

FOCUS ON COP26 – HAVE YOUR VOICE IN PROTECTING OUR PLANET!

You may have heard in the news and the media all about COP26 – but what is it all about?

COP stands for the ‘Conference of Parties’ and is a meeting all about climate change. It is the 26th meeting of its members. Meetings are held every year.

This year’s meeting is being held in Glasgow in Scotland.

Representatives from nearly every country in the world are attending including Prime Minister Boris Johnson and President Joe Biden.

Governments from all over the world will agree on targets for the future which will reduce greenhouse gases and protect the planet.

COP26 is very important as world leaders will look at what has been achieved since targets were set and what has not been achieved and the reasons why. Hopefully decisions will be made to cut carbon emissions around the globe and progress the combatting of climate change.

You might not be able to attend COP26 but there are still things you can do to have your voice. Talking about it with friends and family can inspire people to think about change. You could contact your local MP and let them know what you think. The New Beginnings and Ngage Facebook page have lots of tips you could look at such as rating less meat, recycling and buying sustainable clothing, and using your car less. Let us know what you think and anything you might have tried.



THE FLU VACCINATION

Lots of people get flu, especially in the winter and it can make you feel ill



The best way of avoiding getting ill from the flu is by getting the flu vaccine



The flu vaccine is free for people with learning disabilities



The vaccine is available as a spray if you are afraid of needles



Contact your GP for more information

ONE PAGE PROFILES - by David Gray

An essential document is a one page profile. This is a must for every one we support. It has been said that a one page profile is the foundation of personalisation.

This one sheet of paper can help to understand what matters most to the person and how they want to be supported by us.

It is useful in recruitment so that interviewers can match a successful candidate with a person with similar interests and aspirations.

It is useful in planning and can lead to positive change. It helps better understanding of what is important to a person.

It is a portable document that can go with a person to a new setting.

It helps supporters really get to know a person quickly.

It builds relationships as at a glance we can see how a person wants to live.

Provided it is updated regularly, it contributes to good planning outcomes and recognition of a personalised way of supporting relevant individuals.

The headings we should use are

- What is important to me
- How I like to be supported
- Things I really like
- Things I do not like
- What others like about me

It should be produced as creatively as possible with pictures and photographs. On the back of the sheet, you could add any medical information that the person wants that is important, for example the person is diabetic or epileptic.

It's really important for us to get together with the person regularly to produce the one page profile so that we have a good knowledge of who the person wants to be supported by.



MY ONE PAGE PROFILE

JOHN



WHAT IS IMPORTANT TO ME

- Fresh coffee in the morning from my coffee machine
- Having my own space
- My brother and his family
- Going for a walk every day

THINGS I DO NOT LIKE

- Cats
- The dark
- New places
- Angry people

HOW I LIKE TO BE SUPPORTED

- Knock on my bedroom door and wait for me to answer before you come in
- Give me gentle guidance about eating too much sugary foods
- Be friendly when you are talking to me
- Ask me if I am OK if I look sad
- Remind me to take my medication

THINGS I REALLY LIKE

- Fresh coffee
- Having a pint with my brother
- Walking in the local park
- Jigsaws
- Hearing people tell jokes

THINGS THAT OTHERS LIKE ABOUT ME

- My smile
- Sense of humour
- I am a good uncle
- I am kind
- I am a very positive person
- I know a lot of things about politics

MEET THE PERSONALISATION AND WELL-BEING TEAM

Amanda Beadling

I've worked in Social Care for 25 years and joined New Beginnings in 2005...

I live at the coast and have a son called Jacob, we have a retriever dog and on my days off I love nothing better than going out for a long trek stopping somewhere for a cuppa, or ice cream.

Living at the coast, when the suns out, we are usually on the beach with the surf board. One of my favourite indoor places is at barter books Alnwick, I'm a regular there. During lockdown I started to learn to play the piano, (good job I have good neighbours)

I love working alongside staff and seeing service users develop and live the life they want.



Mairi Stanton –

I live in Newcastle with my husband, son and 2 quite old chickens.

I love dancing, gardening, dressmaking, knitting, cooking, playing the violin and cycling.

I care about the environment and try and live in an eco-friendly way.

I've worked in social care for 10 years and my favourite thing about my job is meeting new people and getting to know them.

Nicola Wray

I have worked in social care for 24 year now. The best part of my job is observing the individuals we support's quality of life improving with the support of our staff teams, and exploring new experiences. I love been out in services, as I love the atmosphere of it all.

I have twin boys, who keep me on my toes and we as a family, along with the hubby and my wee pug, Miss Daisy, love exploring the great outdoors as much as we can. I don't have time for hobbies; I'm into whatever my boys are into at that current time. We have a caravan where we can escape to and make memories; that's what it's all about, making memories.



New Beginnings North East Ltd

New Beginnings provides support to adults with learning disabilities to live in their own homes, participate in their community and to lead full and meaningful lives.

Support Worker Vacancies available

- No experience necessary as full training is provided
 - Full time and Part time vacancies available
- Located across Newcastle and North Tyneside
 - 18 and over only
 - CQC rating – Outstanding
 - Meals provided at work
 - Competitive rates of pay
 - Simply Health scheme
 - Government pension
- Potential career development

For more information or an application form please:

Check out our website: <https://www.nbnelttd.co.uk/>

Email us at: info@nbnelttd.co.uk

Call us on: 01912130444

Or message us on Facebook: New Beginnings NE ltd

FUNDRAISING SUPERSTARS!

