

You First

ISSUE 28 - SUMMER 2011

Time to Change

**Our Epic
Challenge**



The One Show Gardener | The Paralympic Games | Run For CIC



Phil's Foreword

Welcome to the summer edition of **You First** magazine. As many of you will already know, in August, I will be stepping down as Chief Executive of Community Integrated Care to take a new direction in my career. I will be staying involved in health and social care but also

want to make more time available for some of my personal priorities.

I've thoroughly enjoyed my time with our charity and am pleased that I will be leaving CIC in a strong position. Back in 2007, we developed a five year strategy that would establish CIC as a growing, high-quality, professional care provider that remained true to its heritage and values. The world has certainly changed since then but I think we have achieved much of that ambition.

Now, as a much stronger organisation, we need to press ahead with new initiatives and strategies. CIC is just the right sort of organisation to deliver affordable solutions to the health and social care challenges facing many vulnerable people in the coming years. So I feel that now is an appropriate time for me to hand over to Neil Matthewman (previously Managing Director of Health Services, Blackburn with Darwen Borough Council) to lead and develop CIC through those opportunities.

It goes without saying that I will genuinely miss being part of life at CIC. In June 2007, I wrote my very first **You First** foreword and told you how impressed and inspired I was by the people I had met in my first few months at CIC. Fourteen editions of **You First** later, this impression has only grown stronger! It has been a privilege to work alongside the excellent professionals we have here; to visit our dedicated services and see firsthand the incredible strides forward they enable people to make; and to be part of a charity that proudly calls itself a community.

And there are plenty of examples of the CIC community spirit in this edition of **You First**, not least with our Time To Change Challenge (p12-13). The Challenge has seen hundreds of our staff and the people we support travel 1496 miles, by any means possible, to raise awareness of mental health campaign, Time To Change. Their epic journey spans more than the length of our furthest services, from Aberdeen to Poole, and is a true demonstration of the ambitions CIC hold for a more inclusive society.

Elsewhere, **You First** showcases our support and the many ways we help people live full lives of their choice. You'll read about keen gardeners (p8-9) and budding chefs (p20-21), first holidays (p10-11) and fun-packed days at home (p16-17), and in doing so, no doubt you will get a sense of what makes CIC such a special organisation – our commitment to Putting Individuals First. Wishing you all the very best.

Have a great summer,

Phil Edgington
Chief Executive

Send your contact details to john.hughes@c-i-c.co.uk or to the address listed on page 3. Closing date, August 22th 2011.

Competitions



Barbra Streisand is back with 'What Matters Most - Barbra Streisand Sings the Lyrics of Alan and Marilyn Bergman'. Her new album celebrates the work of her long-time collaborators the Bergman's, who have written some of the biggest hits of the past four decades,

including many classics for Streisand such as the timeless 'The Way We Were'.

Streisand is simply the most successful female artist of all time. Over the course of her long career, she has recorded 50 gold, 30 platinum and 13 multi-platinum albums, won two Oscars, five Emmys, ten Golden Globes, eight Grammys and a special Tony Award!

Produced by the legendary singer herself and featuring ten Bergman composed songs that Streisand has never previously recorded, What Matters Most will thrill fans of the superstar singer.

You First has five copies of the album to give away to readers. Just answer this simple question: Which of the following is a Barbara Streisand classic:

- a. The Way We Were
- b. The Way You Was
- c. The Way You First

What Matters Most is released August 22nd 2011.



My Heart is the long-awaited new studio album from legendary Hollywood singer and actress **Doris Day**. This exciting collection is Day's first studio album of new material in 17 years, featuring twelve beautiful songs that will undoubtedly delight her loyal fanbase of all generations.

The album features four songs written by Day's late son, former Byrds member Terry Melcher, with Beach Boy, Bruce Johnson. It also includes her covers of classic rock-era favourites including, Joe Cocker's beautiful ballad 'You Are So Beautiful', the Lovin' Spoonful's joyful 1966 hit 'Daydream' and The Beach Boys' nostalgic 'Disney Girls'. This album will surprise and enchant followers of the iconic star.

You First has five copies of **My Heart** to give away. Just answer this easy question. Which of the following is a Doris Day hit?

- a. La bamba
- b. Que sera sera
- c. Macarena

My Heart is out 5th September 2011.

Look inside



You First is a free magazine published four times a year.
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The views expressed in this magazine are not necessarily those of CIC.

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Our cover star: Wais Zamant, Home Manager, and organiser of The CIC Time to Change Challenge (pages 12-13).

Planet Friendly
You First is printed on paper that is manufactured from sustainable forests and is elemental chlorine free. Please recycle after reading.

News



Great green idea...

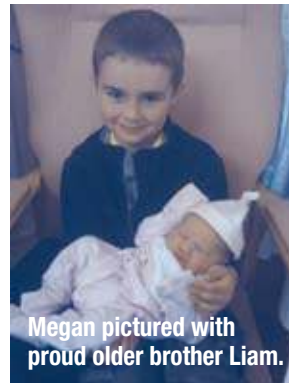
Staff at Martin Close, Hampshire, have been re-filing their ink cartridges instead of buying new ones, which is not only great for the environment, but helps save CIC money too. Why not try this at your service? Or, share your great green ideas with us by writing to **You First** to tell us.



