

The magazine for supporters
of Community Integrated Care

Community
Integrated
Care[®]



You

FIRST



BEST LIVES, BOLDER



We proudly unveil our bold
new strategy - *and you're all invited!*

WE INCLUDE • WE DELIVER • WE ASPIRE • WE RESPECT • WE ENABLE



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Finance, Facilities & Procurement Helpdesk: Coming Soon!

Modernising and streamlining our ways of working to make life easier for our teams.



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Refreshed Age Exchange!

Age Exchange have unveiled a brand-new fresh look - showcasing the creativity and diversity that they're so proud of.



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A Special Day for Robert

See how Robert's Person-Centred Review became the stuff of dreams thanks to his team!

Hello everyone,

Welcome to the Winter 2025 edition of You First Magazine! As always, this publication shines a spotlight on the incredible people, teams, and projects that make Community Integrated Care so special.

I'm thrilled to share more about **Best Lives, Bolder** – our charity's 2025–2030 strategy – in this issue. It's been a couple of months since we unveiled our plans for the years ahead, and the feedback so far has been fantastic.

What makes me even prouder is seeing the stories and updates in this magazine that show **Best Lives, Bolder** coming to life already. From Robert's inspiring Person-Centred Review to the bold career moves of our budding leaders, the spirit of building on what we do best – and thinking bigger and bolder in how we do it – is alive and well.

For our colleagues, the **Best Lives, Bolder: Unboxed** packs are a great way to keep the conversation going and spark ideas about how we can all be bold in what we do. And if you've got a great story to share, we'd love to hear it! Your successes are what make this magazine so special.

Above all, our mission remains the same: **to deliver the best lives possible to the people we support.** That's what unites us all, and what makes every achievement worth celebrating.

Enjoy this edition, and let's keep inspiring each other to make our ambitions a reality.

J.K.

Jim Kane
Chief Executive



WELCOME

You First is a magazine for all colleagues and customers of Community Integrated Care. It is written by our Communications Team with the help of our guest contributors across the charity.

SHARE YOUR THOUGHTS

We're always interested in hearing your thoughts on You First and any ideas you have on stories for the future.



Email us at youfirst@c-i-c.co.uk

Share a post on Viva Engage using the hashtag **#YouFirst**

Discover

WHAT TO DO

Our free activity platform offering creative workshops, wellbeing sessions, fitness, music, arts, learning and social events for the people we support. It brings together an exciting wide range of inclusive online activities and once-in-a-lifetime experiences, with something for everyone.

Explore what's on and get involved by visiting the **What To Do website:**



What-To-Do.co.uk

Celebrating Zsuzsi's Fundraising Effort!



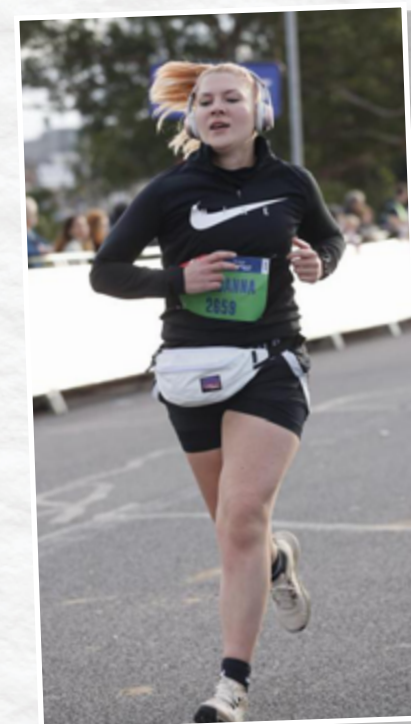
A huge congratulations to **Zsuzsi Bodnar**, Support Worker at **Redbridge House in Region 3**! Zsuzsi raised an amazing **£1,071** to support Redbridge House, helping to create extra home comforts for the people we support.

Zsuzsi's efforts show how going the extra mile can make a big difference – and her colleagues couldn't be prouder.

Zsuzsi said:

"I'm really proud of what we've achieved as a team over the past few months, from raising funds to creating a home where people can thrive. I'm overwhelmed by people's generosity and so grateful for all the donations – they're going to make such a difference. Thank you to my colleagues, the people we support and their families for helping spread the word about my sponsored 5K. It's thanks to them that we've been able to raise so much."

Well done, Zsuzsi – what an inspiring achievement!



