



Our Journey Together

September 2017 Newsletter

Welcome to the 12th Edition

A Brand New Hub!

We know from talking with the people we support and their parents and carers, that they value the support that is provided at Westcombes. However, as the current building is old and close to other buildings we cannot make it modern or larger which means that we cannot do extra activities or support more people. We also know that some people would like to travel by bus to Westcombes but there are no nearby bus stops which can make this difficult.

I am really pleased to advise you all that Peterborough City Council and City College Peterborough have leased a new building in Hampton, Peterborough, which will be our new Industrial Hub. The building is modern, large and on a good bus route with a bus stop nearby. It has good traffic controls on the road. The building has outdoor space so that people can get some fresh air and sit outside.

We will be making some changes to the building so that we can continue the activities people already do including making kindling, can crushing, lawn mowing and painting. We will be looking at developing more opportunities and activities that people using the Hub will be able to access.

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The photos show the building
before works begin.



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» Our website www.ccpdayopportunities.co.uk

Our Plans for the Industrial Hub

Our plans include:

- A large work area for woodwork
- Smaller rooms for other activities
- A training room
- A kitchenette to prepare hot and cold snacks and drinks
- A changing/showering space and an accessible WC
- A meeting area with settees
- A café area to eat snacks and lunch and have drinks
- An outside area with seating for having breaks and getting fresh air
- An area to store equipment and supplies for the activities and enterprises



In July we invited the people who already use Westcombes, and their parents and carers, to see the new site and hear about the plans before building works begin. We had a great turnout and it was really good to see and hear that people liked the site and the plans.

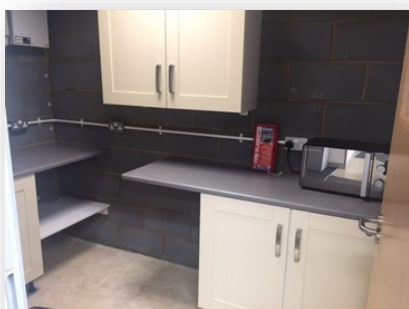
In Day Opportunities' Change Champions and the Co-Production Group meetings, the plans are being discussed to make sure the move is well thought out, and the right support is in place for people during the changeover from the old building to the new site in Hampton.

Once we have finished the building work, Westcombes will move to Hampton. Travel training and support will be provided to people who already use the bus to make sure they are happy and confident with the new route.

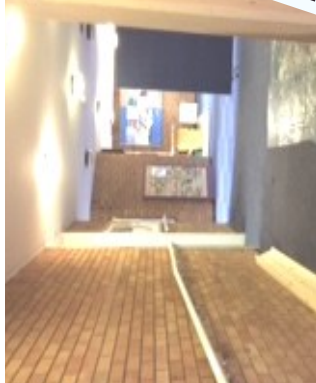
We are very excited about the move and I look forward to keeping you up to date as the building works progress.

Julie Bennett

Senior Manager, Day Opportunities



Update on Renovations to the Kingfisher Centre, Bretton, Peterborough



The Kingfisher Centre in Bretton, Peterborough which supports people with complex needs, is undergoing renovations. This will modernise the Centre and provide updated facilities to better assist people who have higher support needs. On June 8th the builders started on the kitchen at the rear of the building. This part of the renovations are ongoing. The white goods for the new kitchen have been purchased and are waiting to be installed along with the new kitchen units.

Thankfully there has been very little impact to the services we provide at the Centre. We have had a temporary kitchen set up in one of the session rooms so meals can be re-heated for those on soft/pureed diets and we continue to have access to fridges and a dishwasher.

Work has also started on the new PEG area, the changing spaces, and bathroom as well as on the new store rooms in the main part of the building. The new PEG room and new changing space are at the rear of the building which is out of the way of the general area, so again this has caused very little impact to those we support whilst the work is ongoing. The hoist for the changing place room has been measured up and a new shower trolley for this area has been ordered. Also, new storage systems will be installed.

We will be involving those we support to choose colour schemes for each area. Staff will support small groups of individuals using colours, signs and symbols to help with communication, so they can be involved in the renovation process.

The staff and supported people at Kingfisher are looking forward to the new purpose built rooms that have been designed to deliver a range of services that the Centre provides. The new modern look will give a welcoming atmosphere to everyone who uses the facilities. Our staff are working to minimise disruptions to the daily routines of the people we support and thank everyone for their patience while the building works are in progress.

