

# Style Acre

Supporting people with learning disabilities



## NEWSLETTER OCTOBER 2016

### Go the Extra Mile Award



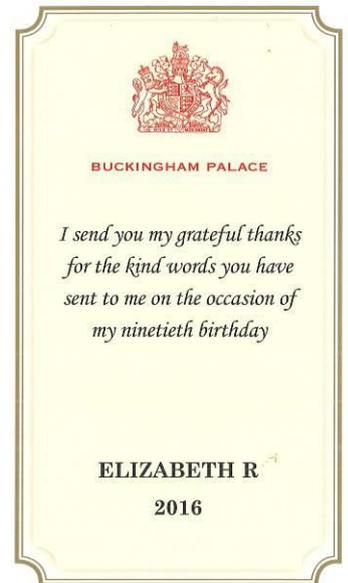
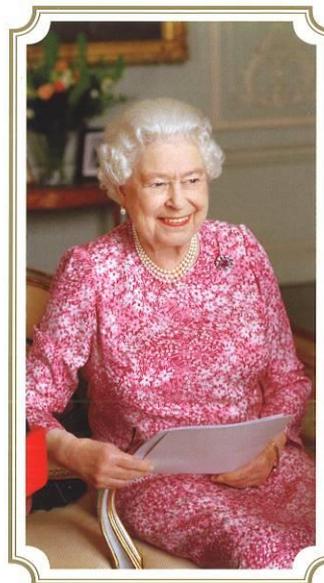
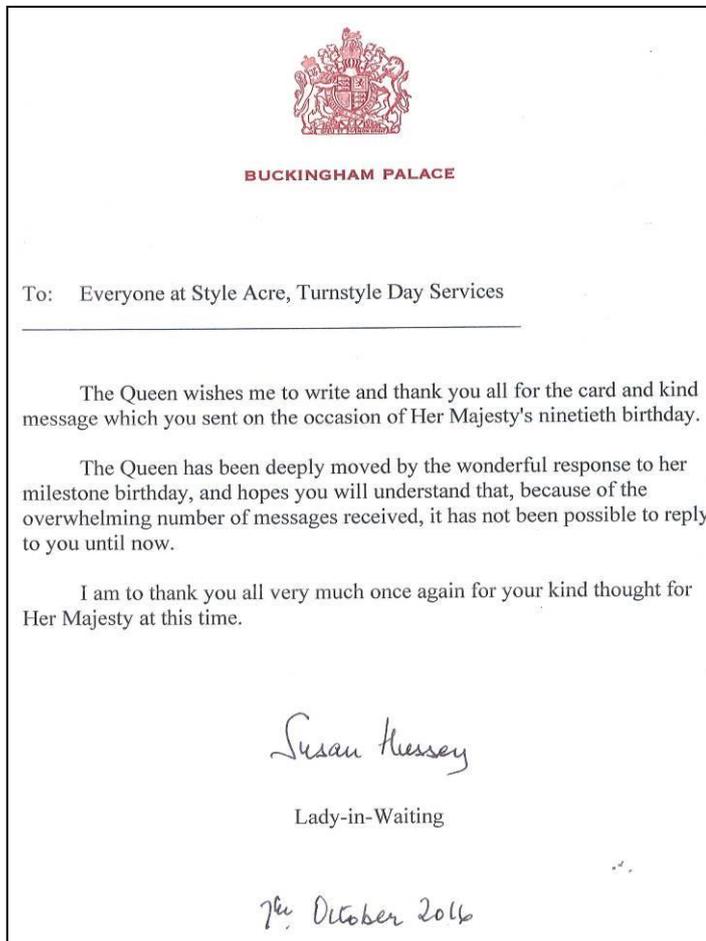
We want to celebrate achievements, excellence and innovation within Style Acre. We recognise that individuals often go the extra mile, and we want to thank and share with others the outstanding contributions these individuals make. Nominees could be anyone within Style Acre who you feel has gone the extra mile! Nominations will be taken monthly and should include a short description about what the nominee has done that has made an outstanding contribution. Please also include:

Name of Nominee  
Nominated by (optional)  
House/Service  
Date

Send nominations to Bev Segesdy by second Monday of the month to to: [bsegesdy@styleacre.org.uk](mailto:bsegesdy@styleacre.org.uk) or by post to Bev at Evenlode House, Howbery Park, Crowmarsh Gifford, Wallingford OX10 8BA.

