

Mendip Homeshare scheme



Here in Shepton Mallet we are preparing ourselves for the onslaught of visitors from all over the country who arrive to attend the Glastonbury Festival.

Those who do not reside in the South West may not realise that the festival site is much nearer to Shepton Mallet than Glastonbury but that Glastonbury Festival was seen as a far more charismatic title than Shepton Festival!

So it is the supermarkets in Shepton that have their shelves stripped of alcohol, bottled water and food by sometimes outrageously dressed revellers. These same people are to be seen on my way to work on the following Monday morning covered in mud and looking decidedly jaded.

Over the past few weeks I have been giving Homeshare presentations at Active Living Centres in the Mendip area and these have been received with interest. They have also been attended by my colleague from Mendip Care and Repair who has talked about our Handyman, Gardening, Decorating and Stairlift services. We have also visited a St. John's Ambulance group.

I am continuing to receive enquiries

from Householders and hopefully have one potential match for the not too distant future. As always it is disappointing to receive enquiries from people who are outside the area served by the Mendip Homeshare scheme.

Somerset County Council is preparing a bid for funding from the Department of Health Intergenerational Demonstrator Programme: Generations Together. This is available to develop demonstrator sites of intergenerational practice and is worth £5.5million to be divided between twelve successful bidders at approximately £400,000 each. It will run during 2009/10 and 2010/11.

The programme is designed to generate wider interest in intergenerational work, increase the number of "volunteers" (those taking part in I.P.) by 20,000 by the end of the programme and to encourage a strategic and sustainable approach.

I became involved in the bidding process because I was hopeful that

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funds could be made available to extend Homeshare in the County. Whilst the Homeshare scheme was recognised as very worthwhile, as the target for the area will be 1,600 "volunteers" it is conceived that the contribution required towards the target would not be sufficient. However, I have not capitulated completely yet!

If you are interested in Homeshare or know someone who maybe please contact **Sue Galpin** on 01749 345379 or sue@mendipcareandrepair.co.uk

Letter from Sian

Hi everyone,

It's summer already – and for once it seems set to be warm (*I may have been swayed by the few warm days we have already had – but the forecast – if you believe forecasts – is good and I'm resolutely optimistic!*).

This summer brings change, challenge and opportunities for all of us whatever we are doing and wherever we are in the UK. Changes in the way social care services are bought and delivered are proceeding apace – maybe fastest in England and Scotland but gathering momentum in Wales and Northern Ireland as well. Then there are the radical changes to the way in which social care will be regulated in England (*just when one system is bedded in and working they turn the whole system upside down and we have to fight our battles all over again.... sigh.....*). Change as well for the regulation of Shared Lives in Wales where the regulations and standards are being reviewed and amended and a new regulatory approach to Shared Lives in Northern Ireland (*probably....soon...*). And summer brings the publication of the Green Paper on the future funding of social care in England – which sounds dry but is likely to lead to further change in the way social care services are bought and sold. And then of course there is credit crunch which affects us all personally and professionally.

The debt incurred by the UK government to buy our way out of the financial crisis has to be repaid and there are likely to be cuts to funding right across central and local government.

Which sounds a touch doom-and-gloomy but in fact the challenge to us posed by the changes to the way social care is bought (*and the money available to buy services*) is also a fabulous opportunity for the kinds of services that NAAPS represents. You all provide really personalised services that people want to buy – and increasingly as the power to decide which service to buy is taken away from the local authority and given to the person who needs the service then demand will grow for Shared Lives, Homeshare and Small Community Services. We all need though to get better at telling people about our service and also providing the 'business argument' (*why buy my service rather than someone else's?*).

All this leads neatly into a plug for the NAAPS UK Conference which is for all our members and is being held on November 3rd and 4th in Birmingham. The title of the conference is 'The Spice of Life' and of course focuses on the challenges and opportunities of the government's strategy to put people in control of their own services.

There will be challenging and informative speakers and workshops

and of course plenty of time for people to talk to and learn from each other – and have fun! There is more information about the conference later in the newsletter – do come if you can.