Debbie Hembrow

Manager, Kingfisher Centre, Day Opportunities



Remembering Lorna Leighton

Job Coach at Employability

Sadly we lost a valuable member of our Job Coach team, Lorna Leighton, in July. Lorna joined the Job Coach team back in October 2011. She had a lot of experience working with adults with learning disabilities. She filled people with confidence and had an obvious passion for supporting people.

Over the last 6 years Lorna was dedicated and hardworking and changed the lives of many people that had the pleasure of working alongside her as well as being supported by her. She was driven and motivated to give the best support possible and always put the needs of others before her own. She often worked over her regular working hours. In 2016 she even supported several people to attend a Christmas lunch at the Salvation Army so they wouldn't be alone.

Lorna will be remembered as a "groupie" who regularly helped out at the Discos which were run by Steve Ball. She always made sure everyone there was having a blast!! Lorna also gave up her free time to help with a variety of charity events, fetes and stalls.

Lorna would regularly let you know how much she loved her job. She was a Job Coach with a 'can do' attitude who always went the extra mile to create new opportunities in the community and this provided a lasting benefit for people we support in our service.

Lorna was a professional, a great friend to many.

When we think of Lorna we have a smile on our faces as she has left behind so many different memories for us all, which I know will last us a lifetime. She was one of a kind and will be missed by all of us.

I would like to take this opportunity to thank everyone who came to celebrate Lorna's life at the memorial event held on 18th August at the City College. Lorna would have been amazed at how many people attended the gathering to remember her. Everyone wrote messages in a book which will be given to her family. We also released balloons in the park; this was a very emotional event that touched us all. So thank you all very much for attending and providing donations. The donations given at the gathering have been counted and we have raised an incredible £210! This money will be used to buy a bench with a plaque in memory of Lorna and closer to the end of the year we will buy a potted Christmas tree which will be placed at the Dementia Resource Centre for all to enjoy.

Submitted by Siobhan Merrygold, Employability Manager

Employability

The Employment Development team provides support for adults aged 18-65 with learning disabilities



The Employment Development team provides support to people with learning disabilities in Peterborough to gain suitable, sustainable work and volunteer placements. We have experienced Employment Advisers, Job Coaches and support staff to help, support and guide people through the employment process.



Job Coach Team:

Referrals are assessed by the lead Job Coach to find out what sort of work and experience the person is looking for. Once a suitable placement has been identified the Job Coach will sign up and support the person for a period of time which varies depending on the needs of the individual.



Employment Advisors Team:

Work Choice programme is a Department for Work and Pensions supported employment programme. The team often gets referrals through Job Centre Plus and from the Digital CV service.

We provide support to individuals with disabilities and long term health conditions to secure long term paid employment of 16 hours or more per week in organisations across Peterborough.



Digital CVs:

Our Digital CV Team provides a way for individuals to present themselves and their skills to potential employers and charities to help people find paid or voluntary work. Using video and pictures, along with key information about their background, individuals can see and discover their skill set through the production of a tailor made Digital CV. A personalized written CV also has a link to their video.



Continued... **Employability**

The Employment Development team provides support for adults aged 18-65 with learning disabilities in Peterborough

We support many people, including those with learning and physical disabilities, mental health conditions and those that may need support with anxiety or their confidence. Once the person has finished the recording of the Digital CV, and staff have completed editing, the person is then referred onto our Work Choice programme or onto a training course. Staff will guide and support the individual through the employment process.

Siobhan Merrygold, Manager, Employability Hub

Take a look at our Digital CVs online at www.ccpdayopportunities.co.uk/digital-cvs-home



Examples of support we provide:

- Completing an “Entitled to” calculation - this gives people information on how getting a job could change the money they receive
- Making or updating a CV
- Getting the right training or information to help people get the right skills for a job
For example: health and safety skills, independent travel, interview techniques, communication skills, customer service and IT skills.
- Arranging volunteering and work experience to build confidence and learn skills
- One to one support with job searching and completing applications
- Job matching to suit the individual’s skills, choice and dreams
- Attend interviews with the person to provide support and encouragement
- Job Coaching to help people when they get work to help them keep a job
- Help with Access to Work funding if further support is needed
- Referring individuals to other organisations as required

Day in Life of Sue Williamson

Employment Advisor at Employability Hub, 441 Lincoln Road



Hi, my name is Sue and I have been based at 441 Lincoln as an Employment Advisor for four years. Before this, I worked with families in the community and in an educational setting. Every day at 441 Lincoln Road is different, so it is quite difficult to say what I do on a 'typical' day! As an overview, I currently work with individuals who would like to go into paid employment of 16 hours or more but for various reasons they face barriers due to learning difficulties or illnesses.



