

Style Acre

Supporting people with learning disabilities



STORIES **AUTUMN 2017**

Awards evening at SABRe, Banbury



On 23rd August **SABRe** held its first ever Awards night. The event was very well supported by staff, centre users and family & friends. The event was to show that people can do things even if they have a learning disability. Users received awards for what they had achieved over the year. People were given awards for doing different kinds of work, volunteering & work experience – in Style Acre on reception and in the bookshop and in other places like Sainsbury's and the Blue Cross. The layout at SABRe was well thought out with refreshments laid on, we even had a red carpet! I received volunteer



of the year award (pictured right) for my work in The Little Bookshop and on SABRe reception.

John Saxelby

100K Challenge

The 100K Challenge began on 11th October with a 68k (40 mile) bike ride, a 12k (7.5 mile) canoe trip on 12th, finishing with a 21k (12 mile) walk on 13th. Challenge was a very good word for the event, which proved extremely gruelling. Day 1 found participants cycling from our Tea Room to Port Meadow, Oxford and back again, with a pit stop for a picnic lunch next to the Punter public house in Oxford. Here they were joined by family and friends who cheered them on as they took up their bikes for the return journey which proved really tough in increasingly windy conditions. By day 2 there were a lot of aching muscles, and blustery conditions plagued them again. At times the wind was so strong that people were paddling without making any progress! Despite this the group managed to make good time on their paddle from Oxford to Abingdon. Finally on day 3 they had pleasant weather for the long walk from Abingdon to Wallingford. The 100K Challenge was incredibly hard work and led to lots of stiff limbs, aching muscles and sore feet but, thanks to all who took part, raised over £2,000 for Style Acre funds. There will be a get together at **T2** at 1.30pm on 7th November to thank everyone who took part and to present certificates for their achievements.



Men's group at Wicksteed Park

On a summer's day in July, the Men's Group visited **Wicksteed Park**. Devised and developed by Charles Wicksteed, the park opened in Kettering in 1913 and is one of the oldest leisure parks in the UK.

During their day out, members experienced many of the rides including a zip wire ride called *Rush*, and the *Paratrooper* ride. Peter and Barry tried out the go-karts (pictured right).



Thorpe Park, August 2017



A warm dry day in August found thrill seekers from **T2** amongst the rollercoasters at **Thorpe Park**, where the fearless group tried out rides such as *Colossus* and *Nemesis Inferno*. With various water rides like *Storm Surge* also available, some people decided to brave a soaking despite the dry weather!

A supersonic trip to Brooklands

The Men's Group visited **Brooklands** on 17th August, a museum in Surrey dedicated to motor sport and aviation. As well as taking a spin in vintage cars around the famous Brooklands racing track, the museum is also home to a Concorde aircraft which members were able to view both inside and out.



Chessington World of Adventures

Grace and Carol joined with the Men's Group in September for a day out at **Chessington**, enjoying all the rides from bumper cars to rollercoasters. Here are (l-r) Grace, James and John with staff member Peter, taking a spin on the Runaway Mine Train.

Somerset break for Slade Road



Slade Road tenants have enjoyed a relaxing break in Somerset. Their accommodation included the luxury of an outdoor hot tub, which proved extremely popular! When not relaxing there, they explored Weston-super-Mare where they saw some wonderful sand sculptures, and took a trip to Wookey Hole Caves, wherein they took this subterranean selfie with support staff Rachelle and Megan.

Howzat! Kwik Cricket revisited



Following T2's successful and enjoyable Kwik Cricket session held last summer, they decided to go in for a re-match. So, on an August day this year they returned to **Abingdon** along with support staff Keith and Joao. Ryan joined the session and said "it went well. I learned more about how to play the game, and it was fun".

Cocktails in the Attic



Style Acre Banbury Service Users Lisa, Dawn, Charlotte, Tammy, Sarah & Rosemary supported by Aimee, went to a cocktail making session on 16th August at **The Attic** in Banbury and had a great time. The Service Users all had a say on how the session went: Sarah said "I really enjoyed that night, it was



really fun and also it was a giggle".

Charlotte: "It was fun and I would do it again definitely with a mix of people".

