

thhg NEWS

The Helping Hands Group

AUTUMN EDITION

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COMING SOON

DIRECTORS CUT



NEIL GILBY DIRECTOR / FOUNDER

As we approach the end of the year, it gives us the opportunity to reflect. To look back on things we did well but more importantly to look at things we could have done better.

Much of our day to day work involves this, sessions that don't work, ideas that don't come to fruition etc etc, but its so important that we always strive for more, and I think 2024 has been just that. We have created a dance studio at Fenlake which feeds the guys desire to showcase dance and drama like never before, we created a weekly podcast giving our

individuals a voice and a platform to be heard thanks to it becoming available to everyone on Spotify! One of the biggest changes to happen in 2024 was the birth of our residentials.

A huge help to families providing much needed respite, but more importantly a huge benefit to the individuals, giving them the opportunity to have a holiday with their peers whilst remaining safe thanks to having 24/7 care with staff they are familiar with. This years trip to Butlins was so good, the staff literally sat back and watched as the guys lived their best lives.

We are confident that 2025's sold out residential to Kingswood will be equally as fun. The introduction of our 'Out of Hours' clubs have been a real hit. So far we have had Bingo and the quiz night which both had fantastic turn outs. We still have our drop and go Disco to come on the 30th November and we will be looking to have these kind of events monthly as we move forward. We have created a weekly dance club 'Ability to Dance' which will give individuals the opportunity to indulge in their love for dance.

We are ALWAYS looking at ways we can do more! If you have any ideas that you'd like to see us implement, contact me directly. neil.gilby@thhg.org.uk

BEHIND THE SCENES

WITH THE FIRE SERVICE

On Friday the 18th of October our team met up with Cambridgeshire Fire and Rescue Service Watch Commander Kevin Gilbert. Kev gave us an informative tour of the Whittlesey fire station and answered our questions on what it's like to work in the fire service.

KEVIN GILBERT

NAME: **Kevin Gilbert**

OCCUPATION: **Watch Commander**

LOCATION: **Peterborough**

NICKNAME: **Kev**

YEARS OF SERVICE: **11 years**

FOOTBALL TEAM: **Leeds United**



“Coming to work feels like a paid hobby”

FACT FILE: Peterborough Volunteer Fire Service are the only remaining fully voluntary fire service left in the country.



BEHIND THE SCENES

WITH THE FIRE SERVICE

What Type of Jobs do you have to go out to?

We're called out to a variety of different jobs each day. No day is ever the same. We have call outs for Fires, RTC, Animals and many other rescue operations. We also spend a lot of time interacting and supporting the community by giving advice on how best to protect homes and businesses from fires. We install smoke alarms and conduct training sessions at larger premises such as the football stadium, hire rise flats and historical buildings to ensure we are ready for any event should it happen..

what happens if you're called out?

At our Dogsthorpe fire station I have my own bedroom. Like you guys do at home. All the staff have a an alarm pager, that vibrates really loud and flashes. This is to ensure you wake up. All the kit is already laid out ready to go so that we are as efficient as we can be and we can get to an emergency as quickly as possible.

Do you have to do a lot of training?

Yes, we have to train a lot to ensure we are the best we can be and to ensure we are ready for any scenario. We have to test and check equipment regularly to ensure everything is working, so we are always busy when not attending emergencies.



BEHIND THE SCENES

WITH THE FIRE SERVICE

Do you get much leisure time?

We do get some leisure time, most stations will have a TV so we can have a sit down and relax for a bit. When things like the World Cup are on then we sometimes get a little extra time in front of the TV. Some stations also have things like Pool tables too, but a lot of our time is taken up doing important training or paperwork tasks.

What do you keep in your lockers?

We keep our personal belongings inside and often a wash kit that we can access each shift. we have a shower on site so that after any emergency we have been out to, especially fires we are able to clean up. This isn't only due to being a bit sweaty but also to ensure we wash off any contaminants as these can cause health complications.

What are the Ranks?

- Firefighter
- Crew Commander
- Watch Commander
- Station Commander
- Group Commander



STAFF IN THE SPOTLIGHT

MADDIE MASON

Do you have any siblings? I have 6 brothers and 1 sister of which I'm the second eldest. My youngest brother is 4.

