

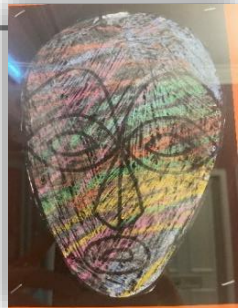
Cambian Dilston College

End of Term Newsletter 2022

This term saw our staff and learners gather together in their best outfits to raise money for Children in Need and Save the Children. In the mist of all the excitement, we were also delighted to welcome our new young-person, ****, who has settled fantastically with help from our amazing care and education team here at Dilston College. The following newsletter will focus on the positive achievements that have occurred over the months of November and December and help to give a run-down of what's to come in 2023.

 *Let's recap...*

Our Dilston Team got into the spooky spirit in October as staff and learners celebrated Halloween with a dining hall disco. Learners were encouraged to create Halloween art in their sessions which were used as decorations throughout the site, meaning everybody could see and enjoy them! Once again, we'd like to thank everybody for their participation in the Halloween activities that occurred last term, the day was thoroughly enjoyed by all.



In the UK, we have celebrated Black History Month every October since 1987. As tradition stands, in October we incorporated Black History Month into our curriculum to promote the knowledge of black history, show students and staff their roots and promote equality. Students were eager to join in on the creative activities as they made masks inspired by the influential artist and teacher, Lois Mailou Jones.



Our Autumn Days at Dilston.

This term, we've been trying to engage our young-people in more social activities outside of Dilston's grounds. Staff and students are being encouraged to explore new environments and overcome challenges every time they leave Dilston. With each successful trip, it is becoming clear that our young people can explore their boundaries and overcome barriers every single day.



A Message from The Principal

"We have been working hard to prepare for our first stall at Hexham Market, creating recipes for all of our tasty treats to sell there and planning all the logistics of getting our stall set up. It's an exciting and new opportunity to promote Dilston College and display all of the wonderful work our young people do each day. All funds from the market will be put towards purchasing new sensory equipment, watch this space to find out what we purchase in the new year!

We are also opening a mini-shop on site very soon, this will be a great way for our young people to develop their independent living skills by supporting staff in the shop, replenishing goods, designing posters and getting creative! We can't wait to share photographs of the store when it's set up.

We are now moving swiftly into December, with Celebration Day just around the corner excitement is building for everything that we are planning to achieve next term.

I hope you have a wonderful Christmas and a Happy New Year!"

- Marie Flatman, Principal



It's Bonfire Night!

We celebrated Bonfire Night in Hexham as they hosted an amazing display of fireworks in the town centre! Our learners joined for hot drinks and some delicious food as they enjoyed the display. We've also been making firework art which is now displayed in our main corridor for everybody to enjoy!



"Well done to everybody for making this happen. ***** looks so happy, a great experience and great memories"

- Carol Brown, Head of Care

"***** student had a great time at Hexham fireworks this evening. He clapped his hands for the whole twenty minutes, saying well done to everybody!"

- Wendy Jefferson, Learning Supporter

"A short but sweet visit to the Railway Museum"

"***** visited the Stephenson Railway Museum today with myself and Patrick, he was particularly interested in the railway signal and the train in the photograph. A short but sweet visit followed up with a McDonalds for late lunch. On our return to college we junk modelled our own railway signal which is now in the toy room. Overall, a fantastic day!"

- Sarah Massey and Patrick Farnworth - Learning Supporters



Life and BOWL of the Party

"***** had a fab time on their bowling trip. They were able to remain very happy and excited despite it being very busy and full of Halloween decorations! A huge success"

- Naomi Arkle, Learning Supporter 

"I just wanted to share something fantastic that I saw Last Night"

"I just wanted to share something fantastic that I saw last night. ***** was so focused on the keyboard and the tunes he was putting together and so engrossed in it that he didn't even notice me standing there watching.

