



NEWSLETTER

INSIDE

THIS ISSUE

- PG. 2-4 RECENT EVENTS
- PG. 5 STAFF IN THE SPOTLIGHT
- PG. 6 SESSION IN THE SPOTLIGHT
- PG. 7 THEATRE
- PG. 8 THE RUSTIC NEST
- PG. 9 STEVE BALL DISCO
- PG. 10 TEAM REVIEWS
- PG. 11 FENLAKE
- PG. 12 CHARFORD HOUSE
- PG. 13 WISBECH
- PG. 14 FENLAKE KITCHEN
- PG. 15-16 YOUNG TECHNICIANS' ACADEMY
- PG. 17-18 LOCAL EVENTS
- PG. 19 COMMUNITY REVIEWS
- PG. 20 SERVICE NEWS
- PG. 21 VACANCIES
- PG. 22 ADVOCACY
- PG. 23 SOCIAL MEDIA USE
- PG. 24 VIRTUE PROPERTY & RENOVATIONS



WE HAVE LOTS OF GREAT TOPICS COVERED IN THIS ADDITION, INCLUDING SOME AMAZING CROSS SERVICE EVENTS, COMMUNITY INFORMATION AND LOTS MORE.

RECENT EVENTS

SERVICE

SPORTS DAY

On Friday the 28th of June 2024 we held our first annual sports day. The event saw all three of our centers come together for the first time to play a variety of sporting activities. The event was held in Thorney at Thorney Football club. A huge thankyou goes out to Kev Scott the Thorney football club chairman for supporting the day and allowing us to use the club's equipment.

The day was warm but overcast, which was a perfect setting for a day of sporting activities. There were lots of sports to trial spread across the field including Time trials, Athletics, Football, Cricket, Basketball, Boccia, Target practice, Tennis and Golf.

We all took along our packed lunches and had lunch together as a service, which was great as we were able to socialise with many others within the service who we don't often get to see. It was a great day had by all, with my favourite activity being the football. I enjoyed taking penalties, using the extra-large footballs and completing the skills challenge.

At the end of the day everyone was provided with a certificate of participation which made it even more rewarding. These were awarded based on group effort, teamwork and participation.

We hope next years will be even bigger and better with even more sporting activities



on offer.

**“It was
great fun
having
everyone
work
together”**

Tom Hammond

GLASTONBECH



This year's annual Wisbech Festival was a cowboy showdown! This year was bigger and better than the last seeing all 3 centers come together once again to celebrate all things THHG.

We had a fully stocked bar (alcohol free of course) Selling mocktails and nice cold drinks, an inflatable bouncy castle, paddling pool, themed games and a surprise visit from Coco the pony who was kindly supported by Stacey.



The whole day was full of fun and positive interactions between our three Centre's. It came at the perfect time, after all the rain we had had earlier in the week, the sun shone all day creating the perfect summer setting.

Did we mention the fantastic spread that was put on too? There was a great selection of buffet food and an even better selection of delicious treats for dessert



We are all very much looking forward to next year to see if this one can be topped. A huge shout out to all staff from our Wisbech centre for their hard work in putting this together.



“It was so lovely to observe the joy, happiness and fun that both individuals and staff were having together (As a parent) Thank you to all the THHG staff for making it possible and for your hard work and dedication... You always go above and beyond. Can't wait for next years!!” Christine Armitage

BACK TO THE 80'S

On Wednesday the 10th of July our Fenlake Enterprise group planned an awesome 80's themed event over at our Fenlake Centre.

We had a large variety of old school games, such as tic tac toe, Hopscotch challenges, Record Art and graffiti and some high tempo workouts.

Everyone had a fantastic time and seemed to really enjoy the event. There were some fantastic costumes with staff and individuals making a fantastic effort to get themselves in the mood.

In the afternoon we held an 80's themed quiz, based off the ITV show The Chase, with teams taking on Neil and Andy head-to-head with their knowledge.

