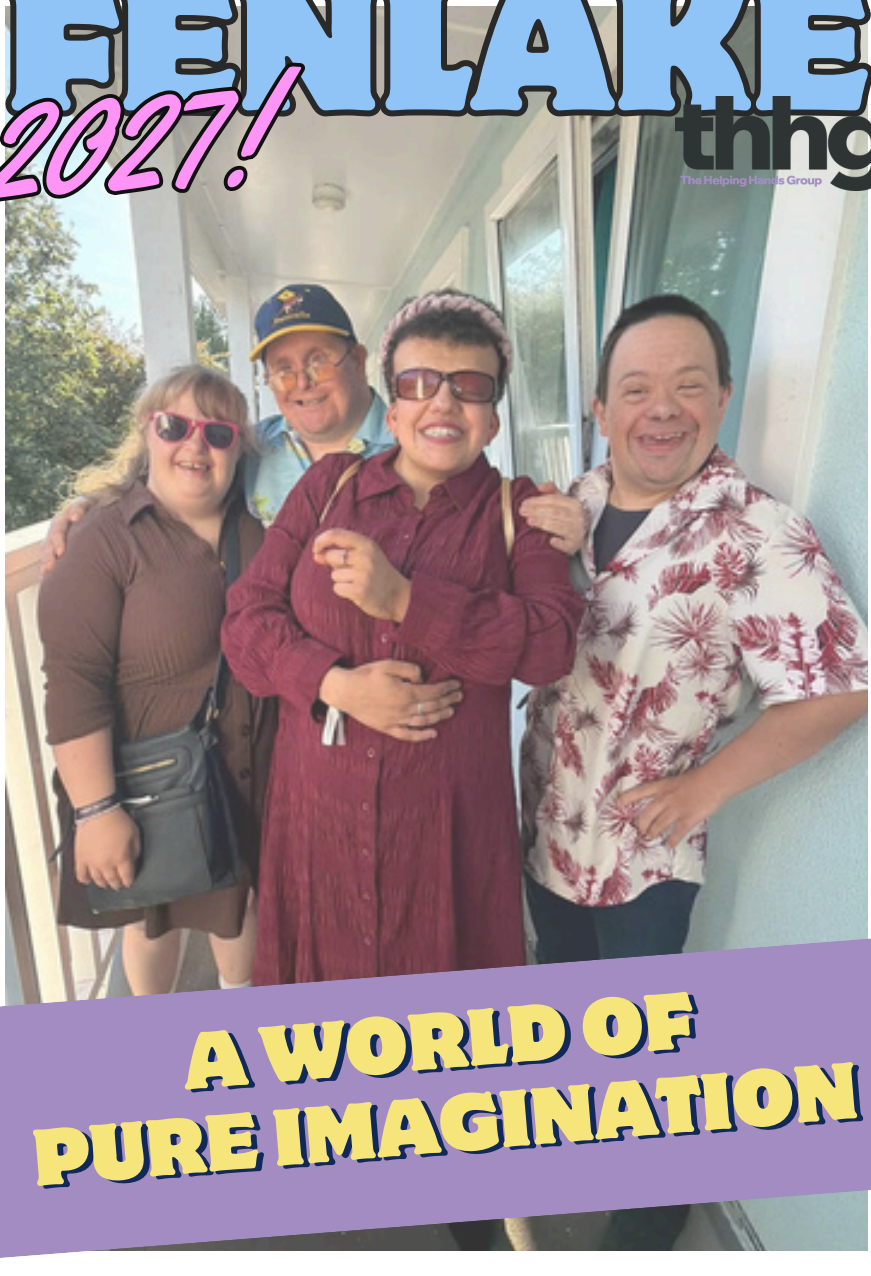
FENLAKE 2027!

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The Helping Hands Group



A WORLD OF PURE IMAGINATION


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CONTENTS

01 Introduction

02 Floor Plans

03 Sessions

05 Residentials

06 Why Fenlake?

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FEN LAKE



MORE THAN JUST A DAY SERVICE

Fenlake was born in 2021, The third centre from The Helping Hands Group, with the desire to be more and to do more.

