

Style Acre

Supporting people with learning disabilities



STORIES SUMMER 2018

A visit to the Palace

There was an important day out recently for Chief Executive Chris Ingram and Style Acre Ambassador Rachel. They attended a reception at **Buckingham Palace**, hosted by HRH Prince Charles on behalf of long term supporter of our work, Garfield Weston Foundation. The reception was held to mark the Foundation's 60th birthday, and Chris & Rachel were able to mingle with and chat to fellow guests from a great many other charities. Here are Chris & Rachel, pictured outside Buckingham Palace.



A right Royal birthday for Joya

More Royal interest, this time for tenant Joya's birthday in June when she chose a Royal themed day out, with a trip to **Windsor Castle**. A really enjoyable time was had by all and Joya was fascinated to check out the guards of Windsor Castle and prove that they really *won't* speak when spoken to by members of the public!

Makaton group



The **Makaton group** have had a fun year, especially the day trips. They particularly enjoy being out and about, which helps encourage good communication in the community and raise awareness of Makaton and signing as a communication tool.

The group always choose their own trips, which we plan together. When out and about the group continues to plan - how to get from A to B, when and where to eat and drink, helping each other when needed, and just enjoying their chosen activity!

The group say their highlights have been Windsor Castle, trip to London with a boat ride, trip to Wantage Gardens with Michelle (Head of Speech & Language Therapy & Work) and a theatre trip to see *George's Marvellous Medicine*.

The Makaton group also enjoys discussing everyday things with signing, highlights from their past week/weekend, board games, book reading together, story writing and singing with signs. They are now interested in building something, so that's the next thing to plan for.

It's a real pleasure to be part of the Makaton group, and the group is now deciding what trips to do next! I look forward to hearing where they would like to go! *Charlotte Hallam and the Makaton group*

Gardening update

Late springtime at the Wantage Market Garden

In late spring, so much needs doing in the garden, from seed sowing, potting on, planting out, to weeding and watering. The greenhouse is never big enough at this time! The garden may seem quiet



at the moment after the exuberance of the daffodils and tulips but a lot is happening. We have replanted the two raised beds in the flower garden with dahlias and lilies and the new rose border is being underplanted with cornflowers and poppies (in memory of the hundredth anniversary of the ending of WW1). The roses were planted last autumn and will be flowering for the first time this year. We will shortly be planting up the large polytunnel with tomatoes and the runner beans in the veg garden have started making their way up the bean poles.

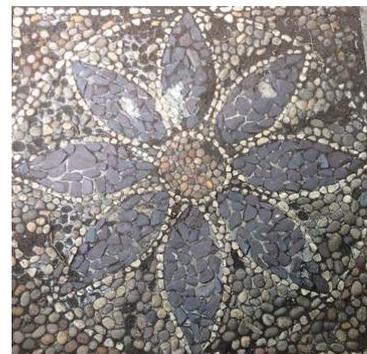
We have just purchased a new walk-in brassica cage which will hopefully prevent our cabbages and cauliflowers getting munched by caterpillars and pigeons. The money for the cage was kindly gifted by

Lombard, a corporate volunteer group who spent a day working with us in early May. The cage will be more accessible than previous netting because it's a walk-in one, with a proper door!

Do come and see how the different areas are progressing on a Friday. We also have a community gardening afternoon on Sundays which anyone can attend. If you are interested in getting involved do contact Sarah, sgriffiths@styleacre.org.uk Sarah and Olwen, Wantage Market Garden co-ordinators

Garden discovery

Simon has been working extremely hard at Colborne Road as part of the new **garden maintenance project**. The team were clearing debris at the end of the garden and uncovered a beautiful mosaic on the patio. The tenants are really pleased and the team are hoping their next find will be treasure! The project offers people horticultural training and work experience. Simon started working on the project in April, and is committed to his work and extremely thorough. On a weekly basis he weeds, mows and prunes the gardens he looks after to a very high standard. Well done Simon!



If anyone is interested in getting involved in the project contact Sarah Griffiths, sgriffiths@styleacre.org.uk



Superhero day at T2

On 2nd May, T2 was crowded with Batman, Superman, Cat Woman and a host of other Superheroes, as pictured here. It was an event held to launch, and to recruit for, the **Superhero Challenge** which is taking place on 18th August.

