



Thera Voice

March 2017

Making a difference in people's lives

82 Crafts and Creations opens in Whittlesey!



shop

82 Crafts and Creations is a new shop in Whittlesey which is part of Thera East Anglia. It sells handmade items and craft supplies.



launch

The project was led by a group of people we support and staff, from designing the logo through to deciding what the shop would sell and how it should look.

Everyone worked incredibly hard to get the shop ready for the opening, including upcycling furniture and promoting the launch day in the community.

The launch day took place on Friday 9 December 2016 and it was very successful. The Mayor of Whittlesey came along to cut the ribbon!



skills

The people we support are now enjoying spending time at the shop, gaining new skills, and making and selling their own handmade items.

We have also had a lot of support from the local crafters community, with many people signing agreements to sell their own items in the shop.



open

The shop is based at 3 Eastgate Mews in Whittlesey and is open Monday to Saturday, 9.30am until 3.30pm. We hope to see you soon!



Gig Buddies Scotland partners with Independent Venue Week!



gig

Gig Buddies Scotland has been going from strength to strength in the past few months and January was all about Independent Venue Week (IVW)!



show

IVW is a week-long celebration of independent music venues across the UK. In November last year they got in touch with Gig Buddies. They wanted us to put on a show to raise awareness of people with additional support needs.

We jumped at the opportunity to collaborate with IVW and it was their first awareness gig in their four years of running the festival!



aim

One of our aims at Gig Buddies is to get people out to the events they have a passion for. For this event, we wanted to show that people with additional support needs can be the headline act - and that's exactly what we did.



amazing

The event took place on Sunday 29 January at The Electric Circus in Edinburgh. We were absolutely blown away by the amount of people who came along to support live music.

Our very own Gig Buddies pairing, Sam and Marsaili, opened the show and then The UPMO Experience (part of the Upward Mobility Project) rocked the house as our amazing headline act!

It was an incredible night that highlighted the work of people with additional support needs.



thanks

We'd also like to give thanks to Beth, a young woman supported by Gig Buddies, for designing the fantastic poster artwork.

We're greatly looking forward to IVW 2018 and can't wait to put on a bigger and better show with them next year!



Successful Better Lives pilot project in Thera East Anglia!



believe

At Thera, we believe that people with a learning disability should have access to meaningful opportunities during the day. We created the Better Lives booklet to help people understand their options.



booklet

The booklet is separated into different sections, including volunteering, employment; education; learning for leisure; and creating and performing arts. People can fill in this booklet and set goals for themselves; for example, to get a paid job or to learn a new skill.



understand

We ran our Better Lives pilot project with some people supported by Thera East Anglia last year. People we support and their staff members attended sessions which helped them understand how to use the Better Lives booklet.



map

On the third session, we asked everyone to create their own community map. This is a map which shows what is available in the local area and what opportunities might be available to people. It was a great activity which everyone found useful!



feedback

We asked for everyone's feedback when the pilot project ended. Everyone was very positive about the booklet, with a few suggestions on how to make it better. We know a few people have already achieved the goals they have set for themselves, which is fantastic news.



information

We are now looking at how we can roll out this booklet across Thera. For more information contact Andrea Moulding on 0300 303 1280 or email andrea.moulding@thera.co.uk



Thera Trust secures funding for 3-year Dolphins' Den project in Wiltshire



partnership

Building Bridges is a partnership of organisations, led by Community First, that has come together to deliver the Building Better Opportunities Programme across Swindon and Wiltshire.



support

The £3.9million local funding is part of the Building Better Opportunities (BBO) programme, which is jointly funded by the Big Lottery Fund and the European Social Fund.

The Building Bridges programme supports people across Swindon and Wiltshire who are facing significant challenges in being able to develop their skills, access education or move towards the world of work.



project

Taking part in the programme is entirely voluntary and all of our advice and support is offered free of charge.

Thera Trust is delighted to be running Dolphins' Den as part of this programme, having secured £110,942 of funding over 3 years.



where

We are working in Swindon and Chippenham from January until November 2017. We will run the project in different places in Wiltshire during 2018 and 2019.

