

Prayer diary

January/April 2019

A photograph of two women smiling at each other. The woman on the left has blonde hair and is wearing a black and white patterned top. The woman on the right has short dark hair and is wearing a black top with a white floral pattern. She is seated in a wheelchair. The background is a blurred indoor setting.

**Passion for
community
+ Your church
+ Good news
- Isolation
- Deprivation
+ 97 cups of tea**

It all adds up to

Livability

Friendship + Connections × Happiness



About Livability

Livability is the disability charity that connects people with their communities.

We tackle social isolation and the barriers that can cause this in the lives of disabled and vulnerable people.

Through a wide range of disability, education, training and community services, we promote inclusion and wellbeing for all.

Inspired by our Christian ethos, we work to see people take part, contribute and be valued.

We put the elements in place that all add up to connected lives and communities.

Our journey together for 2019

Dear Prayer Supporter,

Welcome to 2019. We invite you to join our prayer journey for the year ahead.

In a society where the risk of loneliness and isolation continues to impact disabled people, the power of community connections is more important than ever.

At Livability, we believe that it's through good friendships, networks of support and enabling care that people's lives do so much better.

That's why we're continually inspired by the faithful presence and support churches bring to their local communities.

From enabling the participation of disabled people in church life, volunteering in local Livability care services or creating connections, our church partners do so much to provide a place of welcome in their neighbourhood.

In this prayer diary, we bring you updates about training and resources we'll be delivering during 2019 that help churches engage with their community.

We also share inspiration and stories from the people we support about the difference that community connections make to their lives.

We look forward to all that the year holds and thank you for your continued support and involvement in our charity's work.



Thank you for praying.

Mat Ray
Head of Church Partnerships

P.S. If you would prefer to receive the prayer diary by email with monthly prayer pointers straight to your inbox, please sign up today at www.livability.org.uk/prayerdiary

Find all our stories on our blog -
make sure you visit: www.livability.org.uk. |   LivabilityUK

News and real life stories

Each day, together and with the people that use our services, the local church and community partners, we work to see people enjoy connected and livable lives.

Finding wellbeing at the allotment



At Livability's services, we find that growing plants and being around nature results in heightened wellbeing and greater confidence around other people. Our Shrewsbury residential service is launching a community allotment project this spring, inviting local people to share the allotments, and the produce they grow. Not only that, but the Livability community has built a 'man shed' for everyone to use for a cuppa and a chat. With spring around the corner, please pray that this scheme will help to create many joyful community connections.

Community connections leader

Michelle Williams dedicates hours of voluntary work to disability advocacy and creating a social calendar. Her work in Wales was acclaimed recently when she was chosen as a winner in the new, national Learning Disability Autism Leaders' List. Says Michelle, who works part-time for Livability Conwy: 'I want to make life better for other people. I've been in that isolated situation – it's been my experience too. I make social events happen and when people get together, you see how happy they are.' Please pray that Michelle's work, and other disability activists like her, will reach wider audiences and bring change for more disabled people.



Katharine shares her life sum



Katharine Welby Roberts, mental health writer and speaker, shares her life sum – what adds up to good wellbeing and a flourishing life.

Katharine discusses family, precious time alone and how she recharges. You can read Katharine's life sum here:

www.livability.org.uk/katharinewelby

Your church
+ Training
+ Inspiration

Training dates for your diary



The Happiness Course

The Happiness Course looks at what makes for a fulfilled life, and the actions that help achieve it. The course offers practical steps to enhance life outcomes. Train with us to run the course in your community setting.

Dates

London: 12 February 2019
Lancashire: 2 March 2019
London: 9 May 2019
London: 3 October 2019

To find out more visit:

www.livability.org.uk/happiness



More than Welcome

A day of training to help churches become places where disabled people are welcomed, included and fully involved in community life together. Whether it's members of the youth group who are autistic, older people with sight or hearing loss, people with learning disabilities or families struggling to care for a relative with dementia, every church has members affected by disability.

