

Real News

Issue 103

Walking the Walk

Find out how walking can keep you fit and boost your mood

Meet some of
our Fun-tastic
Fundraisers

Celebrating an
Outstanding for
Care

Real Life Options
a real choice | a real voice | a real difference

Welcome

Welcome to Issue 103 of Real News. Our magazine is your opportunity to contribute and to find out what is happening at Real Life Options and 1st Homecare. This edition contains some wonderful stories about the people we support and our amazing fundraising family members and staff.

Meet Hannah and Roy, two of our new Board members and find out who won our creative Thank You Card competition. Our spotlight feature on P11 focuses on the benefits of walking, accompanied by a truly inspiring story of a 96-mile journey along the West Highland Way. You can find out about our Postcard Notice Board, how one of our services celebrated receiving an 'outstanding' for care and what Andrew does in his spare time. Don't forget to check out our latest competition on the back cover for photographs of tasty cakes, bakes and snacks where the winner will receive a £50 prize.

As always, we welcome contributions from our readers to share in the next issue of Real News. If you have any news or stories that celebrate achievements or inspire others, please email me at sharon.mccutcheon@reallifeoptions.org.

Sharon

Sharon McCutcheon, Editor



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Got news? Get in touch!

.....
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What's New?

Welcome to our New Directors

Since our last edition of Real News, we have welcomed one new Director to our Leadership Team and two new Non-Executive Directors to our Board.

We extend a warm welcome to Ian Hardcastle as Director of People and Enablement, and to Board members Hannah Mounsey and Roy Swales. Ian joined the Executive Leadership Team earlier this year to assist in driving organisational strategy, collaborate in improving organisational effectiveness and to drive employee engagement.

Hannah and Roy recently joined Real Life Options as Non-Executive Directors. Their role is a crucial one, as their job, along with other Board members, is to monitor performance to ensure that we are meeting agreed goals and objectives. As Non-Executive Directors, they do not receive an income from Real Life Options but choose to get involved because they are interested in the work that we do and the people we support.

Tell us about you and why you joined the Real Life Options Board?

HANNAH: After graduating from University in 2002, I worked in a private care home supporting young adults with autism. Since then I have worked within a variety of sectors and with people of different ages before spending 14 years with a charity supporting children with disabilities and their families. The charity provides short break respite enabling young people to take part in exciting and fun activities. I now have a community-based business to improve leisure opportunities for disabled people.

ROY: I am a fifth-generation soldier, married with two daughters. Since leaving the Army I have had a varied career, working for Chevron Oil and Gas in Kazakhstan, the United Nations in Sudan, Hampshire Police and the Foreign Office in Syria. I specialise in Leadership and Professional Development and have a passion for seeing people succeed.



From Left: Ian, Hannah and Roy

What will your role as a Non-Executive Director involve?

HANNAH: I see my role as being a guardian of Real Life Options the organisation, and also of the people we support. I will be working behind the scenes to ensure that the staff on the front line have what they need to be able to do their jobs well and in turn, the people we support will have a better quality of life.

ROY: I see my role as one of learning about everything that we do, contributing where I can to make things better and asking tough questions when I need to.

What do you hope to achieve in your role as a Board member at Real Life Options?

HANNAH: My first achievement will be to remember everyone's name and role in the organisation! On a more serious note, I am passionate about supporting people with disabilities and the development of staff. I am keen to share my knowledge, to help with the development of Real Life Options and improve the lives of the people we support.

ROY: I want to see people flourish and thrive in an encouraging and supportive environment. This is why I am at Real Life Options; to help people live great lives, the lives that we all deserve to live.

FUN-TASTIC DAY IN REDCAR



Andrew



Sue and Darren



James and Brian



Residents, neighbours, family and friends came together in June to enjoy a fun-packed day to raise money for a cause close to their hearts. The event was planned after Neil from Redcar, having spent a long spell in hospital, asked that his friends help sick children by fundraising for the Children's Ward at his local hospital.

Weather conditions were ideal for an outdoor day of fun which included a delicious BBQ, entertaining games and a fabulous raffle and tombola. Around 60 people joined in the merriment and fundraising which generated £356.85 for James Cook University Hospital in Middlesbrough to support the amazing work they do for children in their care.

Residents and staff would like to thank everyone that contributed towards making the day a great success; Sammy for all her hard work approaching local businesses and to

those businesses and enterprises (Lashes Beauty, the Worx Café, Route 1 Coffee House, Lockwood View, Argos, Morrisons, and the local library) for their kind donations for the raffle and tombola.

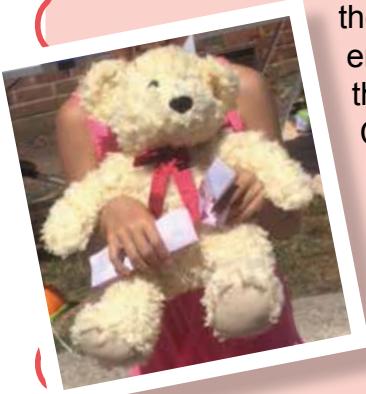
Thank you to Andrew

and Adam, who worked hard selling lots of tickets. Dawn and Sarah were busy too, ensuring that cool drinks were in plentiful supply so that no one went thirsty on the hot summer day. Rebecca's home-baked cake was a great success as was fresh produce from Richard's allotment. Hungry guests appreciated the BBQ food, superbly cooked by members of Dawn's family.

