

ACCESS JULY NEWSLETTER

FUNDAY A DAY AT THE RACES

For those of you that were lucky enough to attend the family fun day this year, I am sure you will agree that the day was a great success.

For the staff team the day began at 8.00am with the usual 'Oh my - how are we ever going to be ready on time!!' Followed by everyone running around trying to get everything where it was supposed to be. Its times like this when you realise what an amazing team we have here at Essex Care Consortium, with everyone pulling together to ensure the day was the resounding success that it was.

We decided to make a change this year and prepared a buffet for lunch instead of sausages or burgers in rolls. This entailed 5 of us in the kitchen chopping, slicing, cooking, arranging and setting up in Hazel and Acorn ready for people at 12.30pm. We received a lot of compliments on the day for the variety and choice available.

There were also changes to the format of the raffle this year. Due to how fortunate we have been in receiving so many wonderful donations for prizes we decided to group gifts together to make 9 big prizes, people

then bought raffle tickets and made a choice about which prize or prizes they would like to try and win. We had 9 very happy people at the end of the day winning some fantastic prizes.

The day started with our usual dance session with staff and clients performing well known dance routines, encouraging anyone who also wanted to join in to come and join us. Songs such as 'Superman' and 'I am the music man' are always popular at this event.

We then had the drummers performing, unfortunately our usual drumming tutor has been unavailable on the day and in the few weeks leading up to the day - fortunately Dave Jones and Troy Clements stepped in and I am sure you will agree that they did us all extremely proud considering the short amount of rehearsal time that they had.

Access the Voice practice every Monday afternoon and after a group discussion decided they would like to sing one group song, two solos and a duet. Karen was extremely nervous and excited to perform a song by her favourite singer 'Shane Filan', but she wanted to do this and dedicate it to her parents who attended on the day. Karen is going to see Shane in October, but we are not sure she will be able to contain her excitement for that long!! Terri sang along to 'Shakin Stevens', collar up looking very much the part, and then finally Lauren and Chris got the crowd going with their duet of 'Up Town Funk'.

After lunch it was the turn of Access Making Music 'Andy and the Red Hats' to wow us with their amazing ability to play various instruments and sing some wonderful songs that they have been practicing every Tuesday.

Julian was fantastic on the base guitar, Lauren and Ben on the Cajon and Georgia on the drums. With all of the other students either singing, playing the guitar, harp or keyboard! They have been practicing for months and really enjoy having the opportunity to perform in front of an audience.

We really do have to say a special 'Thank you' to Gill and Andy for all the time and energy that they both put in to working with the group to ensure they are happy, confident and most of all enjoying every minute of every rehearsal and every performance.

The visit from the ice cream van was as popular as ever and the tea rooms were extremely popular, selling a fantastic array of cakes, teas and coffees. Our Growing For Life Department also did extremely well selling a wonderful selection of plants, flowers, hanging baskets and vegetables.

We would like to thank everyone for attending and making the day as special as it was and we hope you all enjoyed yourselves as much as we did, and we look forward to seeing you all to do it again next year!!





COMMUNITY GYMS

A couple of the groups have taken advantage of the local community gyms whilst out and about in July. These are a fantastic way of keeping fit with the added bonus of being completely free. All of the students who have so far visited a community gym have really enjoyed themselves, and any opportunity to get a bit of extra exercise has to be a good thing!.





JULY OUTINGS

Elm group go on an outing every Wednesday afternoon and two of the places they visited in July were Castle Park and Harwich beach where they saw a new sculpture of a whale. Students learn as much as possible when on these outings and another important feature is measuring the amount of steps the group take during the course of the outing. We aim for a minimum of 2000 steps but most weeks we easily exceed this, with an average of 2500 - 3000 steps.

The group are extremely lucky to be getting a private tour of the Weston Homes Community Stadium on Wednesday 22nd August - so there should be a few good pictures in next months newsletter!



ACCESS DEVELOPMENT PLANS

We are so excited to get our computer room project off the ground - all we really need now is one more tablet and two mobile android phones!! If anyone is in the process of upgrading their tablet/phone and have one that is in good working order that they would like to donate or sell to us it would be greatly appreciated. Please get in touch with clarestalker@ecarec.co.uk if there is anything you feel you could help with.

POP UP CAFE

We have decided to make the launch date for our pop up café on the day we support Macmillan Cancer. This was extremely well supported last year and we therefore hope to see some familiar and some new faces popping in for tea or coffee and a slice of delicious cake!!

Please save the date 29th September 2017

Opening times to be confirmed in our next newsletter!

GATEWAY PROM

We had the pleasure of supporting some of our students whilst they attended the prom at Gateway this July. It was a wonderful evening and was very well organised by the team.

We arrived at 6pm and joined the queue for a photograph, after which we went in to the beautiful hall with all the tables decorated. Guests on tables went up one at a time for their food which was a selection of cold meats with salad, quiche and potatoes, we were also served with a crusty roll at the table. This was followed by a choice of strawberry flan or chocolate cake.

After the meal some of the tables were moved and we were treated to a fantastic disco with virtually everyone dancing the rest of the night away. Prom King and Queen were announced and everyone cheered - I think there were a few tears from very proud relatives!

The students are now looking forward to completing their awards so they can attend the awards ceremony to receive their certificates and be recognised for all the amazing work they have done to achieve such an award.





Essex Care Consortium Ltd are looking for Support Workers, Night Awakes and 1:1 Support Workers to work in their four different Residential Homes. If you know anybody who would like to work with us or if you would like an application form or further information please contact our Head Office on 01206 330308 or 07746603757

ACTIVITIES COMING UP IN ACCESS

AUGUST

A group of us have booked to go to the Theatre to see Peter Pan one evening in August, we will be eating dinner at Access before going to have a lovely evening with the boy that never grew up.

Our yearly trip for some of the students to the Clacton Airshow will be taking place on Friday 25th August again this year!

SEPTEMBER

Pop up café supporting Macmillan Cancer on Friday 29th September

OCTOBER

On Monday 30th October we will be having a Halloween disco at Birch Village Hall in the evening - times to be confirmed and we look forward to seeing some amazing fancy dress costumes!!

DECEMBER

Our Christmas disco will take place on Monday 18th December this year - times to be confirmed!

ACCESS CLOSURES FOR 2017

Closed Monday 28th August 2017

Re-opens Tuesday 29th August 2017

Closed Monday 4th September 2017

Re-opens Monday 18th September 2017

Closed Monday 25th December 2017

Re-opens Wednesday 3rd January 2018



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