

Shap Road

Summer News Letter

2026



News from the Shap Road Team:

It has been a busy and exciting year so far at Shap Road, with lots of new beginnings, positive changes and achievements to celebrate.



We are delighted to welcome new members of staff to our team. Their arrival has brought fresh energy, ideas and experience, and we are pleased to have them become part of the Shap Road family. We look forward to continuing to work together to support our residents and help them achieve their goals.

We have also celebrated a very special milestone as one of our residents has moved on to independent living. This is a fantastic achievement and a proud moment for everyone at Shap Road. We are incredibly proud of the progress they have made and wish them every happiness and success as they begin this exciting new chapter.



At the same time, we have had the pleasure of welcoming a new resident to Shap Road. We are enjoying getting to know them and supporting them as they settle into their new home and become part of our community. We hope they continue to feel happy, supported and very much at home with us.

Another exciting milestone this year has been the opening of our new premises, Ivy Cottage. This is a wonderful addition to the Shap Road Team and marks an exciting new chapter for us. Ivy Cottage provides another welcoming environment where we can support our residents, encourage independence and create opportunities for learning, development and positive experiences.

There has certainly been plenty to celebrate during the first part of 2026. From welcoming new staff and residents to celebrating independence and opening Ivy Cottage, we are proud of the progress and achievements of our Shap Road family.



Here's to a wonderful summer filled with more happy memories, achievements and exciting opportunities! 🌸 🌻

January 2026



Bus ride to Grasmere

The new year of Jon started with a lovely bus ride to Grasmere, followed by a relaxing visit to his favourite café, Emma's Dell

Walk around Bowness

Sam started his new year lot of walking, especially enjoying the beautiful surroundings of Bowness.



Café times

Fern started the new year enjoying bus rides, visiting cafes, relaxing indoors and enjoying a variety of hot and cold drinks.

Time in Bob and Berts

Jon enjoys visiting Bob and Berts in Kendal, relaxing with a cup of tea and watching the world go by.





SunBeams

Fern welcomed New year with a lovely time at Sun Beams , dancing happily to some of her favourite songs.

Walk around Coninston

Sam enjoyed some lovely long walks around Coninston in January , making the most of the scenery and fresh air.



Checking Buses

Jon loves his bus ride and enjoys checking the buses to make sure they are running on time.

Colouring at Arts Club

Jon and Sam enjoyed a lovely time at art club , getting creative with some colouring and keeping busy as they welcomed the New Year.





Pizza Making

Why not a Pizza? Fern continued to enjoy her own pizzas and loved helping staff make tea throughout January.

Time at Greggs

Jon enjoyed his bus rides to Ambleside , followed by a relaxing cup of tea from Greggs.



House Shopping

Sam enjoyed helping with the weekly shopping and getting everything ready .

Dick Whittington Pantomime

In january ,Fern enjoyed watching Dick Whittington, with lots of luaghs, dancing and fun.





Key worker Sessions

Fern , Sam and Jon enjoyed choosing their favourite activities and foods also their dislikes.

February 2026

Arcade Time

In February, Fern enjoyed a fun trip to the arcade in Bowness, playing games and winning some keychains .

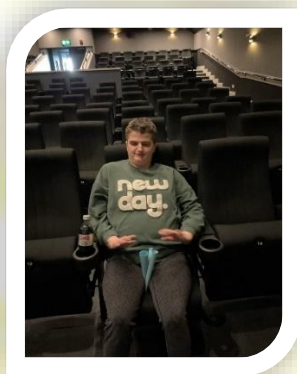


Bowness Boat Ride

Jon enjoyed a lovely visit with Dad and a boat ride on Windermere, enjoying a change from his usual bus trips.