Martin kept the children entertained on the fun stalls; the stocks and wet sponges generated lots of laughter and provided some temporary respite from the heat for the willing victims. A special mention goes to Owen, son of support worker Kelly, who very kindly donated his childhood teddy for the 'guess the name' game; won by Maria who promises to take great care of the pre-loved bear.

South Tees Hospitals Charity wrote to Sarah Ryan, one of the organisers and said: "The generous support of fundraisers like you makes it possible for our hospital to help provide a level of patient care beyond which the NHS is able to fund."

Neil, his family and Real Life Options staff are delighted with the fantastic community support that his idea generated and look forward to many more similar events in the future.



Stephen is a First Class Student!

College can be an exciting time, especially when you have thought long and hard about what course to take. Stephen from Fraserburgh has just completed an Introduction to Hospitality and absolutely loved it. Not only did he do well in his studies, he won class 'Student of the Year'.

"I got to experience serving customers and making scones. I also made soups and I got to prepare breakfast. That was part of my work placement which was in the kitchens at the college," Stephen explains.

As with any course, the key skills element can be loved or loathed. Stephen says: "My favourite topic was Communication. I found Maths challenging but I passed all my Maths topics."

In addition to working hard throughout the year, Stephen took part in voluntary work and helped sell second hand items on a stall at college. "We raised over £200. It was an honour and fun to have worked with all my classmates and I am very proud of what I achieved."

Stephen helped out as a volunteer at the local Fishermen's Mission kitchen during the summer break to improve his culinary skills prior to re-commencing his Hospitality course in Autumn.



Fundraising Forum

Congratulations to the people we support, Service Manager Garry l'Anson and his team at 1st Homecare in Dumfries.

Attendees at a recent Coffee Morning and Forum had a fantastic time and in the process, raised £172 for Dumfries and Galloway Blood Bikes.

Blood Bikes is a charitable organisation set up by local volunteers to deliver essential blood and urgent medical supplies to hospitals and healthcare sites.



A Marathon Event in Ambleside

We come into contact with many amazing people on a daily basis, not just the people we support, but their army of family and friends too. Keld O'Shea from Darlington is one such family member whose father battled with Alzheimer's in his later years and has now sadly passed away. In memory of his father Kevin and in appreciation of the support that his family received when caring for his dad, Keld ran the Windermere Marathon donating £700 raised through sponsorship to Real Life Options. Keld talks to Real News about his marathon efforts.

How many marathons have you completed?

My first was the London Marathon in 1998 and since then, I have raced it three more times. The others were Brighton, York and now Windermere.

How do you prepare for an event?

Not as well as I'd like. I tend to apply early and start off well but then things like work, home and family-life take over and I generally feel under prepared. I always make sure I've completed at least 18 miles on a couple of training runs though.

What did you particularly enjoy about the Windermere Marathon?

The setting of the Windermere marathon is sensational with the surrounding hills and the tranquillity of the lake. During the race, I talked with other runners and we shared stories as to why we were taking part. It's always humbling listening to why people are running marathons.



What did you find difficult?

My Achilles started hurting after a few miles and from that point I needed to stop to stretch it out every few miles and from halfway it was a case of jogging and then shuffling and then stretching. The spectators along the route were very supportive and encouraging.

I talked with other runners and we shared stories as to why we were taking part. It's always humbling listening to why people are running marathons.

What other charities have you helped through your fundraising and why are these important to you?

I've supported a number of charities that are close to my heart and ones that have helped friends and family members over the years, namely Macmillan, Ann's Neurological

Trust, Daisy's Dream, ADDER (a charity local to where I live now), Make-A-Wish and Real Life Options. It's my way of giving back and saying thank you.

How did Real Life Options support you and your family?

Through funding from the NHS, my dad was provided care in his own home; two carers for initially a couple of hours each day during the week with additional support one night a month to give my mum a break. This was later extended to every day first thing in the morning and again in the evening. These few hours gave my mum some respite to do things that she needed to do, and also some time to rest and relax. Occasionally mum was able to go away and, during that time, full time care was provided for my father at home.

What was the most important aspects of the support you and your family received?

My mum wanted to be the primary carer for the person she loved. The support from Real Life Options was enough for her to continue to do this from 2012 through to when my dad passed away in 2017. She trusted the carers provided

My mum wanted to be the primary carer for the person she loved. The support from Real Life Options was enough for her to continue to do this...

and this trust meant that she was able to get away occasionally for a few days and even up to a week. The carers always respected the needs of my dad and those of my mum.

Any final comments?

With the support of Real Life Options in the last few years, my dad was given exceptional care from wonderful people. This support enabled my mum to do a few things by herself and recharge her batteries. It also meant that my dad was cared for at home which was an environment he was happy in. I would like to thank each and every person provided by Real Life Options and Service Manager Dave Allan for helping us in obtaining the right levels of care and for ensuring that the teams were always in place.

FULL OF BEANS

Real Life Options would like to thank Bean Bag Bazaar for their very kind donation of two large bean bag seats and assorted cushions which are on their way to new homes in Hawick and Derbyshire.

These colourful, lightweight and robust informal seating items are sure to be a big hit with the people we support!



Thank You Card Competition



Announcing the Winners...

A massive thank you to everyone who entered their beautifully decorated, colourful and sparkly cards in our Thank You Card Competition.

