

Moments to Cherish

Hello!

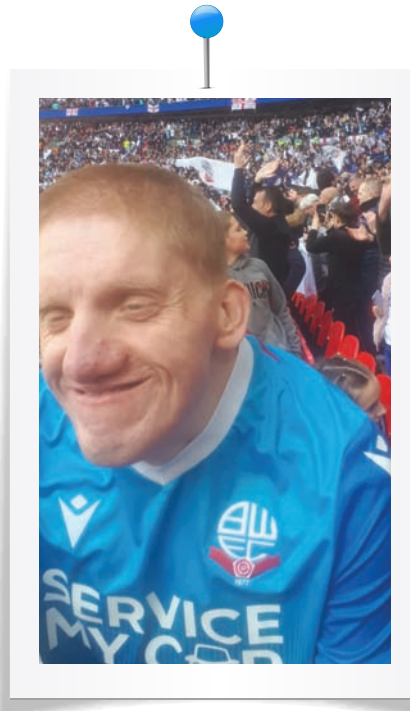
This is the first edition of our 'Moments to Cherish' newsletter for the people we support and their families.

In this issue we have stories from Ed, John, Stacey, Ronnie, Leone, Shelley, the people we support at Thicketford Centre, Campbell House, Sophie and The Hollies and Brazley Centre.

Thank you to everyone who got involved and shared their stories and photos.

We hope you enjoy reading 'Moments to Cherish' Our next edition will be in September 2023.

For this first edition we have produced paper copies, but if you would like to sign up to the newsletter to receive it via email please email your address to communication_bcs@boltoncares.org.uk



SUPPORTED LIVING BOLTON

Ed watches Bolton Wanderers at Wembley

Ed wanted to go to Wembley to watch his beloved Bolton Wanderers play in the Papa John Trophy.

His mum bought the ticket and Ed told us which member of staff he wanted to go with him.

They had a very early start and a long time on a coach but Ed was delighted to be able to watch Bolton Wanderers win at Wembley. His smile says it all.

MENTAL HEALTH HUB MOBBERLEY ROAD

JOHN OVERCOMES HIS HOLIDAY ANXIETY

John from Mobblerley Road was due to go on holiday to France with his mum and dad. John sometimes gets anxious before travelling so the staff helped him through every stage of his holiday planning.

With the help of John's mum, staff helped him get everything he needed for his trip. They helped him save up, choose new holiday clothes and buy a new rucksack for his stuff.

They also supported him to change some of his spending money into Euros.

With staff's help John started packing two days before, so that he could complete it in plenty of time.

John thanked staff for the help he'd had and looked very relaxed and excited for his holiday.



SUPPORTED LIVING
SALFORD



Ronnie's helicopter flight

Ronnie from our Supported Living service in Salford loves all forms of transport and a helicopter was one mode he had never experienced.

Staff members Joanne and Ken supported him every step of the way to ensure Ronnie's dream came true. They took him to the flight centre first and did a trial run to ensure he could get in and out of the helicopter safely.

When the big day arrived, it was amazing. Ronnie's smile spoke volumes.



GREEN LANE ART CLUB

People we support at Green Lane have set up their own arts and crafts club which they run weekly on a Wednesday and invited people from Church street.

The individuals have made their own mugs, coronation decorations and much more.

Thinking about the cost of living crisis the team thought about how they could do meaningful activities that don't cost very much, while getting everyone involved.

Well done to the whole team.

Helping people post pandemic

OUTREACH SERVICE BOLTON

The pandemic was extremely difficult for everyone, but especially so for some of the people we support. When restrictions lifted, the Outreach Team were eager to get people back out into the community.

The team started to work with Stacey in 2021. Stacey had really struggled to get out and about during Covid.

When the team started to work with Stacey, they discovered that she loved animals. They set about organising dog walks with Jane her Support Worker and her three dogs and discussed how Stacey could approach



and engage with other dog walkers. The team also took her to a local country park farm where she adopted an Alpaca called Custard who she loves.

Stacey also enjoys bowling and playing pool, going to the theatre, and watching live bands.

Since the team have been working with Stacey her confidence and social skills have grown so much, it's really lovely to see.

The team are committed to working with her to ensure she sees and experiences as much as she can to help her live life to the full.

Leone's visits to Little Lane

Leone is a young man with Autism who lives in one of our supported living properties in Wigan. He attends Little Lane Extra Care Scheme every week. He loves it and it has opened lots of opportunities for him.

He visits for Tuesday breakfast club and enjoys the interaction with the residents who live there. Everyone



knows him and he has made some new friends that he talks to and a gentleman who salutes him when he arrives. This makes him really happy.

The staff there know him too and know what he likes to have for breakfast, offering him the leftover food to take home which he loves. Before leaving Leone goes off to the DVD/CD library to swap his DVDS and select new ones, he then returns the following week with other DVDs.

