



AUTUMN 2021

News and views from
emh day services

Medway
Golding Grange
5 Senses
JT Project

first edition





Dear friends, volunteers and family/carers,

Welcome to our new day services newsletter.

We hope you will enjoy seeing what we are up to and how we're working to find ways to connect people with things they love to do!

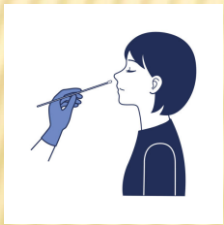


COVID UPDATE



We are still needing to keep a strong focus on Covid 19 safety measures and guidance, including:

- Maintaining social distancing including on transport
- Encouraging everyone to get fully vaccinated. If you or the person you care for remain unvaccinated and need more information and support in looking at vaccination options, please let us know and we will do what we can to support you.
- Our staff teams are being tested at least 3 times a week, and we can offer advice and support such as testing kits if you and/or the person you care for would like access to testing
- We also continue to practice and encourage good hand hygiene and use of PPE for all staff, and for people who use our services if they are able to.
- If people have Covid symptoms we ask them not to attend our services. Symptoms of the more recent delta variant of Covid can include a runny nose, headache and sore throat as well as the more recognised symptoms of fever and persistent cough. If in doubt please stay at home and take a test if possible.



COVID UPDATE



- If people in your household have Covid symptoms or have returned a positive test then the person attending day service may have to stay at home. We ask you to contact the service to discuss and risk assess the circumstances to see if and when they should attend.
- If people using our services feel a bit off and think they may be coming down with something it may be best to be cautious and stay away from your day centre until they are well.
- Please ring us for clarification whenever you need to



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We can't say when day services will return to normal but can assure you that we are doing all we can to keep people safe while continuing to provide a meaningful service . Thank you for your patience and support. There have been and I'm sure there will continue to be difficulties, but we are in a better place than we were and we hope that things continue to improve.

SUPPORTING ACTIVE LIVES

In August and September, we worked with Derbyshire Dales and Chesterfield District Councils to host two activity days.

Over 120 disabled people joined us over two days of adapted sport and activity.

We are planning to repeat these events and are looking to apply for some funding to support disabled people to be more physically active. Let us know what you think about where, when and how people can be more active.



MEDWAY NEWS



We are pleased that our activity programme is back up and running with nearly all our pre Covid activities taking place

It's been great to get back to familiar places and meet up with the people we have built up such great relationships with over the years, such as with our volunteering group at Matlock Farm Park, helping them run the farm, having fun and learning important life skills along the way .

Our volunteering endeavours have brought us some welcome publicity for the work we are doing within our communities, recently featuring on the Farm Parks youtube channel for our work with Matlock Farm Park, and in the Peak Advertiser for the work we have done in Bakewell gardens. Great recognition for the contribution people make and 'credit where credit's due'.



More recently we have been involved in a 'meet, move and make' social group in Wirksworth which has seen us take part in some gentle folk dancing and craft making. Grasping our lefts from our rights has seemed difficult at times, especially with a staff team with two left feet but it's fair to say we are now fine tuned in a few Romanian folk dances!



Last and certainly not least we would like to welcome Reece and Trudy to our service. They have settled at Medway very quickly as they had been to school and/ or college with many of the other people using the service.

GOLDING GRANGE NEWS



Like Medway we too have much of our pre-Covid programme back in place and are also able to offer some new activities.

On a Tuesday we are now attending a LADD Arts and crafts session at the Ritz in Matlock. We have been learning all about colour charts and printing as well as making lots of Autumnal/Halloween artwork.



All our staff and service users have settled back really well into life here at Golding Grange. We have activities back such as our ten pin bowling group, sessions at the Eco centre, Makaton and walking group with the Peak Ranger! We have also started volunteering once a week with the District Council, with a group helping with jobs around Matlock parks and open spaces such as planting, weeding and keeping paths clear. Do say hello if you see us out and about!

Back at Peak Rail the very talented Tracy has been busy putting her artistic skills to work painting a beautiful mural based on bumble bees on one of the cabin walls. As well as our other hard working individuals who have been renovating the cabin itself and given it a fresh coat of well needed paint!



