to attract so many headlines, the harm done by legal drugs such as alcohol can be far reaching. The emphasis on education and prevention can help to tackle the issue at an earlier point before people have a real problem. It is also important to remember the less visible victims of substance use – the families, children and communities of problematic substance users. CIC Addictions Services already help many people every year who have problems with both drugs and alcohol."

She added, "The Hollyoaks and Radio 1 initiatives have the potential to raise awareness of alcohol and drug use amongst young people. Parents are often the best people to educate their children, but many find it difficult to talk about these issues with them. Stories in the media can provide a useful discussion point for the family."

for their next fix, they began stealing from friends and family to fund their habit. Sasha had sex with her dealer in exchange for more drugs. They failed their exams, lost the trust of the people who cared for them and became isolated from everyone but the people who wanted to exploit their addiction. They hit rock bottom. Sasha overdosed on the drug, almost killing herself, and was arrested for stealing. Fletch was made homeless and trapped in a cycle of theft to fuel his addiction.

The script was shocking, pushing the boundaries for youth television. Maurice wanted Sasha and Fletch's story to make an impression with the Hollyoaks audience, "The episodes were very edgy, we wanted to show people the effects and the massive consequences of heroin use."

Despite working within the constraints of early evening television and the soap opera format, the Hollyoaks writers wanted to ensure that the story would be realistic, contemporary and informative. "I pitched the idea of the heroin storyline a year before it was aired", Maurice explained. As an accomplished scriptwriter, Maurice had been involved with a ground-breaking heroin storyline on the legendary soap Brookside. He had also worked as a nurse so was already acutely aware of issues surrounding heroin use. The Hollyoaks writers also spoke to addictions and mental health practitioners to ensure they brought an accurate portrayal of addiction to our screens.

Maurice believes that the heroin storyline is relevant to today's society. "When you go into cities you do see young people who are hooked on drugs. I know people who have worked providing drugs treatment for decades and they still as busy as ever. We know that statistically

For over a year, Hollyoaks viewers got to know Sasha and Fletch as likeable, average sixth-form students, experiencing the usual teenage ups and downs. As their story progressed they fell in love and supported each other through set-backs and insecurities.

Slowly, the dramatic storylines began to unfold. Sasha's mum died in a hit and run accident and she felt isolated when her father's new girlfriend moved in with them. At the same time we see Fletch developing into a hedonistic, easily led, desperate to be cool young man, with aspirations of becoming a rock star. Fletch first sampled drugs at a house party, trying his first joint with friends and quickly became a regular cannabis smoker. At first Sasha wanted nothing to do with it, but as her home life began to bring her down, she joined him. From these first seemingly "innocent" smokes they moved on to trying speed at a party. On finding a small bag of heroin, curiosity got the better of the pair and they tried the drug. It was one experiment too far as both characters quickly became hooked.

Scriptwriter Maurice Bessman explains; "There was a lot of research and debate amongst the writers about the characters route to heroin addiction. Many people have friends that smoke cannabis recreationally that never move onto trying harder drugs. It was my experience, however, that some people do and I think that we were right to reflect this."

As the characters became desperate

Northern Stars

As one of CLC's fastest growing service areas, there is so much going on in the North East.

Intent on finding out more, **You First** visited two of CLC's young Independent Living projects.

Rievaulx Centre

The Rievaulx Centre is a day centre for young adults with learning difficulties which aims to teach practical and creative skills through activities such as arts and crafts, farming, cooking, drama and even five-a-side football! The Rievaulx is committed to providing educational and occupational training that matches people's individual needs. When we caught up with the students at the Rievaulx many of them were busy with last minute preparations for their own show, a medley of songs from hit musicals. Others were away working hard at the farm project, growing their own vegetables to sell and the arts and crafts group were busy making all manner of creative pieces. We also met Elizabeth McLone and Paul Jackson who both access CIC services and work voluntarily at the Rievaulx. Elizabeth works in the office and Paul works in the kitchen. Service manager Tracey Russell said, "There is always so much happening at the Rievaulx. We have up to 60 people accessing our services and we provide lots of opportunities for people to get involved in new activities."



