

**cic**

putting individuals first ...

The magazine for supporters of Community Integrated Care

# You First

ISSUE 20 - WINTER 2008

## Soccer stars support CIC

**Rievaulx Result!**



Connecting Africa | 20 reasons to celebrate | Charter for inclusion



# Phil's Foreword

Welcome to the 20<sup>th</sup> edition of **You First** magazine. Just as we go to press, we have finalised an agreement to join forces with charity, Manchester Care. This is a really exciting development and I'd like to take this opportunity to welcome all our readers from Manchester Care into the CIC group. We will be doing special features to introduce each other properly in the next

edition of **You First** but you can of course find out more about Manchester Care at their website [www.manchestercare.org.uk](http://www.manchestercare.org.uk). In brief, Manchester Care provide support for older people, either in their own homes or in one of their 11 residential care homes in Manchester and its surrounding areas. In announcing the agreement on 28th November, our Chairman John Edwards said, "CIC is committed to promoting quality services and we very much welcome Manchester Care's experience and expertise in extending the services that we can offer to older people. The joining together of two like minded, not-for-profit care providers is good news for the people that both organisations seek to serve and we welcome Manchester Care's service users, staff, trustees and partners into the CIC group."

Meanwhile there has been lots of activity elsewhere across CIC. Back in September our Rievaulx Resource centre in Billingham was visited by two stars from Middlesbrough Football Club, their team captain Emanuel Pogatzetz and manager Gareth Southgate, after the club chose CIC as it's main winner in the prestigious Premier League 'Creating Chances' scheme. Along with the Rievaulx's students and staff, I was delighted to see how much the footballers' visit meant to everyone. The event attracted some fantastic coverage in the press, with reports in The Times, Sky Sports, BBC and ITV news, but you can get the real inside story by reading our features on pages 12-14.

When I visit our services, I am always impressed by the many CIC people who are dedicated to making a difference to the people we support and society in general. But it's not just the staff who directly support people that have these qualities; I think it's part of the fabric of the CIC community. One person who exemplifies this is Duncan Harper, our ICT Development Manager. Duncan recently took a month out of work to help improve access to communications technologies in Sierra Leone and Liberia. Duncan's diary on pages 8-9 is a fascinating read and a useful reminder of how fortunate we are to have a wealth of communication technologies at our fingertips - something I need to remember next time I get frustrated by a computer!

As a community, we can make a difference too. We have recently signed up to developing an Environmental Management System so we can measure ourselves against other organisations that are leading the way in terms of environmental responsibility. Recycling is already a really popular and inclusive activity in our services, and as a charity we want to take this further by making environmental responsibility part of the everyday culture at CIC. The **You First** team rose to the challenge and decided to see how hard it would be to become greener. Their diary (p22-23) has lots of interesting tips and shows how rewarding it can be to become more environmentally responsible.

Finally, as we come to the end of our 20<sup>th</sup> anniversary (p20-21), I'd like to thank everyone who has contributed to CIC becoming the successful charity it is today. I know that we have a lot more to be excited about in the future and this is down to the efforts of our entire community. On that note, I would like to wish you and all of your loved ones a very happy Christmas and every success in 2009.

Best Wishes

Chief Executive  
Phil Edgington

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## COMPETITION

We have two footballs signed by Emanuel Pogatzetz and Gareth Southgate to give away to readers of **You First** magazine.

To be in with a chance of winning one, just answer the following simple question:

Who is the manager of Middlesbrough FC?

- a) Gareth Southgate
- b) Gareth Eastgate
- c) Gareth Northgate

E-mail your answer to:

[john.hughes@c-i-c.co.uk](mailto:john.hughes@c-i-c.co.uk) or post it to the address listed on page 3. Closing date for entries is 20th February 2009.

Usual competition rules apply.





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**You First** is a free magazine published four times a year.  
Written and published by CIC.

Editor-in-Chief Pauline Gay  
Editor John Hughes  
Reporter Danielle Chan

**You First** is for you and about you - so write  
and tell us what you want to see in your magazine:

**You First** Magazine Communications  
and Marketing Department  
CIC  
Old Market Court  
Miners Way  
Widnes  
WA8 7SP  
0151 422 5352

[Pauline.gay@c-i-c.co.uk](mailto:Pauline.gay@c-i-c.co.uk)  
[John.hughes@c-i-c.co.uk](mailto:John.hughes@c-i-c.co.uk)  
[Danielle.chan@c-i-c.co.uk](mailto:Danielle.chan@c-i-c.co.uk)

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## Planet Friendly

**You First** is printed on paper that is manufactured from sustainable forests  
and is elemental chlorine free. Please recycle after reading.



# News

## Congratulations!

There has been lots of good news for CIC services recently, not least for Norfolk Road, Cumbria and our Independent Living services in Knowsley. The team at Norfolk Road are celebrating gaining accreditation from the National Autistic Society whilst our Knowsley services have continued to receive good ratings from Knowsley Supporting People. Well done guys!

**66** A study by The British Liver Trust has raised fears that children and teenagers who drink excessively will have major health problems in the future. Figures from the Office of National Statistics show that in 2006 there was a 40% increase in the amount of young people aged between 25 and 29 who died from liver disease. It is feared that these numbers will continue to rise unless there is a change in young people's attitudes towards alcohol. ☹☹

## New Website

CIC has recently relaunched its website [www.c-i-c.co.uk](http://www.c-i-c.co.uk) with a new bright, bold and accessible design. Our new website showcases our DVD 'CIC and Me', makes contacting CIC easier and gives you all the information you need on our services and job opportunities. Log on now to check it out yourself!



## 'Best Building'

**CIC's Todlaw Service has been shortlisted in the prestigious RIAS Andrew Doolan Best Building in Scotland Award. The service, which opened in October 2007, has been praised for its innovative design which promotes accessibility and independence for its tenants with physical disabilities.**



**66** Oxfam is campaigning for Chancellor Alistair Darling to raise Jobseekers Allowance by £15 a week to support people struggling during the credit crunch. As unemployment levels rise it is feared more people will become homeless. ☹☹

# Thorney Croft accolades

**Thorney Croft senior care home in Stranraer recently held its first open day as it welcomed members of their local community to find out more about the facilities and services they provide. Amongst the guests were local Councillor John Dougan and Dumfries and Galloway MP, Russell Brown.**

Speaking to the local newspaper, The Stranraer and Wigtownshire Free Press, MP Russell Brown said, "Thorney Croft has a really nice environment both for its residents and those older people who come in for day care, and that's both because of the excellent facilities and the caring attitude of the staff."

Both Councillor Dougan and Mr Brown were impressed with the standards of the care home. Mr Dougan said, "They provide high quality care for elderly residents and it was a good chance to show the public over the weekend. It is a valuable local service, providing good quality care with dedicated staff."



