



changing the
lives of adults
with learning
disabilities
forever.



The Helping
Hands Group

www.thehelpinghandsgroup.org.uk





About Us

The Helping Hands Group was founded in 2011 by Suzanne Gilby who is locally renowned with over 30 years experience in working with adults with Learning Disabilities, Suzanne was recognised in 2019 by the City of Peterborough for her dedication in this field by being awarded a Civic Award at The Town Hall.

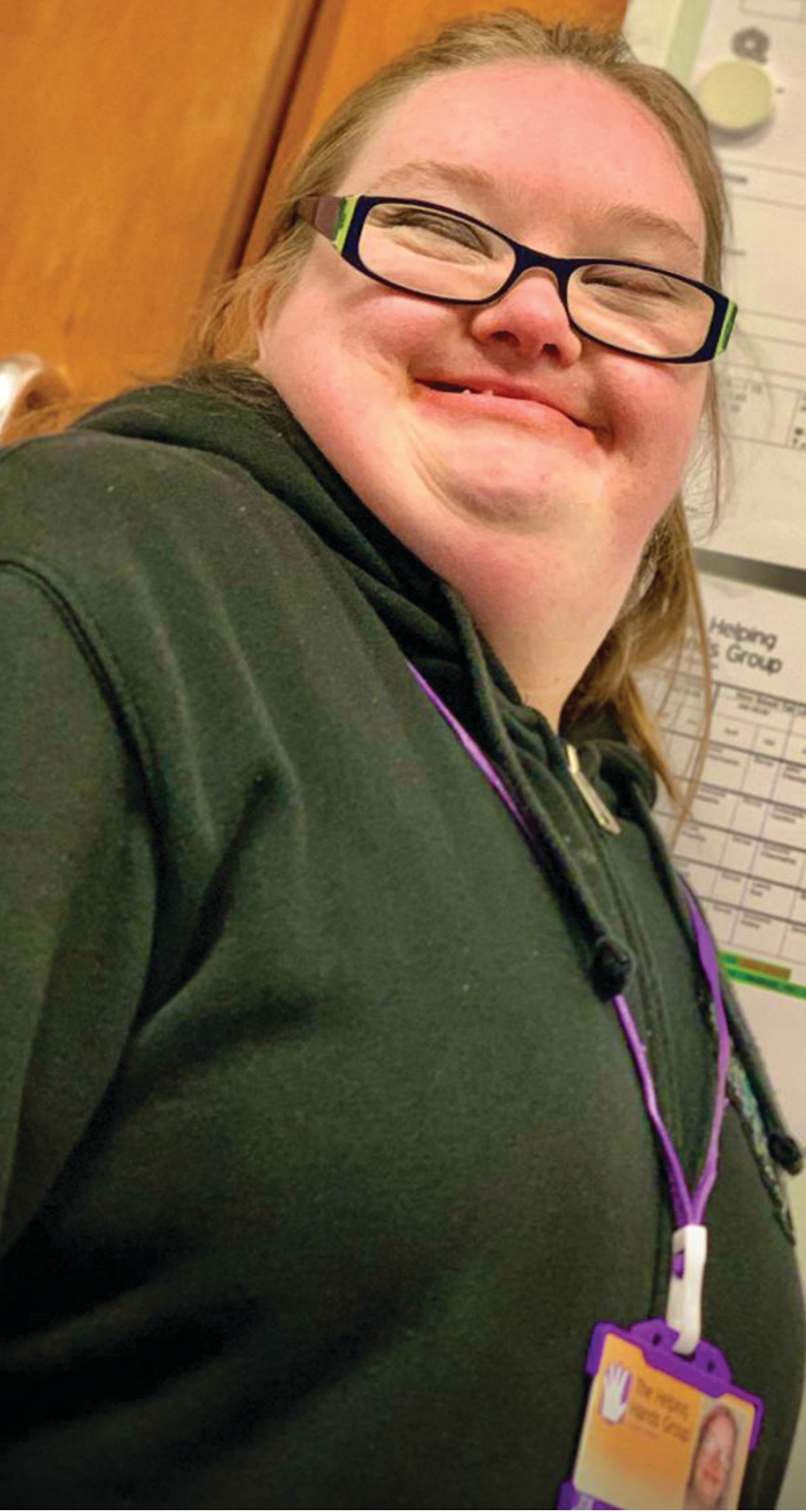
Spread across three sites, our centres offer Day Opportunities, Education, Work Skills and Work Experience to anyone 16+ with a learning/physical disability.