Children's Enablement Service

The Children's Enablement service is an after-school, weekend and school break project for children and young adults with autism and learning difficulties.

The project, whose aim is to achieve greater social inclusion for its members, provides a wide range of activities from swimming, football, and trampolining, to shopping and leisurely weekend breaks, for the less energetic!

Twenty-three children access the service. The youngest person is two years old and the eldest is 21. Project manager Katrina Pooley said, "The Children's Enablement service has been going for over two years now and I've been project managing it for nearly 18 months. I hadn't worked with children before so it's a challenge. I love my job and no two days are the same."

We visited the service during the school summer break. The group of teenagers we met invited us to join them at one of their fave venues - the Alan Shearer Centre in Newcastle.

The lively group quickly made the most of the state-of-the-art activity centre for disabled people and their carers.

There were squeals of delight as the teenagers dived into the ball pool and hushed silence from the sound and vision room - as everyone huddled around the plasma cinema screen watching DVD's!

Here at **You First** we believe that sometimes pictures speak louder than words... so check out our scrap book of snaps which shows what fun, exciting and dynamic places these North East services really are...!



Sixteen years ago, Shirley Davies was at the forefront of change. She was the first person in the UK with 'profound' learning disabilities to move from a long-stay hospital into her own supported living tenancy.

Shirley of Anne St, Widnes, became something of a local celebrity when she was featured in a book and a Radio 4 documentary. Her personal story was inspirational and proved that people with learning disabilities could be supported to live independently in their own tenancy. Back in 1992, there were many critics who didn't believe that the 'Care in the Community' reforms could ever be realised.

Today, the debate about independent living is evolving, with the publication of the Government's white paper, *'Our health, our care, our say: a new direction for community services'* and the introduction of direct payments and personalised services, so it is important to look back at the lessons learned from Shirley's first steps to independence.

Visiting Shirley at her house, we are immediately impressed by how homely it is, with lots of family pictures on display. The comfort, privacy and choice that Shirley's own home provides is in sharp contrast to her life two decades ago when she lived at Olive Mount, an institutionalised hospital which she shared with hundreds of other people with disabilities.

"Shirley had little independence when she lived at Olive Mount" Anne St team leader Linzy Campbell explained, "she was never provided with the opportunities to try new things, to have real choices or any consistency in her day to day life." As someone who has supported Shirley since she first moved into her own home, Linzy has been there to see all of progress that she has made.



Shirley a Trailblazer

Shirley's Blazer

Family decision

Shirley's family were encouraged to put her forward for her own tenancy by her local health authority. This was a huge decision and her family were initially apprehensive. No one in her position had ever lived independently. All Shirley had ever known was hospitals. But after much soul-searching they agreed that it was the right choice.



The move from the institutionalised hospital to her own tenancy was initially disorientating for Shirley. She struggled to cope with the new sounds she heard: washing machines, vacuum cleaners, and televisions. Shirley had never been in a car; in fact she had rarely been taken outside the hospital. Fortunately, after a period of adjustment Shirley began to blossom and settle into her new life.

One stark contrast between Shirley's life at an institutionalised hospital and her life in her own home is that for decades Shirley was believed to be deaf. It was only when she moved into her own tenancy that staff noticed that she responded to sound. At Anne Street staff communicate well with Shirley and can recognise her needs and adapt to them, even though she has limited communication skills and cannot communicate verbally.

Linzy attributes much of Shirley's development to the care and support that the Anne Street team offered her. She said, "Brenda Forster and I have been supporting Shirley from the start. Everyone who has worked with us has supported Shirley for years and genuinely wants the best for her."

