

Shap Road

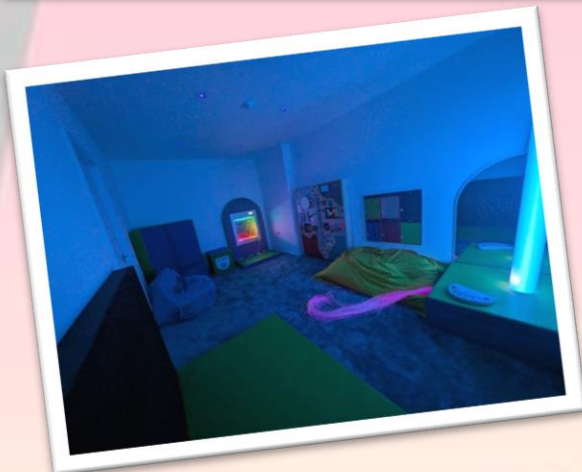
Summer News Letter 2025



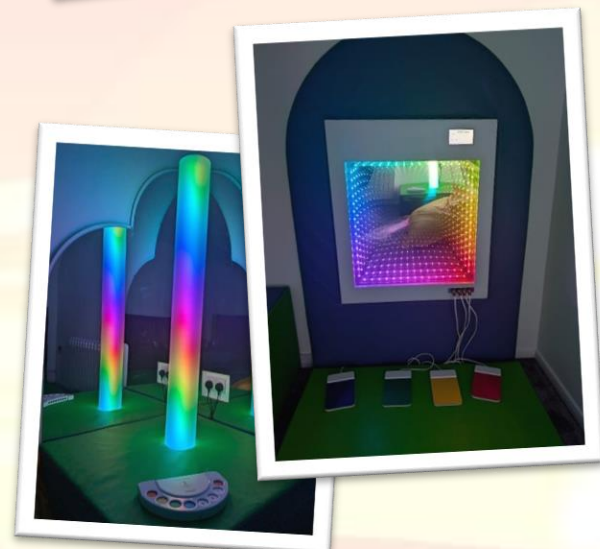
News from the Shap Road Team:



At the beginning of 2025, we set out to convert a part of the Garage into a sensory room. This involved getting specialised builders to build the room out of a part of the garage, to insulate it, getting electricians in to complete the wiring for the new room, getting the new room painted and carpeted and then working with a specialised sensory room company to design and custom build the sensory equipment for the sensory room.

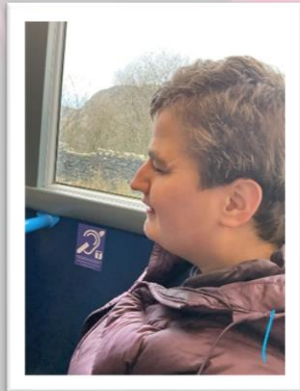


We are proud to announce that, after a lot of hard work, the sensory room has now been completed, and we now have a brand-new sensory room for our residents to use. Our sensory room is now fully equipped with a wide variety of sensory devices, including an LED tube, colour changing fibre optics, fibre optics starlight wall, tactile sensory wall, music vibration chair, infinity mirror, and a wide variety of sensory toys, to name a few.



Since it has been completed, our residents at Shap Road have really enjoyed going into the sensory room and trying out all the new sensory devices and sensory toys. Their enjoyment of this new feature at Shap Road has made all of us feel proud of the hard work that has gone into it, as this is a big and important achievement that will play a big role in facilitating meeting our residents' mental wellbeing, learning and sensory needs.

January 2025

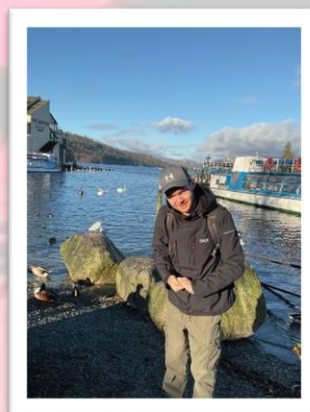


Bus Trip to Keswick

In January, one of the trips that Fern enjoyed was going on the bus to Keswick, where she visited some of the local shops.

Walk Around Bowness

Sam enjoyed going to Bowness, where he went for a walk around the lake and enjoyed the beautiful winter views.



