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Access Summer Newsletter 2018

**LETS TAKE A LOOK BACK AT ALL THE
EXCITING THINGS WE HAVE BEEN UP TO IN
THIS LAST THREE MONTHS**

TRIP TO COLCHESTER ZOO

Towards the end of June we supported 20 students to visit Colchester Zoo for the day. In sessions prior to the day we had

been talking about the Zoo and asking the students which animals they would most like to see during our visit. We printed off maps and studied the various routes that we could take, and upon arrival after the eventful ten minutes of trying to get in due to slight ticket problems we all split in to our groups and headed off to explore.

Some of the students enjoyed the elephant and giraffe feeding opportunities and some managed to watch the bird of prey display. At some point during the day I think everyone managed to experience the train ride.

Everyone met up again at 12pm so we could all enjoy our picnic lunches together, this was also a good opportunity for an extra liberal dosing of sun tan lotion as the weather was truly amazing with the sun choosing to shine for the whole day.

Splitting up again after lunch all of the groups managed to see everything they had wanted to see, and had time for the extremely important ice cream stop! We returned to Access just before 4pm with a lot of weary students and staff as most of us covered a vast distance on the day ensuring we got to see as many of the animals as possible.

The students loved the opportunity to visit the zoo with their friends and quite a few sessions after the trip incorporated things we had seen or learned about during that day.





THORRINGTON SCOUT CAMP

The Gateway Award is a non-competitive activity based award which people with a learning disability, of any age or ability, can take part in.

The award uses activities in areas of everyday life to help participants experience new things, develop life skills, build confidence, become more independent, improve health and wellbeing, make new friends and most importantly have fun.

There are three levels of the award (Bronze, Silver and Gold), made up of five different sections. These include Hobbies, Fitness, Volunteering, Lifestyle, and the Gateway Challenge.

Participants receive a certificate and a medal upon completion of each level!

The Gateway Challenge section of the award takes place every year at Thorrington Scout Camp. Participants have the option of attending two days, Saturday and Sunday whilst camping overnight, or alternatively they can choose to attend on either one of the two days, or both but choosing to stay at their own home overnight.

The five students that we are currently supporting chose to attend on just one of the days over the weekend and had the opportunity to participate in a variety of events including rifle shooting, archery, rock climbing to name a few.

The day was truly inspirational and everyone had an amazing day and left with a beaming smile and hopefully a great sense of pride for what they had achieved.



CARIBBEAN PARTY FAMILY FUN DAY

On the 31st July we all got together to celebrate at our annual family fun day. The theme was a 'Caribbean Party' and everyone got in to the spirit of the event with some fantastic costumes.

The day started for the guests at 11am on the Tuesday, however the day had started approximately 3 months earlier for all of the team in Access. On the list of requirements was finding a new ice cream man as last years wasn't responding to our emails, we also needed to ensure we had decorations for the gardens, and in Hazel and Acorn. The staff and students worked so hard in the arts and crafts sessions to produce a limbo pole, palm trees, flower garlands, and all things tropical.

We worked extremely hard to attract raffle prizes and would like to thank all the managers, staff and parents who donated this year. I am sure you will agree the raffle was pretty impressive with seven fantastic hampers won at the end of the day.

Diana Sonnex very kindly returned for the day to work with our Marks Tey site on the tombola stall, again many of the prizes were donated and greatly appreciated.

The Mocktail stand was headed up by the staff and clients from Plume Avenue, co-ordinated by the new Manager Natalie Schofield. If any of you tried one of the drinks there were some amazing flavours taking place and some even more amazing colours going on!

We have found that people seem to prefer a buffet as opposed to burgers or hotdogs and we worked tirelessly to ensure there was variety, including a mix of vegetarian and non-vegetarian dishes. Something that everyone would hopefully enjoy and enough food to feed over 150 people. We tried to include some Caribbean elements to the buffet with our take on rice and peas, Jerk chicken, tropical pizzas and fruit cocktail to assist with keeping it healthy. All of the Access team that were working to prepare the buffet turned up for work early and worked like troopers to ensure everything looked as good as it tasted.

