



## FiND's Winter Newsletter 2018

We hope you enjoy reading all about what we've been up to!



### Welcome to our winter newsletter!

It has been lovely to see students and staff getting involved in so many activities as well as preparing for the festive period. The mild weather has also helped those wanting to get out and about in the community.

Over the past few months students have enjoyed some exciting new activities such as: sailing on Welton Waters and undertaking a course at a local farm and stables. We have visited so many new places whilst also learning new skills, all of which you can read about in this newsletter.

Thank you to everyone who came and supported our Christmas coffee morning at FiND3 and the Christmas Fair at FiND2. Students and staff worked incredibly hard to produce a variety of different products and it was fantastic to see them sell so quickly. We look forward to letting you know how much we raised as soon as the totals have been calculated.

We were delighted to offer the opportunity for some of our staff to attend the Learning Disability Today Conference in London during November. Staff participated in conferences and workshops (*on Autism, Good practice and valuing people with a learning difficulty*) as well as participating in networking events and it was great to hear their feedback about the information and resources they feel would benefit the people who come to FiND.

The team would like to wish everyone a very Merry Christmas or holiday period & a Happy New Year. We very much look forward to seeing you all again in January.

## In This Edition...



See what we have been up to—p2 & 6



Potting Black: Hear about our snooker workshops —p6



Meet the new people who have joined us at

FiND—p4 & 8

Hear how we got on when we attempted to learn sailing! —p3





# Find2 Winter Fun



One of our favourite trips over the winter period was our visit to Sewerby Hall and Gardens in Bridlington. We really enjoyed wandering around the animal enclosures. A particular highlight was getting to see the ponies. As you can see from the pictures we were fortunate enough to have them close enough to pet.



Another fun filled day was our visit to the York Railway Museum! We had the opportunity to see the trains up close and even managed to explore the inside of a few as well. We wandered around the maintenance yard where mechanics were working on repairing old steam trains and enjoyed spending time on the viewing gallery watching trains arrive and depart York train station.

We paid a visit to Tropical World in Leeds to experience a warmer rainforest climate. It was a unique experience to walk through the biome and be surrounded by dozens of colourful butterflies. We then ventured around 'Creature Corner' where we braved spiders, snakes, lizards and other astonishing reptiles.

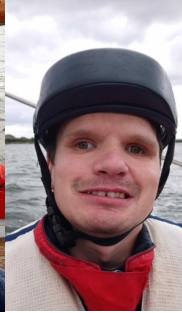
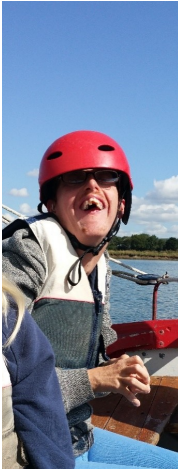




# learning to Sail



Over the late summer and autumn months some individuals took on the opportunity to learn sailing skills at Welton Waters. Across a period of several weeks our sailors took to the water and learnt how to control the sailing boats. We are looking forward to getting back on the water in Spring 2019.



# Baking Bread

Over recent months our bread making expert Phil has been teaching us how to bake a range of different breads. We have made white bloomers, seeded loafs and sour dough with a range of different flavours. We have even experimented with recipes and changed the colour of our breads.



# Bowling Team

Our bowling teams continue to enjoy regular internal competitions.

We would like to welcome Michelle who has recently joined the team.







# to new staff and students



**Tracey** — I have previous experience working with adults with learning difficulties and wished to come to FiND as I felt the values were good. I enjoy walking, arts and crafts and upcycling furniture in my spare time. My first impressions of FiND are the fantastic relationships between staff and students, one big happy family.

**Jayne** — I have recently moved to the area from west Yorkshire. I have been fortunate to join the FiND team who I have found a great bunch who really enjoy supporting the students. I am looking forward to new experiences and meeting new people. Previously, I worked for St Anne's Community Services in West Yorkshire for 17.5 years supporting people with learning disabilities, mental health issues and homelessness.



**David** — I came to work at FiND2 as an agency worker and really enjoyed the way the staff interacted with the students and enjoyed the team spirit. I have worked in the care sector for 6 years and worked in a range of services for adults with complex needs. I enjoy spending time with my family and music and singing in my spare time.