Photo by Ken Pearson

**There has also been celebration for Thorney Croft staff, who recently achieved SVQ level 2 & 3 qualifications in Health and Social Care and for Service Manager Kay McCowen, who has gained her Registered Manager's Award.**



## Congratulations to...

Bernie McDerra,  
Belvedere Manager,  
who recently completed  
his level 4 NVQ in  
management and to  
Trish Wilkinson,  
Belvedere's Training  
Officer on her NVQ level 4.



**A new substance that breaks down cocaine 2000 times faster than the human body has been developed. Scientists believe this could be used in the future to treat people who have overdosed on the drug or to help them combat their addiction.**



**William Keith from St Andrews Drive, Fraserburgh, is set to fly the flag for the UK when he competes in the Equestrian Dressage event at the 2009 Special Olympics. We'll keep you updated with William's story in forthcoming editions as he prepares for the big event which takes place next July in Leicester.**



# Community



The residents and staff at Belle View Terrace in Durham would like to say a big thank you to the Durham and District Ladies Auxillary for their continued support. Resident Christine McCabe is pictured above relaxing on the heated waterbed in their sensory stimulation room, which was paid for using a £500 donation from the group.

## 'Step back in time'

Debbie Morrison who lives in Stone Street, Gateshead, enjoyed dressing up as a Miners wife to take part in a 1930's themed event in South Shields.



## 'Lighthouse walk'

Everyone at Finchley House, Sunderland, took part in a sponsored walk from Roker to Souter Lighthouse, Whitburn, to raise funds for Makaton resources for the service. Jacqui Gannon, Home Manager, said 'I am very proud of all service users and staff for raising a fantastic £450. Thank you to everyone who took part and contributed to this great day.'



## 'Hoppy days!'

Lizards, snakes and owls were amongst the creatures at Orchard House homelessness relief service in Widnes when the service was visited by a local mobile zoo.



## Sun and Sea life

"Hi. My name is John Ratcliffe and I live at Summerson House, Gateshead. I recently went on a holiday to Puerto Pollensa, Spain and really enjoyed myself. One day I went to Marine land and saw lots of different animals, from penguins to sharks. I even had my photo taken with this very friendly sea lion!"



## 'The icing on the cake'

Staff and residents at Ferncliffe Road in Leeds would like to say a big thank you to local bakery Greggs after they kindly donated £1000 to help them in their bid to raise funds for a sensory garden.

## Great North Run

CIC Accountant Stephen Faulkner raced in the Great North Run to raise £492 for the Muscular Dystrophy Campaign, completing the 13.1 mile course in only two hours and five minutes.



The residents at Mengham Avenue in Portsmouth had a fantastic day when they visited Havant Fire Service. They learnt all about the equipment that the fire service use and even got to climb aboard a fire engine!





Yvonne Reay of West Lodge, Penshaw, was presented with a Tyne and Wear Care Alliance 'Outstanding Achievers Award' by Falklands war hero Simon Weston.



John Hughes, Marketing and Communications Officer, received a special commendation in the Best New Marketer category at the CIM Northern Marketing Awards on Thursday 23rd October 2008. Well done John!



Keen horse rider, James Melrose of Duddingston Row, Edinburgh, had the honour of being presented with a rosette by HRH The Princess Royal at the Drum Riding School for the Disabled.



Budding photographer, Ian Cessford, a trainee at CIC's Wolfcraig Project won the regional 'See Me' competition for his photograph of picturesque local beach scene. Ian's photograph has now gone through to the national competition, with the winner announced in the New Year.



Maureen Andrews of Charlotte Grange, Hartlepool, was delighted to be named as a runner up in the Co-operative Funeralcare 'Carer of the Year' Award.



CIC's new recruit, Samantha Davies from Vocational Support Services, was named as 'Outstanding Newcomer to Social Care' at the inaugural I Care Awards in Liverpool. Also joining Samantha on stage was Neil Haywood, from Hesketh House, who was named as runner up in the 'Outstanding Care Ambassador' Award.



Congratulations to Wolfcraig Project Manager, Moirra Gordon who received a special recognition award for outstanding work with volunteers in the mental health field from the Open Door Project in Stirling.



Karen Sherman, CIC's Learning and Development Consultant for Cumbria and the North East, was commended by the National Training Awards for her partnership work with other care organisations in the North East Region.

# AWARDS EXTRAVAGANZA

The North East held their 1st Annual Awards Celebration Day to recognise the successes of the region's staff and service users.



Wolfcraig trainee, Jose Hamilton (pictured right) won the Forth Valley College award for Personal and Career Enhancement. Well done Jose!







# DUNCAN'S AFRICAN CONNECTION

WHEN CIC'S IT DEVELOPMENT MANAGER DUNCAN HARPER VOLUNTEERED TO GO TO SIERRA LEONE AND LIBERIA TO ASSIST WITH THE DEVELOPMENT OF ICT SYSTEMS FOR SCHOOLS AND CHURCHES HE COULD NOT HAVE IMAGINED THE UNFORGETTABLE EXPERIENCE THAT LAY AHEAD AND THE FRIENDSHIPS THAT AWAITED HIM.

Duncan visited both countries as part of the Diocese of Chichester's Inter-Diocesan West African Link (IDWAL). IDWAL works to build contacts between parishes and schools in the Diocese of Chichester with those in West African nations like Cameroon, Guinea, Liberia, Gambia, and Sierra Leone. He tells us...

"In my month away I visited 22 schools, 40 churches, eight diocesan offices and an orphanage, covering hundreds of miles.

I used my ICT skills to look at their communications needs, analysing what we could provide immediately and what future visits could offer. It was an unforgettable trip that showed me another side to life.

Sierra Leone and Liberia are poor nations, still recovering from recent civil wars. Computers and telephones are few and far between and even mailing a letter can be too unreliable. For both nations to get back on their feet and develop, improving access to communications is essential.

We spent our first night in the YMCA in Freetown, Sierra Leone. It was here that we met Fatta, an inspirational guy who became our friend and guide during our visit. When Fatta was nine he was split up from his family when rebels attacked his village. He is 19 now and he doesn't know if they are still alive. Fatta was a great help to us and was always ready to assist us whenever needed.

## Different Challenges

Every day of our visit brought different challenges, from the hustle and bustle of Freetown with thousands of people and cars everywhere to the vast expanse of the bush, surrounded by miles of jungle. We couldn't plan too far ahead as we didn't know what would be happening from one day to the next, especially as the 4x4 we used to get around kept breaking down. One of the biggest challenges for me personally was missing home. My first week away was hard as I didn't have my mobile phone or access to e-mail, so couldn't keep in touch with friends and family, but I soon got used to it and the rest of the month flew by.