Dates

Middlesborough: 27 February 2019
Gloucestershire: 12 October 2019

To find out more visit:

www.livability.org.uk/morethanwelcome

To book onto any training course visit:
www.livability.org.uk/events

Wellbeing + Life sum × Livable lives



January

What things in your life add up to great wellbeing? And how can you support others to thrive? During January, we invite you to pray for people's lives to thrive across the Livability community - in our disability and education services, employment and vocation work, church and community connections, and more.

6 Jan - New year, better health?



How well do you look after yourself and how do your community connections help? Start the year with Livability's new wellbeing 'life sum' pack to help people navigate life's ups and downs. You could use this with someone who might be feeling isolated, or with a small group. Together you will look at the pluses and minuses of life, and how community connections can help boost wellbeing. Find the pack at www.livability.org.uk/lifesum - let's pray it's a great tool for improving wellbeing and beating isolation.

13 Jan - Get out and about - fresh and wild



Fresh air, outside space and time with nature improve our wellbeing, so research shows. Livability has just launched 'The Green Cabin', our shop selling produce made by the people who take part in Livability Flourish. This is a horticultural programme at our beautiful wellbeing discovery centre in Dorset, which shop proceeds will support. Please pray for many visitors, sales and many new connections for Flourish participants.

20 Jan - New year, new job?



Taking time to grow new skills or explore vocational opportunities is a popular goal for the New Year. Livability's UCan project supports people who want to grow their confidence and access work - but face barriers to do so. Please pray that many more people will enrol on UCan this year and be enabled to build a more livable life.

Watch our film about UCan www.livability.org.uk/ucan

27 Jan - Fitness

Time to take on a new challenge?



Set a new fitness target? Livability is proud to be supported by a wide range

of people taking on 2019 sports challenges, to raise money and awareness for the charity. From the London Marathon to Ride Prudential, their efforts make such a difference to our work. Let's pray for success and satisfaction for our amazing sports volunteers and supporters. Find out more at www.livability.org.uk/events.

Pop-up prayers

A recent study showed a scientifically significant increase in people's health and happiness, following one month's daily connection with nature, such as feeding birds and planting flowers for bees. This was sustained for months after the 'nature' month.* Contact with nature and the outdoors is actively encouraged at Livability services, whether it's tending plants on a balcony at residential home Livability Dolphin Court, or creating a wheelchair-friendly trail at Livability Holton Lee. Please pray for better wellbeing for everyone experiencing creation through a Livability service.

*Research from The Wildlife Trusts/ University of Derby

Why is our work needed?

Recent government research found that people who reported being lonely more often were likely to be in at least one of these groups: aged 16 to 24; widowed; in poor health; have a long-term illness or disability; have caring responsibilities, and be unemployed.* Livability's services support hundreds of people who fall into these groups, enabling them to take steps towards making connections with others and leave loneliness behind.

*A connected society: a strategy for tackling loneliness: HM Government, 2018

Welcome + Inclusion × Participation

February

The full participation of disabled people in church and community life is so important - everyone in the community benefits. Livability is proud to work with a range of church and community partners who are passionate about creating fairness for all. This month, we'd like to pray for the vital part that community friends play in supporting Livability and their local neighbourhoods.

3 Feb - The power of church partners to work for inclusion



When disabled people ran a Livability 'Ability Sunday' service at Southwick Baptist Church, Wiltshire, 'people just kept coming', says leader Jacky Newman. 'We're normally about 25 people but the chapel became full.' Please pray that many more churches will engage with Livability's resources which enable disabled people to be truly included in church life.

10 Feb - Including people who are often overlooked



Our charity Vice-Patron is Lord Shaftesbury. Since the days of his forebears and our charity founders - Lord Shaftesbury and John Grooms - Livability has had a presence in some of the most deprived areas of London. Today, the charity supports and enables the work of vital

community hubs, including The Shaftesbury Christian Centre in Battersea and Kingsley Hall in Dagenham. Pray that the communities in these places will build stronger communities through the work of these special centres.