We spoke about ***** playing the keyboard and he said that he enjoyed it and the sounds he created. I wish I had taken a video / photo to capture this yesterday (I just wasn't quick enough) but honestly this was a fantastic moment and I hope it is not the last we see of this"

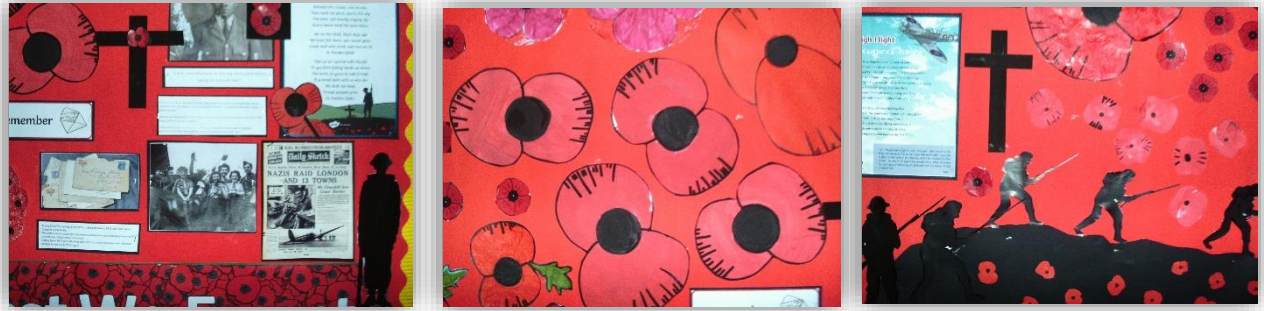
- Kirsty Davison, Home Manager

"***** really enjoyed going through the various sound options and even let me join in for part of it on the drums matching his rhythm and volume. I sat back for a while and went over once I seen he was fully engrossed. This was a lovely moment to witness!"

- Stephanie Morgan, Learning Supporter 



We will remember them. Lest We Forget. 



Our learners and staff gathered together on November 11th to remember those who fought and lost their lives during the war and honour their memories. After so many years, we still believe it's important to celebrate and mark Remembrance Day to ensure we honour and remember those who fought and sacrificed their lives in the First and Second World War.

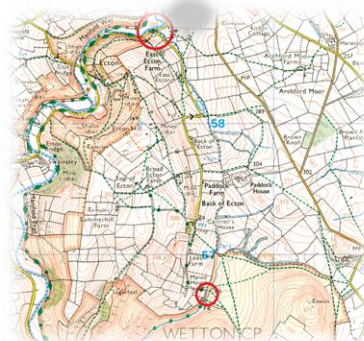
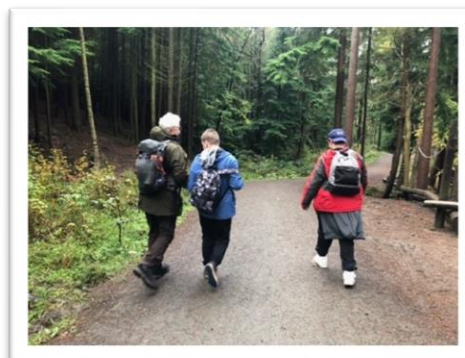
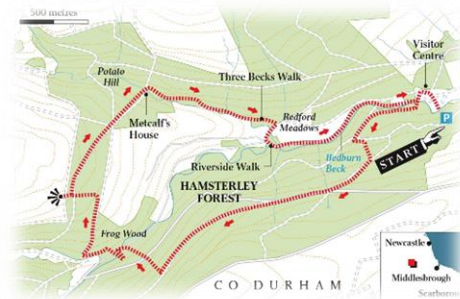
At Dilston, staff supported our learners to attend the two-minute silence which was held on site. Staff we're also encouraged to buy poppies to raise money to support serving, ex-service personnel and their families. As the red poppy is a symbol of both remembrance and hope for a peaceful future, our learners gathered together to create their own poppies after they participated in the two-minute silence.

Displaying our British Values at Dilston Means...

- We are showing that we are welcome, respectful and accept new people.
- We can be friendly and respectful whether we are similar or different to other people.
- We can show interest and learn about different cultures.
- We can use communication to express our thoughts and feelings.
- We can work together and show mutual respect towards one another.



By engaging in outdoor adventurous activities, young people can learn more about their environment, the impact their activities can have, and enhance their confidence, health and wellness, teamwork and leadership. We take pride in incorporating Duke of Edinburgh activities into the curriculum, our learners love navigating their way around walking routes and getting involved in outdoor activities!



We had a great day today walking in Hamsterley Forest. Our learners navigated themselves around the route by following the blue arrows. As the weather was kind to us, we managed to have lunch outside to celebrate Kyle's birthday with lots of fruit.

Students are becoming much more confident when out and about which is great to see!