Clever crew

Malcolm Smith, Malcolm Swan and James Melrose from Duddingston Row in Edinburgh, all completed their Skills Accreditation Course at Borders College with flying colours.

The Dell Senior Care Home have been awarded the Dignity in Care Award by Manchester City Council in recognition of their approach in providing the best possible dignified, caring support for its residents.



Megan pictured with proud older brother Liam.

Congratulations to Brett Clark, Senior Support Worker at The Whinnies, Gateshead, on the birth of his new daughter, Megan.

New Service

CIC is delighted to announce the opening of a new independent living service in Wigan.

The service, which opens in July, will be home to four young tenants, who are all moving into their first home.



Michael Davison, John Robinson and Karen Perry, staff at the Rievaulx Day Centre in Billingham, who successfully passed their City in Guilds Level 3 Induction Award in Supporting People with a Learning Disability.

The Inspirit Dom Care teams celebrate receiving extensions to both their Bury and Sharston Domiciliary Care contracts. Both teams impressed local authorities with their excellent approach to care and positive feedback from service users and families.

Staff at Montagu Drive in Leeds received a 5 star environmental health certificate from their local council.





Congratulations to Karen Wood, Team Leader at Albert Street in Fraserburgh, on the birth of her beautiful baby boy, Owen.

Norma Williams, Manager at Orchard House homelessness project in Runcorn, recently married fiancé Ray Plumpton in Las Vegas.



Congratulations to Nicola Hatton, Quality Officer, and her new husband, Alan Catterall, who married on 25th May 2011 in Cyprus.

Gardner House and Charlotte Grange care homes in Hartlepool and Heartly Green Care Home in Manchester have all been awarded the Gold Standard Framework Care Homes Accreditation Quality Hallmark Award, in recognition of the high standards of care delivered to their residents nearing end of life. Thank you to all staff for the hard work you have put in to achieving this status.

Kay McCowen, Manager of Thorney Croft care home, Stranraer has retired after ten years at CIC. Last month Kay thrilled residents and staff by marrying fiancé David Cambell at the home.

Well done to Children's Enablement Project Manager, Katrina Pooley, who reached the finals of the National Care Awards.



“ Volunteer admin assistant, Kirsty Derby, has succeeded in becoming the new full time receptionist at Support Services, Widnes. ”

Community



Tenants at Riverside Park in Sunderland raised over £250 in aid of local charity, Action on Elder Abuse, by holding a fundraising garden party. A big thank you to all the local businesses that showed their support by kindly donating raffle prizes.



(Pictured left to right) Volunteers from Amberleigh House in Liverpool – Beryl, Mary and Judith – proudly receiving a bouquet of flowers to say thanks for all their continued help and support.

Our Hero!

When a member of the team at Coronation Road fell ill whilst on duty, quick thinking service user, Margaret Mancini, raised the alarm, ensuring paramedics quickly arrived on scene. Thankfully, with Margaret's help, the staff member was able to go on to make a full recovery.



Margaret receives a present to say thanks.

There have been lots of fantastic accolades and achievements for the people supported at Vocational Support Service in Liverpool:-

Jenny Blackburn was named as Fazakerley Hospital's Volunteer of the Month.



Pictured: Jenny receiving her award

Sarah Shaw and Matthew Evans have both landed paid jobs after impressing with their hard work and commitment. Sarah will now be paid for her work at Costa Coffee, with Matthew being paid to work two days a week at Next.

Karl Harry, Vocational Support's budding photographer, has been paid for his photography work by a local PR agency, after one of his pictures was featured in the local press.

Simon Braithwaite performed a two hour radio slot on community radio station – KVFM, to mark the end of the community radio course he has been supported to complete.

Thank you to the Rotary Club in Kirkcudbrightshire who kindly donated several wheelchairs to Munches Park Care Home, one in memory of the late Samuel Murdoch a member of the Rotary Club and resident at Munches Park.



Pictured centre: Carole McMurdo, Service Manager (left) and Mrs Siv Murdoch (right)



Students have fun on their bikes

Students at the Rievaulx Day Centre in Billingham recently completed a two day Level 1 cycling skills course. Plans are now underway for the students to start their own mountain biking club, as well as completing Level 2 of the course.



Students proudly display their certificates

A big thanks to Tesco in West Bank, Widnes, who kindly donated over 30 Easter eggs to the residents at Belvedere Homelessness Project in Runcorn.



Janet Cheetham, a member of the catering team at The Dell care home in Manchester was named as the winner of the Compass 'You're a Star Award' after stepping in at the last minute to help out when the team were short-staffed. Janet received a bouquet of flowers and a £100 gift vouchers, as well as being entered into the regional finals for the award.

Arlene Earle, from Brookvale in Runcorn and David Tomlinson, from Glenhead Road in Liverpool, invited CIC Assistant Director, Jill Lucock, to be their guest at the National Care Awards in London. Congratulations to Jill who was named as a finalist in the Outstanding Contribution to Care category.



Dan Watson, student at the Rievaulx Centre in Billingham, has fun helping to make an accessible cookery book which the Centre hope to have available in the Autumn...look out for details in the next edition of **You First**.



