



**Merry Christmas Everyone!**

The Christmas season has arrived and with it we approach the end of 2018 at Whinfell Shap Road. It has been a busy but exciting year. We said farewell to Bernie and with that we welcomed Vicky back to the Whinfell Family as registered manager at Shap Road. This newsletter covers some of the changes we have seen since April 2018 and many of the activities and events that the young adults have been involved with over the year: meaningful presence in the community through work experience and community connections, giving back to the community, house meetings and theme/party nights, Pets As Therapy news, cycling links, camping trip and more. We summarise the newsletter with things we are looking forward to in 2019.

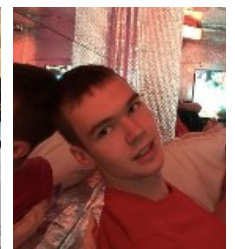
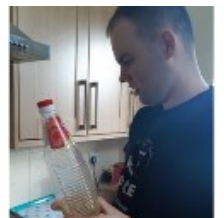
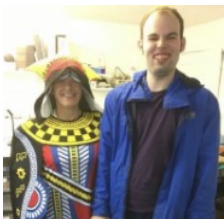
**From the Manager**

Firstly a huge thank you to all of you at Whinfell Shap Road together with the friends, families and community connections of our amazing individual's: the last 9 months has been a time of inevitable change for us all and it is a testament to our young adults and staff alike that not only have they coped with the change, we have seen personal progress in each individual. I really couldn't have done it without your support and the support of the fantastic team here at Shap Road. I am incredibly lucky as Bernie laid the solid foundations of a genuinely caring and homely provision and it has been my priority to ensure that we support each of our individuals' to be the best they can be as themselves, engaging each of them to pursue their interests and aspirations and take an active role in everything that they do. All of this whilst providing a truly person centred approach and meeting their needs as unique individuals in our specialist provision. The images below capture the Shap Road vision in action. I hope you all have a very well-deserved break, enjoy spending time with your families and go into 2019 with renewed vigour and optimism.

Very best wishes

**Victoria Tipping**

respect  
friends  
autonomy  
therapeutic  
purpose  
dignity  
community  
valued  
caring  
laughter  
sensory-integration  
home  
healthy  
happy  
calm  
choice  
belonging  
music-therapy  
independence



## Monthly House Meetings



The individuals at Shap Road attend monthly house meetings. This is a great opportunity to review the previous month by sharing our life

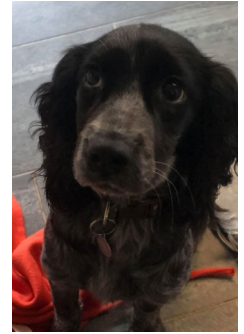
books, celebrate the goals we have achieved, choose theme nights for the coming month, discuss changes they would like to see in the house and review *what's on* this month. It is also an opportunity to all spend time together and enjoy each others company, develop and practice social skills and interactions and tolerance and understanding of each other.

Spooky Halloween Party was just one of the party nights chosen. Other theme days and party nights included; Spanish, Scottish, Chinese and Mexican. We also had a movie night with homemade pizza and popcorn.



## Ottie our Pets As Therapy Dog

Welcome to Ottie our PAT puppy who started his training at the end of the summer. The guys have all enjoyed spending time with her.



## On your bike...



We have been getting on our bikes at the Wheels for All inclusive cycling club and Watchtree Wheelers. Keeping fit whilst making new friends in the community.

## Camping Trip



A fabulous camping trip sealed the end of the summer with Tyrone, Sam and Kyle camping for 2 nights whilst Euan joined as a day camper.

The rain didn't put us off and we are now thinking about the first of our camping trips for 2019. Euan would like to come along and camp over night. This is a great achievement for everyone.





# Involvement in the Community

It is really important that the individuals at Shap Road have friends, connections and meaningful involvement in the community. This year we have seen each of the individuals out and about doing things that they enjoy.



Sam has completed his couch to 5K program through Jogging Pals. His running group have welcomed Sam with open arms and they all aspire to be as fast and fit as Sam one day. Sam also attends Jazz Dance, Sunbeams music therapy sessions and has a regular work experience at the local church.

Euan has had his first meeting with Ant from Grasmere Garden Centre where he will be starting work experience in the new year. This is a wonderful opportunity to be part of the wider community and gain some essential life skills. We are hoping Euan can transfer his skills to transform Shap Road's garden. It is great to see Euan developing stronger links in the community.



Kyle has two work experience places in the community; St. Thomas' church and Castle Green beauty rooms. The photograph shows Kyle giving the church a homemade yule log as a thank you for supporting him over the year. Kyle has lots of social connections in the community including his friends in Home Bargain and Aura Sensory Rooms. Kyle has helped Aura with a bag packing campaign to raise money for a new sensory gym. Well done Kyle.

Tyrone is a familiar face in the community for many positive reasons. He is incredibly social and enjoys meeting with his community friends in the numerous places he visits each week. Favourite hotspots include Jazz dance, Union Jack café, Riverside Hotel, hydrotherapy, Morrison's café and not forgetting his favourite chip shop Far Cross Chippy to name just a few. Tyrone continues to contribute to the community as he keeps the streets of Kendal clean with his litter picking. He met with the Mayor of Kendal in the summer who praised his efforts. Many people compliment Tyrone for his ongoing work, we are all very proud of him.



Well done to you all and we look forward to lots of meaningful community presence in 2019.

# Giving back to the community



A HUGE thank you to the friends, family and community connections of Shap Road individuals for your sponsors and helping us raise an incredible £957.52 for Children in Need. We even made the front page of The Westmorland Gazette. The 5-mile sponsored walk from Staveley to Kendal was a great day out: we crossed styles, fields, rivers and bridges, we had a duck race and even had a fight with a very large chocolate fudge cake. Along the way we were approached by strangers donating money to this worthy cause and praising our efforts.

The virtual bike challenge took 89 miles of pedalling and over 10 days to complete: starting in the north west of the county from the family homes of Tyrone and Kyle, then heading south to Sam's family home in Millom then across Cumbria to the finish line at Gawthrop where Euan's dad lives. Well done to everyone.



**2019** The new year promises new experiences and new opportunities for our individuals. We will build on all the positives that 2018 brought and look at how we can support each individual to enrich their lives, increase independence and autonomy and promote happy meaningful lives for each of them. It's a privilege to be part of their journey and exciting as to what the new year will bring.