

# The Helping Hands Group

NEWSLETTER

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IN THIS ADDITION WE HAVE LOTS OF EXCITING NEWS TO SHARE WITH YOU, INCLUDING NEW ACTIVITIES, STAFFING AND EQUIPMENT. WE ALSO HAVE A GREAT READ ON OUR VERY OWN VIKKI'S 10 YEARS WITH THE SERVICE AND AN AMAZING ADVENTURE CHALLENGE ALONGSIDE A NEWLY INTRODUCED SECTION FROM OUR DIRECTORS.



# RECENT EVENTS

SERVICE

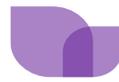
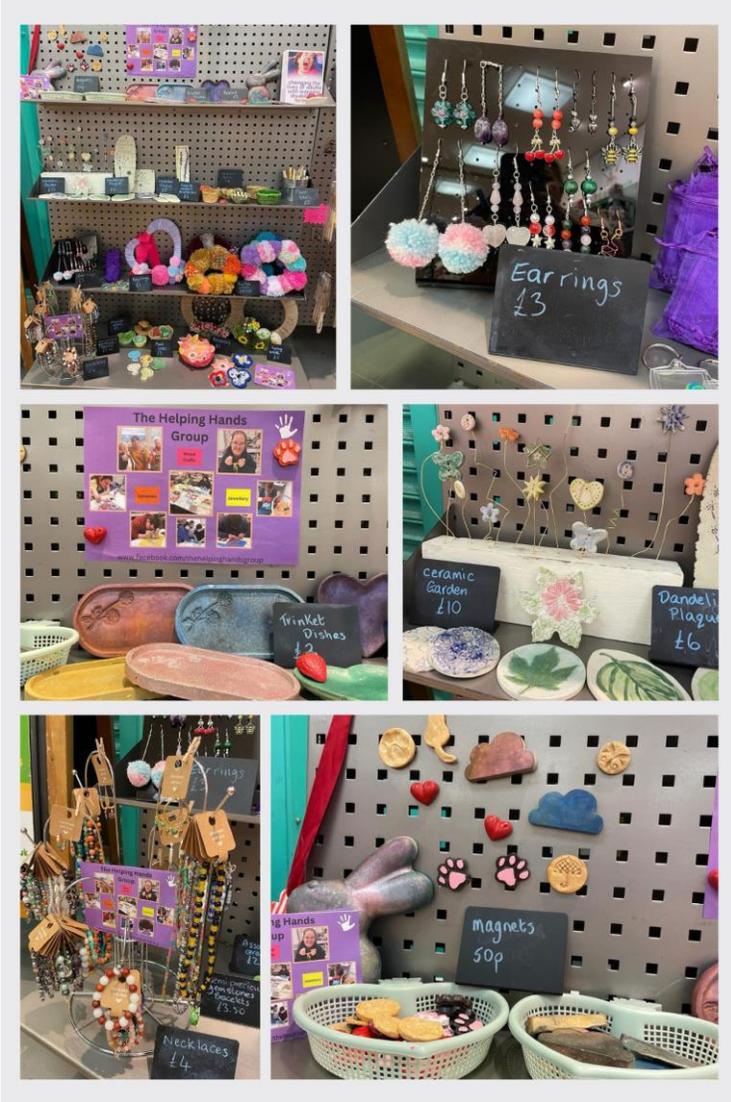
VALENTINES / WORLD BOOK DAY / COMIC RELIEF / EASTER / ENTERPRISE



Fenlake have had lots of fun celebrating Valentines Day, Comic Relief and holding our annual Fundraiser. During world book day everyone dressed up as their favorite book characters, we had an afternoon of stories, music and held circle time. On Valentines Day individuals and staff were able to order a special 2 course meal from the Fenlake kitchen, we held an afternoon photoshoot and an afternoon dance. Red Nose Day was a great day, everyone came in their PJ's and bed head. We held a coffee morning for friends and family, The Weakest Link games show and ended the afternoon with Fenlakes got Talent.



Our Charford House centre had great fun over Valentines and Easter, with everyone joining in crafts and a special visit from the easter bunny. Individuals and staff also joined in with an egg and spoon race which everyone really enjoyed.



## UNITY SHOP - QUEENSGATE

Our Enterprise workshop now have a stall in the Unity shop in Queensgate shopping centre located on the ground floor where you can buy our handmade items.

UNITY is a collaborative retail project run by award winning community project Up the Garden Bath. It features an array of gifts and products from over 50 small local businesses. They work with local businesses to reduce waste and landfill. Taking unwanted waste materials that would usually end up in landfill such as old bathtubs and upcycle them into educational garden planters and accessories.

You can find out more by visiting:

[www.upthegardenbath.co.uk](http://www.upthegardenbath.co.uk)

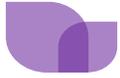


On Friday the 19th of April we had the pleasure of inviting Pino and Owen from the Young Technicians Academy to Fenlake. Our Newsletter team learnt all about Podcasts and had go at presenting their own shows. It was a great experience, and everyone loved the session.

We look forward to working more with the Young Technicians over the coming weeks and learning more about the technology behind broadcasting.



# STAFF IN THE SPOTLIGHT



## THIS TERM WE MET WITH OUR OFFICE MANAGER VIKKI HARMER!

This year Vikki has been at the service for 10 years! Joining the service back in January 2014. I'm sure all our readers would agree she is very deserving of being selected as our 'Staff in the Spotlight' this term.

Josh and Paris met up with Vikki over at Charford House and asked her some questions on the last 10 years.