Elaine Bainbridge (centre) pictured enjoying her recent holiday to Bournemouth with Support Workers Michelle (left) and Pippa (right). Elaine enjoyed lots of days out, visiting Monkey World and the Zoo, as well as staying in a beautiful pine lodge, complete with its own hot tub!



Students on the Level 1 & 2 Beauty Therapy Diploma course at Riverside College in Widnes volunteered to give free treatments to CIC service users and staff.



Norma Lamb, Assistant Housekeeper at St John's care home in Darlington, has retired after almost twenty years of service. Norma, who has worked at the home since it opened in 1993, will still be popping in from time to time to help out.

Scousers will applaud Payroll Supervisor, Wally Redpath's choice of holiday destination... Liverpool, New York State!



A big thanks and congratulations to Evelyn Birch, mum to Amberleigh House resident, Clifford Birch, who recently celebrated her 100th birthday, asking for donations to be made to the home, instead of presents.



Congratulations to Gordon House, in Liverpool who celebrated their 20th birthday with a big party for the whole community.



Gardeners' Question Time!

The sun is out and it's time to enjoy our gardens in bloom. All across the country our staff and service users are enjoying being part of nature, growing all manner of wonderful plants and produce. But sometimes, even the most skilled of gardeners needs a helping hand, which is why **You First** called on The One Show's gardening expert, Christine Walkden, to solve our services most troublesome gardening problems and give us beginners some tips too!

Basics for beginners!

YF: Christine, what do you think the benefits of gardening are?

CW: Gardening is relaxing, therapeutic and it gives you time to stop and admire Mother Nature. If you are working alongside other people, you develop a great sense of camaraderie; if you are producing your own food you know exactly what has gone on with it; gardening can give you a great sense of achievement, lots of exercise and plenty of fresh air. The benefits are endless!

YF: What does an absolute beginner need to start gardening?

CW: All you need is the desire to garden then it is a case of starting simple. Start with the easy to grow, quick harvesting vegetables like radish, spring onions and lettuce, and build up from there. If you want to grow flowers, stick with bedding plants like Petunias, Begonias and Busy Lizzies.

YF: What are the basics for upkeep of a garden?

CW: Make sure you weed your plants regularly and water them well. The trick is to give your plants a lot of water once a week rather than a little every day, otherwise it just evaporates before the plant can take it in.

Our services ask...

The Whinnies is an Independent Living Service in Gateshead. They enjoy gardening so much that they have set up their own inclusive gardening project, SIGN.

TW: We have struggled to grow carrots and have been advised to try growing them in pipes. Do you have any tips?

CW: Carrots aren't the easiest of things to grow. You need to plant them in light free-draining soil and to make sure you don't sow them too deeply. When you make the drill (YF – a narrow, straight furrow in the soil in which seeds are sown) to sow the carrots, water the drill both before and after you have sowed them.

You can grow carrots in pipes but this is mainly for exhibition, so you don't need to do it. A lot of people sow too early when it is cold and wet. If you sow from the second week of May onwards you generally get better germination.

Thornycroft Day Service, Stranraer, offers daytime support to people with age related conditions, reducing their social isolation and offering fun and engaging activities. Gardening is one of the most popular activities in this busy service.

TC: We have a room that gets the sun all day and the plants we grow here tend to not survive the heat. Can you recommend any plants that could handle these conditions?

CW: A south-facing conservatory will often be too hot to grow many things. Try Mediterranean plants that are suited to this type of climate, like Thyme, Sage, Phlomis,



Lavender or Rosemary. There are some really nice ones to choose from.

Alex McKie, member of Thornycroft Day Service: There are two plants that I have tried growing for many years without success, Fritillary and Ipomoea. I've planted them in neutral soil and from bulb in pots, what am I doing wrong?

CW: What I suspect is happening is that they are either getting too dry or too wet and rotting. You should grow these in multi-purpose compost in a pot. Make sure they don't get too wet, particularly in the autumn. Neither of these plants are actually that difficult to grow but they are from hot climates, so Scotland might not be the best place in the world to grow them! They would actually grow very well on the warm windowsill in your service.

Glenwood is an Independent Living home in Widnes. Their fantastic inclusive allotment grows plants and vegetables all year round.

GW: Do you have any tips for stopping weeds? We have heard about gardeners using chipwood bark and plastic bags to prevent them.

CW: Before planting, gardeners need to make sure that they weed thoroughly, particularly to remove any perennial weeds – the ones that come up every year. If you are going to mulch (YF – A cover on the top

layer of soil, used to protect and insulate the soil and discourage weeds) with plastic it needs to be early in the season and it needs to be weighed down; if you are using organic matter it needs to be at least 3-4 inches thick.

GW: We have Ivy growing on one of our walls. We keep on cutting it back but it grows back thick. Do you have any tips for how we can keep it off the wall, or remove it?

CW: Ivy is a climbing plant, so you won't be able to keep it from climbing up your walls. If you want to kill it, you have to cut it down at ground level; take a foot section out from ground level to where it is at the wall, eventually this will kill the ivy that is climbing. However, this could take some time. To kill the bit that is still in the soil, drill the stem of the plant and fill it with shrub and brushwood killer.