Visiting the schools in Sierra Leone was amazing. Students there have an entirely different experience of education to us. Many of the schools we visited did not have computers and those that did shared 10 dated machines between 1200 children. Giving these children the chance to use computers and access the internet will help to close the knowledge gap between richer and poorer nations. Who knows, perhaps some of the children we helped will become the future leaders of their country. Despite the poverty that they lived in, the children were so happy and friendly and everyone wanted me to take their photograph (as you can see!)

### Emotional Journey

Sierra Leone and Liberia are beautiful countries with some spectacular scenery. We worked in really humid conditions but luckily, our stay was during the rainy season which made things bearable. There are some fantastic beaches, like the miles of golden sand at Lumley Beach in Freetown, the perfect way to relax after a hard day's work! It was here that we had one of our most memorable days. We played 'international' football with the IDWAL guys, taking on some Freetown locals. The final score was England 10, Sierra Leone 4.

Visiting the orphanage in Freetown was very emotional.

The couple who set it up care for 17 young children, some with disabilities. We gave the children CIC t-shirts and listened to them sing and play musical instruments. I was choking back the tears seeing how happy they were. Our trip to the orphanage really put into focus why myself and the IDWAL team were there. Our work

will equip these orphanages and schools with the tools to teach their younger generations.

My visit to Sierra Leone and Liberia was a real life changing experience and I have memories that will last a lifetime. After a month away I was looking forward to getting back home, enjoying some home comforts and catching up with my friends and family, but I was also sad to leave behind all the new friends I had made. I am really proud of the work IDWAL did and I'm sure that we made a big difference to the churches and schools we helped. In a few years time I'd like to visit the places we worked to see how they have developed. Hopefully the children we helped will have a much brighter future."





# Step

**The North East's 'Step Up To Life' social inclusion group, seized the day when they presented their own Charter to CIC's Executive Board in November. The Charter tells how the people we support want to live their lives, and how CIC can better support them in doing so. You First caught up with the group, who had made the long journey to Widnes, to present their Charter to our Chief Executive and the rest of the senior team to let them know where they want to go from here...**

"Inclusion and person centered care has always been at the heart of CIC's services," explains Caroline Bairstow, the North East Service Manager who has supported the group from the start. "At a local level, our service users are involved in making decisions about all aspects of their day to day lives, from attending house meetings, to helping recruit the staff that support them

# up to

and taking care of their own finances. But we wanted to take things one step further and devise an up-to-date, accessible document which clearly sets out what our service users want from the support we provide as an organisation as a whole, particularly at a management level."

The group, led by service users Shirley Wrigley (pictured with CEO Phil Edgington, far right) and Judith Finch (right with support workers), worked with other service users from across the North East to devise the Charter, using music, art and drama to encourage positive communication. Caroline explains, "We wanted to make sure that all the people we support, even those with very high support needs and limited communication abilities, could take part in the group and have their opinions heard."

Shirley, who has lived at Elwick Road flats in Hartlepool for six years said, "We asked our friends in the group – "What things are important to you in your life?" Then we had fun painting, singing and acting to find out the answers. We wrote down what people in the group said and made this into our Charter."

The Charter, which uses a series of pictures and symbols to indicate the five different areas which people highlighted as important in their lives, includes the titles: 'Have our say', 'Have my own friends', 'Be more adventurous',

# LIFE!

'Keep fit and well' and 'Spend time as I like'. Judith, who has lived at Viewfield, a CIC supported living service, for 10 years explains, "Our Charter is important because it explains to everyone the kinds of things we enjoy doing, like spending time with our friends, going shopping and having a job. But it also tells people that we want to be involved in the big decisions that CIC make which affect our lives."



So, what's the next phase in the 'Step Up to Life' plan? Caroline says: "The Charter isn't just for people across the North East; essentially, we want this document to be a beacon of good practice for everyone in CIC. The first thing we need to do is get our Charter recognised as the benchmark against which services can be measured. Whilst there are lots of groups within CIC doing great work in achieving inclusive practices at a local level, we want to make sure that our service users are empowered to be involved in decision making at all levels. We've also asked the Executive Board to consider setting up a central Service User Forum, which people from across all regions and all service areas can attend."





It is clear from listening to Shirley and Judith that good communication is one of the main aspirations of the group. They want to make sure that not only are their voices heard, but so too are those of the many service users across the North East. To this end, they have their own 'Step up to life' email account which anyone from across the region can contact them at.

The group have also devised their own Charter Mark, which will serve as a 'stamp of approval' to show that the group are involved in important decisions across the organisation and that their ultimate goal, one of shared power, is being reached.

After their heavy afternoon of presenting ideas to the Executive Team, Judith, Shirley and the rest of the group took a well deserved rest, enjoying a relaxing afternoon tea, mingling with support services staff who had been invited to join them. Whilst the rest of the

**“ Our Charter is important because it explains to everyone the kinds of things we enjoy doing, like spending time with our friends, going shopping and having a job ”**

group tucked into their cream scones, the **You First** team took the opportunity to catch up with Chief Executive, Phil Edgington, to ask him what he thought about the 'Step Up To

Life' group and their presentation. Phil said, "I think the whole of the Executive Team would agree with me in saying that it's been a fantastic day today. I was so impressed listening to Judith and Shirley talk about their plans for the group. I am always eager to hear from the people we support, especially about new ideas on how we can better improve the service we provide. All of CIC's services are underpinned by the aim of genuinely inclusive practices and person centred care; as an organisation, we are always looking to eliminate any barriers which our service users may face in playing an active role in the support they receive from CIC. I think the group's Charter really enforces our aims and I am happy to give my full support."

# RESULT!



**Middlesbrough FC manager Gareth Southgate and team captain Emanuel Pogatzetz dropped in at the Rievaulx, our Billingham based Independent Living Service, to spend a day with our students (and avid 'Boro fans) after the club chose CIC as their main winners in the prestigious Creating Chances scheme. You First gives you the score on an unforgettable day...**

The atmosphere was buzzing with excitement at the Rievaulx as the students and staff made their last minute preparations before the arrival of the football stars. Decorated in the famous red and white 'Boro colours, with flags and pendants draped from its walls and a glittery banner on the door, the Rievaulx was ready to welcome its special guests.

Journalists keen to capture Gareth and Manny spending a day doing something a little bit different crowded the entrance to the centre. Waiting to greet the VIP's were Harvey Kell and Keith Cookson, two students who were on hand to welcome the stars

as they arrived and take them to their first of many activities. A music therapy class in the sensory stimulation room kicked off the visit. Mood lighting and percussion are great sensory communication tools, especially for people with profound learning disabilities. Gareth and Manny joined in, playing the tambourine, with Manny joking that perhaps he could play for his favourite band, Metallica.