Winners will be decided by a panel of people we support, and will be announced in future newsletters.

### A message from Her Majesty



Members of **Turnstyle** were delighted to receive a message from Her Majesty the Queen at the beginning of October.

They had worked together to produce a hand-made card for the Queen's 90<sup>th</sup> birthday, and received this most appreciative reply in return.

## Happy holidays and summer activities

Tenants & staff of 53 Slade Road had a memorable day trip on 8<sup>th</sup> August, setting off from Portsmouth to the **Isle of Wight** by hovercraft. They spent time on the beach at Ryde, paddled in the sea and enjoyed tucking into fish and chips. Since no day at the seaside is complete without one, everybody had an ice-cream before catching the return hovercraft to Portsmouth.



Chalmore tenant Kevin and Charles Road tenant Cheryl have recently returned from a relaxing holiday in **Woolacombe, Devon**, staying in the cosy cabin pictured left. In typically British seaside style, they endured some rain during their break, but luckily to make up for that, they also enjoyed some glorious weather and were able to spend time on the beach.



The tenants of 53 Slade Road spent a happy holiday at **Butlin's** in September. During their five day break they had a fantastic time and enjoyed many of the attractions, including the funfair rides pictured here!



Sophie and Keith, with 11 keen players from **T2** came to **Abingdon Vale Cricket Club** for a two-hour **Kwik Cricket** session with Paul, one of the Abingdon Vale coaches.

The session began with a 30 minute warm-up and coaching session concentrating on the key skills of throwing, catching, batting and bowling. While some of the throwing was quite erratic at the beginning, as the players practiced they became much better and by the end most of the throws were going to hand and being caught.

After a quick drinks break, the 11 players plus Sophie formed teams - Keith agreeing to umpire the game with Paul. Each team chose a name and the cricket commenced, using the main square at Abingdon's picturesque ground.

Everybody got the chance to bat and bowl, as well as getting in plenty of fielding. It was quite noticeable that once the game became competitive, people started to perform much better! There were some decent catches and quite a few boundaries hit by the players; everyone seemed to be enjoying themselves while learning a little bit more about the game and improving their skills.

The two hours flew by and in the end Wales ran out narrow winners. Though some people had played cricket at school, nobody had tried Kwik Cricket before and as it was enjoyed so much, The plan now is to run a similar session next year – hopefully the weather will be as kind as it was for this game. We are grateful to Paul for sharing his coaching skills.

# Technology, with Keith Thornton

## *App of the month*



This month I have chosen Magic Jigsaw Puzzles. This app is exactly what it says it is. It contains lots of beautiful high-definition puzzles, downloadable free puzzles, a constantly updated pictures gallery, 5 levels of difficulty (35 pieces to 630 pieces), you can create your own puzzles from your pictures, get new pictures every day, it is easy to operate and control and preview is available. You are also able to separate the edge pieces to put them together first, or if you are feeling brave you can choose rotated pieces. What

I like about this app is it has the ability for users to control their own levels of difficulty and it is available on the Apple, Android and MicroSoft stores.

## *Anne is enjoying IT*

Anne (pictured right) has always enjoyed arts and crafts. At the summer party she ventured into the Technology Room and was instantly drawn to the iPad, becoming immersed for 45 minutes. Anne was able to use 4 or 5 different apps and has since loaned an iPad to use at home. Following on from the loan, she has now purchased her own iPad Air and was delighted to learn that all of her favourite apps and many more had been installed for her. I'm sure that Anne will be more than happy to show anyone interested what she can do!



## *Wheatley introduced to Omi-Vista*

Technology and communication assessments are currently on-going for our Wheatley tenants. From the first few assessments it became apparent that the Omi-Vista system would greatly benefit many of the housemates and subsequently a session was recently organised. Hope, Daisy, Joanne and Kizzie all became quickly engrossed and took pleasure in taking turns to interact with the equipment. The house staff were also trained on using the system by June and Keith, and further sessions will now be scheduled through Turnstyle.