BEST LIVES, BOLDER



A Bold Future

for Community Integrated Care

Bold. What do you think of when you hear the word? It can spark energy, enthusiasm, ambition, and positivity. It can mean different things to different people, and can change over time. **Bold:** a small word with a big impact.

For Community Integrated Care, it's a simple commitment to think, act, and behave more boldly. And that's why **Best Lives, Bolder** is our new five-year strategy. We caught up with our Chief Executive, Jim Kane, to find out more about what being bold means to us.

"When we started shaping this strategy, we knew we weren't far from where we wanted to be. The challenge was to keep it simple and make sure everyone could see themselves in it. This isn't change for the sake of change – it's about building on what we do brilliantly and being bolder in how we do it."



"Our sector is under pressure, and without big changes from policymakers to make life easier for organisations like ours, we have to look at what we can do to lead the way ourselves. And that's where you'll see the changes – in how we ensure an exceptional standard of support, how we grow to support more people, how we use our place in the sector to influence change, and how we set our teams up for success."

"So, for most people, the message is – keep doing what you do best – helping the people you support to live the best lives possible. And if you have the chance to think a little bolder and a little braver in how you do that... then take it!"



Best Lives, Bolder: Unboxed

The most important part of any strategy is how we all make it a reality in our day-to-day lives. Our **Best Lives, Bolder: Unboxed** packs help us do that.

Filled with conversations, activities, and fun workshops to explore the strategy in more detail, these packs bring **Best Lives, Bolder** to life.

Managers – bring these to your next team meeting and get your team talking!

Our strategy at a glance...

OUR VISION

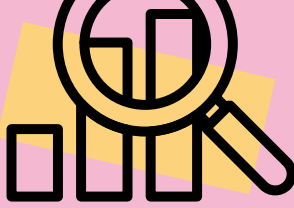
Is to help create a society where people with support needs are empowered to thrive – living active and connected lives, with their choice, voice, and influence shaping the world around them.

OUR MISSION

Is to support people with learning disabilities, mental health conditions, and autistic people, to live their **best lives possible**. We do this through exceptional care and support that champions the voices of the people we support and those closest to them.

With our ambitious, skilled, and diverse workforce, we're proud to lead innovation and drive positive change across social care – helping to build a fairer, more inclusive society.

Before setting out on our path for the next five years, we start with the bigger picture. What change do we want to see in society and what are we going to do to make it happen? That's set out in our **vision** and our **mission**.



How will we do this?

Our Best Lives, Bolder strategy has four key pillars that set out all of the work we will do to deliver success.

EXCELLENCE

Delivering outstanding, personalised care

We'll deliver care that transforms lives. A new personalised outcomes framework will help people define and achieve their goals. We'll embed quality, insight and continuous improvement across all services – ensuring excellence is not just a standard, but a lived experience for every person we support.

REACH

Growing sustainably and leaving our mark on society

We'll grow our impact by supporting more people and diversifying our services. From complex care to transitions and technology-enabled support, we'll expand where we can make the biggest difference. We'll also build new income streams to reinvest in innovation and long-term sustainability.

INFLUENCE

Helping to shape a better social care sector

We'll use our voice to drive change. By sharing evidence, insights, and lived experience, we'll influence policy, challenge inequality, and shape a better future for social care. We'll strengthen our public affairs work, build partnerships, and lead conversations that matter.

ENABLING

Strengthening our people, systems, and culture

We'll continue to invest in our people, systems, and culture. From smarter working and digital tools to inclusive leadership and wellbeing, we'll create the conditions for success. When our colleagues thrive, so do the people we support – and our strategy becomes reality.



Want to find out more about Best Lives, Bolder? Visit our dedicated Hub at BestLivesBolder.co.uk – or scan this QR code.



What strategy means to me...

Best Lives, Bolder isn't the work of a group of people in a boardroom – it's the product of thousands of voices and perspectives. Our colleagues, the people we support, their loved ones, our partners – this strategy represents what's important to everyone.



Scan this QR code to watch our **Best Lives, Bolder** strategy video



It's a given that the people we support are at the core of our plans – but with **Best Lives, Bolder** we wanted to go one step further by ensuring they were the faces and voices of this strategy too.

That's why we launched **Best Lives, Bolder** with a special video featuring the people we support, who boldly brought our strategy to life – breaking down the myths of what a strategy is and telling us what it means to them.