Vicki Medcalf agrees, "Shirley is like a member of my family, I've just returned from maternity leave but I was always calling when I was off and I couldn't wait to show her my baby." Shirley has also benefitted from living in a close community where neighbours regularly visit her and invite her to social events.

Shirley's pioneering move into supported living was as groundbreaking for Brenda and Linzy as it was for Shirley. In the early days they dedicated themselves to building a new life for her, arranging for her to open her own bank account and furnishing her home.

Shirley has a busy lifestyle and the team at Anne St support her to go swimming, enjoy aromatherapy and visit theatres where she listens to musicals. Visiting her today, you would never guess that 20 years ago she was denied fundamental everyday choices that most of us take for granted, such as what food we eat and what time we get out of bed.

Shirley is a great ambassador of how Independent Living can work, proving that a home and regular support can suit varied needs. So where are those critics now that said it would never work?

Visiting Shirley today, you would never guess that 20 years ago she was denied fundamental everyday choices that most of us take for granted.

“ Shirley's pioneering move into supported living was as groundbreaking for Brenda and Linzy as it was for Shirley. In the early days they dedicated themselves to building a new life for her, arranging for her to open her own bank account and furnishing her home. ”

Reviews

The team at Norfolk Road in Cumbria are providing this months book and music reviews.

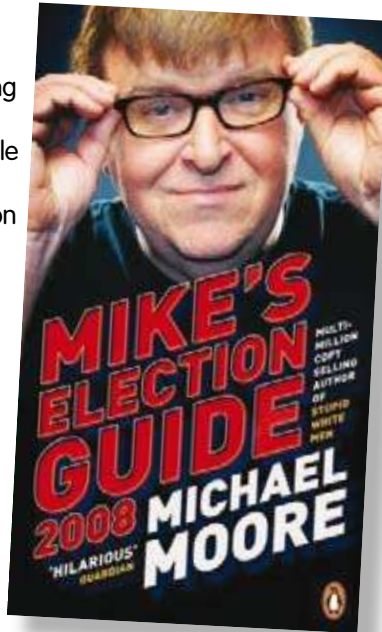
Book.

Michael Moore-Mike's Election Guide.

Out now on paperback, RRP £7.99

Michael Moore has got something he wants us all to do: start demanding better from the people we elect to our governments – starting with the American election this year.

Mike's Election Guide is an engaging and often funny sideways look at this year's American presidential election. It sees the author giving you his very personal and sincerely held opinions, and if you've heard of Michael Moore before you'll know what to expect.



I picked up the book with a fairly open mind and was won over by the sheer enthusiasm with which his arguments are made. There are plenty of 'laugh-out-loud' lines scattered throughout the book along with thought-provoking controversy too. It's well worth a read even if you can't agree with Michael Moore's politics.

Review
by Stuart Dryden

Competition

To be in with a chance of winning a copy just answer the following simple question:
Which Moore is the author of 'Mike's Election Guide'?

- Michael Moore
- Mandy Moore
- Sir Patrick Moore

E-mail your answers to john.hughes@c-i-c.co.uk
or post them to the address listed on page 3.
Closing date for entries is October 31st 2008.
Usual competition rules apply.

Music.

Oh Atoms! - Sugar Mouse.

Out now to download for free from www.myspace.com/ohatoms, released on CD September 22nd 2008.



Sugar Mouse by Oh Atoms! is the type of song that will leave you feeling warm and happy inside.

Whilst it is certainly easy listening, the use of different instruments (guitar, violin, banjo etc) makes the track quite interesting. Oh Atoms! at times remind me of 'Belle and Sebastian', which is quite a big compliment! I'm sure there are lots of people who will enjoy this band, so download the track for free whilst you can!

Review by Naomi Thompson

Theatre.

Eight Miles High written by Jim Cartwright (The Royal Court, Liverpool).