At the time of writing, 18 people from Style Acre have signed up for this sponsored Triathlon event comprising swimming, cycling and running in teams of 3. You can see full details and information on how to sponsor at:

<https://styleacre.org.uk/events/superhero-challenge/>

Men's Group round up Laser Clay Shooting and Tubing

Summer activity days out for the Men's Group have included a trip to the **dry ski slopes at Aldershot**, plus a **laser clay shoot in Reading**. The ski slopes saw members enjoying 'Tubing', where riders slide down the slopes sitting in a large rubber ring! Another May outing took them laser clay shooting in Reading. After a short practice session, it was competition time with points registered each time the beam hit the clay pigeon. Otto was best shot, recording 30 out of 30 hits. Well done, Otto great shooting!



This Morning Live

Members visited **This Morning Live** on 17th May. A chance to take in the varied features on the main stage including health & wellbeing tips, guest interviews, visit the street food market area and watch cooking demonstrations on the Food & Drink stage. Plenty of opportunity for star spotting as well, and members saw a number of presenters including Philip Schofield, Holly Willoughby, Lisa Snowden and John Torode.



Two recent Men's Group trips have been to military buildings – **Fort Nelson** near Portsmouth, and also **Warwick Castle**. Fort Nelson had an added attraction of 5,500 poppies entitled **Wave** (left). These were some of the poppies originally on display at the Tower of London. At Warwick Castle, the group enjoyed a War of the Roses jousting show (see Knight, pictured!) and a birds of prey demonstration.



Legoland, and a yellow submarine

The group's trip on 28th June was to **Legoland Windsor**. They had a great time trying out all the usual rides, as well as experiencing **Atlantis** pictured right. This yellow submarine, complete with glass bottom, offers riders an underwater trip through Legoland's Sea Life tropical aquarium.



Fun in the sun

With the heatwave continuing, two July trips have seen the Men's Group close to the water, with days out at **Weston-super-Mare** and **Cotswold Water Park**. At Weston, fun was had on the Edwardian pier with its fairground rides, museum and other attractions. Here are James and John, pictured relaxing in an oversized deck chair. Meanwhile at Cotswold Water Park, members were able to cool off with a swim or a paddle, whilst some tried out the pedaloes. The park also offers boat hire and a man-made beach where visitors can enjoy a BBQ and sunbathing, between cooling dips in the water.

Air Tattoo

Fairford Air Tattoo has become a firm favourite with Style Acre folk, who looked to the sky with a trip to the Air Tattoo in July. All types of aircraft were in action, including the Red Arrows which they got very close to (pictured right).



Celebrating achievements



Congratulations are in order for Philip, who uses **SABRe** in Banbury.

Philip (left) has successfully completed a 10 week **computer course** and here he is, proudly showing off the certificate he gained for his hard work. Very well done, Philip!

Congratulations also to Sam who comes to **T2, Didcot**. He has received a certificate of recognition from his employers at Tesco for his **outstanding customer service**. He attended an awards ceremony and is very proud of his achievement. Here is Sam with his certificate.



'Go the Extra Mile Award' for this edition goes to... Nicky Preddy!

A big THANK YOU to Nicky for all her hard work and dedication. Nicky has been outstanding in her role as Support Manager at Chestnuts, always with a smile on her face! People said: Nicky is always positive and motivated. She is always thinking about 'the whole person' and is very committed to the people she supports, she is a great advocate and works really hard to ensure people have a good life. Nicky's team said she is a real team player, always supportive and she really listens. She always puts the people we support first and has a great sense of fun. Chestnuts has seen some changes and Nicky has really led from the front, supporting the tenants and staff throughout. *Thanks Nicky!*



Don't forget to send your nominations! 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 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 at bsegedy@styleacre.org.uk or by post to Bev Segesdy at T2, Unit 2C Trident Business Park, Basil Hill Road, Didcot, OX11 7HJ.



Rebound round up

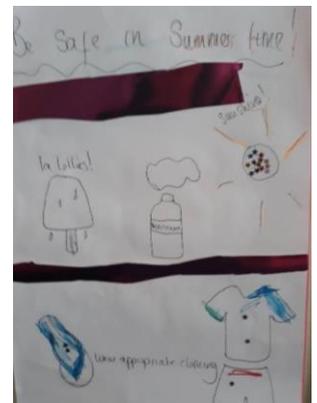
So it's the end of another year at **Rebound!** We wanted to say a massive **well done** to all participants, you've all done brilliantly learning and developing new moves, skills and sequences on the trampoline. We enjoyed awarding certificates of achievement to many of you. We are both extremely proud of you all and look forward to seeing you back for more fun in September! *Naomi and Calum*

Health and Safety Committee

The Health and Safety Committee continues to meet frequently throughout the year. The committee members are from Supported Living and Day Services, made up of people we support, support staff and managers. Never has health and safety been so fun and informative. Health and Safety is an integral part of all our work at Style Acre. Please discuss any issues/concerns with a manager or contact Hannah Pritchard-Hawkes at Howbery Park Supported Living Office on 01491 827587 or Hpritchard-hawkes@styleacre.org.uk



We recently held a **poster competition** about summer safety. We had fantastic entries - thanks everyone who took part - look out for them around Style Acre. The Winner is Sam at Banbury for her *stay cool* poster (main picture). It really gets the message across and can't fail to make you smile!



