

ISSUE 2 - JUNE 2021

SHARED LIVES NEWS

The newsletter for Shared Lives in East Lothian



IN THIS ISSUE:

- National news for Shared Life Carers
- Support
- Lockdown life (in pictures)
- Thank you from Councillor Shamin Akhtar

Welcome

We hope you enjoy the second edition of our Shared Lives news which keeps you up to date with carer and family news, supports for your caring role and events and national news. With Shared Lives Week 2021 underway, we would like take this opportunity to celebrate the Shared Lives experience and the fantastic job that you all do. Thank you.



**Shared Lives
East Lothian**

Share your life and your home

East Lothian
Health & Social Care Partnership



Ambassador updates

By Louise Robertson

Abby Farrell (Shared Lives Ambassador) has been working hard over the last few months attending online events and along with one of her Shared Lives Carers Louise Kennedy they took part in a podcast which you can listen to on

<https://fraserofallander.org/is-the-social-care-system-delivering-for-adults-with-learning-disabilities/>

They are about 10 minutes in and you can fast forward if you want to go straight to their section. It is a great listen. Shared Lives East Lothian are very proud of all the work Abby is doing with Shared Lives Plus and she is really enjoying this role.



Is the social care system delivering for adults with learning disabilities?

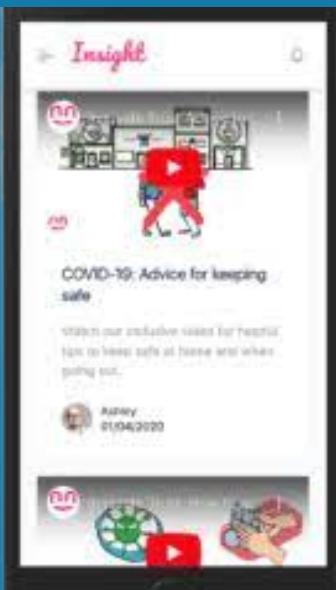
Podcast | Scottish Economy | 16/02/2021

Near Me

Some of you will have experienced video calls through the online platform “Near Me”. We have had positive feedback from people who have used this with us. If you have not tried it yet and would like to arrange online meetings/calls with the Shared Lives Coordinators please let us know.



You can get more information about Near Me at
<https://www.nearme.scot/>



Insight app - safe socialising online!

By Louise Robertson

‘Insight’ is a safe sharing app which allows people with learning disabilities to take part in an array of online activities to beat the lockdown boredom. Developed by the Innovate Trust, Insight currently has more than 65 live activities a week!

Insight provides an online space that is both safe and fully accessible for adults with learning disabilities, and mitigates the common social media risks, such as cyberbullying and trolling. It is free and is available for both iOS and Android.

£500 payment for Shared Lives Carers from the Scottish Government

Shared Lives Plus have been successful in negotiations with the Scottish Government to secure agreement that Shared Lives Carers are eligible for this payment. Jeane Freeman the Cabinet Secretary wrote to Shared Lives Plus on 5/3/21 stating .

We have been advised that there are some practical and logistical issues to be resolved before this payment can be made so we are unable to give an indication when you may receive this but your Shared Lives Coordinators will be in touch to let you know once we get more news.



"This bonus payment recognises the particular debt we owe to health and care staff, who have been – and continue to be – on the very front line of the crisis, helping to save lives and protect us all. It is a straightforward thank you for their hard work and recipients are free to spend it as they wish"

**Jeane Freeman
Retiring Cabinet
Secretary
Health & Social Care**

Handbook updates

By Louise Robertson

HMRC – Information for Shared Lives Carers

As a Shared Lives carer you are self-employed and are responsible for your own tax and national insurance. Shared Lives Plus have updated their information sheet so we are enclosing a copy for you to replace the existing information in section 10.17 of the handbook.

ASP Support & Guidance

We are also enclosing an updated Adult Support and Protection Guidance Summary (Flow Chart) for the front of the handbook that includes Louise's new mobile phone number.

Support for Shared Lives Carers

By Louise Robertson

COVID-19 has affected all of us. You can get support from your Shared Lives Coordinators and there is a range of resources for you at the National Wellbeing Hub at www.promis.scot and 0800 111 4191.

**You look after us,
so we'll look
after you**



Independent Review of Adult Social Care (Feeley Report)

By Louise Robertson

The report was produced in February 2021 and there is a lot of information including a short film and an easy read version available on the [Scottish Government website](#).