17 Feb - Lifting the Lid



When one London church ran Livability's 'Lifting the Lid' six-week

mental health awareness course, church leader Kerry Coke was astonished by its impact. 'It raised awareness about mental health so significantly that about 60% of our congregation are now engaging with this area.' Let's pray that many more churches will use Lifting the Lid this year to truly include everyone in their community. www.livability.org.uk/liftingthelid

24 Feb - International community



Livability International works to improve spinal injury care in developing

countries, where provision of treatment and equipment like wheelchairs can be very scarce, resulting in people being trapped in their homes. Please pray that our overseas work will result in disabled people finding their way out of isolation and back to their community.

Pop-up prayers

Working with churches across the country means we hear from many people who are struggling to feel truly welcome and included in their church family. Barriers they face include accessibility and lack of awareness of conditions such as dementia. Livability's church resources enable churches to find meaningful ways to make sure everyone can take part. This can be transformative: one church leader told us that running the Lifting the Lid course resulted in church members sharing their own mental health journey with others - for the first time. Please pray for the reach and impact of our resources; find them at: www.livability.org.uk/resources

Why is our work needed?

Academic studies have found that carers and support workers are often unaware of the significance of spirituality to people with intellectual disabilities. Consequently, they fail to address this, despite spirituality being a key element of life. In many care contexts, relevant staff training is not always available to enable those supporting people with learning disabilities to recognise and support this vital aspect of their experience. Please pray for greater awareness for supporting this important aspect of life.

Women's day + Voice × Inspiration



March

Every March sees the important celebration of International Women's Day. At Livability, we are inspired by the work and stories of some influential women in our charity community. This month, please pray that disabled women across the world will experience fewer barriers and more opportunities in their lives.

3 Mar - HRH The Princess Royal



Our Patron HRH The Princess Royal has many years of experience raising awareness of disability, including her work with Livability. She is an informed supporter who gives time and effort to raise awareness for the needs of disabled people. Please thank God for her support and pray for the Livability work that she profiles this year.

10 Mar - International Women's Day



On International Women's day, we want to celebrate the outstanding women carers on our staff. People like Wendy, who started a new career in social care with Livability in her fifties. Please thank God for the amazing resource our staff are to people supported by Livability.

17 Mar - Community connections



At Livability, we focus on the importance of enabling people to make community connections. Ruth, who lives at a residential home near Newcastle, has taken huge strides recently in reaching out to her community, through sports and voluntary work – and her confidence and quality of life has blossomed as a result. Let's pray that more people we support will follow in Ruth's path to a more connected, more livable life.

24 Mar - Livability's Spinal Injury Centre



Spinal cord injury expert Valerie Taylor OBE shared learning when she visited Livability's Spinal Injury Centre near Poole. Valerie is one of many valued partners who work with Livability International, who build expertise on spinal injury in developing countries. Let's pray their work results in better spinal injury care in areas as yet without adequate facilities.



Pop-up prayers

Disabled women supported by Livability may have experienced loneliness – but people like Gaynor are taking practical steps to help others to overcome isolation. When Gaynor heard that an acquaintance was lonely, she invited her to Sunday lunch, which has become a regular event. Let's pray for everyone in the Livability community who is reaching out to others, despite the challenges they face themselves.

Why is our work needed?

Worldwide, disabled women and girls face triple discrimination: being female, living with disability and being at greatest disadvantage economically.

UN Population Fund

Easter

+ Good news
× New life



April

Easter is a time of new beginnings, new life and fresh hope. Shaped by a broad and inclusive Christian ethos, Livability works to support people to develop their spiritual lives and share their spiritual life with others.

7 Apr - New independence



Anne and Nora achieved a long-held dream last year when they moved out of residential care and into their own home. Supported through the move and in their new home by Livability, the two friends are getting established in their neighbourhood and making new connections. They love their new independence: 'I'm over the moon!' says Anne. Please pray for the many other people supported by Livability who are working towards greater independence.

14 Apr - Fresh connections



People who use our services and staff who support them are never short of new ideas – a community art show in Dorset, a 'beat loneliness' lunch in the East Midlands and volunteering on local radio are just a few of the new ventures launched by Livability people, for their community. Please thank God that many people have made fresh connections with others as a result.

