

Moments to Cherish

LIFE OPPS COMMUNITY

Learning about bees

The people we support in our Life Opportunities Community service have been harvesting and making honey from bee hives at St Chads in Tonge Moor. This has been a new and fantastic opportunity for them to learn so much and be involved in making honey from start to finish.

They have been learning how the worker bees collect the nectar and then pass it to the house bees in the hive. How the nectar is then passed from bee to bee as they dehydrate it and cap the honeycomb with beeswax.

The people we support helped harvest the honey by removing the frames from the hives and

extracting the honey by spinning the honey frames in a manual centrifuge honey spinner/extractor. They then helped sift the honey and put it into jars. The most interesting fact they said they learned was learning that bees have five eyes!



SUPPORTED LIVING BOLTON

Chantelle and Clare raise money for Children in Need

Chantelle and Claire decided they wanted to dress up and celebrate Children in Need and raise some money for the cause.

They organised a cake sale at Thicketford Centre in Bolton and raised a fantastic total of £41.40. They donated the proceeds at Salford Quays to coincide with the official filming of BBC's Children in Need on Friday 17 November.

A big thank you to Chantelle, Claire and the Supported Living team for their amazing efforts. Well done!!



Four young ladies realise their dreams and see S Club live



Gill, Stacey, Sarah and Ruth who are supported in our Outreach service had a wonderful time seeing S Club live.

The girls loved the band and went for tea together first all wearing their S Club T shirts, all happy chatting about it together.

It was so wonderful to see their smiles of anticipation waiting for them and then their screams of excitement when they came on stage. They sang all the words and danced all night.

What a fantastic happy time, lots of fun and laughs together.

SHARED LIVES

MAKING MEMORIES THAT WILL LAST A LIFETIME

Steven lives with his Shared Lives Carer Melissa. They are the subject of our new Shared Lives film.

Steven could barely contain his excitement as he recalled the highlights of his once in a lifetime cruise that spanned 16 countries over 28 days. With a wide smile and outbursts of giggling, he talked about a visit to Egypt and seeing camels, a trip in a Tuc Tuc around the city of Lisbon, excursions in Naples and Turkey. He went wine tasting in Malta, but quickly added, he doesn't drink so Melissa had his!

He enjoyed a leisurely drink, sat in the shade in the harbour in Crete, he recalled the joy of a ride on a speedboat.. he said it went very, very fast.

Melissa ensured Steven took every opportunity to take part in excursions

and Stevens all terrain, light weight wheelchair coupled with Melissa's stamina, made it all possible.

Melissa said we had a fabulous time, taking lots of amazing photos and making memories that will last a lifetime.

This is Shared Lives at its best, fantastic carers, enabling people to experience everything life has to offer!!



CRAWFORD STREET

KARAOKE FUN BOOSTS LUKE'S CONFIDENCE

Luke is having a great time singing on the karaoke machine at Crawford Street, our short breaks service.

Luke struggles with anxiety but singing on the karaoke makes him feel confident and happy. He especially enjoys picking the songs and getting staff members involved.

This is proving incredibly beneficial for a lot of the people we support. It provides a creative outlet, boosts confidence, relieves stress and promotes a sense of joy and connection with others, plus it's great fun!



Macmillan coffee morning

We recently raised an amazing £132.50 for the Macmillan cancer charity. We sold a range of delicious cakes with a brew and invited parents, carers and people we support to join us.



LIFE OPPS OLDER ADULTS

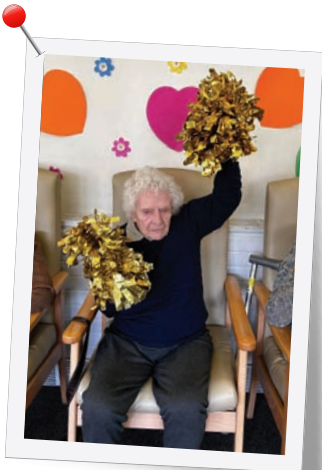
MUSIC THERAPY HELPS GLADYS AND RAY

Gladys has dementia and attends Thicketford Centre one day a week to join Laura's armchair music and dance sessions.

Gladys's daughter told us that the sessions are a real boost for her mum who struggles the other six days to get out of bed. Ray also attends Laura's classes and loves them.

Close to one million people live with Dementia in the UK. Studies show familiar music can have a calming, pleasurable effect and even reduce their use of medication. Moving the body goes hand in hand with moving the mind.

Dance, movement and music classes with Laura have had a positive effect on those who take part encouraging them to stay mobile, have fun, sing along and reminisce. It can also be effective in stimulating social interaction, enhancing mood, reducing anxiety and depression and increasing self-awareness and self-expression.