Paris had this to say about the event:

“I really enjoyed all the games and the fancy dress. Courtney and our team worked hard to plan it all so I'm happy it came out so good.”



“We all really enjoyed the day; it was fun and great to do something different”

Newsletter team



STAFF IN THE SPOTLIGHT

WISBECH

LOUISE MANN

1. What is your role at THHG?

My role at THHG is session coordinator/LSA

2. What does it include?

This includes writing session outlines, supporting service users, coming up with ideas for sessions, making sure there is the correct equipment for each session.

3. What do you like most about it?

I like most seeing service users benefit from the sessions or enjoying the sessions they are in and making sessions enjoyable whilst still being productive.

4. How long have you been with us?

I've been working at THHG for 1 year now.

5. What do you enjoy doing in your spare time?

In my spare time I enjoy spending time with the people that mean the most to me.

6. How do you relax?

I relax by watching documentaries about different topics.

7. Where do you see yourself in 5 years' time?

In 5 years', time I see myself still enjoying working at THHG supporting service users in every way I possibly can

8. What is your favourite thing you have done/ been a part of since working for THHG?

My favourite thing I've been a part of at THHG was Glastonbech, it's one of my favourite memories at work with how amazing all the service users were, seeing all sites come together and working alongside side all staff seeing everyone smile and enjoying it



SESSIONS IN THE SPOTLIGHT

AMEILA BOLLONS

CATERING & HOSPITALITY

I work in the cooking sessions on Monday mornings. We serve food to the public and individuals / Staff at Fenlake and Charford. We practice money skills on the tills including taking cash and card payments, which is really important. You have got to wear PPE, aprons, a hairnet and gloves, tie long hair back and wash your hands in the kitchen. In the afternoon sessions we need to tidy the cupboards and fridge / freezers and do some tasks about kitchen hazards and talking about recipes. I really enjoy the kitchen work and completing all the tasks, making sure everything is clean and tidy and following Food Hygiene rules.

We make lots of things in the kitchen including Rolls, Jacket Potatoes, Pastas and sometimes special menus. We did American, Indian, and a sandwich menu this term.

“I really like working in the kitchen and learning new skills.”

Amelia Bollons



THEATRE

TOM HAMMOND



TOLTHORPE YOUTH DRAMA

Our very own Tom Hammond who attends our Fenlake centre is performing in an amazing performance of A Monster Calls alongside the Tolthorpe Youth Drama alongside Stamford Shakespear Company,

Below is an extract from the groups Instagram page with Tom giving his views on the production.

Q: Tom, give us three words to describe your characters.

**A: For the Prince; Cunning, determined and charming.
For the Parson; Misguided, caring and selfish.**

Q: What is the most exciting part of being in “A Monster Calls” for you?

A: Working with such a talented cast to bring such a dynamic play to life. Seeing how it has moulded and made into something truly amazing.

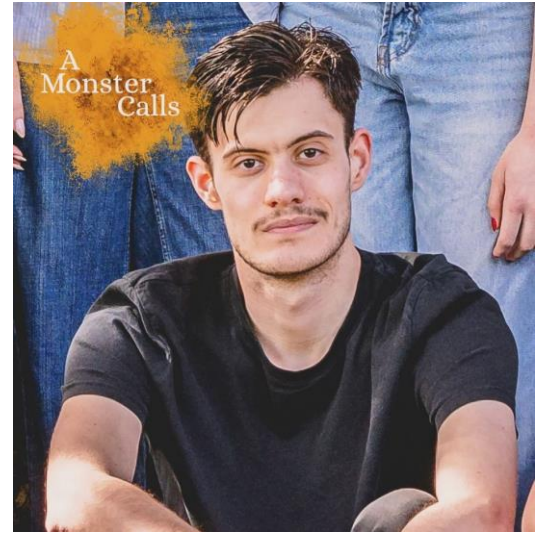
Q: What’s the most challenging aspect of performing in this show?

A: The most challenging aspect of the show must be the location that we are performing in. The amount of additional work that has been needed to convey the story in such a massive space not only physically but also vocally.

