

thhg NEWS

The Helping Hands Group

SPRING EDITION

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DIRECTORS CUT



SUZANNE GILBY
DIRECTOR / FOUNDER

Well, we have certainly entered 2025 with a bang!!!! Our 14th year has already been extremely busy with loads going on.

All sites have welcomed some lovely new individuals who are really enjoying being part of the THHG team.

Fenlake have led the way in upgrading the environment, Charford House and Wisbech have followed suit ensuring the people that attend all our sites benefit.

More on this in the individual sections written by the guys.

Work behind the scenes has also ensured that Fenlake have taken on a new building to house everything artistic and creative, this is proving a popular decision as it brings a bit of calm to the business that is Fenlake.

We have been successful with our tender application to Peterborough social care and will be on their framework for at least the next 5 years.

Great news for those that don't want to manage their own budgets, a service can be commissioned via the council.

As the sun has decided to join us our thoughts turn to what we have planned for the forthcoming year.

All sites are looking forwards to various in house activities and events but we all really anticipate the ALL SITES events!!

This year we will be having a May Day celebration, Sports Day, our much anticipated 'Glastonbech' and of course the End of year Prom.

Ill let each site fill you in on all their exciting news of old and new collaborations which only go to making THHG a World of Imagination 😊

I hope you are as excited as I am to see what we can do.

Watch this space and hold on its gonna be a fast ride!

Suzanne

BEHIND THE SCENES

Masteroast

We care about coffee



On Friday the 7th of March, our Newsletter team got the opportunity of a unique behind the scenes tour of Masteroast along with a coffee tasting experience within their training section.

MATTHEW MILLS



NAME: **Matthew Mills**

OCCUPATION: **Group Commercial Director**

LOCATION: **Peterborough**

COMPANY: **Master Roast**

YEARS OF SERVICE: **6 years**

FAVOURITE COFFEE: **Kenyan Coffee through filter**

“My favourite part of the role is fulfilling peoples dreams as we have over 600 clients.”

FACT FILE: Masteroast delivers a totally bespoke service delivering individual batch roasting and blending to order, we still take pride in considering ourselves the ultimate “artisan” roaster, the only difference now is that we are doing it at scale for over 1,000 customers.



BEHIND THE SCENES

MASTEROAST - COFFEE

On arrival we met up with Matt before kitting up in PPE including hair / beard nets and overalls. Matt then showed us around the packing lines explaining about how customers can choose and design their own packaging to their specification.

We then moved on to the roasting section, where the factory had several roasting machines, all of varying sizes, with the largest roasting over 100kg of coffee.

The storage section held huge varieties of Coffee including the famous Kopi Luwak, also known as civet coffee, which consists of partially digested coffee cherries, which have been eaten and defecated by the Asian palm civet

How much coffee is stored here?

We can hold up to 150 tonnes of green coffee at any given time and we roast over 2000 blends.



BEHIND THE SCENES

MASTEROAST

At the end of the tour we had a coffee tasting session, hosted by Yuhan who works in coffee development, where we were able to try a variety of coffees from around the world.

The tasting session included coffee cupping, which is the process used to grade coffee based on it's Aroma, Body, Sweetness and Acidity. It also included slurping and spitting out the coffee to ensure the flavours remained.

Overall it was a brilliant experience to be able to see how such a factory is ran and maintained to the highest standards in order to give best value to their customers.

Chase Wood



SESSION IN THE SPOTLIGHT

CREATIVE ARTS - DENNAN WHITWELL



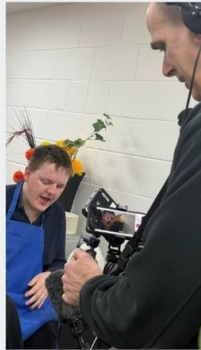
Hi my name is Dennan and I'm new to the Newsletter Team. I wanted to share my favourite session at THHG with you.

My favourite session is Creative Arts. The environment is calm and quiet meaning we can focus on the projects. I have done lots of projects focused on wolves, this includes paintings, drawings, clay and ceramics. Staff are really helpful and Alix knows lots about art. It's great that we get to express ourselves and focus on our own projects.



