

The Helping Hands Group

NEWSLETTER

MARCH 2022

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In this addition, we focus on all things happening across our services, including training, events, and upcoming projects.

CHARFORD – Sensory Garden



STAFF AND INDIVIDUALS PREPARE THE SENSORY GARDEN

Staff and individuals at our Charford site in Peterborough are in full swing preparing the sensory garden for spring. We spoke with Lauren and Amber who are planning the project at Charford House. Amber explained a little more about the plans and what they've been up to. "We are doing a garden project which includes sensory art and we've had lots of donations of chairs and pallets, which we are going to paint bright colours. We plan for it to look pretty and bright to create a nice area for everyone. We are looking to make a sensory interactive wall also."

"So far, we have used sanding paper and an electric sander to prepare the furniture for painting. Individuals have really enjoyed doing this, as the task itself is very sensory related, with sounds and vibrations. We are also going to be getting a saw to cut the pallets to make a chair."

They're also plans for further planting of sensory plants, including Lavender, Mint and Rosemary which will give a great scent to the garden area.

"We're all really looking forward to the finished project and making better use of the space"





TRAINING – CARE CERTIFICATE



Staff across sites have been working hard in completing their Care certificates, which is an introduction to the Health & Social care sector. We spoke with staff from our Wisbech site on how they found the training and how it benefited them.

Sophie:

- I really enjoyed doing it, it was long, but it covers everything, and it was good to learn about duty of care.
- I have worked in this sector for 5 years.
- It was beneficial as it helped me understand it a bit better and refreshed my knowledge.
- 8 weeks it took me.

Debbie:

- It went really well, I worked hard and done lots of research and it was fun learning.
- I've worked in the sector for 2 years now.
- It was worthwhile and I learnt lots of things.
- I'll be using my knowledge every day at work.

Claire:

- At the beginning I found it tricky as it's a lot of paperwork, but I got the hang of it and enjoyed it.
- I haven't worked in this sector before, so it's all learning and putting into practice.
- It took me a bit longer; it took me 12/13 weeks to complete as a lot of it was brand new to me.

“It was worthwhile, and I learnt a lot of things”

World Book Day 2022!



“We had an amazing day. Some of the costumes were fantastic”



CELEBRATING 25 YEARS OF THE WORLD BOOK DAY

On Thursday the 3rd of March, both our Peterborough sites celebrated World Book Day. We had lots dress up for the occasion, with both sites putting on fun activities for the individuals. We had Hermione, Spiderman, SpongeBob, Thing 1, 2 and 3, Mary Poppins x2 and loads of others.

We spoke with Nadine who's the Centre Coordinator at Fenlake and asked her what the service got up to on the day.

“We had great fun, our kitchen was busy preparing themed cakes, we had activity books, story reading and social games. We even managed to have ourselves a good boogie, which we filmed for our new Tik Tok page”

Nadine also mentioned having a presentation for the best dressed individual and staff member. Oriela winning from the staff side and William winning for the individuals.

Charford completed a variety of activities, including Arts & Crafts, Group Story sessions, Music, and dance. Jackie said “The day went well; it was an enjoyable day had by all. There was lots of smiles and laughter, and the individuals were really engaged with the activities”

THE RUSTIC NEST

OPEN FOR BUSINESS

Fenlakes newest venture opened its doors on Tuesday the 1st of March to the public. The store which is at the rear of our Fenlake site in Fengate, stocks a variety of handmade, upcycled and preloved items. We welcomed many people to the store across the week and managed to raise just over £300 in the first week of trading.

The rustic Nest is a work experience enterprise for the individuals who attend our service and money raised goes straight back into the service and sessions currently ongoing. With The Helping Hands Group being a good cause organization it's important we look to raise money in house to ensure we can restock and put back into our sessions to get the best out of them.

The shop also gives us a great opportunity to showcase the amazing handmade and upcycled items the individuals have created in other areas including the Workshop and Catering Kitchen and supports their confidence, communication and gives the opportunity to experience a work environment. With such an up and down couple of years, external work experience has been a logistical nightmare and many placements are still yet to return. The Rustic Nest is on the doorstep and gives us a great opportunity to support preparation to adulthood and further progression in key areas.