EXTRA CARE



WE TOOK PART IN THE RHS SEED SOW

A small group of people we support at the Brazley Centre had a fantastic afternoon taking part in the Royal Horticultural society Big Seed Sow.

The group went into the garden to create their own containers of spring flowers.

They prepared compost, planted seeds, watered them and planned how they would be displayed. The group decided they would look lovely trailing down the side of the wall when they bloom, providing a beautiful pop of colour.

They will water the seeds weekly and take photos as the flowers bloom over the coming months.



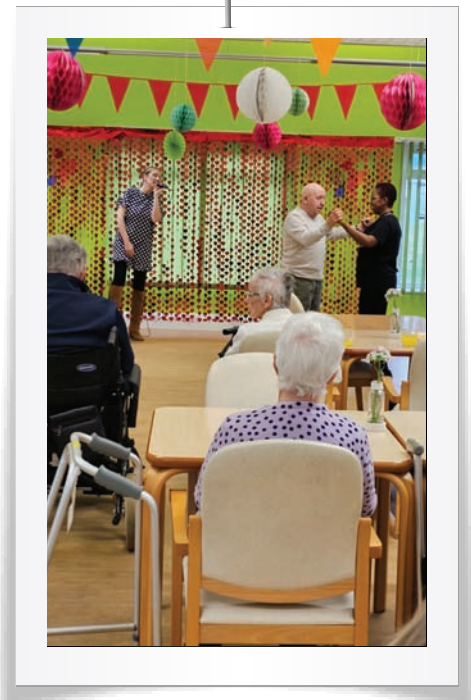
DANCING AT THICKETFORD

At Thicketford Centre we spoke to the people we support about what they liked to do when they were younger. They reminisced about the good old days when entertainment meant going to the local labour or conservative club, so we decided to try and recreate this for them.

We made a backdrop curtain, created a stage area for dancing and booked entertainment to sing some of the old style songs. We also put some refreshments on and opened the serving hatch as a bar area and served a nice cool shandy or orange juice.

It was a fabulous afternoon with people up dancing and going from table to table to chat with one another. It went down so well we will be doing it again very soon.

LIFE OPPORTUNITIES OLDER PEOPLE THICKETFORD

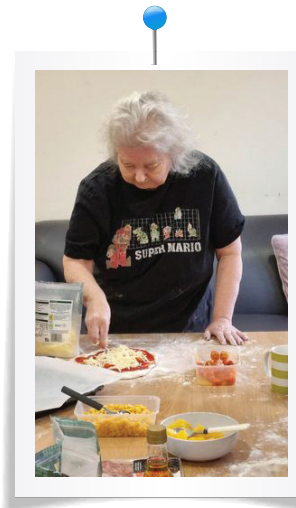
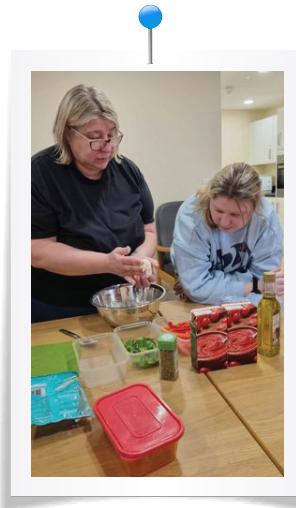


Sailing dreams come true

Our sailing club set sail on the waters in Belmont in Bolton. The Activities Coordinator for Life Opportunities has spent months planning and visiting Belmont with people we support and their dream of setting sail on open water finally came true. They had an amazing day and we were so proud of their achievements.



A fantastic example of our Life Opportunities Community Team helping people achieve their dreams and aspirations.



PIZZA FUN at The Hollies

The people we support and staff had a fantastic, fun evening making their own pizzas from scratch. Everyone got involved making the pizza dough, choosing and preparing the toppings and cooking the pizzas. Everyone enjoyed them they were delicious.

PAINTING POTS AT CAMPBELL HOUSE



The people we support at Campbell House took part in arts and crafts session to paint brightly coloured plant pots.

The people absolutely loved it they were interacting, having a good laugh and communicating with each other. A tonic for their mental health and wellbeing.

The fantastic new Jubilee Community Centre and Pool

We've had an exciting time opening the doors and getting used to the New Jubilee Community Centre and Pool.

We are trying out the different rooms, using the kitchen area for cooking and planning the garden space.

Supported living and our Community Life Opportunities team put on a swim session at the new jubilee. This enabled people we support to attend swimming/hydro who haven't been in a number of years.

By having a small group, we were able to support peoples anxieties. Everyone had a fantastic time and for the next session, the people we support decided they will do the swim then have a picnic in the garden at the new Jubilee Centre.