Please remember look after yourself and others in the hot weather. Tips: Stay cool, drink plenty, apply sun cream, wear a hat and avoid going out in the sun between 11am-3pm. Enjoy the sunny days!

Colour Run fun

Some of Style Acre's Tenants and staff from Didcot really enjoyed getting messy by joining in with our first ever **Colour Run**, which was held in the town on 16th June. Rachelle, Nicky, Henry, Sophie and Domenic really enjoyed the day and didn't mind one bit getting spattered liberally in paint powder in Style Acre's colours!



NEWS FROM THE FUNDRAISING AND VOLUNTEER TEAM



Can you help us? We apply to organisations who may give money to Style Acre to pay for projects such as our Work Programme, Garden project and for equipment at our hubs. Additionally, Turnstyle and T2 need new vehicles this year to transport our users, as the older vehicles need replacing. Stories from people we support, parents and support workers can really add value to our applications. It would be great to hear from you if any of these projects have helped you, your family or someone you know. Please tell us why you think they are important, how they help and the difference they have made. We would love to hear any feedback you have

about the following: our work placement, Wantage Market Garden, activities and services at our day hubs, our transport service for T2 and Turnstyle or anything else about Style Acre! **Please [click here](#) to complete our questionnaire.** If you or your company would like to support us with any of these projects, please contact [Philippa](#) or to telephone, dial 01491 827591.

UPCOMING EVENTS

Style Acre Superheroes – 18 August

18 people we support will be taking part in a [Superhero triathlon](#) in August to raise funds towards our work. This is a huge challenge – please consider sponsoring them by clicking [here](#).

Oxford Half Marathon – 7 October

We've 5 places for the fabulous and scenic Oxford Half Marathon. Contact [Anita](#) to book your place.

Didcot Food Festival – 27 October

Our Patron, local bake celebrity Christine Wallace has her annual [Didcot Food Fest](#) at Didcot Civic Hall and we are delighted to have a stall selling cakes made at our T2 kitchen. Please come and eat cake!

RECENT EVENTS

Wallingford Festival of Cycling In July, Style Acre and *Wheels for All* organised some inclusive cycling activities. Everyone had fun on the range of adapted bikes in our taster session at Wallingford School – whizzing around on tricycles, hand-cycles, tandems and the ever-popular wheelchair transporter! We then took the bikes into town for our 'Style Acre & Friends Inclusive Ride' around the town centre circuit. With lots of cheers along the way, our little group made our way around the loop showing off the bikes and our cycling skills to everyone gathered to watch the races. A lot of fun was had by all, and we are really grateful to the festival organisers for giving us the opportunity to be involved, and to *Wheels for All* for bringing along the bikes and running the taster session.

Summer Soiree Our major fundraiser, held in the stunning grounds of our supporter was a wonderful event, showcasing the incredible talent of our dance group and choir, as well as singer Grace and our stand-up comedian Henry. With 140 guests, we held a 3-course dinner with entertainment, a disco and casino. Huge thanks to our host, Grace, our entertainers and our guests who raised over £20,000 towards our work.



Amazing Graces! Host Grace Tye with singer Grace K

London Marathon Liam Nugent of **Atlas Employment**, raised £2,000 for Style Acre and survived the hottest marathon yet!



"In what can only be described as brutal weather conditions I have completed my first marathon! All went well until 7 miles in when my hamstring started giving me issues. I ploughed on but it certainly got the better of me by mile 23, walked the last 3 miles until I got to 800m to go and realised I wanted to be under 5 hours...ran the last stretch through gritted teeth to complete in 4.58.49. Thank you to everyone who has wished me well and supported me throughout my journey."

Rough Runner Three people we support, along with Hannah, manager of SABRe, our Banbury hub, took part in a 5km inflatable obstacle course in May, raising over £300. They had great fun and got pretty soggy!



Thames Run and Didcot 5 We are hugely grateful to the Thames Run, who supported us again this year and raised £1500 for Style Acre. Thank you to everyone who marshalled and helped on the day! Grateful thanks also to The Didcot 5 Fun Run in July who also supported us.