CAKES GET THE NOD OF APPROVAL

On Thursday the 3rd of March our services across Peterborough celebrated World Book Day. As part of the occasion, Fenlake kitchen prepared some themed cupcakes for individuals and staff to purchase on the day. Their total order for the day came in at 73!! Which was easily the biggest order the kitchen has taken on.

Mark, who is currently coordinating the kitchen said “This was a learning curve, there were some hiccups throughout the day, including our large order for the Charford site. However, the guys and staff worked tirelessly and managed to get all orders completed for people to take home” When ask if he’d do it again, Mark responded “We would, yeah. We’ve learnt a lot from this time round so I’m glad we did it. Although we’ll really think hard about the numbers, we’re taking on next time.”

The next big event for the kitchen is just round the corner for Comic relief it’s hoped the menu this time will also be a big hit.



“It was a stressful but an insightful day”



OPENING TIMES

10AM - 3PM

Wednesday - Friday

Unit 30, Fenlake
Business Centre

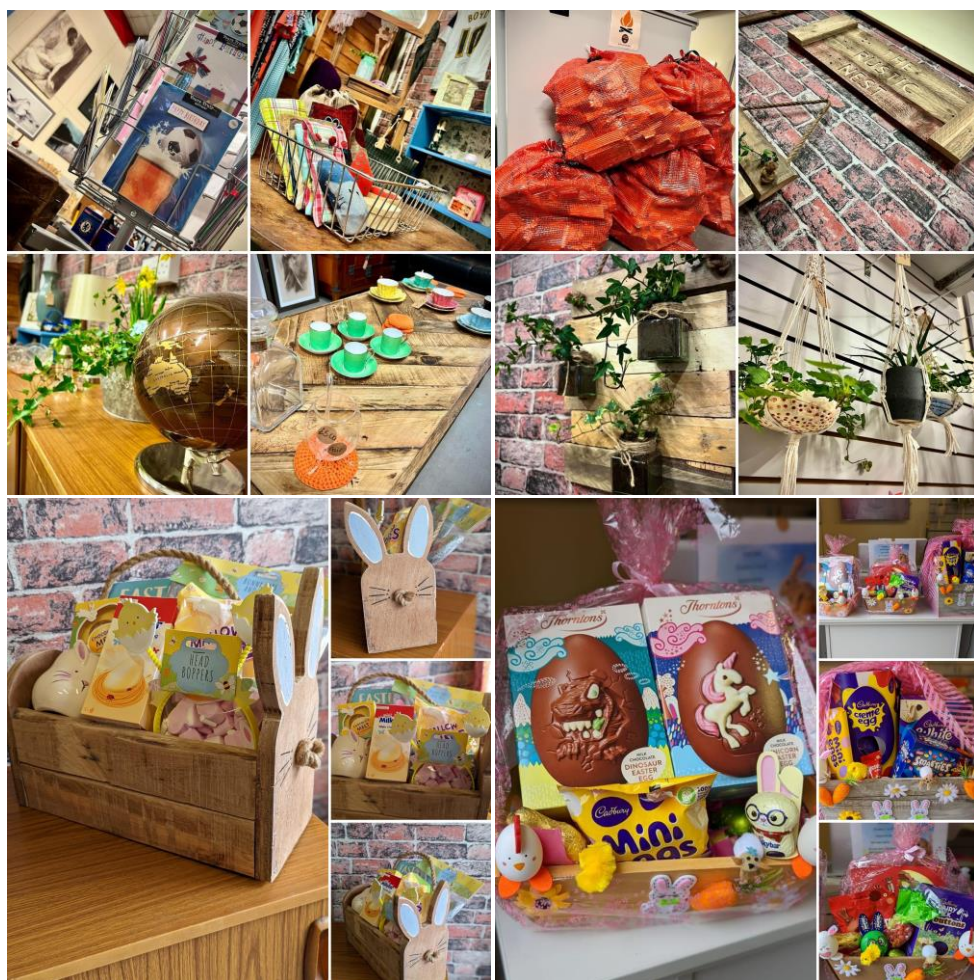
Fengate,

Peterborough

PE1 5BQ

TEL: 01733 890771

Easter Raffle - £1 a number or 5 numbers for £7



www.thehelpinghandsgroup.org.uk