And finallythe summer newsletter always sees the publication of our work plan for the next year. The newsletter itself has just the headlines but the full document (*all 30 pages of it*) is available from me for anyone who is interested. I know this kind of stuff can seem pretty boring and irrelevant but it is important that you know what we are doing – and ask why! So have a look and if there's anything that you would like to know more about, then do email or ring me. I would love to hear from you.

Have a great summer – here's hoping it really is warm!



A handwritten signature in blue ink that reads "Sian".

Sian Lockwood
Chief Executive

Time to Reflect

Having been in the post for 2 years now I thought it might be a good time to look back and reflect on Homeshare in Wiltshire.

The first match that was made has now been running for a year and it would be no exaggeration to say that it has changed all of their lives in a very positive way. The Homesharer is now no longer working for an agency with unpredictable hours and pay and has a permanent job at a local hospital as a theatre nurse. This would not have happened without the support and encouragement of the Householders. They in turn, because of the practical help they are now having, spend far more quality time together and are just so much more relaxed. It is a pleasure to see how well they all get on together.

The other two matches have not lasted as long but both have had benefits for all involved.

A young woman moving into her very own home was given the confidence, after 4 months, to make an informed choice that she could

live by herself. Her Homesharer who had only lived in this country for the last year finally had a very positive experience of sharing a house here which had not been the case up until then.

The family of a 91 year old woman finally realised just how lonely she was and although Homeshare proved not to be the answer it did highlight the need and they have now been able to find an alternative way for this lady to stay at home. The Homesharer has seen at first hand the benefits of Homeshare both in terms of accommodation and financially and is keen for another match.

What has proved challenging is having sufficient numbers of both Householders and Homesharers to make these matches. This is the most crucial aspect of Homeshare, getting the match right, and there are many factors that need to be taken into consideration. Aside from the obvious matching of interests, personalities and what help is wanted or offered, in a rural area like Wiltshire location often proves to be

a major stumbling block. They may well be an ideal match but they live 30 miles apart!

The enquiry rate has not been as high as I would have liked and the need to continually publicise the scheme is paramount to its success.

I have found that potential Householders are far more likely to see through the process and accept that it can take time than Homesharers. Whilst that is understandable it is inevitably frustrating in terms of time invested!

So I enter my third year with a renewed publicity campaign and when the inevitable rollercoaster of life as a Homesharer Co-ordinator is starting to gather speed on its downward journey I just remind myself of those matches that have had such a positive impact on people's lives.

If you are interested in Homeshare in Wiltshire or know someone who may be please contact **Susan Verity** on 01225 785964 or 07733 091915 or susan.verity@wiltshire.gov.uk

Homeshare Oxfordshire

Going
from
strength to
strength

Homeshare Oxfordshire launched in May 2007 since then the scheme has been slowly but steadily growing. Recently we have gone into double figures with our matches and Homeshare has provided much needed help and support to over 20 people and their families over the past 2 years.

With all of these excellent matches up and running and lots of interest in the programme my role as

Homeshare Coordinator is a very busy one and it sometimes feel as if there are not enough hours in the day. The great news is that I will soon have administrative support for a few hours per week which will only help to streamline and improve our scheme in Oxfordshire. I will introduce my new team member in the next edition.

To celebrate the success and to demonstrate how flexible and

beneficial Homeshare is we have recently written the stories of all the matches in Oxfordshire. Here is one such Homeshare story

Kathy and Alice

Kathy is a lady in her 40s who had become unwell and was admitted to hospital as a result. The nature of Kathy's illness meant that once she had been discharged from hospital she had to learn to do many daily tasks again.

Kathy had already had a very successful match with Pauline but this came to an end after a year when Pauline's course came to end and returned home to Bolivia. At that stage Kathy was still experiencing some health problems and she decided that she wanted to continue with Homeshare for another year if a suitable match could be found.

Alice was a 27 year old woman who was studying at Oxford Brookes University and the Homeshare Co-ordinator thought she could be a good match for Kathy.

