CHARFORD 2027!

thhg
The Helping Hands Group



A WORLD OF PURE IMAGINATION

www.thing.org.uk



www.thhg.org.uk

thhg
The Helping Hands Group

CONTENTS

01 Introduction

02 Floor Plans

03 Sessions

04 Why Charford?

CHARFORD



MORE THAN JUST A DAY SERVICE

The Helping Hands Group was born in 2011, fast forward 16 years and we now have 4 centres spread across 2 counties, all with the desire to be more and to do more.

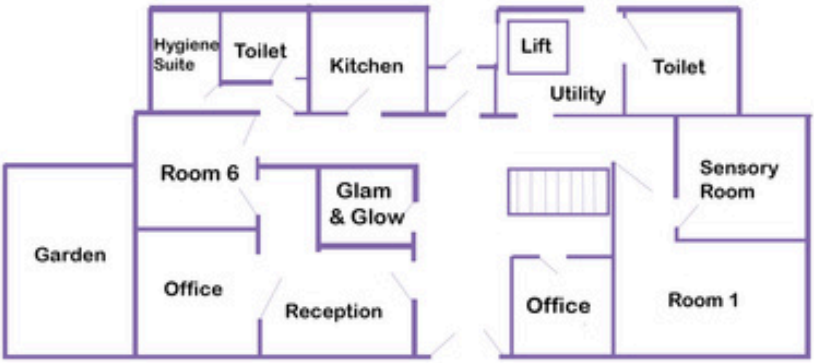
We enjoy the freedom of creating sessions and activities that are not readily available or deemed 'the norm' in a LD provision.

Our centres are creative, expressive and communal, they are busy and loud environments which all needs to be taken into consideration when choosing a service thats right for you.

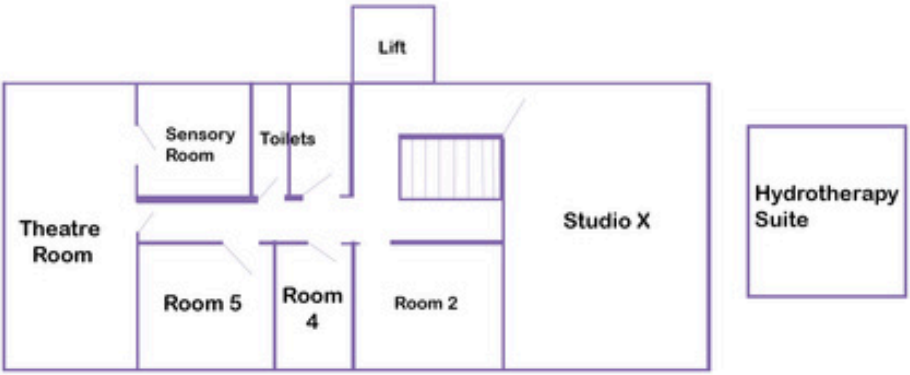
We now support more than 90 individuals over our 4 centres within the week, across a vast array of sessions which encourage independence, create life skills, develop social skills all whilst building on learning.

Welcome to The Helping Hands Group!