There has been lots of fantastic fundraising effort going on at New Beginnings recently which will help some amazing charities and projects... Well done to everyone involved!

Allison Turner completed a sponsored walk for Motor Neurone Disease. In total we raised £2060.00. Following the death of a friend through Motor Neurone Disease, Alli and a group of friends decided to do a sponsored walk to raise awareness and some money to support ongoing research. The eldest walker in the group was 90 years old – Well done to you all on raising such an amazing amount for such a worthwhile cause!



The Summer Fair was the First Social Gathering since the Start of the Covid Pandemic in March 2020. In total, £73.82 was raised which will be put into the allotment fund to purchase plants and develop the communal areas. Most importantly it was just lovely to see and chat with each other again in a covid safe environment!

The McMillan Coffee Morning is an event we hold annually, and we did not want Covid to prevent it happening this year, we held the event at Ngage Allotment in Walker, an outdoor event to keep everyone safe. It was a lovely morning and we had a lovely time enjoying a cake and drink with each other and raised funds for a very worthy cause. In total, after fundraising events for McMillan over recent months, we have raised £154.65!

The idea for the sponsored walk was proposed by the service user led allotment committee as a way to raise funds for the allotment. The committee wanted a walk that was easily accessible on public transport that was reasonable flat with a good surface and could be made shorter or longer depending on people's personal preference. It was decided that we would walk from Prudhoe to Wylam, with the option of walking back again. The walk was a great success and everyone enjoyed themselves. We raised a total of £118.70 for the Ngage Allotment! Thank you to everyone who took part.



N-Lighten can now deliver Epilepsy and Buccal Midazolam, Diabetes and Insulin Administration and also Dementia Awareness training. Anyone wanting to book a space or make further enquiries should get in touch.



Course dates we have scheduled are as follows and can be booked by emailing me directly:

- Emergency First Aid at Work – 18th November and 9th December
- First Aid at Work – 24th to 26th November
- Paediatric First Aid – 24th to 25th November
- Epilepsy and Midazolam – 2nd December
- Diabetes and Insulin – dates upon request
- Dementia Awareness – dates upon request

There is some availability for staff to sign up to complete their Level 3 Diploma in Adult Care. Anyone wanting to sign up should get in touch



JOB DESCRIPTION
Apprentice Administration Assistant

Position:

Apprentice Administration Assistant to work in a busy training office. This position would be Monday to Friday 9.00am-5.00pm.

Company:

N-Lighten (North East) Limited is a subsidiary of New Beginnings (North East) Limited. We are a training company situated at Metropolitan House, Longrigg Road, Swalwell, which is next to the Metrocentre. Our website is detailed below for more information on what we do:

[Home - N-LIGHTEN \(NORTH EAST\) LIMITED \(n-lightennortheast.co.uk\)](http://n-lightennortheast.co.uk)

Duties include but not restricted to:

Below is an overview of the basic duties that will be expected. This list is not exhaustive and may be adapted depending on business needs. Any successful applicant would need a degree of flexibility and a willingness to adapt:

- Answering the telephone
- Meeting and greeting visitors and delegates
- Maintaining internal records
- Filing, scanning and photocopying
- Ordering stationery
- Organising room layouts for training
- Producing handouts and maintaining supplies
- Producing certificates
- Setting up and maintaining learner records and portfolios

Requirements:

- Knowledge of Microsoft Office
- Excellent communication skills (oral and written)
- Flexibility when required
- Previous office experience would be an advantage

Training Requirements

The successful applicant will be required to work towards a Level 3 Apprenticeship in Business and Administration.

N-Lighten (North East) Limited, Metropolitan House, Long Rigg Road, Swalwell, NE16 3AS
Tel: 0191 495 6161 Email: donna@n-lightennortheast.co.uk
Website: www.n-lightennortheast.co.uk



Form – NL/Gen/03

Despite autumn coming in all its glory and the weather getting decidedly chillier, there has still been lots of activity down at the allotment. We are still meeting weekly on a Wednesday at 1.30pm and are planning some fantastic winter activities. We have also had some Occupational Therapy students join us at our committee meetings to help us plan and share their ideas. We'd love to see you down there!



Susan's Beautiful Garden...

Susan loves flowers especially rose bushes and had spoken to staff about how she would like to transform her tired looking garden into an area where she could sit and relax in and potentially help with tending and watering her garden (if she feels well enough to do so).

Staff helped Susan decide the plans for this project and set to work. We all worked hard to paint her fence to make it look more inviting and created an area where her rose bushes, wild flowers and sunflowers grew. Susan had recently had a path installed leading up to this area to encourage her to venture out further when the weather was nice and help to water her plants and veggies if she felt comfortable. A patio area was created which Susan enjoys sitting in (even if only briefly) she enjoys looking at her new garden area and talk about her flowers and veggies. Small vegetable patch were built and got Susan involved by asking what sort of fruit and veg she would like to grow. Susan has occasionally watered this and has sampled some of her own produce which she has really enjoyed.

She has managed to grow shallots, rhubarb, carrots, lettuce and strawberries. Not only had this helped Susan get through the pandemic and kept her engaged while being at home, it has also helped Susan eat healthier and Susan has since lost weight which was another of her objectives met. Susan is continually looking for new plants, and seeds to add to her garden and we hope she continues to get enjoyment from this.

