



LIFE OF YOUR OWN

LIFE OF YOUR OWN 10<sup>th</sup> Anniversary.

Welcome to the 1<sup>st</sup> edition of our Newsletter. We are celebrating ten years of existence and would like to share with you some of our stories and successes and publicly thank the many people, businesses and charitable foundations that have made so much possible for so many.

I expect you are wondering who we are and what we do.

**LIFE OF YOUR OWN** is one of Kent and Sussex's best kept secrets!

**LIFE OF YOUR OWN** was set up ten years ago to help provide care, support and creative thinking for people and their families who, owing to disability would normally be excluded from mainstream life within the community. We give advice, help and support to enable disabled people to regain control of their lives and to have a voice in society. We provide resources to help those with disabilities live in their own homes and play a part in their local community, to follow their hobbies and to stretch their potential and accomplish their dreams. In short, to have a life that is as diverse as the rest of the popula-

tion. We also help families deal with the myriad paperwork and to ensure that they are fully aware of all the help that is available.

**LIFE OF YOUR OWN** has been greatly helped by a number of charitable organisations, companies and individuals. It is our intention to record our debt of thanks to the many who give of their time and money. We want you to see what a difference so many peoples generosity has made to so many.

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*This newsletter is being produced courtesy of the **Headley Foundation** who generously provided us with £3,000 to start up and produce a newsletter of which this is the first issue in time to celebrate our **Tenth Anniversary Year**.*

The Headley Foundation is a remarkable charitable foundation that was set up in 1971 and endowed from a family trust, of which the principle asset was the compensation received on nationalisation of the coal industry. The Headley Foundation owes its status to one **William Hedley** who was born in Newburn, Newcastle in 1773.

William Hedley became a colliery manager at the age of 22 and was one of the leading

engineers trying to improve the system of transporting coal by horse power along wooden trackways. William Hedley developed the system of coupling of wheels, which gave locomotives with smooth wheels sufficient adhesion, even on smooth rails, to haul a train of loaded wagons. This he patented in 1813, the year in which he also unveiled his famous locomotive, Puffing Billy, with a revolutionary and reliable design to carry power

to the coupled wheels.

**Puffing Billy** marked a major stage in the development of railway locomotion. George Stephenson, generally credited as "father of the railways" (and also brought up and living in Wylam, though it was said he and Hedley were not the best of friends) did not produce his **Rocket** until 1825. Puffing Billy remained in use until 1862.



## Sounding Board.

The Board of *Life of Your Own* is made up of five Directors. Richard Penticost is the Chairman. Richard comes from a legal background, having been in private practise as a Solicitor for over thirty five years. Richard has previously acted in the following capacities, he was Governor of a local girls' grammar school, including a spell as chairman for three years. He was also Chairman of East Sussex committee for Help the Aged, and was former assistant secretary of the local tennis club for more than 20 years, as well as being the treasurer of a Bridge Club for more than nine years. Richard is currently a Trustee of Age Concern (Mayfield) and is also a Trustee of John Hall Me-

morial Fund (Mayfield).

Our Finance Director is Gavin Ross. Gavin is a Certified Business Accountant. Also on board is David Scott. David is a Business Risk Consultant and a parent of a person with disabilities. Also on the board is David Goodridge who is a practicing General practitioner. Other board member are; Sandra Davis is an executive with IBM and a parent of a person with disabilities. The Company Secretary, existing Chief Executive Officer and the Principal Consultant of *Life Of Your Own* is Eironwy de Mallet Morgan. Eironwy is a fully qualified physiotherapist and teacher who is conductive education and Bobath trained

and has been an international Move trainer. She has worked extensively with people with physical, sensory and learning disabilities. Eironwy provides weekly education and evaluation sessions for *Life of Your Own* staff, relatives and carers. Mike Dunn is currently the Operations Development Manager but will be taking over as CEO in the Spring

*In Spring 2007 there will be some major Board changes. If you are interested in joining the Board or the Committee in any capacity, please do not hesitate to get in contact with Mike Dunn.*

*Telephone : 01892 611823*

## Life of your own Cards

Another person to whom LOYO owes a debt of thanks is to local artist and illustrator,

Lizzie Hankins. Lizzie has generously donated the copyright of her original watercolour painting *Light Emerging* which is used on our greeting cards. Packs of ten cards can be purchased from our offices for £5.00 per pack.

Lizzie also attended one of our support courses that we ran back in May 2006.

Lizzie can be contacted at [www.lizhankins.co.uk](http://www.lizhankins.co.uk).  
Telephone:07041 372188



Life of your own Cards



## Moira's story

**Our daughter Moira** faces more challenges in her life than many people can conceive of. Reading about them on paper one would not begin to contemplate or expect Moira could have a life....other than that offered in an institution. People working in an institution are often very caring but the 'life' experienced by the 'residents' is one of sit and sit and sit and wait until it is your turn for....whatever. There is no opportunity to be involved in any aspect of ones life, you cannot do your own laundry, you are not allowed to participate in preparing your own food (Health and Safety regulations restrict access to the kitchen), you are not able to go shopping for food etc. Many years ago it was our nightmare that this was what the future held in store for Moira.