Leaving the music therapy class, the pair were greeted by the Rievaulx's drama group. The students put on a special football themed performance set to Middlesbrough's match day anthem, complete with football jugglers and cheerleaders.

Of course, the students wanted to see some skills from the professionals so the Middlesbrough pair did keep ups, before joining the students onstage for a bit of cheerleading!

After all the drama, it was time to refuel. Gareth and Manny were challenged to a cook off by the Rievaulx's cookery class. They learned how to make a delicious, healthy omelette. Unfortunately, the footie stars' culinary skills didn't match their football prowess, with Southgate proving that he has much more in common with Alf Ramsey than Gordon Ramsay! However, both definitely enjoyed their meals.





Our cover star, Gavin Beaty, one of the Rievaulx's biggest Boro fan's told **You First**, "I can't believe I've been cooking with Poggy! (Emanuel Pogatzetz) He's great!" Gavin became a star in his own right when his picture appeared in a number of newspapers, not least The Times!

After some frying in the kitchen, it was time for a grilling in the interview room! Student reporters from the Rievaulx's newsletter quizzed the footballers, asking: what clubs they like to play

against most; at what age they first started playing football and even managed to get Gareth to confess to being a boyhood Manchester United fan, although he did say "I've since learnt the errors of my ways!" The newsletter is just one of the many ways that students at the Rievaulx learn literacy and numeracy skills. The next stop for the Gareth and Manny was a visit to the Rievaulx's 'rainbow room' for a sign language class.

**"It was amazing to see how the sign language group communicate"**

**Emanuel Pogatzetz**



Middlesbrough FC donated £4000 to CIC, to pay for Makaton and sign language training for people who support individuals in our services with communications difficulties, so Manny and Gareth were especially keen to learn more about this

skill. The group showed the pair how to sign their name and sign songs. After the class, Gareth said: "I had never tried anything like it before, it was great." Manny added, "For me it was amazing to see how the sign language group communicate here. The signs were hard to learn and it is brilliant what they can do." A creative challenge lay ahead when Gareth helped Michelle Galvin, whilst Manny got stuck in adding the final touches to a Middlesbrough themed card. The media were especially keen to capture the pair helping Jenny Nelson and Elizabeth McLone with their needlework. Whilst any Middlesbrough fan would tell you that their team are brilliant at producing a four-four-two pattern,

no one would expect Gareth and Manny to be so nimble with a sewing pattern. Surprisingly, Manny (a 6'4" Austrian international defender) declared the needlework to be the highlight of his day, saying "I loved the sewing, it was great fun having a chat with the ladies".

Finally, as the day drew to a close, a sporting challenge lay ahead. Gareth and Manny went head to head in a game of pool, assisted by two of the Rievaulx's pool aces, Keith and Harvey. In a tense game, that saw the competitive instincts of Manny and Gareth come to the fore, it was impossible to guess the winner. In the end though, it was the skills of Keith and Gareth that won out in what was a dramatic match. After the game Gareth joked, "I'm very proud to be Rievaulx's



**Visit [www.c-i-c.co.uk](http://www.c-i-c.co.uk) to download our video podcast of the day.**

pool champion. I think we deserved it on the day! I had a great partner in Keith who was very meticulous in how he kept chalking his cue. It was a really good game." The footballers stayed for more than an hour longer than they were scheduled for, autographing anything the students wanted signing and posing for photographs. The Rievaulx's 'Boro fans clearly loved chatting to the pair, asking them about the season ahead and fulfilling every football fans dream by giving their manager some tactical tips.

They say you should never meet your heroes in case they disappoint, but Gareth and Manny surpassed the expectations of all the Rievaulx students and staff.

Our Chief Exec, Phil, summed it up when he said to the footballers, "Thanks so much for everything today. Your visit meant so much to everyone here, you can see the excitement on their faces. It's been really great that you spent time with our students. I hope you enjoyed it as much as they did!"



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# A Question of Sport

Middlesbrough FC's day at the Rievaulx gained a huge amount of national and local press coverage. It was shown on Sky's Soccer Saturday, BBC News and Tyne Tees TV. Double page features appeared in The Times, The North East Gazette and the many Middlesbrough fanzines, not to mention the coverage on the internet!... But before the media big guns could interview the 'Boro manager and captain, they had to tackle questions from the Rievaulx newsletter's own journalists: Andrea Arthur, Ben Gingell, Philip Worn and Shaun Malcolm.



**Emanuel, how did it feel to be given the captains arm band for Middlesbrough FC?**

**Emanuel:** It was great. It is a huge honour and also a big responsibility. I have to make sure I am always playing good.

**Gareth, if you could sign any player for the Boro who would it be?**

**Gareth:** That's a good question! Probably Lionel Messi (Barcelona player).

**What teams do you like to play against most?**

**Gareth:** It's always good to play against the best teams, especially when we go to their grounds. When we go to Manchester United and Arsenal you enjoy those games.

**And are there any teams you don't like playing against?**

**Gareth:** No not really! There are lots of good games like the local derbies against Newcastle and Sunderland.

**Emanuel:** I don't like playing Nuneaton away like we did a few years ago in the FA Cup but everything else I like to play in!

**Gareth, how long have you been the manager for?**

**Gareth:** This is my third season, I've been here two years.



**Who is the oldest player playing for you?**

**Gareth:** Chris Riggott and he is only 28. We have a quite a young team.

**Emanuel, what other Middlesbrough players do you like playing alongside?**

**Emanuel:** Loads of our players! I enjoy the opportunity to play alongside Robert (Huth); he is also one of my friends off the field.

**Gareth:** It's because they both speak German!

**Emanuel:** He's the only one who can understand my jokes!



**How old were you when you started playing football?**

**Emanuel:** I was five or six years old and I played in the garden with my father and some of the other kids who lived near me. When I was eight I joined a local club, it was quite a long time ago really!!

**Gareth:** It's hard to imagine but I used to play football too! I was the same really, playing it at school. Usually players join teams professionally when they are 16.

**What teams did you both support as children?**

**Gareth:** Unfortunately, I used to support Manchester United. We used to live near Manchester when I was younger, but I have learnt the error of my ways!

**Emanuel:** I used to support my local team in Austria, Sturm Graz as a boy. I went with my dad to watch them every week.



