



Believe and Achieve

North Park News

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Issue 7; Christmas 2017

Everyone's wearing their novelty jumpers and "Bony M" is playing in the music room (again). It must be Christmas!

Guest reporter Jannek, from Springwater School photographed our hot chocolate mix reindeer, shown here. Just £1.50 each while stocks last.



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HS4LC Matrix quality standard success



Hadyn with Award, and staff Vicki & Naz with Craft Group

HS4LC's Day Centre staff are delighted to announce that we have been awarded the Matrix quality standard once again. Organisations who aim for this award are assessed every three years to check if the quality of their advice and support services measure up to the Matrix quality standard. Matrix visited the centre to assess how we offer information, advice and guidance and how well we support staff and clients in their choice of career, learning, work and life goals.

Christine James from Matrix said in her report "I found it difficult to find areas you could improve on," which was a real accolade as we constantly look for ways to enhance our services and promote quality. Achieving the Matrix standard was only possible because of the dedicated team we have delivering information, advice and guidance on a daily basis in all areas of the charity.

GO TEAM HS4LC!

News from North Park Road

A huge “Thank you” to Tony

Tony Goodson has been a trustee with HS4LC since April 2013 and has sadly resigned due to family commitments. We'd like to really thank Tony for all his hard work and contributions to the board during this time. His media experience and team leading abilities along with his 'can-do' attitude have been a real asset to the organisation and none more so, than when he stepped down from the board and stepped into the role of acting CEO to bridge the gap between Stephanie leaving and Hadyn starting.



Tony's catchphrase 'It's all good' has been embedded into our organisational philosophy and will continue to be used regularly. He will be very much missed and we sincerely hope that if and when his family commitments change, he will consider returning to HS4LC as a trustee or in some other voluntary capacity.

Christmas comes to North Park Road



[Kim selling our popular hot chocolate reindeer](#)

Students and visitors bought lots of great gifts at HS4LC'S first Christmas Craft Fair, held on 8th November. Goods for sale included stocking fillers and gifts made by the Craft Enterprise groups, ceramics and donated items. Raffle prizes included restaurant vouchers and prosecco.

Our upstairs kitchen was turned into a café where customers enjoyed a drink and biscuit and snapped up delicious flapjacks and brownies made by our Baking Enterprise Group.



[Simon, Paul and Julie enjoy a cuppa in the café](#)

Many thanks to all the students and staff who crafted, organised, served and helped tidy up making the event a huge success and raising over £300 for the enterprise groups.



[Rachel serving shoppers at the busy stall](#)

Mr and Mrs Pierce

Congratulations to tutor Chris Pierce and Sophie who tied the knot at Lancaster registry office on 21st October. The reception was held at the Morecambe Hotel where guests enjoyed afternoon tea. Baby George, who was very well behaved at the wedding, had his own special day when he was christened on the Sunday.



[The Pierce family](#)

We wish the Pierce family a very happy future together.

From plot to pot at HS4LC



[Pippa prepares kale for the pot](#)

The Friday Food Glorious Food group had a very special meal on 13th October when they prepared their lunch of spicy sausage casserole. The leeks and kale they used had been grown and harvested by the Allotment Kitchen Group which meets weekly at our Starbeck allotment.

Allan and Edward harvested the veg and Pippa, Felicity and Linda washed, chopped and cooked them in their meal. Diners said the casserole tasted really nice and the group looks forward to cooking more food grown on our allotment.



[Edward harvesting leeks](#)



[Basement before clear-out](#)

HS4LC Gym opening after Christmas!

We are excited to announce that our new gym will be opening soon, which has been made possible by two generous grants - many thanks to all concerned. Staff have been working hard clearing and painting our basement and sourcing gym equipment.



[Handyman Martin puts finishing touches](#)

Our grand opening is planned for January so we hope to see you there soon after Christmas, working off all those mince pies!



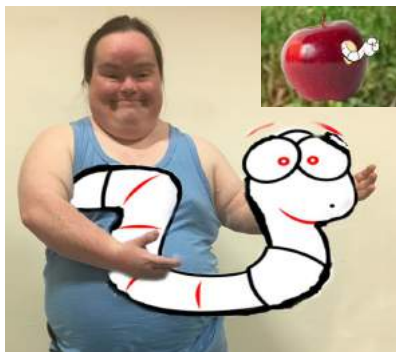
CHRISTMAS PARTY
6 DECEMBER 2017



Client News and Achievements

James & Chrissie get creative with computers

Wow! James was on “The X-Factor”? But hang on a minute – if you look at the picture you can see the judges were Ian and – James!