### *What has your job entailed over the years?*

I ensure that all staff are supported through any issues, I also manage any discipline issues, which isn't the nicest aspect of my role. I manage many budgets and finances including paying the service bills.

### *You've been with the service through lots of transitions, including the introduction of two new centers, how have you found those transitions?*

Some aspects have been stressful, especially trying to manage some issues with the initial set up over at Wisbech. The transition from the 'Hub' to Fenlake was quiet a smooth one and one that has really progressed since opening.

### *What has been the most interesting part of your role?*

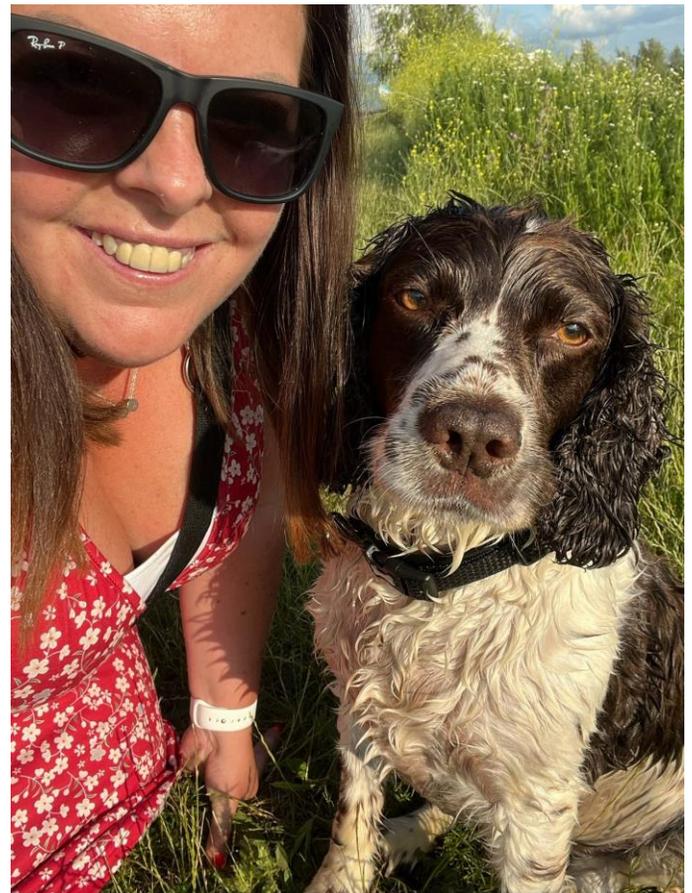
I enjoy doing payroll and paying the staff as this is different every month. It's also a time where I get left alone, so it can be quiet rewarding.

### *Where do you see yourself in the next 5 years?*

I'd like to think I'd be relaxing on a deserted island somewhere, with lots of money but I really don't know. Life moves so fast so I could be anywhere.

### *What's your most memorable moment?*

My most memorable moment was the first big performance at the Parkway Club, where they performed 'The Greatest Showman'. It's a memory that will stay with me.



# STAFF IN THE SPOTLIGHT

HERE WE FIND OUT MORE ABOUT VIKKI AWAY FROM THE OFFICE.



Anyway, enough about work. Let's find out a little more about Vikki outside of the THHG.

*What do you do when you need to unwind?*

I like to walk my dog and spend time with my friends. I enjoy watching the apprentice when it's on and love to go away traveling the world.

*Who are you when you're at home?*

I'm a mummy to my dog Paddy. I'm quite relaxed too, I enjoy lounging and planning future trips out or abroad.

*We noticed you are a bit of a traveler. What's your favorite location to visit?*

Iceland. I saw the Northern lights whilst I was there, and it was amazing!

10  
YEARS

**"Everyone at The Helping Hands group would like to Thank Vikki for her dedication and hard work! Without her the service wouldn't be where it is today" Andrew Littleddyke**

# SNOWDON CLIMB

## FENLAKE STAFF TOOK ON MOUNT SNOWDON ON THE 6<sup>TH</sup> OF APRIL

Liam Horne who attends our Fenlake site has recently been diagnosed with a rare type of blood cancer at stage 4. Liam has spent long periods at Addenbrookes hospital where he has been receiving treatment, while Liam is in hospital it is very important that his family be able to stay by his side while he undergoes treatment.

Joshua, who is one of our newsletter crew, recently sat down and had a conversation with Neil Gilby who organised the trip to Snowdon.

**J: When did you go to Snowdon?**

**N:** We went on Saturday the 6<sup>th</sup> of April, after meeting at our Fenlake site and then driving all the way to North Wales. The drive took about 6 hours and 30 mins, the walk up and down the mountain took around 8-9 hours for us to complete. The weather was horrendous as we received a lashing from storm Kathlene, with winds reaching up to 90mph!! The ladies on the trip did fantastically, especially as this was the first time any of them had attempted something like this. All were brave and determined to get to the top and I'm extremely proud of them for achieving what we set out to do.