## *Watch out for new exciting themes coming soon!*

## *Brushing up on IT*

### **Get to grips with IT and Technology!**

Do you struggle to use a PC, don't know how to send an email in Outlook, perhaps you don't know what to do next in Word or maybe you just need to brush up on something specific?

Worry no more! The links below will direct you to a completely free website where you can learn in your own time online. Simply open the link and go to the subject of your choice.

### **For basic computer skills go to:**

<http://www.qcflearnfree.org/basic-computer-skills/getting-started-with-your-first-computer/1/>

### **For MicroSoft Office 2010 (including Outlook, Word, Excel and PowerPoint) go to**

<http://www.qcflearnfree.org/topics/office2010/>

## **Memories of Katy**



In fond remembrance of **Lyneham Close** tenant Katy Jones who sadly passed away in the spring of this year, a fine wooden bench has been installed in the garden there.

Inscribed simply with her name, the bench was unveiled on 2<sup>nd</sup> September with a celebration of Katy's life – a get-together attended by her family and friends. The bench will be a lovely way to remember Katy in the years to come.



## Achieving with ASDAN



This year we've had 11 people completing **ASDAN** modules. These nationally recognised awards cover a wide range of topics. Not only are they good for learning new skills but also for increasing independence, communication skills and self-esteem. On completion each person receives a certificate, and gets to keep their folder of work. We have already had 13 more people sign up for modules including sensory baking, money, sport and leisure, which is fantastic news. Here are (l-r) Simia, Lisa & Kate who were amongst those successfully completing *Using Computer Technology*.

**Michelle Staniforth**

## Football at Oxford United

Daniel and Rob were in the crowd at the **Kassam Stadium** when Oxford United took on Wimbledon on 9<sup>th</sup> October. It was an unfortunate result for Oxford as they lost 3-1, but Dan and Rob still enjoyed the match and have plans to go back and watch a night game in the New Year.



## Around the world with Geraint



Carterton tenant Geraint had a fabulous time at **OXSRAD** when they put on an 'Around the World Challenge' day. Lots of new activities were on offer to try, including gym, trampolining and curling, which you can see Geraint (left) trying out. On more familiar ground, Geraint had another outing, this time with Witney tenant Sonia, when they visited **Millets Farm Garden Centre**. Here they are, pictured with the carousel.



## Party time for Lydia



Over at SABRe's **Banbury apartments**, tenant Lydia has recently celebrated her birthday with a fantastic party.

Here's Lydia pictured at the centre of the action, as she joined with her friends to dance, celebrate and have fun.

## Fundraising and Community news

### Can you help at our tea room?

Our tea room, which provides vital work experience opportunities for the people we support, is currently looking to expand its friendly team of volunteers. Our tea room offers volunteers the chance to not only support the successful day to day running but also the chance to meet new people in a friendly but fast-paced environment. Current volunteers call it a 'rewarding experience' as they see the effect of their help, as the people we support learn new skills and increase confidence. The team is currently looking for help on Mondays, Tuesdays, Thursdays and Fridays, although we would be delighted with help any day of the week.

If you feel you can support us please contact our Volunteer Officer, Chris via email: [cburrows@styleacre.org.uk](mailto:cburrows@styleacre.org.uk) or telephone: 01491 827593.

### Style Acre Wallingford Santa Dash – Sunday 4<sup>th</sup> December

We are pleased to announce Wallingford's first ever Santa Dash, hosted by Style Acre! Run as Santa in this festive 3K family fun run, starting at Wallingford School and running through the local parks of Wallingford, arriving in time for the opening of the Christmas Shopping Extravaganza. Sign-up now to get involved in this unique festive event!



Enter now through the Style Acre website:  
[www.styleacre.org.uk/santadash](http://www.styleacre.org.uk/santadash)

Adults (16+): £15  
Young Person (Under 16's and student concession): £10  
Family (two adults, two children): £40  
(Price includes Santa costume, medal, hot drink and snack)

Registration opens at 10am. Wallingford Christmas Extravaganza opens at 12noon

### Christmas at the Manor - Friday 9<sup>th</sup> December



Christmas carols, craft fair and hamper raffle on the park.

