

Style Acre

Supporting people with learning disabilities



STORIES WINTER 2018-19

Happy New Year to all readers

Christmas celebrations

The festive season was busy as ever around Style Acre, with parties, festive meals, panto trips, carol services, Santa at the Tea Room, Christmas Gift Fair, Dan's Christmas Disco and the popular Santa Dash. **Turnstyle & Supported Living** held their annual Christmas parties which are always enjoyed. The table centrepiece competition at the latter of these was won by tenants & staff of 12 Mowbray for their wonderful gingerbread version of Style Acre Shop (left). Congratulations to them and to tenants & staff of 53 Slade (2nd prize) and Wheatley (3rd prize). **Banbury** held a



Christmas party with a Caribbean twist! Tenants had been trying Caribbean foods and the idea of a themed Christmas party arose out of this, with staff team members Mel and Tamara kindly sharing their Jamaican culture by cooking traditional Christmas dishes. There was oxtail curry, stewed chicken, dumplings, fried chicken and coleslaw. Reggae music played, there were palm tree decorations and even limbo dancing. Tenants invited family and friends and had a brilliant time. At **T2** as in previous years, a traditional hot Christmas lunch was prepared and served as part of their festivities. It was very busy for everyone helping on the day, with over 70 people sitting down to a delicious meal. That's a lot of preparation and a huge amount of washing up! Big thanks to all the helpers. Here are Santa and his elves (aka staff team members Keith, João & Chris) who handed out presents.



...and the festive season isn't quite over. It's Panto time at T2!



Cinderella – the Style Acre Panto

Prepare for an evening of fun, laughter and frivolity, as **T2** brings their performance of *Cinderella* to the masses of Didcot! The cast & crew have been working really hard since October, and it would be great to have a nice big audience there to support them. The performance is at **Didcot Civic Hall** on **Friday 8th February** at **7.30pm**. Tickets are available from T2 (01235 512005), Turnstyle (01491 827582) or on our website at www.styleacre.org.uk/events/cinderella/ and are £7.50 for adults, £5 for children and £20 for a family of four.

Spooky goings on



October saw an outbreak of all things strange or spooky or both, as Halloween fun was had across Style Acre. A coven of witches emerged in the form of – from left to right - Philippa (Job Coach), Michelle, (head of Speech & Language Therapy & Work) and June (Speech & Language Therapist). Colleague Keith Thornton (IT Manager) was almost unrecognisable having transformed into a very convincing vampire! At Turnstyle, we had creepy clowns including staff team member Katie Gale and Rob, Director of Day Opportunities. Radnor Road tenants & staff created a fabulous Halloween themed decoration for their mantelpiece and fireplace. Their display is pictured left, complete with skeletons, pumpkins, bats and cobwebs.



Go the Extra Mile Award for this edition goes to:

Barry Jones



A BIG THANK YOU to **Barry** from **Turnstyle**. Lots of people think Barry is wonderful! They said: he has boundless enthusiasm & positive energy, going the extra mile in everything he does at Style Acre. Through his work on the garden maintenance project & Turnstyle garden group his creativity & drive have seen him and Simon Drew greatly improve the gardens they've worked on. Barry also loves animals, and introduced Simon to keeping chickens. Simon loves nurturing them and has been motivated to build them a chicken coop. If you ask for Barry's help he not only says 'yes', but will offer constructive suggestions, and his time.

I've known Barry for a long time. Back to when he had his pet shop. I've always seen him as kind, gentle and caring and very dedicated to whatever he does. When he's with my son he is extremely patient and understanding and makes him laugh. Most of all he lifts my spirits and really makes me laugh! He's so funny!! Nothing is too much trouble for our Barry and we really appreciate him. Barry has years of experience and I hope he never leaves!

Also A BIG THANK YOU to Simon Drew. Barry & Simon are a great team; they've taken on the maintenance of many Acre Housing gardens and do fantastic work! Thanks Barry and Simon! **Please remember to send your nominations!** We want to celebrate achievements, excellence and innovation within Style Acre. We recognise individuals often go the extra mile and we want to thank and share with others, the outstanding contributions these individuals make. Nominees can 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:

bsegesdy@styleacre.org.uk or by post to Bev Segesdy at T2, Unit 2C Trident Business Park, Basil Hill Road, Didcot, Oxon, OX11 7HJ.

News from our Fundraising & Volunteering Department

Farewell to Philippa Stannard

We sadly said goodbye to Philippa Stannard at Christmas, when she left for pastures new after six happy years with us. You can of course still contact our Fundraising & Volunteering Department, where Sarah & Anita will be happy to help with your enquiries about fundraising, details and/or tickets for Style Acre events. Tel: 01491 827591/827593 or email community@styleacre.org.uk.



