

Select Lifestyles



Newsletter
January 2024

Say hello to our new directors **Alex and Jas!**



Quick fire questions – Alex Ford

What do you enjoy doing in your free time? (passions and hobbies)

I enjoy early morning sessions at the gym, playing football and going for nice meals with my partner and family. I'm a massive WBA fan and I watch a lot of games with both my sons.

Do you have any favourite books, movies, or TV shows?

Matrix along with its sequels. The movie's great action scenes and special effects were groundbreaking for its time.

If you could have any superpower, what would it be and why?

Time travel – I'd like the ability to consciously exist up to sixty minutes into the future, allowing me to make decisions based on that timeframe. I'd also like to turn this ability on and off at will.

What's something that always brings a smile to your face?

There are many things that bring a smile to my face from a funny image to a good old joke, but most of all is seeing my family happy and content especially my 2 lads.

What's a memorable achievement or proud moment in your life?

One of the proudest moments in my life was watching my partner on 999 (TV Series) on the front line. She has done amazing things and couldn't be prouder of her and her achievements!

Is there something unique or interesting about you that not many people know?

I love EastEnders sssshhhhhhhhhhh

Quick fire questions – Sumedh Jassal

What do you enjoy doing in your free time? (passions and hobbies)

Massive foodie, dining out, trying different foods and restaurants, and going on holidays once or twice a year.

Do you have any favourite books, movies, or TV shows?

Best movie – Mission Impossible and best series – Breaking Bad, Money Heist, Prison Break

If you could have any superpower, what would it be and why?

Invisibility

What's something that always brings a smile to your face?

Seeing new clients move into our properties who have come from having nothing.

What's a memorable achievement or proud moment in your life?

Buying my first house then on to buying my second

Is there something unique or interesting about you that not many people know?

Wizz at building flat pack furniture

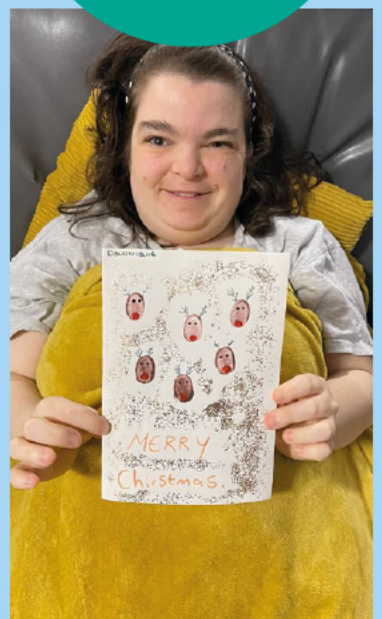
Learn more about what they had to say about their new positions:



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**Congratulations
to our
Christmas Card
competition
winner
Dominique Limb!**

Welcome to our new staff members

- Joel Akwetey
- Kaddy Saidybah
- Karen Denise Cope
- Chidi Nwazuru
- Saheed Raheem
- Kira Whistance
- Upsana Upsana
- Victoria Madojemu
- Shalua Nakiwala
- Dana Broadstock
- Ololade Christiana Victor
- Aondodue Dogoh
- Iheanyichukwu Onuoha
- Toba Tawosa
- Anita Chineye Ujedibie
- Chiamaka Nworah
- Adedapo Ologbenla
- Afua Boatemaa
- Sharon Louise Magher
- Carl Limbaga
- Onomemine Ekpore
- Krishnadas Sivashanmughan
- Uzonna Felix Ofordi
- Rukayat Lateef
- Itoha Irabor
- Yemisi Fola-Laguda
- Geraldine Martin
- Aneal Nyar
- Doris Ogochukwu Nwokike
- Gemma Samantha Kirton
- Margaret Yerokun
- Eric Le Chen
- Faith Oduwa Igbineweka
- Taiwo Ebunoluwa Omilabu

Upcoming Anniversaries

- Margarette Browne
- Kulvinder Kaur
- Neil Marsh

Staff Promotions

Chinonso Nkem
SM at St John Square

Simon Bridgeman
SM at Doveridge Place

Barb Taylor
now Registered CQC Manager



The latest new recruits at Select

Stephen is awarded his trophy



David receives his award

Stephen McGough and David Raybould celebrated their 10th Work Anniversaries

Stephen...

How would you describe your journey so far with Select?

I started Select at a support worker in 2013 at Helenny Close. I moved around different services as they opened taking on new job roles from Team Leader, Deputy Manager, Scheme Manager. I then moved up to Head Office following a restructure of the Operations Department taking on the role of Operations Support Manager before taking on the role of Operations Manager & Registered CQC manager overseeing all services.

What has been the proudest moment you've had with Select Lifestyles so far?

Progression that the company offers and seeing the difference we make to service users lives daily.

What do you enjoy the most about working at Select Lifestyles?