Didcot Colour Run Our first ever Colour Run was a big success! We were really happy to see so many people and families there enjoying the day and getting colourful! We raised £2,000 and lots of smiles.

Thank you!

A huge thank you to the **Rotary Club of Didcot** who have generously donated £900 from a fundraising quiz! They presented the cheque to our wonderful team at the **Tea**

Room, where some of the money raised will be used to make essential improvements.



We were delighted to receive a grant to purchase **five new lightweight wheelchairs** for use at Turnstyle. Many Thanks to the **Hospital Saturday Fund** for their generous donation.

We are really grateful to the wonderful people who took part in the **Bucks Fizz Blewbury tennis tournament**. This popular, annual women's tennis tournament chose Style Acre as their charity this year, raising over £3,000 – wow!

Thanks also to the **Hendred Reeling Society** who donated £1,315 to Style Acre to support the **Tea Room** and Didcot day hub, **T2**.

Grateful thanks to **Henley Round Table**, who donated £1,597 which has kick-started our campaign to create an accessible and sensory garden at our house in Henley, which supports people with complex needs.

Thank you to the lovely staff of **Immunocore** in Abingdon for raising £534.25 through their fundraising raffle.

Thank you so much **Waitrose Wallingford** customers who supported us with their green tokens! We received a cheque for £460.

VOLUNTEERS

Our volunteers do a fabulous job! We are still looking for a few more volunteers to help us with driving people we support to work placements, as well as in our charity shop in Wallingford. We'd also love some more volunteers to help with arts & crafts at **Turnstyle**. If you know anybody who might be able to help please let Anita know.

Corporate Volunteers - We have had a huge amount of help from corporate groups – **Lombard** regularly come and help in our Wantage Market Garden and we recently had a group from **Lloyds** who painted the outside of the Tea Room. **Nationwide** in Didcot are also enormously helpful, with volunteers helping one day a month. All the teams who help get a lot from it so if you know anyone looking for a team building opportunity get in touch!

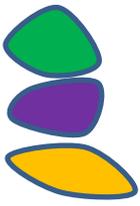


Team Lombard!

Thanks for reading! If you'd like to receive Fundraising & Volunteer updates by email, please [click here](#) or email community@styleacre.org.uk

events

On a general newsletter note, did you know that recent changes to data protection law means that even if you've given us your email address and are used to receiving our newsletters this way, we can no longer send via email without your consent. If you are used to hearing from us by email and are now receiving newsletters by post, this will be why. You can change this by contacting us - click on the **community email address above or call 01491 827591.**



Ways to wellness

At Style Acre the importance of leading a healthy lifestyle and the benefits this can bring are seen as key elements to people's happiness and wellbeing. We are in the business of caring and we really care about the health of all people we support, and our employees.



We already know that people with a learning disability have worse physical and mental health than people without a learning disability. The [Confidential Inquiry into Premature Deaths of People with Learning Disabilities](#) found on average men die 13 years earlier and women 20 years earlier than the general population. 42% of the deaths considered were premature. Other studies indicate that disabled people are more likely to engage in health risk behaviours, such as smoking, poor diet and physical inactivity.

It is also widely known that being in work is good for people's health and wellbeing. The benefits of promoting a healthy workplace are for employers as well as employees; healthy and motivated workers are more likely to 'go that extra mile', give good customer service, take fewer sick days and provide commitment and creativity.

Did you know?

According to the NHS, just one in four adults eat their five a day.



Make your commitment today! We are asking that everyone we support and all staff are supported to make at least two commitments to improve their health and well-being, which are measurable. We welcome input from families to support these commitments. Look out for more information about the Wellness event we are holding on 17th August 2018.

Did you know?

Being more active for 30 minutes a day can boost your health and wellbeing!



Examples:

Be more active - 150 mins a week exercise-record on Nourish, a tick chart, photos.

Eat your 5 a day - Use eat a rainbow sheets - be creative with cooking and preparing food - track your fruit and veg daily.

Stay hydrated - Drink more water. Buy a water bottle - record on daily fluid interaction.

Up your steps - walk every day - climb stairs - record and plan your routes - go walking with others - buy a pedometer.

Sign up using the form that is being sent out and let us know how well you are doing. Please send photos, emails etc. of your progress. Philippa Stannard will be posting on FB and Twitter to share the good news stories. Please contact Bev Segesdy on 07841 338916. T2, Unit 2C Trident Business Park, Basil Hill Road, Didcot, Oxon, OX11 7HJ. bsegesdy@styleacre.org.uk