

Peoples Choice Group

4

# newsletter

Staying Healthy and Happy



**Welcome to our new Summer Newsletter.**

It is all about staying Healthy and Happy. We hope you enjoy it.

If you would like to help us make our next newsletter please contact us.

Our contact details are on the last page.



# Summertime

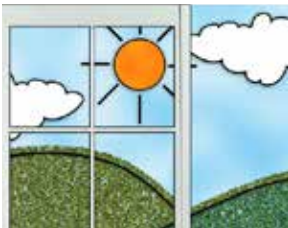
How to stay healthy and happy

happy  
reading!

## Welcome Summer!

In this Newsletter, we will give you some **top tips** about **being safe in the sun**. Tom, one of our members has a **special personal story** to share about **Supported Living**. And you will hear more and see some lovely pictures from our members. And we made a Summer wordsearch for you to try. Why not get Alexa to play the songs too!

## Being Safe in the Sun



### We all love to see the sun and blue skies!

It makes everyone a bit happier. And we love to see this after a cold winter. Especially this year as we work through the restrictions of Covid-19.



We might be going to the beach. Going to the park. Or we might be going for a walk. Or we might just be sitting in our backyard. It is really important to think about sun protection. A bit of sun is good for us because it helps our skin to make **Vitamin D**.



**Vitamin D** is something our body needs to keep our bones healthy. But too much sun is bad for our skin. So it is important to think about sun protection.



# Being Safe in the Sun

Top tips to protect your skin

Here are some top tips to enjoy the sun safely.



- **Stay in the shade when possible**

It is a good idea to keep in the shade in the middle of the day. This means between 11 in the morning and 3 in the afternoon. This is because the sun is at its strongest.



- **Use a good suncream**

Make sure you wear sunscreen that covers any of your skin that is not covered by your clothes. Use plenty. Don't forget your shoulders. And the back of your neck. And the tops of your ears. And your nose and cheeks. And the tops of your feet.



Suncream uses an SPF. SPF means Sun Protection Factor. Choose a suncream that has an SPF of at least 15.

Use a suncream with UVA and at least 4 stars for UVA protection. UVA means ultraviolet A radiation. This comes from the sun and can burn your skin.

- **Keep topping up the suncream**

Put suncream on at least half an hour before going out.



- **Always pack a sunhat**

Wear a sunhat that protects your face and neck.

- **Drink lots of water**

Drink plenty of water or fluids, especially in warm weather.



# Supported Living

Member Tom shares his personal story



## My life in supported living.

After my Mum had died in 2012, aged 65, from a very rare type of cancer called Sarcoma I lived in the family home for another 4 years with my Dad before I started my new life in Supported Living.



We first started to look around the Winsford and Northwich area. One of the first places that we had a look at was in Winsford. Most of the people who already lived there had many complex needs. I said that I would find it too hard to talk to them. I did not feel comfortable with it so as a family we decided I had to stay with Dad until something better came up.



My first opportunity to hear about this place was from my Social Worker. My Dad had a look around first and I was interviewed by a manager to see if I would fit in.

She said I would be the perfect person because I like having a laugh and a giggle with everyone. Then I had a look around to make sure that I would be able to fit in with everybody in the place. It was hard at first to remember all the members of staff who now work here.



**Looking back this was the best ever decision that anybody came up with. I feel like I have got the right amount of support from both day and night staff. This is 24 hour care.**

## Story continued from the last page...



Now that I am here I can make my own choices from what I have for my tea, to what I want to put on during the day. This is a positive thing which I would never have thought of doing because I was so used to having things done for me at home with Mum and Dad.



It is a good feeling that I do not need to call my Dad everyday. Unless I am coming home for my tea. If anything happens to Dad he knows that he can die in peace knowing that he has done a very good job in finding me a nice happy place to live and that the staff are doing a belting job of looking after me.



At first when I got here coping with some big changes was really hard to get my head around. The biggest change that I had was on my very first day that I arrived and I had unpacked all my that stuff which I brought with me and seeing my Dad get back into his car and drive away.



I felt proper homesick. I lived with my Mum and Dad for more than 30 years. I am very happy that I finally made the switch to come here. Before coming here I was on the Direct Payments scheme which meant that with the funding from social services I had to buy in the help which I needed at the time. When I first started living at Kimberley House the Direct Payments had to stop because I did not need as much help as I thought that I would at the time.



