

It all adds up to

Livability Prayer diary

In it
together

May/Aug 2020



Welcome letter from Mat

Dear friends

We're living through times that feel unprecedented, unique. But let's remember the challenges faced by God's people in the Old Testament; enemy invasion, wilderness survival, not to mention the plague of frogs! And God faithfully protected his people and brought them through danger.

The theme of this prayer resource is 'in it together' – and it reminds us that our God is called Immanuel - the God who is in it together with us.

And that's why prayer is so important at a time like this.

Our God reaches beyond 'social isolation' and through 'lockdown' to touch the hearts of his people, bringing them hope, casting out fear.



Thank you for supporting Livability with your prayers,

Mat Ray

Head of Church Partnerships

P.S. To start receiving the prayer diary by email, rather than by post, please sign up today at www.livability.org.uk/prayerdiary

Pray with us

Dear God, we pray for all those whom Livability is supporting. In these hard days, you are the God who reaches through isolation to bring hope.

We pray for Livability staff and volunteers, working unstintingly to protect and support disabled people. In these hard days, you are the

God who gives strength to the weary.

We are grateful that You are the God – Immanuel - who promises to never leave us. Grant us the patience, the hope and the strength to support each other in the coming days.

Amen

'Encourage one another and build each other up, just as in fact you are doing'

1 Thess 5: 11 (NIV)

May

Let's pray

God, the Three-in-One, community of persons, you are the source of loving community. In an age of individualism, teach us to become a community like yours, and welcome others into that family life in creative ways in this season. Reach out to lonely, isolated people through us, your people.



Week 1

Thank you, dear God, for all the efforts that Livability staff are making to ensure the people in our care can keep in touch with family and loved ones. Thank you for the reassurance this brings. Please give your peace to those we support and their families as they wait until they can meet again. Amen



Week 2

Dear God, we pray for every student who finished their studies this term at our school in Dorset and our Further Education college in Bromley. We pray that staff and students will find creative ways to celebrate their achievements and that you will provide the right setting for each one, as they move on to their next stage in life. Amen

Week 3

Father, we thank you that Livability's services and the people who are supported by us are often well-loved by their local community. We thank you for all those people who have reached out to one of our services to offer support and friendship. We ask that those relationships would grow even stronger. Amen

Support



Top tech Livability Brookside

When Livability's Patron, HRH The Princess Royal, visited our Brookside care home, Peter, Debbie and Harriet demonstrated what an advantage assistive technology is to their lives. Using kit such as the Alexa device, they demonstrated how they can call staff, chat to family and friends and control their flat's environment. Married couple Peter and Debbie told Her Royal Highness what it meant to them to chat to Peter's family in Spain via Alexa. Read this story at <https://livability.org.uk/hrhvisitsbrookside>

Can you help?

Assistive technology makes such a difference to disabled people's lives.

Please support Livability today and help us buy specialist Eyegaze technology that could enable a disabled person to communicate with a friend or loved one.

You can donate online at livability.org.uk

Week 4

Dear God, thank you for the amazing gift of assisted technology, which enables so many people we support to stay in touch with family and friends, and increases independence in so many ways. We pray that you would provide the means for us to use this kind of equipment increasingly widely across our services. Amen



Why our work is needed

The proportion of disabled people (13.3%) who report feeling lonely 'often or always' is almost four times that of non-disabled people (3.4%) – and that figure dates from before the Covid-19 pandemic. Livability provides a wide range of services for people at home that not only care for routine needs but also prioritise wellbeing and connecting with others, wherever possible.

ONS



June

Let's pray

Thank you, God, that you care for the sparrows and even count the hairs on our heads! You are the source of love, so please help us as we seek to share your love and care for others. Please see, feel and act through us.



Week 1

We pray for the many local authorities Livability works with around the country, who are seeking to meet their social care responsibilities. We ask that you would inspire the decision-makers with wise solutions that will provide the right care and support to the people who need it most. Amen



Week 2

We lift Livability's link churches to you, as they seek to support individuals and families in the disadvantaged communities they serve. We pray that the resources needed by poorer communities would be released to them – Foodbank provision, financial and pastoral support. Amen

Week 3

Father, we thank you that so many people's lives are turned around through treatment at our brain injury and spinal injury rehabilitation centres, in Dorset and Suffolk. We thank you for each member of staff there, who bring care and understanding as well as expertise to their work. Please give them strength and courage in this season. Amen



Support

Outstanding care

Livability Icanho

Following an accident on her bike, Trisha was treated for a brain injury at Livability Icanho. She received expert help for the injury – but realised just how valuable the care for her wellbeing and mental health was too, for her recovery and new life.

She says: "Without Icanho, I don't know where I'd be. I'd still be highly anxious and I think my relationship with my partner would have completely broken down. The therapists at Icanho don't just do their job, they really, really care. I'm not striving for perfection now, or for the person I was. I have such a brilliant life.' Read Trisha's story at

<https://livability.org.uk/trisha>

Can you help?

Livability's Spinal Injury Centre and Icanho's service mean that many people who have an acquired injury will get the right, timely help to enable them to regain as much independence and recovery as possible.

Your support means we can enable someone who has had a stroke or brain injury to rebuild their lives.

You can donate by texting £5: text 'SUPPORT 5' to 70755

Week 4

Lord, we thank you for the impact that our social enterprise projects, Maesbury Metals and Corner Patch, have on building people's independence, work skills and friendship. We ask you to comfort everyone involved with those projects as they deal with the current break to their routine. Amen



Why our work is needed

Brain injury puts 1.4m people in hospital every year in England and Wales, affecting thousands of people aged under 40. Our rehabilitation centres and wider disability services are here to help.