Many congratulations to **Yvonne from Glasgow**, the worthy winner of our UK-wide competition (supported by Kirsty Richmond).

Yvonne, who loves to shop, opted to receive her £50 prize in vouchers. Her card will be made into an actual card and sent to thank people for the great things they do and the support they provide.

Second place is awarded to **Fay, also from Glasgow** with **Karen from Oxford** earning a well-deserved third place.

Details of our latest competition and how to enter can be found on the back cover of this magazine.



Nadine Knows What She Wants

Nadine from Falkirk is a force to be reckoned with. She is bubbly, has a fantastic sense of humour and plenty of character. Real News' editor met with her and her support worker Jenny, at a farm café with beautiful views over the Scottish countryside, to find out how support from Real Life Options has made a difference to Nadine's quality of life.

Jenny and Nadine have been working together for the last twelve months and it is evident that they are very well matched and have built up a strong relationship over a short period of time. They both enjoy arts and crafts, music and the occasional dancing at bus stops.

Until recently, Nadine was receiving support two days a week but since the closure of a local Day Centre, this has increased to four; three with Jenny and one with another support worker, Debbie who enjoys Nadine's love of shopping too. Nadine was offered the choice to attend an alternative centre but is very clear that she prefers to receive support that promotes greater independence.

"It's important to be in the community. I used to be nervous but I feel more confident now," explains Nadine.

Nadine, with support from Jenny and Debbie, has developed her own support plan that caters for her particular interests and needs with hobbies that include art classes, bowling

and music. Jenny tells me that they tried Line Dancing at one point but the room was a little too busy for Nadine's liking. Nadine, who lives at home, is developing her life-skills by visiting different supermarkets to compare prices, layouts and items.

Nadine was offered the choice to attend an alternative centre but is very clear that she prefers to receive support that promotes greater independence.

Nadine was keen to tell me about her job, working as a volunteer for the British Heart Foundation two afternoons a week. Initially, she was tasked with asking people if they wanted to buy a badge or a raffle ticket.

"I like talking to people but didn't want to let the shop down if I didn't sell any," she said.

Nadine's artistic flair comes in useful when displaying jewellery and organising the books on sale, which she really enjoys.

So what lies ahead for Nadine? She and Jenny are looking at activities for the winter months with Zumba classes being high on the list and they would like to travel further afield with a possible trip to Dundee by train in the pipeline. The future looks bright for Nadine as she grows in confidence and gains more independence with support from Real Life Options and the wider community.

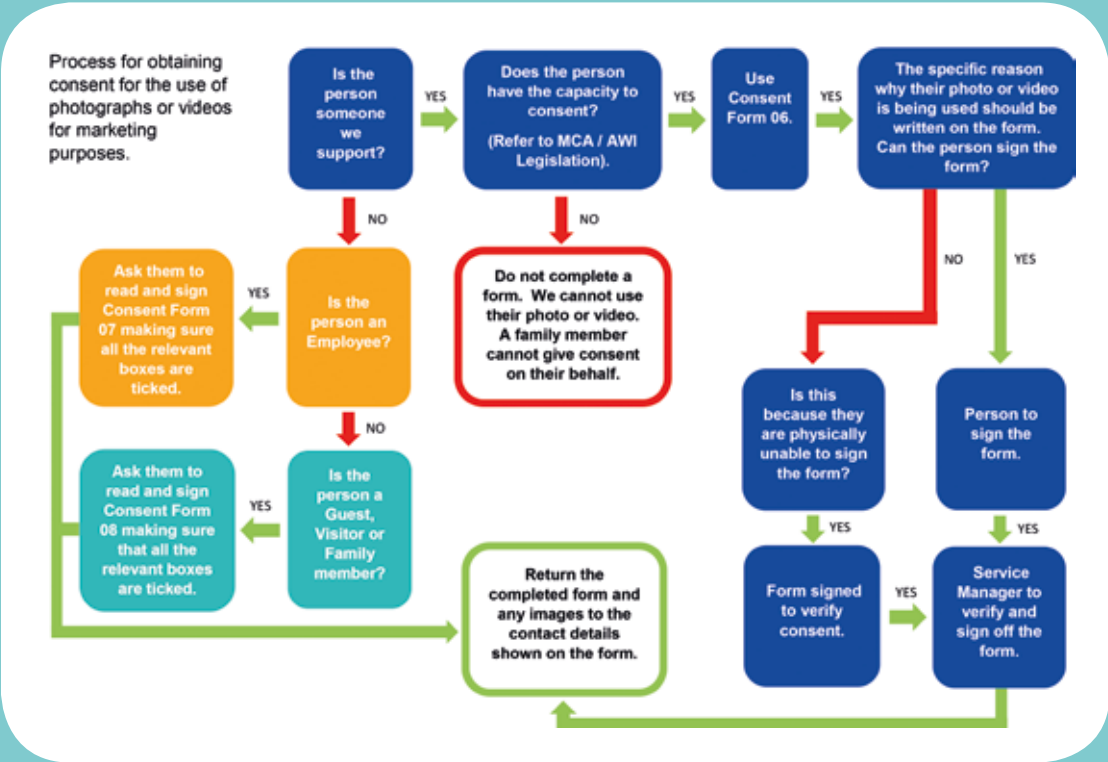
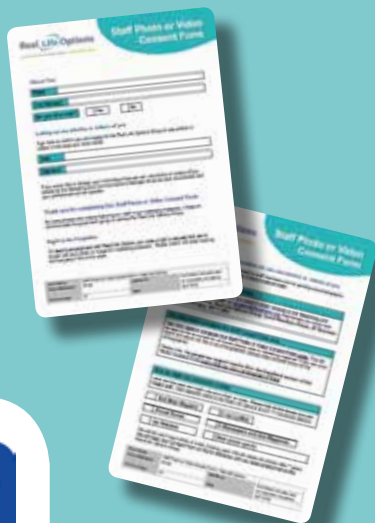


