

Moments to Cherish

MENTAL HEALTH HUB

Barry's job search pays off

Barry from Deepdale has left his staff team awe struck and full of admiration for his determination to find a job.

Barry's positive attitude and resilience has paid off and he started work this week as a driver. He's now looking to moving on to living independently.

He told us "I enjoy my new job. I'm learning new skills and seeing new places that I've never seen before. It has given me more self-confidence and broadened my knowledge. Hopefully, this is the start of a new career."



BOLTON SUPPORTED LIVING

Graham rocks out at Festwiche



Graham loves his music and he found Festwiche a rock tribute festival at Heaton Park that even had his favourite bands playing.

He loved it and rocked out to AC/DC, Metallica, Pearl Jam and had a rave to The Prodigy.

Graham said "I had an amazing day and want to look for more festivals to go to! I want to come back to this one next year too."



Our volunteering helps park achieve its Green Flag Status

We are regular volunteers at Harwood & Longsight Park Bolton. Digging deep Rebecca and Julie-Ann told us “This is our hard work here, look at the beautiful place.”

Every week we get involved in lots of work to improve mammal habitats, plant new trees, cultivate wildflowers, clean the park benches, tidy the children’s play area, litter pick and loads more”

“We feel so proud that the park has been awarded the Community Green Flag Award. It is now officially one of the country’s best quality public parks. We are part of this and it’s reasonable to say, they love us!”

We absolutely love volunteering and are extremely proud of what we do. We will certainly continue to dig deep and keep busy to make sure the park continues to thrive and be one of the country’s best.

Julie -Ann said, “Come and join us in the volunteering, it’s fantastic, Gemma Clark will put you in touch with the organisers”

Get in touch with Gemma Clark if you would like to join us Gemma.Clark@boltoncares.org.uk



SALFORD SUPPORTED LIVING

Christine wins Olympic gold

To coincide with the Paris Olympic spirit Christine from our Salford services won gold for her excellent performance on the rowing machine and for her expert hammer throwing. Christine attends Alexandra Hub in Salford.

She said “I was so happy to receive the award it brightened up my day”



BOLTON SUPPORTED LIVING

Wheels for all flying high

We believe in making the impossible possible!!

We travelled down to London to visit the ‘Wheelsnchairs’ scheme to get inspiration for our own ‘Keeping it Wheel’ initiative which will launch soon.

This exciting and adventurous scheme will see the people we support who use wheelchairs being pushed along a track by people on roller-skates giving an amazing sensory rush.

It will be a fabulous way to get fit and healthy, meet new people and have great fun.

We can’t wait to get rolling and feel the wind in our hair and the draught through our chairs. Watch this space!!

Steven said “It was amazing, just like flying”



Celebrating Matthew's new 'mobile mate'

Matthew is celebrating his success with his new 'mobile mate!' Its revolutionised how mobile he can be and how much more he can get involved in things that are going on.

Matthew's family and the team are in absolute awe of his growing independence, new zest for life and the fast progress he is making through his determination.

Matthew's dad had this to say, "It's amazing that Matthew is back using his walker. I am so proud of him. He loves the Jubilee and is growing in confidence there"



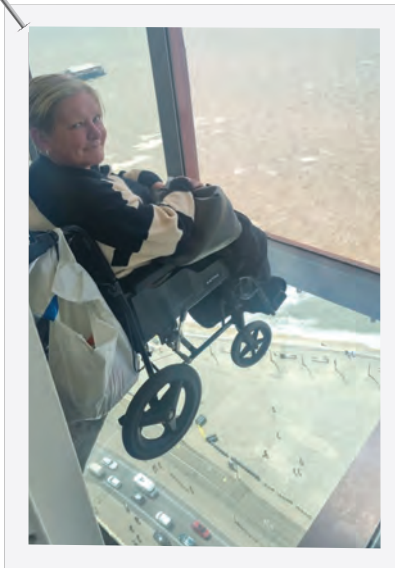
WIGAN SERVICES

Jackie's Blackpool adventure

Jackie lives in Supported Living, Wigan Cares.

Jackie went on holiday to Blackpool, her first in 10 years, supported by two of her lovely support workers, Kirsty and Stacey. While there, they helped her tick off one item from her bucket list, getting a tattoo, something she'd always wanted.

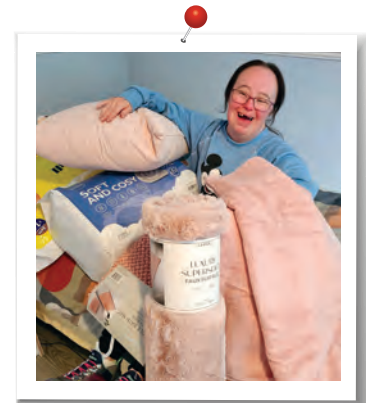
Jackie said "Loved it, I'm now looking forward to booking another trip away, my goal is to go to Spain. A big thanks to everyone who made it possible."



Sammy's InSpire journey

Whilst waiting for her new long-term home to be set up Sammy stayed with InSpire for a short time.

Settling in with the team and building new relationships with people, Sammy enjoyed a chance to really develop her skills. Helping to make tea, going out shopping, taking pride in her laundry and buying items for her new flat. Sammy loves the colour pink and everything she has bought for her flat is pink earning it the nickname 'The pink palace'



Sammy said "I've loved my time with InSpire, it's a lovely place with funky bedrooms and amazing staff. My own palace is great, but I will miss people who have really become special to me"

For her farewell tea Sammy made everyone cheeseburgers to celebrate.

LIFE OPPS FOR OLDER ADULTS

Thicketford Centre's hedgehog makes an appearance

Embracing our pledge to conserve natural habitats, the people we support placed a hedgehog house in the garden at Thicketford Centre. They were rewarded with a fabulous surprise when a very fat` hedgehog visited and nestled under the bushes. It's gorgeous and we're keeping a close eye on it.



Mammoth baking sessions brings joy to Brazley and Thicketford

People who attend The Brazley and Thicketford Centres joined together for a mammoth baking session to make some tasty treats for their afternoon tea. For some it was their first time baking and they really enjoyed it, seeing the rewards of their hard work; making delicious cakes and biscuits.

They loved it, embraced the experience and had a lot of laughs and great fun. Excellent practice for our Bake-off competition in October!!



BOLTON AND WIGAN EXTRA CARE & INSPIRE BOLTON

Amazing fun at the Bubble Rush Run

We had incredible fun, walking, dancing and running the 5K foamy Bubble Rush run in Bolton earlier this month. People we support and staff teams got very wet and very messy and raised some money for Bolton Hospice. We loved it, same time next year guys!!



SHARED LIVES

Mark is looking for pen pals

Mark Lives with Shared Lives carers and adores writing letters. Sue one of the Shared Lives Coordinators received a fabulous five page letter from him telling her about his recent adventures.

Mark said. "I really love spending time writing, putting a lot of effort into my letters to make sure I get all the information across. I write really neatly."

He told Sue that he'd been to Blackpool Zoo, on the roller coasters and had a visit to Manchester airport, plane spotting."

Sue laughed when she told us that Mark reminded her to put her clocks back in October and have an extra hour in bed and that for Christmas Sue should have a hot water bottle to put in bed at night, a nice thick dressing gown and furry slippers to keep her feet warm in the house.

Sue wrote back to Mark telling him how much she enjoyed his letters. We don't often get them in these modern times, and it reminded her of the pen friend she used to have when she was young.

If there is anyone out there who would like a pen friend, Mark would like to hear from you