The Rievaulx Resource Centre is an Independent Living day service that supports individuals with learning difficulties and mental health concerns. Their students have a large

greenhouse and allotment where they are supported to grow a wide variety of fruit, vegetables and plants.

TR: We would really like to know how to grow really big vegetables, any tips Christine?

CW: There is a limit to how big you can grow ordinary vegetables but some are specially bred to be big. You need to get in touch with a producer of what are known as 'giant vegetables'!

A WILD WEEKEND

From abseiling to archery, rock climbing to kayaking, the promise of adventure was around every corner for a group of daring young boys from South Tyne when they discovered the exciting activities on offer at the Calvert Trust Outdoor Adventure Park in Keswick. The five thrill-seekers - William, Liam, Ben, Dean and Brad - headed off for a boys only adventure weekend away with CIC's Children's Enablement Service...



What a ride!



"The boys had never tried archery before and they loved it!" - Mandy, Service Manager



"Me and the boys became great mates, and had fun horse-riding and canoeing together." - Liam



"The boys said their goals were to make friends and have fun; I think they achieved all this and more!" - Lee, Support Worker



Just horsing around - haha!



An 'oar-inspiring' day!



"Knee-deep in water and mud - it was great!" - William



"We loved the rock 'n' roll wall!" - Ben



"It was the best weekend EVER!" - Brad



Making a splash!



"After swimming, rock-climbing and kayaking, we all fell into bed exhausted every night." - Noreen, Project Manager



"The boys were always up for a laugh!" - Marie, Support Worker



The CIC Time to Change Challenge



453 people, 1496 miles and one very special baton....

This summer, the CIC community came together to take part in an amazing fortnight long challenge to raise awareness of the mental health campaign, 'Time to Change'. Launched in Dumfries, Scotland, The CIC Time to Change Challenge aimed to pass a specially made baton 600 miles down Britain, by any means possible, to Poole. Here CIC would sign a pledge, committing our support to the 'Time to Change' campaign.

The 600 mile target for this epic journey, represented the distance between CIC's most Northerly service in Aberdeen, to our most Southerly service in Poole. However, as the baton snaked its way down the country, carried in lots of imaginative ways - from jet-skiing to swimming, horse riding to running - momentum grew.

By the time the baton crossed the finish line on Sandbanks beach in Poole, fourteen days after it started its incredible journey, over 400 people has taken part and the original target had been truly smashed, with a staggering 1496 miles on the clock! "The sheer passion and commitment for the challenge meant that even our wildest expectations were surpassed," says Home Manager and challenge organiser, Wais Zamani (our **You First** cover star). "I have been left speechless by the dedication

and sense of community within CIC, with participants turning out come rain or shine. Not only has it given us the opportunity to support a very worthy cause, but for me personally it was one of the greatest achievements of my life."

Sue Baker, Director of Time to Change, said: "We want to thank everyone at CIC for taking part in this incredible challenge and for helping to raise awareness of the stigma surrounding mental health problems.

"One in four people will experience a mental health problem in any year, but despite this, people still face stigma and discrimination that can stop them leading full lives. Events like this are a great way of challenging stigma by getting mental health into the open."



More Than A Game



Next summer the eyes of the world will be on London as it hosts the Olympic and Paralympic Games. We will witness extraordinary feats of athleticism and endurance, sportsmen transformed into heroes, and our understanding of the capabilities of man redefined with every broken record.

There is no doubt that sport can transcend itself from being just an activity; at its best, it draws on our passions and inspires, can unite people from all backgrounds, and sometimes sees entire countries – or the world – stop for a moment to witness history. But very occasionally, it can be a powerful tool for real change in society. It is hoped that the 2012 Paralympic Games will have this impact.

An Incredible Impact

The Paralympic Games showcase the abilities of elite disabled athletes, and in doing so, redefine perceptions of, and ends prejudices about, what people with disabilities can achieve; they inspire millions to overcome the barriers they face in life – whatever they may be; and provide a global forum for us all to consider how else we can celebrate diversity and encourage inclusion.

And this isn't an exaggeration. The most recent Summer Games, held in Beijing in 2008, were credited with making a significant impact on the lives of people with disabilities living in China.

Xavier Gonzalez, Chief Executive for the International Paralympic Committee, said in an interview, "The Games were really a transformation tool for changing attitudes across the board in China towards people with disabilities, (from) building accessibility facilities in the city, to changing laws to allow people with a disability to be part of society."

The 2010 Winter Paralympics, held in Canada, were again seen to have delivered wide reaching cultural and practical improvements for people with disabilities. A study of 1600 Canadian people by the University of British Columbia revealed that almost 50% of respondents felt their Games had delivered additional accessibility of buildings and public spaces, as well as greater governmental support for people with disabilities.

Alongside these practical improvements, attitudes were changed too. Almost 25% of surveyed employers said their willingness to hire people with disabilities had increased and over a third of people said the Games had improved their overall acceptance of people with disabilities.

But before we look at the possible impact of our coming Games, let's take a look at how the Paralympics came to be. After all, it was in post-war London that the seeds for future Paralympic Games were sown.

The History

In 1948, Sir Ludwig Guttmann, a pioneering neurologist, organised a sports competition at Stoke Mandeville Hospital for World War II veterans who had suffered spinal injuries, to coincide with the Olympic Games Opening Ceremony in London.

