

This is Ategi's bi-monthly newsletter, bringing you stories from across our services and updating you on all things Ategi.

## In this newsletter you'll find:

A message from  
Kate Allen

Ategi updates

Ategi's festive get togethers

Shared moments



Please send your stories and pictures to Kitty Treacy,  
[kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)





# A message from Kate Allen, Ategi's Chief Executive Officer



Shwmae pawb/Hello everyone,

It was a big year for me as I left my role as Chief Executive of Autism at Kingwood after 13 years. In that time I had seen many autistic adults, often with complex learning disabilities, grow and change. One of my most significant memories is of two young adults who spoke for the first time in their lives at the ages of 19 and 26. They had chosen not to speak previously because no one was listening. It still tugs at my heart. They chose to speak because they finally had confidence in their support team. I had many wonderful relationships with the people we supported, and their families that made leaving emotionally hard. But alongside that came the anticipation of meeting and helping new people and building new relationships.

It was also a big year for Ategi with lots of new faces joining the charity. Whilst this is really good with lots of new ideas, energy and expertise, I'm mindful that this has been an unsettling period for some. I hope as you've got to meet the team this year you have been reassured and started to build new connections. I've really enjoyed meeting and talking with people we support and Shared Lives carers. Your thoughts and input are invaluable to ensure that we get it right for you. Our festive get togethers in November and December were well received and great fun – thank you to everyone who came along. It is a priority to ensure we make more opportunities to meet in person next year. If you didn't come along, I'd be genuinely interested to hear why so we can consider doing

something different in future.

The festive season and Christmas should be a wonderful time of year to look forward to; a time to enjoy being with friends and family, have fun, share laughter and love. However all too often instead it results in generating pressure with plans to create the perfect festive lunch, buy bigger and better gifts than last year and finish all those outstanding tasks before the end of the year.

With rising costs of living, now is the right time to alleviate some of the pressure by focusing not on gifts and fancy food, but on each other. Some of my strongest and warmest Christmas memories are not of elaborate presents or big turkey dinners; they are of the desk my Dad made for me to study at when money was tight and the laughter around the table when my Mum burnt the parsnips and forgot to buy the sprouts!

I am really looking forward to 2023 and putting in action some of the plans we have. I really want more people to hear and know about Shared Lives and the incredible difference it can make to lives. Raising the profile, I hope, will help us drive up rates that we can pass onto carers. I also want to make Ategi a great place for employees and carers, a place that you can rely on; and fundamentally I want to help more people with additional needs live their best life.

I'd like to wish you all Nadolig Llawen / a Merry Christmas and Blwyddyn Newydd Dda / Happy New Year.

Best wishes. Kate





# Ategi updates



## Your voice matters- make sure it's heard



We're looking for Shared Lives carers and people we support who are passionate about making our services better. We're creating lots of opportunities for you to do this, you could become a co-production champion, join a forum or come and participate in one of our events.

**If you're interested in supporting us to make Ategi services the best they can be, contact us on [info@ategi.co.uk](mailto:info@ategi.co.uk)**

## Our newsletters are going digital!



We hope you've been enjoying the Ategi newsletters and we want you to keep enjoying them! In 2023 all Ategi newsletters will be sent out by email only, so if you haven't signed up do it now!

Sign up by emailing [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk) or by following this link: <https://bit.ly/AtegiNewsletter>

## Make sure you're protected this winter



Flu and Covid-19 vaccines help save lives and protect health and social care services.

Carers and people who live with a weakened immune system and people over 50 are eligible for a booster jab. Make sure you're protected this winter, get yourself vaccinated.

Find out about getting your job here <http://bit.ly/3PDVyWf>

## Read Ategi's 3-year strategy



Have you seen Ategi's three-year strategy, 'Their Lives, Their Way' yet? It lays out Ategi's vision for the next three years!

Check out the report to see what we've got planned! Read it here: <https://bit.ly/3VcxDhy>

## We want Shared Lives carers to have their say on the cost of living crisis



Shared Lives Plus is collecting information about Shared Lives carer pay and conditions from Shared Lives carers like you, and from Shared Lives schemes across the UK in a survey. This will give Shared Lives Plus a clearer picture of how much Shared Lives carers earn in different regions and countries.

With this information, they will be able to target individual areas to try and improve pay and conditions for Shared Lives carers.