And they didn't stop there. There are no better representatives of our charity than the people we support – so when we launched **Best Lives, Bolder** to colleagues, the people we support joined our Executive Team as hosts for our virtual events.

We heard from three of the stars behind our new Best Lives, Bolder campaign on what the strategy means to them...



Someone who is always proud to represent our charity is **Tauseef Iqbal** – a newly-appointed Quality Advisor, supported by Community Integrated Care in Stockport. Tauseef has represented our charity on some of the biggest stages – such as in Parliament and on BBC News! He told us:

"I am really proud of how I've spoken up for other people with disabilities to help people understand what life is really like. It's really important that voices like mine are heard and can influence decisions."

"A bold life to me is all about being brave and trying new things. It's about speaking up for people, getting more confident, and making a difference to others. Most importantly, it's about being really proud of who you are."

Kandy Sabo has also recently joined our incredible team of Quality Advisors, working to make the lives of the people we support in Scotland even better. Known as 'the boss of Brook Street', she's no stranger to speaking out on the things that matter most to her. She shared:

"It's important that the people we support choose how they want to live and make their own decisions. Co-production is important because people with support needs are the real experts in their own lives. I'm so passionate about this for myself, and now I get to help other people with this too."

"For me, a bold life is all about independence. I want to one day own my own house and not need support – and I think that's pretty bold!"



When **Christopher Browne** isn't busy supporting homeless charities and advocating for people with disabilities, you can often find him representing our charity too – including a recent speaking appearance at the Labour Party Conference. He told us:

"When I talk about my life, I'm not just speaking for myself. I'm speaking for other that might not get the chance."

"That's what a bold life is to me – sharing my story so that I can help other people. This gives me such purpose – I feel seen and I feel heard."



A strategy for everyone

This strategy reflects the voices, hopes, and ambitions of the people we support, our colleagues, and our communities – and we want everyone to be able to enjoy and engage with it, whatever their communication needs.

That's why we've worked with external accessibility specialists to make sure we've met the gold standard for inclusive communication. Our strategy hub brings **Best Lives, Bolder** to life and includes:

Easy Read versions for the people we support, using simple language and visuals to aid communication

Large-print formats for people with visual impairments

Audio-described files for those who benefit from spoken content

British Sign Language (BSL) version of our strategy video

Screen reader-friendly documents for anyone using assistive technology

Clear layout and colour contrast across all materials to support people with cognitive and visual processing needs



A special thanks to everyone who was involved in our strategy launch...

Abbie McKenna, Abul Kasem, Althea Lee, Chloe Felgate, Christopher Browne, Elise Taylor, Emma Whur, Jamie Potts, Joseph Crammond, Kandy Sabo, Kellie Hampton, Lewis Thomson, Matthew Reid, Madhvi Parmar, Phil Gahan, Pramod Desai, Stephen Gahan, Tauseef Iqbal, Tracy Mather.



Celebrating award-winning teams

This year, our colleagues and teams were shortlisted for 40 amazing awards! Clare McMurchie, Regional Manager for Region 1, was a standout superstar with three nominations, no less. At the Great British Care Awards, Clare's team at Brook Street took home the Putting People First Award! A huge congratulations to all our nominees and winners who attended ceremonies throughout November.



A special day for Emma

In August, Emma was overjoyed to attend her nephew's wedding, with her Leicester team by her side. Together, they celebrated with her, sharing in the love and happiness of the day, and supporting Emma to fully enjoy those precious family moments that make life so fulfilling.



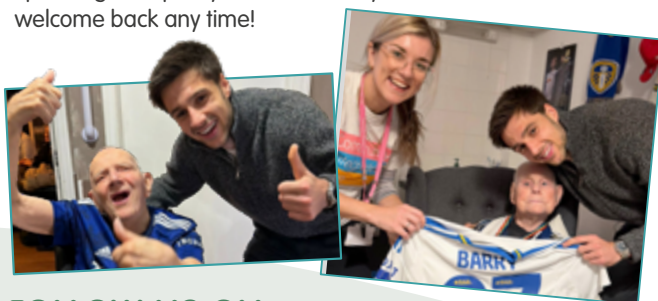
SO social!

On our social channels, we love sharing our colleagues' adventures and the life-changing work they do every day. Here are some of our highlights...

Lifelong Leeds United fans meet Ilia Gruev!

In celebration of his new role as one of our charity's Ambassadors, Leeds United midfielder, Ilia Gruev, made dreams come true by visiting Leeds superfans, Barry and Leslie!