Guttmann continued the event every year and in 1949, was reported to have said in his opening speech, "Maybe one day there will be Olympics for the disabled". Three years later, in 1952, Dutch athletes joined the event, creating the first international games for athletes with a disability.

Over time these games grew and in 1960, Rome became the first Olympic host city to use its Olympic facilities for the event, a huge milestone in its recognition as a serious tournament. By this point the tournament had changed immeasurably from the game Dr Guttmann had held at Stoke Mandeville, attracting 400 athletes from 23 nations across the globe.

Another milestone was achieved in 1988, when the term 'Paralympic' was coined for the Seoul Olympics, representing

the fact that the Games were held in parallel with the Olympic Games. With this naming, the Games were now recognisably part of the Olympic tradition.

The Future

With successive Games inspiring more and more disabled athletes and the public at large, the Paralympic movement has grown and the likes of Dame Tanni

Grey-Thompson, winner of 16 Paralympic medals, have become household names. With 1.6 million tickets set to go on sale this September, the stage is now set for the 2012 Paralympic Games to be the biggest tournament yet, with around 4200 athletes from 150 nations taking part in 20 different sports. But beyond the sporting action, the tournament has become the catalyst to raise the profile of disability issues in the UK.

In partnership with disability and deaf arts organisations and the cultural sector as a whole, London 2012 will produce the largest arts, cultural and sporting programme of work by disabled people ever seen in the UK. Organisers hope that this cultural programme will reach more than 30 million people and celebrate the arts and sporting achievements of disabled people in Britain, and the tolerance and inclusiveness of British society.

Educating the young has been another key focus and a wide range of educational resources have been provided to schools to celebrate the Olympic and Paralympic Games. Children will learn about the Paralympic Games and their core values of courage, determination, inspiration and equality. Moreover, one million children of all abilities will be given the opportunity to try Paralympic sports at school, inspiring a new generation of disabled athletes and giving able-bodied children an insight into the skill and determination required to be a Paralympian.

We are still a year away from the Paralympic Games but already the tournament is inspiring change and informing the public. The success of the 2012 Paralympic Games will not just be measured by the heroics of the athletes taking part but also by the legacy it will leave for years to come.

The 2008 Games were really a transformation tool for changing attitudes across the board in China towards people with disabilities

The tournament has become the catalyst to raise the profile of disability issues

Day in the Life of...

Chris Evans, 22, has learning difficulties and is autistic. He is supported by CIC to live in his own home in Gateshead, Tyne and Wear.

Chris joined the CIC community over three years ago, during which time his family and support team have witnessed him flourish; Chris has achieved huge personal progression, developing an increased sense of independence and a new-found confidence as he has matured and settled in his new home.

Chris is one of CIC's many success stories and wanted to tell **You First** readers about his busy life. With the help of his support worker Lynsey, Chris shares with us a diary of a typically busy day...

29th June 2011



9am

"Chris is a bit of an early bird and likes to get up handy, ready for the day ahead," says Lynsey. "After having a quick drink, he helps me to prepare his favourite breakfast of Weetabix, eager to make sure we use his favourite bowl!"

10.30am

"Once he's dressed and ready to go out, Chris goes to the Picture Exchange Symbols board in the hallway and chooses his morning activity, which today is a walk along Newcastle's Quayside and across the millennium bridge. Chris is deaf, so we use Makaton, a form of communication which uses manual signs and graphic symbols, to talk to each other. There are lots of different activities Chris can choose from every day, including trips to the museum, going for a pub lunch, visiting friends, or, if he's feeling very energetic, trampolining!" says Lynsey.



12pm

"After his walk, Chris goes to the Slatyford Youth Centre, where he can meet his friends. After lunch they all head off to the sports hall for some exercise fun and I can hear his infectious laughter from miles away!"





1pm

"As soon as we get home, Chris quickly pulls me over to his fish tank as he is eager to feed his beautiful Malawi fish," explains Lynsey. "Having pets is really good for Chris as it gives him something to look after; he loves to help clean out their tanks and can easily wile away an hour or so sitting watching them swim around."

4pm

"Chris heads off to the Wickham Villas hydro pool where he enjoys an hour swimming with Matthew, another member of Chris' support team. Spending time doing activities like swimming are really good for Chris, as they help him relax and relieve him of any anxiety," explains Lynsey. "Chris particularly loves the water fall fountain and under water sensory lights."



6pm

"Chris is always so hungry when he gets back from swimming, so we get cracking on preparing tea - a homemade pizza. Chris loves making pizza so I get lots of big smiles from him as we get started!"

7pm

"As its still sunny outside, Chris goes out into the garden to make the most of the last few rays of sunshine. Chris has a lovely garden and we can't wait to start getting the BBQ out soon."

8pm

"After tea, Chris will often get a puzzle or a game out and sit on the sofa playing with staff. Most of the staff at the service have worked with Chris for a long time now and because we have all known him for so long, we all really understand the routine he needs to make him feel safe, secure and happy," says Lynsey.