Join us for a lunch-time gathering of Christmas song accompanied by Howbery Park band The Howberries, and browse a fantastic selection of craft stands to find that perfect Christmas gift. Stalls will include homemade cakes, jewellery, soaps and other crafts made by local craftspeople. The craft fair opens at 11am and carols begin at 12noon. There will be an opportunity to buy tickets for our bumper Christmas hamper raffle. Tickets will be drawn at the end of the concert.

### Win a week's holiday at a luxury villa in Orba, Spain – June 2017

Raffle tickets just £1!

Stay in this three double bedroom villa with private pool, air conditioning, panoramic views and much more.

Visit the villa website for further information and terms & conditions: [www.narvista.co.uk](http://www.narvista.co.uk)

To get your raffle tickets contact Philippa Stannard at [pstannard@styleacre.org.uk](mailto:pstannard@styleacre.org.uk) or call 01491 827591. The raffle will be drawn on Friday 11<sup>th</sup> November.



## Social Group roundup



It was ship ahoy as members of the Social Group visited **SS Great Britain** in dry dock in Bristol. Designed by Isambard Kingdom Brunel and built in 1843 with an iron hull, she steamed around the world 32 times and is now a museum. Here are Otto, Chris and James giving their best Brunel impersonations!



All aboard, mind the gap, tickets please... staying with all things steam and again in the Bristol area, the Social Group have enjoyed an outing on the **Avon Valley Railway**. It's a charity dedicated to restoring steam to the Avon Valley. They have a number of engines and volunteers have been working since the 1970s to restore the track and rolling stock.

A different kind of day out altogether saw Social Group members at **Paulton's Park** in Romsey, Hampshire in September. They had a great time with thrilling and exhilarating fun on the rollercoasters, water and train rides, and there were also animals and birds, gardens, a lake and shows for the quieter moments of their day.



## Messing about on the river



**Turnstyle** folk were treated to a fun trip on the river in September, arranged with the **Rivertime Boat Trust**.

Turnstyle regular Adam Starling sadly lost his Nan earlier this year and we are really grateful to Adam and his family for making the trip

possible by donating money given in her memory. Everyone had a fantastic day. Pictured here are members of the staff team with Turnstyle users Christina, George, Paul, Jo, Charlotte, Faye, Lisa and Adam.

## Helping the fleet stay running sweet



Having recruited Henry, Dick, Jo, Daniel and Kathryn to her willing band of volunteers, our vehicle Fleet Co-ordinator Jay Berry's latest recruit is Kevin. Here he is, pictured with his certificate of appreciation. Kevin has joined the ranks of Jay's vehicle helpers, assisting her with the routine checks that keep Style Acre vehicles running well. They're all doing a grand job!

## Christmas is coming...

Christmas is on the horizon, and all around Style Acre there will soon be various Christmas parties and events happening.

For this year's **supported living Christmas party**, we are asking each house to make a table centrepiece to their own design, to grace the tables on the evening.

Designs can be simple, maybe baubles in a bowl...



or stunning, like this evergreen display



How about a cotton wool Snowman...



or paper cone Christmas trees?

The only rule is please – **no candles or glass**. There will be **Christmassy prizes** for the three best centrepieces! We will be in touch with more details nearer to the party but in the meantime you've plenty of time to come up with ideas!



## Style Acre Annual Review

Our latest Annual Review has now been published. You can access it by clicking [here](#).

We would like where possible to send our newsletters by email. We are slowly adding to our directory of email addresses but if you are happy to receive your copy electronically and haven't given us an email address before, please contact Julie Evans to let her know at [julieevans@styleacre.org.uk](mailto:julieevans@styleacre.org.uk) Thank you!



### Mission:

Style Acre provides safe and nurturing environments for people with learning disabilities and autism to grow and develop in their own unique way and with the utmost dignity. We recognise and embrace individuality and deliver person centred care of the highest standard.

### Vision:

To work with others to create communities where people with learning disabilities and autism are valued as equals and given every opportunity to fulfil their potential and live the life they choose.

**STYLE ACRE**, Evenlode House, Howbery Park, Crowmarsh Gifford, Wallingford OX10 8BA

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