After struggling to attend games due to health challenges, Barry and Leslie were stunned and overjoyed to see the footballer on their doorstep. Thank you to Ilia for spending this quality time with us – you're welcome back any time!



FOLLOW US ON SOCIAL MEDIA...

 @communityintegratedcare

 @communityintegratedcare

 Community Integrated Care

 @comintcare.bsky.social

 Community Integrated Care

Representing at the Labour Party Conference

At Community Integrated Care, we believe in using our influence to campaign for a better deal for social care. Our Managing Director for Region 2, Sam Brennan, our Trustees, Imogen Shillito and Amanda De Ryk, and Chris, a person we support, proudly attended this September's Labour Party Conference – engaging in meaningful discussions, championing the voices of those we support, and highlighting the vital contribution of social care to society.



Katie showcases her art in exclusive exhibition

Katie Richardson, who was previously supported by our Inclusive Volunteering programme, hit a major milestone in her creative career when her work was exhibited in September. Having discovered her passion for photography through her work with our charity, Katie's work was displayed at a special sporting exhibition in St George's Hall in Liverpool, titled **Unsung Heroes: Celebrating Liverpool's Grassroots Boxing**. Congratulations, Katie!

OPEN
EYE
GALLERY

Finance, Facilities & Procurement HELP DESK

COMING SOON

The Enabling pillar of Best Lives, Bolder is driven by our commitment to invest in our people, systems, and culture to allow our teams to focus on what they do best – supporting people to live the best lives possible.

This means we're always striving to develop how we do things and explore ways to make life easier for our colleagues. In January, we launch our **Finance, Facilities and Procurement Helpdesk** to help do just that!

We sat down with our Director of Finance, Joanne Bunworth to discover more about this exciting development.



Tell us more about the new Helpdesk!

"We know how frustrating it can be not knowing the best person to contact when you have a support request, or to see your query bounce from inbox to inbox before it gets seen. This is especially the case with any queries relating to the homes of the people we support. We wanted to streamline this and make sure colleagues know exactly who is handling their request, where it is up to and how it's being dealt with.

So, we've designed our new helpdesk with that in mind. We're introducing an efficient and clear way of logging, tracking, and managing support requests, so that our colleagues know exactly how their queries are progressing, just like our IT helpdesk."

What benefits does it bring for colleagues?

"First and foremost, anyone who's familiar with our IT Helpdesk will find this really easy to use as it's been built on the same platform.

Logging a request through the helpdesk removes any uncertainty of who to direct your support request to. Once you've submitted a request, it will be automatically assigned to the most relevant team to manage. You'll be able to share information easily and track progress in real time, giving you more time to focus on your role.

Best of all, we won't be losing that human element that colleagues know and love. It will be the same great support from the same brilliant teams, just delivered more efficiently for everyone!

As for the Finance, Facilities and Procurement Teams, it's a real step forward, supporting them to continue with their excellent customer service, in a way that is easier for them to manage."

What's your message to everyone ahead of the launch?

"My main ask is that colleagues embrace the helpdesk! It's designed to make your lives much easier, but we're relying on everyone getting stuck in! The more people use the helpdesk, the more we can understand the most common issues and ensure we are supporting you in the best ways possible."



Scan the QR Code for more information on the new helpdesk.

Taking a

BOLD LEAP



We love celebrating the incredible achievements of our colleagues across all regions and we're excited to spotlight three standout teammates who've taken bold next steps in their careers with us.

Sammie Mayfield, Wayne Watson, and Aiden Robertson have all recently taken their careers to exciting new places.

Sammie

Sammie joined Community Integrated Care as a Support Worker six years ago. With a background in hospitality, Sammie realised her passion for social care after caring for her grandad.

Now leading the service where her Community Integrated Care career began, Sammie has accomplished so much, from completing her Management & Leadership Level 5 qualification to completing both our LEAD and LEAD Next Level internal development programmes.

Sammie's ambition doesn't stop there and she's excited for what the future holds.



Sammie said:

"Being a leader in social care is not just a job – it's a responsibility and a privilege. The work is deeply human, emotional, and rewarding. Seeing people grow – not just the people we support but also my team – continues to be the driving force behind my career."



Wayne

Wayne featured in You First in 2024 to celebrate his progression to Service Leader from Support Worker.

Since joining the first Learn to LEAD cohort back then, he has shown no signs of slowing down his career progression.