Q: Why should people come and see the play?

A: “A Monster Calls” is a play to see not only is it going to pull on your heart strings, but it will also make you laugh. The message shown in the play is one that everyone understands a little too well, that it’s okay to not be okay.

Tom will be performing in “A Monster Calls” in this exciting production from July 29th to the 31st 2024. Find out more at www.tolthorpeyouthdrama.co.uk



THE RUSTIC NEST

FENLAKE

CRAFT FAIR

On the 20th of July 'The Rustic Nest' held a stall at the Goldhay Arts Craft fair. We had all our most recent creations available for purchase including Jewelry, ceramics, Bug hotels, magnets and lots more.

The stall was kindly managed by Alix who is one of our Session Coordinators here at Fenlake. Alix and the team have worked hard on learning new skills to be able to create the craft items on display at the event. They've come across some hurdles when it comes to the ceramic elements and made suitable adjustments to create some cool and unique pieces.



The stall had lots of visitors and there were some good interactions, with the stall making around £50 on the day. All of which will go straight back into the sessions for more creativity, fun and learning to be had.

Some fantastic items were also recently created for Father's Day back in June.





STEVE BALL DISCO

18+

Millfield
community
centre, Lincoln
Road, PE1 2PE

17TH AUGUST
2024
7PM-10.30PM

A disco for the disabled and
neurodivergent community

Ticket - £5 with food
Ticket - £2 without food

Tickets are available at:
Unity Shop, Queensgate
Inclusive Parties ticket website
Email:
info.inclusiveparties@gmail.com
call/text 07749034749

Everyone attending needs to have
purchased a ticket - all proceeds go
to the running of the event



Carers £2

TEAM REVIEWS

LILY BRACE

KRISPY KREME

On Friday 7th of June, the newsletter team took a trip to Krispy Kreme in Hampton to take part in doughnut tasting. When we walked in, we could see the doughnuts being made which I thought was cool, we each chose our favourite doughnut and sat together in Krispy Kreme and ate them after that we rated them out of texture, filling and taste. I really enjoyed going to Krispy Kream and seeing how the doughnuts get made. Due to our ongoing collaboration with young tech academy, we have not yet been able to complete the next part of our review which was to decorate, taste and review our own doughnuts then compare them to Krispy Kream, we hope to do this soon.



Harvey:

Chosen doughnut: Brookie

Review: The toppings were just enough to cover the doughnut. The flavour was Biscoff it had a biscuit crumble and a Biscoff cream. it was very sweet and a soft dough. The machine was very slow making the doughnuts.

Score: it is a 10/10 from me



Josh:

Chosen doughnut: Biscoff glaze

Review: A delicious Ring doughnut with a Biscoff glazed spread. It was amazing, the texture was soft and there was enough spread on it. I really recommend Krispy Kreme's

Score: 10/10



Paris Odain:

Chosen doughnut: Biscoff glazed

Review: The texture of my doughnut was soft, and I could really taste the Biscoff flavour as well as it being super creamy. My doughnut looked very shiny, and I enjoyed it a lot. Next time I go to Krispy Kream I will try salted caramel with the filing inside.

Score: 10/10



Amelia Bollon's

Chosen Doughnut: Salted Caramel

Review: I went to Krispy Kream with my newsletter group to do a review on the doughnuts. The texture of my doughnuts was sweet, soft and had different textures. I could really taste the salted caramel flavour it was so yummy.

Score: 10/10

FENLAKE

INFORMATION

WHATS HAPPENING AT FENLAKE

We have recently created a new room within the centre, 'The Media Room' in here we offer music production as well as podcasts. James Gilby who takes head of the sessions in the room said, "It's a fantastic addition to Fenlake and allows the guys to use their voice and be creative through different types of multimedia".

After our fantastic collaboration with Young Technician Academy and the skill learnt during the project we took on our own Podcast. 'The Fenlake Podcast' has now been launched and as we write this, we are 2 episodes in. The session gives the individuals a voice and views on current affairs from their perspective. The Podcast is available to listen on all usual outlets including Spotify and Amazon Music.



