# WISBECH 2027!

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The Helping Hands Group



## A WORLD OF PURE IMAGINATION

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# WISBECH



# 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.

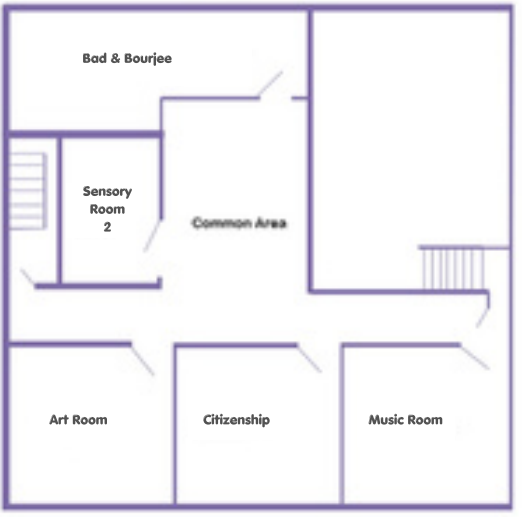
We enjoy the freedom of creating sessions and activities that are not readily available or deemed 'the norm' in an LD provision.

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 3 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!

## First Floor




## Ground Floor



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# SESSIONS the WISBECH WAY

- Lifeskills
- Independence Skills
- Bowling
- Sensory
- Hydrotherapy
- Health & Safety
- Office Skills
- Music
- Dance
- Citizenship
- Exercise
- Beauty
- Youth Club
- Performing Arts
- Volunteering
- Animal Care

We are renowned for our Sensory Garden, It's spacious, its enclosed and its packed full of fun.

Disability swings take pride of place on one side, whist our sunken trampoline sits opposite.

Add to that our fruit trees, home grown vegetables and herbs and our outdoor hot tub and you can see why we are proud of our little piece of tranquility.



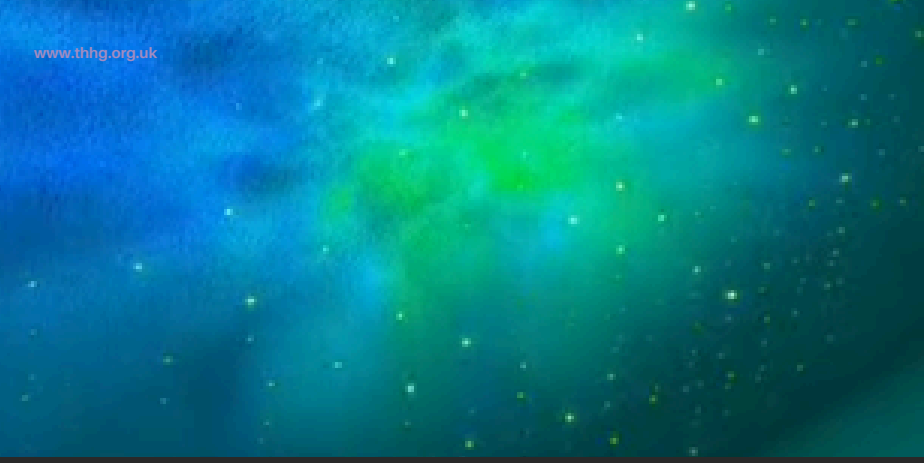


# COOKING

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.

We have recently had a brand new kitchen fitted too, leaving us with no excuses in producing gastro delights!




# 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 Wisbech we have 2 sensory rooms filled with darkness and brought to life with lights and sensory goodies, all waiting to be enjoyed by those who enter!

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# BAD AND BOUJEE

## 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 Bad and Boujee.

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.



# GLASTON BECH

## OUR ANNUAL GARDEN PARTY FESTIVAL

Every summer we hold our annual Glastonbech fesitval. A time where all 3 centres come together to celebrate.

We take full advantage of our huge outdoor space and fill it with entertainment. Bouncy castles, a stage, and fair ground games compliment the swings and sunken trampoline.

Its a beautiful day!

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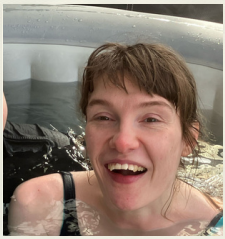












# What Makes Wisbech Different?

Wisbech offers an incredible outdoor space, allowing a needed breath of fresh air after a busy day. Within this open space we have a private luxury jacuzzi (featuring in built aromatherapy)- amazing to relax the mind.

A large basket swing, wheelchair friendly swing, fruit trees and vegetable patch, ground level trampoline and a shaded seating area allow the senses to go wild.

The garden features multiple planters for gardening opportunities, think of it as a mini allotment.



Bad and Boujee is literally a high street beauty salon within our centre, offering a range of treatments such nail care/hair wash/blow-dry, styling, facials, steaming, massages, male grooming.

It really is the perfect place to unwind and be pampered. Coming soon: appointments available for bookings!

Creative arts- is the  opportunity to express your imagination! From water paints to mosaicking and upcycling furniture our minds continue to look to the next project.

Our new kitchen where we work on weekly recipes for cooking and baking sessions, delicious items to take home expressing our views on the importance to become self sufficient.

Who wants a therapy animal? We've got guniea pigs!! We nurture and care for them, and they give us love and cuddles in return!

Wisbech features two newly renovated sensory rooms, kited out making it a stimulating environment to engorge all your senses!

Touch/taste/see/smell we have it all!

We love to give back to our local community, from shoes for the homeless to dog blankets for the RSPCA, donating and volunteering is a big part of our make up here.

We look forward to welcoming you to our Wisbech centre.



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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 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.








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# 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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