**Finally after months of searching, Stuart Hay from CIC's Station Court in Duns, was about to be reunited with his long-lost family. As he knocked on the front door, Stuart's heart pounded, "Could this really be them?" After eight long years apart, with no contact, Stuart was about to meet his mother, sister and brother again... all thanks to the help of intrepid CIC staff and the kindness of a close-knit community.**

# Reunited for Christmas

Stuart, 55, originally from Grangemouth, Scotland, had lost contact with his family in 2000 when he left the area. Four years later he suffered a severe stroke which left him unable to recall much of his past, including how or why he had come to settle in the Borders. Following months of rehabilitation, Stuart moved into sheltered housing but found it difficult to settle. In January 2008, Stuart relocated to Station Court, the unique CIC supported living service in Duns. Valerie Wallis, Stuart's key worker explains: "Stuart settled into Station Court really well, and seemed happy to get some independence back in his life. But it was heartbreaking to hear Stuart talk about his family because it was obvious how much he missed them."

Staff at Station Court were determined to help Stuart piece together his past. He could recall the name of the area he had grown up in, so staff arranged to take Stuart to visit his home town.

"In September, Stuart, Janice (another of Stuart's key workers), and myself set out on the journey to Grangemouth," said Val. "Although Stuart couldn't remember an address, as soon as we reached the area, he was able to direct us straight to his front door – it was remarkable!"

**"I closed my eyes imagining my mother throwing open the door and hugging me."**



"My heart leaped as I saw the house. I closed my eyes imagining my mother throwing open the door and hugging me," Stuart said. Unfortunately, Stuart's family had left the area. Stuart felt his hopes dashed once more.

However, a neighbour recognised Stuart and told him that his mum had moved to flats in nearby Falkirk. Unfortunately, upon arriving in Falkirk, they were devastated to find out that Stuart's mum had left the flat only a month earlier. With no forwarding address, it seemed like once again, the search party had hit a brick wall.

After leaving their contact details with neighbours, the group returned to the Borders feeling deflated. But, as luck would have it, news of the visit eventually spread back to the Hay family. Amazingly, they too had been searching for Stuart, but had been unable to make any headway.

"We had been searching for Stuart for years, but all attempts had been in vain," Wilma, Stuart's sister explains. "We just hoped Stuart would contact us in his own time; we had no idea that he'd been ill."

"Then we got the news that people had been looking for us with information on Stuart. We didn't know if he had been in an accident, or even worse. So when we contacted the Police and found out that it was actually Stuart himself who had been looking for us, the relief was overwhelming."

Finally the day everyone had been hoping for arrived. The family were reunited at Stuart's mum's house in Denny.

"When he was reunited with his family, who he thought he may never see again, we were all in tears," said Val, who had accompanied Stuart on the final leg of his emotional journey.

His sister Wilma recalls, "I really can't put into words how it felt seeing my brother again after all this time. It was an incredibly emotional moment; even thinking about it now I can feel a lump in my throat. But once we had all managed to dry our tears and catch up, it felt like we had never been apart."

Since their meeting in Denny, Stuart's family have been regular visitors at Station Court, with Wilma helping Stuart to decorate his flat with a huge photograph of the Glasgow Rangers team for the Gers mad fan.

"For the first time in years I am looking forward to Christmas. It used to be a lonely time but now I can't wait to celebrate it with my family," Stuart grins.

# From Past to Presents



This season, many of us will be struggling to achieve 'the perfect Christmas' for our families and loved ones. With each year that passes, the commercialisation of what should be a simple and traditional family holiday grows and we are encouraged to spend, spend, spend to make it a success.

Here at **You First**, we wanted to remind our readers of the true meaning of Christmas, so we asked some of our senior care residents to share their memories of Christmases gone by, showing us how we can take pleasure in the simple joys of the season, without breaking the bank...

## Hanging the stockings...

May Biddle, (86) St Catherines, Cheshire.

*"As one of eight children, my family didn't have much money to spend at Christmas, but that never seemed to matter. My fondest memories are of Christmases filled with wonderful excitement; my brothers and sisters and I would wrap up in our winter woollies and go outdoors to dig up our Christmas Tree which we'd decorate with homemade ornaments; At 5am we would spring out of bed to open the couple of presents we would get. One of my most treasured memories is waking up one Christmas morning to find the most beautiful dolls house waiting for me."*



## Spiritual celebration...

John Mackey (74) of St Catherines, Cheshire, retired Vicar, recalls his memories of the true spiritual meaning of Christmas...

*"The weeks leading up to Christmas day were a very special time in the Church parish. On each of the four Sundays before Christmas, the children from the congregation would come up to the altar to light the Advent candles. They would sing 'The Holly and the Ivy', starting with the first verse on week one of the Advent, then adding another verse each Sunday until Christmas day when we would all sing the complete carol."*

## The first Christmas Tree

Franz Münchow (90) Carlingwark, Castle Douglas

*"As a child living in Germany, Christmas was always greatly celebrated. For Christmas lunch we would either have 'gans' (goose) or 'ante' (duck) with 'flouman' pudding (plum pudding) for dessert, washed down with 'glü' wine (mulled wine) for the adults. The 'weihnachtsbaum' (Christmas tree) was revealed to the children on Christmas Eve, we weren't allowed to see it before then. It was Prince Albert, who was from Germany, but married to Queen Victoria, that first took a Christmas tree to England. As soon as the Prince and Queen were shown standing with their children around the tree, the rest of the country began to adopt the tradition too."*



## Mistletoe...

Jean (79) and Cathy (103) from Winsford Grange and Betty (91) from St Catherines, Cheshire, talk about their memories of the festive season...

*"Making the decorations for the Christmas tree... saving them for the next year... listening to the Carol service at Church... writing a letter to Father Christmas... getting a doll, fruit and nuts in my stocking... listening to the Salvation Army... helping put the threepenny bit in the Christmas pudding... kisses under the Mistletoe... greeting friends and family with love and wishing our neighbours well."*

## Tears of joy...

Joan Bosbury (89) St Stephens, Cheshire.

*"It was Christmas Eve, and I had been apart from my husband, Bert, for three years due to the war; he was serving in North Africa and Italy whilst I was staying with my parents. After work I had gone upstairs to my bedroom when I heard a knock on the door... the next thing I knew someone put their hands over my eyes saying "guess who" - it was Bert! He had come home on leave for Christmas for a month. I was so pleased to see him I burst into tears. That was the best Christmas I have ever had."*



## A family day...

Stan (69), Alex (88), Gwen (86), Marie (90), Russell (84) and David (73) from St Stephens, Cheshire, recall memories of Christmas as a special time, spent with family...

*"Travelling to Leicester for a big family Christmas and taking Rex the dog along too... getting the most fantastic Hornby train set from Santa Claus when I was 7... all the hard work of making dinner for 10... getting a doll called Susie and thinking that Santa was a very nice man... waking up to find a basket full of goodies on Christmas morning... helping mum stir the Christmas pudding... my sister being born on Christmas Eve... getting married on 3rd December and having a wonderful first Christmas with my wife"*



## Christmas Carol...

Pat Moore (74) from Hough Green, Widnes, tells us of a very special Christmas memory...