Unlike traditional 'Day Centres' The Helping Hands Group offer packages centred around each individual, maximising on progression in key areas, our staff are highly qualified in various methods of communication including sign language, symbols and communication aids as we promote the use of a holistic communication approach.

Across our centres we are proud to offer Catering, Hydrotherapy, Up-Cycling, Construction, Horticulture and also Motor Mechanics as well as Arts and Crafts, Hair and Beauty, Dance and Fitness and Education based sessions.

The Helping Hands Group were awarded at the 2021 GHP Social Care Awards, picking up 'Most Dedicated Adult Learning Disability Day Service' in Cambridgeshire.

We look forward to hearing from you.



THE HELPING HANDS GROUP

MONTHLY MEETING SCHEDULE

MEETING SCHEDULE - JANUARY

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Jan 1	10:00 AM	Room 1	10	
Jan 2	10:00 AM	Room 1	10	
Jan 3	10:00 AM	Room 1	10	
Jan 4	10:00 AM	Room 1	10	
Jan 5	10:00 AM	Room 1	10	
Jan 6	10:00 AM	Room 1	10	
Jan 7	10:00 AM	Room 1	10	
Jan 8	10:00 AM	Room 1	10	
Jan 9	10:00 AM	Room 1	10	
Jan 10	10:00 AM	Room 1	10	
Jan 11	10:00 AM	Room 1	10	
Jan 12	10:00 AM	Room 1	10	
Jan 13	10:00 AM	Room 1	10	
Jan 14	10:00 AM	Room 1	10	
Jan 15	10:00 AM	Room 1	10	
Jan 16	10:00 AM	Room 1	10	
Jan 17	10:00 AM	Room 1	10	
Jan 18	10:00 AM	Room 1	10	
Jan 19	10:00 AM	Room 1	10	
Jan 20	10:00 AM	Room 1	10	
Jan 21	10:00 AM	Room 1	10	
Jan 22	10:00 AM	Room 1	10	
Jan 23	10:00 AM	Room 1	10	
Jan 24	10:00 AM	Room 1	10	
Jan 25	10:00 AM	Room 1	10	
Jan 26	10:00 AM	Room 1	10	
Jan 27	10:00 AM	Room 1	10	
Jan 28	10:00 AM	Room 1	10	
Jan 29	10:00 AM	Room 1	10	
Jan 30	10:00 AM	Room 1	10	
Jan 31	10:00 AM	Room 1	10	

MEETING SCHEDULE - FEBRUARY

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Feb 1	10:00 AM	Room 1	10	
Feb 2	10:00 AM	Room 1	10	
Feb 3	10:00 AM	Room 1	10	
Feb 4	10:00 AM	Room 1	10	
Feb 5	10:00 AM	Room 1	10	
Feb 6	10:00 AM	Room 1	10	
Feb 7	10:00 AM	Room 1	10	
Feb 8	10:00 AM	Room 1	10	
Feb 9	10:00 AM	Room 1	10	
Feb 10	10:00 AM	Room 1	10	
Feb 11	10:00 AM	Room 1	10	
Feb 12	10:00 AM	Room 1	10	
Feb 13	10:00 AM	Room 1	10	
Feb 14	10:00 AM	Room 1	10	
Feb 15	10:00 AM	Room 1	10	
Feb 16	10:00 AM	Room 1	10	
Feb 17	10:00 AM	Room 1	10	
Feb 18	10:00 AM	Room 1	10	
Feb 19	10:00 AM	Room 1	10	
Feb 20	10:00 AM	Room 1	10	
Feb 21	10:00 AM	Room 1	10	
Feb 22	10:00 AM	Room 1	10	
Feb 23	10:00 AM	Room 1	10	
Feb 24	10:00 AM	Room 1	10	
Feb 25	10:00 AM	Room 1	10	
Feb 26	10:00 AM	Room 1	10	
Feb 27	10:00 AM	Room 1	10	
Feb 28	10:00 AM	Room 1	10	
Feb 29	10:00 AM	Room 1	10	