Jenny (left) and Nadine



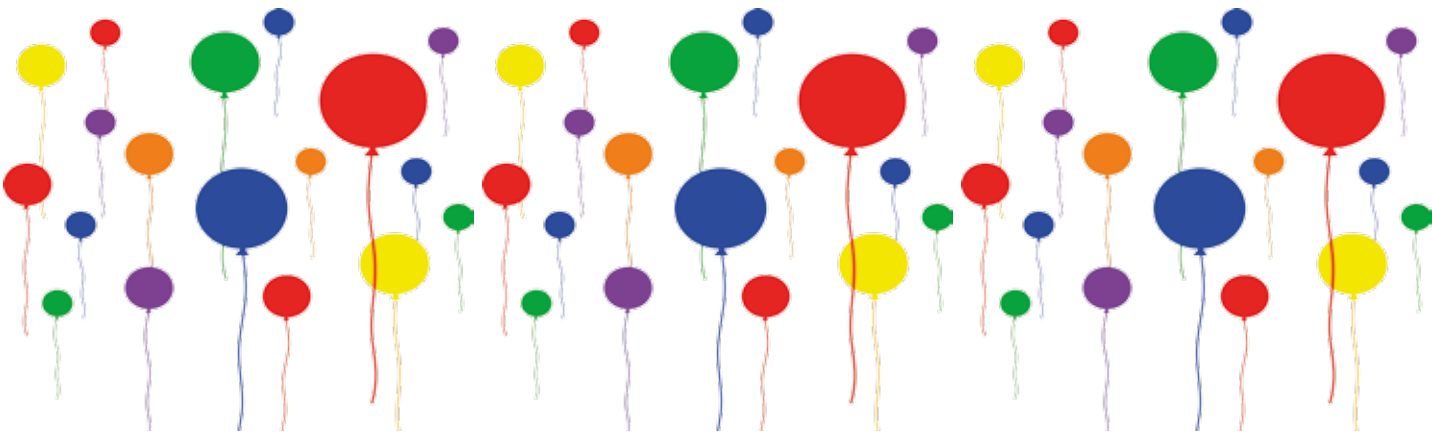
Picture This...

it's a consent thing



If we use an image of someone for our magazine, website or for other marketing purposes, we must...

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Happy 1st Anniversary

To celebrate the first anniversary of our Oxford supported living service, the people who reside there and their support staff marked the occasion by having a fun-filled day in the gardens of their apartment complex. Residents opted for a Summer BBQ to take advantage of the warm weather and invitations were sent

to family and friends to come along and join the party. Everyone thoroughly enjoyed the food, socialising with one another and making new friends. And for those with the stamina, dancing along to the party music.

This is the best BBQ I've ever had in my life. I like seeing everyone eating and dancing to celebrate the one year anniversary.
Belinda



Adam, Belinda, Daniel, David, Faith, Laura, Luke, Mary, Michael, Wendy

Spotlight on Walking

Regular exercise not only keeps you fit, it increases flexibility and boosts your mood. One of the easiest and cheapest ways to look after your health is to get walking. A daily walk keeps you active and, if you walk with others, can give your social life a boost too.

Brisk walking helps keep the heart strong

It does this by increasing your heart rate. It can also reduce the risk of heart disease and high blood pressure in the long-term.

Walking can help strengthen your bones

Walking can help prevent the onset of osteoporosis, which makes bones brittle and more likely to break.

Walking helps to control weight

We can avoid putting on weight if we use up more energy. A daily walk can help burn off some of those calories.

Walking can reduce the risk of developing type-2 diabetes

There are approximately 4.6 million people in the UK living with diabetes and of these, one in ten have type-2. According to Diabetes UK, three out of five cases can be prevented or delayed by maintaining a healthy weight, eating well and being active.

Walking can improve your mood and mental wellbeing

Being outside in the fresh air has been linked to better mental wellbeing and reduced stress. When done in a group or with friends, it can help to tackle feelings of isolation or loneliness.

Being physically active can reduce your risk of developing dementia

It is now thought that being physically active and leading a healthy lifestyle could reduce the risk of developing dementia. Exercise is also beneficial for the wellbeing of people with dementia. It can lead to improved strength, flexibility and better sleep.

If you would like to become more active by walking more, here are some handy hints to help you on your way.

Make sure that shoes or trainers are comfortable, provide adequate support and don't cause blisters. If you're not used to exercise, walk 10 minutes from home and then turn around and walk back. Increase this by a minute or two every day.

For longer walks, you may want to take some water, healthy snacks and a spare top in a small backpack. The British weather can be changeable, so include sunscreen and hat in the summer months or warm accessories in the cooler months.

If you are a person we support, we would love to hear if walking more has helped you in any way.