I can start my day with a schedule, but usually my actual day is nothing like what I had planned! This can be because I receive a call from a person we support to say that they would like assistance getting to and from an interview, or from an employer/employee asking for support in the workplace.



Ideally, we provide support and guidance from initial referral to moving into sustainable paid employment, or into voluntary work -if that is the route the individual chooses. I work alongside job coaches, who support individuals in voluntary placements around the Peterborough area, to enable them to access the work environment. The Digital CV team are also based at 441 Lincoln Road and they offer a personalised CV service.

As all our services are based around employment, we are able to utilise each other's skills to ensure we can offer the people we support a holistic person centred service.

Submitted by Sue Williamson, Employment Advisor

Welcome to our new Day Opportunities Team Members



Maryam Rehman has joined the energetic and enthusiastic team as a full time Job Coach at the Employment Hub at 441 Lincoln Road, Peterborough.



Nicola Jones has joined the dedicated team as a Service Assistant at the Kingfisher Centre, Bretton, Peterborough.



Kim Swindell has joined the dedicated team as a Service Assistant at the Kingfisher Centre, Bretton, Peterborough.

James - Employed at New Ark Farm with the support of the Employability Hub, 441 Lincoln Road, Peterborough

James joined the Work Choice scheme after completing animal care qualifications that he gained during voluntary experience, and he was looking for paid employment within this area.

The Employability team support included interview skills, a new CV and a Digital CV. The team also helped James with his job searching skills so that he could search for work on his own. As a result James was more confident and able to communicate really well and take chances.

James was able to speak with staff at New Ark Farm and they created a voluntary position for him. James worked hard and impressed the staff at New Ark Farm. James was employed as an Animal Technician, which he continues to enjoy, develop new skills and build on his confidence working with the other staff at the farm.



Submitted by Kieran Wightman, Support Assistant

Employer Feedback for James's journey

Carolyn, the Farm Manager, was impressed with James' diligence, hard work and commitment. He is passionate about working with animals and continued to attend New Ark regularly as a volunteer after his placement ended; attending in all weathers and never shying away from doing difficult jobs. He also volunteers at New Ark during open days and fetes— always arriving early to set up and staying late to clear up.

James does different jobs which contributes to the safe running of the farm and to the welfare of staff, volunteers and visitors. He helps Carolyn with visits to the farm from schools, nursery groups and families. He assists the staff with the walkover of primary school children from Newark Hill Academy. He also provides 1:1 support for adult volunteers with additional needs. James helped devise a checklist of daily tasks, and has grown in confidence. James is now able to show volunteers what jobs need to be done around the farm. He is an asset to New Ark in many ways and has become a very popular and well liked member of the team.

Gardening at the City Centre Hub



Sally King-Pearson helps to support the gardening group. Most of the people in the group are supported at the City Centre Hub. This group is open to anyone that uses the Hub services, who has an interest in growing plants and flowers. This year during the spring and into this summer they have been very busy with sowing and planting vegetables plants. Sally says it is very much a team effort; the group helps to plant, water and weed the rows of potatoes, poles of slender runner beans, October pumpkins and tomatoes. Everyone happily keeps an eye on the plants and they do the watering themselves at least twice a week. Sally is pleased that the gardening group is enthusiastic and that they are enjoying this hobby, as it is both rewarding and productive. The group can see the plants grow and they are excited when the vegetables can be eaten and enjoyed.



There is also a garden at the side of the Jean Hunt building at the College and the gardening group helps to water and plant there as well. The supported people at the Hub and College learners had a summer barbeque in the garden and Sally said this was a social and fun event for both staff and the people we support.

Written by Anastasia Harvey, Administrative Support

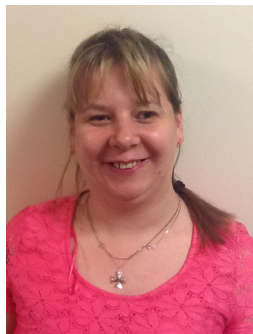


Kind Donation for Abbie from the staff at Kingfisher Centre

Last month Abbie Bird who is a member of staff at Kingfisher Centre had her bike stolen from outside the local shops. Sadly, this was a new bike and she arrived at Kingfisher Centre in the morning in tears over what had happened. This was her main way to travel and staff decided they wanted to help. They decided to get a collection together and between them enough money was donated to purchase a brand new bike for Abbie that same day! Abbie was so touched by this fantastic act of kindness shown by everyone. Debbie Hembrow, the Team Manager at Kingfisher Centre, said this is a lovely example of how caring and supportive our staff members are to each other.