Wayne was recently promoted to Service Leader 2 – with plans to progress to Service Leader 3 next year – testament to his determination and the opportunity to spread his wings within the charity!



Wayne said:

"Having the chance to develop and grow has always been a desire, I have always wanted to see where my potential could take me. Community Integrated Care has given me that opportunity. Getting here hasn't always been easy - there have been challenges but lots of opportunities, too. I feel that with each day, I'm becoming a more confident person, who enjoys taking on challenges which present themselves day to day."



Aiden

Aiden Robertson has recently made the move from Support Worker to Learning and Development Specialist.

Joining Community Integrated Care in 2021, Aiden had worked across different services in the north of Scotland. It was his manager

who suggested he apply for the Learning and Development Specialist role after seeing his passion and potential.

Aiden has settled in really well to this exciting new venture and is a firm advocate for people pursuing the next steps in their career.



Aiden said:

"I would definitely say you just need to push yourself and grab the bull by the horns to take the leap outside of your comfort zone. It took a lot of learning at first but I've really settled in to my new role and my new colleagues have been absolutely fantastic in supporting me."



A huge congratulations to Sammie, Aiden and Wayne - we can't wait to see what the future holds for you all!

Age Exchange

A Fresh New Look for the Future

Age Exchange, the specialist arts and community charity within Community Integrated Care, revealed a bold new identity earlier this year, marking an exciting milestone in its 40-year history. The refreshed look reflects the organisation's dual role as a vibrant local hub and a national voice for creativity in social care.

Every year, Age Exchange delivers life-changing programmes that support creative expression for people with dementia (including young onset), as well as people with learning disabilities, acquired brain injuries, mental health conditions, autism, or people who are experiencing social isolation. From arts and reminiscence sessions to collaborative projects with leading cultural institutions, the organisation continues to prove the transformative power of creative engagement.

Rebekah Adey,
CEO of Age Exchange, said:



"We are proud to be a charity with a national voice and a local heart. Our new brand represents the vibrancy, diversity, and innovation that defines us – but our mission remains unchanged: to empower and enable people through creativity and connection."

The creative Hub

Age Exchange's commitment to a creative and connected future can be felt throughout the charity's Blackheath Hub, a welcoming space with arts studios, a popular café, library, and a base for vital support services. With more than 180,000 visitors each year, the Hub demonstrates what is possible when creativity and community come together. It is a place where people find opportunities to learn new skills, share stories, and experience belonging.

As the only arts organisation embedded within a social care provider, Age Exchange holds a unique position. Its creative programmes are integrated with day-to-day care, allowing the charity to reach people who might not otherwise access the arts, while sharing specialist expertise that shows how creativity can enhance wellbeing.



Visit: age-exchange.org.uk

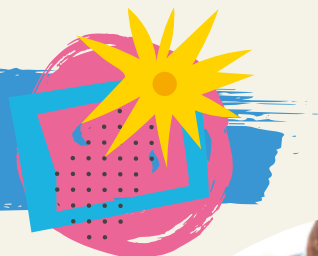
to see the new
brand and
learn more.

Age Exchange has worked with respected museums, universities, theatres, and sports organisations to deliver innovative programmes that put people at the centre, helping them gain independence, confidence and improved wellbeing.

With its refreshed identity, Age Exchange is setting out an ambition to build on strong foundations and make an even greater contribution to the arts and social care.

As it enters this new chapter, championing creativity, fostering cultural connection, and helping people experience richer, more fulfilling lives remains central.

Vesna's Story of Self Discovery



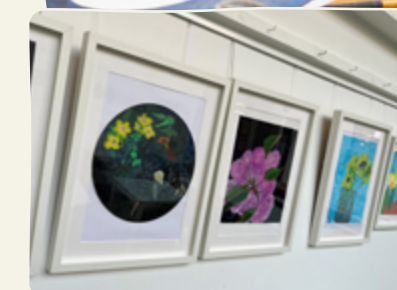
Vesna Okaikoi has developed into a remarkable artist and poet through her participation in Age Exchange's supportive community groups for people living with dementia. She first joined the young-onset group, Kaleidoscope Café, and later became an active member of the visual arts groups Happy Horners and Tuesday Club. In addition, she engages in Dance for Health and Joyful Voices, the dementia choir.

These communities provide vital support for people living with dementia and their carers, fostering creativity, connection, and wellbeing.