**J: Why did you do this**

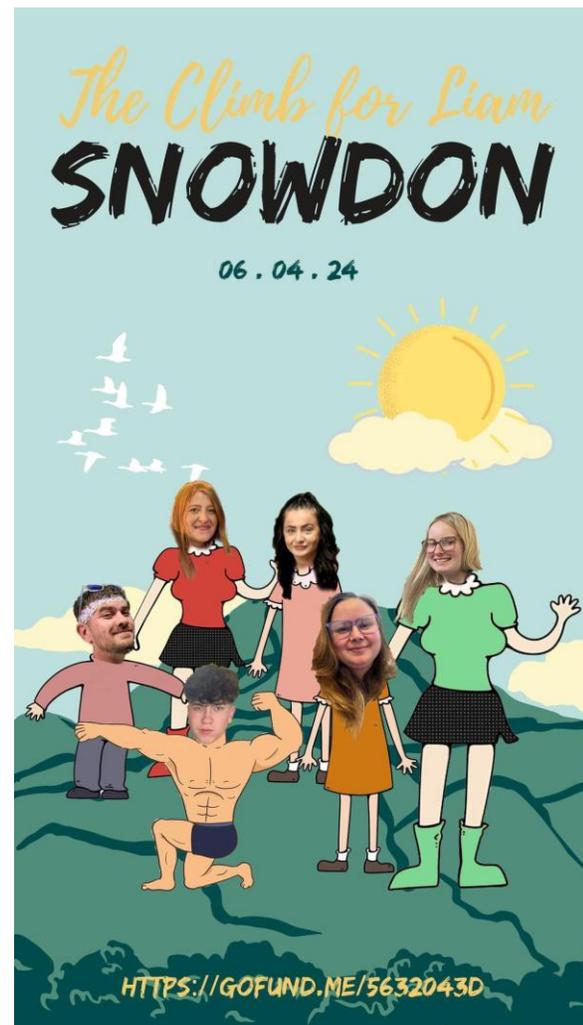
**N:** This is all to raise money for Liam Horne as he has recently been diagnosed with blood cancer and everything we raise will be put towards helping keep Famliy by his side during this difficult time.

If you'd like to donate to this amazing cause, please head to:

<http://gofund.me/5632043d>

Or visit our Facebook page for a direct link.

I'm sure you will all agree this is an amazing achievement from the team, especially under such difficult circumstances. It really does show our staffing team will go above and beyond to make a difference to people's lives.



# TEAM REVIEWS



SNACK WARS – USA vs UK!



## SNACK WARS UK VS USA

On Friday 26<sup>th</sup> January. The Newsletter group took part in our termly team review.

This time saw us take on snack wars, a competition between UK and USA snacks. We included crisps, chocolate, sweets, popcorn, cake, and pop.

The team loved taking part, as it turns out the majority have a sweet tooth. We tasted foods from brands such as : Hersy's, Hostess, Dorito's, Haribo's, Butterkist, Jolly Ranchers, Galaxy, York, and Mountain Dew. It was very close with the scoring, which was based on texture, taste, and overall quality.

So, here's what you've all been waiting for...

Overall Result:

America:16

United Kingdom: 27

The UK takes the victory this time around...

We wonder where next terms Team review will take us. Why not give us some inspiration by getting touch with us via email on:

[newsletterfenlake@thhg.org.uk](mailto:newsletterfenlake@thhg.org.uk)

Some of the snacks where very similar in tastes especially the Doritos and Peppermint chocolates. We found on average that the UK snacks had a better flavour, whilst the USA had better textures although there was an outright winner...



“UK all the way!”

Lily Brace

# CENTRE EVENTS

CHARFORD HOUSE

CHARFORD	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
FUNDRAISING & EVENTS		Thursday 14 <sup>th</sup> - Valentines' day	Friday 15 <sup>th</sup> - Red Nose Day  Easter raffle			Friday 28 <sup>th</sup> - All Sites Sports Day
PROJECTS			Wednesday 27 <sup>th</sup> - Easter activities	Tuesday 2 <sup>nd</sup> - Autism day		
CHARFORD	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
FUNDRAISING & EVENTS	Thursday 18 <sup>th</sup> - Glastonbech Festival	Summer car boot - TBC	Macmillan coffee morning - TBC		Friday 15 <sup>th</sup> - Children in Need	Thursday 12 <sup>th</sup> - Christmas jumper day Monday 16 <sup>th</sup> - Christmas day out Tuesday 17 <sup>th</sup> - Christmas dinner Wednesday 18 <sup>th</sup> - Pajama day Friday 20 <sup>th</sup> - Movies and hot chocolate Monday 16 <sup>th</sup> Christmas day out Christmas Prom- 23 <sup>rd</sup> December  Christmas Raffle
PROJECTS	Summer break activities - 29/07 to 09/08	Summer break activities - 29/07 to 09/08		October break activities - 21/10 to 25/10 Halloween activities - 31 <sup>st</sup>	Monday 11 <sup>th</sup> - Remembrance Day	