On the 3rd of March our Fenlake centre had a visit from BBC Look East to help showcase our amazing transformations. As you can imagine, everyone was extremely excited to be interviewed and share their thoughts on the new changes.

Josh was one of those who managed to make it on to the tele with his segment being chosen, he said, "It was lovely to see myself on the TV and great to see the excitement around the place"





NOW LIVE!

TEAM REVIEWS



On Friday the 4th of April the Newsletter team headed out for our team review. This time round, we decide to review the American fast food chain Taco Bell which had recently opened in Peterborough town centre.

We arrived at Taco Bell just before 1pm, it wasn't overly busy and they had 4 order screens of which one was out of order. It was disappointing to realise Taco Bell do not accept cash payments which made it difficult for a couple of the group who only had cash to purchase food. There was limited seating too, as most tables were taken, however only seating 1 or 2 people. Therefore, we decided to take our food away. Orders were based on a ticketing system, and food came out fairly quickly once our orders were made.

We had chosen a selection of food including soft and hard shell tacos and burritos with the prices ranging from £5 for a taco and fries - £11 for a box meal.

Overall we found that the food was good, we felt that it was fairly priced considering the amount of food and the variety in the boxed meals. We rated the overall experience a 7 out of 10.



MEET THE TEAM *Fenlake*

We often publish lots of information about the individuals who attend our services but lets have a look at the fantastic team behind everything we do.

Our staffing teams across all three centres work tirelessly to ensure individuals have a great day every day! Which is why, they too should be celebrated.

Check out some staff profiles below from our Fenlake Centre and get to know the team.

STAFF PROFILE



NAME: Kai Staines

AGE: 30

ROLE: Support Tutor

LOCATION: Fenlake

PREVIOUS ROLES: Education sector as a support coordinator

HOBBIES: Kickboxing / Judo

FAVOURITE THING ABOUT THE ROLE: I get to have a laugh and build relationships with the guys.

STAFF PROFILE



NAME: Nadine Hagon

AGE: 35

ROLE: Deputy Manager

LOCATION: Fenlake

PREVIOUS ROLES: Specialist support

HOBBIES: Watching movies, eating.

FAVOURITE THING ABOUT THE ROLE: I get to share my dreams and passions with like minded individuals.

PHOTOS - FENLAKE TEAM



17 TH JULY
10AM-3PM



DISNEY THEMED SUMMER GARDEN PARTY

GLASTONBEER

2025

STAGE

FOOD

BOUNCY
CASTLE

GAMES

WELCOME TO
ALGORES WAY



JOB OPPORTUNITIES

PETERBOROUGH / WISBECH



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- 35 days paid holiday

visit our Website to find out more www.thehelpinghandsgroup.org.uk

“This is more than a job, it’s a way of life! Join the team, make a difference and change lives for the better.”

CELEBRATING

14 YEARS - TAKING A LOOK BACK



Posh chairman kicks off couple's dream

A COUPLE are seeking the help of businesses to set up an educational day service for adults with learning difficulties.

Paul Gilby and his wife, Suzanne, have raised £100,000 for the new centre which will provide people with the opportunity to learn literacy, numeracy and personal development skills.

The centre, which will be ideally located near to the Edith Cavell site, in Warrington, will open in 10 weeks of the year. The day's work, with six staff, are and crafts, as well as ice skating and horse riding.

Mr Gilby, 50, of Cranmore, in Warrington, Peterborough said: "My mother had a stroke, became paralysed and was left with a learning difficulty when she was 25. She and I, as well as my sister, are now disabled and put into a nursing home, which was full of other people, there was nothing for her to do. She died 10 years later."

The couple are operating business and creating land raising ideas of their own to raise cash. The last auction taking last week within the couple received their first donation of £1,000.

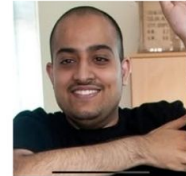
24/10/17



'The look on the students' faces puts everything into perspective'



Darragh's helping hand for charity



PHOTO

Gallery



COMMUNITY NEWS

FLYING SCOTSMAN TRAIN RIDE - HARVEY ARMITAGE



On Tuesday the 4th of March 2025, I went to Wansford (Nene valley) to go on the flying Scotsman footplate. We were the first group to go on it. It was very interesting, the driver was explaining about how to drive the flying Scotsman which was really interesting. There was also a shed tour where we went around the shed looking at different trains which included the Tornado, Class 14 Diesel, Peak Diesel, Thomas, 656 steam engine & Polish Steam Engine. I really enjoyed the visit and loved the opportunity to go aboard the Flying Scotsman and explore the areas. My next trip will be going to Disney World Florida in America.