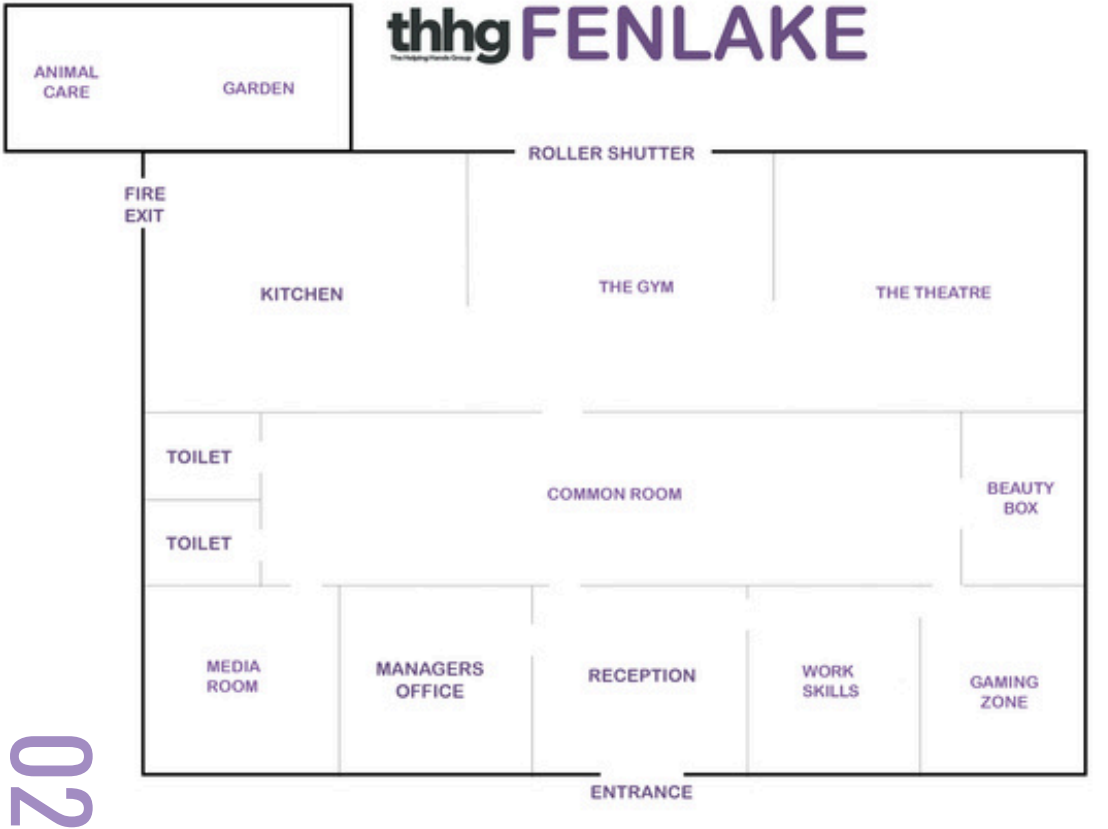
We enjoy the freedom of creating sessions and activities that are not readily available or deemed 'the norm' in an LD provision.

Spread across 2 buildings, Fenlake is creative, expressive and communal, it's a busy and loud environment which needs to be taken into consideration when choosing a service thats right for you.