# CENTRE EVENTS

WISBECH

<b>WISBECH</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>DRESS DOWN DAYS</b>	Friday 26 <sup>th</sup> – Dress down day £1	Friday 23 <sup>rd</sup> – Dress down day £1	Friday 22 <sup>nd</sup> – Dress down day £1	Friday 26 <sup>th</sup> – Dress down day £1	Friday 31 <sup>st</sup> – Dress down day £1	Friday 28 <sup>th</sup> – Dress down day £1
<b>FUNDRAISING &amp; EVENTS</b>		Easter raffle to be published-TBC	Thursday 28 <sup>th</sup> - Easter activities  Friday 15 <sup>th</sup> – Red Nose Day			Friday 28 <sup>th</sup> – All Sites Sports Day
<b>PROJECTS</b>		Prepare for easter				Prepare for Glastonbech-Garden
<b>TO DO</b>	Newsletter completion- 22 <sup>nd</sup>			Newsletter completion- 29 <sup>th</sup>		
<b>WISBECH</b>	<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
<b>DRESS DOWN DAYS</b>	Friday 26 <sup>th</sup> - Dress down day £1	Friday 30 <sup>th</sup> – Dress down day £1	Friday 27 <sup>th</sup> - Dress down day £1	Friday 18 <sup>th</sup> – Dress down day £1	Friday 29 <sup>th</sup> – Dress down day £1	Friday 20 <sup>th</sup> – Dress down day £1
<b>FUNDRAISING &amp; EVENTS</b>	Thursday 18 <sup>th</sup> – Glastonbech Festival	Monday 5 <sup>th</sup> - Fundraising day		October Break activities – 21 <sup>st</sup> - 25 <sup>th</sup> of October with CH  Thursday 31 <sup>st</sup> – Halloween Activities	Friday 15 <sup>th</sup> - Children in Need  Christmas raffle to be published-TBC.	Christmas Jumper day – 12 <sup>th</sup> of December  Pajama Day – 20 <sup>th</sup> of December  Christmas dinner and party – 20 <sup>th</sup> December  Christmas Prom- 23 <sup>rd</sup> December
<b>PROJECTS</b>			Prepare for Halloween	Prepare all month's artwork for show	Prepare for Christmas	
<b>TO DO</b>	Newsletter completion- 29 <sup>th</sup>			Newsletter completion- 1 <sup>st</sup>	Art exhibition- 19 <sup>th</sup> Nov to 21 <sup>st</sup> Dec	All sites art exhibition- 19 <sup>th</sup> Nov to 21 <sup>st</sup> Dec

# CENTRE EVENTS

FENLAKE

<b>FENLAKE</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>KITCHEN MENU</b>	Friday 26 <sup>th</sup> - Chinese New Year Set Menu	Wednesday 14 <sup>th</sup> - Valentine's Dinner Set Menu	Friday 15 <sup>th</sup> - Pizza Menu	Friday 26 <sup>th</sup> - <b>CLOSED</b>	Wednesday 22 <sup>nd</sup> - Sandwich Sensations Menu	Wednesday 19 <sup>th</sup> - Indian Menu  Friday 28 <sup>th</sup> - <b>CLOSED</b>
<b>FUNDRAISING EVENTS</b>			Friday 15 <sup>th</sup> - Red Nose Day Activity Day	Friday 26 <sup>th</sup> - Fundraising Open Day		Friday 28 <sup>th</sup> - All Sites Sports Day
<b>PROJECTS</b>	Valentines and Mother's Day	Easter projects	Spring/Summer projects and Father's Day	Spring/Summer projects.		Garden/summer projects
<b>NEWSLETTER</b>	Monday 22 <sup>nd</sup> - Newsletter release			Monday 29 <sup>th</sup> - Newsletter release		
<b>FENLAKE</b>	<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
<b>KITCHEN MENU</b>	Thursday 4 <sup>th</sup> - American Menu  Thursday 18 <sup>th</sup> <b>CLOSED</b>		Friday 27 <sup>th</sup> - Turkish Set Menu	Monday 28 <sup>th</sup> - Mexican Menu	Friday 29 <sup>th</sup> - Burger Van Menu	Thursday 12 <sup>th</sup> - Christmas dinner  12 <sup>th</sup> / 20 <sup>th</sup> / 23 <sup>rd</sup> - <b>CLOSED</b>
<b>FUNDRAISING EVENTS</b>	Thursday 18 <sup>th</sup> - Wisbech Festival			Thursday 31 <sup>st</sup> - Halloween Disco	Friday 15 <sup>th</sup> - Children in Need	Thursday 12 <sup>th</sup> - Xmas jumper day  Thursday 19 <sup>th</sup> - Fenlake Performance  Monday 23 <sup>rd</sup> - Winter Prom
<b>PROJECTS</b>			Enterprise - Halloween/Christmas	Enterprise - Props/Christmas	Enterprise - Props/Christmas	
<b>NEWSLETTER</b>	Monday 29 <sup>th</sup> - Newsletter release				Friday 1 <sup>st</sup> - Newsletter release	Friday 13 <sup>th</sup> - Newsletter release

# FENLAKE

INFORMATION

## ALL THINGS FENLAKE – NEW INTRODUCTIONS – FUTURE PLANS

On Friday the 22<sup>nd</sup> of March some of our newsletter team headed over to the Young Technicians Academy in Yaxley. We were invited to meet Pino and Sam, who are currently supporting a new project for SEND and Adults with Learning Disabilities alongside Fenland Youth Radio.

Pino and Sam kindly gave us a tour of their facilities and talked to us about all the projects they are involved in locally. It's hoped that we will collaborate on their new project in radio broadcast and possible future projects as well.

You can find out more about the academy and fenland youth radio here:

[www.youngtechacademy.co.uk](http://www.youngtechacademy.co.uk)

[www.fenlandyouthradio.com](http://www.fenlandyouthradio.com)



young technicians  
**academy**



Fenlake have recently introduced a new performance area for all our performing art activities. Everyone really loves the new space and making full use of it. We currently have several sessions running through the week, including Music and Dance, Music Tech, and Drama.

Over the coming Term we hope to introduce T-Shirts for those participating in the Performing Arts section.

What do you think of the new logo?



# FENLAKE

## INFORMATION



Fenlake's Music Tech session have recently put out their first music video. The group have been practicing and learning more about editing, lighting, and sound. The video has been published on our Facebook Page so head over and check it out. We look forward to seeing future projects as the understanding of tech continues.

*"The video took quite a long time to get edited and put together, however we were all really proud of the final edit" - James.*

Fenlake have recently had a fantastic bit of kit donated from Jo Oldaker. The Electric drum kit went straight into our newly renovated Performing Arts area and was put to good use. Again, thank you so much for thinking of us Jo!