Harvey Armitage



WRATH OF THE MOON



Harry Collins Publication

I wrote the first chapter of Wrath of the moon sometime back in November of 2024 after experiencing difficulties in my creative literacy sessions as I wanted to write my own story instead of whatever kid's book Nadine and Alix wanted me to write with the rest of the group. I was thinking of what to write and a drawing I made about a week prior popped into my head. It was a drawing of me on my knees crying with a giant werewolf version of myself howling behind me, I've always had a fascination with werewolves and other kind of "demon within" characters like the incredible hulk and even my favourite wrestler Bray Wyatt (may he rest in peace).

Since November I have spent pretty much all my time at Fenlake writing chapters and character profiles of Wrath of The Moon as well as transcribing them into an audiobook script as of writing this segment for the newsletter I have written 27 chapters of Wrath of The Moon, 20 of which were turned into an actual paperback book!

While I was writing another chapter, Andy and Neil called me into their office to help them with opening a box, I had no idea why but I wasn't complaining, about a minute later I opened the box and saw it, the picture I generated with AI to be the art of the very first episode of the audiobook I opened the box further and saw 6 paperback books with my stories name on it.

I was speechless, when I got done writing the first 20 chapters I always thought it would be cool to turn it into a book for people to read and buy, but to see it actually happen was mind-blowing to me, the first person I showed was my big sister Beth who is actually a member of staff here at Fenlake, she hugged me and honestly it was amazing, as I never really thought she showed me that level of love before, it was a very special moment that I will always cherish.

I called both my mum and dad afterwards and they were ecstatic for me, it felt great to finally make them proud of me for something other than simply being their son, my dad even pitched different ideas for merchandise such as t shirts and even mugs! I should probably speak to Neil about it since Fenlake has recently launched a shop website (which signed copies of my book are on by the way)

I'm just going to end this segment by thanking everyone starting with Helping Hands for providing me with the time, space and resources to do this, I never would even thought I could do something like this without you and your support, I also want to thank my family for supporting me through everything, I know I've been difficult at times but I really appreciate you all for not giving up on me and being there for me when I needed you, the last person I want to thank is my favourite wrestler Bray Wyatt AKA Windham Rotunda who was taken from this world far too soon, he doesn't even know I exist but his creativity and storytelling is what inspired me to write Wrath of the Moon in the first place.

Harry Collins





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WISBECH NEWS

STAFF NEWS

- Welcome Niamh Buddery and Becky Clarke to the Wisbech team
- Good luck to Monika Szafranska and Alisha Clarke on becoming Session Co - Ordinator
- Wisbech have now said goodbye to Gemma Cooper as she begins her maternity leave, Wisbech wish you the best of luck.



WELCOME

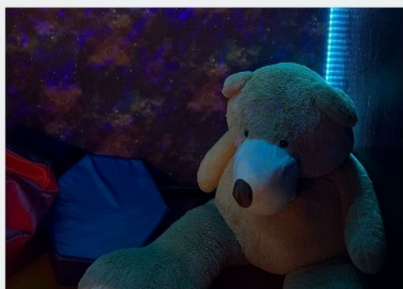


WISBECH NEWS

CENTRE UPGRADES

We have recently upgraded our kitchen here at Wisbech with new flooring and other elements being fitted.

This has really benefitted our Life Skills sessions with both cooking and baking sessions running throughout the week.

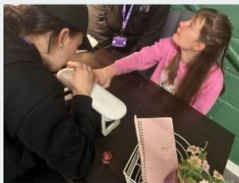


Our Sensory Room has also had an upgrade with new galactic wallpaper and LED lighting to create a quiet, relaxing space for individuals to access.



WISBECH NEWS

Bad and Boujee has become a hit at Wisbech with variety of individuals utilising the spaces for different treatments and work placement role play completing different treatments on staff too!