Following the launch of its new identity, Age Exchange hosted a solo exhibition of Vesna's art and poetry, celebrating her growth and achievements as a creative individual.

Introducing the exhibition, Vesna shared her hope that visitors will "look at people and see beyond the cover."

Her art and poetry are inspired by nature and shaped by experiences of love, loss, and renewal. Many poems reflect memories shared with her twin, who she lived with in care from the age of 15. Years of searching eventually reconnected her with her birth family, revealing her Ghanaian heritage and a clearer sense of self.



While writing had long helped her navigate life's challenges, visual art entered her world only after her diagnosis of young-onset dementia. Through Age Exchange's creative groups, she found new ways to explore and share her story.

The pandemic had a profound impact on Vesna, bringing memories and emotions to the surface while heightening her appreciation of the present – the view from her window, changing seasons, and the beauty of her garden. This period inspired many of the works in the exhibition and deepened her connection to nature.

Vesna's art supports her to celebrate self-expression and personal identity – something she wants others to take pride in.



Vesna's journey and creative voice reflect the values at the heart of Age Exchange: connection, expression, and the power of art to reveal the person within.

Local stories shaping

NATIONAL CONVERSATIONS

As part of our Best Lives, Bolder strategy, Influence is one of our four key priorities for the next five years.

Our aim is simple: to take the real stories, successes, and challenges from our services and use them to help shape a social care system that works better for everyone.

We know we cannot create change alone. Building strong relationships with local and national decision-makers, sharing our insights, and demonstrating the real impact of great social care are essential. MP visits play a key role allowing us to bring our learning, innovation, and the voices of the people we support directly into the conversations that shape policy and practice.

Walk into a Community Integrated

Care service and you will instantly feel the warmth, the welcome, and the incredible things people are achieving every day. Our services are places where people grow in confidence, build independence, and feel at home, thanks to the dedication and creativity of our teams.

This year, we shared that spirit with some special visitors. MPs from across the country spent time in our services, meeting the people we support and seeing firsthand the passion behind our work. Their visits reminded us of something important: our local impact doesn't stay local, it helps shape national conversations about the future of social care.

Sarah shows the real value of personalised care



In September, MP Fabian Hamilton visited our Carr Manor Road service in Leeds and met Sarah, who, at 45, is exploring attending college to study Maths and English. With the support of her dedicated team, she is breaking boundaries and pursuing her dreams. Hearing Sarah talk about her hopes, Fabian saw firsthand that social care is about much more than numbers or budgets. It's about empowering people, supporting their ambitions, and helping them thrive.



HARPREET UPPAL

MP for Huddersfield, who visited Sandy Mount Extra Care in October to meet residents and colleagues and hear how the service promotes independence.

FABIAN HAMILTON

MP for Leeds North East, who visited two North Leeds services in September to understand tailored support for people with learning disabilities and mental health needs.



VIKKI SLADE

MP for Mid Dorset and North Poole, who spent time with people supported in Bournemouth, learning about the everyday victories made possible by quality care.



CLIVE BETTS

MP for Sheffield South East, who visited our Beighton Road service in February to understand more about how people are empowered to lead fulfilling lives without limits.



LIZ TWIST

MP for Blaydon and Consett, who visited Half Fields Close in March. Colleagues raised the issue of pay disparity between social care workers and NHS peers, as outlined in our Unfair to Care campaign.

LUKE MYER

MP for Middlesbrough South and East Cleveland, who joined us in May to celebrate the opening of our new supported living service in Skelton, learning about our innovative use of smart technology and how this enhances lives.



JONATHAN REYNOLDS

Secretary of State for Business and Trade and MP for Stalybridge and Hyde, who visited Boulderstone Road heard from colleagues about their experiences championing quality of life for the people we support.



KIM JOHNSON

MP for Liverpool Riverside, who visited Gordon House in July, admiring artwork from the people we support and celebrating creativity and self expression.



We're proud to share some highlights from our MP visits...

Why do these visits matter?

Across all MP visits this year, we have shown how essential truly individualised care is, with support shaped around each person so they can live their best life. When MPs take the time to listen, it reinforces that social care matters, that local voices are heard, and

that every person we support has value, potential, and ambition, like Sarah, who is taking her next big step into college.

These visits shine a light on the realities of social care: the passion, the challenges, and the extraordinary achievements

happening every day. They open doors to crucial conversations about funding, workforce recognition, and the support people need to thrive. They ensure the lives and ambitions of those we support are represented in the decisions shaping our sector.

