

HS4LC Newsletter

Harrogate Skills 4 Living Centre

Welcome to our 2019/20 Newsletter!



Our Chair of Trustees

As this Newsletter demonstrates, we can reflect on another year of considerable achievement.

The rich variety of activities available at our day centre goes from strength to strength...boosted by the basement gym keeping everybody on their toes!

We always try to be good at what we do so it is pleasing to receive recognition of this from the external assessors who look, regularly, at our activities. Well done to all staff for these achievements. Outstanding!

The good news doesn't end there. Our training and employment service is growing rapidly and giving real benefit. The invaluable support for this from a growing number of external partners is very much appreciated.

2020 offers more opportunity - keep an eye on our website for our social enterprise development...it's certainly giving us a buzz!

Trevor Lincoln

£10,000 Community Fund for HS4LC Healthy Hearts!

In July we were very lucky to be awarded a £10,000 grant from The National Lottery Community Fund. This was extremely exciting news for us all at HS4LC as we are receiving this award as a mark of quality for the work we are doing in our community. This grant will enable us to continue and grow the HS4LC Healthy Hearts campaign within our local community!



The HS4LC Healthy Hearts campaign was launched in November 2018. The aim of the campaign was to offer free fitness sessions to adults with learning disabilities in the local community in our fully equipped gym.

We launched the campaign because, unfortunately there are huge health inequalities for people with learning disabilities and they often do not have easy access to facilities. This maybe because they cannot take a member of staff with them or they simply cannot afford to go to a gym.

We wanted to help and encourage our local learning disability community to increase the amount of physical activity they take part in by offering free and easy access to a fully equipped gym in a safe environment at the Harrogate Skills for Living Day Centre on North Park Road in Harrogate.

We are very happy with the interest and uptake of members attending the free gym sessions and we are looking forward to seeing the growth and possibilities that the £10,000 grant from The National Lottery Community Fund will bring!

In 2017/18 The National Lottery Community Fund (previously known as the Big Lottery Fund) awarded over £500 million, and 90% of the grants were under £10,000.

HS4LC are extremely proud to have been awarded an amazing £10,000 for our campaign!

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Awards and Achievements



In May our Brackenley care home was inspected by the CQC. We welcome inspections from our regulators, as they are a chance for us to demonstrate our compliance. We were delighted that the report recognised the homes continued commitment to improvement.

Brackenley received an overall rating of 'Good' in their latest inspection and they also received their first 'Outstanding' rating in the Well-led section.



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 second year continuous improvement check.



In September HS4LC were awarded 'The Excellence in Care Framework Award for defining, delivering and improving the care provided to residents/customers/service'. The award was for our engagement with the EIC framework at our Brackenley Care Home.

The award was presented to our CEO Hadyn and our Quality and Compliance manager Julia at the Excellence in Care awards.



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

The Local Lotto!

The Local Lotto has officially been running for a year now. The Local Lotto 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.

In the last year HS4LC have raised a steady £800 through The Local Lotto. You can still support us and 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.



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



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Routes to Employment Programmes

We welcomed a new cohort of interns onto our Routes to Employment programmes in September. HS4LC offer three routes to employment for young adults with learning disabilities and autism. People with learning disabilities typically take longer to learn new tasks but with the right support they can overcome their difficulties and have a better chance of gaining paid employment.

The Routes to Employment programmes are aimed at giving young people the opportunity to develop their skills and get into sustainable paid employment. Alongside work placements interns are further developing their work skills through enterprise projects, employability and life skills workshops and participating in a fitness programme with our gym instructors.

Work placements are tailored to meet the skills and interests of young people and are available in a variety of sectors. This year that includes catering, business administration, horticulture, hospitality and warehouse roles. These placements are supported by a job coach and learning support staff and progress is monitored throughout. At the end of the programme the young person is supported to move on to paid employment.