## MEET THE TEAM: - FENLAKE



# FENLAKE

HUNSTANTON – DAY TRIP

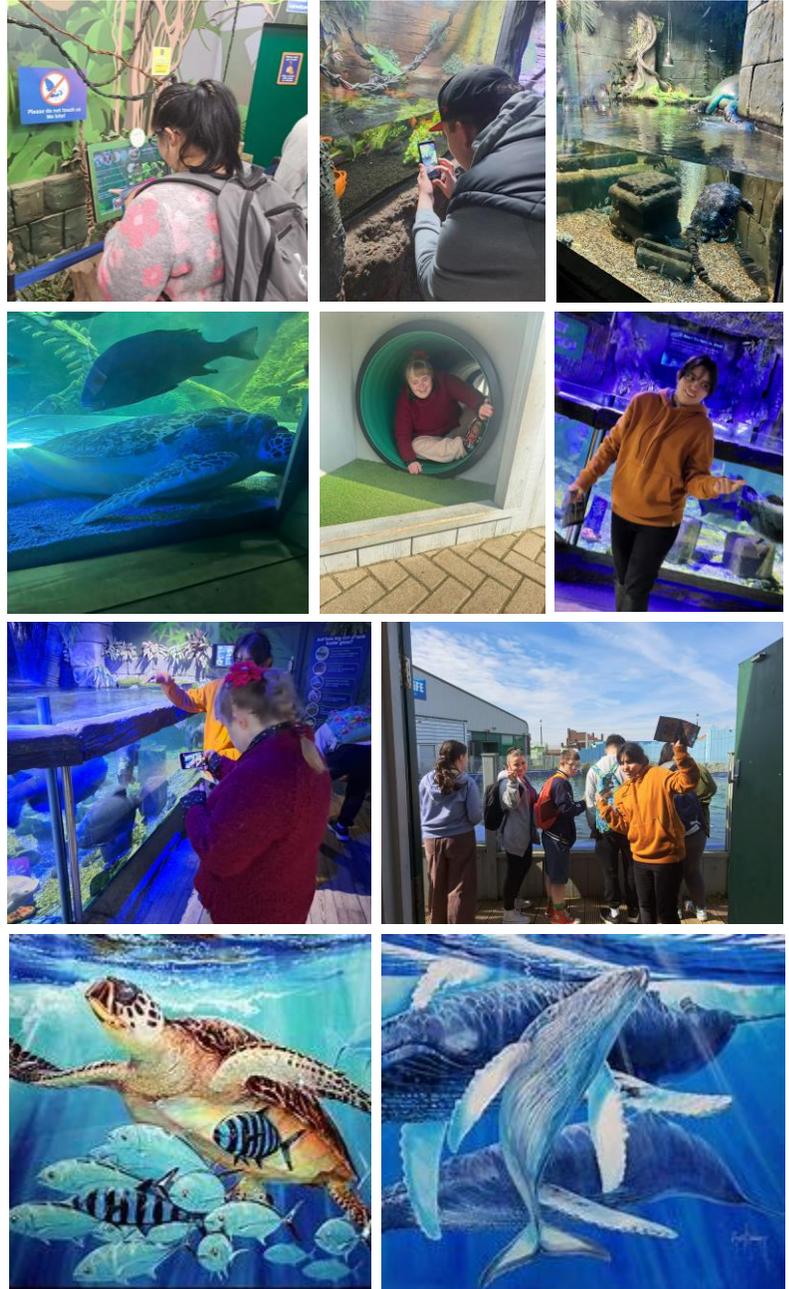
## SEALIFE CENTRE



Our creative arts sessions have recently been working on and learning about the work of Guy Harvey who is a famous artist who spent years studying Marine Biology in the 70's. He has since created many art pieces and merchandise to donate portions of his proceeds from sales to various causes dedicated to the protection of the maritime environment.

The creative arts sessions have been working on their very own artwork and merchandise in the same style. As part of ongoing learning around this subject our groups headed over to the Sealife centre at Hunstanton. Everyone had a great time, and all enjoyed their favorite meal from the chippy.

“Everyone had a great time and loved seeing all the sea life.”



# CHARFORD HOUSE

INFORMATION

## ALL THINGS CHARFORD – NEW STARTERS – STAFFING TEAM - TRAINING

Hello, my name is James Paris, and I will be taking over the Charford House section of the newsletter. It is my job to give you the latest news and events that are happening.

So, here are some things about me. I like lots of tickles from staff, using my iPad and spending time with my family. Something I like to do is go for walks. People say they like that I am caring, kind and friendly.

### ABOUT ME – MEET OUR NEW STAFF MEMBER



Hi, my name is Selina. My favourite colour is grey, and my cats make me happy. My friends and family would say that they like my friendly and lively personality.

My previous job was at a vet, but I have experience where I worked in day services from 1998-2008. Some things that stood out to me about THHG are that the uniform is nice, the photos that are posted on the Facebook page look as though everyone has a lot of fun and that there is no weekend work. My first impressions of the company so far are that it is a fun and lively place to be, everyone seems to enjoy coming here and I am enjoying it very much!

### TRAINING

Carolina, our Senior Session Coordinator has recently been working toward her Level 3 qualification in Education and Training and has proudly passed all modules and is now qualified at level 3. We're sure she will be putting all her newfound knowledge to the test straight away. Congratulations Carolina!



### CHARFORD PERFORMANCE

Individuals at Charford have been working hard on their rehearsals for their upcoming performance in June.



