



Keychange Contact

ISSUE 13 WINTER 2020

An Idea Born out of Lockdown

Ruth Earl
Administrator, Central Office

Shirley, who lives at Rose Lawn, was feeling sad that she was not able to go out to church as churches had been closed down during the lockdown in the spring.

It was this innocent expression of something that was missing that led to the idea of having a Keychange church service using Zoom video conferencing technology. We called our time together Praise, Prayer and Togetherness and the

first service was held in May 2020. We continued to meet online approximately fortnightly usually on a Thursday morning, even when some churches opened again in July, because many of the people living with us are not able to leave their home to go to church or anywhere else.

The reach of Praise, Prayer and Togetherness grew with more Keychange communities joining in. It was very special to see people living with us participating by choosing hymns, doing Bible readings and singing enthusiastically. One of the most regular participants is Shirley – she was

thrilled that her expressed need resulted in a church service open to everyone at Keychange. Shirley has become Spiritual Champion at Rose Lawn.

Some of the Praise and Prayer sessions have been built on a theme, such as Harvest and Remembrance.

Now in Autumn 2020 it is especially helpful again to have online services with churches shut in the second lockdown. Linking our communities in this way has been an incredibly positive experience – we just ask ourselves why we did not think of it before lockdown?! ■



Shirley is Spiritual Champion at Rose Lawn



People living at Alexander House singing hymns during a Praise, Prayer and Togetherness service



Wayside Community hosted one of the Praise, Prayer and Togetherness sessions

Opportunities at Wayside

Jenny Harber, Manager

We are so blessed to have various opportunities for sharing faith at Wayside. The weekly Bible study, run by our marvellous volunteer Rachel, was halted during lockdown but has now resumed. Residents ran their own small Bible study when Rachel was unable to come.

A small group of residents originating from Iran are reading the Bible together to help improve their English skills and understanding of the Bible, supported by staff.

We have also been blessed to be part

of Prayer, Praise and Togetherness linking with other Keychange Communities. We have found this to be an inspired initiative from Central Office.

We have also restarted our service here on a Sunday which is open to all and is focused on prayer and praise. This has been an opportunity for team members and those who live here to meet for worship in the absence of church. The Sunday service has been a source of blessing to all who attend.

In all these things we have the wonderful experience of worshipping our Mighty God who is guarding and keeping us. ■

A MESSAGE FROM THE CEO

Looking after our Mental Health and Wellbeing

Phil Martin
CEO, Keychange Charity

One of the challenges of the Covid19 Pandemic has been the impact on people's mental health and wellbeing. So many of our 'normal' day-to-day activities have had to stop and we have had to change how we live and work.

During lockdowns we have been unable to see friends and family. We have missed activities such as going out, parties, sports, cinema or meeting for Church worship together.

Throughout this year Keychange has been working very hard to support people with their mental health and wellbeing, especially our staff and those who live with us.

We have run a four-week course via Video Conferencing for staff to understand their own mental health and to support one another in sharing, talking and improving their own wellbeing.

We have also provided every community with a pack of materials for reading, meditation, mindfulness and resources to help our staff continue to improve their own mental health and wellbeing.

I firmly believe that God created every person in Body, Mind and Soul. It is very important that we provide the best quality care and support for all those who live with us, as well as our staff, especially to ensure that all our mental health and wellbeing is as good as it can be, especially through these difficult and uncertain times.

Thank you for all those who pray for us and our work throughout this year.

We continue to be very thankful to God for His love, strength, grace and mercy. ■

My Name is Lewis

As told to Adrienne Hennessey,
Project Worker

"I am 24 years old and have been living at Esther Community for just over 13 months. I was born with Microcephaly, which means that I have a small brain. This causes me to have developmental delay and difficulty in understanding and retaining information.

"I enjoyed family life in Exmouth to the full, until my Dad left when I was 13. Although I was upset, I didn't realise how much his leaving had impacted me, until I was much older. I reacted to my loss by taking drugs, shoplifting and getting into trouble with the police.

"My Mum, with whom I have always had a great relationship, tried to guide me along the right path, but as my behaviour steadily declined, she eventually had no option but to put me into care when I was 16.

"Initially I went into independent foster care, before moving to supported living in Ilfracombe and from then on, I moved at least once a year to various locations in Devon. I was never able to put down roots and always yearned for a place of my own.

I did achieve this for a year, when I moved in with my then girlfriend, although when we split up, I was back to square one again.