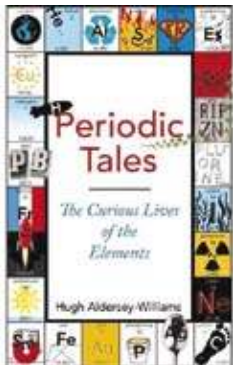


9pm

"After a quick visit from Chris' family, he decides he'll chill out watching some TV. Looking back, we've had a really jam-packed day, but knowing Chris, he wouldn't have it any other way!"

Reviews

The latest reviews from the CIC Community...



Book

Periodic Tales: The Curious Lives of Elements

Reviewed by Alan Howells – CIC Learning and Development Clinical Specialist.

Periodic Tales is a very informative and enjoyable book that provides a fascinating trip through the Periodic Table. Whilst it gives the usual sound chemistry information, it's certainly no boring school lesson, providing the social and cultural background to each chemical element, be this in history, popular culture or science.

It is written in a light, easy style with a good vein of humour and is obviously expertly researched. I would recommend this to anybody interested in popular science books that take an enjoyable and informative detour.

Released now by Penguin Books.

Concert

Ocean Colour Scene - Mountford Hall, Liverpool

Reviewed by Mel Monnington – You First reader.

Ocean Colour Scene's latest tour celebrated the 15th anniversary of their classic, million selling album, Moseley Shoals. A decade and a half on and the indie favourites were still the hottest ticket in town, selling out the Liverpool University venue and attracting an excitable crowd who made sure their voices were heard even before the gig had started.

The band played the Moseley Shoals album in its entirety, treating gig goers to a run-through of arguably their most famous offerings, 'The Riverboat Song' and 'The Day We Caught the Train'. It took three attempts to get 'The Day We Caught the Train' into full swing as technical problems stopped the band getting beyond its opening chords, but this wasn't a bad thing at all as it provided the crowd with two good sing-alongs in short succession!

The problem with playing an album in full is that you may miss out on some of your favourite tracks – and with a back catalogue as big as Ocean Colour Scene's it seemed like this would be the case. However, the band clearly know how to keep everyone happy, playing an encore of other fan favourites, including 'Hundred Mile High City' and their closing track, the melodic 'Profit In Peace'. All in all a great show and a fantastic trip down memory lane.



Competition

Southport Flower Show: 18th- 21st August.

Southport Flower Show is said to be the most entertaining and inspirational independent flower show in the UK. Not only does it offer a wonderful array of beautiful flowers, the festival also has over 200 trade stands, an extended food village, celebrity guests including gardeners and chefs, and even a luxury cinema in a 1960s bus!

Every day of the Show will offer fun and unique events, from talks and lectures to cookery presentations and dog displays! And should you fancy something more dramatic, their main arena will even feature jousting, medieval knights and free flying birds of prey. Fun for all the family and certainly, more than just a flower show!

You First has three sets of tickets to give away to the Southport Flower Show. Just answer the following simple question:

Which of the following is a type of plant?

- a. Busy Lizzie
- b. Frantic Frank
- c. Tired Tony



Send your contact details to john.hughes@c-i-c.co.uk or to the address listed on page 3. Closing date, August 4th 2011.

CIC are offering you a unique opportunity to achieve something that you will remember for the rest of your life – and at the same time support our charity to do even more of its good work. How? By lacing up your running shoes and taking on the challenges of the London Marathon or the Adidas Half-Marathon events.

CIC have places for both of these high-profile and highly sought-after runs for people who want to fundraise for our organisation. We get the lowdown on these events from Marc Roby, from running website, Realbuzz, and tell you more about our exciting places.



Virgin London Marathon - 22nd April 2012

We have three places for The London Marathon. To celebrate the Olympics year, we are looking for our runners to commit to raising at least £2012 for CIC.

“**Marc** – “This is simply the biggest race and one day fundraising event in the world. 38,000 people take part in this world class race each year and for 2012, over 130,000 people entered the public ballot in just one day! If you missed out on the ballot, why not run for a charity with guaranteed places, like CIC? Because it is such an iconic event, runners can really raise a lot of money from sponsorship for good causes, and last year over 50 million pounds was raised for charity.”

Our marathon runners will be able to choose whether they want to support our Independent Living, Senior Care or Homelessness services.

- **Independent Living** – Your sponsorship will pay for people we support with learning difficulties and mental health concerns to access self-advocacy training. This training will empower them to make their own decisions, grow in confidence and ultimately become more independent members of society.
- **Senior Care** – The money you raise will purchase state-of-the-art reminiscence software for people with dementia. This innovative software helps evoke memories in people with the condition, giving them contentment and happiness as they reconnect with their old selves.
- **Homelessness** – Your fundraising will provide specialist life skills training and careers coaching, spurring the homeless people we support on to an independent future.



The Adidas Half-Marathon - 11th March 2012

We have ten places for this amazing race held at the home of Formula 1, Silverstone, to raise money for our specialist dementia service **everystep**. We are looking for our half-marathon runners to commit to raising at least £200, which will fund specialist dementia training for **everystep** staff, as well as equipment to improve the health and wellbeing of the people **everystep** supports. You can be assured that every step you take in the race (all 21,000 of them!) will make a huge difference to the lives of people with dementia.

“**Marc** - “This is another superb race. Held at the historic Silverstone motor racing circuit, the event gives runners the unique opportunity to experience the home of the British Grand Prix. The course is flat and fast, so attracts lots of first time runners, people looking to beat their personal bests, and even people who want to train for a big event like the Virgin London Marathon.”