## A message from Tina



FiND2 have been busy this Winter and with the weather having still been good trips out have continued to the seaside, Sewerby Hall, Yorkshire Wildlife Park - these have been done on the bus but also using the train! Students have also been trampolining and visited Tea and Biscuit in Willerby where a range of items have been decorated by the students.

RDA riding has also continued through to November and on the 19<sup>th</sup> November, there was the RDA Presentation for students which was held at Waffle one and gifts were also given by the students to the volunteers who support them on a weekly basis to show appreciation of their efforts.

Students and staff have worked hard to create Pompoms to decorate the FiND Christmas Tree at the Christmas Tree Festival in Beverley Minster and to create gifts for the Christmas Fayre! We have had a great response from the businesses of Beverley in relation to donating prizes for the raffle and have raised approximately £900.

We would like to welcome two new students to FiND2 Ashleigh (*left*) who has joined us from Kingsmill School and enjoys music and sensory activities and Erika (*right*) who has attended FiND 1 in the past, who also enjoys music and noisy, flashing objects. They have both settled in to FiND and appear to enjoy their time with us.



# Award Presentation

On Monday 19th November we were delighted to once again host the Riding for the Disabled Association (RDA) awards presentation.

The event began with a fantastic compilation video which perfectly showcased the amazing achievements of our riders. It is amazing to see how far some of our talented riders have come in a relatively short period of time. We have seen riders advance from being fearful of the horses to grooming them and actually getting on the horse. We have also seen a number of individuals confidence growing week on week, with some of our riders now trotting around the arena.

The awards event was a lovely way to acknowledge some fantastic achievement and provide our riders with their Endeavour Awards along with a trophy to mark these.

FiND would like to say a huge congratulations to: Cambell, Jamie, Steven, Jack, George, Rosie & Max!

We would like to thank all of the volunteers who turn up each week to ensure that our riders have the opportunity to experience this activity and continue to develop their skills. In addition, we would also like to say a special thank you to Shirley & Jane for co-ordinating the weekly sessions, without their help this would not be possible.

Our riders now can't wait for the 2019 sessions to begin!





# Find3

# Winter

# Fun

## Snooker Skills



Some students from FiND3 have been attending the Tradewell snooker club to receive some expert tuition on how to play the game. We have some very skilled players and they have loved to come back to FiND and



show us what they have learnt. As you can see from the pictures, the most recent session involved our snooker players learning how to perform some trick shots.



## Military History



A group from FiND3 recently visited Ashworth Barracks Museum for a guided tour. It was fascinating to hear stories about British Military history and to try on some of the equipment.

We also visited the Holy Trinity Poppy Display to mark fallen soldiers as part of the 100 year Armistice Remembrance.



## FUN FACTS

by Danny Robbins



The best known rat species is the black rat or '*rattus rattus*'. The average lifespan is a year because of predators. Black and brown rats come from old world rats from East Asia. Rats eat seeds, nuts, fruits and vegetables. I like rats because they are cute and have long tails. I saw rats in tropical world in Leeds with FiND.





# At The Farm



Over the last few months, FiND3 have been regularly attending North Ferriby RDA & Farm as part of a 60 hour certificated voluntary course.

Tasks have included: horse grooming (*Inc. painting horse shoes, brushing coats etc.*), cleaning out the stables, feeding and caring for the chickens and donkeys as well as collecting eggs.



## Xmas Prep

We have all been very busy getting ready for the Christmas period. We have enjoyed visiting Garden Centres for some decorations and also visited some reindeer.

We have enjoyed putting up the decorations and getting into the festive spirit as we approach the holidays.

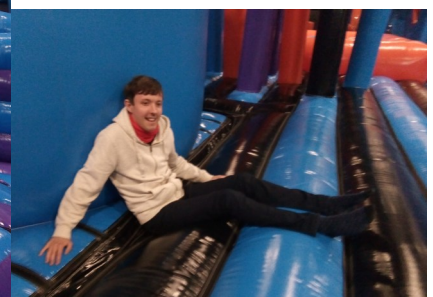


## InflataNation Inflatable Theme Parks



We have really enjoyed visiting the new InflataNation park on the new Flemingate development in Beverley.

