

Shared Lives News

May 2026



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Dear all,

We wanted to share with you all an amazing picture that Chris took of a kingfisher when out with Kim one day.



West Berkshire
COUNCIL

Dates for the diary

Next Carer meeting – Teams discussions on new guidance

Monday 11th May 1.30pm until 3pm

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/334475023170633?p=PSxJz-t13uUDnjBt3xD>

Meeting ID: 334 475 023 170 633

Passcode: F8ty7bb7

Wednesday 20th May 5.30pm until 6.30pm

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/331379778490163?p=cklzyfeLT-gWJIQLfYH>

Meeting ID: 331 379 778 490 163

Passcode: TU2h6D9

If you would like to get involved or like anything discussed, please email Sadie on sadie.o'reilly@westberks.gov.uk



Would you like to be part of the Shared Lives Carer rep group? Please contact Paul Flack

Their mission is to advocate for the rights and needs of all Shared Lives carers and the people they care for in the West Berkshire scheme. We want to make sure everyone's voice is heard and that their needs are met. We will serve as a link between the staff team and families, sharing helpful information and ideas while also supporting our staff team by engaging in discussions that may impact our service and assisting with any upcoming events.

Shared Lives Carer WhatsApp group

If anyone has any news they would like to share, please contact one of the Carer rep group on the WhatsApp group, and they can pass it on to the team to include in the Newsletter



Health and safety



Heat exhaustion

Heat exhaustion occurs when a person has lost too much water.

Common symptoms of heat exhaustion include:

- tiredness
- weakness
- feeling faint
- headache
- muscle cramps
- feeling or being sick
- heavy sweating and intense thirst
- a core temperature between 38°C and 40°C



What to do if someone has symptoms of heat exhaustion

Carers should take immediate action to cool a person with these symptoms down. Heat exhaustion does not usually need emergency medical attention if the person cools down within 30 minutes. If action is not taken to help the person to cool down, heat exhaustion can lead to heatstroke.

How to cool someone down if they have symptoms of heat exhaustion:

- move to a cooler place such as a room with air conditioning or somewhere in the shade, or cool the room down if it's not possible to move them
- remove all unnecessary clothing like a jacket or socks
- help them drink a rehydration drink or cool water
- apply cool water by spray or sponge to exposed skin. Cold packs wrapped in a cloth and put under the armpits or on the neck can also help

Equality and diversity

May

- 3 – International family equality day
- 4-10 – Deaf awareness week
- 11-17 – Mental health awareness week
- 15 – International day of families
- 21 – Global accessibility awareness day

June

- 14 – Race Unity Day
- 15-21 – Refugee week
- 15-21 – Men’s health week
- 18 – Autistic pride day
- 21 – Summer solstice

July

Disability pride month



Meet the person



Ann has been a Shared Lives Carer for 30 years and has supported many different people during this time.

We would all like to wish Ann a very happy retirement and thank her for all the care and support she has given over the years.

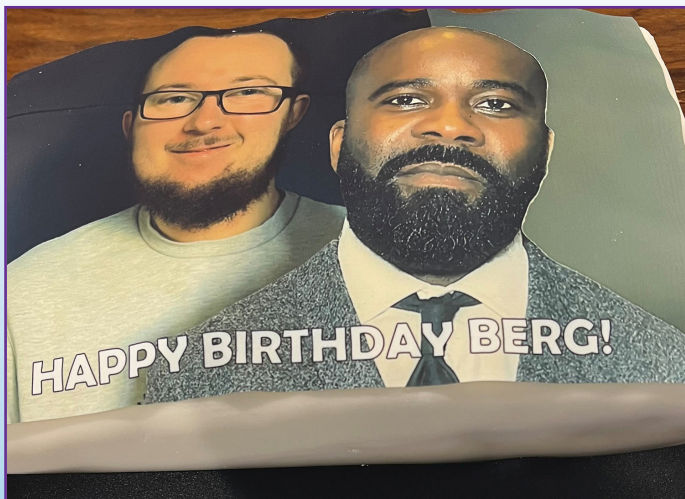
Missing Food

Please meet Ozzy, Kim, Chris and Chris' loving dog.

When we said goodbye to our beautiful Saluki Lurcher Milo last August, we were not looking for another dog. However, up on the internet for a local rescue, came a sweet face desperate for foster care. Ozzy came home with us, a worried boy with a desperate past.

Adopted swiftly, he stole our hearts and our cakes, Xmas pudding (survived that one!) Chinese spicy rice and much more. Terrified of men, he soon realised that Chris was the owner he needed. They bonded over morning face washes and hilarious conversations that we are not privy too.

We had a big celebration for Chris's Birthday last week. A cake was duly made and left unattended for all of 3 minutes. Alls well that ends well. New layer of cake made and iced. Milo would say, 'Good on you little fella! They will treat you right. Maybe hold off on the cakes'.



Shared News

New carers

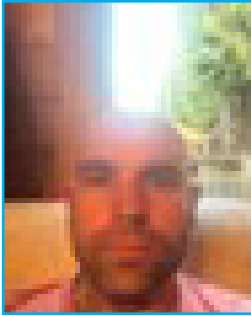
We would like to welcome lots of new carers who have joined West Berkshire Shared Lives.



Debbie and James



Amie



Mitch



Ross



Lisa and Mark



Karen



James

The team attended the World social work day at Shaw House. Paul did a presentation on how Shared Lives works in close partnership with many professionals across care management and health teams.



Shared Lives week 2026

Dates

The confirmed dates for Shared Lives week 2026 are: **Monday 15th June – Sunday 21st June.**

Theme

This year's theme will be: Shout about Shared Lives - care worth talking about

Taglines:

- Because great care shouldn't be a secret
- If more people knew, more lives would change

The "Tell One Person" challenge

We will be encouraging everyone involved in Shared Lives to tell one new person about Shared Lives that week/in the lead-up. Examples:

- tell a neighbour
- tell a friend
- tell an MP/MS/ MSP/ MLA
- Tell a councillor
- tell a social worker
- Tell a head of service
- tell someone at a community group

Then ask them to post: "I told someone about Shared Lives today because..."

#ShoutAboutSharedLives"



WBC Shared Lives feedback



Please scan
the QR code
below and leave
your feedback



 West Berkshire
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Contact numbers

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