The Homeshare Co-ordinator brokered an introduction between Kathy, Alice and the then current Homesharer, Pauline, and everyone got along well. Alice moved in the day before Pauline moved out so she could show her the things she did to help Kathy and have a kind of 'handover'. Alice now helps Kathy with organising the house and her appointments so she does not forget to go to them. She also helps out around the house to make Kathy's life easier doing tasks such as laundry and looking after Jake the dog when Kathy goes to visit friends for weekends. This match has been in place since September 2008 and both Alice and Kathy feel it has made a real difference to their lives.

Vicky Harwood

Homeshare Co-ordinator

2009 UK CONFERENCE

A date for your diary! The 2009 UK conference will be held this year at the Hyatt Hotel in Birmingham on 3rd and 4th of November. The theme of the conference is Personalisation

We are adopting the format used last year for the highly successful England Shared Lives conference

and so the conference will run from lunch time on 3rd November and end in the afternoon of 4th November with an (*optional*) celebratory dinner in the evening of 3rd November..

Contact Deborah Power at: Deborah@naaps.org.uk if you would like more information

Join the NAAPS Homeshare Association

In the last edition of Homeshare News we talked about the Homeshare Association. The Association is aimed at anyone who is actively involved in Homeshare (*or at least planning to be*). The Association costs £75 a year to join and membership brings access to all sorts of information sheets, advice and guidance that NAAPS has developed (*and still is*) through the

two pilot projects. The Association is also the place where people can get help and advice on Homeshare issues and be put in contact with people who are already involved with Homeshare. The Association meets regularly in London.

If you would like to find out more about the Homeshare Association contact Angela Catley at: angela@naaps.org.uk .

The Homeshare Practice Guide

– all the information you need to set up a Homeshare Programme
(*and it's free!!*)

The Homeshare Practice Guide is a web based resource produced as result of a project funded by the Home Office, with the support of the Department of Health. It contains lots of information about Homeshare and has everything you need to start to set up a Homeshare Programme in your area.

The Homeshare Practice Guide was launched in July 2006 and has since generated a great deal of interest, with 546 people or organisations to date downloading the document directly from its website.



In 2007 two new sections were added to the Practice Guide covering the topics of Legislation and the Funding of Homeshare.

The Practice Guide is free to download and can be obtained from www.homeshare.org.uk.

Could all this jargon from the care world be right up Homeshare's street?

These of us who are involved with Homeshare in UK tend to spend a lot of time protesting that Homeshare is not a "care service" and is simply an opportunity to help people to help each other. This, of course, is totally true and the mutuality of Homeshare combined with the low key, personal support that it offers all participants is what makes it such a joy. Quoting a Householder from the excellent DVD made by the Wesley Homeshare Programme in Australia "It's Sharer not Carer – Carer is what we are trying to get away from!"

All that said, the other work that I do with NAAPS brings me into contact with social care policy makers and I am often asked to speak at gatherings where changes in care are debated and explored. It struck me one day last week that even though Homeshare is not a care service does fit slap bang into much of the new thinking taking place in the care world.

Putting People First (PPF) was published in December 2007 by a number of different government Ministers, representatives from local government, the NHS, and social care together with professional and regulatory organisations. It sets the direction for adult social care and proposes big changes to the way government, communities, organisations and individuals work to support people.

There are four key areas that PPF has a focus on and these are:

Universal Services

Universal services are local services that are available to everyone in the community not just to those people

with care and support needs. They include transport, leisure, education, health, housing, community safety and access to information and advice. PPF says that these services support people to maintain their health and well being, exercise choice and control over their lives and participate in their community.

Prevention and early intervention

This is the support available to people who need "that little bit of help" to stay living independently at home for as long as possible. Prevention and early intervention aim to promote independence, health and well being. This delays or reduces the need for more costly, intensive social care and health services.

Choice and control

PPF means people having choice and control over their support rather than having to fit in with what's on offer. The focus within social care is for people who are eligible for state funded care having a Personal Budget giving them choice and control over their support. The process people work through to get, plan and spend this budget is known as Self Directed Support.