Tammy: "It was a laugh, I'd love to do it again and had fun making them with the bar staff."

Lisa: "It was lots of fun and I laughed my socks off and it was great company with a lovely bunch of people."

Rosemary: "I enjoyed mixing with people there and loved learning how to make cocktails and having a laugh."

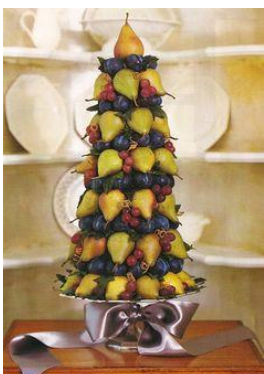
Dawn: "It was all right; it was enjoyable and I really had a good time"

Support worker Aimee said: "The ladies really enjoyed learning how to make cocktails and we all had loads of fun!!!" They would love to do it again soon, maybe learning to make different cocktails and mocktails.

By Lisa Swinburn

Christmas countdown is on!

This year's **supported living Christmas Party** will be on 8th December, which is not far away! There was such a wonderful response to the table centrepiece competition for last year's party that we are running it again this year. Here's the brief: the theme is *Christmas Tree*. We would like tenants & staff from each house to get together and design and make their own Christmas tree themed table centrepiece. Entries should be no more than 30cm high approximately (so people can see over them at the table!) and there should be no candles or glass. Other than that, anything goes. There will again be prizes for the best entries, and here are some pictures to provide a little inspiration!



Fruity, made with pears



Pine cones & battery lights



Wooden sticks and stars



Tissue paper & ribbon

Dramatic art by Domenic



Slade Road tenant Domenic has been busy with brushes and canvas recently, producing an amazing piece of art which now hangs in pride of place on his bedroom wall.

Taking inspiration from the natural world, Domenic decided to re-create the beautiful and unusual sandstone rock formation seen on the right, and working by himself at home, painted the wonderful canvas shown here on the left. Great work, Domenic.



Coffee morning at Turnstyle



Turnstyle held a coffee morning on 26th September in aid of McMillan Cancer Care. There was plenty of cake too, including everyone's favourite chocolate crispy cakes, cupcakes made by the Women's Group and a lemon drizzle cake contributed by Gaynor. There was also a Molly Cake brought in by Finance Director Danny, an unusual fruit cake made without sugar, fat or eggs. New Style Acre Patron Christine Wallace popped in too. As a local resident and quarter finalist on the Great British Bake Off 2013, a coffee morning bristling with cake was

an apt event for Christine, and here she is pictured with Philippa Stannard, Fundraising, Marketing & Community Development Manager, and Chief Executive Chris Ingram. The event raised £66 for this worthwhile charity. Well done Turnstyle and all who helped make it a success.

Getting Christmassy at Millets Farm Centre



They are already gearing up for the festive season at **Millets Farm**, Frilford, and here are Mowbray Road tenants Rebecca and Peter pictured with some of Santa's reindeer there during October. They explored the Christmas displays and browsed the Christmassy goods for sale before enjoying coffee and cake.

Eating a rainbow

How exactly would you go about eating a rainbow? Members of the **Star Group** showed us how, working together in the Turnstyle kitchen to produce home-made pizzas topped with a multi-coloured array of healthy foods, from salad leaves and sweetcorn to pineapple and peppers. All good stuff to contribute towards achieving '5 a day', and thoroughly enjoyed by Star Group members for lunch following all their hard work. So as not to leave out colours on the purple/blue end of the rainbow, there were fresh blueberries for dessert!



Fundraising & Community news



As some of you may know, we said goodbye to Chris Burrows in August when he left us to pursue a teaching career. We are however delighted to announce that Anita Powell has now joined us as Chris's replacement in the role of Community Fundraiser and Volunteer Coordinator. Anita joins us at a busy time, with some of her first tasks being to help with organising Christmas events. Details below!