Dorchester Festival

As you may know, we've been chosen as **Dorchester Festival's** charity this year. There are lots of exciting opportunities for us to get involved during the week of activities & events, as well as to raise valuable funds for our work. Please do get in touch if you're interested in helping throughout the week from 3rd-12th May (mainly evenings & weekends) with selling raffle tickets, baking cakes, helping in the Abbey Tea Room, and other things. Tickets for all events are on sale from 1st February at www.dorchesterfestival.com or call Anita on 01491 827593. The festival kicks off with a Big Bash on Friday 3rd May which we'd love to see lots of Style Acre faces at! It's also not too late if you'd like to abseil down the Abbey....

Feel Fab February



FEEL FAB FEBRUARY!



February is usually a cold, dark month but we'd like to try to bring smiles to everyone's faces with a new campaign – **Feel Fab February!** The idea is to try new things that make you feel good – whether it's cooking a nutritious meal, singing a song, getting fresh air & exercise or spending time with friends. We'll be circulating a calendar with ideas for each day, and you could even set yourself a challenge for the month! It's part of the **Ways to Wellness** project, and we'd love the wider Style Acre community to join in as well as the people we support. Full article on next page.

Other 2019 dates for your diaries:

T2 Panto 8th February (see front page)

Spring Festival at Wantage Market Garden – April 12th (details on back page)

Wallingford Thames Run – May 19th

Didcot Colour Run – June 15th



Nicky nabs an autograph

Over the Christmas break, Didcot tenant Nicky went to the **Hexagon, Reading**, to enjoy the pantomime *Aladdin*. An extra bonus was that Nicky's favourite Justin Fletcher, aka *Mr Tumble* was starring in the show! After enjoying the performance, Nicky and staff team member Rachelle waited at the stage door, and were rewarded when the man himself came out to say 'hello' and sign his autograph for Nicky. Rachelle managed to snap a quick photo for Nicky's album. Lovely reminders of a special day.

A well-deserved treat for Bookshop helpers

On the 16th of January all the volunteers that work in **The Little Bookshop** at **SABRe** went to have a drink and dinner in the Cherwell pub. The people that went were Dawn, Sam, William, John, Lydia, Frances, Jamie, Theresa, Johnny, Tammy, Lisa, Karen, Richard, Rob and Sky. There was some staff supporting us as well. It was great fun. A regular customer kindly donated us some money which treated us to some drinks – Cheers!

Written by Lydia on the 18th of January





Ways to wellness

As part of our **Ways to Wellness** campaign we are asking that everyone we support and all staff are supported to make at least two commitments to improve their health & well-being, which are measurable. We welcome input from families to support these commitments. We are also offering a Buddy system where people we support & staff join forces - a Buddy to help motivate and share the journey means you stay stronger and have more fun! Please indicate when making your commitments if you would like a buddy!

Well done to our first
Buddy up pair -
Darryl Jones and Ben Lanes.



Darryl's commitments are to:

1. Walk more, using a fitness tracker, complete his walk leader training, walk with friends and keep a record.
2. Lose some weight. By swimming, gymning, eating lower fat foods and keeping a record. He is also going to encourage others, and drink more water.

Ben's commitments are to:

1. Improve his fitness, using his Fitbit to record, walk more at work & home, and swimming.
2. Drink more water. Have his water bottle on him at all times, and record. He is also going to encourage others!

Sign up to the Ways to Wellness initiative: Sign up **online** on Style Acre's website. Follow the link: <https://styleacre.org.uk/be-involved/ways-to-wellness/>. Complete the form & email back. Or contact Bev for a paper copy. Record commitments on monthly grids. In supervision in monthly report. Talk about commitments in house meetings, team meetings etc. Track your progress and let us know how well you are doing. Keep a record of how well it's going! Take photos, record in Nourish, record on monthly grids. Please send photos, emails etc. of your progress. We will be posting on FB & Twitter to share the good news stories. Commitments can be anything which makes you feel good and improves your health & wellbeing. Here are some examples:

	Be more active - Aim for 150 minutes a week; For 30 minutes, 5 days a week. Record on Nourish, a tick chart, photos, an app etc.
	Eat your 5 a day - Use 'eat a rainbow' sheets - be creative with recipes and preparing food - track your fruit and veg daily using Nourish.
	Stay hydrated - Drink more water - buy a water bottle – record on Nourish daily fluid interaction.
	Up your steps - walk every day - climb stairs - record and plan your routes - go walking with others – buy a pedometer.

For more information please contact **Bev Segesdy** on 07841 338916 or at T2, Unit 2C Trident Business Park, Basil Hill Road, Didcot, Oxon OX11 7HJ bsegesdy@styleacre.org.uk

Make your commitments today!

Men's Group activities

The Bear Grylls Adventure

1st November found members of the Men's Group challenging themselves at the **Bear Grylls Adventure**. The day's activities included an escape room, archery session, a dark maze, an army style assault course (pictured right) and even a challenge to eat a silk worm! For those who enjoyed the silk worm, lunch time held more opportunities to try unusual foods. Alongside the traditional choices, diners could order items such as chilli grasshoppers!



Windsor Castle

Later in November, the pace slowed when Men's Group members visited **Windsor Castle**. They toured the state rooms, looked around St George's Chapel and got a chance to see the wedding clothes worn by Prince Harry & his bride Meghan. Then it was outside to watch changing of the guard in the castle grounds.

