

# FENLAKE

thhg

2025!



**A WORLD OF  
PURE IMAGINATION**



Creativity is intelligence having fun  
- Albert Einstein

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# FEN LAKE



## MORE THAN JUST A DAY SERVICE

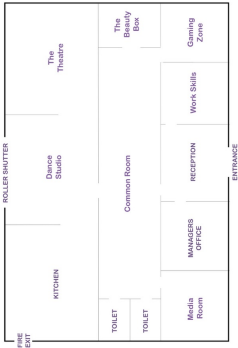
Fenlake was born in 2021, The third centre from The Helping Hands Group, with the desire to be more and to do more.

We enjoy the freedom of creating sessions and activities that are not readily available or deemed 'the norm' in an LD provision.

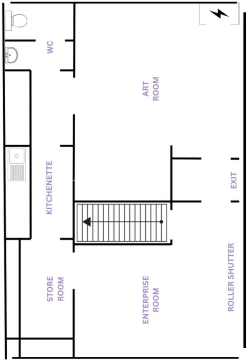
Fenlake is creative, expressive and communal, it's a busy and loud environment which needs to be taken into consideration when choosing a service thats right for you.

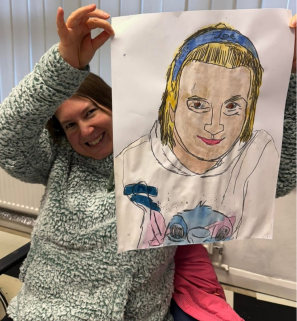
We now support 41 individuals here on site within the week, across a vast array of sessions which encourage independence, create life skills, develop social skills whilst building on learning.

Welcome to Fenlake!



## STUDIO 8 FLOOR PLAN









COOL

# SESSIONS

the

## FENLAKE WAY

- Ceramics
- Drama
- Dance
- Yoga
- Podcast
- Newsletter
- Catering
- Art
- Life Skills
- Gaming
- Music
- Podcasting
- Photography
- Social Activities
- Work Experience
- Beauty



# Performing ARTS

At Fenlake we are built for expression. With a dance studio and separate theatre in house it allows us to be as creative as we wish.

At the end of each year our Performing Arts group do a huge performance in front of peers and parents. In 2025 The Peterborough Key Theatre will be housing this spectacular.





# MEDIA

We live in a world where media rules the roost, so we at Fenlake take it very seriously.

Our podcast sessions and audiobook creations have been a huge hit and can be downloaded across all the platforms such as Spotify and Amazon Music, giving our individuals the very best platforms to be heard.

Our music groups write, perform and even create their own music videos spanning all the genres mixing learning with imagination.



# STUDIO 8

**Studio 8 is our 2025 extension to Fenlake. Housing our Enterprise and Art sessions in their own unique space.**

**Here we up-cycle furniture, create beautiful pieces of ceramics and learn and create art masterpieces.**

**2024 saw our work displayed in Peterborough Museum across the entirety of December.**





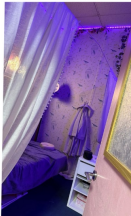
# THE BEAUTY BOX

We brought work experience to us! Here at Fenlake we have created a fully functional hair and beauty salon, right inside our centre.

Massages, nail art, foot spa's, hair wash and blow dry... You name it, you can get it at The Beauty Box.

Individuals take it in turns to work shifts as members of staff completing the treatments or being a customer and receiving the treatment, thus combining relaxing treatments alongside work experience.







## THE ANNUAL FENLAKE RESIDENTIAL

New in 2024, The Fenlake Residential was born in order to allow our individuals the opportunity to experience a holiday with their peers, and boy was it a huge success!



The first was a 4 day break to Butlin's in Bognor Regis and 2025 will see 14 of our individuals head to Kingswood on the Norfolk coast.

These events will be advertised a year in advance giving those who want to attend the opportunity to save.

EXCITING!

05





# What Makes Fenlake Different?

The Helping Hands Group are a family run business, established in 2011 off the back of 30 years experience in autism and LD.

Unlike huge organisations, trusts and government owned centres, we are able to create, adapt and change sessions as we see fit, this allows us to listen to our individuals as well as think outside the box, offering opportunities that many don't and won't.

Take for example our ceramic session. We don't just plonk some air dry clay on the table, We have a huge 1,500l kiln which needs filling and firing.

We sit together planning ideas, we then make the products, glaze the products and sell the products. Incorporating your creative mind, your clay making abilities and the knowledge of pricing and dealing with customers. We call this Enterprise!

Within this bracket sits our Catering session, at Fenlake we are fortunate to have an industrial sized kitchen, which we use to our advantage.

Every morning those in the session will take lunch orders from staff and individuals across both Peterborough sites.

We serve people as if we were a café, taking the orders, working out the money and then making those orders from start to finish, again, mixing your culinary skills, maths skills, organisational skills and ultimately, life skills.

Our music session, isn't giving someone a tambourine whilst sitting in a circle. In this session we look through the genres of music, looking at what we like and what we don't, we then use our creative minds to write our own song in the style of those genres, with the ultimate goal of recording our very own hit record.

We believe it's important that everyone has a voice, so we created our weekly Podcast session, giving our individuals a platform to be heard.

We discuss current topics along with random questions which makes for a fun and entertaining listen. Good job, given that each episode is uploaded onto Spotify for the world to listen.

When it comes to Performing Arts, we go that extra mile.

Each year our group perform a huge end of year show in front of their peers and their families. The performance itself is written from scratch in house and never disappoints.

Our investment in this area has seen us create a stunning theatre within our centre which now sits alongside our Dance Studio providing an incredible environment for imagination.

This year our show will be an evening performance at The Key Theatre, which is something EVERYONE is looking forward to.

The above gives you a flavour of what a day at Fenlake is really like, but we don't stop there.

We are big believers in social interaction and community involvement, so much so that we created our annual residential! This was born off the back of listening to what our individuals want. Like us, they want to let their hair down and to spend social time with their peers, so we made that happen.

2024 saw us open with a 4 day trip to Butlin's, where the guys partied like it was 1999! There was laughter, smiles, and some beautiful interaction, which generated memories that will last a lifetime.

2025's residential to Kingswood is already booked up, which shows the popularity of this event.

Talking of social involvement, each year all three of our sites come together. In the summer our Wisbech site holds 'Glastonbech' a fancy dress summer garden party with no expense spared, live performances, bouncy castle, lots of food and drink.... A real beautiful day seeing everyone come together.

Our Spring sports day is another event we do as a whole, it's an opportunity to express ourselves through sport whilst actively promoting team work.

Our third event comes in Winter as we are treated to the prom! An opportunity for the guys to get dressed up and enjoy an afternoon of dancing and celebrating the year that's been.

This event is held off site and is a lovely way to end the year.

Fenlake is our little world of pure imagination, a place where learning is fun and social boundaries are pushed.

The Helping Hands Group mantra is to promote independence and build life skills, as it stands we have been fortunate enough to support over 140 individuals and their families since opening our doors in 2011, something we are extremely proud of.

We look forward to welcoming you to Fenlake.





# CONTACT FENLAKE

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