MEETING SCHEDULE - MARCH

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Mar 1	10:00 AM	Room 1	10	
Mar 2	10:00 AM	Room 1	10	
Mar 3	10:00 AM	Room 1	10	
Mar 4	10:00 AM	Room 1	10	
Mar 5	10:00 AM	Room 1	10	
Mar 6	10:00 AM	Room 1	10	
Mar 7	10:00 AM	Room 1	10	
Mar 8	10:00 AM	Room 1	10	
Mar 9	10:00 AM	Room 1	10	
Mar 10	10:00 AM	Room 1	10	
Mar 11	10:00 AM	Room 1	10	
Mar 12	10:00 AM	Room 1	10	
Mar 13	10:00 AM	Room 1	10	
Mar 14	10:00 AM	Room 1	10	
Mar 15	10:00 AM	Room 1	10	
Mar 16	10:00 AM	Room 1	10	
Mar 17	10:00 AM	Room 1	10	
Mar 18	10:00 AM	Room 1	10	
Mar 19	10:00 AM	Room 1	10	
Mar 20	10:00 AM	Room 1	10	
Mar 21	10:00 AM	Room 1	10	
Mar 22	10:00 AM	Room 1	10	
Mar 23	10:00 AM	Room 1	10	
Mar 24	10:00 AM	Room 1	10	
Mar 25	10:00 AM	Room 1	10	
Mar 26	10:00 AM	Room 1	10	
Mar 27	10:00 AM	Room 1	10	
Mar 28	10:00 AM	Room 1	10	
Mar 29	10:00 AM	Room 1	10	
Mar 30	10:00 AM	Room 1	10	
Mar 31	10:00 AM	Room 1	10	

MEETING SCHEDULE - APRIL

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Apr 1	10:00 AM	Room 1	10	
Apr 2	10:00 AM	Room 1	10	
Apr 3	10:00 AM	Room 1	10	
Apr 4	10:00 AM	Room 1	10	
Apr 5	10:00 AM	Room 1	10	
Apr 6	10:00 AM	Room 1	10	
Apr 7	10:00 AM	Room 1	10	
Apr 8	10:00 AM	Room 1	10	
Apr 9	10:00 AM	Room 1	10	
Apr 10	10:00 AM	Room 1	10	
Apr 11	10:00 AM	Room 1	10	
Apr 12	10:00 AM	Room 1	10	
Apr 13	10:00 AM	Room 1	10	
Apr 14	10:00 AM	Room 1	10	
Apr 15	10:00 AM	Room 1	10	
Apr 16	10:00 AM	Room 1	10	
Apr 17	10:00 AM	Room 1	10	
Apr 18	10:00 AM	Room 1	10	
Apr 19	10:00 AM	Room 1	10	
Apr 20	10:00 AM	Room 1	10	
Apr 21	10:00 AM	Room 1	10	
Apr 22	10:00 AM	Room 1	10	
Apr 23	10:00 AM	Room 1	10	
Apr 24	10:00 AM	Room 1	10	
Apr 25	10:00 AM	Room 1	10	
Apr 26	10:00 AM	Room 1	10	
Apr 27	10:00 AM	Room 1	10	
Apr 28	10:00 AM	Room 1	10	
Apr 29	10:00 AM	Room 1	10	
Apr 30	10:00 AM	Room 1	10	

