

THE PATRON

PATRONS' EXCLUSIVE NEWSLETTER



FRONTLINE STORIES ISSUE

WELCOME

I am writing this welcome to you in the week that we were to have our annual dinner. When we planned the dinner almost ten months ago, who would have believed that the way we work, socialise and live would change so much.

This issue is called Frontline stories. It is now more important than ever to share our stories. Stories that make us smile, cry and see the difference we are making to the lives of others.

Since the launch of our Crisis Appeal, Trustees and I have been moved by the response and generosity of your Patronage and hearing why more than ever you want to help support our Members. As a Patron, you are very much at the heart of Langdon's family and a huge thank you to you for stepping up at this unimaginable time and continuing your support.



Lockdown is having a huge impact on our Members, and our support staff are on the frontline working tirelessly to keep Members positive and active in their homes. For people with learning disabilities and autistic spectrum disorders (ASD), it is a constant challenge to make sense of the way their lives have been turned upside down as result of a lockdown.

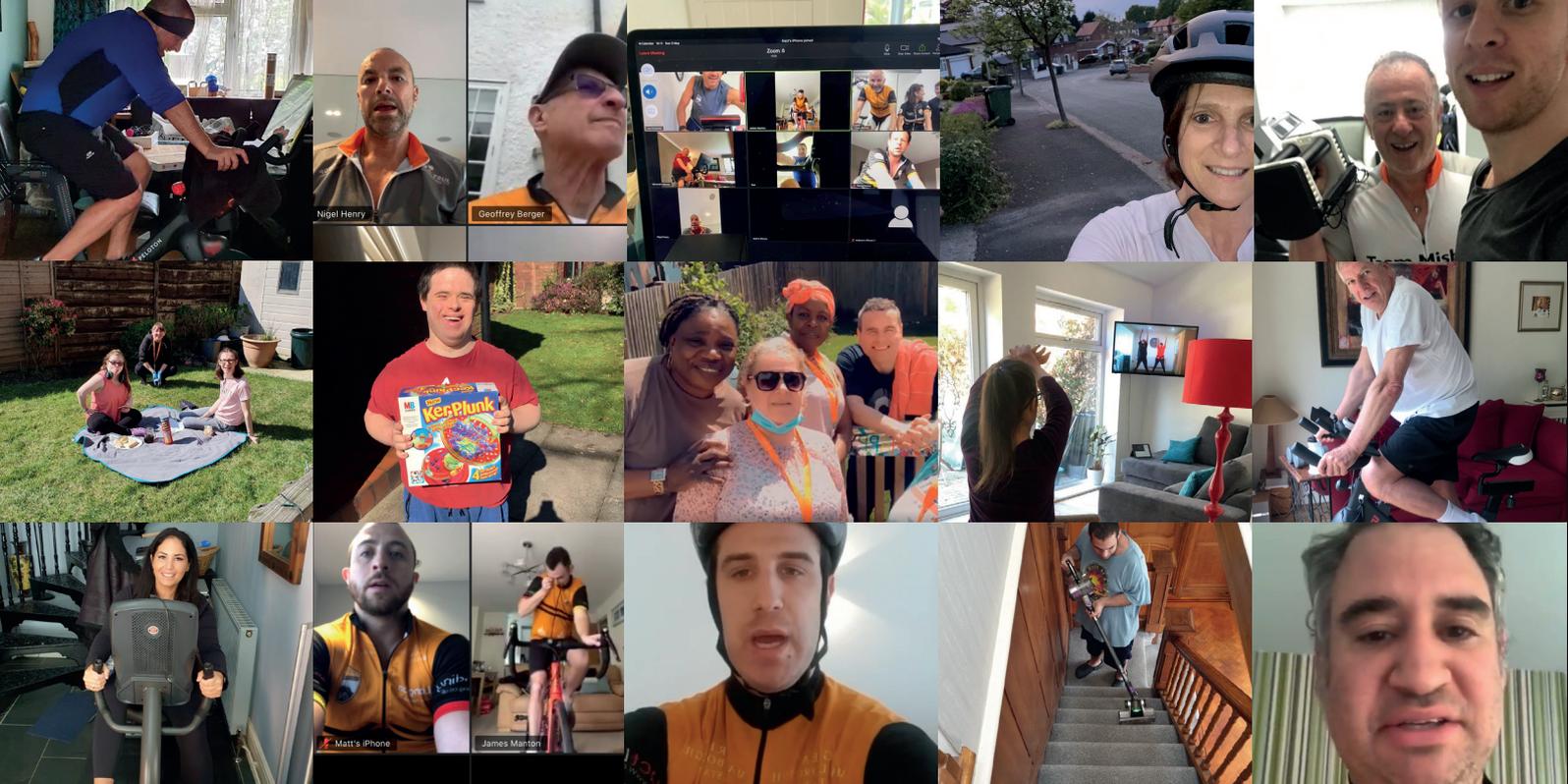
We salute our support staff and the dedication and risk they take each day to ensure Members have the best possible care at this time. This issue tells their story as they work with Members through this very difficult time. We also celebrate how, with your help, Langdon Members play a positive role in their community and feel good about themselves.