<https://bmjopen.bmj.com/content/6/11/e012197>

July

Let's pray

Thank you, Jesus, that when you looked at people you had compassion for them. We so want our hearts to be filled with the same love and concern. Change us from within to be more like you, so that others will know your touch and care.



Week 1

From Tina

Livability Conwy services manager

'Please pray for all the people we support, in residential care, independent living and (in usual times) our day centre, their families and our staff, that they would remain well. We particularly ask that God would help anyone whose disability means they are struggling to understand why they need to remain at home.' Amen

Week 2

Lord, we lift to you anyone we support who is experiencing increased anxiety levels, with changes to familiar routines and people. Would you bless them with your rest and assurance and give staff wisdom as they try to mitigate anxieties wherever they can. Amen

Week 3

Father, we thank you for our courageous staff and all key workers who are helping Livability to continue caring for the hundreds of people we support. We lift NHS staff, maintenance and delivery workers and food suppliers to you and ask for health and protection for each one. Amen

Support



The best for you Livability North East

One of the key elements of Livability's care service is making sure we really listen to what each individual tells us, about the way they want to live. Our North East service recently enabled a young woman, Lauren, to move out of residential care where she wasn't flourishing, into our new independent living service in Gateshead. Lauren is now thriving and increasing her independence.

Read Lauren's story at <https://livability.org.uk/lauren>

Can you help?

Livability is always seeking to develop new ways of providing care and support, and hopes to offer more services in the North East.

Support us today and help a disabled person to live independently and do the things that matter most to them.

You can donate by phone on 020 7452 2121

Week 4

Dear God, now that schools and colleges are closed, many families are caring for housebound disabled teens and children for much longer periods than usual. Please visit each household with your grace, patience and joy, and may families make stronger bonds than ever during this time. Amen



Why our work is needed

Average anxiety ratings are higher for disabled people at 4.27 out of 10, compared with 2.66 out of 10 for non-disabled people. Livability staff's experience and training means they can enable the people we support to cope better with anxious thoughts and behaviour.

ONS





August

Let's pray

Thank you, Lord, that you have promised never to leave us nor forsake us. We pray for those we support who have found social isolation especially difficult. Be with them in a special way. Please draw near to each of us in our hopes and fears. Amen



Week 1

From Sandra

Residential care home manager

Dear God, I thank you for every person we support here at Livability Keefield Close. Thank you that our residents get so much comfort and enjoyment from being at home together. We pray that as a staff team, we will find ways to help our residents increase their wellbeing even more, in these uncertain times. Amen

Week 2

We pray for the many disabled people we support who give back to their community by volunteering for organisations like charity shops and church programmes. We ask that you would give these volunteers hope as they wait to return to their normal routine and to the camaraderie that means so much to them. Amen

Week 3

Father, we thank you for the kindness of friends local to our services who are helping to beat isolation. Friends like Brackley Town Football Club, where player Matt took the time to call a disabled person we support, an ardent fan of the club. Amen

Week 4

Lord, we pray for each person who usually attends our Flourish horticultural group and other outdoor therapies at Livability Holton Lee. We pray that the weekly phone call or email introduced by staff will bring comfort, especially to those who struggle with anxiety or isolation, and that you would encourage them with hope.



Support

Café society
Livability Aberystwyth

Paul is outgoing and loves meeting new people. Supported by Livability Aberystwyth, Paul recently started to volunteer in the café at his local fire station. He's quickly become popular with the regulars and as well as enjoying the social side, he's learning new skills in the kitchen. We're looking forward with Paul to when he can return to the work he loves. Read Paul's story at <https://livability.org.uk/firestation>

Can you help?

Many disabled people we support simply couldn't overcome the barriers they face to finding volunteering and job openings. Livability staff support helps people to learn how to find opportunities, use public transport, overcome anxiety and many other hurdles. Support Livability today and enable disabled people's lives to flourish.

You can donate online at livability.org.uk



Why our work is needed

Statistics show the benefits of volunteering: 90% of volunteers with a learning disability felt more independent; and 65% of disabled volunteers felt more in control of their lives. Livability assists people we support to find volunteering opportunities and gives support as needed to enable the person to work.

CSV



Help us protect disabled people from coronavirus

livability.org.uk/together

Urgent Appeal

Now more than ever we need your support to deliver our vital work

Coronavirus (COVID-19) will have the greatest impact on people in vulnerable groups. By the very nature of the support we provide, Livability is at the frontline of the fight against Coronavirus.

The pandemic means that Livability has spent more than £250k on Personal Protective Equipment (PPE) – this is just one of the extraordinary costs the charity has had to make in recent weeks.

We need surgical gloves, face masks, foot covers, gowns, sanitisers and protective eyewear. Equipment like this means our frontline staff can provide essential support to disabled people and prevent the spread of infection.



Please donate and help us to support disabled people

Online www.livability.org.uk/together

By texting £10 text 'SUPPORT 10' to 70755

By phone on 020 7452 2121

#inittgether

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? The coronavirus pandemic means we are facing unprecedented challenges. 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

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 I can support the Emergency Appeal
- 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.

About Livability

Livability is the charity that supports disabled people to live a life that adds up for them. We tackle barriers that impact disabled people, to enable better wellbeing and participation for all. Delivering a wide range of care, education, vocation and rehabilitation services, we strive to grow community connections that help people thrive.

It all adds up to

Livability

Contact us:

Mat Ray

Pray for Livability Editor

6 Mitre Passage, London, SE10 0ER

Tel: 020 7452 2000

Email: joinin@livability.org.uk

www.livability.org.uk   LivabilityUK

With thanks to Nancy Honey for some photos featured.

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