Useful websites:

www.pathsforall.org.uk
www.walkinginengland.co.uk
www.walkingbritain.co.uk

Sources: ageuk.org, diabetes.org, nhs.org

WALKING...

THE WEST HIGHLAND WAY

The West Highland Way stretches 96 miles from Milngavie, north of Glasgow, to Fort William near Ben Nevis, taking in a huge variety of scenery along the way, from countryside parks to loch-shores and open moorlands to steep mountains. It is certainly not a route for the faint-hearted!

Scott from Fife, together with Real Life Options staff Rosie McArthur and John Hartley, embarked on a journey to complete the walk over five days and four nights, raising funds through sponsorship for a sensory garden at Scott's home, which he shares with three other people.

The paths can be challenging at the best of times with some very steep and rocky sections but Scott, who is partially-sighted, didn't let this deter him

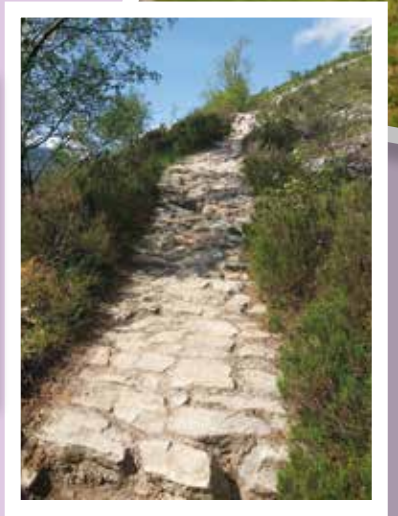
For some people, the world can be a scary place so to embark on a challenge of this nature takes true grit and determination. Scott, a regular walker, was supported in building up his stamina in the weeks leading up to the

challenge, getting used to his new walking boots and buying suitable clothing.

Along route, Scott, Rosie and John were fortified with hearty breakfasts, energy-filled packed lunches (Scott particularly likes Mars Bars) and appetising evening meals. Overnight accommodation varied, from a bunkhouse in Balmaha to a wigwam in Inverarnan; all new experiences for Scott. The paths can be challenging at the best of times with some very steep and rocky sections but Scott, who is partially-sighted, didn't let this deter him; covering on average 19 miles each day.

Along the route, Scott diligently collected his West Highland Way 'passport' stamps, culminating with a Certificate of Achievement on completion and a celebratory dinner and pint of coke. So far, £1,680 has been raised through kind donations and sponsorship.

"We could see how much Scott enjoyed walking the West Highland Way by the contentment on his face and by how relaxed he was throughout the whole adventure. We are so very proud of Scott and what he has achieved," says Rosie.



We've got it Covered

Why paint walls and decorate them with pictures when you can combine both ideas together? The people we support from one of our Stockton-on-Tees services chose from a selection of images and a local airbrush artist transformed the walls of their home into a visual delight and a tranquil haven.

Real Life Options Service Manager Dave Allan says: "The paintings are fantastic. They provide visual stimulation and are enjoyed by everyone who lives here."



It's Safe to Speak Out!

0800 032 7333

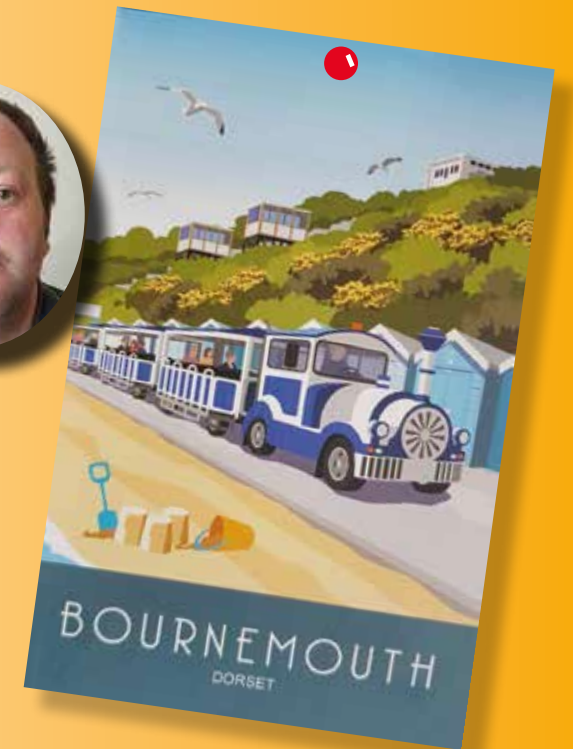
Your **Confidential Whistle Blowing Hotline** is a safe way for you to report any examples of poor practice or misconduct.



Beside the Seaside

A big thank you to Gary from Oxfordshire who sent this lovely postcard during a recent trip to Bournemouth.

I am having a nice time in Bournemouth and I had fish and chips and I went in the sea.



Even though he was having a marvellous holiday, he took the time to think about everyone working hard at Real Life Options and penned this cheerful message to brighten our day.

Place Your Postcards Here

We loved receiving Gary's postcard. It put a smile on our faces. If you are a person we support, we'd love to hear from you too.

Why not send a postcard to Real News with a brief message about an exciting trip, a day away or a relaxing holiday and we can share these with our readers in the next edition of Real News? We're eager to find out how well travelled everyone is.

Don't forget to include your **first name** and **the nearest town** to where you live so that we know it is from you. Our address is shown on the back cover of Real News magazine.