Wallingford Santa Dash 2017

Style Acre will be organising another Santa Dash this year, with hundreds of Santas descending on Wallingford on Sunday 3rd December! You can run, walk or sleigh ride your way on our 3km (just under 2 miles) route from Wallingford School through the town's parks, ending up in the Market Place in perfect time for the Christmas Shopping Extravaganza. Open to Santas of all ages and abilities, and their canine little helpers. All proceeds go to Style Acre – the entry fee includes a Santa costume, a medal and lots of festive cheer. We are encouraging lots of people we support plus family and friends to get involved – either taking part in the Dash, marshalling on the route or helping to hand out medals at the end. For more information or if you'd like to book a place, click here. Alternatively you can email us at community@styleacre.org.uk or call Anita on 01491 827593.

Christmas at the Manor House, Howbery Park

On Friday 8th December we are organising an afternoon of festive fun for all at the Manor House at Howbery Park. Style Acre will have a stall selling homemade fare, there will be a Christmas jumper competition and an opportunity to sing some songs and carols! It would be great to see you all there – we'll have some craft stalls too to help with Christmas shopping! We will also be drawing our **Christmas raffle** with three great prizes - see end of newsletter for details.

Christmas service at St Mary's

Our annual Christmas gathering at St Mary's Church, Wallingford will take place on Thursday 21st December at 1pm and we'd be delighted to see people we support, staff & families, for this final Style Acre event before Christmas. We will be singing a number of popular Christmas songs & carols, with some people demonstrating their signing skills on stage! The Rev. David Rice will lead the service and we'll serve refreshments afterwards. Please email community@styleacre.org.uk to let us know if you are coming, or call 01491 827593.

**Festive fun at the
Style Acre Tea Room!**



**The team invite you to a day of Christmas celebration
on 9th December**

Bacon & sausage baps ★ Tombola ★ Delicious cakes

Mulled wine ★ Sausage rolls ★ Soup ★ Mince pies

11:00 - 12:00 Entertainment from the Blewbury Brass Band

12:00 - 2:30 Santa arrives on the Blewbury Wagon to meet and give gifts to children (no charge)

**The Tea Room at Savages Garden Centre, London Road, Blewbury, OX11 9HB
Tel: 01235 850912**

The Big Festival

We were invited to have a stall at the **Big Festival** in Kingham, on 3 days over the August bank holiday weekend. We had a stall selling clothes and items from our charity shop, alongside doing face glitter tattoos for people.

8 people from **SABRe**, plus staff, worked on the stall. We were also able to spend time enjoying the festival, visiting other stalls, listening to the live music and eating some lovely food! Our stall was very busy and we made £580. Karen and Charlotte enjoyed helping on the stall and Charlotte enjoyed helping with the face painting and glittering of children's faces. Karen liked meeting Adam Henson from *Countryfile* and holding the animals. It was so exciting to watch Olly Murs live on stage. We would love to do this again as the weather was nice and hot and we had so much fun.

By Karen Wyatt and Charlotte Owens



Charity Christmas cards for sale!



We held a **Christmas card design competition**, open to everyone we support plus staff, and entries poured in. Here are the winning designs which will be turned into Christmas cards and sold in aid of Style Acre. Each pack of 12 will include 2 of each design and will cost £5. To order, [click here](http://community@styleacre.org.uk) or email community@styleacre.org.uk or call 01491 827591. Congratulations to our winners, clockwise from top left: Anne, Linda & Kate (mistletoe), Faye (snowman), Grace (Christmas pud), Emma (sleigh), Mary Anne, Rebecca & Fiona (aeroplane), Mark (robin). A special mention too to Anup, who composed the greeting that appears inside Emma's card.



Christmas Raffle

We have three impressive prizes for our Christmas raffle this year, which will be drawn at our Christmas fete at the Manor House, Howbery Park on 8th December. Milton Hill House in Abingdon has donated an **overnight stay for 2**, with champagne upon arrival and dinner. Our Patron and local baking celebrity Christine Wallace has offered a 4 hour **one-to-one baking session** with her at her kitchen. We also have a **Christmas hamper** of goods donated to us by local businesses. Raffle tickets are just £1 and available from the Tea Room, shops and at Turnstyle. If you'd like tickets or books of tickets sent to you, please email community@styleacre.org.uk or call 01491 827591. If you can sell some books for us, please get in touch!