SUPPORTED LIVING SALFORD

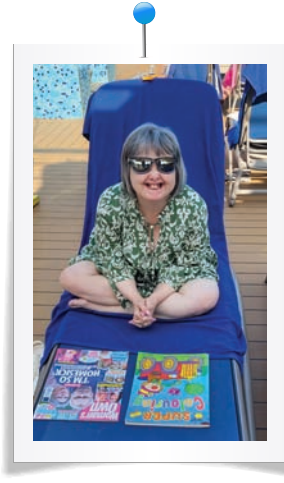
TRACEY'S CRUISING ADVENTURE

Tracey Perry loves to travel on different transport, so when she was planning her 2023 holiday. She spoke to staff and asked if Marilyn her Support Worker could go with her.

agents and Tracey decided that she could try both her favourite modes of travel if she went on a cruise. She could fly to the ship's destination and then cruise to her hearts content.

They looked at a number of different options but Tracey really wanted to go on a boat and a plane. They browsed brochures and went to the travel

What an amazing holiday, she met the captain and danced the nights away with people she met along the way.



OUR SPACE

FUN WITH REPTILES

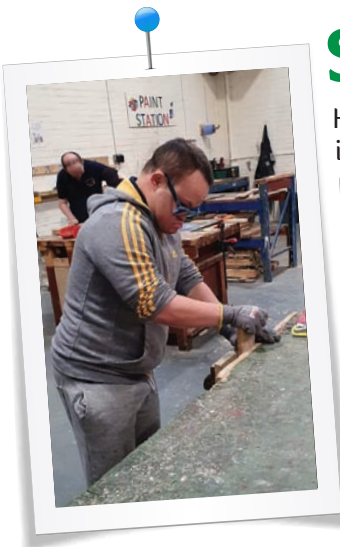
The people we support at the Brazley Centre had a fabulous afternoon learning about reptiles' courtesy of Dylan's Reptile Emporium.

They loved learning about all the reptiles, what they like to eat, how they act and getting the amazing experience of holding them and feeling how they move.

Everyone was very brave and enjoyed the experience.



Stuart and Chloe are recognised for their work



Stuart enjoys working two days a week in the woodwork department at STEPS Cic.

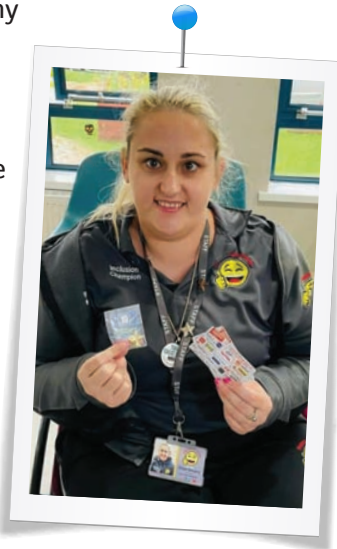
He has made a range of items for sale, including bird tables, wishing wells, fencing, planters and wheelbarrows as well as various other seasonal items including wooden snowmen, reindeer and Santa signs.

Since he started working with STEPS he has grown in confidence and is becoming more independent and skilled in using a range of different woodworking tools.

He has made lots of new friends and thoroughly enjoyed the recent annual awards ceremony in November, celebrating his

and other people's achievements. Everyone received their certificates from Josh Charnley, a popular ex Wigan Warriors and rugby league player. Everyone had a great time and Stuart danced the night away.

Chloe has been volunteering at Happy Smiles for over two years. She was recognised for her work with the charity with a gold badge for more than 300 hours of voluntary work this year! We are all very proud of Chloe's achievements and the charity said it could not do its work without Chloe and her amazing commitment.



DARCY IS THRIVING AT THE JUBILEE

Darcy transitioned to the Jubilee from college in September. She had visited the Jubilee on several occasions over the summer and was looking forward to starting.

Darcy had been with us for a few weeks and had taken part in several different activities including Armchair Yoga which is her favourite.

Darcy's mum said that Darcy was having a great time at the Jubilee, she had gone home and shown mum her Armchair Yoga moves. Mum was over the moon with this she said.

"Darcy loves coming here, her confidence has grown and she has no problems chatting with staff and other people at the centre and always feels heard, valued and included. Darcy is thriving at the Jubilee."



EXTRA CARE SERVICES

Brenda celebrates her 90th birthday



Brenda from Rushey fold recently celebrated her 90th birthday.

Always smiling, Brenda loves singing and has a special carer song that she likes to sing to the staff. Brenda enjoyed her birthday party sang a lot and received lots of chocolates from friends and family.

Party time in Extra Care



Our Extra Care Schemes in Bolton had a Four Seasons Party earlier in the year.

A number of people we support from our four schemes, Eldon, Campbell, Maxton and Merton had a pasty and pea supper, a few drinks and brilliant entertainment by a singer named Kadie Jo.

There was lots of dancing and laughs.

