



Community Lifestyles 25th Anniversary

## Welcome to this special publication to mark the 25th anniversary of Community Lifestyles

Community Lifestyles is a subsidiary of Key and was set up in 1995 to provide community-based support to people living across Glasgow.

In its early days Lifestyles played a huge role in supporting people with learning disabilities to move out of long-stay hospitals, like Lennox Castle, and return to the communities they had left behind. We are proud that some of the people we helped to do this are still part of the Community Lifestyles family today.

Across these 25 years, Community Lifestyles has built a strong reputation for supporting people with a wide range of support needs to live really good lives in their communities, even when others may not have thought this possible.

We had planned for the 25th anniversary to be a year of fun with lots of opportunities for reflection, storytelling and celebration. Unfortunately, as a result of coronavirus and the restrictions which followed in its wake, we have had to postpone many activities until it's safe and responsible for us to get together to properly mark this special milestone.

In the meantime, we are virtually sharing memories and stories whilst remembering some of the characters from Community Lifestyles' history through our Facebook page and other social media channels. And here we feature just a few of the recent successes and achievements enjoyed by people we support and staff from across Community Lifestyles.

This publication is just the beginning and as coronavirus restrictions ease, we will return to telling the 25 years of Community Lifestyles story.



Simon enjoying a walk along the Clyde



Lesley Ann shows her thanks to key workers



Christine looks delighted with her home hairdo

## Celebrating my role and influence Rebecca

Rebecca is the first person supported by Community Lifestyles to become Chair of National TAG (The Advisory Group). It is a role she relishes, and she loves playing her part in raising awareness of the issues facing disabled people and fighting for their fair treatment.

She has been involved with TAG, locally and nationally, for some time now and says that one of the highlights from Glasgow TAG was their work with schools.



Through this she visited primary schools in Glasgow to talk to children about disabled people and their achievements, and to tackle some of the harassment and bullying that disabled people can sometimes face from children and young people in their communities. Rebecca says that the response from all the schools involved was really positive and that the children were very interested in what they had to say.

In preparation for National TAG meetings Rebecca works closely with Key and Community Lifestyles' Inclusion Manager, Leam. He and TAG Chairperson, Kirsten, help prepare Rebecca's meeting papers and are on hand to support Rebecca at the meetings, to make sure things run smoothly and everyone gets their chance to say what's important to them.

Being Chair of National TAG comes with the added responsibility that Rebecca is their representative on Key's Board too. This is a hugely important role as it means people we support are a big part of the decisions that Key takes. It's a responsibility she takes seriously; preparing with Leam before each board meeting so that she's familiar with the agenda and ready to make her views known.

Above all Rebecca loves helping others and is proud to do this on National TAG and Key's Board.

## Celebrating our friendship Cheryl Ann, Ainsleigh and Lesley Ann

Housemates Cheryl Ann and Ainsleigh live in the southside of Glasgow and their friend Lesley Ann lives just around the corner. The three women have become great friends over the past few years, since they began being supported by Community Lifestyles.

They enjoy doing lots of things together like playing pool on Sundays and have become regulars at the 'Dates'n'mates' events at The Garage where they love to dance the night away to their favourite tunes. They especially loved the night that GBX did a guest DJ slot.

'Dates'n'mates' has been important in lots of ways to the women. As well as being a great night out, Cheryl Ann now volunteers with them, helping out at the events. And both she and Ainsleigh met their boyfriends through 'Dates'n'mates' too.

Most often than not though, you can find them in each other's houses have a bit of a gossip and a giggle over a wee cuppa.

The coronavirus lockdown meant that Lesley Ann hasn't seen Cheryl Ann and Ainsleigh as often and it has prevented them from doing their regular activities.

However, as she lives close by, Lesley Ann used her regular walks to stop by her friends' window for a wee wave to help them stay connected.

Since lockdown has begun to ease, the three friends are able to get together again through social distanced visits in their gardens.

And while they're not back at all their regular haunts just yet, they are able at least able to enjoy the chance to have a good gossip over a cuppa again.



Ainsleigh, Lesley Ann and Cheryl Ann

## Appreciating the little things lockdown with Christopher, his mum and his team

Christopher's mum, Caroline, shares her personal experiences of being a part of Christopher's support during lockdown.

Monday 23rd March 2020 was already marked in my diary as significant before it entered the history books as the first day of the UK lockdown. It was the day I was meant to be travelling to Dornoch with my son Christopher, and his support worker Ben, to enjoy a much anticipated, and needed, short break after a long winter. As Christopher will repeatedly tell you, we never arrived!

I feel fortunate that not falling into any of the government's shielding groups meant I have been able to continue to be a vital part of Christopher's support throughout lockdown. And as with all families we faced separations, in my case not seeing my daughter and her partner whilst lockdown measures were in place.

After enjoying a farewell meal with my daughter and her partner I immediately put a structure and routine in place to help support Christopher and his team.