We've had some amazing, themed menus coming from Fenlake Kitchen since the last Newsletter. Back in May we had sandwich sensations, with a variety of club sandwiches and the menu special a Yorkshire wrap filled with everyone's favorites from a roast dinner.

In June we had a delicious Indian themed menu with Chicken Korma and a mild spiced Chicken Tikka curry, rice and homemade onion Bhajis.

July saw the celebration of the 4th of July, our American themed menu was a huge hit, with Burgers, Hotdogs and Macaroni cheese to choose a few.

All the above were fantastic events with us all now looking forward to the September special which is a Turkish Set Menu with a selection of Kebabs.

CHARFORD HOUSE

INFORMATION

ALL THINGS CHARFORD HOUSE



On the 20th of June Charford House held their very own Talent show, which was open to all centers, parents and carers.

There was music, singing, magic, comedy and many other acts on show, all of which really highlighted individual talent.

It was great to witness parents getting themselves involved in the acts and performing alongside their child on stage.

We all look forward to the next event.



Individuals have been hard at work during our creative art sessions. They have created some wonderful pieces.

Their work has been proudly displayed throughout the centre

“The artwork has really transformed the space throughout the centre and created a focal point that we can be proud of.”



WISBECH

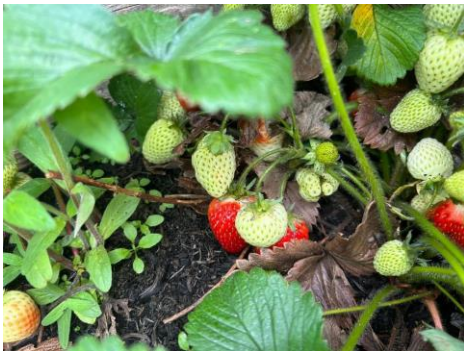
INFORMATION

EVERYTHING WISBECH



Our Wisbech centre have been hard at work in the garden. They recently planted a variety of fruit and vegetables, which they plan to use within their life skills sessions.

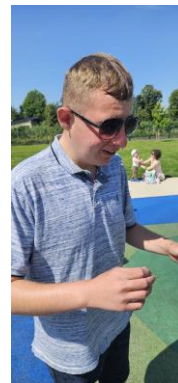
With the mixture of weather of recent months this has provided the perfect environment for growing. The strawberries, as you can see, grew well and were a big hit with staff and individuals.



The group hope to increase their harvest year to be able sell produce in the future.

Individuals and staff have been out and about in the local community as the weather has gradually improved this term.

They've spent time at the local splash park where they all enjoyed a cool down and relaxing in the sun.



“Everyone really enjoyed the splash park, exploring the different equipment and getting wet” *Natasha*

FENLAKE KITCHEN (menu)

Fenlake Kitchen
SUMMER MENU

MENU

thhg
The Helping Hands Group

JACKETS

Plain with Butter	£4.00	Butter and Tuna Mayo	£5.00
Butter and Cheese	£4.50	Butter and Chicken Mayo	£6.00
Butter and Coleslaw	£4.50	extra toppings 50p each (excluding chicken and Tuna)	
butter, Cheese and Beans	£4.50		

3 EGG OMELETTE

Cheese Omelette with Salad	£5.00
Cheese and Mushroom with Salad	£5.00
Cheese and Bacon with Salad	£5.00

SALAD BOWL

Lettuce, Cucumber, Cherry Tomatoes, Red Cabbage, Shredded Carrot, Sweetcorn, Red Pepper, Red Onion	£4.00
Toppings £1 each	
Egg, Ham, Cheese, Tuna Mayo, Chicken	

HEALTHY CHICKEN KEBAB

in wrap or pitta bread, all served with salad and choice of sauce (Tomato, Mayo, Chilli, Garlic Mayo)

Garlic Chicken	£6.00
Chicken Tikka	£7.00

SUBS AND WRAPS

	S	W
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
Breakfast Buster Sub	£7.00	
2 Sausage, 2 Bacon, 2 Egg, 2 Hash Browns		

CHILLED PASTA

Pesto Pasta	£4.00	Chicken, Sweetcorn Mayo	£5.00
Tuna, Sweetcorn Mayo	£5.00		

YOUNG TECHNICIANS' ACADEMY

PODCAST



PODCASTING



What a year it has been! Since August last year our Newsletter group have been teaming up with Young Technicians Academy over in Yaxley.