We have now enclosed out luxurious hot tub with bamboo, to create a private / safe space with bright and colourful sensory lights and sprinkles of greenery throughout the bamboo. Individuals are now ready for the warmer weather so they can get out in the garden and enjoy the relaxation of the water.



A STORY OF PURE IMAGINATION

ONCE UPON A PANTOMIME

STARRING THE CAST OF FENLAKE

'something strange has happened,
creating a magnitude of chaos and
muddled up pantos!'

THE KEY THEATRE

WEDNESDAY 19TH NOVEMBER 2025

WWW.KEYTHEATRE-PETERBOROUGH.COM 01733 852995

thhg

THEATRE HOSPITALITY GROUP

www.thhg.org.uk

CHARFORD NEWS



We would like to introduce some new starters, a big welcome to Brian, Chloe, Marcus and Jill, we hope you've been enjoying your time settling in.

We would also like to welcome new staff members to the team!



We've had some recent changes here at Charford including staff wearing hats as a part of their uniform and we have also introduced ClassDojo which has replaced paper log sheets which has been a positive change for all 3 centres!

Sarah M is now taking over performing arts and we wish her all the best of luck with planning the end of year show.

We also had the Jacuzzi floor fixed, which all the individuals are very happy about as it means they have their session back in the Jacuzzi.

VALENTINES DAY

Our first event of the year was Valentine's where we did card making and flower making. There were some fantastic cards that were made! The guys also enjoyed some pamper time in the afternoon. We also had a lovely spaghetti Bolognese cooked by Marcus, Ahliyah, Dan W, Sarah M and Imogen, it was a massive hit and everyone thoroughly enjoyed it.



GET TO KNOW ME - LAURA

We are choosing a staff member from Charford at random to get to know them a bit better, this month we have chosen Laura!

If you could have a super power what would it be??

Invisibility, because I can spy on everyone

What's your favourite animal?

Dogs and Elephants

What is your favourite song?

Jerusalem - Burna Boy

What is your favourite colour?

Purple



PANCAKE DAY

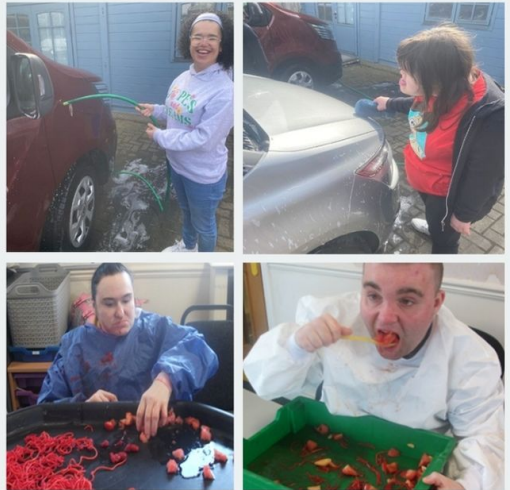
We celebrated pancake day on the 4th March, Where in the kitchen Alex made the pancakes with support from Kyanne. Kiera and Chloe went around the building and offered all the individuals a pancake the individuals were able to pick their own toppings for their pancake, there was so many happy faces enjoying their pancakes!



RED NOSE DAY

We celebrated Red Nose Day on 21st of March where the individuals were given the opportunity to raise money by setting up their own Car Wash. The individuals involved in this seemed to really enjoy completing this and engaged really well with their peers.

Messy sensory tuff trays were set up for the individuals that did not want to do the car wash. The tuff trays had watermelon, jelly, red pasta, strawberry laces and raspberries making it a very sensory experience.



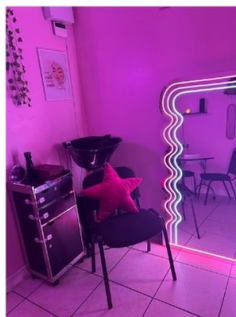


CHARFORD NEWS

Charford House now have their own intimate beauty and relaxation room Glam and Glow!

The previous space was dark and used more as an overflow room, however it has now been transformed into a practical, welcoming space for individuals to access throughout the week.