Motorcycle Live

An exciting day was had by all at **Motorcycle Live**, NEC Birmingham. Stunt riders performed jumps and acrobatics accompanied by a fantastic light show and dancers. Afterwards, the riders mingled with visitors and autographed the posters that members of the Men's Group had bought. Further attractions were the exhibitions of different kinds of bikes, helmets and motorcycling equipment. There was even a winner's podium and Martin, Otto and James are seen here, trying it out!



Men's Group Christmas activities



The festive season brought many Christmassy outings for Men's Group members, starting with **Hyde Park Winter Wonderland** at the end of November. Lots to see and do, including the *Ice Kingdom*. Kept at -10° to preserve the ice sculptures, it held breathtaking exhibits such as the bear pictured left. There were also trips to seasonal shows. One of these was **Elf, the Musical**, starring David Essex, comedy actor Tam Ryan and Martine McCutcheon. A real Christmas spectacular with over 70 performers and even a flying Santa Claus! Another trip took in a traditional pantomime, *Cinderella* at the



New Victoria Theatre, Woking, starring Strictly Come Dancing's Craig Revel Horwood.



A December highlight was the Christmas party outing. Festivities kicked off at the **cinema**, to see *Ralph breaks the internet*, before a competitive bowling session at the **Hollywood Bowl**. Otto beat off all competition to win with a score of 128. By the time they finished bowling, a table for 20 had been laid and they sat down to lunch, complete with party poppers & crackers. Everyone was delighted to receive gifts of Christmas mugs, Lindor chocolates & homemade cookies. Many Christmas jumpers, silly hats & glasses were worn! Style Acre ladies joined in with some of the Christmas outings and Daniel, John, Carol & Grace are pictured left, at the lunch.

News from our Garden Co-ordinator, Sarah Griffiths

Spring Festival at Wantage Market Garden

A date for your diary - on Friday 12th April, our family-friendly **Spring Festival** returns for another year at Wantage Market Garden. There'll be live music to enjoy (including 17 ukuleles!), crafts to try, cream teas to munch, a karate demo to watch and yoga to join in with. Also, lots of cheap plants for sale, make your own delicious drink using a smoothie bike, pebble hunt, tombola, Easter Egg Trail & lots more. Gates are open 11-2.30pm. £1 for adults, kids go free. Please note there's limited parking on site and no dogs are allowed. Money raised will go towards our [Wantage Market Garden Project](#). Come & enjoy the spring flowers and bring friends, family & a picnic! Wantage Market Garden is located behind Wantage Community Support Services (Charlton Village Road, Wantage, OX12 7HG). If there is anyone we support who would enjoy coming to the garden on a regular basis, please contact me. Tel: 01491 827582 or email sgriffiths@styleacre.org.uk

Project Carrot coming soon...



As part of the **Ways to Wellness** initiative, Style Acre has an exciting new project to enable each house to grow their own vegetables. Together with a company called Element 6, we'll be delivering veg trugs to supported living houses during Feb/March. The trugs will be constructed, compost-filled and ready to go. Each house will also receive a pack to get people started on their growing journey and help them grow what they love to eat. The benefits of gardening are well known – fresh air, connecting with nature, and exercise – and so are the benefits of eating fresh & healthy produce. This project combines these things and gives everyone the opportunity to get involved, from seed to plate. We'd love people to share photos of their trugs planted up, veg they've grown or even meals they've prepared using their veg/fruit/herbs. If you've any questions, do please contact me (Sarah) via Turnstyle 01491 827582 or sgriffiths@styleacre.org.uk. We also have a **prize competition to design a project logo!** Send/bring your designs to Bev Segesdy or Anna Goodall at T2, bsegedy@styleacre.org.uk, agoodall@styleacre.org.uk, to Hannah Pritchard-Hawkes at Howbery Park Supported Living office hpitchard-hawkes@styleacre.org.uk, or email to Sarah.



Yoga fun



The yoga group had lots of fun today, sitting in a pose called *Upavista Konasana* (that is Sanskrit - old Indian language - meaning 'wide angle pose'). Seated in a long crocodile line, they began by giving each other a back massage from the base of the spine up towards the neck, releasing tension in the shoulders, followed by Indian head massage to release tension in the scalp & jaw. They finished by raising their arms whilst still extending the legs, to lift and open the chest. This increases depth of breathing and allows more air into the lungs, helping keep us healthy and releasing the body's feel good hormones.

Yoga teacher Ady Riel, 15th January

Walk Leader training



We were pleased to invite Ashley Chapman from Oxfordshire County Council to run some **walk leader** training back in November. A keen group of people we support, staff and volunteers took part in the first stage of the training. The group are now completing their next steps by shadowing a walk leader and eventually leading their own walks.

As part of the **Ways to Wellness** campaign we recognise the benefits walking can have, and we want to encourage this at all levels. Come and join us on 'Walks to Wellness' which we will be planning in 2019!

Bev Segesdy