When my sisters and I decided on a girly night out to watch Eight Miles High, none of us expected to see the amazing spectacle that was the transformation of the Royal Court theatre into an authentic farmers field, complete with real grassy knoll, blossom trees and Morris Minor van – to create the setting for this 60's style festival played out indoors! The audience were encouraged to get involved in this production, many dancing on the stage by the end of the night.



Whilst the actual storylines was light (nevertheless entertaining), we were more than compensated with the fab selection of music, with classics such as 'California Dreaming', 'Here Comes the Sun' and 'Urban Spaceman', all recreating the hippy vibe of the late 60's with ease. Writer Jim Cartwright's sharp humour also went down well with the receptive scouse audience. Eight Miles High really was a unique experience from start to finish and I would definitely recommend checking it out next time it's on tour in your area.

Review by Diane Gwyther, Payroll Manager

Going for gold



The Paralympics games took place this year in Beijing, China. The 2008 games saw 4,200 elite athletes with physical, mental and sensory disabilities, from 148 nations across the globe, compete to achieve sporting glory. Originally organised in 1948 as a competition for World War II veterans with spinal injuries at Stoke Mandeville hospital, England, the games have grown to become a global phenomenon which run in parallel with the Olympic Games. The athletes who took part in this year's games all shared a dedication and commitment to overcome any barriers in their lives, and are a huge inspiration to millions of people worldwide. **You First** reports on our favourite athletes and inspiring stories from the 2008 Paralympic Games.

Eleanor Simmonds

Fourteen year old British diver, Tom Daley, may have dominated the headlines for being the youngest person to qualify for the Olympics since 1960, but he is not the youngest athlete to compete in Beijing this summer. That title goes to Gold medal winning 100m freestyle swimmer Eleanor Simmonds, who was only 13 years, 9 months and 28 days old when she raced to glory at the Paralympic games this year.



Josie Pearson

Josie, 22, from Hereford made history as the first ever woman to compete in wheelchair rugby at the Paralympic Games. Josie took her place in the all male team, not only as the only woman, but also the youngest member. Pearson, who suffered a broken neck following a car crash five years ago, said "If you're interested in sport, no matter what ability you are, give it a go. It can benefit you physically and mentally. It's about what you put in."

Natalie Du Toit

In 2000, aged just 16, South African swimmer Natalie narrowly missed out on being selected for the Sydney Olympics. Everyone had high hopes for her sporting future when disaster struck in 2001. She was involved a motorcycle accident and lost her left leg. But Du Toit triumphed over adversity this year to become the first ever athlete to qualify for both the Olympic and Paralympic games.



Oscar Pistorius

Gold medal winning South African double amputee, Pistorius (21), had his sights set on both the Beijing Olympics and Paralympics. Known as "blade runner" and "the fastest man on no legs", he uses carbon-fibre artificial limbs in place of his missing lower legs, which many have argued give him an unfair advantage over able-bodied runners. Already a world record holder in the 100, 200 and 400 metres track events at the Paralympics, Pistorius asked to be considered for selection for the South African Beijing Olympic team. In May 2008, following a lengthy legal battle, the Court of Arbitration for Sport ruled that he could try out for the Olympics, but despite reaching a personal best time for the 400m, he didn't qualify.



Fred Stevens

And finally, we had to mention the man who showed the world that you're never too old to shoot for the stars - archery's Fred Stevens, who turned 63 in September. Stevens, from Hinkley, Leics, made his debut at the Beijing games as the oldest Team GB athlete!

Reach for the Sky

A recently published report by the Commission for Social Care Inspection (CSCI), who regulate care services in England, has demonstrated that CIC genuinely delivers on its maxim of "Putting Individuals First".

CIC's Annual Performance Report compared inspection reports from April 2006 to June 2007 on 17 senior care homes, 5 domiciliary care services and 78 independent living tenancies provided by CIC to analyse our performance as an organisation.