The entertainment began with our dancing group dancing along to songs that they had been rehearsing in recent sessions followed by the drumming group doing some rehearsed pieces on the djembe drums. After lunch the afternoons entertainment was provided by Andy and the Red Hats who performed a selection of reggae and other popular songs to get the audience on their feet and dancing.

We moved the date this year so that the event took place in the school holidays, and I am sure you will agree the day was a lot

nicer with the presence of the families children, who not only got to join in with the fun and games but enjoyed the swings and the swimming pool for most of the day as well.

The tea rooms were open before and after lunch and the staff and clients from the Conifers had worked so hard baking and decorating delicious cakes for us all, every single cake was handmade!

We hope that everyone enjoyed the day as much as we did and we are now looking for suggestions for next years theme!!









MARKS TEY CARBOOT SALE

Three of our students have also been working towards their Silver Gateway Award, and one of their tutors Caroline Findlay felt it would be nice for the students to do something a bit different for their challenge section of the awards, so during a meeting a number of options were discussed and the students all agreed that they would like to do a car boot sale.

In one of their sessions they made posters to be put up in the houses and then in another session delivered all the posters. We were amazed how many wonderful people then donated items that the students were able to take and sell.

On the morning of the 8th of August Carol and Caroline arrived at the boot sale early to get a pitch and made a start on setting up - The students arrived at just after 9.30am ready to sell, sell, sell!

We had lots of interest and sold quite a few things, our prices were extremely reasonable and nothing was more than a pound. We made a good profit after paying £10 for the pitch and the students agreed that they would like to donate everything that was left to charity.

We have a staff member at Marks Tey who dedicates her free

time to supporting a dog shelter and last year through car boot sales she raised over £800 so we donated some of the items so she could then try to sell them at her next boot sale and we also chose to donate to Barnado's which I am sure you will agree is a worthy charity. This also meant that we finally gained some space back in one of our rooms!!

The group sat down the following week to try and decide what valuable resources they felt they need to enrich their time with us and it was eventually agreed that the money raised would be added to the amazing £180 that Access raised at Fun day which we are planning on putting towards a projector to use in our newly decorated activity room, we are also planning on adding some money to this to get some black out blinds for the room.

Thank you to everyone who has contributed towards another of our many successes.



MacMillan Coffee Morning Friday

28th September



We will be serving Tea, Coffee and Cake from 10.00am - 1.00pm. Please call in and see us and support this wonderful deserving charity!

COOKING SESSIONS

As you are aware we cook something different every week and try and incorporate as many different skills as possible in to the session, so the students get as much out of their time in the kitchen as possible.

One of our sessions was making a sausage frittata served with Focaccia. There are so many different stages involved in producing this dish, but everyone did a fantastic job and the end

result was amazing.



CLACTON AIRSHOW

The Clacton Airshow is one of the longest running airshows, with this year being the 27th year, and whilst it may not be the biggest of the airshows our students who choose to attend every year love every minute of the experience.

We chose to attend on the Friday 24th August which was also our last day before the summer break and the weather was perfect.

Students and staff spent some time on the sea front, even managing a paddle in the sea, this gave the students a fantastic view of all the air displays that took place over the course of the day.



There are many things that we still have to do this year including:

- Africa Alive - Tuesday 18th September
- Orienteering and Bush Craft at Daws Hall - Wednesday 25th September
- Macmillan coffee morning - Friday 28th September
- Thorpe Park - Wednesday 3rd October
- Halloween Disco - Tuesday 30th October
- Christmas Coffee morning - Wednesday 5th December
- Help the Homeless - TBC
- Making Music Christmas concert - Tuesday 18th December
- Christmas Disco - Wednesday 19th December

If any parents, friends or relatives hear of anything else the

students may be interested in that's out of the ordinary please let us know as we will be discussing these things in our monthly student meetings to see who may be interested.

ACCESS CLOSURES FOR 2018

Closed Monday 27th August 2018
Re-opens Monday 10th September 2018

Closed Monday 24th December 2018
Re-opens Thursday 3rd January 2019

ACCESS CLOSURES FOR 2019

We will let you know as soon as possible our closure dates for next year



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