21 Apr - Greeting old and new friends



Many of the people that use our services are part of the welcome team at their local church, and this Easter will be greeting old and new friends. Let's pray for everyone who encounters disabled people who are contributing to church life this Easter, and a deeper understanding of the gifts that disabled people have to offer.

28 Apr - Volunteers and supporters



Volunteers are a vital and valued part of the Livability community, bringing friendship and energy to our services. The team at Altro Flooring volunteered in the gardens at Livability Keefield, whilst a volunteer at John Grooms Court is helping with an in-house shop. This will boost social and money skills for residents. Please pray for more volunteers to connect with our services.

Pop-up prayers

A 'Community Job Hub' is the latest idea to come out of UCan, part of Livability's employment and vocation work in south-west England. Currently run from a library in Hamworthy, Poole, the Hub offers support and advice on getting prepared for employment and has proved popular. Please pray that people who connect with the Hub will be enabled to reach their goals.

Why is our work needed?

New government funding meant 'social prescribing' hit the headlines last year. Evidence shows that this approach boosts health and wellbeing: a UK study found that after 3-4 months, 80% of patients referred to a social prescribing scheme had reduced their use of A&E, outpatient appointments and inpatient admissions. The funds will allow GPs to refer patients to local voluntary and community services such as walking clubs, gardening or arts activities - something Livability enables people who use our services to take part in, every day.

www.rotherhamccg.nhs.uk/social-prescribing.htm

How your support helps

We're so glad that you're part of the praying community that supports Livability's work.

Would you like to deepen your connection with Livability? Any support you can offer will help us connect disabled and vulnerable people with their community so that their lives, health and wellbeing do better.

There are all sorts of ways to join in.



Donate:

Make a one-off or a regular donation. Whatever you can give will enable Livability to impact the lives of the people we serve.



Volunteer:

Volunteer at one of our services, join a local Friends Group to help us raise funds, or get active in your community or church. Whatever your reason for volunteering, we want to hear from you.



Share your story:

How are you reaching out to others and tackling isolation? What are you doing to grow community connections and boost wellbeing? Send us your stories about what's adding up for you in your life and community. We may feature it on our charity blog and social media channels.



Become a church or community partner:

Livability works with local churches and community partners as key agents of local change. If you'd like to get active in your community – contact us today to find out how you can become a partner.

www.livability.org.uk/joinin

Yes! I want to know more about Livability.

Please keep in touch with me by:

Post  Email  SMS  Phone 

Title: _____ First name: _____

Surname: _____

Address: _____

Postcode: _____

Email: _____

Church name: _____

Mobile number:

I am over 18 years old

I'd like to find out more about:

- How my church can respond to dementia
- How The Happiness Course could bring hope to my community
- How to encourage my church to welcome and include disabled people
- How Livability's training can help my church's community projects
- How my church can support Livability

You can also visit our website www.livability.org.uk to find out more

Please return this form to:

Livability, Communications Team, 6 Mitre Passage, London SE10 0ER

Thank you for your support

With new data protection regulations becoming law in May 2018 we want to provide extra information to ensure you are fully aware of how we may use your data and your rights. We value your vital support and want to ensure all our supporters are protected and informed.

We may process your information for communicating to you about our work via newsletters, fundraising appeals and other charitable activity via channels indicated by your preferences above. We promise to keep your details safe and secure and to hold your data for no longer than 5 years without renewing your permission – for further information, please read our privacy notice at www.livability.org.uk.

Your rights under the DPA (Data Protection Act) and the GDPR (General Data Protection Regulation) entitle you to request a copy of any information we may hold about you or to update any inaccurate information we hold about you. For any questions about the use of your data please contact: dataprotection@livability.org.uk

You can change how you hear from us at any time by contacting us on **020 7452 2121** (Mon-Fri, 9am-5pm) or email: supporterservices@livability.org.uk or writing to us at Livability, 6 Mitre Passage, London SE10 0ER.

It all adds up to

Livability

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www.livability.org.uk   LivabilityUK

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