Centre Manager Lauren had this to say. "The space has really transformed the centre and created a fantastic opportunity for individuals to relax in a safe calming space." She continued "It's also a great addition to our timetables and world of work area to give individuals an experience of working in the beauty therapies area"





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Client Review

Brilliant! Very helpful and always on the end of the phone. They've done a brilliant job with the renovations after a massive water leak. Virtue Property & Renovations were very helpful and showed good workmanship. Would definitely recommend.

Customer Feedback | 2024

Fenlake NEWS



- Our out of hours dance club has now been postponed until further notice. The sessions ran for a number of weeks although with limited numbers and long days for the individuals it ran it's course. We hope to have alternative sessions planned in the near future so watch this space.
- We have had several new starters here at Fenlake including Ashley, Chase, and Dom. With several referral's currently being finalised we hope to further grow the Fenlake family.
- We have recently dipped into our pockets again and purchased a new sublimation printer for Studio 8. With this new bit of kit we have been able to further expand the fashion design sessions which has gained real interest.
- Tickets for our end of year show Once Upon A Pantomime are now available to purchase online at www.keytheatre-peterborough.com. At just £12.00 a ticket it sure to be a fantastic show! Start time 18:30pm.

Fenlake NEWS



- Our out of hours events are back up and running for the year with Neil hosting his popular Quiz Night on the 28th of March. The main prize being a weekend stay in Hemsby Norfolk! We hope to have our bingo nights up and running again soon. Funds raised from these events go along way in supporting our end of year show, so a huge thanks to all who support us.
- We have launched an online shop which is linked to our Website. We have some fabulous items on sale, from Ceramics, Jewellery and Clothing. Head over to our website <https://www.thehelpinghandsgroup.org.uk/category/shop>
- Our Open Day Fundraiser is now officially all booked in for the 20th of June, with our Enrichment team hard at work coordinating the day which hopes to be our biggest yet. If you have any suitable raffle prizes or know a business who would like to sponsor the event please get in touch on 01733 890771.

RED NOSE DAY



On Friday the 21st of March our Fenlake Centre celebrated Comic Relief. We hosted a coffee morning which was attended by several parents and carers. This gave staff and individuals the opportunity to communicate and socialise with parents before lunch. After lunch we hosted our Fenlake's Got Talent show. With Comedy, Singing and Dancing with Kyle being crowned the 2025 winner with a fantastic rendition of Ring of Fire by Johnny Cash.

MOVING ON EVENT

On the 20th of March Andy and Courtney attended a Moving on Event to showcase all the fantastic things we do across all of our sites at THHG. They spoke to lots of parents and individuals looking for the next step in their lives.

Are you looking for the next thing? Transitioning out of college? Get in touch to see how we can help on 01733 890771



CAR WASH

Our seasonal car washing enterprise is soon to be back up and running. This session is a great way to introduce individuals to the world of work and with competitive prices and a quality service why not get booked in!? Look out for all the details on our Facebook page.

To book in, speak to staff onsite or contact us on 01733 890771 if interested.



YOUNG TECH ACADEMY



This term we again teamed up with the fantastic Young Tech Academy, this time focusing on photography.

The workshops were supported by Owen and were based both onsite and out in the community. We focused on using both the traditional camera and phone cameras to take photos using a variety of methods. These sessions have really upskilled the individuals talents and driven their passions.

STUDIO EIGHT



Studio 8 is up and running!! The space has been transformed with staff and individuals diving straight in to work. The groups have already created some fantastic ceramic pieces, as well as some really groovy prints, whilst reintroducing the Fashion aspect of creativity to sessions.

There's lots planned for the continued development in the Creative Arts area, so watch this space for new products.



FENLAKE THEATRE

Fenlake has it's very own Theatre, and what a great space it is too! With our Performing Arts area continuing to develop and grow in popularity we needed to expand the space and that's just what we did.

The area now gives us additional space to rehearse for our biggest show yet as the group perform, Once Upon a Pantomime at the key theatre on Wednesday the 19th of November.

Tickets are available to purchase online, so make sure you head over to the Key Theatre website and get booked in for what hopes to be a fabulous evening.



THE BEAUTY BOX



Welcome to Fenlakes Beauty Box! Offering work based learning and a world of relaxation. The move took place to create a larger area for our Beauty Sessions which were a big hit and also create more space for the multimedia sessions.