Walk around Bowness

Sam continued to enjoy long walks around Bowness in February, making the most of the fresh air and scenery

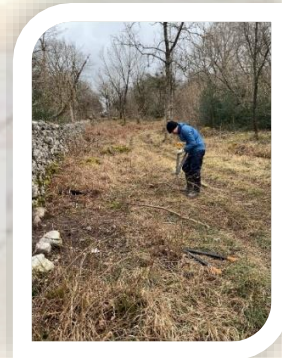
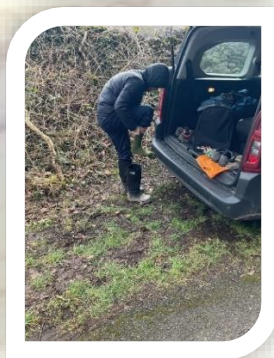


Goat Movie

Fern enjoyed watching Goat at the cinema at Kendal Brewery in February.

Volunteer work with the Wild Trust

Sam got back to his volunteering in February, helping to cut trees, clear paths and tidy away small branches.



Time together at St Annes Beach

Fern and Sam enjoyed a lovely day together at St Annes beach, taking long walks and enjoying the fresh sea air.

Making Collage at Art club

Jon and Sam enjoyed their time at art club in February , getting creative and making collages together.

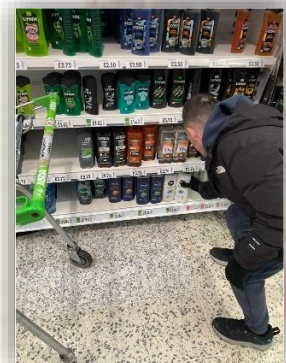


More Music

Fern enjoyed her weekly More Music session, with lots of laughs, dancing and fun while spending time with others.

Shopping

Jon enjoyed getting involved with the weekly house shopping, helping staff and engaging well throughout .



Rag Tags Work experience

Sam started his work experience at Rag Tags in February, helping to sort items and getting involved really well.

Making Pancakes for Pancake Day

On 17 February, Sam and Fern enjoyed making their own pancakes to celebrate Pancake Day .



Gardening



Sam enjoyed some gardening at the new premises , sowing seeds in the potting shed .

SunBeams

Fern continued to enjoy her weekly visit to Sun Beams , where she loved dancing along to the music and sharing lots of happy moments.



March 2026



Spring Flowers at Art Club

Jon and Sam continued enjoying art club, welcomed spring by colouring beautiful spring flowers.

Key Worker sessions

"March brings the start of spring with brighter days and new beginnings"

Jon, Fern and Sam continued to engage well with their key worker sessions by choosing their likes and dislikes.



Bus Rides

Jon started March with long bus rides to his favourite places, enjoying getting out and about.



Morning Exercises

Fern enjoyed doing her morning exercises with staff. She joined in a big smile and had lots of fun keeping active.



Jump Rush

Sam enjoyed a fun trip to Jump Rush in Morcambe, welcoming Spring by keeping active and burning off some energy.

Train Ride

Jon enjoyed a train ride to Oxenholme from Kendal instead of his usual bus ride.



Putting Collage together at Arts Club

Jon and Sam enjoyed putting together the collage they made the week before.

Rag Tags Work Experience

Sam enjoyed his work experience each week, more active and confident. He keeps busy with different jobs.



Mothers day

Fern enjoyed making a special card for her mum and wished everyone a very Happy Mothers Day.

Shopping

Jon continued to enjoy doing his shopping with staff when he is out and about.



Baking

Sam enjoyed baking cakes and having fun in the kitchen. He loved helping and enjoyed his tasty cakes.



Ski Sessions

Fern and Sam enjoyed their first Ski Sessions in Kendal . They had lots of fun , enjoyed trying something new and did really well.



April 2026



Decorated Easter Bunnies

Fern and Sam welcomed April by decorating Easter Bunnies and getting ready for Easter.

Tea Time together

Fern and Jon enjoyed having tea together with their friend Charlotte from Ivy Cottage. They all had a lovely time together and get along really well.





Friends Club

In April, Fern had a lovely time watching the magic show and enjoyed being the magician's special assistant.