Moana 2

Fern went to the cinema in Lancaster where she watched Moana 2. This was a film that Fern enjoyed, and after the film, Fern visited some of the local shops before returning to Shap Road.

Booths Café in Keswick

Jon chose to go to Keswick as one of his activities, where he enjoyed going to the Booths Café for a cup of tea and looking out the window.



Making Prints at Art Club

In January Sam and Jon enjoyed trying out a wide variety of different printing techniques at Art Club.

Baking

Fern baked some chocolate chip cookies which were enjoyed by everyone after tea.

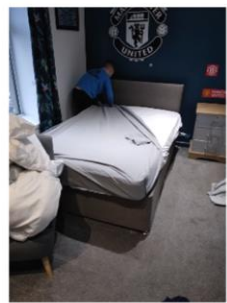


Sunbeams

After a break, Fern was excited to go back to Sunbeams, where she really enjoyed taking part in the music.

Jump Rush

Sam has gone to Jump Rush in Morechambe, where he enjoys jumping on the trampolines there.

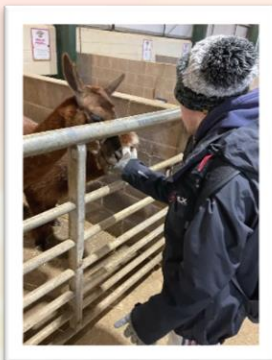
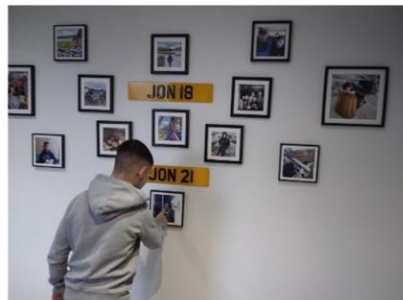


Cleaning

Fern, Sam and Jon took part in helping with cleaning their rooms. They helped vacuum their rooms, helped clean the dust and changed their beds.

Remembering The Good Times

Jon spent time looking at the photos on his wall as he had recently got some new ones and remembering the good times with staff.

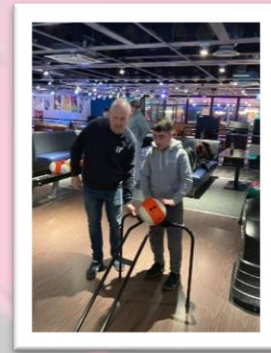
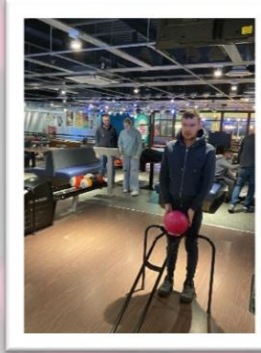


Farmer Parr's Animal Farm

Jon and Sam went to Farmer Parr's Animal Farm, where they enjoyed looking at the animals and interacting with them.

Soul Bowl

Sam and Jon went to the Soul Bowl in Morecambe where they had fun playing a game of bowling.



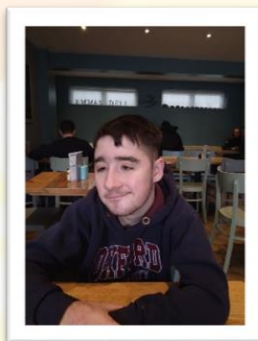
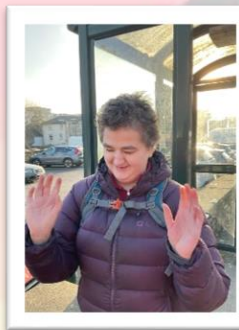
Walk Along The River

As the weather was nice Sam, went for a walk into Kendal along the river. On the way, Sam stopped for a few minutes on the bridge to look at the river.

February 2025

Bus to Lancaster

Fern took the bus to Lancaster, where she then went to the cinema to watch a film.



Emma's Del

Jon went to Grasmere on the bus and he chose to go to Emma's Del Café where he enjoyed a nice cup of tea.

Sunbeams

In February, Fern continued going to Sunbeams, where she enjoyed listening to the music which was being played.

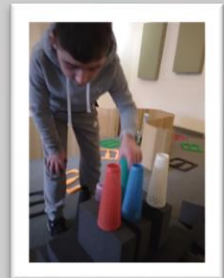


Trampolines at Jump Rush

Sam has continued going to Jump Rush in Morecambe, where he likes to go on the trampolines.