Support closer to home

Being part of the local community is important for the quality of people's lives. This can be even more significant in the life of a person who has support needs. Support closer to home is about people having the opportunity to be part of their community, have social contact and experience friendships and care that can come from families, friends and

neighbours. PPF recognises the contribution that older and disabled people offer to their community. It seeks to support them to participate fully in their community, to influence decisions and build wider relationships.

My point here is that although all of these areas have been developed with social care in mind they fit well at every level with Homeshare. It may be that Homeshare is beginning to have more of a focus on people who need care services but my instinct is that this is not the case. What I believe is happening is that the world of social care is recognising the value of all of those things that we in Homeshare have known to be true for many years, make best use of all available assets; mutual support is low cost; relationships and community involvement enhances lives; prevention is better than care and that everyone has something valuable to contribute.

This brings huge opportunities for Homeshare programmes and the development of Homeshare across the country. Suddenly we are speaking the same language as all those policy makers and funders and still offering a simple service that can enhance people's lives. All we need to do now is realise that we don't need a translator and maybe Homeshare and the people it supports can really benefit.

Angela Catley
Head of Projects NAAPS
June 2009

Thank you to Nottinghamshire County Council for much of the PPF information

Homeshare working in West Sussex!

Here in West Sussex, Gill and I have been extremely busy with lots of new applicants coming forward, a result of the endless publicity work that has been going on. This is great news when it comes to being able to make more homeshare matches, as I reported in the last edition it really is about finding the right people in the right place at the right time and applicants being open minded in order to benefit from this. We now have three more matches up and running and all are working well.

One of the homesharers Neil has written a short piece about his experience.



My name is Neil, I am sixty years of age. I joined the scheme

because having sold my last house ten years ago to travel, the property boom made it impossible for me to get back into the property market. I needed somewhere to live where I could contribute some of my skills in exchange for reasonable accommodation.

I moved here to Pulborough to live with the Householder Elizabeth, 86 years of age, six months ago and thus far things appear to be working out very well between us. We share occasional meals when we often get into some lively debates about current affairs and other goings on in the world; I drive Elizabeth in her car to various locations for shopping, garden centres, social events and health appointments; And, because of a fall, before I moved in which led to some anxiety about being on her own, I walk with Elizabeth to the village, generally a couple of times a week, to provide her with any support should she need it. I was a builder for many years so if any calamity should befall the house itself I am around to give advice and reassurance.

Whenever we are out together

which involves a bit of a drive we generally stop for tea or for something to eat, which provides us with opportunities to share stories; memories and experiences that take us beyond the perfunctory 'terms of our Homeshare agreement' and helps build a real and trusting friendship with each other.

The value for me as a Homesharer is that I take real pleasure in being able to support another person's needs whilst also benefiting from having plenty of free time to get on with my own life. I spend a lot of time either reading or studying in the very pleasant room that is provided for me, or alternatively go out and enjoy the wonderful countryside walks around the South Downs.

I consider the Homeshare scheme to be a wonderful opportunity for people, who otherwise would be alone and unsupported, to share resources, conversation and companionship. It also provides the Householder, if in advanced years, with support that enables them to remain in the familiarity of their own home long after otherwise would be possible if they remained living alone.



Dawn Blake

Homeshare Co-ordinator
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Gill's spreading the Homeshare word in West Sussex

I felt it would be a good idea to visit clubs throughout West Sussex where older people get together, to tell them, at first hand about Homeshare. So far, I have visited various groups, mainly retirement clubs and friendship clubs. This has been successful, giving people a personal approach, rather than just a leaflet and also the chance for them to ask questions. Although the talks are aimed at householders, the information has been passed on, and has actually produced new homesharers too!

I have also arranged to have the Homeshare display board in libraries and public buildings across West Sussex, where people can read about it and pick up leaflets. If you can think of any groups that may be interested to know more about Homeshare, please let me know, my direct line is 01903 738931.

Gill Parker

Homeshare Assistant