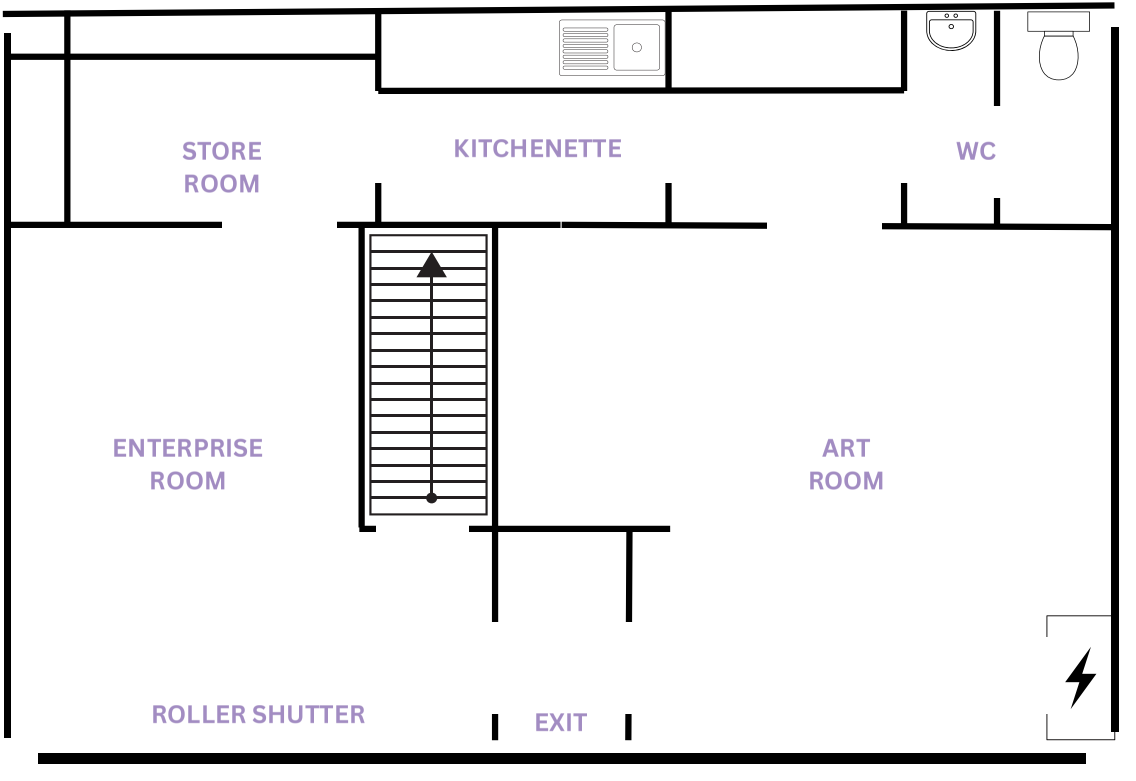
We now support 45 individuals here on site within the week, across a vast array of sessions which encourage independence, create life skills, develop social skills whilst building on confidence.

Welcome to Fenlake!

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STUDIO 8 FLOOR PLAN



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OUR GARDEN







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SESSIONS the FENLAKE WAY

- Enterprise
- Drama
- Dance
- Yoga
- Animal Care
- Newsletter
- Catering
- Art
- Life Skills
- Gaming
- Music
- Podcasting
- Photography
- Social Activities
- Work Experience
- Beauty



Performing ARTS

At Fenlake we are built for expression. Our large in-house theatre allows us to be whoever we wish to be, whenever we wish to be them.

At the end of each year our Performing Arts group do a huge performance in front of peers and parents. 2025 saw us perform our Once Upon a Panto spectacular at The New Theatre, the cities largest stage, in-front of nearly 200 people.


16 YEARS
4 CENTRES
1 NAME
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£4.50
£2


THE NEW THEATRE
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CATERING

We are lucky to enjoy an industrial sized kitchen at Fenlake, so we very much use it to our advantage.

Every morning the Kitchen turns into a working takeaway. We call this Enterprise, an in house form of work experience where we take orders and cook the food from fresh ingredient's for staff and individuals across our Peterborough centres. We guarantee to have your food ready for lunch.

We are proud to have held a 5 star hygiene rating from the council since our opening.



STUDIO 8

Studio 8 is our extension to Fenlake. Housing our Enterprise and Art sessions in their own unique space.

Here we up-cycle furniture, create beautiful pieces of ceramics and learn and create fashion items.

It' a space where the imagination can (and often does) run wild!


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BADDIES





THE BEAUTY BOX

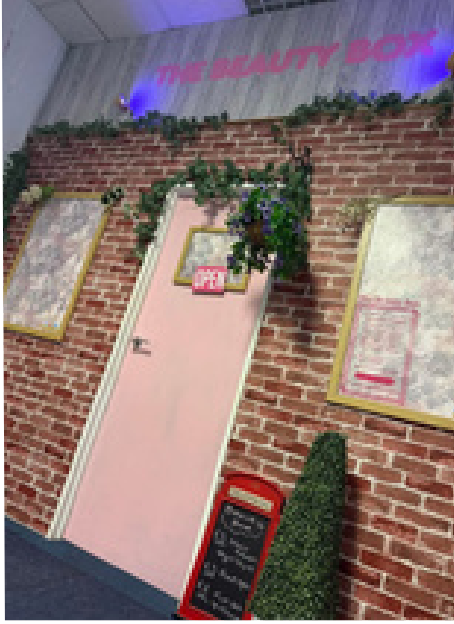
We brought work experience to us! Here at Fenlake we have created a fully functional hair and beauty salon, right inside our centre.