More Music

Sam, Fern and Jon went to More Music where they had fun taking part in a variety of activities such as music, playing games and making clay sculptures.



Costa in Lancaster

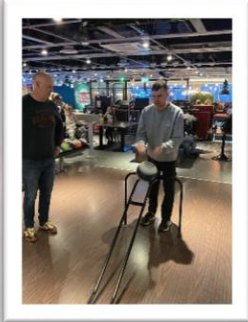
Jon asked to go to Costa in Lancaster, where he had a brew at a table next to the window and watched people while he enjoyed his cup of tea.



Making Masks

At Art Club, Jon and Sam started making some masks out of cardboard and paper and then put them up to dry when they were finished.





Bowling

Sam and Jon have continued going to the Soul Bowl in Morecambe to play bowling together, as this is something that they enjoy.

Shopping in Lancaster

Fern took the 555 bus to Lancaster, where she visited some of the shops. Fern had a brilliant day and enjoyed browsing the shops.

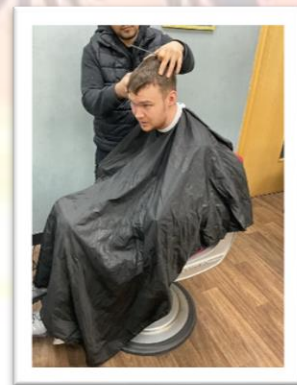


Happy Mount Park

Sam went to Morecambe, where he went for a walk down the promenade and then went to Happy Mount Park and had a lot of fun.

Haircut

Sam and Jon took the bus to Lancaster, where they then went with the staff to their favourite barber shop for a haircut.





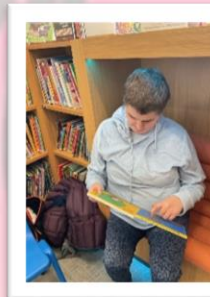
Music

At Friends Club, Fern enjoyed listening to the music that was being played and even joined in by playing the tambourine.

March 2025

Library

Fern enjoyed going to the library with staff, where she looked at some books and then had lunch out.



Art Club

Jon and Sam continued enjoying taking part in Art Club, where they did some drawing, colouring and painting.

Jump Rush

Sam has continued attending the sessions at Jump Rush in Morecambe, where he likes to go on the trampoline.





Coniston Walk

Sam and Jon went to Coniston, where they went for a walk in the surrounding area.

Swimming

Fern went swimming at Salt Ayre, which she enjoyed, and had a great day.



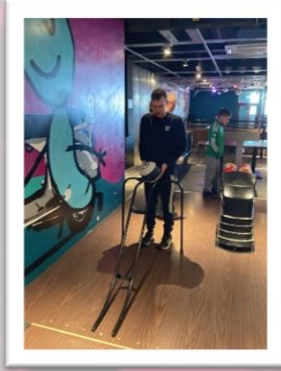
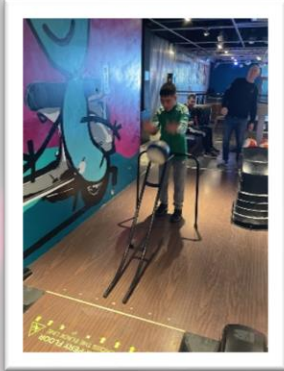
Friends Club

At Friends Club, Fern took part in the activities on offer and, with support from staff, made a sheep.

Making Tea

After returning from Sunbeams, Fern made pasta with cheese for tea with the support of the staff.



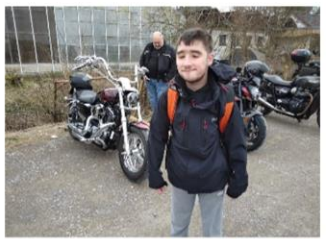


Bowling Time

In March, Jon and Sam continued going to Morecambe to the bowling alley, where they spent time playing bowling together.

Costa

After going out in town and visiting some shops, Fern then relaxed at Costa with a brew.



Wildlife Oasis

Jon and Sam went to Wildlife Oasis to watch the motorbikes set off on a Mental Health Motorbike Ride. This was something that they really enjoyed, and after the bikes set off, Jon and Sam then went around the Wildlife Oasis, where they looked at all of the different animals.