MEETING SCHEDULE - MAY

DATE	TIME	LOCATION	ATTENDANCE	NOTES
May 1	10:00 AM	Room 1	10	
May 2	10:00 AM	Room 1	10	
May 3	10:00 AM	Room 1	10	
May 4	10:00 AM	Room 1	10	
May 5	10:00 AM	Room 1	10	
May 6	10:00 AM	Room 1	10	
May 7	10:00 AM	Room 1	10	
May 8	10:00 AM	Room 1	10	
May 9	10:00 AM	Room 1	10	
May 10	10:00 AM	Room 1	10	
May 11	10:00 AM	Room 1	10	
May 12	10:00 AM	Room 1	10	
May 13	10:00 AM	Room 1	10	
May 14	10:00 AM	Room 1	10	
May 15	10:00 AM	Room 1	10	
May 16	10:00 AM	Room 1	10	
May 17	10:00 AM	Room 1	10	
May 18	10:00 AM	Room 1	10	
May 19	10:00 AM	Room 1	10	
May 20	10:00 AM	Room 1	10	
May 21	10:00 AM	Room 1	10	
May 22	10:00 AM	Room 1	10	
May 23	10:00 AM	Room 1	10	
May 24	10:00 AM	Room 1	10	
May 25	10:00 AM	Room 1	10	
May 26	10:00 AM	Room 1	10	
May 27	10:00 AM	Room 1	10	
May 28	10:00 AM	Room 1	10	
May 29	10:00 AM	Room 1	10	
May 30	10:00 AM	Room 1	10	
May 31	10:00 AM	Room 1	10	

MEETING SCHEDULE - JUNE

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Jun 1	10:00 AM	Room 1	10	
Jun 2	10:00 AM	Room 1	10	
Jun 3	10:00 AM	Room 1	10	
Jun 4	10:00 AM	Room 1	10	
Jun 5	10:00 AM	Room 1	10	
Jun 6	10:00 AM	Room 1	10	
Jun 7	10:00 AM	Room 1	10	
Jun 8	10:00 AM	Room 1	10	
Jun 9	10:00 AM	Room 1	10	
Jun 10	10:00 AM	Room 1	10	
Jun 11	10:00 AM	Room 1	10	
Jun 12	10:00 AM	Room 1	10	
Jun 13	10:00 AM	Room 1	10	
Jun 14	10:00 AM	Room 1	10	
Jun 15	10:00 AM	Room 1	10	
Jun 16	10:00 AM	Room 1	10	
Jun 17	10:00 AM	Room 1	10	
Jun 18	10:00 AM	Room 1	10	
Jun 19	10:00 AM	Room 1	10	
Jun 20	10:00 AM	Room 1	10	
Jun 21	10:00 AM	Room 1	10	
Jun 22	10:00 AM	Room 1	10	
Jun 23	10:00 AM	Room 1	10	
Jun 24	10:00 AM	Room 1	10	
Jun 25	10:00 AM	Room 1	10	
Jun 26	10:00 AM	Room 1	10	
Jun 27	10:00 AM	Room 1	10	
Jun 28	10:00 AM	Room 1	10	
Jun 29	10:00 AM	Room 1	10	
Jun 30	10:00 AM	Room 1	10	

MEETING SCHEDULE - JULY

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Jul 1	10:00 AM	Room 1	10	
Jul 2	10:00 AM	Room 1	10	
Jul 3	10:00 AM	Room 1	10	
Jul 4	10:00 AM	Room 1	10	
Jul 5	10:00 AM	Room 1	10	
Jul 6	10:00 AM	Room 1	10	
Jul 7	10:00 AM	Room 1	10	
Jul 8	10:00 AM	Room 1	10	
Jul 9	10:00 AM	Room 1	10	
Jul 10	10:00 AM	Room 1	10	
Jul 11	10:00 AM	Room 1	10	
Jul 12	10:00 AM	Room 1	10	
Jul 13	10:00 AM	Room 1	10	
Jul 14	10:00 AM	Room 1	10	
Jul 15	10:00 AM	Room 1	10	
Jul 16	10:00 AM	Room 1	10	
Jul 17	10:00 AM	Room 1	10	
Jul 18	10:00 AM	Room 1	10	
Jul 19	10:00 AM	Room 1	10	
Jul 20	10:00 AM	Room 1	10	
Jul 21	10:00 AM	Room 1	10	
Jul 22	10:00 AM	Room 1	10	
Jul 23	10:00 AM	Room 1	10	
Jul 24	10:00 AM	Room 1	10	
Jul 25	10:00 AM	Room 1	10	
Jul 26	10:00 AM	Room 1	10	
Jul 27	10:00 AM	Room 1	10	
Jul 28	10:00 AM	Room 1	10	
Jul 29	10:00 AM	Room 1	10	
Jul 30	10:00 AM	Room 1	10	
Jul 31	10:00 AM	Room 1	10	