*"During the first Christmas of the war, my family and I were evacuated to Blackpool, where it was bitterly cold, with layers of snow all around. It was a difficult time, being away from our home and our friends, but all that seemed to be forgotten about when on 1st December 1939 my little sister was born. We called her Carol, because of the festive season; that year was my most memorable Christmas."*



## CHRISTMAS RECIPE

Here's a traditional Scottish recipe brought up-to-date for those of us who would rather be snuggling in front of the Eastenders Christmas special, than tied to the oven; The Microwave Cloutie Dumpling (similar to Christmas pudding), sent in to us by the residents at Merse House, Kirkcubright:-

### Microwave Cloutie Dumpling

- pint water
- 1 cup of white sugar
- 1 level dsp mixed spice
- 1 level dsp cinnamon
- 1lb sultanas
- 1lb raisins
- 1lb margarine
- 1lb plain flour
- teaspoon bicarbonate of soda
- 2 eggs beaten



### Method

1. Line a medium Pyrex bowl with cling film which hangs well over the sides.
2. Put the sugar, water, spices, fruit and margarine in to a saucepan and bring to the boil and simmer for 1 minute.
3. Remove from the heat, mix in the flour, bicarbonate of soda and add the beaten eggs.
4. Pour the mixture in to prepared Pyrex bowl, but do not cover the mixture with the excess cling film.
5. Cook in the microwave for 9 minutes and allow to cool before cutting.

This recipe serves 20 of our residents and is a great favourite served with either custard, cream, or sometimes fried in butter.

# Reviews

## Win Oasis Prize

Oasis are back with their new album 'Dig Out Your Soul' and to celebrate its release we have an exclusive prize to give away to fans of the Gallagher brothers.

**You First** has a rare promotional vinyl of album track 'Falling Down' to offer to one lucky reader. This record isn't available in the shops, but you can get your hands on it by answering the following simple question:



OASIS

Which Gallagher is not a member of Oasis?

- Liam
- Noel
- Frank

E-mail your answer to [john.hughes@c-i-c.co.uk](mailto:john.hughes@c-i-c.co.uk) or post them to the address listed on page 3. Closing date for entries is 20th February 2009. Usual competition rules apply.

## Music

Taio Cruz

Liverpool Academy

Reviewed by

Laura Wiltshire, **You First** reader.

Taio Cruz, who is hailed as one of Britain's next big R&B stars, rocked the stage at the Liverpool Academy in November. As someone who was not really familiar with his music I went along on a girl's night out unsure what to expect from him. The floor was full to capacity (the venue is not for the faint hearted!) as the buzzing crowd waited with anticipation. With fantastic backing from his live band, Taio pulled off a flawless performance. Singing songs from his debut album 'Departure', he delivered a high energy performance and really worked the crowd, you couldn't help but dance! The biggest reaction was reserved for the hits 'Come on girl' and 'I Just Wanna' Know' which sent the crowd wild. There was something for everyone as he sung his own soulful version of Snow Patrol's 'Chasing Cars' and gave an incredible rendition of Justin Timberlake's hit 'Sexy Back'. Overall I was really impressed with his set, he sang well live, his songs were catchy and he created an exciting atmosphere. Would I recommend it? Absolutely! Me and my friends had a great night, so if you are into action packed performances and soulful R&B, Taio Cruz could be the artist for you.



## Competition Winners.

Well done to Cath Groves, Paula Hilton and Andy Dorian who were all winners of our Michael Moore book competition in **You First** 19.



## The Really Useful Grandparents' Book

by Nannette Newman, Eleo Gordon and Tony Lacey  
Hardback out now. RRP £18.99

Reviewed by

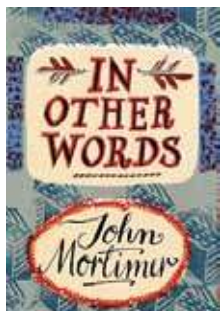
Rob Parsons, CIC Learning and Development Administrator.

We thought Rob would be a great person to review this book as he became a grandparent for the first time last year with the arrival of his granddaughter Amy!

"My first impression of the book was that it looks very traditional, very 1950s! But never one to judge a book by its cover I was interested in reading its tips for grandparents. From the first page it became clear that the author doesn't want any young child to be bored by a trip to their grandparents. We shouldn't expect our grandkids to simply behave and not have to do much with them! Instead, the 'Really Useful Grandparents' Book' encourages us to be active grandparents, ready to make the most of our grandchildren's imaginations and sense of fun.

Becoming a grandparent can be daunting so this is a really useful book if you are stuck for ideas. There is something different on each page from nursery rhymes to recipes, things to make to science experiments and even places to go. There are even interesting snippets of history, covering everything from football to the Civil War encouraging you to talk about new and interesting things with the grandkids and perhaps helping to answer any questions from their inquisitive minds!

The book is jam packed with fun activities that have an educational twist which both children and grandparents can learn a lot from. I think it could even remind readers of things that they did with their own grandparents when they were young. I would definitely recommend this book as a fantastic gift for any new grandparent (but they need to be prepared to be active!)"



## 'In Other Words'

by John Mortimer Hardback out now. RRP £14.99 Reviewed by Norma Williams, Project Manager, Orchard House.

As a big fan of Mortimer's TV series Rumpole of the Bailey, I was eager to get my hands on a copy of his latest collection of short stories, anecdotes and verse. The collection covers a range of topics, from Mortimer's childhood to tales of his eccentric father and funny anecdotes about his stormy relationship with his wife. The book is written in Mortimer's classic 'English gentleman' style, with his trademark dry and sometimes quite dark humour throughout.

As a former barrister, Mortimer is a skilful story teller who really holds the readers attention with his flamboyant style and attention to detail. The collection would particularly appeal to those with an interest in courtroom dramas, as you do get a 'behind the curtains' look at what really goes in the often murky legal world!

At times, some of Mortimer's material was a little 'high brow' but after a couple of reads, even the more difficult pieces really come alive. All in all this was a great, light-hearted read, which was good to dip in and out of if you find yourself with a spare five minutes.



# CHANGING MINDS

**There are a lot of people who have negative stereotypes about what a young homeless person will be like, but like many of the tenants in our Homelessness Relief services, Dean McArthy could change these prejudices in an instant. Halton Goals tenant Dean is an impressive ambassador for young homeless people. He is independent, ambitious and articulate and recently put these qualities to good use when he acted as a spokesperson for other young homeless people at the Halton Homelessness Conference.**

The Halton Homelessness Conference was organised by Halton Council as a way to gauge the opinions of people who are affected by homelessness in the North West borough. Dean, along with several other tenants from CIC's Homelessness Relief services in Halton, attended the event. Fearlessly, he opened the conference by reading a speech he prepared along with another young homeless person. Dean said: "I made the speech to a full room of other homeless people and a panel of professionals. I welcomed everyone to the conference and said that I hoped that our concerns would be taken on board."