The first workshop in Swindon and Chippenham was a success, with 14 people attending along with their support workers, family or friends.



Thera Trust secures funding for 3-year Dolphins' Den project in Wiltshire



ideas

Some of the ideas people have so far include gardening, dog walking, computing and cleaning.

Not everyone has a set idea for their business yet. The next workshop takes place at the end of February and will be about helping people with their ideas.

Future workshops will include business planning, market research and marketing.



mentor

Halfway through the project, we will pair people up with a mentor from the local business community.



information

We are looking forward to seeing what ideas come out of these projects! Visit www.thera.co.uk/dolphinsden for more information about the programme.



Dolphins' Den





The Gallery - sharing our photographs



Marion and Jane meet Ross Kemp!

In November, Marion and Jane met Ross Kemp at the opening of a new camping shop in Arnold, Nottingham.

Jane (pictured on the right) is a big EastEnders fan and was “made up”!



A visit to Dad's Army museum

My name is Beverly. I was supported to visit the Dad's Army museum in Thetford.

I sat in Captain Mainwaring's church hall office which was funny. “I'm laughing” I said.

I liked the Marigold tea room, the staff in the cafe tea room gave me a present to take back to Derby with me.



Jill enjoys making her own choices

I have recently chosen to have my bedroom decorated.

I went to the local carpet shop in my village in Rishton and asked them to bring me some carpet samples.

I chose a grey carpet and I chose curtains and bedding to match this which I think blends in well.

I went to Ikea and picked new drawers and had a workman remove my old ones and fit my new ones for me, they look very nice and all the colours blend well together.



The Gallery - sharing our photographs



Florida

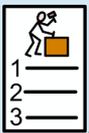
Hello my name is Gemma. My staff recently helped me to plan a trip to Disney World in Florida for one week.

My dream was to go to Disney and I finally got to do this with help from my support worker!



dream

I spent my 30th birthday in America and I got to swim with the dolphins, which I have always wanted to do.



planning

On one of the nights we went to watch the night time firework display at Cinderella's castle, they made the whole castle light up and they performed a musical story for us to all to watch. This was the best night ever!

I can't wait to start planning to go on holiday again!



poem

A poem by Mandy

Mandy is supported by Thera East. She wanted to share a poem she has written with you.



dream

Follow your heart and your dreams will come true; I hope they will even if it's painful.



butterfly

I hope even when nobody is near to me you follow your dreams; always chase them.

I would hope to go back where you belong. I would like your life like a butterfly.



heart

Take a rest from me then I would sometimes never forget the rule.

Don't ever fly from me, I will keep you safe in my heart.



Dosh Financial Advocacy: your questions answered!



Dosh supports over 650 people with a learning disability across England, Scotland and Wales to manage their money. We are an independent company in the Thera Group. Here we answer some of the questions we get asked most often.



support

Why do I need Dosh support?

Some people may need help to manage their benefits, particularly if they have to make changes for example from DLA to PIP. They may come to Dosh if their support team or family want a bit of extra help around money. Dosh can also help people learn new skills around budgeting and make more choices around their money.



cost

How much does it cost?

Dosh is not-for-profit, but we do have to cover our costs. Lots of people supported by Thera Group companies do not pay anything extra for Dosh support. You should check with your support team to see if this applies to you.

Some people also get funding for Dosh support from their personal budget or direct payment. If not, you can read more about the costs on our website: www.dosh.org



results

What are the results?

We supported one person who was not on the right benefits when he came to Dosh. James had not started getting his DLA care component when he moved out of residential care years earlier (£82.30 per week), which also meant he wasn't getting all the ESA he should be (an extra £61.85 per week). We got these benefits in payment and got some of the money back that he was owed from previous years – so far he's had over £20,000 back!

Visit www.dosh.org or call us on 0300 303 1288 if you are interested in getting support from Dosh.



Do you have a story to tell?

- Email stories@thera.co.uk
- Visit www.thera.co.uk/stories
- Or send your story by post to:
Thera Voice
The West House, Alpha Court
Swingbridge Road
Grantham, NG31 7XT



Thera Trust



@TheraTrust



Thera Trust