CIC will support our runners with:

- Fundraising advice and support
- Training guides to help you prepare
- A CIC / **everystep** t-shirt or running vest
- Your own fundraising webpage
- Sponsor forms
- Lots of updates and encouragement!

Interested?

Contact John Hughes (john.hughes@c-i-c.co.uk - 0151 422 5374) stating which race you would like to take part in, why you want to run for CIC / **everystep**, and how much money you can commit to raising.

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How does being treated to a delicious slap up meal, expertly cooked for you by a charming and gracious host sound? Well, for CIC's North East based managers Denise Blewitt, Stuart Dryden and Caroline Bairstow, this dream was a reality when they had the enviable task of being judges in CIC's own version of 'Come Dine With Me'.

CIC's Independent Living services from across the North East took part in this fun challenge, battling it out to find the perfect house party host. Our judges have picked three of their favourite dishes from the finalists, who have kindly parted with their prized recipes, so you too can offer your house party guests a truly exceptional dining experience.

COME WITH

Starter - Perfect Potato Wedges and Creamy Garlic Dip

By Dennis Nicholl - The Whinnies

The Dip

Ingredients

- ¾ cup sour cream
- ½ cup mayonnaise
- ½ tablespoon garlic powder
- ½ teaspoon crushed red pepper
- ½ tablespoon dried parsley

Mix together sour cream, mayonnaise, garlic powder, crushed red pepper, dried parsley in a bowl. Serve immediately or refrigerate overnight for a fuller flavour.

Potato Skins

Ingredients

- Potatoes
- Olive Oil
- Salt and Pepper

Pre heat oven to 200c / gas mark 6.
Prick 6 large baking potatoes with a fork and rub with olive oil. Place in oven and cook for 45 minutes, until slightly soft. Leave to cool for 15mins. Cut each potato in quarters. Scoop out the flesh, leaving a layer of potato at least half an inch thick. Brush lightly with olive oil, season well with salt and pepper and bake skin side down on a roasting dish for 30mins or until crispy. Turn over after 15 minutes so they can be crispy on both sides.
Serve with dip

Judges feedback

Stuart: "Dennis made a great effort and I felt very welcome. I was amazed at the presentation of the tables and the time he and the staff that support him had put into the whole evening. Moreover, his meal was absolutely delicious. I wish I could eat like that every night!"

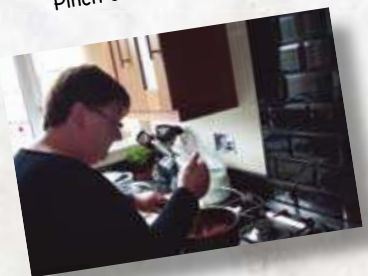


Main - Non-traditional lasagne

By Maryanne Smith - Brunswick Avenue

Ingredients

- 14oz lean beef mincemeat
- 1 large onion chopped
- ½ green pepper diced
- ½ red pepper diced
- 4 large mushrooms
- 4 garlic cloves crushed
- ½ inch cube fresh grated ginger
- 1 fresh chilli pepper chopped
- 1tsp Italian seasoning
- 1tsp oregano
- Handful of fresh basil leaves
- 1 beef stock cube
- 1 tin chopped tomatoes.
- 1 pack of fresh lasagne sheets
- 1 pint milk
- 2oz butter
- 2oz plain flour.
- ½ tsp salt
- Pinch of nutmeg.



DINE CIC

How to cook the filling

Fry mincemeat in a large saucepan, then add onion and fry until nicely browned. Stir in the peppers and chilli, and add small amount of the tomatoes. Continue to stir then add Italian seasoning, oregano, garlic and ginger. Add stock cube and remaining tomatoes, give a stir and then place lid on pan. Lower heat and allow to simmer for 30 minutes, stirring occasionally. Add mushrooms and basil leaves and simmer for a further 5 minutes. Turn off the heat and your sauce is now ready!

How to cook the béchamel sauce.

Heat the milk in a pan, add a pinch of nutmeg, the salt and stir. Melt the butter on a gentle heat until it starts to bubble gradually. Add the flour, whisking constantly until it is coated with the butter and begins to take a sandy texture (this is called a white roux!) Let the roux cool down. When the roux and pan have cooled down return the pan to the heat and gradually add the milk and keep whisking. Once the roux is completely mixed and no lumps are present, lower the heat and gently stir until the sauce thickens. Then remove from the heat and set aside. Voila you have made béchamel sauce!

Now bring it together!!

Lightly grease your lasagne dish. Starting with the mincemeat, cover the bottom of dish then add béchamel sauce and a generous amount of grated Parmesan cheese on top, then add lasagne sheets. Continue this routine finishing with the béchamel sauce and top with gated Red Leicester cheese for a crunchy topping!

Cook for 45 minutes, gas mark 6/
200C / Fan assisted
oven 180C



Judges feedback.

Denise: "Mary Ann prepared a succulent Mediterranean menu and was truly, the perfect host. She shopped for fresh local ingredients and made the whole dish from scratch. She explained to me how she prepared the sauce from fresh and described the process of constructing the dish layer by layer to seal in all the flavours. Her fantastic technique made for a wonderful meal!"