We have some new starters join our staff with Allison, Kim, Denise, Scott and Chris becoming part of our Golding Grange team

We want to take this opportunity to thank everyone for their continued support and please don't hesitate to contact us 😊

5 SENSES NEWS



At Five Senses we support people with a variety of needs including people that don't communicate using words. We provide a range of sensory activities. Our greatest resource is our creative staff team who always find ways to develop activities that are fun and keep people engaged.



Over the last month we enjoyed exploring different cultures. We 'virtually' visited different countries and took part in activities such as food tasting, cultural dances, costumes and art work to name a few. Our journey started in Italy, took us through China, Mexico, USA and finished in Jamaica where we sampled some delicious Jamaican rum cake.



From September we have been enjoying our weekly arts and crafts sessions run by the very talented "Betty" from West Notts College. These sessions have been lots of fun and given us the opportunity to expand our skills, including sewing our own soft toy rabbits! We hope that our relationship with the college will continue and we will be able to offer more courses in the future.

As we come out of Covid restrictions we are actively looking for partners to work with us in and around Tibshelf to deliver interesting and enjoyable activities and occupation. If you have any ideas we would love to hear from you



We have really got into the Spirit of Halloween this year, by picking and carving our own pumpkins.

Best wishes to Laura Newton, one of our project managers working across 5 Senses and the JT Project as she leaves us for a little while to have her second baby. Congratulations Laura!

Ian Topritz will be standing in for Laura while she is on leave. Ian has worked for emh for the last 15 years in residential care and supported living, Ian says he is 'looking forward to working in Day Services, trying to fill Laura's shoes while she is away and will certainly try to keep up her good work until she returns.' Ian has been working alongside Laura getting to know people and we are really pleased and looking forward to be working with him

JT PROJECT NEWS



The JT Project are very excited to announce our new Wednesday morning dance and drama session. The session is run by West Notts College, everyone has got involved in the activity, and it is a lot of fun.



The guys at JT have loved getting back to our volunteering roles. It has been a long time coming but we are really pleased to have connected with Ashfield Council and volunteering opportunities in Brierly Park, who have given us lots of opportunities to try new things and really get involved at the heart of our community. We look forward to starting this new venture in November.



We are also talking to the National Trust and hope to restart our work with their rangers at Hardwick Hall in the very near future.

Some of our car enthusiasts enjoyed a day out at the Great British Car Journey car museum. The day was a big success and the guys enjoyed going back in time to the early 1920's and learning about the different cars as they have evolved over the years.

NEWS ROUND UP



Going Digital: The pandemic highlighted the lack of digital access for people using social care services. While many of us were getting active online and using social media to keep in touch with friends and family many people lacked the means and support to do this. We have secured support and devices for 25 people. Support and advice to get digital is still available so do get in touch if you think you may benefit from this



New kit for volunteers: We have secured £500 grant from local councilors of funding to purchase some work wear, gloves, hats, coats and hi vis vests for our Derbyshire Dales Volunteers



Local Authority assessment and review of day care needs: We understand that many people living in supported living services who previously attended day services are having their care and support needs reviewed and some are being offered alternatives to day service support and activities. It may be that this process starts to happen to people using our services. If you are having a review and it appears that making changes to your day service is on the agenda, please do get in touch. We are happy to help you think through your options and make sure your preferences and rights are respected.

Staff driver training: We are in the process of providing all our minibus drivers with training provided by Derbyshire Community Transport. This has caused disruption to some services while staff complete the course. Apologies if your service and support was affected but we hope you appreciate how important it is for our drivers to get this training and support.

NEWS ROUND UP

Well done to our “eco group” from Golding Grange for their hard work gaining their certificates in practical countryside skills at Derbyshire Eco Centre (and not forgetting Clare too who missed her photo opportunity!) As always thanks to the Eco for having us, and all you do, and our staff Laura, Julie and Chris for facilitating this.

Our services support people to maintain and develop volunteer placements in many different environments including environmental work, gardening, maintenance, and animal husbandry.

Partners include: The National Trust, Peak Rail, Matlock Farm Park, Ashfield District Council, Peak Park, the eco Centre and Derbyshire Dales District Council

We are always looking for new partners. If you know of any activities, sport or business providers that want help us boost activity levels and help people be involved in their community we want to hear from you/ and them.

