

Style Acre

Supporting people with learning disabilities



STORIES SPRING 2017

Trip of a lifetime

Since he was a small boy, Mowbray tenant Peter had dreamed of seeing America, and in particular the Grand Canyon. In February this year, Pete achieved his ambition when he and support staff member Katherine set off on a '**Western Highlights tour of America**'. The 12 day trip included visits to San Francisco, Hollywood, Long Beach LA, Yosemite National Park, Las Vegas, San Diego and of course, the Grand Canyon. The Grand Canyon visit included a helicopter ride over the stunning natural landscape, giving an incredible view. Other highlights included a walk over the Golden Gate Bridge and seeing a show in Las Vegas. There was even a stay on the HMS Queen Mary, which is now a floating hotel! Summing up his holiday, Pete said "My childhood dream has come true." Here are two of his favourite pictures from the trip.



Greg's amazing bird boxes

Over at T2, Greg has been working with T2 team member Michele to produce handmade bird boxes. It's become a Wednesday morning project which Greg and Michele started with a template they obtained on the internet. They soon found ways to refine the design and Greg now has quite a production line going. One of the boxes was made for T2's Wildlife Group, and there are plans to mount a motion-sensor camera nearby to catch wildlife coming and going. Greg already has orders for another 9 boxes, and is happy to take orders for more. So, if you are thinking a bird box might be a nice addition to your spring garden, please contact T2 on 01235 512005. The hand-made boxes are priced at £6.50 each for a plain box, or £7.50 with a wood stain finish.



Pancake fun at Turnstyle



Turnstyle users got busy with the batter in February, making lots of pancakes to mark both **Valentine's Day** and **Shrove Tuesday**. People had a go at cooking the pancakes and flipping them over. Here's Lavinia and Linda taking a turn at the hob, producing the fresh pancakes which were topped with chocolate, strawberry or traditional lemon.

Due to it being a busy morning at Turnstyle, by the time everybody had been served the pancake cooking team had notched up around 50 pancakes. But word has it every single one made it onto a plate, with none landing on the floor!

Six Nations Rugby



On Saturday 4th February, a group from T2 and from Bryan Way, came together for an exciting trip to see England play France at **Twickenham**. Amongst those attending was Bryan Way tenant Dick, pictured here at the ground and with staff member Hattie. It's always more satisfying when your team wins, and they were able to cheer England on to a 19-16 victory that would pave the way for eventual triumph in the Six Nations tournament.



Forestry work with the Sylva Foundation

Local South Oxfordshire charity the **Sylva Foundation** was pleased to welcome a group of volunteers from T2 on 16th March at their **Wood Centre**. This was organised by our Job Coach, Philippa Rallings, with T2 staff Charlie & Kate. Our willing helpers Donna, Mikey, Sadie, Linda and Rob worked hard planting trees and by the time they had finished, 22 new saplings were in the ground. The Sylva Foundation was set up to support Britain's woodlands and to promote education, sustainable forestry management and the use of home-grown wood in crafts such as furniture making.



Time travelling in Porth Teigr... Ken's Big Day Out

Blackstone tenant Ken is a keen Doctor Who fan, with Tom Baker being his favourite Time Lord so a day at the **Doctor Who Experience** was a must.

On 9th March Ken travelled with staff team members Lucy and Monica to Porth Teigr in Cardiff Bay, to visit the *Doctor Who Experience*. Ken was told by the staff that he could touch *anything* he wanted to in the exhibition- which isn't allowed for everyone! Ken got to feel the Daleks, telling staff that they have a deadly weapon. He also got to feel several baddies. The high point of the day was Ken being able to feel Tom Baker's scarf, as worn in episodes of Doctor Who. Ken had an amazing day and even bought a Dalek mug and a Tardis wallet.

Lucy Clarke.



Tom Baker's scarf



Examining the Dalek's deadly weaponry

A day out at Crufts with Dogs for Good



T2 User Mark had a very important job to do at **Crufts 2017**. As part of Style Acre's & Kingwood's joint project with Dogs for Good, Mark was chosen to represent Style Acre at the world famous dog show. Here he is pictured at the show (left) with community dog Fleck. Mark appeared in the show ring with Fleck and Dogs for Good handler Sarah. Together, they demonstrated some of the work Mark and Fleck do each week during regular training sessions. Dogs for Good uses animal assisted intervention to help people



in many ways. Building a relationship with one of their dogs, learning about its needs, carrying out activities like walking, grooming and playing games have all shown positive benefits. Being with the dogs promotes patience, calmness and relieves stress as well as boosting confidence and providing reassurance. Mark enjoyed his experience at Crufts and did so well that, once back at T2 he was awarded a certificate and a trophy (pictured right with Sarah and Fleck). Well done Mark!

Newbury Garden Show



Tenants and staff of Mowbray Road chose a very good day to see the **Garden Show** at Newbury Show Ground. Here are Peter, Chris and Rebecca with staff member Sharon.

It was warm enough for hats and sandals when they visited on 8th April, and gloriously sunny and warm. Perfect for a stroll among the many exhibits including a wide variety of plants, garden ornaments and furniture. There were also stands selling everything from jewellery, pottery and soft toys to food and drink.