Sensory Sensation in Scotland

Staff at a registered care home in the Central Lowlands are constantly thinking of ways to enhance the lives of the people they support. Scotland's focus during Learning Disability Week earlier this year was 'Year of Young People'. Team Co-ordinator Tracey Monaghan, explains:

"We support people of all different age groups, each with individual hopes and dreams, so when deciding on how to mark the occasion, it was important to choose activities that would be fully inclusive for all the people we support. With that in mind, we looked at sourcing and how to support participation in a variety of sensory activities within the Home and in the community."

it was important to choose activities that would be fully inclusive for all the people we support

The property has a Sensory room for people to enjoy, with a hoist to aid individuals with limited mobility. It has sensory lighting, soft cushioned flooring, music, a projector and an aroma diffuser. Outside, there are beautiful gardens with colourful plants, scented herbs, ornaments, mobiles and a patio area where people can relax and delight in being outdoors. During Learning Disability week, a

visit was arranged to a local Sensory Centre where people could experience different

sensory inputs inside and outdoors. Throughout the week, individuals enjoyed multiple sensory experiences from the textures, colours and sounds of the contents of a new sensory box to a visually fun evening of glow-sticks, glow in the dark glasses and LED-lit balloons. People had the opportunity to enjoy relaxing foot, hand and head massages whilst listening to soothing music and a sensory story teller shared some fantastic ideas with staff on how to create and tell person-centred stories.

"Towards the end of the week, we had an 'Italian' themed day which had the entire house smelling amazing. Cook made delicious pizza, pasta, garlic breads, anti-pasti and soup followed by tiramisu and ice cream, so something for everyone. This was such a success with the people we support, that we are going to introduce more theme days on a regular basis", adds Tracey.

The finale of the week really was the icing on the cake, a celebration of the Royal Wedding with sandwiches and a Victoria sponge.



Celebrating an 'Outstanding' for Care

Lisa Livingstone and her team were absolutely delighted to be awarded an 'outstanding' for care at their last internal audit.

The Real Life Options' inspectors are known to set the bar high when it comes to internal audits so to achieve an outstanding, deserved a celebration. To mark the occasion, residents and the team elected to hold an outdoor party; extending invitations to local commissioners who are thrilled with the achievement, and to

family and friends of the people we support.

Caz Hazell produced a delicious afternoon tea and Carol, who presented her with flowers as a thank you, particularly enjoyed the cakes.

Chief Executive David Sargent, who joined the festivities, said: "Lisa and her team should be proud of the outstanding work they do to ensure that the people we support feel cared for and lead happy and fulfilled lives".



Angela, Arleaha, Rebecca, Lisa, Caz, Colleen, Diane, Sara, Julie, Rob



Go Real Digital...

Real Life Options are always on the lookout for how we can operate more efficiently as an organisation. That includes being as **environmentally friendly** as we can and **reducing costs** wherever possible so savings can be invested directly into the services for the people we support.

If you would like to receive Real News by email rather than by mail please email sharon.mccutcheon@reallifeoptions.org



Don't forget to recycle your Real News magazine too!



Alice beats her Personal Best

A massive cheer for Alice Leake, Bid Writer and Orienteer extraordinaire. During the summer, Team GB athlete Alice competed in the World Championships in Riga, Latvia achieving a phenomenal eighth place in her category.

Alice is delighted with the result, a 14-place improvement on her previous personal best and is now focused on training for the next World Sprint Orienteering Championships in Denmark 2020 followed by Edinburgh 2022 before finally hanging up her Team GB running shoes.

"Real Life Options is an amazingly supportive



employer and provides the flexibility that I need to compete in a world class arena.

"Having a competitive nature is particularly useful as a Bid Writer. I get as much of a buzz when we secure new services as I do from my sporting achievements."

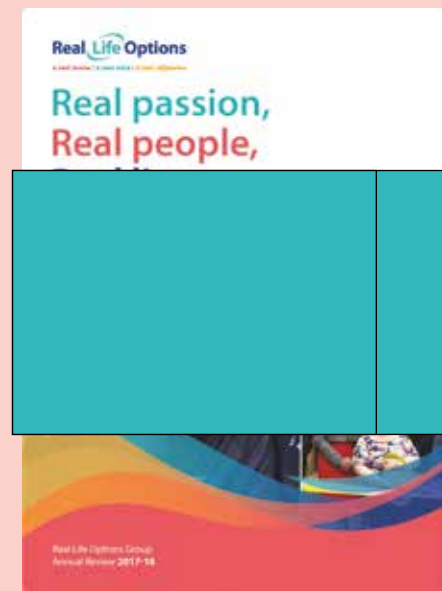
Reserve your copy of our Annual Review 17-18

We are pleased to announce that our latest Annual Review will be unveiled shortly to reveal some of the great highlights from the previous financial reporting period.

We will be celebrating innovation, recognising excellence and hailing those Olympians that walk amongst us. We will be sharing our exciting plans for the future and what this will mean for the people we support.

If you would like to reserve your free hard copy of the Annual Review 2017-18, please get in touch with Marketing and Communications Manager Sharon McCutcheon by emailing sharon.mccutcheon@reallifeoptions.org or phoning 01977 781385.