Fill in the survey here by 3rd Jan and you'll be entered into a prize draw to win a hamper! <https://bit.ly/3v58kUc>



Do you have a story you'd like to share? Get in touch: [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)



# Ategi's festive get togethers!

It was great to see so many of you at the festive get togethers over the last few weeks! It was great to see faces, new and old and there was lots to talk about. Ategi delivered talks about the new three year strategy report, as well as showcasing some of the great results from a recent survey.

Here's a small selection of photos from all the events, if you'd like to see more photos head to our Ategi people page here: <https://bit.ly/AtegiPeople>



# Ategi updates

## Pontypridd male voice choir perform at Ategi Giving Tuesday event



The 29th November was Giving Tuesday, which is a chance for businesses to support their local charity. Ategi invited businesses in Rhondda Cynon Taf to join us at the Pottery pub and show their support for Ategi. The Pontypridd Male Voice Choir came along and put on an amazing show to help us raise funds for the Ategi Wellbeing Fund.

## Could you fundraise for Ategi?



It's been an exciting year for Ategi and fundraising...

...this year saw Ategi employ its first Fundraising Manager, Sheleagh Llewellyn, and she's made a big impact. So far, Ategi's fundraising efforts have raised an incredible £3,390 - all of which will go towards the people Ategi supports. This has come from Wil, Ategi support worker, running the Cardiff half marathon, raffles at the festive get togethers and reaching out to big businesses. It's amazing what can be achieved when we get together and put our minds to something.

Would you like to raise money for Ategi? You could host a bake sale or coffee morning, do a sponsored walk - it's up to you! If you'd like some support/ ideas. Contact Sheleagh on [SheleaghL@ategi.co.uk](mailto:SheleaghL@ategi.co.uk)

## Ategi receives £2.5k cheque at festive get together



It was great to see so many of you at our festive get togethers this year! This year Ategi raised money through raffles at the events and a generous donation from John Lewis & Waitrose!

Read more here: <https://bit.ly/3Pob7k1>

## Do you know someone that could be a Shared Lives carer?



Did you know the majority of our Shared Lives carers came to the role through hearing about it from another Shared Lives carer? It makes sense, it takes one to know one!

You all know what an amazing style of support Shared Lives is and we need to spread the word!

Do you know someone that would make a great Shared Lives carer? Do you have a network, group or community that would benefit from knowing more about Shared Lives?

Help us tell more people about Shared Lives. We could provide you with leaflet or posters or even come and talk at an event. Contact [Kitty\\_kittyt@ategi.co.uk](mailto:Kitty_kittyt@ategi.co.uk)

Do you have a story you'd like to share?  
Get in touch:  
[kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)

# Shared festive moments...

Here are some moments that you all shared with us.



Alana at home with her Shared Lives carer, Roy, decorating their Xmas tree!



Margaret enjoying a Xmas lunch with her Shared Lives carer Tracy at the Round table in Barry.

Do you have a story you'd like to share?  
Get in touch:  
[kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)



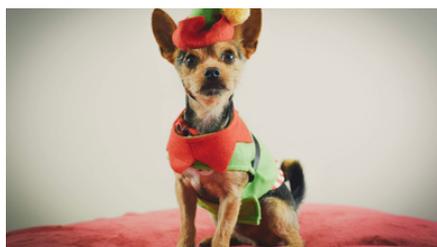
Kelsey enjoying an overnight trip to London with her Shared Lives carer Sarah to see the show Frozen. What a great trip!



Trevor is supported through Supported Living, he and Helen enjoying watching the Devils after a 2 year break, Trevor is so happy to be part of the fan club again!



Darren making Christingles at his local church with the family of his Shared Lives carer.



Lucky the dog looking cute as an elf



Santa can't make Christmas happen without his elves. Shared Lives carer, Juliet and the ladies she supports, Michelle, Kelly, Emma & Chloe were out in force supporting Santa, even Lucky the dog was looking the part!



Timmy made some interesting friends whilst Christmas shopping with his Shared Lives carer!



Charles looking very proud of his Christmas tree in his room!





## **We want to hear from you!**

Would you like to share your news or story in the newsletter, or on our social media?

Tell us what you've been up to, share your days out, what you've been making or tell us about your volunteering activities.

Do you have any ideas of other things you'd like us to include? Please do get in touch with your ideas. This newsletter is for you, and we'd love to hear what you'd like to see.

**Email or WhatsApp your photo's/ stories and suggestions:**

Email: [Kittyt@ategi.co.uk](mailto:Kittyt@ategi.co.uk)    Whatsapp/Mobile: 07597 590 664