- Julie Webb, Tutor



Student Achievements

Our student of the week board reflects every student's positive behaviour data which is submitted on our online system on a daily-basis by our tutors and carers. Teaching Assistant, Beverly Jennings states that these comments are "invaluable" and our staff should continue to reward students for their positive behaviour!



"**** is our **STAR STUDENT**. X completed an hour walk on the bicycle track near Hayden Bridge and was rewarded with a McDonald's after. He sat brilliantly and listened to staff instructions, as well as saying thank you to the staff and disposing of his own rubbish on the way out"

***** has been attending his bakery sessions with Lorna and his staff, not only that but he's attended for five consecutive sessions and made his own food products each time! This is a huge achievement for X!



***** has made excellent progress in his café sessions with Lorna and also in Functional Skills with Jo and Bev. ***** is a team member in the café and establishing a routine. ***** has also developed in his numeracy and literacy skills which are now being used in his café sessions. Well done *****!"



Kyle has become a valuable member at Cycling Minds on Thursday mornings as part of his work experience. Staff at Cycling Minds report that Kyle has great sessions there and has recently been learning how to replace brake blocks on a donated bike which they are in the process of refurbishing in order to sell the bicycle.

Health and Safety on Site

Kyle is also Dilston's Health and Safety representative, meaning he works with our maintenance team to ensure that everything is safe and secure on site. During our recent governance meeting Kyle gave examples of reporting a faulty lamppost to our maintenance team, stating that there could still be power running through the lamppost which could potentially harm our staff and learners. KW reports "When I leave Dilston in 2023, I would love a part-time job on site so I can continue to work as a health and safety representative".



Welcoming our New Young Person to Dilston

**** arrived at Dilston College on the 14th November 2022. It was anticipated that the first few weeks of placement were likely to be very challenging given the transition to very different routines and separation from his family. Despite the unfamiliar faces and surroundings, **** has transitioned into life at Dilston tremendously which we will continue to capture throughout their time here

"Everybody who has supported ****, please take a bow. Well done Team Dilston" - *Carol Brown, Head of Care*

"With amazing support, patience and perseverance, **** is relaxed and is working on building his confidence and trust with staff"
- *Kirsty Davison, Home Manager*

"***** has had a lovely day today which was full of positives!"
- *Sarah Massey, Learning Support*

"I was very impressed by the progress that had been made within only a 48-hour period. I consider it remarkable that staff have already been able to; introduce a healthier eating regime, engage **** in colouring tasks, encourage **** to exercise and walk around the grounds, get into vehicles and encourage him to remain seated whilst being transported"
- *Andrew Johnston, Social Worker*

Learning Objective: Create Pop Art

Pop Art is a movement that emerged in the mid-20th century in which artists incorporated commonplace objects such as comic-strips, soup cans, newspapers and more into their work. The Pop Art movement aimed to solidify the idea that art can draw from any source imaginable.

Drawing inspiration from our everyday surroundings and bringing them into the classroom helps our learners to connect their studies to the real world. Having our learners relate what is happening today to what they are learning within the curriculum will help them critically think about the lesson and create connections. This lesson aimed to inspire interesting thoughts and interesting art!



"***** was asked to create a self-portrait using collage. The learners worked together to create the background, choose colours and supported each other to tear up pieces of paper to glue and stick to the page. This process was repeated to create these portraits"

- Bridget Ladyman, Tutor

Learning Objective: Make a Self-Portrait

Self-portraiture is one of the more introspective art forms. Our learners' objectives throughout this session was to learn about who they are, and how they want to present themselves to the world. Embedding this into the curriculum allows our learners to build their own sense of identity and reflect on who they are. Learners become self-acquainted with themselves and learn about what makes them unique, when this is explored, learners develop their observational, expressive and reflective skills as well as developing a positive relationship with themselves.

A Trip to Hexham Market Stall



Fruit Tea Loaf

Butternut Squash Cake

Courgette and Lime Cake

Christmas Pudding

Shortbread

A range of delicious scones!



A huge thank you to everybody who came to visit us at the Hexham Market Stall on the 13th December. Despite the freezing temperatures, David, Lorna and Denyse still managed to keep a smile on their faces and raise £37.00 for Dilston College which will contribute towards new sensory equipment!

Our fresh scones, Christmas puddings and cakes which were all home-made in our Red Owl Café went down a treat.