If we all thought Lockdown was difficult, emerging from this crisis will be an even bigger challenge as we seek to restore the confidence and self-esteem of our Members to cope with our new 'world'. Your commitment to Langdon will play a huge part in shaping a stronger, more sustainable, adaptable and innovative service for the future, so that we can enable young people and adults with learning disabilities and ASD to thrive.

I wish you and your family well and that you stay in good health.

A handwritten signature in black ink, which appears to read 'Neil Taylor'.

Neil Taylor
CEO



LANGDON LOCKDOWN





LANGDON'S VOICES

With your help, Langdon supports Members to live new experiences. We interviewed a Langdon support worker and a patron to find out what Langdon means to them.

GILLIAN'S STORY

LANGDON SUPPORT WORKER

Gillian is a support worker at Pears House in Edgware. She has worked at Langdon for over seven years. She shares with us her video diary made over two shifts; the early shift from 7.30am to 4.30pm and the late shift from 4.30pm to 10.30pm during Lockdown.

“During the Coronavirus its been quite tough. I have all sorts of emotions going on in my head. I try not to think about it because its taken a toll on my wellbeing. But I need to still come into work and do a job that I love.”

- GILLIAN, LANGDON SUPPORT WORKER



CONVERSATION WITH SHELLEY SHIEFF LIFE WITH MY SON DURING LOCKDOWN

Shelley is mum to Adam who moved into Pears House five years ago. Prior to that he was at Langdon College campus in Manchester. Because of the Coronavirus pandemic Lockdown, Adam came back to the family home. Shelley shares with you her story of family life in our new normal, the challenges and their love and appreciation of the support workers.

What is support like since the Pandemic crisis?

“Because of the pandemic, no one can go in and out of the house and so all care is online. Adam participates in all of Langdon’s Zoom stuff. He takes part in the virtual drum circle, bashing saucepans to music, which is great stuff. He broke my wooden spoon yesterday. He does the exercise class and the coffee evenings. All the staff at Pears house phone and we speak pretty much every day. Adam likes to talk to everyone on Facetime, so we go round all the staff and Members, chatting to them. He is missing them.

Facetime is hugely important for Adam because he can’t talk on the phone like we can. If you ask him a question, he holds the phone and nods. He thinks you can see him nodding. So FaceTime is the only way he has of communicating with people and the staff know how to bring out a conversation in him. They always ask him what he has been doing. He really loves that daily contact with everybody. It is very important to him at the moment.