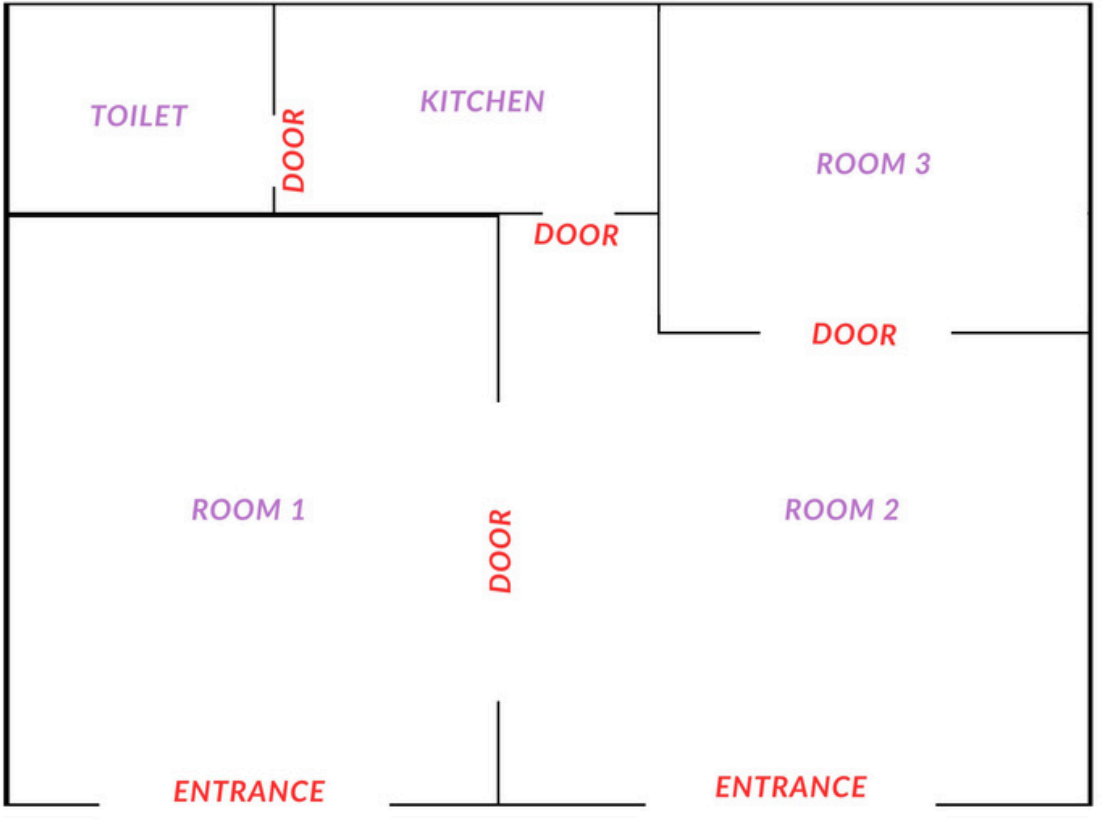
Ground Floor



First Floor



thhg THE HUB - UNIT 7




A WORLD OF
PURE IMAGINATION
Since 2011
g.org.uk
thhg
A WORLD OF PURE IMAGINATION
www.thhg.org.uk
NO PARKING
IN FRONT OF
THESE GATES
THANK YOU

www.thhg.org.uk



www.thhg.org.uk

SESSIONS

CHARFORD WAY

- Citizenship
- Independence Skills
- Enrichment
- Recreation
- Sensory
- Hydrotherapy
- Health & Safety
- Office Skills
- Music
- Performing Arts
- Hair & Beauty
- Horticulture
- Card Making
- Communication
- Enterprise
- Arts

www.thhg.org.uk



www.thhg.org.uk





THE HUB

INTRODUCING 'THE HUB' OUR EXTENSION TO CHARFORD HOUSE. ALLOWING US THE FREEDOM TO HAVE A BUILDING OF CALM AND CREATIVE SESSIONS. GIVING ROOM FOR DIFFERENT ABILITY LEVELS TO DEVELOP AND GROW.



www.thhg.org.uk



www.thhg.org.uk



Our centres are designed to bring people together through sessions and experiences.

We work together with families, professionals and the individuals themselves to form a timetable that encourages development whilst maintaining a strong level of enjoyment.

We believe that learning should be fun no matter what the disability.







COOKING

Food really does make the world go round. Through it we can create memories, develop important life skills and ultimately live, we live because of food and drink, so we feel it necessary to develop individuals in this area.

We start with the basics, can someone make toast on their own, or with some support? And from that we move through the gears.

Now only one question remains, what shall we cook today?

www.hhg.org.uk





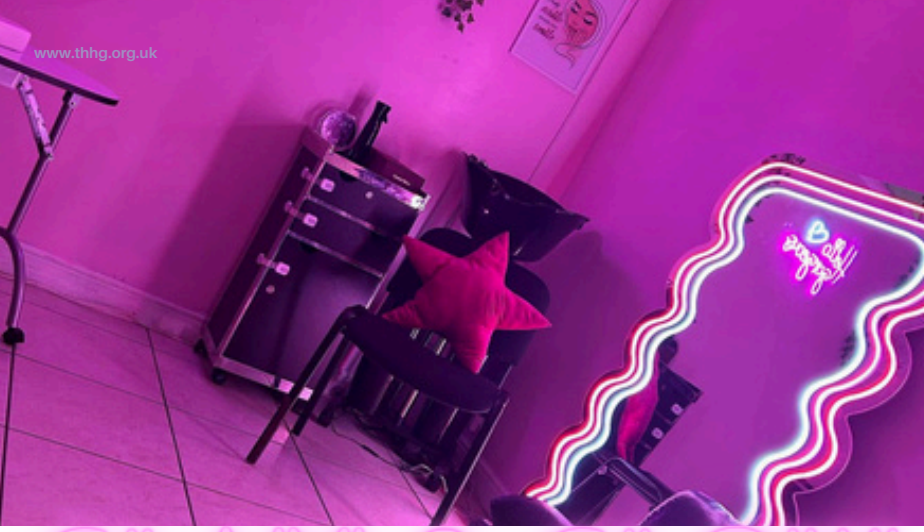
SENSORY

Sensory creates calm, it can recharge our social batteries and allow us to gather some peace in a world that goes a thousand miles per hour.