Café Time at Matilda's

Jon enjoyed a lovely ride to Grasmere and a cup of tea at Matilda's café.



Bus ride together

Fern and Sam enjoyed a lovely bus ride together around the Lakes, taking in the beautiful views and enjoying their time out.

Emma's Dell Café

Jons enjoyed visiting his favourite café, Emma's Dell n Grasmere and having a lovely cup of tea.



Making Cupcakes

Fern had lot of fun making cupcakes, adding cornflakes and enjoying her tasty treats.



Time in Park

Sam enjoyed spending time at the park, especially going on the swings and keeping active.



May 2026



Ice Cream Treat

Fern and Sam enjoyed a lovely ice cream together and had a great time.

Shopping at Home Bargains

Fern enjoyed a summer shopping trip to Home Bargains, choosing her own things and waiting nicely at the till.



Enjoying a local bus ride

Jon enjoyed a lovely bus ride through Sandylands to Oxenholme.

Making a packed lunch

Sam enjoyed making his own packed lunch and having a lovely picnic in the park more often in May.



A Welcome tea with Brooke

Sam, Jon and Fern enjoyed a lovely welcome tea with Brooke and staff. They were happy to welcome Brooke to Shap.

Time in Bob and Bert's

Jon enjoyed spending time at his favourite café, Bob and Bert's in Kendal after his bus rides.





More Music

Fern enjoyed her weekly visits to More Music, with lots of smiles and dancing.

Jump Rush

Sam continued to enjoy Jump Rush, having lots of fun jumping and keeping active.



A Time out together

Jon, Sam and Fern enjoyed a trip to Greggs in Ambleside with Brooke and staffs. They had a lovely time together.



Girls Out

Fern and Brooke enjoyed spending time together and had lots of fun in May.



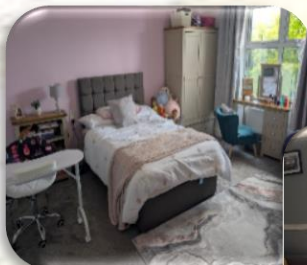
Favourite Café time

Fern enjoyed her favourite café, costa with lots of laughs and a refreshing cold drink.

June 2026

Hair Cut

Jon and Sam had a good haircut for summer.



A new start for Brooke

Brooke moved to Shap Road in June and was warmly welcomed by everyone both from Shap and Ivy residents as well as staffs. She settled in well and enjoyed taking part in the transition. We are so happy to have her with us.

Colouring at Arts Club

Sam and Jon enjoyed going to Arts club and had lots of fun colouring together.



Tea from McDonalds

Fern enjoyed a McDonalds treat and was happy to choose her own meal all by herself.

Helped with Domestic Chores

Jon happily helped with the household chores and enjoyed getting involved this month.





Walk to the Castle

Sam enjoyed his regular walks around Kendal Castle, keeping active and enjoying the fresh air and lovely views.

Time together at Sun Beams

Sam, Fern and Brooke enjoyed an annual celebration at Sun Beams. Brooke got really well with everyone and enjoyed joining in the celebration.

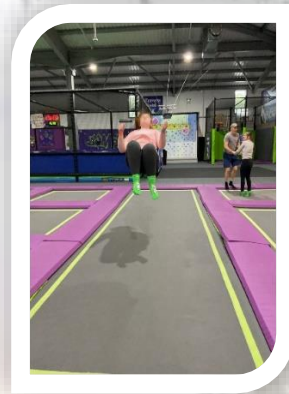
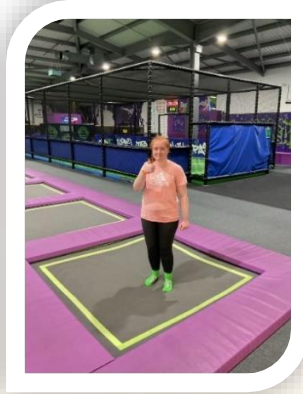


Time with Peppa

Fern had a lovely time at the party at Sun beams, enjoyed time with Peppa

Jump Rush

Brooke enjoyed her first session at Jump Rush, having fun jumping and showing off her skills.