[Chrissie & Mr Worm \(apple inset\)](#)

James didn't really go on TV. He created the photo using a clever computer programme that pastes a picture of him

onto an existing photo. Chrissie has also been using computers to get creative. She designed and developed a short cartoon called “Mr Worm” about a worm who munches out of a fallen apple and zooms off the screen.



[James as singer and judge, with Ian](#)

Phil's toast is a feast for the eyes

Ooh lovely Phil - a nice piece of toast. But it's not for his breakfast! Phil created this great 3D picture in the Creative Crafts group on a real piece of toast preserved with glue. Phil says he chose to do a hatchback (also made of toast) because he is interested in cars. He used multi-coloured beads for the background. Looks good enough to eat, Phil!



[Phil displays his work](#)

Thanks to two brilliant volunteers



Clients and staff gathered recently to thank our brilliant volunteers, Rachel Chorley and Jess Quigley for all their support with classes at 9 North Park Road this year. Jess has been volunteering with us for over 5 years and although Rachel only began in September she is already a much valued member of the

team. We asked Jess what was special about volunteering here and she said “HS4LC is a friendly place to go and volunteer. It's nice to talk to different people and it makes you feel good that you are helping someone”.

Spooky goings on in Bilton

The Performance Club have been having a frightful time this term as they rehearsed and filmed a spooky musical tale of witches, magic and mischief at Bilton Area Methodist Church. Sharon who plays Damian the son of the Devil said “It’s going well and it’s great fun. “Rev. Tickles Party” will be on sale as a DVD in the New Year. It’s sure to be a scream!



Damian (Sharon, centre) with the rest of the cast

Edward Scores at Sheffield



Edward in his team strip

Edward, Mid-Field Striker at Gateway Football Club, scored two goals at this year’s Special Olympics. The Yorkshire and Humberside Team came fourth in the completion at Sheffield University in August. Edward was interviewed by Calendar News about his Sporting triumph, as was fellow student Felicity Bagley who was in the swimming team. Well done Edward and Felicity!

Remembering Liam

We are sad to announce the passing of Liam Kowalski who lived at Briardene and attended music groups at HS4LC for many years. His tutors share their fond memories of him.



Liam’s “smile that lit up the room”

“When the right song was played” says Judith Oliver, “Liam would come alive to the music; smiling and playing his instruments. It was a smile that lit up the room”. Paula Dobson recalls how Liam used to copy the movements of staff playing maracas. “It felt as though Liam was acknowledging them and making a connection through the music”, she says. Chris Holmes adds “We always knew when he was enjoying the music because of his smile. I remember playing ‘Summer Holiday’ by Cliff Richard earlier this year. Liam’s face lit up with a big smile and he shook his shaker to the music”. Our condolences go to his family and all his friends at Briardene and North Park Road.

Welcome, Springwater School

Sixth formers from Springwater School enjoyed taster sessions as they explored options for future learning when they visited 9 North Park Road on 22nd November.



Springwater and HS4LC staff and students after fun morning

Students from both organisations had a great time working together. Craft Group visitors helped with packing sweets and the tutor of Music Group visitors said her students didn't stop singing Christmas songs all day! Newsletter Group visitors reported on their achievements at Springwater, including enterprise groups (their dog biscuits sell especially well) and their Christmas panto, "Beauty and the Beast". We look forward to future collaborations with Springwater school, including our HS4LC gift stall at the School's Christmas Craft Fair and further

Volunteers needed for a new concept café

In January 2018 "Resurrected Bites" are launching a new "pay as you feel" café at St Mark's Church on Leeds Road. But this is not any ordinary café as all of the food served will have been intercepted from landfill. They are looking for volunteers for a variety of roles in the café including cooking, serving and cleaning up. The café will run each Wednesday and on the third Saturday of the month from 10am -2pm but time will be needed to set up and clear up. Can you commit to at least one session a month?



Contact Michelle at food.zch@gmail.com or phone 01423 544528 for more information, or why not visit the café for a meal that won't cost the earth?



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