Submitted by Debbie Hembrow, Manager, Kingfisher Centre



Day in Life of Lisa Marie

I want to do my very best to say or explain what's in my life, what I do at the City Centre Hub and what it's like to be me. Before I start I would like to say thank you so much for giving me this chance to have this opportunity to do you a Newsletter story, to show you and other people around how good I am and what I enjoy.

I'll do my very best to talk about me and what I do at the Hub. I love it here! More now because I've been staying here, joining in groups and getting out more when I can. I like to do stuff like doing Pretty Things (arts and crafts), sailing and getting out more when I can. This is what I can do to keep myself busy and occupied so I feel happy inside and not bored.

The other thing is when I get a chance I sail at Peterborough Sailability. I love it a lot! So much with all my heart! It keeps me happy, smiling and cheerful when I go on the boat. Also that's the same way I feel when I do my Pretty Things group. I love selling the stock that I help make with the group, who are wonderful. That always makes me happy, wonderful and fantastic inside so I know how well I've done and that people like our stuff.

I'll do my very best to explain about the new Orange Book and what classes I've done. I picked out what I wanted to do and really wanted to see new friends in class. Besides that it makes me try new and difficult stuff, like making frames in Get Arty, painting on them to make them colourful to take home with me. I also used clay to make angel out of it. It was hard for me, but I did give it a go with a bit of help. When I do get a minute on me, I do try making new friends in different classes so we can talk.

This is the end of my 'Day in the Life'. I hope everybody loved or enjoy my hard work. I typed this up so you could read about what I enjoy doing with staff and my friends. They are wonderful people to meet and have fun all the time. Thank you again for my opportunity to write you this lovely Newsletter.

Submitted by Lisa Marie

Supported at the City Centre Hub, Peterborough



Day in Life of Nicola

My name is Nicola and I am a Kingfisher newbie. My previous role was working in supported living. I had been doing that type of work for over 20 years. My very first job at age 18 was working in a day center in Leicester, which I really enjoyed.

Having decided it was time to move on from supported living, I joined an agency so that I could try different things to find something I really liked doing. Guess what, I ended up back working in day services. It was like when I first started work. That same buzz. Interacting with people, laughing, helping. It was great. When the chance of a full time role came up I could not believe it. I jumped at the chance.

One of my favorite activities is the sailing. The Ferry Meadows staff are a great bunch and do fantastic things. Obviously there are lots of other things we do with the supported people such as bowling, community based activities, shopping for ingredients for cooking sessions. All good fun and things the people we support get something from. It's great to see. Interacting with people is important to me. One of the ways we do that is through the Tea Bar. Just being able to have a hot drink and chat with people is so rewarding when you see them smile.

I absolutely love my job. Don't get me wrong, there are challenges, but I know every day is going to be a good day. It's just a privilege to be part of the team.

I love the fact that we are a drop-in center to support people with all aspects of their life. Every day is different. No such thing as a typical day.

One of the best things is we have a good mix of very experienced and knowledgeable staff. Although I had worked in day services before much has changed. I am learning new things every day in my role and the people we support.

As much as I love my work I love doing stuff out of work, like doing cricket teas for my son's team, Oundle Town Cricket Club. I also follow Peterborough United. Up to this year I regularly attended games both home and away. Thought I would take a break from football but now Posh are top of the league I might need to reconsider!

Submitted by Nicola Kingfisher Hub, Bretton, Peterborough

Change Champions

We have Change Champions in each of our locations. If you have any concerns, ideas or just want an update, please find or call your Champion.

Employment, 441 Lincoln Road



Kieran Wightman
01733 797716

Kingfisher Centre, Bretton



Chris Worley
01733 797720

City Centre Hub, Brook Street



Ian Worley
01733 588353



Sarah Collins
01733 588356

Kingfisher Hub, Bretton

Allan Thomas has replaced James Hayes as the Change Champion for the Hub and he can be contacted on 01733 797720



Julie Bennett, Senior Manager, Day Opportunities
dayopportunities@citycollegepeterborough.ac.uk