

HS4LC Newsletter

Harrogate Skills 4 Living Centre

Welcome to our 2018/19 Newsletter!



Our Chair of Trustees

As you will see we are taking the notion of being 'fit for purpose' very seriously! The Gym is already proving to be a great addition to the range of facilities available at our Hub on North Park Road.

Our Board of Trustees are delighted with the positive service assessments awarded to us, recently. Well done to staff and residents involved for all their hard work.

Our quest for further improvement is reflected in the Skills Bridge launch, a great collaboration with other partners. This is a first step on a programme to develop broader training, employment and independence for our clients.

If you are interested in supporting us with this or any of our services please get in touch.

Trevor Lincoln

The New HS4LC Gym Officially Opened!

Last year HS4LC were lucky enough to be awarded £2000 of funding through Harrogate Borough Council's Small Grants Fund.

The money was to go towards the 'Cellar Project' at the HS4LC day centre, which was a project to make the cellar area a useful space and allow HS4LC to have a gym facility to offer its students.

We started work at the end of September 2017 to clear the cellar and begin the transformation from storage area to a brand new fully functional gym!

The gym is now completed and we are very excited to be able to offer this service to our students. The HS4LC gym gives students access to a rowing machine, treadmill, exercise bikes, cross trainer and free weights. We now run regular gym and fitness sessions and this has fast become a firm favourite on the 2018/19 timetable!

Our aim with the HS4LC gym is to allow easy access to gym equipment for all our clients and the local learning disability community. It has already been put to good use by the HS4LC day centre clients, the Skills Bridge students and interest from other organisations is growing, which is great to see!



T

01423 593719

E

skills@hs4lc.org.uk

W

www.hs4lc.org.uk

No.9
North Park Road
Harrogate HG1 5PD

Awards and Achievements



In May our Briardene care home was inspected by the CQC. We welcome inspections from our regulators, they are a chance for us to demonstrate our compliance. We were delighted that the report issued in July recognised the homes continued commitment to improvement. The inspection showed "Good" across all CQC standards and this was a great achievement for the first inspection with HS4LC.



The Matrix Standard is a unique quality standard designed for organisations to access and measure their advice and support services. It looks at how we offer information, advice and guidance which ultimately supports individuals in their choice of career, learning, work and life goals. We are pleased to announce that at the end of September we passed our first year continuous improvement check.



On the 24th of April, HS4LC proudly received our third Duke of York Community Initiative award a ceremony held at Sheffield Cathedral. We're proud to be recognised for providing a valuable service to our local community. We won the award for our HS4LC day services and the service we offer to all our clients from the local Harrogate area.



Check out our website for information on the HS4LC Healthy Hearts campaign!

New 2018/19 Timetable for the Day Centre!

We proudly launched the new 2018/19 HS4LC skills centre timetable on the 4th September and this will be in place until August 2019. The timetable brings some new and very exciting courses including Top of the Pops with Chair Dancing, Rock and Pop, Ready Steady Cook—Around The World and The Story Group. We also have the return of some very popular classes including Magic of the Musicals, The Allotment Group, Out and About Group and our Craft Enterprise. Also included on the timetable are the new and exciting gym and fitness sessions which take place in the new HS4LC gym on a Wednesday, Thursday and Friday, with the additional opportunity of drop in sessions which are available before and after day centre hours. We have also added swimming on a Thursday. The new timetable can be seen on the HS4LC website or you can call the day centre on 01423 593719 to request a copy.

We run a whole host of courses at our Harrogate Skills for Living Day Centre for adults with learning disabilities and autism. Our courses are designed to stimulate people's interest and to give them the skills needed through adult education and leisure learning to help them develop.

We are an established charity working for the benefit of adults with learning disabilities and autism.



T

01423 593719

E

skills@hs4lc.org.uk

W

www.hs4lc.org.uk

No.9
North Park Road
Harrogate HG1 5PD

The Local Lotto!

You may have seen that in September The Local Lotto launched. The lottery is a fundraising opportunity for local voluntary and community groups such as HS4LC, which enables players to be in with a chance of winning cash prizes whilst also supporting local organisations they care about. Money raised through The Local Lotto will contribute towards keeping the voluntary and community sector thriving across the Harrogate district. The Local Lotto is being promoted jointly by Harrogate Borough Council and the partners in the The Local Fund for the Harrogate district.



We have raised a steady amount each month through HS4LC ticket sales and greatly appreciate everyone who has chosen to support us. You can still purchase tickets through the HS4LC Local Lotto page and for each ticket bought we receive 50%. Every ticket has a 1 in 50 chance of winning, that is better odds than the National Lottery and The Health Lottery.



Keep up-to-date with our latest news by visiting our blog and following us on social media!

Launch of the HS4LC Skills Bridge!

At the beginning of September we launched our 'Skills Bridge', which is a supported internship programme aimed at giving young people (aged 16 - 24) with learning disabilities and autism the opportunity to develop their skills and get into sustainable paid employment. As well as working towards English and Math qualifications and their work placements, the Skills Bridge students are also learning independent life skills including budgeting and cooking. They are also attending gym sessions in the new HS4LC gym once a week. The Skills Bridge programme is designed to help students develop their skills and maintain paid employment in the future.

Special mentions and thanks to:



Our vision is to reduce inequalities, overcome barriers and help people lead fulfilled lives.



Tel: 01423 593719
www.hs4lc.org.uk
Registered Charity Number: 1138346

No.9
North Park Road
Harrogate HG1 5PD

Our CEO

Nearly two year's into my role here at HS4LC and it's great to see the organisation is really flourishing. I am pleased and a little relieved to see how the Skills Bridge programme has quickly developed to meet the needs of our interns and I'm looking forward to supporting more young people and employers onto the programme as we move into 2019.

Having a keen interest in fitness makes me all the more excited to see developments in our gym and my sincere hope is that we help our beneficiaries overcome some of the inequalities they experience in terms of their health and well-being. It's been suggested that we do a virtual journey from Lands End to John 'O' Groats and follow this journey on social media – it always helps to have a motivational goal and I look forward to seeing how this pans out!

All this energy and motivation is very much driven from the ground up with a dedicated staff team working passionately behind the scenes. I thank everyone for their involvement and commitment to HS4LC and for their continued efforts to meet our beneficiaries' needs.

I'm also very excited about future planned developments coming over the next few years so make sure you watch this space and come along for the journey.


Hadyn Moorby-Davies, CEO




Interested in volunteering at HS4LC?

As a charity HS4LC require support from the local community and partner organisations in order to develop our services and expand the outreach we have. We have a whole range of volunteering opportunities available at the day centre and we really do appreciate each and everyone of our volunteers.

If you would like to get involved or offer help in any way please get in touch on 01423 593719.



Harrogate Skills 4 Living Centre need your help to make a difference for adults with learning difficulties and autism





T

01423 593719

E

skills@hs4lc.org.uk

W

www.hs4lc.org.uk

No.9
North Park Road
Harrogate HG1 5PD