What are your hobbies or interests? I like seeing my friends and socialising, watching series on Netflix. I go out Fridays in Whittlesey for light drinks with my boyfriend.

What's your favourite thing about THHG? The positive environment, seeing everyone happy makes me happy and it creates a positive environment to be.

Do you like cleaning? Yeah, I do, it gives me time to myself and something to focus on, especially if I'm upset.

What's your favourite tv show? Shameless, but I'm currently watching gossip girl.

Where did you work before THHG? I worked at McDonalds for 5 years and worked at 111. Unfortunately, these were unsociable hours.



Did you get free food when working at McDonalds? Yes, if working you could get free meals or half price if you weren't on shift.

What do you enjoy about THHG? I enjoy creativity and helping other people do it.

What do you do to unwind? Often go for a drive, listen to music.

What do you want from life? To be in a comfortable place with myself.

What's your favourite food? I love lasagne. I make a really good one.

Where's your favourite location to visit? Tenerife or Majorca, I've been a few times.

BUTLINS RESIDENTIAL

BOGNOR REGIS

We sat down with Zoe F and Rhys to ask all about their recent residential trip to Butlins.

What were the sleeping arrangements like? – Rhys - Boys and girls had their own chalet, Rhys shared with Sean and Zoe F shared with Zoe B. Neil was a big snorer.

What did you watch at Butlins? - Zoe F - I watched shows, music and dancing performances. We all got up and danced. The acts were all tributes to our favourite bands such as ABBA and Queen.

Did you stay on site or go into Bogner Regis? –Rhys - We did a bit of both, Bogner Regis was nice. We bought fish and chips from the chippy and went on the fairground rides. My favourite was the go carts.

What did you have for breakfast? – Rhys – I had loads, full breakfast and everything else. It was a buffet so we could pick what we wanted. Zoe F – Full English and everything else, but I had a smaller portion. We ate a bit too much on the swimming day!

Was there a pool? – Rhys – Yeah and it wasn't too cold which was good. There was also a hot tub.

What was your favourite thing you did while you were there?

Rhys – Drinking the booze but also the performances, I really enjoyed the rock and roll shows.

Zoe F – I really enjoyed the queen tribute; I lost my voice singing along.

Would you go away again with everyone? - Rhys – Yes

Zoe F – Yes. It was really cool being able to go away with our friends on holiday.



TEAM REVIEWS



CREAMS DESERTS



On Friday the 23rd of August the newsletter group went to Creams for a food review. Creams specialize in delicious desserts and hot & cold drinks.

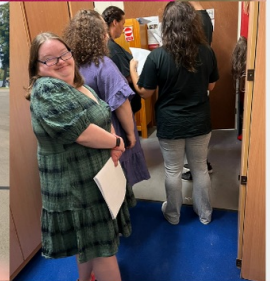
The store was in Peterborough town centre just behind Westgate Arcade. We arrived around 1.45pm and the restaurant was quiet with plenty of seating available. On arrival we were greeted by staff who allowed us to choose our seating arrangements before bringing a menu over.

The menu was well designed and easy to use with a wide selection of delicious sugary treats. Once we had made our selection, we headed to the counter to order our food. The food came out very quickly and looked fantastic.

I would go there again & take the family as well. The dessert was amazing. The waffles were nicely cooked. The toppings tasted wonderful and sweet, and you can add extra toppings and gelato ice cream to go on the side.



PHOTO GALLERY



LIMELIGHT PRODUCTIONS PRESENTS

SATURDAY
14TH
DECEMBER
2024

SIR HARRY
SMITH,
WHITTLESEY
PE7 3PU

THE
WIZARD
of
Z

YOUTH EDITION

BOOK NOW 



*IN CONJUNCTION WITH YOUNG TECHNICIANS ACADEMY

THIS AMATEUR PRODUCTION OF THE WIZARD OF OZ: YOUTH EDITION IS PRESENTED
BY ARRANGEMENT WITH CONCORD THEATRICALS LTD. ON BEHALF OF TAMS-
WITMARK LLC. WWW.CONCORDTHEATRICALS.CO.UK

FEN LAKE

out of hours

DROP & GO!