Young Technicians Academy provides courses, sessions, clubs and opportunities to learn every aspect of the Live Events and Arts industry. We were fortunate enough to be able to take part and work alongside the academy to learn more about broadcasting and podcasting.

Sessions have included, setting up the equipment, editing, creating jingles and holding open discussions on all things of interest.

The Podcast was such a great event, it even got the attention of the local News team who were keen to create a piece on the subject, with BBC Look East getting in touch. This was a fantastic experience and one Paris and Harvey fully enjoyed. It was a proud moment for family and friends seeing them speak so confidently on the teatime news. The day itself was really exciting, there were lights, cameras and plenty of action as Harvey, Paris and the team sat down for the most intense podcast of the programme. It was exciting, nerve racking but also really fun.

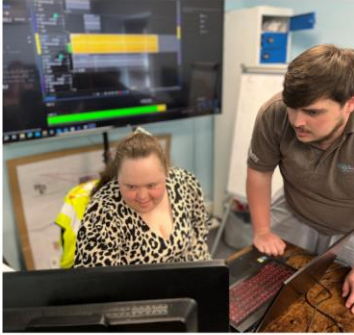


On the 19th of July the group headed over to the YTA for a presentation of achievement and participation in the programme. The Academy put on an amazing spread and really set the scene for a professional awards ceremony.

It was a really special morning of which all involved really enjoyed, giving all a sense of pride in their achievements and learning.

Overall, the opportunity to work alongside YTA and their very talented team has been an amazing! It's offered so many opportunities to learn and experience new things, build on confidence and communication and really allowed those in attendance to find their voice.

We really look forward to working alongside Young Technicians Academy again in the near future.



LOCAL EVENTS

COMMUNITY NEWS

FUN TRIPS OUT FOR ALL THE FAMILY

Wizards Magical Train 2024

DATE: 31.07.24

TIME: 08:30 – 16:30

TYPE: Children's Activity Event

Nene Valley Railway, Get your Wands at the ready to Celebrate Harry's Birthday in style aboard the Wizards Magical Express. Come dressed as Harry or your favourite witch or wizard to make the celebrations really special Stopping at all stations along the line to collect Wizards to bring them to Wansford to attend The Wizarding School.



Nene Valley Railway, Wansford Station, Stibbington, Peterborough, Cambridgeshire, PE8 6LR

Guide Prices

Adult Ticket £24.00

Senior Ticket £23.00

Child Ticket (3 to 15 years old) £16.50

Child Ticket (1 to 2 years old) £5.00

Child Ticket (Under 1 years old) £0.00

Family Ticket (2 Adults & up to 3 Children) £62.00

Dog Ticket £0.00

TMacLife Female Women's Fitness Festival

PETERBOROUGH

Welcome to the TMacLife Female Fitness Festival 2024! Join us for a day filled with empowering workouts, inspiring speakers, and a supportive community of women who are passionate about health and fitness. Whether you're a seasoned athlete or just...