Social Group roundup part 1 (up in the air)



At the beginning of February, one of the first Social Group trips of 2017 saw members visiting London's **Science Museum** to see something truly 'out of this world'. This was the Soyuz TMA-19M spacecraft (left) which brought Major Tim Peake back to Earth on 18th June 2016 and which is now on display in the museum's Wellcome Wing. There was also time to explore other exhibits, including the Lockheed Electra aircraft pictured right, suspended high above Otto and Ryan!



The space and science theme continued with a trip to **Winchester Science Centre & Planetarium** in March. The attraction boasts the largest planetarium of its kind in the UK, and at least 100 hands-on exhibits over 2 floors which Social Group members had fun experimenting with. They were even able to climb inside this space suit and get a feel for being an astronaut!

There was a visit to the **Helicopter Museum** at Middle Wallop, Hampshire on 20th April. Members were able to sit inside some of the helicopters on show, as demonstrated here by Rob. It wasn't all helicopters however – other aircraft were also on display both inside and outside, and one exhibit gave members the chance to test their prowess at target practice with a mock-up of a firing range. Well done to crack-shot Ryan, who scored most points.



Social Group roundup 2 (down on the ground)

The Social Group visited **Coventry Transport Museum** in January, which houses hundreds of exhibits from the earliest bicycles, through to motorbikes, cars, military vehicles and even tractors. Here are Ryan, Peter, Phil, Otto, James and Chris with one of the buses on show.



February saw the Social Group at **Mercedes-Benz World** which is based at the famous Brooklands circuit in Surrey. This exciting attraction offers the chance to try out on an F1 simulator as demonstrated here by Liam. There was also a go kart simulator, lots of vehicles on show including F1 cars, and visitors can also experience a trip around a skid pan track.

Ski Slope action



On 23rd March, the Social Group visited **Aldershot ski centre**.

They tried out an activity known as 'tubing' or 'donutting', sliding down the dry slopes sitting in a special kind of rubber ring. No experience needed, just sit tight and away you go. John turned out to be best at this activity and here he is, demonstrating how it's done and that you don't need snow to have fun!

Fun at Gulliver's Land

The Social Group's trip on 6th April was to **Gulliver's Land**, Milton Keynes. They enjoyed a fun day out experiencing lots of rides and attractions. Liam braved a soaking to ride the log flume, and here is staff member Chris teaming up with Pete on a laser-gun ride, sharp shooting at targets to gain points.



Go the Extra Mile award

The latest award goes to:



Adrienne (Ady) Riel



Adys yoga is a must. On a sunny day we all feel envious of the sessions she runs outside! She is always welcoming and smiling and goes the extra mile to provide support. Here's what a parent said about Ady: She has a special relationship with my daughter. She looks forward to any get together with Ady and likes to invite her along for tea at birthdays and Christmas. She also really enjoys her yoga lessons and puts so much energy into her poses, usually falling asleep during the rest period afterwards. Ady is so helpful, supporting my daughter in many ways. Well done, Ady!

Don't forget to send your nominations!

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:

bsegesdy@styleacre.org.uk or by post to Bev at Evenlode House, Howbery Park, Crowmarsh Gifford, Wallingford OX10 8BA.

Bake-off at Moulsoford Prep School



Students at a local school held their own version of *Great British Bake-off* on 24th April, competing against each other to produce delicious baked goods and raising funds for Style Acre along the way. The judging panel was made up of Turnstyle users Christina, Charlotte, Lisa and Daniel, and GBBO celebrity Christine Wallace presented certificates to the winners. 4 year groups took part and a certificate was awarded to the winner in each of these. George (pictured far left) was judged over all winner, and received a copy of Christine's latest baking book. Thanks everyone at Moulsoford Prep School for a marvellous event, and congratulations to all the winners.

Tea Room achievements

4th April saw an event celebrating the achievements of Tea Room Catering Assistants and Bakers. Over 65 people attended including family and friends. Martin, Rachel, Nicola W, Ann, Daniel, Matthew, Nicola P, Henry, Domenic, Katy Ann, Morwenna, Ryan & Tom had all earned certificates for passing Level 1 Food Safety & Hygiene. There were also certificates for Jenny, Shanie & Christina who are currently undertaking work experience at the Tea Room. They will go on to do their online training towards the end of their placements.



Baking Group members Lisa, Daniel, Heather, Matty, Kate & Charlotte received certificates reflecting their own personal achievements.



During the evening, we said a big 'thank you' to all staff who work so hard to make all this possible. From Tea Room Managers Jo Farnsworth and Tracy Knapp, to Work Supporters Lou, Charmaine and Kate (not forgetting Carla who has helped previously), we thank them for their excellent support with online training as well as day to day support to learn new skills. Grateful thanks

must also go to our hard working staff Tina, Maz, Claire, Gaynor, Kate and volunteer Hilary who do a great job supporting our Baking Group to produce wonderful cakes and biscuits for the Tea Room.

Since opening in 2010, 36 people have undertaken work placements at the Tea Room and some of these have progressed onto paid employment there. We currently have 8 paid employees, 2 long-term volunteers and 6 people on work experience. There have been 17 bakers and 12 staff involved in baking delicious cakes.

Michelle Staniforth, Work Manager

SABRe folk get speedy

SABRe users had an exhilarating go-karting session when they took part in a very competitive afternoon's racing. Amongst the people taking to the track were Rob and Ollie who gave the thumbs up to this activity and both said they couldn't wait to go again. Judging by how much everybody enjoyed it, it looks like karting could become a regular feature!