In the past, Adam had volunteer buddies at Langdon which he really enjoyed. He loves someone’s one to one attention and a buddy who will spend an hour or two with him and take him out is something which he really enjoys. Now, there is an online buddy pilot scheme. Adam had his first session today with someone who is choosing to volunteer for Langdon and they did colouring and dot to dot work on Zoom. I go on the internet and download some basic colouring in sheets and colour by numbers and dot to dots. I email it to the volunteer and she prints them out at her end and they work on the same picture at the same time. They had a ball and his face lit up and he is going “Tomorrow, tomorrow!” It is really good for him and he really enjoys someone else taking an interest and praising him for his great coloring in skills.

What changes have you noticed in Adam because of Lockdown?

To be brutally honest I have noticed a deterioration in him because we are so limited as to what we can do to entertain him. He has little to no ability to wait for anything. He is impulsive. So if he wants to do something, he wants to do it now. He is very demanding and some of the time he is very bored, and to get him to do any exercise is quite hard because we are not going out. So, it is quite a challenge on a daily basis. It is very hard.

I now really see how brilliant the team at Pears House are at keeping him entertained and

stimulated. Having a team of people makes it much easier than when it is just you day in and day out. The change of shift brings a new face, which he probably responds to quite well, whereas at home it's just me. He also misses Pears House so much, which is a really good sign. In the beginning he was having a great time (at home) and I was wondering if he wanted to go back. But he actually can't wait to go back. He goes "Miss Pears House, mummy".

As a Parent have you had any help from the Langdon support team?

"I have, I have had lots of offers of support. The Head of Operations, Helen Sowa, is very on the ball with communication to families and I speak to the staff at Pears House pretty much every day. Ellery, the manager at the house has been great and she always says if you need to vent, or if you want to ask, or discuss something, or have just a chat, she is always available. Today, she actually rang Adam directly and it was quite nice, he didn't need me there. So great, this is another bit of independence.

How do you think Adam will adjust to going back to his own home, Pear House?

Adam is very adaptable and I think he will slot back into his life quite quickly. What this has shown me is how important it is for him to have a very busy schedule, so he does something every day. Boredom is his biggest enemy and it is difficult. Lockdown for him can't get any better, not without leaving the house. The new guidance of "stay alert" makes no difference to us as he cannot social



distance. It's like having a toddler and so in the short term I can't see it changing for us.

There is just only so much cutting and sticking and walking round and round the garden we can do. This is challenging (Lockdown), so there is no anticipated problems in going back. I think he will be delighted. It's just when that will be.

What message would you like to give Support Staff?

I love all the support workers that Adam has. I hope they know how much I appreciate what they do for Adam on a daily basis. I tell them and show my appreciation and I hope other families do the same. It's so important that they feel valued.

I know Adam loves them and they know that, it's an obvious thing to see and they have a fantastic rapport. But I want them to know how much I appreciate them. So my message to them is a great big thank you.

"I love all the support workers that Adam has. I hope they know how much I appreciate what they do for Adam on a daily basis. I tell them and show my appreciation and I hope other families do the same. It's so important that they feel valued." - SHELLEY SHIEFF, ADAM'S MUM



SUPPORT LANGDON

Langdon Emergency Appeal

Target: £400,000

In March we launched our emergency appeal and have so far raised over £200,000. We are hugely grateful to everyone who has given so far, yet there is still a long way to go to reach our target of £400,000.

Even though we are all in Lockdown, our support workers are still supporting Members and their families. Their dedication, care and friendship has been fantastic and very much appreciated. Many Members suffer from anxiety and as you can imagine, Lockdown is having a huge effect on their mental wellbeing and they are needing support now and after this crisis passes.

None of us know what the next few weeks or months might hold and at Langdon we are determined to continue providing support to members and their families during this crisis and long into the future.

Langdon urgently needs your help, please donate online at
www.langdonuk.org/donate/crisis-appeal

CELEBRATING PATRONS AND MEMBERS

The annual Patron's Reception was held at the launch of The Langdon Art Exhibition at The ArtsDepot, North Finchley on Wednesday 11 September. Langdon College students and Members in London and Manchester showcased pieces they created, to Patrons, family and friends which was then exhibited for two weeks to the general public.