It was 10 years ago that Eironwy got a group of family and friends together to suggest the setting up of LOYO as a way initially to support 2 young men who were destined to life in an institution unless another way forward was presented. My husband and I joined the Charity at that point and have been active members ever since. At the time we were living in London and Moira was attending a weekly residential school. When Moira turned 16, we decided to move to Tunbridge Wells to enable Moira to have a chance of leading a 'normal' life. We wanted Moira living in her own home, doing the things we all take for granted and accessing her local community and generally enjoying the richness life has to offer.

Moira has now been living an 'independent' life supported by the

Charity, since summer 2002. The charity follows a philosophy of gentle teaching and explores ways of helping Moira experience success during her day. Learning all about normal daily life from getting up, to helping with the laundry, food preparation, washing up, shopping, baking, cleaning, watering plants etc until going to bed in her own home, (for the past four years since leaving school) has proved to be the ideal environment in which Moira learns.

Moira contributes to her flat as an equal member of the household with her other flat mates, however just as with them, her life is much more than just the house! Eating out in a restaurant is a delight for Moira and if there is a big party that is even better. Moira loves being around a group of people and joins in with the fun and frivolities. Live music is one of the joys of Moira's life and living where she does enables her to have easy access to both the Trinity Theatre and the Assembly Hall.

The past 4 years have proved that the whole approach adopted by LOYO and all those involved with it is successful in helping Moira participate in all aspects of her life. Thanks to LOYO my husband and I look forward to focusing on being Moira's parents (just as we can with her siblings) rather than 'carers'. Ensuring stability and happiness in all our children's lives is of utmost importance to us.

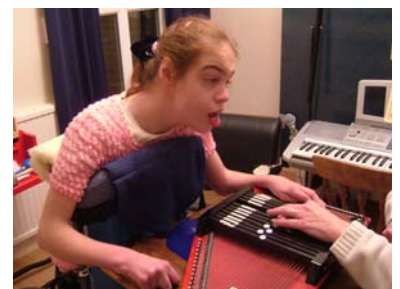
To enable Moira to get around more easily in the town, we are currently raising funds towards the provision of a side by side tricycle. These tricycles are made to measure and cost in the region of £2,444. Thanks to the generosity of **The Yorkshire Building Society Charitable Foundation** who have donated their maximum gift of £2,000 we are



Moira and Jill in a restaurant

now seeking to raise the additional funds towards getting a tricycle ordered for Moira. The Yorkshire Building Society Charitable Foundation provides financial assistance to small local charities and good causes. The Foundation concentrates on helping the elderly, vulnerable people including children and those with special needs and suffering hardship. To date, it has supported hundreds of good causes both locally and nationally.

We are just £444 short of the target to give Moira some freedom and pleasure. If you would like to make a donation towards the purchase of a bicycle, please see the contact details on the back page.



Moira plays music



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Life of your own  
Registered Charity Number 1059864.  
Company Number 3174 844.

We're on the Web  
<http://www.lifeofyourown.org>

## Why do we need you?

To help us to provide a service that is as individual and person centred as ours, we need money.

Government funding is at crisis point so we have to look at additional ways of covering our costs.

Providing a quality of lifestyle takes massive resources and we want to continue to be part our clients' lives as long as they choose to have our support.

We also desperately need volunteers.

## Do you have time to make a difference to somebody's life?

Could you help with gardening, cleaning, walking dogs, cycle, ride or do cooking with our clients?

## Everyone's gift is welcome

### Think you can help?

## Life of your own is...

**LIFE OF YOUR OWN** supports clients by using methods drawn from education, psychology, parenting and other social skills to form a personalised teaching program for each individual. This teaching program is accomplished with help from those in the community who understand the need for help and support not only from the professionals, but also from friends and acquaintances.

**LIFE OF YOUR OWN** enables those with disabilities to do the things in life that most of us take for granted, such as going shopping, painting, gardening, entertaining, cycling and riding and attending community events. Everybody has ambitions and dreams,

**LIFE OF YOUR OWN** is committed to helping determine those dreams, respecting them and helping them to come true.

**LIFE OF YOUR OWN** enables people to live fully as part of the community and has the attitude that nothing is impossible. "No" as an answer is replaced with "How can this be done?"

**LIFE OF YOUR OWN** believes all people are worthy of respect, can contribute towards society, and that it takes all to form a healthy community.

**LIFE OF YOUR OWN** stands by people with disabilities to fight any discriminatory practises and to provide advocacy channels, championing the cause of people with disabilities.