Christopher with team leader, Shirley



Christopher and Caroline enjoy a walk on the beach

He and I would spend each Monday, Wednesday, Friday and Sunday together to enjoy lunch and an afternoon activity.

The fantastic April weather meant we could go for short drives and find quieter places to take our socially distanced walks. We kept to the same familiar destinations.

Christopher loves his music, so we created our own 'carpool karaoke' with all the tracks guaranteed to have him bursting into song. And when we're through the other side of this strange time, he'll have his own Covid19 playlist.

When we returned after our walk, Christopher always fed Brodie the cat who was usually at the front door to greet us.

This simple routine worked well to provide much needed consistency and predictability. It was also helped enormously by the good weather!

## Celebrating my independence Chelsea Lee

Chelsea Lee made the move to living more independently around a year ago and hasn't looked back since. She enjoys having her own space and making choices about how she spends her time and what her home looks like. She and her team have fully committed to building a great relationship to make this happen.

Chelsea Lee is young woman who knows her own mind. She knows exactly what she does and doesn't like. Therefore, moving into her own place was really exciting.

It was an opportunity for her to have a space that reflected her personality by choosing the paint colours, the soft furnishings and the little ornaments that make your space a home. To ensure Chelsea Lee was in charge of these choices, she and her team have got to know each other really well over the past year.

Throughout this time her team have listened closely to Chelsea Lee and taken the time to build a shared understanding of her communication preferences. Together they have developed ways of communicating which support her choices and decision-making so that now she feels truly listened to and understood by her team whom, she says, always support her to make up her own mind.



Chelsea Lee loves her own space

A recent example of this was her 28th birthday celebrations. Chelsea Lee knew exactly what she wanted for her party and that, with her team's support, it would need to carefully follow guidance for gatherings during coronavirus. These restrictions didn't stop her taking charge of it all.

She carefully chose the very close friends and family who would be able to join her, the cake, the decorations, the food, and also organised a shopping trip to buy have a lovely new outfit to enjoy her special day in.

We were lucky enough to see photos of Chelsea Lee's party and can confirm she had an absolute ball!



Chelsea Lee with workers Yvonne and Susan

## Appreciating keeping connected Roy

Roy is very close to his cousin Rena and her husband. They are an important part of his life and the support he gets to live it to the full. Throughout lockdown though Rena and her husband were shielding, so Roy wasn't able to have the same regular contact with them.

Not being able to be as involved in each other's life was difficult for Roy, Rena and her husband, however Roy's team did everything they possibly could to lessen the impact of this on Roy's day-to-day life.

At one point Roy himself had suspected symptoms of Covid-19 which was naturally very worrying for everyone in Roy's life, especially Rena. So, she was grateful for, and reassured by, the continued support that Roy got from his team, particularly Sandra, during this anxious time for them.

Each day during lockdown, Roy and his team would go for their permitted daily exercise by having a walk which always included passing by Rena's house so that they could 'see' each other through the window and have a wee wave.

Roy's friends and wider family are also incredibly important to him, in fact some of his extended family live in other parts of the world. Therefore, to enable him to stay connected with friends and distant family his team supported him to have 'Zoom' calls with the important people in his life.

Elizabeth from his team also arranged for him to receive a free weekly meal which was delivered each Friday by Carmyle Community Centre. This included a delicious afternoon tea!

Rena says that all her family are in awe of the support Roy has received from his team and how they have often gone above and beyond to ensure Roy, Rena and her husband's lives have not been negatively impacted by coronavirus. She had particular thanks for all that Sandra

and Elizabeth have done for them. A wee example of this is that Elizabeth, in her own time, picked up shopping and medication for Rena and her husband while they were shielding.

Rena wanted to share this story as way of expressing her thanks to Roy's team and how much they have appreciated the thoughtful, compassionate way they have provided support at such a difficult time.



Roy looks delighted with his afternoon tea

## Board members Community Lifestyles

### **David Meechan (Chair)**

David is an auditor with Audit Scotland.

### **Angus Turner (Secretary)**

Angus is a retired minister of the Church of Scotland and founding Director of Community Lifestyles.

### **Bill Mooney**

Bill is a founding member of Key and a retired chartered engineer.

### **Susan Hunter**

Susan is a lecturer and researcher in Social Work at Edinburgh University, with a longstanding interest in services for people with learning disabilities. She is a founding Director of Community Lifestyles.

### **John Cameron**

John is a former Clinical Manager of Adult Autism Services for NHS Greater Glasgow.

### **Ann McGuigan**

Ann is now retired, having previously been Head of Quality and Contracts at The Richmond Fellowship Scotland.

### **Liz Matheson**

Liz is a recently retired Clinical Psychologist who latterly worked for Greater Glasgow and Clyde Learning Disability Services.

### **Joanna Pearson**

Joanna is a human resources specialist with a background in the private and education sectors.



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Front cover:

The Community Lifestyles' mosaic which was produced by people we support and staff to commemorate the 20th anniversary.