



August 2018

Issue 14



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Newsflash

Did you know we're on Facebook? Check our page out here:

<https://www.facebook.com/premiercareplymouth/>

There's been a lot of change this past year and Premier Care has grown quite a bit, meaning there are now a lot of new faces and names to remember but despite being a larger company, we have still managed to keep that small community feeling.

Change isn't always a bad thing, even though at times it may feel like it, just as this newsletter itself has changed over time, so do all of us... all the time learning and growing

So to all those who have contributed, given feedback and generally taken the time to read it over the years - I'd like to say a huge thank-you!

As always, if you have anything you'd like us to talk about (or if you have an article you'd like to submit yourself) then please get in touch via mail@premiercareplymouth.co.uk or call on (01752) 547252.

Birthday Greetings



Happy Birthday to the following who have celebrated a birthday in the last three months!

Lee Alcock, Abby Ashton, Tina Arnott, Jodie Bell, Aemilia Bentley, James Blackmore, Cheryl Bulley, Clive Burnett, James Calleja, Greta Cerniauskaite, Charlotte Emmens, Habir Fatih, Bethany Harris, Rosie Hall, Richard Hawcroft, Jasmin Heasman, Neil Hunt, Antony Inglis, Coral Knight, Gemma Lake, Mandy Lee, Janet Lyne-Ley, Julian L, Donna Madge, Abby Main, Billie Neale, Lynn Newcombe, Jenna Nichols, Angela Norris, Neil P, Phil Shaw, Kerry Shilson, Sara Simpson, Stevie-Jayne Sinclair, Sonia Stanova, Ashton Taylor, Lisa Trotman, Conner Ward, Jodie W, Mandy Whitby,

New Starters



A warm welcome to the following people who have joined Premier Care in the past 3 months!

Cheryl Bulley, Dean Webb, Eleanor Burch, Maria Obogeanu, Marie Chamberlain, Rebecca Fairclough, Sara Simpson, Charlotte Emmens, Emma Clay, Leonie Mayston, James Calleja, Clive Burnett, Steve Shores, Chad Sullivan, Ian Rogers, Shaun Hughes, Julie Robertson, Chloe Paul, Shawnie Heasman, Jodie Bell, Sandra Knight, Kirsty Langford, Lee Alcock, Antony Blank, Richard Hawcroft

Planning Group



The next Service User Planning Group is going to be setup soon and I'm looking for feedback from the people we support to find out what you'd like to talk about or do. You can call, email or speak to me in person and if you could do this by 31st August 2018 it would be really helpful.



01752 547252



mmalloch@premiercareplymouth.co.uk



Or pop in to talk face to face

Summer Party

It's Party Time!



15th September 2018



From 2pm till 6pm



Pennycross Social Club

Activity Ideas



Activity: Baton Beats (Drumming)
Organisation: Plymouth Music Zone
Location: Raglan Road
When: Mondays from 6.30pm - 8pm
Cost: Free
Contact: 01752 213690



Activity: Autism Social Club
Organisation: Autism Assemble
Venue: The Bread & Roses (Ebrington Street)
When: Every 1st & 3rd of the Month from 6pm - 9pm
Cost: Free (although need to buy own drinks)
Contact: autismassemble@gmail.com



Activity: Theatre / Dance
Organisation: All Stars Theatre Group
Venue: Contact for Details
When: Contact for Details
Cost: Contact for Details
Contact: jhalifax@blueyonder.co.uk



Activity: Trampolining
Organisation: Everyone Active
Venue: The Life Centre
When: Thursdays from 12pm till 1pm
Cost: £5.50
Contact: 01752 606900

Internet Safety



I came across an e-mail recently from a Captain David Keesler (US Army). In his e-mail, he said that he was in Iraq and wanted to do business with me. He had two trunks (containers) and wanted me to receive them in the UK as he was off to Afghanistan. He said that he feels he could trust me with these trunks and then shared a link from BBC News. He continued to say he would let me know more about the trunks when I replied with my name, address, phone number and occupation.

This is a typical example of a scam and you might think that no-one would fall for it but you'd be surprised with around 978 million global victims of cyber crime and 17 million people in the UK being victims of phishing, ransomware, online fraud and hacking. Around 4.6 billion pounds was stolen from British computer users.

Here are some basic tips to stay safe when you're on the internet:

-  Keep your personal information private
-  Use strong passwords
-  Use password / pin on your mobile
-  Check privacy & security settings
-  Get anti-virus software
-  Remember that reputable companies such as Paypal or Amazon will not send you e-mails to ask for personal data
-  Log out of websites when you've finished using them
-  Avoid having friends on social media that you haven't actually met or spoken to
-  Don't trust Captain David Keesler from the US Army who is offering two mysterious trunks from Iraq

Mental Health Awareness

Mental Health conditions are increasingly common, below are some statistics which help to show the extent which mental health affects people in the UK.