Follow us on **Facebook** for more information regarding our next visit!

www.facebook.com/cambiandilstoncollege

Shop Development on Site

We are currently in the planning stages of creating our own shop on site. This shop will have many purposes, offering different opportunities and experiences for our young people and college community.

This includes the ability to identify between a want and a need, purchasing self-care items, making healthy choices, alongside numeracy and learning activities and opportunities communicate with peers and other members of the college in a working environment.

"There is an incredible amount of scope to expand and deliver a truly unique, structured and supportive opportunity and experience, where we can all celebrate and play a part!"

- Michael Kennedy, Senior Teaching Assistant



A huge thank you to all of our Dilston Team who participated in our Children in Need fundraising activities in November!

This year we decided that our staff and learners should attend college dressed in fancy dress or yellow clothes to support the Children in Need charity. We all gathered together to play Pudsey bingo and other games throughout the afternoon.

Together, our students raised **£22.35** by selling cakes all made in the Red-Owl Café, all proceeds we're donated to Children in Need directly. Please remember that all donations to this charity are appreciated and welcome all year round. You can donate by using the link below:

<https://donate.bbcchildreninneed.co.uk>



See above, personal tutors, Andrew Gardener (left) and Julie Webb (right) enjoying the fundraising activities. Andrew is looking a little sheepish, let's hope he wasn't cheating during Pudsey bingo...



Hats off to our amazing chef, Christine, who crafted the fantastic Pudsey Bear pictured above. The cake which was thoroughly enjoyed!



The college celebrated Christmas Jumper Day on Thursday 8th December in support of the Save the Children initiative. Everybody was encouraged to bring their festive spirit by wearing a Christmas jumper and donating £1.00 to the Save the Children charity. We asked all staff to support students in wearing their most festive outfits which was a huge success. Together we raised money for Save the Children's big plans to help mothers and their babies in Kenya.

Big thanks to our tutor, Ian Robinson (left) for the jolly selfie to make up for the lack of photographs!

<https://www.savethechildren.org.uk>



Winter Activities



'Just sharing these photos of *****'s first walk in Chopwell woods, it might have been a short one due to the cold but he thoroughly enjoyed it! -

Naomi Arkle, Learning Supporter



"***** has been to Slaley Woods today for a nice walk, accompanied by some music to keep him going. He was really enjoying the winter sun and his 80's hits on the bus journey back!" -

Muhammad Ahmed, Learning Supporter



'Bit of an eventful night for *****, but overall a really good time and a step in the right direction. We're really proud of X for coping with the changes of plan as the old X wouldn't have!' -

Naomi Arkle, Learning Supporter

December isn't the last of our Christmas activities! On next month's agenda is a relaxed performance of Aladdin at Whitley Bay Playhouse which is designed for people with sensory needs.



On today's menu... Christmas Lunch.

A big thank you to our Kitchen Assistant, Christine, and her helpers, Julie and Lorna for their hard work in creating such a delicious Christmas lunch for everybody to enjoy.

A lot of joy and happiness was spread across the main hall as all staff and learners gathered together to celebrate the final few days of term before they departed for their well-earned Christmas break. Turkey, potatoes, stuffing, vegetables, pigs and blankets and plenty of gravy went around, and to top it off, a chocolate gateaux for dessert! This menu was destined to leave a smile on everybody's face once they'd finished indulging.



A huge thank you to our Chef, Christine and Teaching Assistants, Lorna (left) and Julie (right) who helped prepare and serve lunch. This wouldn't be possible without you all.



It's Celebration Day! 🎉

We believe that the celebration of individual achievements is a crucial part of building our learners confidence. That's why every term, our staff and learners at Dilston College gather together to recognise the individual accomplishments of our young-people, ensuring that their effort and participation in college life is celebrated and rewarded!

Each learner received a certificate which detailed their positive behaviour and achievements. Both teaching and care staff are overwhelmed with the progress our young-people are making every single day, and are eager to see what goals they can reach before the end of next term!



"For ****, who is beginning to interact with his staff and students more frequently. X is also displaying excellent behaviour in his communal activities"



"For *****'s excellent participation in their art work this term which is now displayed for everybody to enjoy throughout the college!"



Pictured above, our Principal, Marie Flatman (right) and Vice-Principal, Karen Bell (left), joining in on the end of term celebration!