DISCO



Saturday 30th November
7pm - 9:30pm

£10 each includes refreshments



WISBECH NEWS

Our Theatre Studies Group have been hard at work recreating their favourite scenes from movies and TV. Did you manage to check out their musical medley video on our Facebook page recently? All individuals and staff found this session to be beneficial and has really brought everyone together. The group have done performances from Sponge Bob Square Pants and Frozen and performed lots of songs from their favourite musicals

Since the last Newsletter our Wisbech centre have been busy tidying up the place and giving everywhere a new coat of life. Individuals and staff have been putting on their aprons and redecorating the building. We've also purchased a new Hot Tub for our outside space. Individuals and staff alike have really enjoyed taking the time to relax during their busy timetables of activities



CHARFORD HOUSE

NEWS



The Enrichment Team at Charford house have been working hard to plan a Halloween party for all 3 sites to attend, the guys at Charford are all very excited and have been working hard to create decorations in their sessions for the event. They have been upcycling materials to create some different Halloween themed decorations, a group of individuals have made some pumpkins out of old books by painting them orange and cutting them into pumpkin shapes. They have also been making mummies using glass jars and bandages, these arts are very creative and a very good way to upcycle old materials that are not needed anymore, they also look good. These will all be used to decorate the hall for the Halloween party. The pumpkins that our individuals have worked hard to create in their sessions, was made by cutting the pages of books into a semi-circle shape and then folding it round to shape it like a pumpkin, it was then painted with a mixture we made in a spray bottle of paint and water, to allow the individuals to easily paint the pumpkins, they also collected sticks from outside and stuck them in the middle to act as a stork.

NEW STAFF

We asked the new staff some questions about how they are getting on at The Helping Hands Group and how they are finding being part of the team: Donna said that she is getting on very well, settling in and is enjoying being part of the team. We asked Donna what her favourite sessions to work in are and she said she enjoys the music sessions and the arts and crafts sessions. She said these sessions are fun and enjoyable and she likes to work with individuals to help them gain skills in these areas. Donna likes that every day is different, and she likes working with a diverse group of people with all different needs and abilities. Donna has built on skills that she already had from her previous job doing supported living, she said she has built on her confidence and resilience and has refreshed her skills in communication.



KEIRA

DONNA

PHYRNE

Phyrne said that she really enjoys working at The Helping Hands Group and that she is getting on very well, she likes that every day is different, and she said she is enjoying getting to know all the guys. She particularly enjoys the baking session she does on a Wednesday afternoon and she also enjoy performing arts. She said she likes that all the guys have their own different personalities and interests and 'inside jokes' with different members of staff. Phyrne told us that she has gained some new skills such as learning some new signs and new ways to communicate with individuals. Keira also said that she really enjoys the job and especially enjoying meeting and working with all the individuals, she told us that her favourite session she has worked in has been 'card making' which is an arts and craft session. We asked Keira what skills she has gained since working here and she replied with confidence, communication, and teamwork.





There has been a gap in our performing arts section, as you know we LOVE to put on a show at the end of year with those in Drama, but there are many of our individuals that love to perform but Drama isn't their thing, or they struggle with confidence in verbalising to an audience.

So, with the success of our Dance sessions we wanted to open it up and have freedom to create and involve more. Dance is just as expressive as Drama, accessible and fluid whilst meeting abilities. From ballroom to trends, TikTok and friends learn new routines to your favourite songs while keeping fit but most importantly having fun.

Event begins as of the 8th of November 2024 - Every Friday from 16:30 - 18:00 - £10pp



ABILITY DANCE

PIZZA PARTY



On Friday 30th August here at Fenlake we hosted our first pizza party day, all the individuals and staff arrived in their pj's ready for a day full of fun activities. We started the day with a talent show which was so much fun! We had lots of acts such as singing, dancing and even had a puppet show, Everyone seemed to have the best time. In the morning, we also had some craft activities available for those who did not want to take part in the talent show. At lunch time all of Fenlake ordered dominos, peperoni was the most popular choice, we had half of a pizza with a side of fries which we were all satisfied with.