# CHARFORD HOUSE

## INFORMATION



## OUT AND ABOUT

Individuals from our Charford site have enjoyed lots of activities during the colder weather, especially Wheelchair Ice Skating and accessing our nice warm Jacuzzi.

## MEET THE TEAM: - CHARFORD HOUSE



# WISBECH – ALGORES WAY

## INFORMATION

Our Wisbech centre had a special visit from Mia a Patterdale terrier during one of their Animal care sessions. Both Ellie and Ashton got to have some lovely cuddles with Mia after showing her around our garden.



Over the past term Wisbech has enjoyed taking part in a range of different activities. For Valentine's Day, we had a disco, had lots of colourful balloons, and created a valentine's day themed sign song which our individuals really enjoyed joining in with. We have also been doing lots of arts and crafts around the different events this term including Valentine's Day and easter, the individuals have created a range of different projects that they have then taken home to family and carers.

Wisbech has also enjoyed taking our individuals over to our jacuzzi over the easter holidays, the individuals have all had lots of fun accessing the jacuzzi and interacting with their peers.



# WISBECH – ALGORES WAY

## INFORMATION

Lots of fun has been had in the garden, washing cars, building things, and enjoying the small amount of sunshine that we have had lately. We have also got 2 new animals at Wisbech, Salt and Pepper are our new guinea pigs that the individuals are enjoying.



# FENLAKE KITCHEN

CATERING

NEW MENU – LIVE AS OF 21.02.2024

Fenlake kitchen is open 5 days a week M-F and run as part of one of our social enterprises. Orders to be made no later than 10pm. Call on 01733 890771 to make your order for lunch time collection.



## FENLAKE KITCHEN

MENU

VO = VEGETARIAN OPTION AVAILABLE

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### MAIN

**BURGER & CHIPS VO** £5.00  
Beef burger in seeded bun with lettuce, tomato, pickle and sauce of choice. (add cheese for 50p)

**CHICKEN FILLET BURGER & CHIPS** £5.00  
Whole Chicken breast in a seeded bun with lettuce, tomato and mayo. (add cheese for 50p)

**CARBONARA VO** £5.00  
Rigatoni with parmesan cheese and bacon lardons. (contains egg)

**CHICKEN & CHORIZO JAMBALAYA** £6.00  
Pieces of chicken and chorizo, red bell pepper, onion and white rice.

**LOADED FRIES V** £4.00  
Fries loaded with cheese and bacon and sauce of your choice.

**MAC & CHEESE V** £4.00  
Loaded with cheese and baked. (add bacon for 50p)

**JACKET POTATO V** £4.00  
Choose from cheese, beans, coleslaw tuna. (add chicken for £1) (max 2 fillings)

### HEALTHY

**BURGER BOWL VO** £5.00  
Finely ground seasoned beef, with crunchy iceberg lettuce, diced tomatoes, diced pickle, red onion and burger sauce.

**VEGAN BURGER V** £5.00  
Chick pea and couscous bodied burger in a seeded bun with lettuce tomato and choice of sauce.

**CHICKEN CAESAR SALAD** £5.00  
Sliced chicken breast, romaine lettuce hearts, crunchy croutons, parmesan cheese, caesar dressing.

**HOMEMADE VEGETABLE SOUP V** £4.00  
In season vegetables, thick, creamy and delicious.

**PITTA PIZZA V** £5.00  
Pitta bread halved with diced tomatoes, low fat mozzarella and red onion.

**CHILLED TUNA & SWEETCORN PASTA** £5.00  
Tuna, spring onions, sweetcorn and mayo.

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### DELI

*cakes & bakes available daily, just ask!*

**SUBS V** £4.00  
Choose from: Egg, BLT, Ham, Cheese, Tuna. (Chicken Mayo +£1) (max 2 fillings)

**WRAPS V** £3.00  
Choose from: Egg, BLT, Ham, Cheese, Tuna. (Chicken Mayo + £1) (max 2 fillings)

**TOASTIES V** £3.00  
Choose from: Ham, Cheese, Tuna Melt. (max 2 fillings)

**ALL SUBS AND WRAPS INCLUDE SALAD**

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Call 01733 890771 to order (NO LATER THAN 10AM FOR LUNCH ORDERS).

# LOCAL EVENTS

COMMUNITY NEWS

## UPCOMING EVENTS IN PETERBOROUGH

### Guv Island 2024

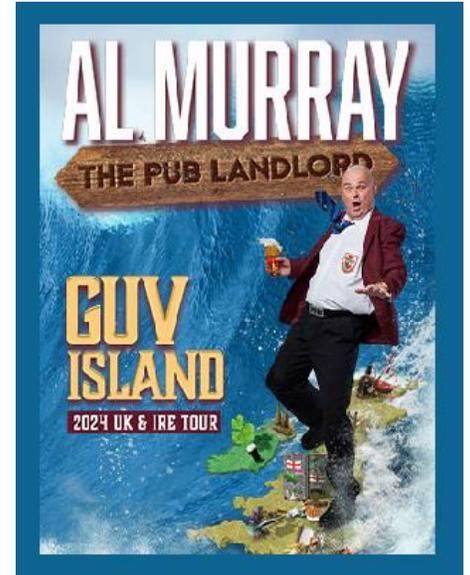
“Country, the UK, lost its way, seeks life partner/mentor/inspiration. A good sense of humour is essential. No timewasters, tedious show-offs or offend-to-trons need apply. HR free zone.”