Louise Robertson, Abby Farrell (Shared Lives Ambassador) and Louise Kennedy (Shared Lives Carer) attended an online focus group as part of this review and it was good to see that the important role of the Shared Lives model got a mention with an acknowledgement that the model could be extended to provide a wider range of support.



Independent Review of Adult Social Care in Scotland

Service Growth

We are really hoping that Shared Lives East Lothian can grow and develop to provide a wider range of support to people with a wider range of needs. We have been working over recent months to improve on our recruitment process and are soon to launch some publicity. We can accept applications at any time so if anyone knows anyone who may be interested – particularly in short breaks and day support then please encourage them to get in touch.



East Lothian Council | A-Z | What would you like to do? | Shared Lives

Have you got space in your life and your home to support a adult?

Most of us think that home, family and friends are the most important things in life and also the case for people with support needs. Our Shared Lives service provides...

What is Shared Lives? Shared Lives is a service for adults who need some support. Arrangements range from offering support for a few

Our new Shared Lives homepage

If you do know someone who wants to find out more about being a Shared Lives carer, ask them to have a look at our new Shared Lives homepage at www.eastlothian.gov.scot.uk/sharedlives

Impact of COVID-19 on people with learning/intellectual disabilities in Scotland

Scottish Learning Disabilities Observatory

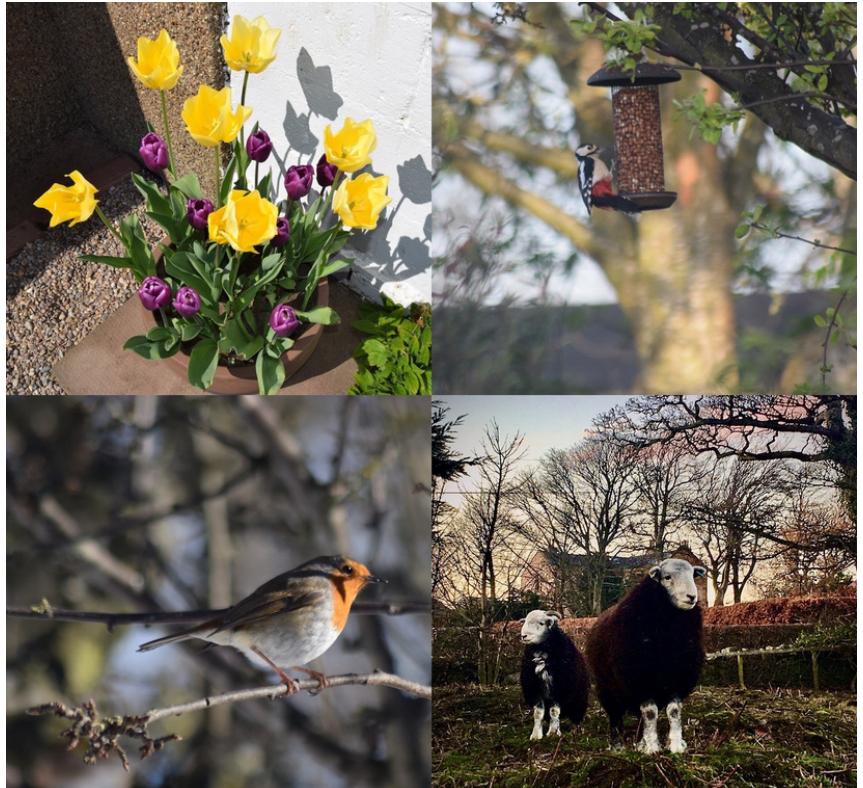
The Scottish Learning Disabilities Observatory (SLDO) has published statistics on the mortality rate for people with learning/intellectual disabilities in Scotland during the first wave of the COVID-19 pandemic in 2020. The statistics show that people within the learning/intellectual disabilities population were twice as likely to become infected with COVID-19, and twice as likely to experience severe outcomes from COVID-19, including severe infection and hospitalisation.

The study also revealed that people within the learning/intellectual disabilities population were three times more likely to die as a result of COVID-19 infection, compared to the general population. The pre-print (not peer-reviewed and subject to change) paper is now available on the SLDO website, together with the summary findings and an Easy Read summary.

Lockdown life

Louise and lockdowns

It has been really hard living with all the restrictions over the past year. Some of the things that have helped me through has apart from catching up with friends and family on Zoom (and very occasionally in person) has been getting outside more, enjoying my garden and nature. I also have two new neighbours "Eric and Ernie" the Hedderwick sheep. I say hello to them most days.



Abby hasn't let lockdown slow her down - she's recently added new dogs Derek and Beryl to her family and she's been walking with alpacas

Karen has been exercising her green fingers in the garden and greenhouse

And Anne as become a proud granny!