- 16 million people in the UK experience a mental health problem at some time in their life (1 in 4 people) and each year the number increases
- 3 in 4 cases start in childhood
- 10% of schoolchildren have a diagnosable mental health condition
- 75% of young people are not receiving any treatment
- The average wait for effective treatment is 10 years
- Suicide is a leading cause of death in young men and women (20-34 years old)
- More than half of young people feel embarrassed by their condition
- Just 6% of UK health research spending goes towards mental health
- Women are more likely to be diagnosed with a mental health condition than men (31% of women compared to 17% of men)
- The most common diagnosis is depression
- 20 people in 100 have suicidal thoughts
- 1 in 12 young people self harm

Mind

If you or someone you know have experienced issues with mental health then there are organisations out there who can support, one of these being 'Mind' - you can access the Mind website for lots of useful information and they have a contact number for general information and if you need more urgent help (you can also call 111 for support).

www.mind.org.uk



Mental Health Awareness

Head Space

Head Space is now open in Plymouth which aims to support people heading towards a mental health crisis. They offer:



- A safe calm place where you can find support
- Peer supporters on hand with lived experience of mental health matters
- No need for appointment, you can call or drop-in if mental health crisis is approaching

Contact Number: 07890257614

Address: Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, PL2 2PQ

Opening Times: Tuesday: 7.30pm - 10.30pm

Friday: 7.30pm - 10.30pm

Saturday: 5pm - 9pm

Sunday: 5pm - 9pm

Employee Assistance Programme (EAP)



All employees of Premier Care (Plymouth) Ltd can access confidential 24 hour counselling and support via the Employee Assistance Programme (EAP), there are flyers available at the office (if you have misplaced the once provided on induction) or if you'd feel more comfortable, you can contact any of the managers who will be more than willing to provide you with the phone number, no questions asked.

Pay It Forward



If you follow the news then you know (for the most part) that it seems to be a lot of doom and gloom, a lot of the time involving people doing bad things to each other. It's (unfortunately) a fact of life that these sort of stories get more attention and get people talking. When there are good deeds done, these stories don't receive as much attention and when there actually is attention, it's because there's a camera recording it all so that the whole world can see what a great guy Jerry is for giving his last £5 to a homeless person.

I was talking recently with a man of worldly knowledge (Phil Shaw) about how people in Plymouth, can appear quite standoffish or unapproachable whereas 'up north' people are generally friendly and chat with each other to pass the time of day. I began wondering why Plymouth is this way. Why when I get on a bus do I pick a seat and hope no-one sits next to me? Why don't I talk or even so much as give eye contact to anyone else? Why is Jerry filming himself giving the homeless person money? Then I began thinking about something that happened years ago. I was at the hospital and on the way back to the car park I saw a guy sitting on a wall trying to hide the fact he was crying, people walking past trying not to look at him, so I went over and asked if he was okay and he sucked up the tears and began acting manly (*I don't need help*) but the sad thing is I knew that he did need someone to talk to, maybe not a complete stranger at that point in time but somebody.

So I came up with an idea... granted, it's actually a stolen idea (but most of the best ideas are stolen from someone else). What if each of us (at least up to 150-200 people connected to Premier Care now) did one good deed for someone else? You don't get anything back for doing this deed at all but the person you do the good deed for has to do a good deed for someone else and just keep paying it forward.

The rules are fairly simple, no gifts or money, nothing illegal and no putting yourself at risk. You can pay it forward to anyone - a family member, a work colleague, an acquaintance or the elderly neighbour that sits on their own all day and would be overjoyed to have 5 minutes of someone's time to talk about the good old days.

When you've done the good deed, you can post on our Facebook Page and all you write is #gooddeed but please don't give specifics about what you've actually done.

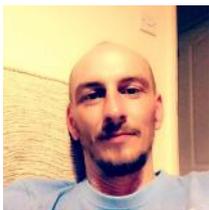


Premier Care
(Plymouth) Limited

Premier Care (Plymouth) Limited provides support and care services for individuals who have learning disabilities, individuals who have physical disabilities, older people with learning disabilities, people with sensory loss, and individuals who may have related mental health problems and behaviours that challenge.

We strive to provide effective, quality services to individuals who by means of illness, injury, disability or vulnerability, needs support to live fulfilled lives.

If you have any compliments, comments or suggestions to make with regards to this newsletter please get in touch with Martin Malloch (Training & Transitions Manager) by any of the ways shown below.



Martin Malloch (Training & Transitions Manager)



(01752) 547252



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