"From the age of 16 I began to suffer from anxiety and depression, which I have managed through medication and activities. I go for long walks or listen to my favourite rappers, when I am feeling down and often seek support from the staff at Esther.

"I got my first tattoo at the age of 18, which was the word 'Mum' in the middle of two angel wings. Although she and my younger sister are the people I most cherish in life and my relationship with my Dad can be difficult, I felt that I needed to add the word 'Dad' to my other arm, as in my eyes they are both equal.

"I have now accumulated many more tattoos on my body and hope to be a tattooist in the future.

"Since living at Esther my confidence has grown immensely and I have made many friends and enjoyed many new experiences.

"I am able to remain at Esther until the age of 25 and as I am now 24, my support worker and I are currently looking into possible move-on options. The staff at

Esther have said that they will be sad to see me leave, as I am such a kind, friendly, generous person and although I too am reluctant to leave them, I am also looking forward to the next chapter in my life." ■

Prayer Focus

Please pray for Lewis and all those living at Esther Community and Wayside Community. We pray for peace for all those living in our care communities as they may not be able to see their relatives and friends as closely as before.

We give thanks to God for our dedicated staff and all the extra miles they have willingly gone during the continuing coronavirus pandemic.

We pray for our new Head of Finance, Sharon Jackman, who started with Keychange in October, that she would settle well at this challenging time when she has not even met most of her colleagues personally yet.

We are grateful to God for two new Trustees who have joined the Keychange Board in recent months. Please pray for all the Keychange Trustees as they continue to guide this organisation through unprecedented times.

We have had to cancel or postpone many events marking our Centenary Year, but we are so thankful to God for all His keeping and sustaining of Keychange through 100 years.



Keychange Noticeboard



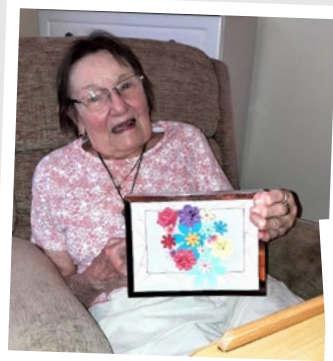
Wimbledon Tennis sent **Alexander House** some strawberries to thank them for their hard work during the pandemic



A socially-distanced visit in the garden at **Cressingham House**

Erith House: Arts and crafts became even more important during the pandemic

Overdale in Sheffield is Keychange's newest care community



Listening to a special courtyard singer at **Romans**



Joyce lives at **Sceats** and enjoyed helping in the new courtyard garden during the summer



Scrabble and jigsaw in progress at **Rose Lawn**

Gardening is a popular activity at **Rosemary Mount** and the harvests were enthusiastically celebrated

Two people living at **Walmer House** considering the Friday Fun Word Challenge, a weekly word game being played across Keychange during the pandemic



Keychange Centenary Awards 2020



The winners at **Fair Havens** line up with their certificates

Paula Nixon was a winner at **Central Office** in the category 'Playing our Part in Society'



As with so much in 2020, the **Keychange Annual Awards** had to be re-thought. Our November Conference, at which the awards have until now been presented, was cancelled. So, in our Centenary Year, we made the awards process something that was done locally in each of our communities. The names of the winners were submitted to central office, so that certificates could be prepared. Each winner received a certificate and a Keychange centenary badge, and each community received a hamper and a scroll of honour on which were the seven Keychange values with all the winners across Keychange listed under the category in which they had won.



Overdale

We are delighted to welcome Overdale Care Community into the Keychange family.

Overdale is in Sheffield and is a 24 bedroomed residential care community for older people. It also has five bungalows for independent living within the grounds.

Overdale was part of the Christian Alliance previously but became independent in the 1990s. Following a formal process of merger which followed the Charity Commissions guidance and legal processes, Overdale became part of Keychange from 1 October 2020.

We are very excited to work closely with Theresa Kennelly as the Manager and her staff team colleagues to continue to develop the excellent work of care and support at Overdale and to increase its occupancy for more people to share in our mission of Creating Care Communities. ■

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Please tick this box if you no longer wish to receive the Contact Newsletter

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Keychange Communities



Care Homes

- Erith House, Torquay
- Sceats, Gloucester
- Rose Lawn, Sidmouth
- Fair Havens, Southampton
- Walmer House, Torquay
- Crossingham House, Wallasey
- Alexander House, Wimbledon
- Rosemary Mount, Worthing
- Romans, Southwick
- Overdale, Sheffield

Housing Communities

- Esther Community, Exeter
- Wayside, Reigate

keychange.org.uk
esthercommunity.org.uk
waysidehostel.org.uk

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