No two days are the same. It not like being stuck in a dead-end job. Some days are hard, but most are good. The most enjoyable moments are seeing the service users smile when they are living the life

they want and achieving their personal goals with support from the team.

What advice would you give to someone starting at Select Lifestyles?

Focus on the good days and not the hard as they outweigh it all and show you what this job is about. Our service users become a part of our extended family who also cheer you up with their great sense of humour's. The roles we have are very rewarding and gives you great personal development and career opportunities.

Can you tell us one fact about you that you would like people to know?

I do have obsessions and like things done in certain ways. I like to redesign things we use before sending them out.

Learn more about their journey at Select Lifestyles: David



Testimonial

Just a quick note following my visit last week with yourself and Nijah Palmer. I think as professionals visiting homes, we are often quick to say what can be improved however...

It was an absolute pleasure to visit St Marks the home was welcoming as always and the atmosphere was fabulous everyone was so engaged and even Tarenbir who I have never seen engaged in anything other than his sensory activity, and I have known Tarenbir since school, was joining in.

The team at St Marks have done a brilliant job in supporting Tarenbir and understanding his needs and the staff really should be commended for this. I am sure if he had not been fortunate enough to get this as his home, he would have had placement breakdowns because I am not confident that they would have persevered like yourselves in understanding him to meet his needs.

BST support a PBS approach to care and as I am sure you are aware PBS is a philosophy that needs to run through a care package, and I can honestly say St Marks does exactly this!!!

The knowledge of the people you support as a manager and how you flexibly support your staff is brilliant Gemma rarely do I work with managers who have this knowledge of the service users and even more rarely are they so supportive and flexible in managing a staff team to enable them to feel supported when working with our complex individuals.

We need to bottle what you have created at St Marks!!!!

MS – Behaviour Nurse Specialist

A big welcome to our other clients!

Darren – Greswold

Nicole – Beeches Road

Andrew – Doveridge Road

Jordan – Stafford Road

Loretta – Fellows Road

Bobby – Helenny Close

Chloe – Stafford Road



Welcome Arthur and Kieran

In November 2023, we welcomed brothers Arthur and Kieran to Select Lifestyles. Since staying with us, the staff at Stafford Road have already made a great difference.

Kieran says, "I really like our new house, everybody is very nice and living in a shared house means we've been able to keep our independence."

"I love dancing and listening to music, and one of my biggest achievements since moving into our new house is having the confidence to stand up and dance in front of everyone at our monthly discos. I wouldn't have been able to do that without the help of the team at Select Lifestyles."

Arthur adds, "Since we moved into Select Lifestyles' shared house, I feel safe again. The team has helped me with ways to manage my anxiety and depression and it's so nice to have friends living with us that we can interact with every day."

Check out our new day service!

Our day service, located on Throne Road in Rowley Regis, was officially opened on Tuesday 12th December by Councillor Bill Gavan, Mayor of Sandwell, who attended for a ribbon-cutting ceremony.

The centre expands on Select Lifestyles' existing day service offering, providing clients with access to a sensory room, music room, and arts and crafts. It also offers two large classrooms for Award Scheme Development and Accreditation Network (ASDAN) courses and other vocational courses, allowing for the continued self-development of clients.

Discover more about the open day:



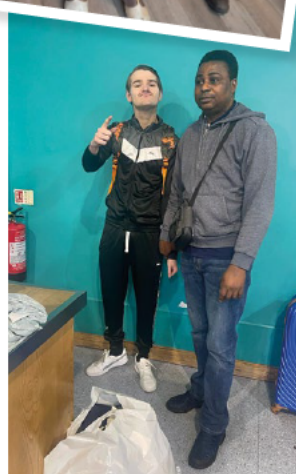
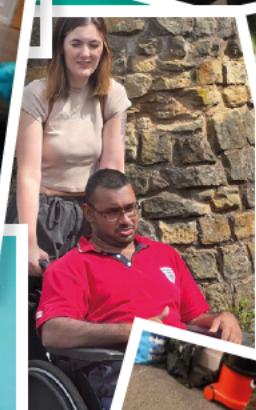
Return of the Client Forum

In October, the forum returned! The main aim for the forums is to offer Select Lifestyles residents the opportunity to: share ideas, have a say and help make a difference! The meetings will occur bi-monthly and will be chaired by John Roberts and Wayne Phillips. The proposed dates for the next meetings will be February and April. More details to follow!