Standing up so you don't have to take it lying down anymore, the Pub Landlord is back to make sense of the questions you probably already had the answers to. You know what they say: There's no school like the old school, with dodgy overflowing toilets.

**WHEN:** Friday 31<sup>st</sup> May

**WHERE:** The Cresset

**TICKETS:** £33



### Matilda the Musical JR.

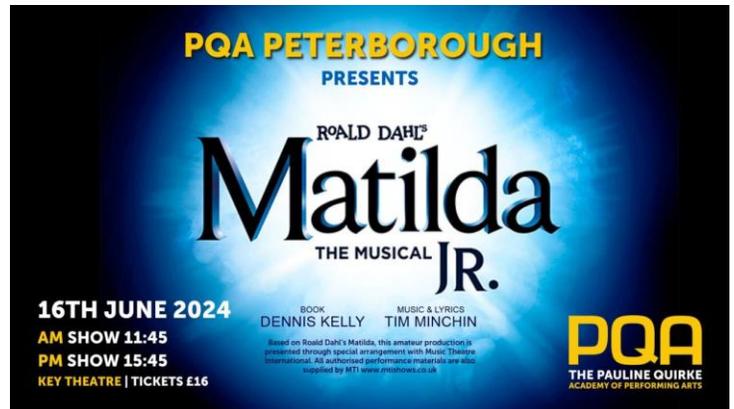
Based on Roald Dahl's Matilda, this amateur production is presented through special arrangement with Music Theatre International.

**WHEN:** 16<sup>th</sup> June 2024

**WHERE:** The Key Theatre

**TIME:** AM - 11:45 / PM - 15:45

**COST:** £16



## Outdoor Activities

### SAILABILITY

Sailing opportunities for people with disabilities. Run by Peterborough Sailability. Tuesdays and Thursdays, 10:00am to 4:30pm April to October. Sessions must be booked in advance. Age 10 years and over, inclusive, all disabilities.

**WHERE:** Watersports Centre, Gunwade Lake, Nene Park Trust, Ham Lane, Orton Longueville, Peterborough PE2 5UU. Please contact the secretary, Telephone [07948262919](tel:07948262919), Email [p.sail@hotmail.co.uk](mailto:p.sail@hotmail.co.uk), or Visit [www.peterboroughsailability.org](http://www.peterboroughsailability.org)

# COMMUNITY REVIEWS

HARVEY ARMITAGE

## COMIC CON – NENE VALLEY RAILWAY – LIVE MUSIC

Hello again,

My name is Harvey, and I am going to tell you what I have been doing for the last few weeks.

I have been to a live concert at the Peterborough Cathedral, the concert was a tribute to John Williams & Hans Zimmer music Performed by the London Film Music Orchestra, they performed ET, Jurassic Park, Jaws, Star Wars, Harry Potter, Indiana Jones, Schindler's List, Superman Returns, Interstellar, Gladiator, Pirates of the Caribbean, Inception, Man of Steel, Sherlock Homes & Da Vinci Code.

I Have also been to Orton Mere to see the signal box opening. I went with my Mum, Dad & Grandpa. We went on Thomas the tank engine. It was very good to go on the train. When we got there, they had two boys who raised money to open it, the MP for the railway, the firemen who help tackle the fire for the signal box and it was very good to see it open.

And finally.... I went to Bushfield's leisure centre in Orton to see the comic con it was busy at the centre, there were characters from Star Wars to Ghostbusters & Cars from different films. The stalls had everything from Action Figures to Lego minifigures, it was very cool and lots to buy from the stalls.

Thank you for reading!



# SERVICE NEWS

ACROSS SERVICE

## DIRECTORS CUT

As I sit here today and look at what's been achieved since the day, we first opened our doors, I am filled with immense pride! From supporting just 1 individual to now supporting almost 100 individuals across 3 centers, is just incredible. We always saw The Helping Hands Group as a place to do good, to do more and to always go above and beyond.

Being a small family run service we are able to implement changes and create opportunities without having to jump through red tape, we are always striving to be better and knock down boundaries that society puts in the way of those we support.

In closing I want to thank our entire staff team across the board for their commitment and hard work up until this point. Working in this industry is grossly underappreciated and it's not an easy job, its fluid, its complicated, its challenging and its life changing. We deal with lives daily, sometimes through extremely challenging conditions but our team plough through and dig deep in order to ensure the safety, wellbeing, and futures of those individuals we support.

Finally, I would like to thank all the families and individuals who support us in our quests, its gratefully received and we wouldn't be able to do it without you. So, THANK YOU from us!

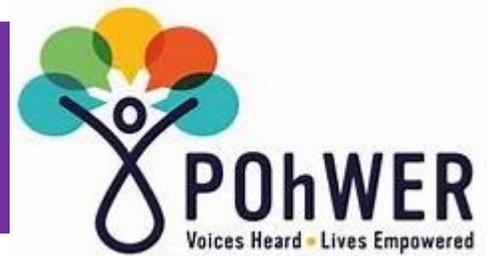
*Neil Gilby*

**Neil Gilby** (Director / Founder)



# ADVOCACY

CAMBRIDGESHIRE & PETERBOROUGH



## CHANGES IN SERVICE

The Adults Advocacy contract held with VoiceAbility came to an end on the 4<sup>th</sup> of February this year. Following a tender process, POhWER have been awarded the new Advocacy Contract for Cambridgeshire Local authority.