Desert - Marvellous Meringues

By Jill Powell - The Oaks

Ingredients:

- 2 large egg whites
- 4oz caster sugar
- 1 large tub of whipping cream
- Strawberries
- Vinegar
- Lemon juice
- Icing sugar

How to make your meringues

Line a baking tray with greased proof paper. Whisk egg whites until stiff then gradually beat in your sugar a spoon at a time, then whisk until mixture is stiff put onto baking tray into 12 separate portions. Place into a 110c oven and cook for 2 hours.



How to make the filling

Mix cream until stiff, then fold in sliced strawberries. Once your meringues are cool, place strawberries and cream on the top. Then make your coolie mix: Put sliced strawberries (6oz) along with 6tsp of water, 1tsp of lemon juice and 1tsp of vinegar into a pan, and simmer until pureed. Then add 2tsp of icing sugar slowly mix well. Run the coolie through a sieve to remove pips if required and then drizzle around the meringues

Judges feedback.

Caroline: "What an incredible desert! Jill's meringues looked better than any I've ever seen on TV and were soft and delicious. She proved to be an accomplished chef and a fantastic hostess."



OUR

GREAT B

VOLUNTEER

At CIC we are lucky enough to receive the support of many wonderful volunteers who all help to make our community a better place to live and work. So, to show our support for National Volunteers Week, we named 1-7th June CIC Volunteers Week too! Groups of staff from across CIC joined together to take part in fun team volunteer challenges within our services. Not only did this give our staff the chance to discover firsthand the benefits of volunteering, it was also a great opportunity for our teams to get out and about and spend some quality time in our services...

A fresh lick of paint

Members of the Payroll, Legal, HR and Purchasing Teams from Support Services in Widnes all helped out painting residents' rooms at Belvedere Homelessness Service in Runcorn.

Toni Brady, Payroll Officer, who took part in the challenge, said: "I'm really pleased that I took part today. I feel like I've done something worthwhile, but it's also been a lot of fun too." Claire Barker, Legal Services Secretary adds: "Working at Head Office, you can often find yourself a bit removed from the services, but volunteering today has really reminded me of what our charity is all about."



'Allot' of fun

Glenwood, which is home to eight CIC service users, welcomed volunteers from CIC's Finance and Payroll teams, who set about enhancing Glenwood's much loved garden with accessible raised veggie patches.

Jayne Barrow, Finance Income Officer, explains: "The residents at Glenwood already have a lovely garden so we wanted to help create a new area for them to enjoy. We planted spinach, beetroot, tomatoes and carrots; fingers crossed, when we next visit, there will be lots of shoots coming through! It's nice to know that by giving up just a few hours of our time, we can make a big difference to the service." Wally Redpath, Senior Payroll Supervisor adds: "We had a fantastic day at Glenwood. It was great to get out of the office, not only to meet our service users but also to show our backing to our support worker colleagues who do an amazing job day after day."

IG

WEEK!



Beat this!

With a combined love of music and an understanding of the therapeutic benefits it can bring, CIC's Senior Marketing Officer, John Hughes, and colleague Alan Howells, CIC Learning and Development Clinical Specialist, decided to do something a little different during Volunteer Week when they invited service users to an African drums class at Support Services.

Attracting people from our Independent Living services, as well as our Homelessness projects, the sessions were a great success. John, himself a keen musician, explains: "We used African drums called djembe's for the class, as we knew we'd get a range of ages and abilities coming along, and these instruments are really easy to play. Everyone just joins in their own way and eventually, you get a great joint rhythm going."

Alan, who is a strong advocate of alternative therapies for people with additional needs, adds: "Taking part in a group activity, particularly one linked to music, can be very relaxing for people with learning difficulties or mental health concerns. Studies have shown that music therapy is a great stress reliever as it realises feel good chemicals called endorphins."

Carl, a resident at Belvedere homelessness project also attended the sessions saying: "When I arrived today I didn't expect to see the types of drums we were using! But it's been a really enjoyable couple of hours, we've have a good laugh and it's important to always try new things. At least if anyone ever asks me what a djembe is I'll know now!"



A Managable task

The North East service managers all held a team building day at The Whinnies in Gateshead. Pat Ward and Caroline Bairstow painted garden furniture, whilst Mandy Postle and Rachel Mein helped out with the weeding.

The strong man award went to Stuart Dryden who single-handedly moved two tons of gravel, ready for the new borders to be planted! Stuart says: "We've all had a great day at The Whinnies. Although it was hard work, we got lucky with some amazing weather and it was good for us to be able to spend time with our fellow service managers outside of the office environment. We'll definitely do it again next year."

Run for CIC

Raise money for our charity and have an experience you will never forget, by taking on the challenges of the London Marathon or the Adidas Half-Marathon events. See page 19 of **You First** for more information.



Virgin London Marathon - 22nd April 2012

Raising money for CIC's **Independent Living**, **Senior Care** and **Homelessness** services.

To celebrate the Olympics year, we are looking for our runners to commit to raising at least £2012.



**The Adidas Half-Marathon,
Silverstone - 11th
March 2012**

Raising money for our specialist dementia service **everystep**. We are looking for our half-marathon runners to commit to raising at least £200.

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