April 2025

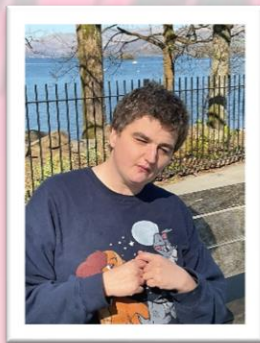
Chicken Fajitas

Fern joined in making tea and helped cook Chicken Fajitas for her tea, which is a meal that she enjoys.



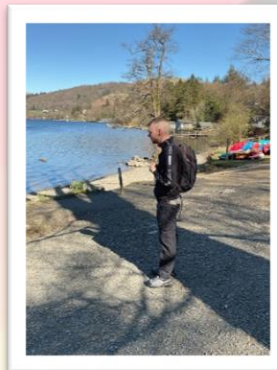
Ice Cream

After going for a walk around the lake in Bowness, where she enjoyed the views, Fern then cooled off with an ice cream.



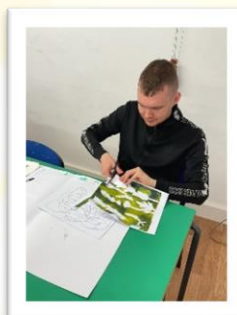
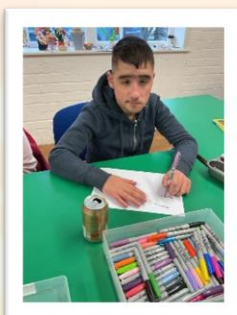
Walk

Sam went for a walk around Brockhole in the morning, and as the day was nice, went later for a walk along the river in Kendal.



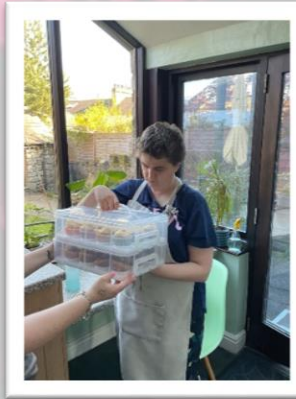
Art Club

Jon and Sam continued the sessions at Art Club that take place on Monday, as this is something that they really like.



Baking for Friends Club

This month, Fern baked some cupcakes with the staff to take to Friends Club.

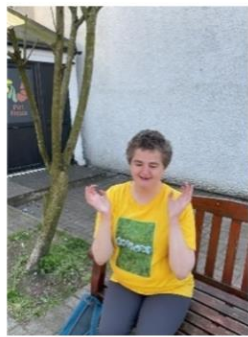


Trampolining

After the trampolining session, which was great fun, Sam then went to McDonald's for tea, where he also enjoyed some colouring.

Clay

At More Music in Morecambe, Fern and Jon enjoyed modelling in clay.

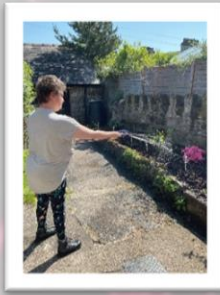


Enjoying the Weather

After going to Keswick in the morning, where she had a packed lunch.

Fern then went to Friends Club where she had great fun taking part in the activities and even joined in some singing and dancing.

May 2025

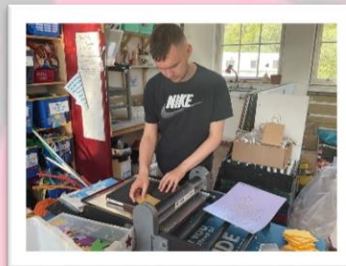


Watering the Garden

Fern helped water the grass and garden with support from staff and enjoyed doing some drawing with staff.

Rag Tags

Sam continued going to work experience at Rag Tags, where he used the cutting press to cut out shapes.



Grange

Fern went on the bus to Grange, where she went for a walk around the park and then enjoyed a picnic.

Watchtree Wheelers

Fern, Sam and Jon went to Watchtree Wheelers, where they went on bicycles around the site with staff. Everyone had a great time.