CIC's Annual Performance Report stated that:

- People who access CIC services were 'consistently positive and complementary about the services provided', and were 'listened to (with) their comments and concerns given proper consideration'.
- Our 'comprehensive training and development programme' ensures that our staff have 'the required skills and competencies to meet care needs'.
- Our staff consistently encourage the people we support to make decisions about their life and consult them on how we provide our services.
- People who live in and access our services have opportunities to review and develop their care plans and that our 'care planning was person centred'.
- 'Staff members provide flexible personal support and care to maximise service user's dignity, privacy, independence and control over day to day living'.
- 'Service users are treated with respect and dignity, which has enhanced their self confidence... empowering them to determine the way they are looked after'.

CIC Chief Executive Phil Edgington said, "We were delighted that our CSCI Annual Performance Report recognised many of our successes at an operational level and with the people we support. We base all of our services on the principles of dignity, respect, inclusion and choice and the report really highlighted this. Whilst it is brilliant to receive recognition and feedback, we are always looking at new and innovative ways to improve the services we provide, so an independent report like this is very useful for us to see what is working well and where we can improve."

CIC's
Holidays
2008



"Away me nearties! This be a photo of young Carla Smith from Dodman Road, Liverpool, before she be made to walk the plank on her holiday in Majorca... Arrrrr arrrr!!!"



"Rajesh and Hiten from Handley Street, Leicester, kicking back on their summer holiday in Derbyshire"



"Jean Shippside from Stanton Lodge, Liverpool, taking in the surroundings on her first ever holiday to wildlife sanctuary - Martin Mere"



"Elsbeth Caldwell from Lismore, West Lothian, enjoyed her holiday to Tummel Valley"



"Gary Palmer from Coronation Road, Tyne & Wear, relaxing in the sunshine with pals Laura and Caroline on their visit to Blackpool Zoo"

Managing from the stand



Whilst most people look forward to the summer as a time to holiday and relax, for football fans it can be a torturous thing. With no games to watch and endless speculation about which stars will be joining or leaving your club, the closed season can be a little bit stressful! Thankfully, with the season kicked off and all transfers complete, football fans can relax and get on with the real business of enjoying the beautiful game.

On the day that the transfer window closed, **You First** visited some football fanatic staff and tenants at our Homelessness Relief services in Halton, Orchard House, Belvedere and Halton Goals, to get their predictions for the season ahead. They discuss the players that they believe will be stars of the Premier League this year, who they think will win the league, which sides will be facing relegation to the Championship and how their own teams will fair.

**James Ward, 18,
Orchard House
Team - West Ham United**

"I used to live in London when I was younger and I've supported The Hammers all my life. People are saying that we are going to be in trouble this season, but I think we are good enough to finish in the top ten. It was really disappointing that we sold our star defender Anton Ferdinand to Sunderland this summer, he was a real fan favourite and had been with the club since he was a school boy, but Craig Bellamy will continue to be a big player for us.
It's going to be a huge season this year. A lot of teams have bought great players and I think we will see new teams breaking into the top four; in fact I'm tipping Manchester City to win the league this year! They have bought some great players, not least their £32 million Brazilian striker Robinho. Unfortunately for any Newcastle fans, I think the Magpies could be relegated this season."

**James Roberts, 20,
Halton Goals
Team - Liverpool**

"I'm a diehard Liverpool fan, so it was great to go on a tour of Anfield Stadium with some of the other tenants at Halton Goals recently. I love watching the Reds and was lucky enough to go to Istanbul to watch our famous champion's league victory with my Dad. We have a fantastic team this year and I think that we have a good chance of winning the league. We have two of the best players in the Premier League in Stephen Gerrard and Fernando Torres and hopefully Robbie Keane will be a good signing for us too. It's going to be a close season and I think Manchester United will also push for the title too."