One of my best friends (that I have known for over 10 years) is going to help every last Saturday by taking me out to places and doing what I wanted to do independently of Kimberley House staff. After the Pandemic has finished I am looking forward to having her working with me.



Because of the Lockdown I have not been able to get to the Gym. I am having to do adapted workouts online which I never thought of doing before. That was difficult to get my head around at first but at least I know if I can get through this major league crisis. I am more than happy to deal with things head on better now than I could ever do when I was at school. **I feel that I have now got a much more positive outlook on life in general.** This can only help me get more and more confidence as I go along.

The best thing I do is an activity called The Golden Hour which takes 10 songs and clues. You have to guess the year. I have an ongoing competition with one of my best friends. The winner is the first to get to 20 points with a correct year being worth a point. It is for a bit of fun.

**I felt uneasy at first but after 4 years of being here I am very happy that it can be done, and I think that Mum would be happy too. If anybody thinks they might be interested in Supported Living like this then give it a try. It might be the best choice that you ever made.**



# Summer Wordsearch

Have a go - how many can you find?

n	i	g	h	t	s	s	s	s	e
s	y	s	s	s	s	u	s	m	s
u	s	a	s	s	m	s	i	s	s
n	s	s	d	m	s	t	s	s	s
s	s	s	e	i	r	s	s	s	s
h	s	r	s	e	l	o	v	e	s
i	s	s	m	s	s	o	s	s	s
n	s	m	s	s	s	s	h	s	s
e	u	s	s	s	s	s	s	s	s
s	s	s	y	k	s	e	u	l	b

**Summertime** Blues - Eddie Cochran / Summer **Nights** - Greece / Summer **Holiday** by Cliff Richard / Walking on **Sunshine** - Katrina and the Waves  
Summer **Love** - Justin Timberlake / **Summer** - Calvin Harris / **Blue Sky** A-Ha

Now for our

# members corner!

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In this Newsletter you will hear  
from Katie, Alison and Irene.  
And our T Shirt competition  
winners Colleen and Michael!

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The lovely image on our cover is by Colleen :)





Hello,  
We are the  
Peoples Choice  
Group!

My name is

Katie Hughes

The Town I live in is called

Knetsford

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.

I Love the Song to Liberate  
By Jess Glynne  
Something  
that makes me happy  
I went to the Peoples Choice  
Group  
WIZ - my life  
Stay healthy is drink  
plenty of water

I wanted to share this because...