Alternatively you can read the Annual Review when it goes live on our website www.reallifeoptions.org



ANDREW VOLUNTEERS TO LEAD THE WAY

Andrew from Redcar enjoys being a member of his local church. He was confirmed there and has made many good friends within the congregation over the years, including Reverend Rebecca. So, when he was approached to get more involved as a volunteer, Andrew was delighted and quickly agreed.

Andrew supports the church as a 'Side Person'; meeting and greeting people as they arrive, giving out the hymn books and service books and according to Graham, a member of the Parochial Church Council, "always with a big smile and cheerful good morning. Andrew is doing a great job and is always keen to help."

Another important role that Andrew enjoys is that of Crucifer at the Sunday Eucharist. This means that he carries the church's

processional cross at the beginning and end of the service.

Andrew would love to become Vicar one day and says: "Reverend Andrew sounds very good to me."



We Need You!

Would you like to contribute to future issues of Real News?

Here at Real News we love to report on all your wonderful stories and **we'd be thrilled if you would like to contribute to future issues of Real News.**

If you're a person we support who would like to get involved we'd love to hear from you. Whether it's sharing your artwork, photographs and recipes or writing poetry, film reviews, gardening tips or even writing your own article, nothing is too small!

We'd love to see more contributions from people we support across the UK to find out what you have been up to in your city - **all ideas are welcome.**

So if this is you, or you know someone else who would be interested, **please contact the editor Sharon McCutcheon** on 01977 781385 or email sharon.mccutcheon@reallifeoptions.org



Personal Information?

All information you work with has value!

Are you keeping it safe?

Think



Sharing personal information?



Dealing with confidential waste?



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Share

Think about personal data

Check that it is safe and secure

Only share with authorised people

If you are not sure about your responsibilities, refer to the Data Protection Policy or talk with your Line Manager. Still in doubt? Contact:

Data Protection Officer - Ruth Field

dataprotection@reallifeoptions.org | 07881 359432

Welcome to our New Starters

Congratulations to the newest recruits who have joined Real Life Options over the last few months. Welcome to the team!

Dunfermline Induction

- Zoey Cosgrove
- Claire Khalfallah
- Mandy Laing
- Jennifer Moodie
- Steven Davidson
- Paul Carroll
- Carol Ford
- Natalie Fleming
- Vanessa Dick
- Amy Reid
- Katie Elder
- Gayle Wilson
- Santi Marino
- Helen Severs



Employee Assistance Programme

The Real Life Options Group continues to support employee wellbeing through its Employee Assistance Programme provided by Sovereign.

This service enables all staff (and their families) to have access to a range of experts on everything from managing money and staying healthy to family crises and buying a new home.

The scheme offers face-to-face counselling and access to online information and resources. It is designed to assist with the challenges of daily life.

To access the 24 hours a day, 7 days a week Employee Assistance Programme, employees simply call 0800 028 9165 and quote our company name. To access the online service, they should visit www.healthassuredeap.co.uk and login with the User Name **sovereigneap**

and the password **assistance**. Our Employee Assistance Programme offers:

- ✓ 24-hour helpline and counselling
- ✓ 24-hour medical information
- ✓ Legal, financial & consumer information
- ✓ Support for Managers



Real Life Entertainment

Hope you enjoy our entertainment section. **Answers can be found on the back cover.**

Wordsearch

See how many words you can find in our summertime wordsearch.

Words may be horizontal, vertical or diagonal.

- SAND
- ICECREAM
- BEES
- SUNSHINE
- FLOWER
- HOLIDAY
- SHORTS
- GLASSES
- SEASIDE
- SWIM
- SANDALS
- GARDEN
- BBQ

Z	T	G	L	A	S	S	E	S	D	F	R	M	I	N
C	B	O	Y	M	E	T	X	S	A	N	D	G	C	L
S	P	E	R	W	R	I	L	I	V	N	Y	N	E	A
A	A	E	E	D	G	A	R	D	E	N	B	C	C	U
N	D	H	F	S	U	T	S	R	Q	L	H	M	R	J
D	C	S	G	E	D	V	W	X	N	O	O	P	E	J
A	U	S	U	N	S	H	I	N	E	V	L	W	A	A
L	T	L	V	Z	C	Y	A	B	Z	W	I	B	M	K
S	U	D	X	I	S	S	J	N	T	Z	D	F	G	J
A	S	M	W	Y	H	E	E	O	V	A	A	H	C	I
R	W	X	C	A	O	E	A	A	X	D	Y	J	W	L
Q	I	E	N	B	R	D	G	S	S	E	S	X	B	Y
H	M	F	D	P	T	E	I	Q	R	I	T	A	B	R
J	I	L	M	O	S	F	K	R	U	D	D	Z	Q	Q
F	L	O	W	E	R	H	M	S	Y	O	E	E	M	P

Soap Quiz

Back by popular demand for all the Soap Fans out there, Christopher from Angus shares his latest Soap Quiz. **Answers are on the back cover.**