Thank you to every colleague, every person we support and everyone who helps share these stories. When lived experience meets local influence, we can shape a better future for social care. Here's to more visits, more voices and more change.





Working in Harmony

EXCELLENCE



A united front for Robert!

Delivering Excellence is all about support that fits the person, making aspirations a reality and being bold in how we go about it.

Robert's team in Rainhill, Region 2, really set the tone at his recent Person-Centred Review, creating a unique sports and music inspired experience shaped around his passions.

A key component of this is ensuring truly collaborative Person-Centred Reviews, bringing together the people we support with those they trust to discuss their care and how they want their life to be. They give people real opportunities to shape their own care and support, making sure their voices are heard.

How the team made this happen

Developing this truly unforgettable experience started with something very simple – a listening ear. Positive Behaviour Support Specialist, Denise Kennedy, really got to know Robert and what was important to him.



Denise said:

"For Rob, this review was more than a meeting – it was a celebration of his individuality and aspirations. The day was all about giving him the space to express how he wants his life to look, from the choices that empower him to the things that truly work for him."

The first step in setting up the review was Rob personally selecting his attendees, as well as a Manchester United and St Helens theme to reflect his passion for sport.

But it was Rob's final request that was the real challenge. His dream was to have a brass band come along to play Manchester United and Saints songs during the review!

Determined to make this grand idea a reality, Denise worked her magic and located a band in Liverpool who could help out and surprise Rob on the day!

As band members dedicated a special performance to Rob, singing classics like 'Sweet Caroline', a new benchmark was set for what truly great Person-Centred Reviews can look like. The day hit all the right notes for Rob and became a vivid reminder of the profound power that comes from choosing to be bolder, braver, and more courageous in our work.



"The brass band was the highlight of my day. – I wasn't expecting it because Denise told me she couldn't bring them. It's been an honour, I've really enjoyed it."



Rob and his support worker Helen Murphy.

It was a day that perfectly captured what person-centred care is all about: listening, understanding, and making life as meaningful as possible.

Scan the QR code to watch a very special film about Robert's Person-Centred Review!



SPEAKING UP for Safety



We engage with our community every day – through work, volunteering, events, or just spending time in shared spaces. But for many people with support needs, feeling safe enough to take part isn't always simple.

Safety is one of our most basic rights – without feeling secure, it's impossible for people to live their best lives. As a charity, we are determined to overcome these challenges for the people we support and wider society.

That's why we launched our **Speak Up for Safety** campaign!

**Speak Up
For Safety**

Working together with people right across our charity and partners including local police forces and the National Police Chiefs' Council, we have co-produced and delivered vital training on community safety.

To watch the training,
simply scan the QR code!



Hosted by our Chief Quality and Risk Officer Jemima Burnage, the session featured Inclusive Volunteer, Dassos Peterson, Quality Advisors, Joe Crammond and Tauseef Iqbal, and Kate Gore, Hate Crime Co-ordinator for Merseyside Police. **Together, they explored four key areas:**

1

Building positive relationships with local police

2

Helping people recognise if they've been victims of crime or hate crime

3

Spotting signs of 'mate crime' – manipulation by a so-called friend

4

Supporting others to report crimes effectively



Jemima shared:

"Speak Up for Safety was designed in collaboration with people who have lived experiences.

We are driven by creating a fair society for all and this campaign encourages and educates us all in ways we can proactively make communities safe for all to enjoy. Ultimately, supporting people to access their local community without fear or discrimination, helping them to access the tools required to report incidents to the police, building both their confidence and trust.

It was a privilege to deliver the important messages to colleagues and peers across the sector."



"Being a part of this campaign is important to me, as I don't want other people to go through what I've experienced. I want to help others feel safe, speak up, and be clear about what they go through, improving life for themselves and others."

Inclusive Volunteer, Dassos Peterson



For more information on our Speak Up for Safety campaign visit bit.ly/SpeakUpForSafetyCampaign

Inspired to Connect

Celebrating Community Spirit

In 2023 we expanded, joining forces with Inspire, an an Aberdeen-based organisation that shared our values and ambition – enabling us to support another 360 people and welcome 570 brilliant colleagues. Two years in, we are amazed by our new team and how they champion the true meaning of community engagement.



Whether serving the public at an Inspire...By Shop, taking to the stage, or dancing the night away – the people we support are seizing every opportunity!