Massage, nail art, foot spa's, hair wash and blow dry... You name it, you can get it at The Beauty Box.

Individuals take it in turns to work shifts as Beauty Box staff members, completing a variety of treatments on their peers or being a customer and receiving the treatment themselves, thus combining relaxing treatments alongside vital work experience.

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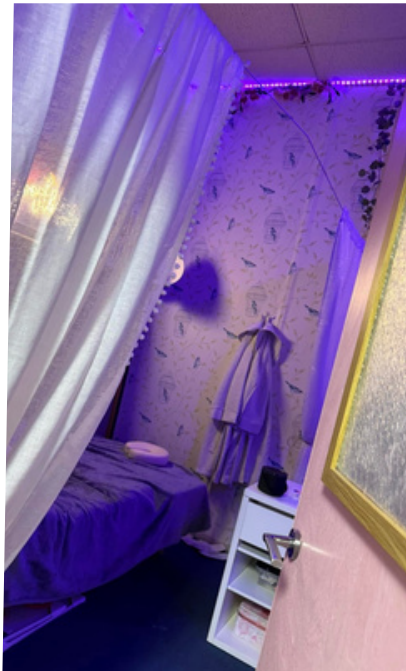














THE ANNUAL FENLAKE RESIDENTIAL

Created in 2024, The Fenlake Residential was born in order to allow our individuals the opportunity to experience a holiday with their peers, and boy has it been a huge success!





Our maiden voyage was a 5 day break to Butlin's in Bognor Regis, 2025 saw us take 14 of our individuals to Kingswood on the Norfolk coast and 2026 saw us head back to Butlins, this time to bring the party to Skegness. Bring on 2027!

These events are advertised a year in advance.

EXCITING!


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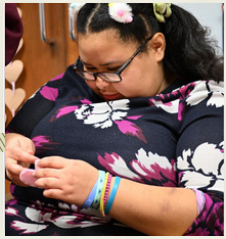



BBC LOOK EAST
Helping hands

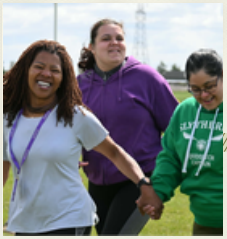


















What Makes us Different?

The Helping Hands Group are family run, built on love on knowledge. Established in 2011 off the back of 30 years experience in autism and LD.

Unlike huge organisations, trusts and government owned centres, we are able to create, adapt and change sessions as we see fit, this allows us to listen to our individuals as well as think outside the box, offering opportunities that many don't and won't, in fact, we are so unique we've even been on the news!

Take for example our Arts and Craft sessions. We don't just put a pen and paper on the table, no. We dedicated an entire building to it and called it Studio 8. Turning creativity into Enterprise.

We sit together planning ideas, we then make and sell the products. Incorporating your creative mind, your practical abilities and the knowledge of pricing and dealing with customers. AKA Enterprise.

Within the Enterprise bracket also sits our Catering session, at Fenlake we are fortunate to have an industrial sized kitchen, which we use to our advantage.

Every morning those in the session will take lunch orders from staff and individuals across both Peterborough sites.

We serve people as if we were a café, taking the orders, working out the money and then making those orders from start to finish, again, mixing your culinary skills, math skills, organisational skills and ultimately, life skills.

We believe a healthy mind starts with a healthy body, and fitness is a large part of Fenlake life, wether that be subconsciously through dancing, a step up session in the studio, or a work out in our in-house gym. Whatever form of exercise you like, we got you covered.

We believe it's important that everyone has a voice, so we created our monthly THHG Newsletter and a weekly Podcast session, giving our individuals a platform to be heard.