You can contact POhWER to make an enquiry or referral, on:

- Referrals: [www.pohwer.net/make-a-referral](http://www.pohwer.net/make-a-referral)
- Telephone: 0300 456 2370 (charged at your standard network rate).
- Website: [www.pohwer.net](http://www.pohwer.net)

## WHO ARE POhWER?

POhWER is a charity who provide information, advice, support, and advocacy to people who experience disability, vulnerability, distress, and social exclusion.

POhWER was set up in 1996 by service users who, tired of others making assumptions about their capabilities and views, wanted equal access to information and a voice of their own.

## POhWER's 'PEOPLE' Values

- P** Professional – We are committed to working in a confidential and person-centred way. Being professional, respectful, reliable, honest and independent.
- E** Empowering – We will empower people to develop their skills and confidence, stand up for their rights and regain control. Thus creating a culture of enablement, not dependency.
- O** Open, free and fair – We will deliver services that are free to use and accessible to all members of the community while encouraging and valuing differences and diversity and always working in a fair and open way.
- P** Positive difference – We will ensure that our passion for our work results in a positive difference to people's lives and use the learning from our casework to have a positive impact on the delivery of services in the future.
- L** Local – We will engage with local communities in the areas that we serve, understanding their specific needs and determining the best way to meet these.
- E** Engaging – We will meaningfully listen and engage with people and groups to ensure they are involved in the design, delivery and evaluation of our services, ensuring we are a pioneering client and needs led organisation.

INFORMATION USED FROM POhWER WEBSITE

# FUNDRAISING

On Friday the 26<sup>th</sup> of April our Fenlake centre held their annual fundraiser. On the day we raised close to £500.00! We would like to thank all parents, carers, friends, and family for coming and supporting us on the day. Everyone had an amazing day, with love and laughter throughout!

We had some fantastic raffle prizes available, a tombola, a car wash, a visit from the Fire Service, an amazing bake stall and some lovely food served up.

We ended the day with our traditional staff pieing! Individuals had the opportunity to pie a member of staff (Which they absolutely took advantage of)

It was such a great day and one we always look forward to.

Huge well done to all the staff involved in planning and supporting throughout the day!



# FENLAND YOUTH RADIO



We had a fantastic morning visiting Fenland Youth Radio on the 26<sup>th</sup> of April. Rhys, Sean, James, and Andy met with David and Rob for their morning show to discuss all things THHG and their newly released music video / song.

This was a fantastic opportunity and one that really gave all involved a huge sense of pride and achievement.

We sat down with Andy to discuss how the interview and broadcast went.

## ***What was the studio like?***

The studio was quite small, especially as there were quite a few of us in on the day. However, it was also quite intimate which made it feel welcoming.

## ***What was the reason for the broadcast?***

Rhys, Omotayo and Sean have recently released their own music alongside a music video, so it was an opportunity to speak about the session and the music created, whilst also having the song played live.

## ***Were there any hiccups with the interview?***

There was one mishap during the show. At one point Sean couldn't hear James presenting and asking questions, however this was quickly sorted out. Rhys really helped, as he noticed there was an issue and with true professionalism he answered questions on Seans' behalf.



## ***Overall, how was the experience?***

It was a fantastic experience for everyone and one we really hope to be involved in again. It was exciting and really gave us all a buzz to be involved in the broadcast. Pino, Marvin, David, and Rob were super too and really helped us out during the show.

# EMPOWERMENT THROUGH ENTERPRISE

CIC SISTER COMPANY

Having been supporting individuals with Learning Disabilities now for well over a decade, we see on a daily basis what society is lacking when it comes to Adult Social Care.

Being a day service provision ourselves, we only have so much time and funds available at our disposal in order to bring in the changes we feel necessary, but we want to do more!

So let us introduce the birth of Empowerment Through Enterprise, a not-for-profit organisation created to offer opportunities, work experience and community integration.

We feel there is nothing more important than independence, the ability to make yourself a meal, the confidence to problem solve and make decisions, are fundamentals to life that many of us take for granted.

Working together we will create the foundations of independence and build confidence through creating enterprise-based opportunities.

Everyone has the right to dream, and everyone has the right to be given the same opportunities to achieve that dream. Help us to create a new future.

Find out more online at [www.myete.org](http://www.myete.org)



Empowerment  
Through  
Enterprise



## What are we currently funding for?

### Hospitality & Retail

2024 is the year for more, we have ambitions of creating our own coffee shop, one which will also house the many different items we make across our Enterprise sessions.



### Music & Media

We are looking to raise money to purchase a Portacabin which we intend to turn into a soundproof media hub.

This opportunity would allow groups to learn the art of song writing along with the recording process, we will also be learning radio skills thanks to our friends at Fenland Youth Radio and The Young Technicians Academy.

# EMPOWERMENT THROUGH ENTERPRISE

CIC SISTER COMPANY

**Creating  
independence  
within the  
community**

Supporting the ability,  
in disability.



Empowerment  
Through  
Enterprise



Everyone has the right to dream,  
and everyone has the right to be  
given the same opportunities to  
achieve that dream.

Empowerment Through Enterprise

[www.myete.org](http://www.myete.org)



# THE RUSTIC NEST



*Visit us online*



@therusticnest22

SHOP NOW





**VIRTUE**  
PROPERTY & RENOVATIONS

## ABOUT US

Virtue Property & Renovations Ltd has over 40 years experience in property renovations and insurance claim management. We are passionate about improving the standards of customer experience in the construction industry. We offer a variety of works, including decoration, carpentry, plumbing, electrical, kitchen and bathroom replacements, brickwork, landscaping, building alterations and extensions and much more.

We are conveniently located in Crowland, just outside of Peterborough and within easy reach of the A1, A14, A421, A47 & A16.



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