**Brian Parsons,
Project Worker, Belvedere
Team - Manchester United**

"As one of only two Manchester United supporters at Belvedere, we do get a bit of stick from the other staff and tenants, but we don't mind – we know it's just jealously talking! As last season's Premier League and Champions League winners, it's only to be expected!
Looking to the new season, I think the fact we've made only one major signing with striker Berbatov is testament to the fact that you don't fix what isn't broke. Having an out and out striker will now give the likes of Rooney, Ronaldo and Tevez the freedom best suited to their style of play, which will cause defences all kinds of problems.
As far as I'm concerned, England has the best top flight league in the world so I am expecting to see some real quality football this season; I expect United to be at the forefront of all the major competitions. Whilst City's windfall may have made them the richest club in the country, I think it has come too late to have an immediate impact and the main threats for the league title will be Chelsea and Liverpool."



Social inclusion at work

Howard Rice and Tommy Waddell work for CIC Vocational Support Services, assisting hundreds of people with learning difficulties in Merseyside to access employment opportunities. Here they discuss the importance that work can have on personal development and why businesses should be positive about providing opportunities to people with learning difficulties.

We want to tackle social exclusion by providing support to access training, employment and ultimately opportunities to develop new skills and grow in independence.

There are a lot of myths and prejudices that discourage employers from employing people with learning disabilities. Some believe that they take more time off, need intensive support or don't have the necessary skills for work. We have countless success stories that disprove these notions and this helps us to convince employers to provide opportunities to the people we support. Vocational Support Services are able to prove that the majority of people we support are committed, excited to work and are supported to obtain any training and qualifications they need to be successful in their careers.

People with learning difficulties have the same aspirations for personal success as anyone else. Work gives all of us a sense of empowerment, independence, opportunities to achieve and to socialise. It is amazing to see the personal development of the people we have facilitated into work. Many people become more confident, happier and have real skills that they can transfer into their home life.

Employers benefit from hiring people who are dedicated and supported to have the relevant skills for work, they are also able to prove that they are genuinely socially responsible businesses and inclusive to all members of society. Therefore, it is clear, employing people with learning disabilities is mutually beneficial to both the employer and the employee.

17% of people with learning disabilities of working age have a paid job. But many more would love the opportunity to go out to work.

The right match

We always try to make sure that we find the right job for the right person.

We spend time getting to know their individual interests, skills and aspirations. We want to help them to develop the right skills for their chosen career and support them to access training and qualifications. Once these are established, we are able to make contact with employers and arrange a job interview or a work trial. At Vocational Support Services we also work with the employer to educate them about the realities of learning difficulties and any legislation that they need to be aware of.

As with anyone who starts a new job, the first few weeks can be nerve racking. The fact that someone has a learning difficulty doesn't mean that they should be treated differently to any other employees, and they don't want to be. They want to work hard and be part of a team. It can also be difficult for colleagues who have never had any experience of interacting with people with learning difficulties.

They may be a bit apprehensive about approaching their new workmate. However, Vocational Support Services work as a link between the employer and the person we support to manage any difficulties. We find that after a few weeks they become an appreciated and integrated member of the team.

We know that the people we support all make a valued contribution to their workplace, have lots of great ideas and are really enthusiastic. Reputation travels. Managers are impressed by our service and their new employees and are happy to recommend us to other businesses. In this way we believe that we are providing a great service not only to the person we support and the business they work for, but also to society as a whole. Integrating people with learning difficulties into employment sends important messages: that people with learning difficulties have a lot to contribute to society and that social inclusion is a realistic and worthwhile ambition.

Vocational Support Services... I'm lovin' it!

Alan King has been supported to work at McDonalds in Speke by Vocational Support since March. He said "I love my job, I always have a really good time with the people I work with. I've been saving my wages to pay for a holiday to Portugal with my mates."



Transforming services – the move towards self-directed support

Recently CIC was invited to contribute an article to the special anniversary edition of the NAPC Review, the official publication of the National Association of Primary Care.