2023 in Pictures

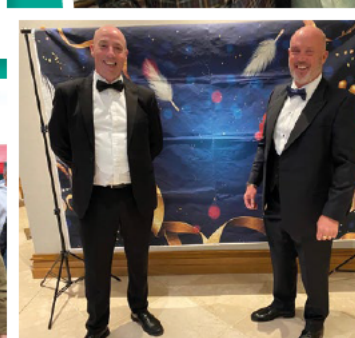
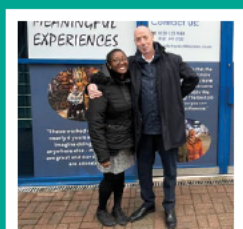
Even more highlights on TikTok





In Memory of **Steve Lear** 1969 – 2023

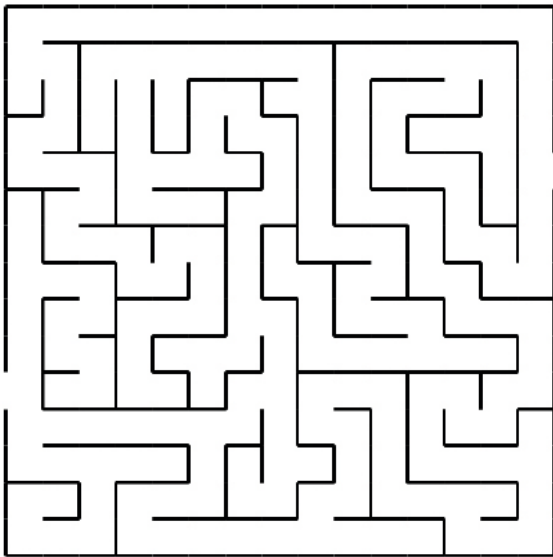
*In loving memory of Steve Lear,
Sales and Marketing Manager
at Select Lifestyles. A cherished
father, son, friend and colleague
who will be deeply missed.
May he rest in peace.*



Get your thinking caps on...



because we have some puzzles that will challenge even the sharpest minds! Solve our fantastic puzzles and stand a **chance to win an amazing one-for-all voucher!** Send a picture of your completed puzzle to social@selectlifestyles.co.uk to enter the competition



E	Y	O	D	Y	H	S	N	E	N	N	O	R	E
I	R	N	I	S	D	L	W	D	E	O	C	Y	R
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D	S	E	C	E	R	U	L	L	I	D	A	O	S
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LINCOLN
WALSALL
LOVE
TOGETHER
INDEPENDENT
DISCO
STONY
UNITED
SHARE
INCLUSION
SELECT
SENSORY

Previous Winners...

James,
Joanne
and Adeyemi

James



Joanne



Did you know...

Citizens Advice states that people are more likely to research financial decisions at the start of the year more than at any other time of the year. The charity reports that more than 370,000 people to seek help on financial issues such as pensions, investments, and debts in January.

With thousands of people seeking money advice every day, Citizens Advice has shared simple steps you can take to review your finances and start planning.

1. Do a simple budget

Write down your income and take away your essential bills such as gas and electric, food and transport. If you have money left over, plan what else you'll spend or save. If you don't, look at ways to cut your costs. Use an online tool to set a more detailed budget (available on Citizens Advice:



2. Save money on essentials

You could save an average of £300 on your energy bill by changing tariffs or suppliers. Use Citizens Advice's energy comparison tool to see if you can save. Add important dates of annual contracts that are up for renewal, like your mobile phone or car insurance, and use a comparison site to see if you can get a cheaper deal.



3. Start saving

If you can start saving where possible! It doesn't matter if it's 50p or £5 a week, every penny will help improve your finances. Saving is an important part of everyday finances, giving you a buffer for emergencies, helping you buy bigger items and giving you more financial security for the future.

4. Keep tabs on your overdraft

Sign up to free text alerts from your bank so you know when you're close to going into your overdraft. Then adjust your spending if you can.

5. Get your debts in order

If you can't pay all your debts at once, it's important to prioritise. Rent or mortgage and council tax are more important than credit card debts for example, as the consequences can be more serious if you don't pay. Find out how to prioritise on the Citizens Advice website.

6. Invest in your future

Pensions are a great way to save for the future and are also good value, as your contributions are topped up by your employer and the government.

If you're eligible for auto-enrolment, consider paying more than just the minimum.

Select Lifestyles presents

DISCO PARTY

2024 PLANNER

Wednesday 14th February - Valentine's Day

Wednesday 13th March

Wednesday 17th April - Easter

Wednesday 17th May

Wednesday 14th June - LGBTQ+ Pride

Wednesday 17th July

Wednesday 21st August - Reggae Night

Wednesday 18th September

Thursday 31st October - Halloween

Wednesday 20th November

Wednesday 18th December - Christmas

5:00PM - 9:00 PM

LOCATION: THE CROFT, HYDE'S ROAD,
WEDNESBURY, WS10 0DF

We are hiring:

Deputy Manager
Chester Road, Walsall

Deputy Manager
John Street, Wolverhampton

Deputy Manager
Stafford Road, Wolverhampton

Service Manager
Horsehills Drive,
Wolverhampton

Service Manager
Stony Lane, Smethwick

Service Manager
Walsall Road, Darlaston

New Services in Smethwick and Walsall

**Select Lifestyles Newsletter
Review: January 2024 Issue**

Have your say
and tell us what
you think!



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