So, what's been going on?

Sparkles Ball - 25th Anniversary



One of Region 1's most anticipated events of the year, the Sparkles Ball celebrated its 25th anniversary at Aberdeen Beach Ballroom on 1st November. Over 350 attendees from across Scotland enjoyed an unforgettable evening of music, dancing, and socialising.

From fancy dress to formal wear, the magic of the event lies in everyone being unapologetically themselves, coming together to celebrate and have fun.



Cinderella in Chaos Pantomime

Just two weeks after winning 'Event of the Year' at the Celebrate Aberdeen Awards for last year's Peter Pan production, people we support took to the stage at the Aberdeen Arts Centre for this year's pantomime, Cinderella in Chaos.



Now in its fifth year, the pantomime has grown from 12 performers in 2019 to over 50 this year, with a focus on giving people more time on stage independently – shining in front of an audience of around 300 each night. From set design and choreography, to live radio promotion and starring roles, people we support gained new skills and confidence, both onstage and off.



Inspire...By New Shop Opens for Business in Aberdeen



On the 11th December, we opened the doors to our fourth Inspire...By Community Integrated Care shop, located in the heart of Aberdeen. Like our other award-winning shops, it will provide opportunities for people to learn vocational and social skills, gain valuable work experience, and play a key role in their local community. The festive launch night brought together local people to celebrate the achievements of our wonderful people and teams.



A bold life means something different to everyone, but for many people we support in Region 1, they've shown us that it's about overcoming boundaries, grabbing new opportunities, and embracing real community spirit.



FINALLY...

A QUICK CHAT WITH

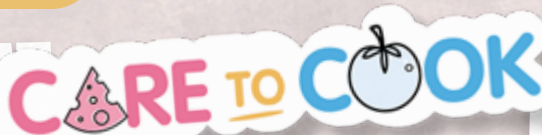
Rosemary Shrager



At Community Integrated Care, we understand how vital it is to empower the people we support to create meals that are not only nutritious and delicious but also affordable and easy to make. In 2022, we launched Care To Cook, our charity's innovative online platform designed to make cooking accessible to everyone.

Celebrity chef Rosemary Shrager shares our passion for promoting independence and healthy outcomes in the kitchen. She's recently become an Ambassador for our charity, helping us deliver a series of special What To Do cookery experiences.

We talked to Rosemary to find out why she thinks Care To Cook is so important...



Rosemary, what is Care To Cook and how did you get involved?

RS CareToCook.co.uk is an incredible, free website, which is really close to my heart. It's a hub for so many brilliant guides and recipes, which are there to empower people with support needs to start whipping up mouthwatering meals! From helpful videos to meal planning advice and tips for cost-effective cooking to easy-read recipes, there's so much to explore.

I first got involved in Care To Cook when I hosted a cook-along on Community Integrated Care's online experience platform, What-To-Do.co.uk. During the workshop, we made a tasty risotto. I loved watching people growing in confidence and enjoying the scrumptious results! After that, I knew Care to Cook was something special, so I was delighted when the charity asked me to become an Ambassador!



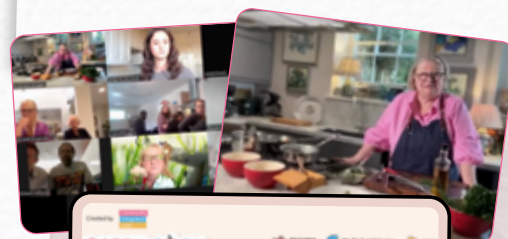
Why do you think Care to Cook is important?

RS Care to Cook is fantastic because it proves that cooking is for everyone. Eating nutritious, balanced meals is so important for our brains and bodies, and the joy of good food has a special power to bring people together, too.

In my cookery school, I worked with people who had a range of physical disabilities, but this never held them back from pursuing their passion. Because of this, I'm passionate about inclusion in cooking – I'm so proud to represent this fantastic platform.

Sign us up! How can we get involved?

RS I'd encourage everyone to visit the website at CareToCook.co.uk. From there, you can start learning and check out some of my recipes! Keep an eye on What-To-Do.co.uk as well. There are lots of exciting experiences coming up – from dance and fitness to music and nature – and I'm hoping to host another cook-along in the new year, too. Don't miss out!



We'd like to say a huge thank you to Rosemary for her time and support in promoting our Care To Cook website.