Individuals really enjoy accessing the Beauty Box, it's a calm and tranquil environment and a really positive addition to Fenlake.

We now take client bookings on Monday and Friday afternoons which is open to the community and Individuals. We have various treatments on offer, including hair styling, hair washing, nail polishing and foot spas.

Paris Odain



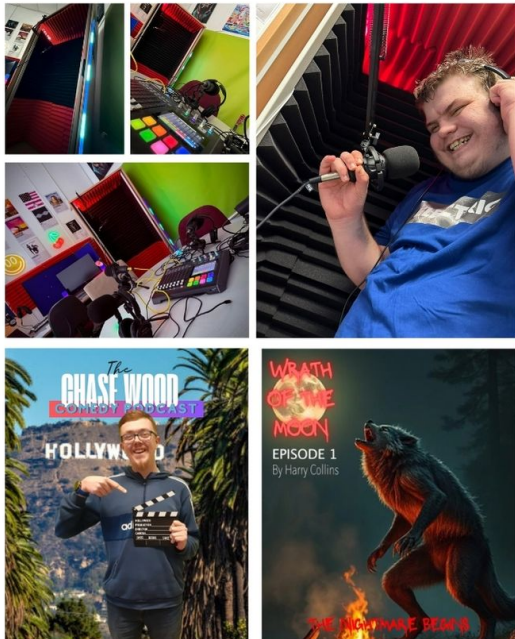
FENLAKE MEDIA

Our Media session at Fenlake has grown unrecognisably. We push limits on a daily basis, providing opportunities and a safe space to thrive. Look at the Podcast sessions for example, We have The Fenlake Podcast, The Sally Anne Podcast and now The Chase Wood Comedy Podcast all of which are available to stream across all platforms including Spotify!

Harry Collins has created his own Audio Book which spiralled into a digital book then onto a physical paperback book. He himself is now in the midst of writing his second book!

The Music Group have gone from exploring genres to releasing their own music! Writing, composing, producing, singing the lot. Along with these songs the group also creates their own music videos!

Neil



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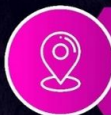
concept 2



members@nextlevelbarbellclub.co.uk



07565008716



Unit 7 Thames court, Enterprise Park,
Yaxley, Peterborough, PE73GU

fenlake Kitchen

Food Menu

SPUDS

Plain with Butter	£4.00
Butter and Tuna Mayo	£5.00
Butter and Cheese	£4.50
Butter, Cheese and Beans	£5.00
Butter and Chicken Mayo	£6.00

Extra toppings 50p each (excluding Chicken and Tuna)

TOASTIES

Cheese	£3.50
Ham and Cheese	£4.00
Tuna & Cheese Melt	£4.00

SPECIALS

Jumbo Hotdog	£5.00
All Day Breakfast Bacon, Sausage, Egg, Toast, Beans, Tomato Mushrooms	£6.50
Lasagne	£5.00

PASTAS

Mac N Cheese	£4.00
Bolognaise Bake	£5.00
Tuna Melt Bake	£5.00
Chicken and Bacon Bake	£5.00

BAPS

Breakfast Bap Bacon, Sausage & Egg	£5.00
Bacon Bap	£3.50
Bacon & Egg Bap	£4.00
Sausage Bap	£3.50

SUBS AND WRAPS

Cheese Salad	£4.00	£3.00
Egg Mayo	£4.00	£3.00
Ham Salad	£4.00	£3.00
Tuna Mayo	£4.50	£3.50
Chicken Mayo	£5.00	£4.00

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STAFF EVERY TIME YOU ORDER.

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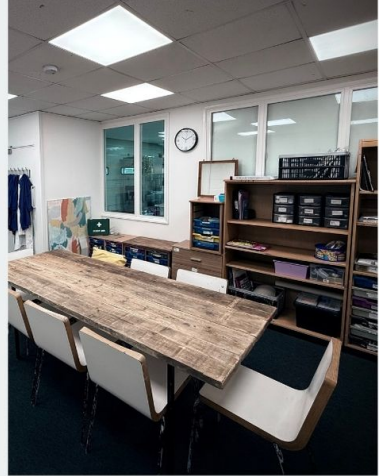
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