YTA



Every Tuesday and Wednesday Fenlakes drama group have been practising for their end of year show, they are going to be performing The Pirates of The Caribbean. Most recently on a Wednesday we have started to go to The Young Tech Academy where the lovely Zara who is an experienced drama teacher, is there to help guide and support us in creating the best end of year show that Fenlake has ever put on, She is able to help our individuals with their confidence and stage presence, acting and even helped with some dance routines.

COMMUNITY NEWS

THORNEY FOOTBALL CLUB



On Friday 4th October we went to Thorney Football Club to play football as part of their new disability accessible training sessions. We started by playing a game called Bulldog where you kick a ball to the other side without getting tagged. Then we played an adapted version of Boccia, where you kick the ball and try to get closer to the white ball to score points for your team. Finally, we played a game of Football. It was great fun and very competitive. Big thanks to Kev, Adam, our very own Claire Lawless and her daughter Kayleigh for putting on such a great session. We would love to come back again!



THORNEY FOOTBALL CLUB



ARE PROUD TO ANNOUNCE
DISABILITY FOOTBALL
COMING SOON

FOR MORE INFORMATION PLEASE
EMAIL
ADMIN@THORNEYFC.CO.UK

THORNEY FC
TAVISTOCK CLOSE
THORNEY
PE6 0SP

PLAY A PART IN OUR DREAM AND LIVE YOURS

EVERY FRIDAY 4:30 - 6PM

NEW WEEKLY DANCE CLASS FOR THHG INDIVIDUALS. £10 PER PERSON (ONLY 7 SPACES AVAILABLE, FIRST COME FIRST SERVED)

ARIZITY DANCE

WITH
COURTNEY & NADS



@ FENLAKE

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The Helping Hands Group



On Friday the 4th of October our Fenlake centre completed the first of our 'Out of Hours' fundraising events. With funds always being tight in this industry, we are always keen to try and raise some extra funds to further develop sessions and the service as a whole. This year we took on the challenge of putting together 3 evening events which we have called our 'Out of Hours Club', which includes Bingo, a Quiz night and a drop and go disco of which we've had some fantastic interest. Our Bingo night managed to raise an impressive £185.00, all of which goes back in to the service.

Our Quiz night had a great response with 6 teams entering for the competition and our Drop N Go Disco is selling out fast with only 15 spaces available.

If you'd like to support these events, check out our Facebook page for future updates or get in touch with us by email: andrew.littledyke@thhg.org.uk



PODCAST

THHG Podcast is now onto episode 9.5! This session is run every Friday morning and is a huge hit for the Individuals at Fenlake.

The group have discussed a variety of topics, from their favourite holidays, current affairs to sports and lots more.

The Podcast is available to listen to on Spotify and RSS.com just search The Fenlake Podcast.



THE RUSTIC NEST



Individuals have been extremely busy creating new and exciting sale items through our Enterprise sessions. The service has recently brought in a larger and more efficient kiln, meaning we can add more to each fire up.

The group have been learning and creating some fantastic ceramic items, from ornaments to magnets.

Head over to our Facebook page to see more.

Milestones

We are very proud to say we have supported over 140 individuals since opening 14 years ago. Considering in 2010 The Helping Hands Group was just a dream and when we opened in 2011 we opened our doors with just one person in attendance.

Fast forward to 2024 and we really are making a small difference to the world. To make it even more beautiful, the very first individual we had through the door back in 2011 is still with us today!

We've also reached 2000 followers on our Facebook page! . That's 2000 people who get to see all the amazing things our individuals and staff team do on a daily basis here at The Helping Hands Group.

Thank you for all the continued love and support.





VIRTUE
PROPERTY & RENOVATIONS

ABOUT US

Virtue Property & Renovations Ltd has over 40 years experience in property renovations and insurance claim management. We are passionate about improving the standards of customer experience in the construction industry. We offer a variety of works, including decoration, carpentry, plumbing, electrical, kitchen and bathroom replacements, brickwork, landscaping, building alterations and extensions and much more.

We are conveniently located in Crowland, just outside of Peterborough and within easy reach of the A1, A14, A421, A47 & A16.



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