Art makes a vital difference to personal wellbeing and health. In 2017, a report from the All Parliamentary Group on Arts, Health and Wellbeing showed that the arts have great potential to contribute to integrated, person-centred, health and social care.





ART IS PLAYING AN IMPORTANT ROLE DURING LOCKDOWN WITH MEMBERS CREATING AND COLOURING IN.

For many Langdon Members' art plays an important role to express their creativity, who they are, build confidence and make friendships.

Ophir Yaron-Field, Langdon member and artist spoke at the patron's reception about the importance of art to her.

“Art helps me express the different experiences in my life. I love to put pattern in my art because I am a pattern woman... I am developing more as an artist who works with pattern and I am very excited as one of my paintings has been selected for an art exhibition called Shape Open.”



- OPHIR YARON-FIELD

BEING A LANGDON PATRON

WHAT YOU DO

As Patrons your collective contribution helps us to fund innovative and creative projects so we can stay ahead in the best developments in social care, invest in high quality homes and get our Members into employment.

WHAT YOU GET IN RETURN

By being a Patron you will:

- Have the opportunity to see our work and meet staff at the heart of delivering our services.
- Be invited to special, exclusive events.
- Receive regular updates on the difference you are making to Members.
- Be listed, on your approval, on the Patron roll of honour board on our headed paper, annual review, annual dinner brochure and website.
- Have the opportunity to invest in new and exciting projects that can be tailored to meet your needs.

SUPPORT LANGDON'S PATRONAGE

There are three patronage levels

Ebony £3,000-£9,000

Benefits include: invitation to Patron's annual briefing, the annual dinner, Patrons' annual reception, open day visits, The Patron newsletter and Patron annual review, recognition on roll of honour board.

Topaz £10,000-£24,000

Benefits include: as above and an invitation to the strategic annual briefing.

Platinum £25,000+

Benefits include: As above and includes permanent recognition in Roll of Honour, invitation to Chair's dinner, VIP inside Langdon events.

“You want to be the pebble in the pond that creates the ripple for change.”

- TIM COOK

For more information and to discuss how we can help in you realise your philanthropic goals please get in touch with Anna-Maria Mullen.

You can contact her directly on **0208 7311305** or you can email her at annamariamullen@langdonuk.org

DATES FOR YOUR DIARY

We would love you to join us at these events and make them even more special.

Langdon Golf Day

Join us at one of the South east's top golf clubs, Hartsbourne Country Club. Designed by the legendary F.G. Hawtree and five time Open Champion J.H. Taylor. The course is challenging as it is steeped in history.

Enjoy a fabulous day of golf with breakfast and lunch included.

Wednesday 2 September 2020
Hartsbourne Golf Club, Bushey

Patron's Briefing 2020

An opportunity to see how need in the community is driving our future strategy to support current and future Langdon members and life with COVID-19

December 2020
Langdon Head Office, Unit 506, Centennial Park,
Elstree, Borehamwood

Shine a light on your company at our Golf day on Wednesday 2 September 2020. Sponsorship starts at £100 and please email tony@spema.co.uk for sponsorship opportunities on this fun sporting event of the year.

Patron's Annual Reception

Our chance to say a huge thank you for the difference you make to members. We hope you can join us at our new offices in Elstree for drinks and a bite to eat.

January 2021
Langdon Head Office, Unit 506, Centennial Park,
Elstree, Borehamwood



If you would like more information on any of our events, please contact: annamariamullen@langdonuk.org

“We will be with our friends again,
we will be with our families again,
we will meet again”

- HER MAJESTY, THE QUEEN

London Office

Unit 506, Centennial Park
Elstree, Borehamwood WD6 3FG
020 8951 3942

Manchester Office

44 Rectory Lane
Prestwich, Manchester, M25 1BL
0161 773 4070



Empowering independence

www.langdonuk.org

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