"For Kyle's effort and participation in his role as our Health and Safety Rep and our Student Voice. Alongside his excellent team work at his work placements"



"For *****'s fantastic effort throughout their community trips this term. They have listened to instructions and displayed excellent positive behaviour skills"



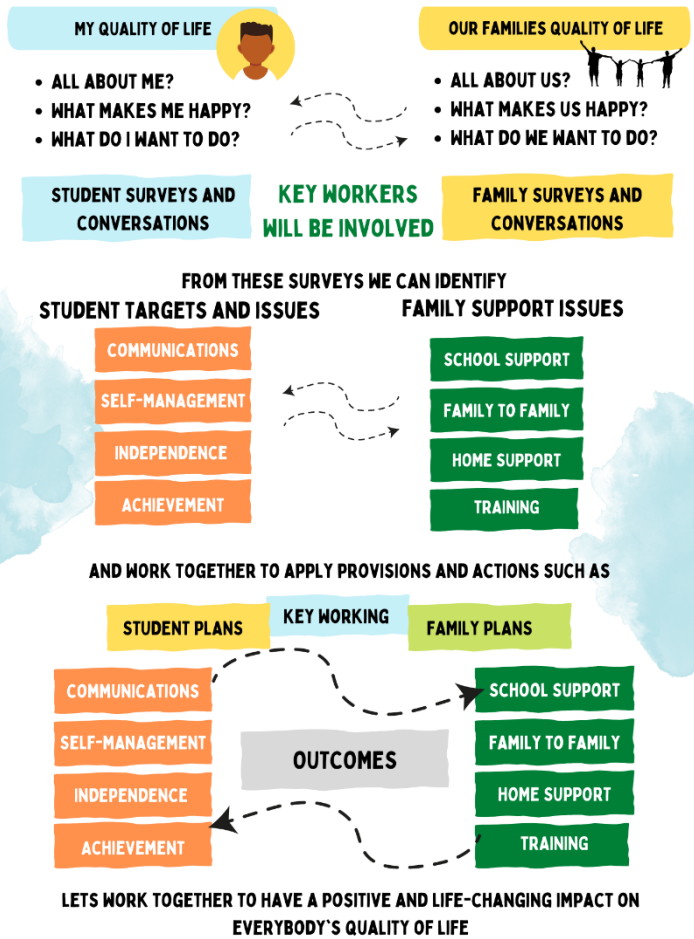


Cambian Dilston College QUALITY OF LIFE

AN INTRODUCTION TO QUALITY OF LIFE AT DILSTON COLLEGE.

'Quality of Life' is a framework of how Dilston College will be collaboratively working to ensure everything we do is geared to improving the lives of our students and their families. Our intention is for all of our students and their families, to live happy, healthy and meaningful lives. Therefore, we would like to identify what matters to them by questioning our learners and their carers/advocates, 'what makes them happy?' and 'what they'd like to do with their lives?'

The responses we gain from our learners and their support network are used to inform how we can try to find ways to provide help and support from everybody at Dilston College. Key workers in the college will support our young people with their communication, independence, achievement and self-management. Everything we do is to promote, support and develop these key four areas to shape our young people now, and in the future.



10 KEY THEMES THAT MAKE UP THE INDEPENDENCE PLUS CURRICULUM



MY SELF CARE

MY ENVIRONMENT **MY FUTURE** **MY FINANCES**

MY TRAVEL **MY COMMUNITY** **MY RELATIONSHIPS** **MY WELL-BEING**

MY ORGANISATION **MY SAFETY**

Defining QoL can be subjective and ambiguous. The framework observes a very different range of individuals and also individuals who are from the same environment and context.

At Cambian Dilston College, we understand and recognise the importance of academic achievement, especially for young people who could potentially be the most vulnerable and marginalised in society. In a collaborative and balanced focus, we are also appreciative that the development of independence, participation and the individual student's well-being.

It's our belief, that skills, knowledge and behaviour all have equal weight and value of importance. This ensures that each of our young-people have the experience and opportunities to reach their full potential. This is an approach that we undertake with the Education, Care and Clinical Teams who all collaborate and support the young person and their families.

We aim to set targets and create support strategies which will be implemented into their day-to-day life at Dilston. With the focus on the improvement and attainments of targets being met to increase their Quality of Life.