We discuss current topics along with interests which makes for fun and entertaining listening. Good job, given that each episode is uploaded onto Spotify for the world to hear.

When it comes to Performing Arts, we go that extra mile.

Each year our group perform a huge end of year show in front of their peers and their families. The performance itself is written completely from scratch and never disappoints.

Our investment in this area has seen us create a stunning theatre within our centre, providing an incredible environment for imagination.

2025 saw our group perform their incredible 'Once Upon a Pantomime' at The New Theatre, the cities biggest stage in-front of nearly 200 people, which was an amazing achievement. The full performance can be viewed on our website.

The above gives you a flavour of what a day at Fenlake is really like, but we don't stop there.

We are big believers in social interaction and community involvement, so much so that we created our annual residential! This was born off the back of listening to what our individuals want, and like us, they want to let their hair down and to spend social time with their peers, so we made that happen.

2024 saw us open with a 5 day trip to Butlin's, where the guys partied like it was 1999! There was laughter, smiles, and some beautiful interaction, which generated memories that will last a lifetime.

2025 saw us head to Kingswood in Norfolk for a 5 day break that focused on teamwork and pushing ourselves outside of our comfort zones.

Talking of social involvement, each year all three of our sites come together. In the summer our Wisbech site holds 'Glastonbech' a fancy dress summer garden party with no expense spared, live performances, bouncy castle, lots of food and drink.... A real beautfiul day seeing everyone come together.

Our Spring sports day is another event we do as a whole, it's an opportunity to express ourselves through sport whilst actively promoting team work.

Our third event comes in Winter as we are treated to the prom! An opportunity for the guys to get dressed up and enjoy an afternoon of dancing and celebrating the year that's been.

This event is held off site and is a lovely way to end the year.

Fenlake is our little world of pure imagination, a place where learning is fun and social boundaries are pushed.

The Helping Hands Group mantra is to promote independence and build life skills, as it stands we have been fortunate enough to support over 150 individuals and their families since opening our doors in 2011, something we are extremely proud of.

We look forward to welcoming you to Fenlake.

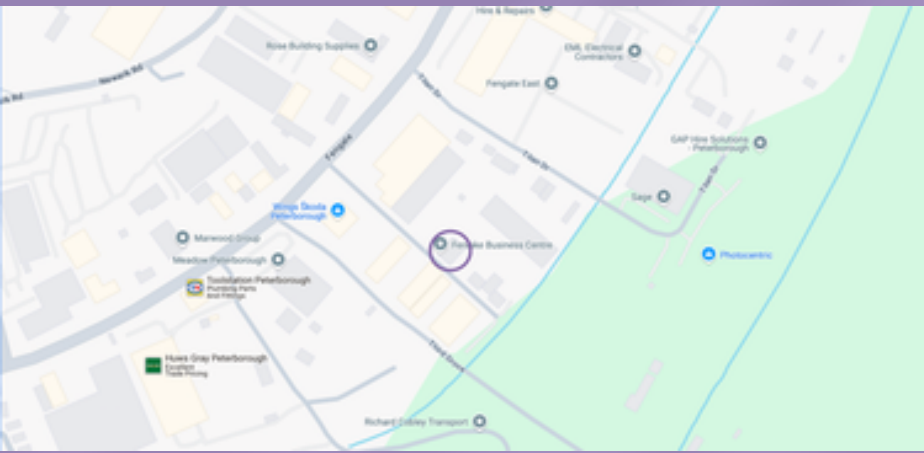
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TRANSPORT

Our in-house transport is currently full, if you would like to join our waiting list for this service please email Andrew.littledyke@thhg.org.uk with your request.

Sadly, Fenlake is not on a bus route, the nearest bus stop is on Padholme Road East which is around a 20 minute walk to the centre.

Many of our indiviudals arrive via Taxi. If you require contact details to taxi services which we know are reliable, please contact us.



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info@thhg.org.uk - Head Office



A LIFE OF DEDICATION

A huge congratulations to our founder, Suzanne Gilby who was last year invited to Buckingham Palace in recognition of her lifelong service to adults with Learning Disabilities in Peterborough, having committed over 42 years to the cause.

Suzanne is one of the most recognised professionals in adult social care within the Cambridgeshire area.





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