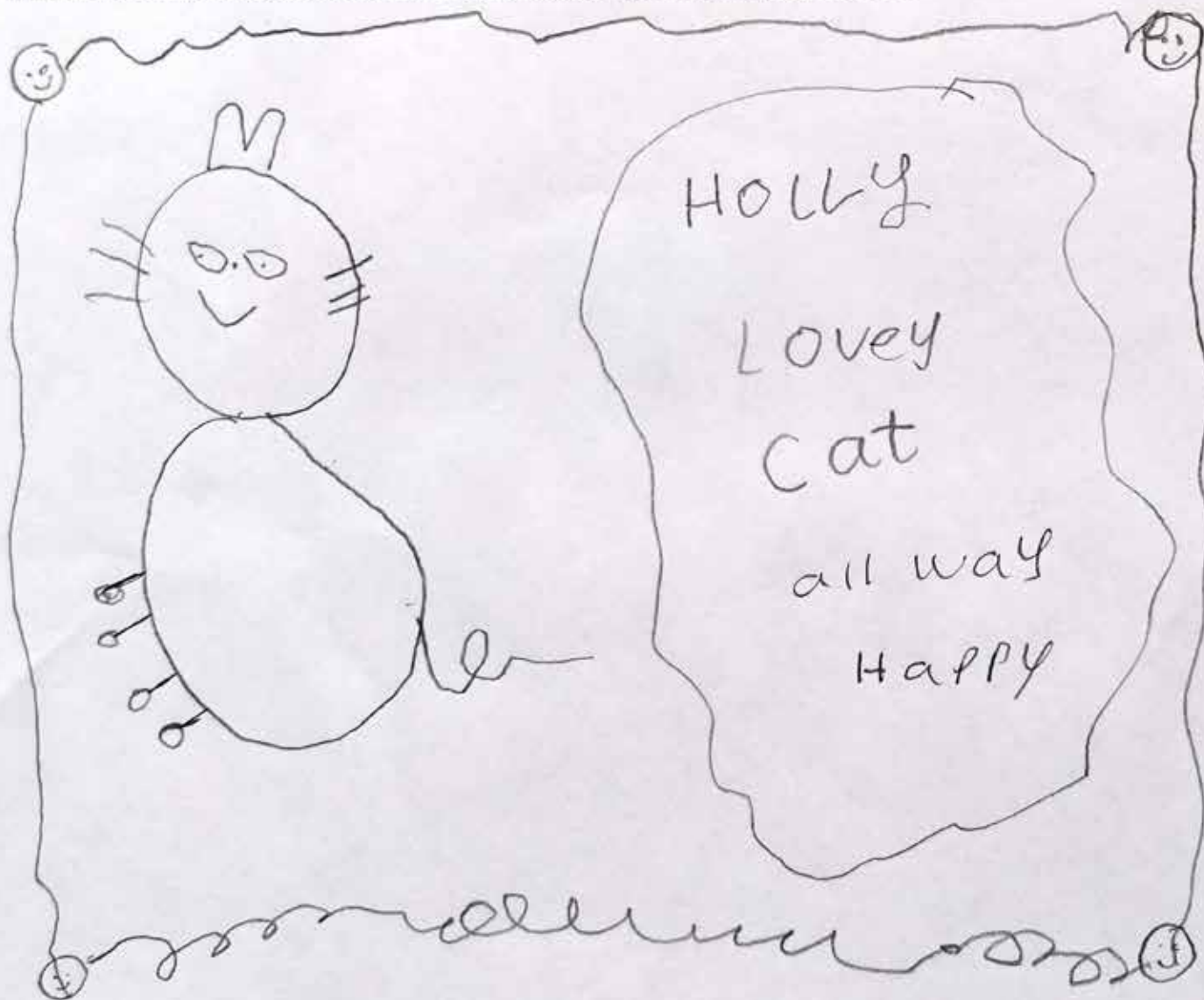
Hello.  
We are the  
Peoples Choice  
Group!

My name is

ALISON

The Town I live in is called

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.



I wanted to share this because...

HOLLY IS MY FAMILY



Hello  
We are the  
Peoples Choice  
Group!

My name is

Irene

The Town I live in is called

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.



DUMBO

I wanted to share this because...

# Our Winners T Shirts can now be ordered!



1.



**T Shirts cost £8.00 each to buy.**

A share of each sale will go to charity!

1. Colleen has chosen to raise money for The Cinnamon Trust. Colleen volunteered with them and hopes to do again - she loves dogs!  
<https://cinnamon.org.uk/>

2.



2. Michael has chosen to raise money for the Limbless Association. A national charity supporting life beyond limb loss.  
<https://painuk.org/members/charities/limbless-association/>

Well done both!

To order email: [mark@bartexdesign.co.uk](mailto:mark@bartexdesign.co.uk)  
Let Mark know T Shirt sizes and how many, he will sort the rest!



# Thank you for reading!

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Hello,  
We are the  
Peoples Choice  
Group!

We hope you have enjoyed issue number four.

The Peoples Choice Group is for adults with learning disabilities, difficulties and autistic spectrum conditions across Cheshire West and Chester.

Membership is free. We link into the Learning Disabilities Partnership Board meetings to help give people a bigger voice on important issues. We support people to speak up about things that matter to them in their local communities.

We also work to stop people feeling isolated. We usually run social sessions across the area for people aged 16 and over. But because of the Covid 19 virus we are now in contact with people in different ways. Please get in touch if you would like more details.

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## **If you would like more information:**

Chester / Ellesmere Port areas  
email [ali.peopleschoicgroup@gmail.com](mailto:ali.peopleschoicgroup@gmail.com)  
or call 07746 422 282



Northwich / Winsford areas  
email [jackie.peopleschoicgroup@gmail.com](mailto:jackie.peopleschoicgroup@gmail.com)  
or call 07596 322854



Please leave a message and Ali or Jackie will call you back.

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The Peoples Choice Group is a project run by See Communications CIC funded by Cheshire West and Chester Council.

**see**  
communications

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