Dean's duties did not end there, he explained, "I led a group of 16-19 year olds in a workshop. We discussed the different issues affecting young homeless people in the local area. We all knew what we wanted to say and we wanted the professionals to listen to us". Full of ideas for how the local community could further support its homeless young people, Dean and his group put the spotlight on the issues that affect them

most. He explained, "We highlighted lots of the problems we face. For instance, how hard it can be for some of us to find a dentist or get doctors appointments. I also asked if we could have access to community gyms during hours when they aren't busy as many homeless people would love the chance to keep fit but simply can't afford the membership costs."

The team from Halton Council were so impressed with Dean that they have asked him to join their Shadow Board of Young People so he and other homeless young people can influence the way that services are provided in the area.

Dawn Reed, Project Manager at Halton Goals explained, "Dean and some of our other tenants will be liaising with Halton Housing Trust to help them write the handbook which they give to people who find themselves homeless."

Dean truly does challenge the stereotype of a homeless person. As a fifteen year old he visited South Africa to take



part in volunteer work, which earned him a Princess Diana award. This year Dean helped raise £10,000 in sponsorship money for Liverpool's Alder Hey Children's Hospital after taking part in a number of activities (including a parachute jump from a plane!) He has recently started a new career working as a personal security guard. One of his first assignments is for pop stars, The Pussycat Dolls, at their forthcoming Liverpool concert. In the future, he would like to become a prison officer and with the support of Halton Goals is aiming to get his own accommodation soon.

Dean is modest about his achievements but he has a lot to be proud of. Dawn explained, "At CIC we always want our service users to influence how we provide our services and at Halton Goals we recently set up our own service user group, and it is fantastic that Dean and some of our other tenants have been involved in the conference. Dean did brilliantly to speak in front of such a big audience and should be really pleased with himself."



# Happy 20th!

This year, as we celebrate CIC's 20th birthday, the **You First** team also file the 20th issue of our mag! From day one, we wanted to make sure that **You First** was just that – all about YOU! From news to articles and features, we've always done our best to make sure that each and every edition has reflected what you, the CIC community, has had to shout about. From new jobs to new homes, trips abroad to winning awards, artistic talents and appearances on the small screen... you've shared it all with us. So let's take a look back at some of the highlights of the last 20 editions...

1

In our first edition we celebrated the quality and excellence of care delivered by our services when we said a big well done to all our services in Scotland who secured the much coveted, Investors in People status.

2

In Summer 2004, CIC launched its first ever website! Since then, we've worked hard to keep the website fresh and new... so don't forget to check out our brand new look website at [www.c-i-c.co.uk](http://www.c-i-c.co.uk)

3

July 2004 saw the launch of CIC's 'Towards Social Inclusion' initiative. Founded on the principles of choice dignity and respect, CIC has always championed service user involvement in our services. To find out more turn to pages 10-11 to read about the 'Step Up To Life' group's Service User Inclusion Charter.

4

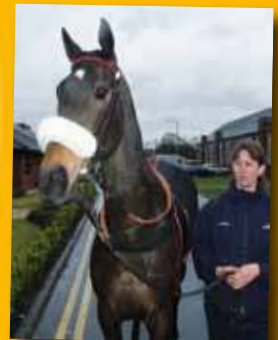
For our Christmas edition, we caught up with the "Needles" knitting group at the Wolfcraig project, Stirling, who were busy putting the finishing touches to some handmade winter woollies for orphaned children in Moldova.

5

In Edition 5 we had a request for a special mention of thanks for the staff at Swans Vennel, Dumfries, from tenant Marilyn Lee, one of the first tenants at the CIC supported living service. Marilyn was so happy with her new home she wrote to us saying: "This place has given me a new life. You have no idea what a difference it has made, all thanks to your staff."

6

CIC's specialist care home, Amberleigh House in Merseyside, was host to a very special visitor in the Summer of 2005 – the champion racehorse and Grand National winner of the same name – Amberleigh House!



7

Joseph Fenton from Ardenraig Road in Glasgow was commended at the highest level when he was awarded the Helen Keller Award for his painting: 'The Grim Reaper'. Joseph's passion secured him the trophy and cheque for £1000 in the competition which attracts hundreds of entries from all around the world.



8

In Edition 8 we celebrated the success of John Cresswell and Mustafa Mohammed, who, with the help of CIC's Vocational Support services, managed to secure their dreams jobs working for SONY Entertainment Centre in Liverpool.

9

Springtime was in bloom in Edition 9 when Mary Brayshay from Broadlane, Leeds, became the first honorary president of Leeds disability arts group – Pyramid of Arts and was awarded a special decorative chain, adorned with beautiful appliqué flowers to wear on her official duties.





**10** It was a big day for Janet Cowper from Morningside, Penrith who fulfilled a lifelong dream of taking to the skies. Janet was supported by CIC staff to have a 30 minute flight in a small 4 seater aircraft, taking in the beautiful Cumbrian views for miles around.



**16** Last Christmas, Eccleston Court Care Home appeared on the BBC's primetime TV programme, the 'One Show', to take part in a special Christmas makeover edition. Celebrity barber, Michael Douglas, worked his magic to give residents and staff a new look for the festive season.

**17** In Edition 17 we celebrated CIC's 20th birthday with a special commemorative issue of our magazine.



**18** It was a big day for CIC when we opened the doors to our first ever supported living service for people with physical disabilities – Station Court in Todlaw. Tenants at the unique, double award winning service, were even given the chance to work with the building's architects to put forward their views and design ideas, in order to maximise accessibility and independence.

**19** It was a night out on the town for Kerry, Kelly and Carla from Drummond Road in Liverpool when they went along to experience an exciting new unique inclusive clubbing night – Frogstastic, aimed at people with learning disabilities, their friends and family as well as the wider community.

**11** The CIC community from across Dumfries and Galloway held a special outdoor garden party in July 2006 at stately residential home, Carlingwark, to toast CIC's seven Scottish residential homes maintaining their Investors in People Status.

**12** There were some 'Awesome Adventures in America' for members of CIC's social inclusion group when they took a trip across the pond to visit their friends from People First Winsconsin. As well as appearing at the People First social inclusion conference, the Group also found time to enjoy some traditional American style fun, including from a boat ride on Lake Superior and even some buffalo spotting!



**13** Mr Universe 2006 was the man of the moment when he paid a visit to CIC's Belvedere homelessness service to talk to the residents about fitness and how to lead a healthy lifestyle – oh, and of course, to show off his impressive physique!