Bill Nimmo remembered

It is with great sadness that we inform you of the death of one of our longest serving carers Bill Nimmo.

Bill and Andreena became carers for Paul more than thirty years ago when Paul was just fifteen, initially as foster parents, then transferring over to adult services when Paul became an adult.

Paul was very quickly absorbed into Nimmo family life, enjoying family holidays and celebrations, regular trips with Bill and Andreena to their caravan in the Borders, and always being loved and cared for.



Sadly Bill became ill towards the end of January this year and was admitted to hospital. Bill was discharged home a couple of weeks later and passed away peacefully at home on 12th February in the care of his family.

Lorraine Taylor retires

Lorraine Taylor one of our Shared Lives day support

and short breaks carers retired from the service on 20th December 2020.

Lorraine has supported Daniel for over 17 years initially through Share the Care when Daniel was just 7 years old, then transferring to Shared Lives once Daniel became an adult. Over the years Lorraine and Daniel developed a very strong bond and he loved spending time with Lorraine and her family, especially her four grandchildren. When Daniel moved into a shared flat at the end of last year Lorraine decided it was time to retire from the service.

We are very sorry to lose such an excellent and committed carer and send Lorraine the very best of wishes for the future.

Shaun has been keeping busy!



Your feedback

Carers say:

"I feel that I get a lot back as I enjoy caring for people.

"I have always looked after people and I am a caring person, I don't do it for the money but because I enjoy caring for people."

Ellen, 2020

"Being a shared lives carer gives my life meaning especially at this time of COVID"

"Being a Shared Lives carer is a truly humbling experience in that there is no greater love than the ability to be able to see pure joy in the face of the person you care for".

Helen, 2021



Louise and Andrew Kennedy write...

Shared Lives does exactly what it says on the tin, it's 'sharing lives'.

However, it runs much deeper than that. My husband Andrew and I were respite carers when we were given the opportunity to have a young lady to stay with us on a permanent basis. That was 2009, the young lady was Abby, and we've never looked back since.

Neither of us had any experience of parenthood, and

all of a sudden we had a lively 19 year old in our lives.

Abby certainly exploded into our lives, she was a whirlwind!!! It was a learning experience for us all.

Weirdly there seemed to be no process of adjustment. It was like Abby had been here forever, we just fitted together with the greatest of ease. I'm not saying were the Waltons, we have had bumps along the way, like any family, but we work as a team.

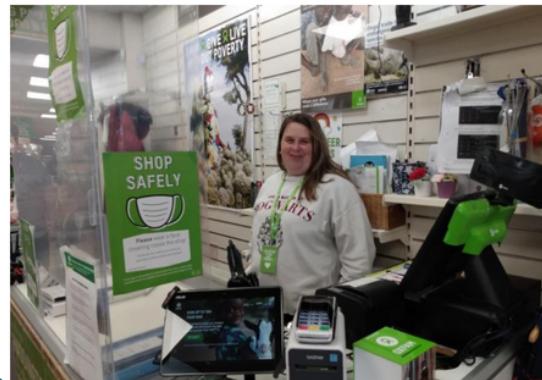
Abby's biological family are very supportive of us, and we encourage Abby to have a continued relationship with them.



Abby's in the Courier!

East Lothian appeal for Shared Lives carers led by ambassador Abby

By Marie Sharp



MOST READ COMMENTED

- 1 Residents staging weekly protests in bid to have convicted paedophile moved from Musselburgh
- 2 Vandals cause hundreds' of pounds worth of damage in 'rampage' at after-school club
- 3 Motorcyclist suffers 'serious injuries' in crash between Haddington and Gifford

Read the full article [here](#)

Health and Social Care spokesperson says thank you to all East Lothian's brilliant Shared Lives carers

Councillor Shamin Akhtar is East Lothian's Council's Health and Social Care spokesperson and Vice-Chair of the East Lothian Integration Joint Board. She wanted to share this message with all our East Lothian Shared Lives carers. She said:



Councillor Shamin Akhtar

'Our Shared Lives carers open their lives and their homes to people with support needs. You really welcome people into your families, big or small, and provide support, stimulation, affection and fun. You make a huge difference and your contribution has been especially important during the pandemic, in helping people through difficult and worrying times.'

'It's an incredibly worthwhile thing to do and I thank you from the bottom of my heart for everything that you do.'

Keep in touch

Just a reminder that Anne and Louise are always here if you have ideas for the next issue or for anything else.

Email us at sharedlives@eastlothian.gov.uk or phone us on 01620 827 280