MEETING SCHEDULE - AUGUST

DATE	TIME	LOCATION	ATTENDANCE	NOTES
Aug 1	10:00 AM	Room 1	10	
Aug 2	10:00 AM	Room 1	10	
Aug 3	10:00 AM	Room 1	10	
Aug 4	10:00 AM	Room 1	10	
Aug 5	10:00 AM	Room 1	10	
Aug 6	10:00 AM	Room 1	10	
Aug 7	10:00 AM	Room 1	10	
Aug 8	10:00 AM	Room 1	10	
Aug 9	10:00 AM	Room 1	10	
Aug 10	10:00 AM	Room 1	10	
Aug 11	10:00 AM	Room 1	10	
Aug 12	10:00 AM	Room 1	10	
Aug 13	10:00 AM	Room 1	10	
Aug 14	10:00 AM	Room 1	10	
Aug 15	10:00 AM	Room 1	10	
Aug 16	10:00 AM	Room 1	10	
Aug 17	10:00 AM	Room 1	10	
Aug 18	10:00 AM	Room 1	10	
Aug 19	10:00 AM	Room 1	10	
Aug 20	10:00 AM	Room 1	10	
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Aug 22	10:00 AM	Room 1	10	
Aug 23	10:00 AM	Room 1	10	
Aug 24	10:00 AM	Room 1	10	
Aug 25	10:00 AM	Room 1	10	
Aug 26	10:00 AM	Room 1	10	
Aug 27	10:00 AM	Room 1	10	
Aug 28	10:00 AM	Room 1	10	
Aug 29	10:00 AM	Room 1	10	
Aug 30	10:00 AM	Room 1	10	
Aug 31	10:00 AM	Room 1	10	