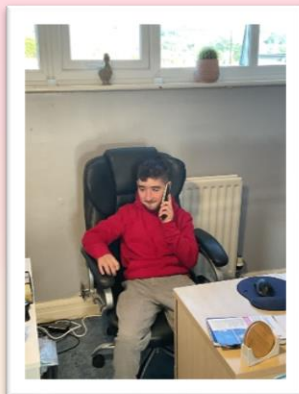
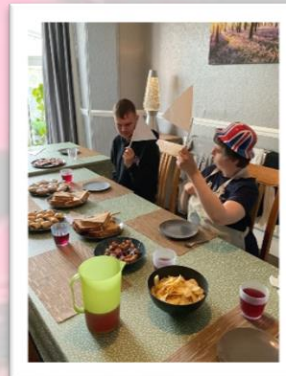


Making Cards

At Friends Club Fern, took part in making cards, which she had fun doing.

VE Day

Fern and Sam Celebrated Victory in Europe Day at Shap Road. Fern helped make some of the food with staff for this occasion.



New Manager!

Jon sent up to the office and then told staff that Dan had been sacked, then sat at the office and told staff what they had to do.

Hanging Mobile

At Art Club, Jon and Sam started working on making their own hanging mobile. This was an activity that they enjoyed.





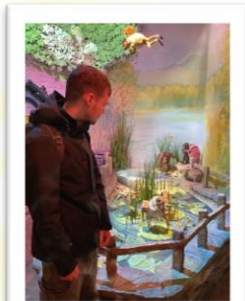
Hawes

Jon and Sam enjoyed the weekend by going to Hawes where they had a look at some motorcycles and then went to a café for lunch and a cup of tea.

Hesketh Farm

Jon, Fern and Sam went to Hesketh Farm where they looked at the farm animals and interacted with them.

While there, they also enjoyed sitting at a table for a picnic.



Beatrix Potter

Sam went to the Beatrix Potter Museum in Bowness where he looked at all the displays. Sam had a very good day and liked seeing the animals.

June 2025

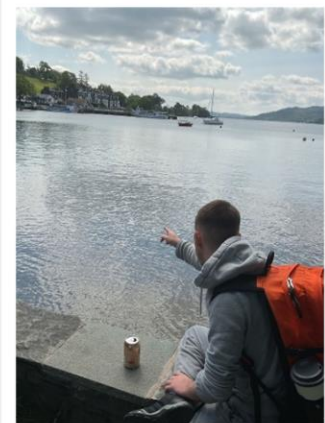


Finishing the Hanging Mobile

At Art Club Sam, and Jon finished their hanging mobiles that they started last month.

Raising Funds

At Sunbeams, there was a fund-raising event that Fern took part in and really enjoyed it.



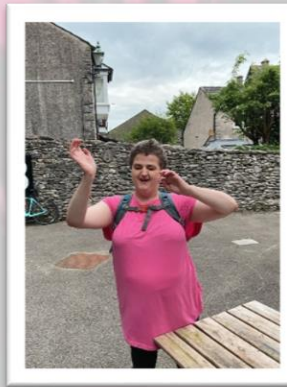
Boat Trip on the Lake

Jon went to Bowness, where he then went on the boat from Bowness to Ambleside and then spent time looking at the boats on the lake.

Coral Island

Jon, Fern and Sam went to Coral Island where they enjoyed a meal out and then spent some time playing on the coin machines.



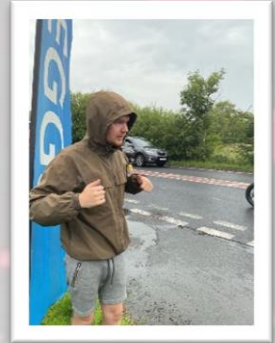
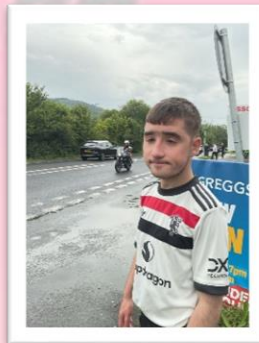


Excited!

Fern was excited to go on the bus to the Cinema in Lancaster. Fern enjoyed the film and had a really good day out.

Dave Day

Sam and Jon went to the Newby Bridge garage, where they enjoyed watching the motorbikes go by for the Dave Day procession despite the rain.

