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Welcome to the second edition of the Creating an Ordinary Life Newsletter

Year one of the Active Support Project has now seen all ten pilot Services receiving training in both Active Support, Interactive training (theory) and on-site support working with managers and staff to change the learning into practical support.

All Pilot Services are at the early stages of implementation. Eight Services have contributed to this newsletter discussing how the project is proceeding within their Service. A number of the comments we have received have highlighted some of the barriers and challenges the Services face, as well as the impact Active Support has made on the people they are supporting.

Many thanks for all the contributions – it will be great to read how the Pilot Services progress in the next few months.

Year Two

Planning has been taking place to register a further 20 Services from across England ready for Year Two of the project, which will start in April 2013. As you can imagine, there was a high response from members to register with the project. We are in the process of informing the successful organisations and details will be included in the next Creating an Ordinary Life Newsletter.

Planning will continue with each Service to start training and support in April/May.



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Creating an Ordinary Life
– Active Support
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Hello, my name is Liz Soames and I have been at the Association for Real Change for over 13 years.

I am the administrator for the Creating an Ordinary Life - Active Support Project. Please feel free to contact me any time, I am also on the e-forum which is a good way to get in touch and share information. You can always contact me on **01246 555043**. Looking forward to working with you.
Liz

Advisory Group

The first teleconference meeting of the Advisory Group took place on **Monday 14th January**. The group again offered their expertise, experiences, suggestions and ideas to the project. The project team are very grateful for their support and look forward to the next teleconference meeting on 9th September.

Reviews from Pilot Services

The following excerpts are from Services who are pilot sites for the **Creating an Ordinary Life - Active Support Project**. They have written about how they are getting on with the implementation of the **Active Support approach to supporting their clients**. To read the full article, click on the links.

Autism Care UK - Fence

"Staff are enjoying the Project and Active Support as they can now see how, with often small steps, a person can be enabled to move forward and be more in control. Each step, however small, is an achievement for someone and very important to promoting independence, choice and happiness. The new tools work well alongside our existing Person Centred Plans[...]"[click here to read more](#)

Broadoak Park

"The success and achievements of one of our service users in the rehabilitation flat has been based on using person centred support by staff using a variety of support methods, e.g. verbal and physical prompts and showing her how to engage in parts or the whole activity [...]"[click here to read more](#)

Cherry Tree

"What has really helped the staff team and the people we support has been the picture prompts and the factual writing prompt cards. This has helped with staff consistency. The people being supported require less support and fewer prompts within a simple activity, for example, making toast [...]"[click here to read more](#)

Livability - Brackley Residential Services

"Active Support is now included in staff meetings with discussion on how best to communicate and support each of the Service Users. It has been noted that consistency is the key to all plans, especially when it comes to detail and staff are noting which suits the Service User best.

"Although some staff were already providing Active Support, I think it fair to say that it was not the whole team and the hand-on-hand/hand-over-hand approach was not being used. This has made the difference for thinking of working with some kitchen appliances as a

safe and acceptable risk [...] "[click here to read more](#)

Livability - Main Road

"As I write this article, a tenant is in the kitchen making his own lunch. I am in the dining room so he can call me if he needs any support. He is now buttering his own toast with prompts and I currently support him with the buttons on the microwave by pointing and he will push the button. He enjoys the praise when he is engaged and taking part. Only a month ago he would not have attempted to use the microwave [...] "[click here to read more](#)

Nottingham Community Housing Association, Orchard Street

"I knew we had to act when staff were saying:

- 'I feel like a cook and cleaner, it's not what I came to be a support worker for.'
- 'All I do is cook and clean.'
- 'x is just sitting around fast asleep in front of the TV.'
- 'Most of these service users before they became ill had really responsible jobs now they do nothing.'
- 'I am finding it really hard to engage with x he usually tells me it's a staff job, that's why they are here.'

[...] "[click here to read more](#)

Nottingham Community Housing Association - Personalised Support Team - Derbyshire

"Staff are now documenting how they supported and enabled their clients to become more independent. These notes are documented on a computerised support system which is accessed by all. Support Workers and Care Assistants complete written daily logs within the clients homes at each support sessions [...] "[click here for more](#)

Perthyn - Norbury Drive

"I am looking forward to the year ahead as the progress already made in the last few months for the person we support, and the staff team has been fantastic. This has been down to a lot of hard work and determination from the staff team and support from the Project [...] "[click here to read more](#)

Further Information

If you would like to know more about the project or would like to discuss Active Support further, please see the link to the website www.arcuk.org.uk/arcprojects/creating-an-ordinary-life or I would be happy to discuss further areas around Person-Centred Support, Planning and Action, specifically Active Support.

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