**14** In Edition 14 we celebrated an award winning year for CIC with services from across the county receiving recognition for their excellent care standards, and colleagues and people who access our services being commended for their individual skills and achievements... even CIC's Annual Review 'My Life My Way', scooped a top industry award!

**20** And finally... here we are, celebrating our 20th year

of providing diverse, person centred, care and support and writing the 20th issue of our much loved magazine. We hope you've enjoyed reading **You First** as much as we've enjoyed hearing your stories and seeing your photos. Thank you for all of your support and we look forward to the next edition.



**15** 'Artists Included!' was the title of CIC's first national art exhibition, showcasing the artistic talents of 19 people from across the UK who all access CIC services. The exhibition was such a success that our artists were praised by The Tate gallery, Liverpool.





# It's easy being green!

"I just can't believe how many ways there are for us all to be greener. Everyone's guilty of polluting and using too many resources, and it's brilliant that at least CIC are trying to reduce their impact on the environment." Announced Dan on her return from CIC's first environmental project meeting. I completely agree, but making a difference is too hard isn't it? And too expensive? And of course, as just one person I can't change anything can I? Well, Dan and the rest of CIC's CSR group believe that individual effort can make a difference, especially when combined with group endeavours. CIC is currently developing an Environmental Management System. We want to achieve British Standard Accreditation - the benchmark for environmentally responsible organisations. Whilst this might sound complicated, what it really means is that the CIC community is going to be working hard to reuse, reduce and recycle.

Throwing down the gauntlet, I challenged Dan to practise what she preaches and we agree to make some environmental efforts of our own. Here's our diary of a week of simple and easy efforts in our bid to become a little bit greener...

*John-Monday.* It's magazine time and we have to visit lots of our services to get stories and pictures for **You First** magazine. Before setting off, I check the tyre pressure of the wheels on my car. Under-inflated tyres can decrease the mileage you get from a tank of petrol by up to 10%, wasting you money and adding to pollution.

*Danielle - Tuesday:* The Communications and Marketing team have been working on new flyers for our addictions services and we wanted them to be as green as possible. We worked with a carbon neutral design agency, Carbon Creative and had the flyers printed on recycled paper with special environmentally friendly inks. Where possible we have been trying to use sustainable promotional items, for instance this magazine is printed on paper from sustainable forests and our promotional pens are made from a special vegetable derived plastic that is biodegradable.

In our offices and at home there are loads of easy ways to reduce waste. When printing documents you can use both sides of the paper and empty ink cartridges can be easily refilled in specialist stores.



*John - Wednesday:* The internet is full second hand bargains with stores like Amazon and eBay selling everything from clothes to electronics at great prices. I managed to buy a CD that is £10 in the shops for a bargain price of 73p online. Buying second hand is environmentally positive as you are reusing goods that have already been made and, of course, there are great savings to be made.

*Danielle-Thursday:* What better way to do your bit for the environment (and your bank balance) than to "recycle" your old clothes by selling them online. Instead

of adding to the mounds of unwanted household items we send to landfills every year, why not try turning your fashion faux pas' (or simply just unwanted/last seasons items) into cold hard cash by selling them on sites such as eBay or The Clothes Agency ([www.clothesagency.com](http://www.clothesagency.com)). This week I put several items, ranging from a worn once pair of designer jeans to an impulse buy fur gilet (still complete with tags!) up for sale on eBay. Sometimes it can seem like a chore to do something environmentally positive, but it was exciting to see who would be the highest bidder on my items and great to know that I was earning a bit of extra cash in the process.





**John - Friday:** It's Friday and I go to the gym, but rather than pay for a bottled of water, I take a water bottle. In Britain we spend £2 billion on bottled water! (You could get 9500 litres of tap water for the 95p price of bottled water!) But there is an even bigger environmental cost, plastic bottles require lots of energy and crude oil in their production and once they are disposed of take an amazing 450 years to biodegrade. Some of the most popular brands of bottled water travel thousands of miles from foreign springs before they reach our shops. In Britain the freight of bottled water produces 33,200 tons of carbon each year, the equivalent energy consumption of 6000 homes!

**Danielle - Saturday:** As it's the weekend, I thought that I would do a quick environmental reccy of my house to see where I could start to make some positive environmental changes. Sadly, it's clear that I'm not doing a great job of saving energy or money! First off, I see that although no-one is upstairs, all the lights are on. Switching lights off is a simple and effective way of reducing your energy consumption. You can conserve nearly 22,000 watts of energy per year just by switching off one 60 watt light bulb for one hour every day. That's enough energy to power one month's worth of evening TV viewing! We have now replaced our old style light bulbs with new low energy equivalents which use up to 80% less energy and last 10-12 times longer, saving up to £100 per bulb over their lifetime.



Dan has a lightbulb moment!

Leaving electrical appliances switched on at the wall, is something I am guilty of. These appliances are still draining electricity even though we think of them as switched off. A survey by the Energy Saving Trust showed that an average household spends between 6-10% of its electricity bill on wasted 'standby' energy. By quitting using 'standby' in the UK, we would save £700m worth of energy annually - enough to pay the energy bills of nearly 800,000 homes.



John cooks a winter warmer

**John - Sunday:** It's Sunday and it's my turn to cook, but as a novice 'chef' I struggle to get the right quantity of ingredients and end up boiling enough potatoes to feed a rugby team. Rather than bin my left over food, I decide to get creative and turn my simple spuds into a culinary creation. I drizzle the potatoes in a bit of olive oil, dust them with paprika, add a touch of salt and pepper and roast them in the oven for 15 minutes until they are golden brown. Voilà! Delicious winter food made from humble leftovers.

In Britain we throw away a shocking 20 million tons of food each year! That is the equivalent of half the food import needed in Africa. It's easy to reduce our contribution to this food mountain though, from freezing your leftovers and pureeing overripe fruit and veg for smoothies and soups, it's easy to reduce food waste.

**So there we have it, seven days of pain free changes that have seen us become a little bit greener. We've saved money, had fun and learned that our little changes can make a big difference in the long run!**

## GREEN GRANTS

For a free, impartial energy check that could save you up to £250 a year on your bills visit [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) or call 0800 512 012. Remember that you may be eligible for grants to help you with the cost of making your home more energy efficient. Warm Front is a grant of up to £2700 offered by the government to households on certain benefits (in Scotland the scheme is known as Warm Deal); to find out more visit [www.warmfront.co.uk](http://www.warmfront.co.uk) or call Freephone on 0800 316 2805. Most local councils can help local residents with the cost of installing certain energy efficiency measures such as loft and cavity wall insulation.

# 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](http://www.c-i-c.co.uk)**



Call 0151 420 3637 | [www.c-i-c.co.uk](http://www.c-i-c.co.uk)

Old Market Court, Miners Way, Widnes, Cheshire WA8 7SP

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