Here at Charford sensory a massive part of our day to day.

www.thhg.org.uk





GLAM & GLOW

Hair & Beauty Salon

We brought work experience to us! Here at The Helping Hands Group we have created fully functional hair and beauty salons, right inside our centres. Massage, nail art, foot spa's, hair wash and blow dry's... You name it, you can get it at Glam & Glow.

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

www.thing.org.uk



What Makes Charford Different?

Charford House was the first site opened by THHG back in 2011.

Welcoming, open space and wheelchair friendly! Charford also offers a quiet enclosed outdoor space to unwind under the gazebo or to complete some outdoor games.

Featuring a trampoline and paddling pool for those sunny days! It offers individuals the space to complete some horticulture tasks.

Our large 6 seater jacuzzi, with a ceiling hoist to allow access for all is a real gem in Charfords Arsenal.

There’s nothing better than having a hot dip with the bubbles on..

Our Glam & Glow beauty salon, offers a wide range of treatments such as hair wash/cuts/blow dry/style and It’s own nail bar to be pampered.

Appointments are a must, because of the popularity!

Our kitchen space incorporates a variety of switch lead equipment allowing all service users to access it!

Working on weekly recipes for cooking and baking. If you’re lucky you might get some brought home to try!

Our large sensory room, fitted with a teddy chair, and multiple bean bags is lit by beautiful LEDs, and sensory lights. We also focus on aromatherapy to stimulate the senses, it’s the perfect place if you need a moment alone or to unwind with friends... We a chill out room upstairs, again allowing all individuals a safe space to access if needed.

Studio X is a huge space to allow creative minds to run free , with as many art resources you could ever need!

We work on 2 monthly projects such as mosaics, printing and pottery!

At Charford we focus on giving back to the community through our citizenship sessions by volunteering, giving back to those in need (hats for premature babies/boxes for the homeless).

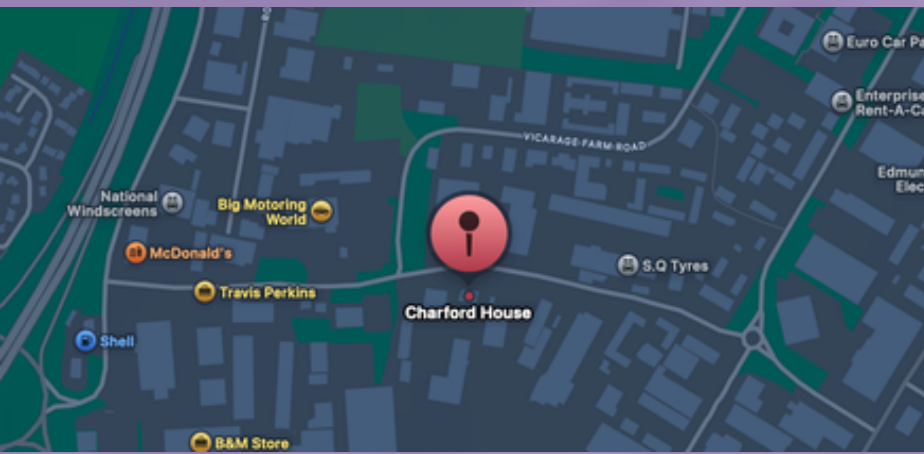
A hygiene suite is located at the centre to facilitate all personal care needs. We can also facilitate physio programmes into our daily routines to help support those who may need it.

www.thhg.org.uk

TRANSPORT

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

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




16 YEARS
4 CENTRES
1 NAME
Additional Parking at Rear
NO PARKING IN FRONT OF THESE GATES
www.thhg.org.uk
thhg
The Helping Hands Group
www.thhg.org.uk

CONTACT CHARFORD

The Helping Hands Group
Charford House
Padholme Road East
Peterborough
PE1 5XL

Tel: 01733 561000
Email:
Lauren.edwards@thhg.org.uk. - Centre Manager
Carolina.camara@thhg.org.uk - Deputy Manager
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.





www.thhg.org.uk