Father's Day Card

Jon and Fern enjoyed making special cards for their dad and had fun getting creative.

July 2025

Jump Rush

Jon, Brooke and Sam enjoyed going to Jump Rush together, jumping, exploring and having lot of fun.





Fresh New Haircut

Fern enjoys going to the hairdressers each month and having a fresh haircut.

Time out together in Keswick

Fern and Brooke enjoyed bus rides together, and had a lovely summer day out.



Arts Club

Brooke, Sam and Jon had fun making needle felt at Arts Club. It was Brooke's first time, and she really enjoyed joining in.



Dressed up for prom

In July, Brooke enjoyed dressing up for her prom on her last day at school and had a lovely time celebrating.



Visiting Charity Shops

Fern enjoyed visiting charity shops and choosing some DVDs for herself.

Picnic at Bowness park

Sam and Fern enjoyed a lovely picnic in Bowness, making the most of the sunshine.



August 2026



Baking and making healthy salads

Brooke enjoyed making healthy salads and tasty cupcakes. She enjoyed making healthier food choices.

Watching 'The seal Band perform '

In August, Brooke and Fern enjoyed watching The Seal Perform at the Brewery in Kendal. They had lots of fun dancing and listening to the music's.



Painting at Art Club

Jon and Sam continued enjoying their time in arts club, by doing some wonderful arts.

Shopping

Brooke enjoyed doing weekly shopping with staff, choosing her own things and getting involved in the house shopping.



Special time with Dad

Jon enjoyed visiting his dad in Bowness followed by a lovely boat ride.

Sun Beams

Fern continued to enjoy her Sun beams activities with lot of dancing and smiles.





Penrith Castle

Brooke and Fern enjoyed visiting Penrith Castle, joining in with activities and having fun together.

Wrapping up a Wonderful Summer!

Everyone had a really good summer, enjoying lots of bus rides, walks, café trip, and plenty of time in the sunshine. It was a summer full of fun, smiles and lovely memories.



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:

Over the past 6 months there have been a number of changes due to Ivy Cottage opening, we have 3 new residents there and a new resident at Shap Road. We therefore have a number of new staff who bring new ideas and skills and are a real asset to the team. It has been a great summer, fantastic weather which we have taken advantage of, getting out every day and the residents have enjoyed doing a lot of different activities. Sam and Fern have been to the dry ski slope and have really loved this new activity. The residents at Shap Road are spending time with those at Ivy such as going for tea, they had a birthday party there and do joint activities which we intend to expand on. It is great to see the developing relationships and gives us more scope to do new things in the future.

Kirstie

Joining Shap Road has been a wonderful experience. I have really enjoyed getting to know the staffs and residents, taking part in activities with the residents and spending quality time together as a team. Everyone has been so welcoming and supportive, and I'm proud to be part of such a great team. The past few months, especially the summer, have been filled with fun, laughter, and many great memories with both the residents and staffs. I'm looking forward to making many more happy memories together at Shap Road!

Vaishnavi

"Over the last year we have had new staff and residents join us as we opened a new provision. The journey of getting to know everyone, especially our new residents has been a joy.

As they have now settled in, we are looking forward to our winter holiday, and bringing the joy of Christmas to them all, plus many more experiences in the future."

Trish

"I started working at Shap Road and Ivy cottage in February, and have felt at home since the first day. Both provisions have a great homely feeling and all the residents enjoy activities which are well suited to their individual likes and interests. The management team do a great job of ensuring that Shap Road and Ivy are great places for the residents to have a great quality of life."

Rob





We hope you enjoyed reading about all of the exciting things we have done over the first half of 2026.

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 2026!

Thank you 😊