VENUE: The Embankment, Peterborough

DATE: 7 Sept 2024

TIME: 10:00 - 18:00



Charlie Cook's Favourite Book

DATE: 20th – 22nd September

TICKETS: From £16

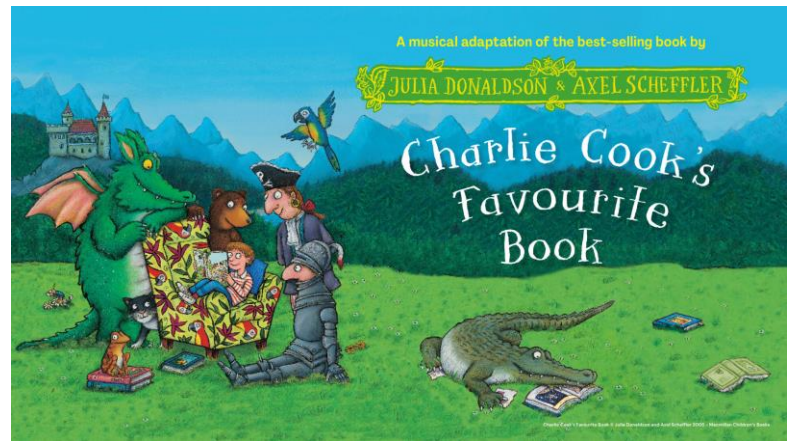
TIME: 4.30pm

AGE RANGE: 3+

AGE RECOMMENDATION: 3-8 years

RUNNING TIME: 1hr

Charlie loves reading. Especially books about pirates. But his sister hates it – it's boring! Can Charlie convince her that reading is fun? Perhaps if she read a book about a pirate, who is reading a book about Goldilocks, who is reading a book about a knight...



Come and delve into a range of books with Charlie Cook, brought to life with puppetry and enchanting songs, and perhaps you will be able to help his sister discover the wonderful world inside a book...

Burghley by Twilight

TYPE: Indoor

DATE: 3rd October – 5th October 2024

TIME: 18:00 – 20:00

TICKETS: £30

LOCATION: Burghley House, Burghley Park, Stamford, Lincolnshire, PE9 3JY



Experience Burghley in a whole new light and enjoy enchanting musical performances. Burghley by Twilight offers the rare opportunity for an evening visit to Burghley House. As the sun begins to set, the State Rooms take on a magical glow and ambience only twilight can provide.

GREAT EASTERN RUN

Sunday 13th October 2024

Entries for the 2024 event are now open

5K

16 years+ - £17.90

Under 16's - £11.90

Half Marathon

Affiliated entry - £35.00

Unaffiliated - £37.00

Register here: [Total Race Timing | AEPG Great Eastern Run](#)



COMMUNITY REVIEWS

HARVEY ARMITAGE

MY HOLIDAY TO DISNEY WORLD - ORLANDO

I went to the airport on Saturday 20th April 2024 and went in a taxi. It was 2 hours to the hotel. The hotel we stayed at Hilton hotel we got our bags to the drop off at the airport but when we got to the restaurant giraffe & they cancelled our flight to Orlando airport, so we had to wait for our bags to be moved to a different plane, so we got to the hotel it was very late.

Next morning got up and went to the airport. It was busy when we got to the airport. We went to Disney world the next morning. It was busy in the parks. There are 4 parks in total: Magic Kingdom, Animal Kingdom, Epcot & Hollywood studios. You can get transport to all the parks. The rides are big. My favourite ride is rise of the resistance the was lots of food to eat at the 4 Parks. There are lots of characters to meet but my favourite character is Pluto.



SERVICE NEWS

DIRECTORS CUT

THE FUTURE IS BRIGHT



13 years on since we first opened the doors to THHG and as I read through this newsletter it fills my heart with joy. To see how far we've come, to see the smiles on the faces of those we support and to see a happy and content staff team. I am unbelievably proud!

It's also a good opportunity to announce that I will be taking another step away from the main day to day action and passing that responsibility over to my husband Neil. I will be reducing my working week to 3 days however, I will still very much be the overseeing eyes of the service, it is my baby after all. the transition will be seamless given Neil's current involvement.

As we end the term, we look back and take from it a great deal. It's certainly been one to remember. We have had an inclusive Sports Day and our annual summer festival Glastonbech which were huge successes and so much was gained from them. Confidence, Resilience, Patience, Interaction... the list is endless. As we branched out and created new centres, my aim was to keep all centres close and by bringing them all together for these events fills me with pride.