MEETING SCHEDULE - SEPTEMBER

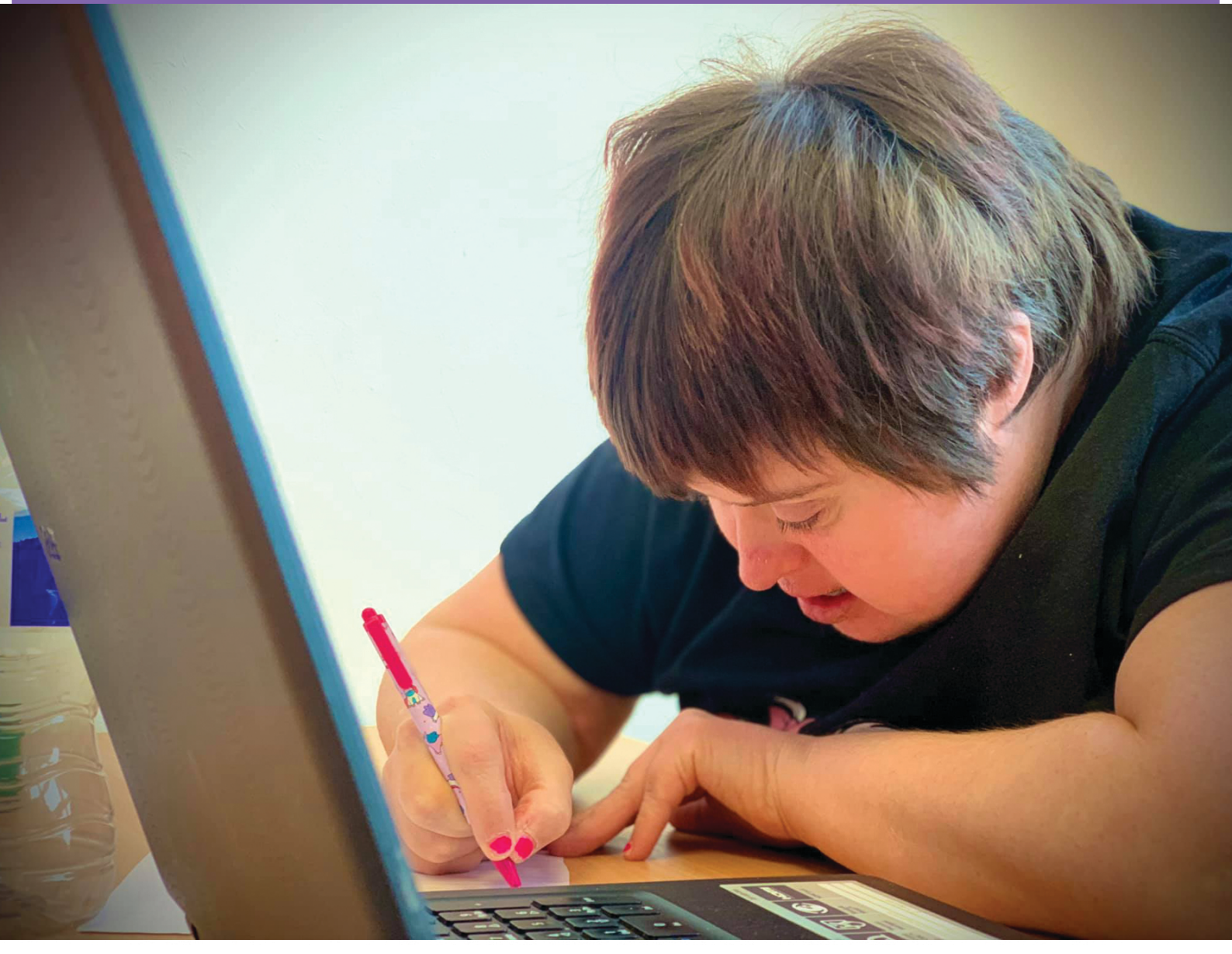
DATE	TIME	LOCATION	ATTENDANCE	NOTES
Sep 1	10:00 AM	Room 1	10	
Sep 2	10:00 AM	Room 1	10	
Sep 3	10:00 AM	Room 1	10	
Sep 4	10:00 AM	Room 1	10	
Sep 5	10:00 AM	Room 1	10	
Sep 6	10:00 AM	Room 1	10	
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Sep 8	10:00 AM	Room 1	10	
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Sep 14	10:00 AM	Room 1	10	
Sep 15	10:00 AM	Room 1	10	
Sep 16	10:00 AM	Room 1	10	
Sep 17	10:00 AM	Room 1	10	
Sep 18	10:00 AM	Room 1	10	
Sep 19	10:00 AM	Room 1	10	
Sep 20	10:00 AM	Room 1	10	
Sep 21	10:00 AM	Room 1	10	
Sep 22	10:00 AM	Room 1	10	
Sep 23	10:00 AM	Room 1	10	
Sep 24	10:00 AM	Room 1	10	
Sep 25	10:00 AM	Room 1	10	
Sep 26	10:00 AM	Room 1	10	
Sep 27	10:00 AM	Room 1	10	
Sep 28				

"The Helping Hands Group are wonderful,
I know I wouldn't have survived the past 10
years without them.

They are an extended family for Daniel and
he would not be the confident man he is now
without them.

Absolutely brilliant service!"

- A Happy Parent 2021







Charford House - Peterborough



Fenlake - Peterborough



Algores Way - Wisbech

OUR VISION

To enable our vision to be met we will:

Listen to individuals and families we support and respond accordingly.

Provide motivating and meaningful opportunities in order for each individual to achieve.

Promote a safe, inviting and healthy environment.

Offer a unique experience where all individuals are treated with equal respect.

OUR VALUES

A person centred approach.

Empowering every individual in making their own choices.

Giving everyone the opportunity to transform their lives.

Providing a service that offers equality and diversity.

Enabling individuals to be fully involved in the local community.

OUR MISSION

To enable all individuals with learning and/or physical disabilities to:

Live their lives to their full potential.

Access Further Education and Day Opportunities.

Be as independent as possible in all areas of their lives.

Have their views and opinions listened to.

Be involved in their future aspirations.

OUR AIMS

To promote independence.

Develop life skills.

Establish positive communication methods.

Provide opportunities to make choices.

Encourage involvement within the community.

Experience a range of enrichment activities.

To provide a safe and healthy learning environment



PETERBOROUGH

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Charford House, Padholme Road East
Peterborough, PE1 5XL

TEL: 01733 561000

WISBECH

The Helping Hands Group
10 Algores Way, Wisbech
PE13 2TQ

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Follow us on social media @thehelpinghandsgroup



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