We are always interested to talk to local businesses and employers to see how you can be part of these amazing programmes and make a real difference to adults with learning disabilities and autism. With your support, we can ensure more people with learning disabilities or autism go on to achieve paid employment that lasts, thus enhancing their aspirations and leading fulfilled lives.

Special mentions and thanks to:



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

New 2019/20 Timetable for the Day Centre!

We officially launched our new 2019/20 Day Centre timetable in September. It will run until August 2020.

The timetable brings some new courses to HS4LC including Stitch Club, Crazy Crafts and Adventures in Art through Time and Places. We also see the return of some firm favourites for this year including Magic of the Musicals, Ready Steady Cook - Around the World! and Film Club. 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.

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



HS4LC
Harrogate Skills 4 Living Centre

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Our CEO

Reflecting on another busy year at HS4LC has made me realise what an amazing year it really has been – thanks to everyone involved for making great things happen. There have been far too many examples of amazing work to mention them all here but hopefully these few will give you a flavour of what's been achieved and what's in store for 2020 and beyond.

Well, Phileas Fogg may have been a fictional character going around the world in 80 days but our gym users went from Lands End to John O'Groats in only 81 days, albeit virtually! I wonder how long they'd take going around the world - maybe start off with the UK?

Yet again, our staff have gone further in the pursuit of excellence in care and an 'outstanding' from CQC surpasses all expectations. Whilst we're setting the bar high I'm sure there's room for improvement yet.

Five new staff recruits in our employment services and the demand is increasing all the time, with more interviews scheduled early in the New Year. Hopefully the basement renovations will be finished soon as we're running out of space.

As you may know, the basement will provide a new kitchen and room for our chocolate making enterprise – *the Harrogate Chocolate Factory*. We'll have a new website and official launch along with our café at Easter but they're already making delicious dark chocolate bars so look out for samples coming your way.

Sounds like 2020 is going to be another ground breaking year and I hope you'll continue to follow our success as we launch our exciting enterprises and celebrate our 10th anniversary in April.

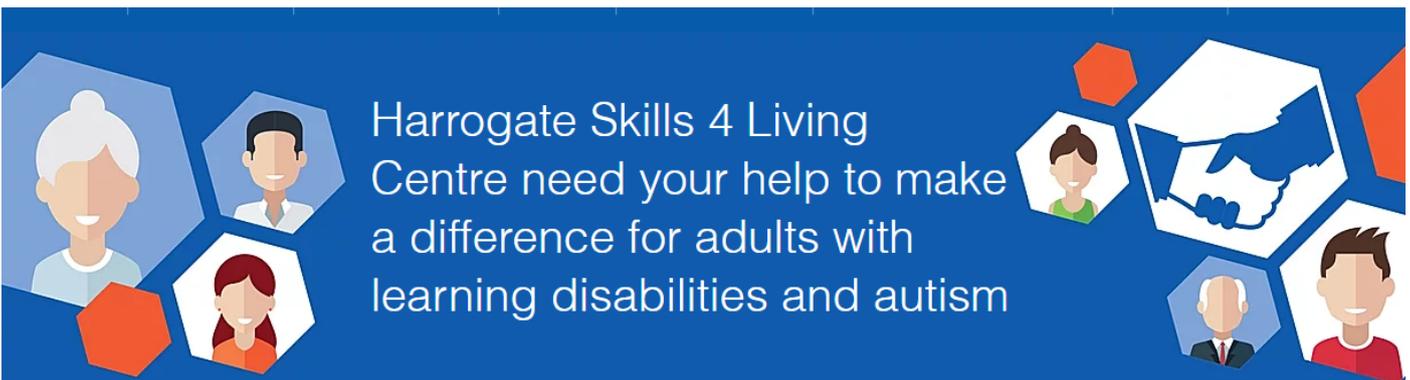
Hadyn Moorby-Davis, CEO



Community Support!

As a charity HS4LC requires support from the local community and partner organisations in order to develop our services and expand the outreach we have. We also 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 to our organisation please get in touch on 01423 593719.



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



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