So many of the individuals we support are making strides forward, being able to unpick the wonders of a human being and pull-out areas of progress still to this day is an amazing feat, and it's why we do what we do. You could work tirelessly for months with no change, and then suddenly you see something click and stick, it's like the opening of a dam and it's truly beautiful to see.

I am beyond proud of our staff team, and the commitment they show day in day out. They work tirelessly to ensure the individuals are safe, stimulated and most importantly happy, and I thank every single one of them for making THHG what it is today.

Let's close this chapter and move forward to the next, as we strive to do even more in making The Helping Hands Group the best day provision it could possibly be.

Suz

Suzanne Gilby

VACANCIES

ACROSS SERVICE

ROLES AVAILABLE ACROSS PETERBOROUGH AND WISBECH

We have several positions available across all three of our centers across Peterborough and Wisbech. Please find information below:

Bank Support Tutor

Peterborough or Wisbech £11.44

Support Tutor

Peterborough – Charford House £11.44

8hrs per week

Support Tutor

Peterborough – Fenlake £11.44

40hrs per week

Support Tutor

Wisbech – Algores Way £11.44

24hrs per week

24hrs per week

21hrs per week

8hrs per week

Applications can be made online by visiting our website

www.thehelpinghandsgroup.org.uk



ADVOCACY

CAMBRIDGESHIRE & PETERBOROUGH



CHANGES IN SERVICE

The Adults Advocacy contract held with VoiceAbility came to an end on the 4th of February this year. Following a tender process, POhWER have been awarded the new Advocacy Contract for Cambridgeshire Local authority.

You can contact POhWER to make an enquiry or referral, on:

- Referrals: www.pohwer.net/make-a-referral
- Telephone: 0300 456 2370 (charged at your standard network rate).
- Website: www.pohwer.net

WHO ARE POhWER?

POhWER is a charity who provide information, advice, support, and advocacy to people who experience disability, vulnerability, distress, and social exclusion.

POhWER was set up in 1996 by service users who, tired of others making assumptions about their capabilities and views, wanted equal access to information and a voice of their own.

POhWER's 'PEOPLE' Values

- P** Professional – We are committed to working in a confidential and person-centred way. Being professional, respectful, reliable, honest and independent.
- E** Empowering – We will empower people to develop their skills and confidence, stand up for their rights and regain control. Thus creating a culture of enablement, not dependency.
- O** Open, free and fair – We will deliver services that are free to use and accessible to all members of the community while encouraging and valuing differences and diversity and always working in a fair and open way.
- P** Positive difference – We will ensure that our passion for our work results in a positive difference to people's lives and use the learning from our casework to have a positive impact on the delivery of services in the future.
- L** Local – We will engage with local communities in the areas that we serve, understanding their specific needs and determining the best way to meet these.
- E** Engaging – We will meaningfully listen and engage with people and groups to ensure they are involved in the design, delivery and evaluation of our services, ensuring we are a pioneering client and needs led organisation.

INFORMATION USED FROM POhWER WEBSITE

SOCIAL MEDIA USE

WEBSITES WE USE TO SHOWCASE ACHIEVEMENTS



FACEBOOK

On our Facebook page we share lots of photos / videos and information on our sessions, activities and achievements. People can follow and comment on the posts.



INSTAGRAM

On our Instagram page we share information and advertise things for sale from The Rustic Nest.

People can follow and comment on the posts we make.



TIK TOK

On our Tik Tok page we share lots of fun videos. They have different editing tools so we can add music and sound effects.



X (PREVIOUSLY TWITTER)

On our X page, we are able to share similar information to Facebook. This allows more people to see all the fantastic things we do at The Helping Hands Group.



WEBSITE

On our website we share lots of information on The Helping Hands Group. This is mainly about our centres and things we do across our sites. We have photos and videos to showcase achievements.





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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Email: info@virtueproperty.uk

Website: <https://www.virtueproperty.uk>