We have really enjoyed taking on the obstacle challenges such as the climbing wall and also the slides. In particular, one of our favourite challenges has been the Gladiator tournaments.



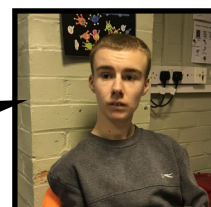


# W e l c o m e to new staff and students



**Ben** — I have joined FiND3 from Horton Education and Care, where I worked as a residential support worker. I was supporting an individual with autism and learning disabilities, promoting his independence and supporting him to access chosen opportunities that interested him. I am very much enjoying my role at FiND3 and starting to build positive relationships with the individuals who attend. The team have all been very supportive and I look forward to my future with FiND.

We would like to welcome Dan to FiND3. Dan has recently joined us from a school in Scunthorpe. He has been enjoying his favourite activities of reading football annuals and going on long country walks —especially to see the wildlife.



## A message from Gayle

The students and staff at FiND3 have taken part and enjoyed a lot of memorable activities and experiences. Some students loved animals so we planned some activities to Donna Nook, the RDA in Beverley and North Ferriby and having a cup of tea in the cat Café. We have been on some group trips to museums and attractions this year, they went to Ashworth Barracks and students were able to look at and pick at a selection of weapons and got to try on helmets and army clothing and pose for pictures. We have also been to Magma science museum, an interactive museum focusing on the four elements, earth, wind, water and fire.

It's been a very positive few months, promoting the values at FiND3 and developing staff matching for a more in depth person- centred approach. I would like to thank everyone involved at FiND3 for their hard work and positivity, it makes a great difference to the students experience at FiND3.

## Sensory Room Raffle



We are holding a raffle in January 2019, raising money to enhance our sensory room at FiND3. We are delighted to inform people that we have been heavily supported by businesses in the local Hessle area as well also receiving support from businesses in Hull and elsewhere in the East Riding. Tickets will be available from FiND3 and will go on sale when we return after Christmas.

**Some of the prizes include:** Family passes to The Deep & North Yorkshire Steam Railway, gift sets and various alcoholic drinks. We also have over £150 worth of Hair & Beauty vouchers for a number of salons in the area as well as vouchers for local cafes, restaurants and even the Comedy Club in Hull.



I recently attended the "Learning Disability Today" event in London. The theme was 'protection versus aspiration'. The various seminars were delivered by people with Autism and/ or learning disabilities, Health care professionals and parents. With seminars aimed at both keyworkers and management. One seminar titled 'Supporting Adults and children with learning disabilities and Autism' was very well delivered, accessible and affirmed for me that Find3 are delivering a quality support experience for the people who attend our service.

For me personally the event proved to be fun, educational, current, relevant and very inspiring. A positive experience I feel privileged to have been a part of. My thanks are extended to the Trustees and Senior team who supported this fabulous opportunity. **[Mark Cornwell—FiND3 keyworker]**



# A HUGE THANK YOU

We would like to send our thanks to everyone who has fundraised or donated money to FiND. Your hard work, dedication and support is greatly appreciated by the students and staff at FiND.

## With thanks to:

- ♦ The Nicholson Clan for running the Yorkshire Marathon Relay raising an outstanding £4,000
- ♦ The Tribal Foundation for their FiNDers donation of £540
- ♦ Sally Stoakes & Co for organising yet another brilliant FiNDers quiz evening, raising £365
- ♦ Phil Sharp for his workplace collection, raising a fantastic £290
- ♦ Chris Johnson for running the Humber Bridge Half Marathon and raising £253
- ♦ Maddie Cook for organising a bake sale which raised £150
- ♦ Pauline Hudson who kindly donated £100
- ♦ Hesse Garage Sales for helping FiNDers to raise £46
- ♦ The Walton's van for their continued support, raising £40.31
- ♦ Mrs Newton for their kind donation of £10
- ♦ Trevor Grewar & Keith Nicholson (*Good Trade Unionists*) for donating tickets for Hull Truck Theatres Oliver Twist production.



# DATES FOR YOUR DIARY

## FiND Christmas Opening Hours:

**We will close for Christmas at 4pm on Friday 21st December 2018**

**We will re-open on Wednesday 2nd January 2019**