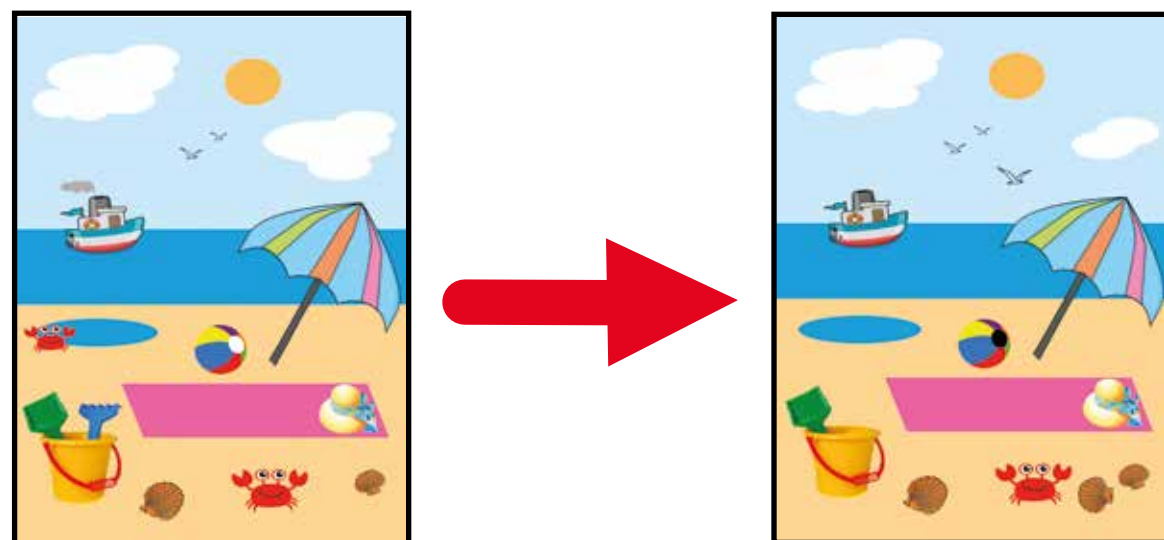
Quiz Questions



1. Which British Actress played Alexis in Dynasty?
2. Which soap did Ackley Bridge's Paul Nicholls appear in?
3. Which soap is based around a local higher education college in a suburb of Chester?
4. Who was prime minister when Eastenders was first broadcast?
5. Which soap was first broadcast in 1972?
6. Percy Sugden was a character in which soap?
7. What was Nick's job in Heartbeat?
8. What was the series about L.A. lifeguards called?
9. Which Carry On star played Grant and Phil's mum?
10. Who Left his role as Scott Robinson and became a West End Joseph?

Spot the Difference

Can you spot the 7 differences between the two pictures below? **Answers are on the back cover.**



All Glued Up?



Do you fancy yourself as a Sherlock Holmes or a Miss Marple? Then why not play detective and find the answer to this short quiz?

All the answers to the questions are found hidden amongst the articles in this issue of Real News. The first letter of each answer will form a new 5-letter word. Send your one word answer either by post to the address on Page 23 or by email to:

sharon.mccutcheon@reallifeoptions.org

Don't forget to include your name and address. **This competition is open to all of our readers.** The first correct answer drawn

at random on **14th December** will receive a £20 gift voucher. The judge's decision is final.

1. Which vehicles deliver essential supplies?
2. What part of Keld's body hurt after a few miles?
3. Whose Thank You card came third?
4. What type of packed lunches did Scott have?
5. What title sounds good to Andrew?

Answer:

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Win
£20!

Competition Time!

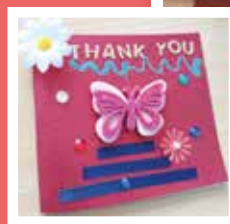
Show off your baking or cookery skills to win £50!

We'd love for the people we support to share their tasty creations. These can be **cakes, tray bakes, savoury snacks or any other delicious fare.**

Send a photo of your entry to editor Sharon McCutcheon (details below) by **Friday 30th November 2018** to be in with a chance of winning £50. Please include your name and contact details so we can let you know if you win.

Competition is open to all the people we support. The winner will be notified by **14th December 2018** and will receive a £50 cash prize. The editor's decision is final.

Congratulations to **Yvonne from Glasgow** who won our 'Thank You Card' Competition.



Got News? Get in touch!

To be a part of the next issue or to share your thoughts contact the editor Sharon McCutcheon:



sharon.mccutcheon@reallifeoptions.org



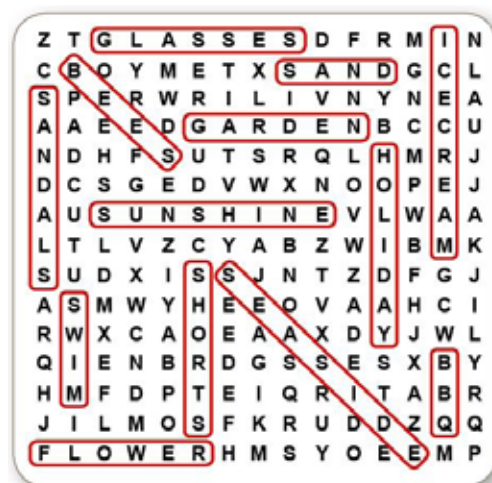
01977 781385



Real Life Options, David Wandless House, A1 Business Park, Knottingley, WF11 0BU

Real Life Entertainment Answers

Soap Quiz Answers: 1. Joan Collins, 2. Eastenders, 3. Hollyoaks, 4. Margaret Thatcher, 5. Emmerdale, 6. Coronation Street, 7. Police Officer, 8. Baywatch, 9. Barbara Windsor, 10. Jason Donovan



Registered charity no: 1156258 (England and Wales) and no: SC045939 (Scotland)

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