The theme of the publication which is aimed at GP's and PCT commissioners, was Personalisation and we were chosen because we are a diverse charity involved in developing and delivering self-directed support services. Below is an excerpt of our article.

CIC's maxim is '*putting individuals first*'. CIC has a proven commitment to person centred care and social inclusion. Our approach is to devise dynamic services that adapt to the changing needs of each person. This is why CIC is also at the forefront of self-directed support and why we are excited by the future prospects for driving unprecedented improvements in social and health care in the UK.

We are actively involved in piloting *In Control* in Newcastle and *Individualised Budgets* in Leicester and Gateshead. CIC are encouraged by the way new approaches to integrated care are helping change the way people access care and support.

The third sector has rallied behind the growing momentum for change in service provision ever since the publication of the 2005 green paper: '*Independence, Well-being and Choice: Our Vision for the Future of Social Care for Adults in England*' and the white paper '*Our Health, Our Care, Our Say: a new direction for community service*'.

CIC has been actively engaged in a number of key partnerships right across the social and health care spectrum to develop future long term care and support solutions. We are finding that people's expectations are rising. People

with profound disabilities want services which empower them to have control over their lives; older people lead healthier and independent lives for longer and people who experience the crisis of homelessness or alcohol misuse want intervention solutions that respond to the problem so they can move on unfettered by labels.

Lord Darzi's final report '*High Quality Care For All*' and the publication of '*World Class Commissioning*' is a welcome contribution to the transformation of services debate. Developing the case for personalisation from the NHS and PCT's perspective, Lord Darzi says:

"Personalising services means making services fit for everyone's needs, not just those of the people who make the loudest demands. When they need it all patients want care that is personal to them. That includes those people traditionally less likely to seek help or who find themselves discriminated against in some way. The visions published in each NHS region make clear that more support is needed for all people to stay healthy and particularly to improve the health of those most in need."

(High Quality Care For All – NHS Next Stage Review Final Report)

This growing consensus for change to services provision is echoed in '*Putting People First*' (a cross government commitment in partnership with local government, the NHS and the social care sector) and the latest HM Government engagement paper '*The Case for Change – Why England needs a new care and support system*'.

CIC believes that to really transform our social and health care provision we need to ask ourselves the question "what kind of society do we want to live in?"

As a not-for-profit organisation, who has been instrumental in evolving services to suit individual need since 1988, when our first service users left the institutions and moved into shared tenancies and then on to individual tenancies, we are well placed to engage in the debate and to pioneer future service provision.

Our experience shows that the demand for our self-directed support services is gathering momentum. We believe it could eventually overtake traditional services. CIC is keen to respond to the changing needs of individuals. We want to grow our reputation as a provider that is responsive and flexible. To do this we need to work in partnership with everyone involved in transforming the care and health of our society.

Michelle Elstob is CIC's Personalised Services coordinator. Based in the North East, Michelle is leading the development of CIC's self-directed services.

She said: "Support services need to respond better to changing needs. We know that traditional support services do not suit everyone. Self-directed support is transforming how care is delivered. We are working with individuals to develop innovative solutions that assist people to lead the lives they want".

Would you like to work with us...

Careers

If you want to work for a leading not-for-profit service provider, whose innovative approach is based upon the needs and preferred lifestyle of the individual, then CIC may have the job for you. We employ people in a diverse range of careers:



- Support workers
- Registered nurses
- Counsellors
- Domicillary care
- Hotel services
- Management support



At CIC we are committed not only to investing in excellent services, but also in the staff that deliver them. We provide support for personal and career development, opportunities to obtain qualifications and a friendly, supportive working environment.

We employ over 3500 people, delivering care and support to over 4000 people in more than 300 settings nationwide.

All of our vacancies are available on our website, www.c-i-c.co.uk

cic
putting individuals first ...

Call 0151 420 3637 | www.c-i-c.co.uk

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