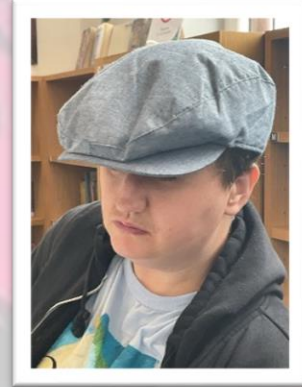


Emma's Del

Jon went to Grasmere, where he went for a walk around the village. As it was a rainy day, Jon then got a cup of tea at Emma's Del and spent time looking out the window.

Shopping

Fern went shopping at some charity shops where she found one of her favourite DVDs and a cap, which she bought. Fern was very proud of her cap.



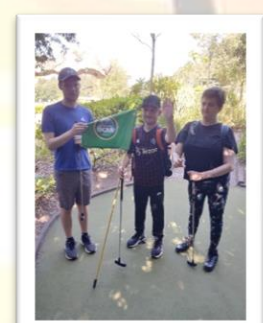
Cutting Shapes

At Rag Tags Sam cut out different shapes which will end up being used for this year's Kendal Calling.

July 2025

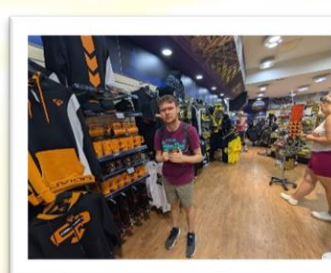
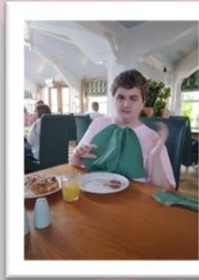
Summer Holiday to Alton Towers

At the beginning of July, Sam, Fern, and Jon went to Alton Towers for their summer holiday, this was a fantastic experience and something that they wouldn't normally have the chance to do as they were able to spend the whole week staying in the luxury treehouses.



Whilst on holiday at Alton Towers, everyone enjoyed trying out different activities and rides as well as eating out at the restaurants that were available on site.

Everyone had a great time during the holiday which made this year's summer holiday a great success.



Messages from the staff.....

A final touch to the newsletter is a chance for you to hear from some members of the staffing team about what their most enjoyable moments over the past few months have been:

"I'm really impressed with the new onsite sensory room that has been installed here at Shap road this year. It is a fantastic addition to the service which provides a wonderful, calming and engaging space for all. All of the different stations that are in situ meet a vast array of different sensory requirements to anybody who will use it. On a personal note, I recently enjoyed a fantastic holiday to Alton towers. It was a brilliant break which was full of excitement for all. Seeing all of the reactions from the residents was truly incredible and just what was needed".

Damien

"Some of my highlights with the residents of Shap Road over the last 6 months have been going to the Morecambe Bay light festival, a beautiful light show that Sam and Jon really enjoyed and got to take part in with the interactive sensory displays. Visiting Farmer Pa's animal sanctuary and being able to feed all the very cute animals with the residents. Taking summer walks through the lakes and enjoying the beauty and vibrancy of the area. And of course, our trip to Alton towers which was so positive for all the residents and such a great experience".

Emma

"I have enjoyed resuming the group activities on alternate Tuesdays for the residents, going bowling, visiting watch tree wheelers, farm park visits and trips to Blackpool. I feel this good for the staff and the residents to have a change from their regular activities".

Eddy

"The last 6 months at Shap Road have been great with all residents getting out and about enjoying the activities that bring them joy including art and music sessions, bus journeys, walks, seeing their families and attending social groups. The highlight has been the recent holiday to Alton Towers where from the moment we arrived at the amazing Treehouse in the Enchanted Village with hot tubs and a hamper full of treats to the resort itself which they all loved. The residents got their enjoyment in different ways from the trip either by going on the rides which seemed the scarier the better to just walking around and taking in the atmosphere, watching others and just relaxing. Everyone had an amazing time very chilled and appeared happy in each other's company, it was definitely a holiday of a lifetime where we had VIP service, a buggy driving us to our accommodation which they all loved. It was a fun packed 4 days, seeing the residents so happy while enjoying themselves is the part I personally enjoyed the most".

Kirstie





We hope you enjoyed reading about all of the exciting things we have done over the first half of 2025.

Please complete our short *Family Feedback Survey* which we have included with this Newsletter. Your feedback, no matter how small is greatly received.

We look forward to sharing more of the memories with you that we make over the rest of 2025!

Thank you 😊