

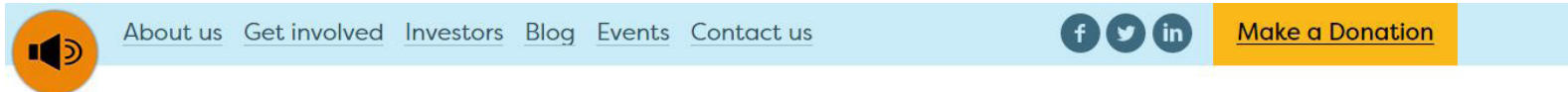


Thera Voice

July 2017

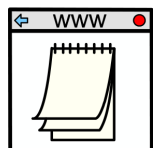
Making a difference in people's lives

Thera has a new website!



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[Home](#) [How we can help](#) [Projects](#) [Careers](#)



website

We are very proud to announce the launch of Thera's new website. It was launched in June 2017 and a lot of hard work has gone into it.



accessible

Our first priority was making sure that the website is useful for people. We have added a new blog, an events calendar, and a postcode search box to help people find what is in their area.

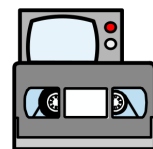


help

We have also added BrowseAloud which is the orange button in the left hand corner of the website. It does lots of different things, like reading the words on the page, changing colours and making the words bigger.

There are a lot more photographs and pictures on the new website. We hope that it will show people what a good life could look like.

We have a new section about how we can help. We wanted to make sure that everyone knew what support was available from Thera.



video

To celebrate the launch of the website, we have worked with the Media Trust to create a brand new video called 'I am a leader'. We would like to say thank you to David, Rachel, Adrian and Steven for taking part.

Visit Thera's new website and watch the video at: www.thera.co.uk



Aspire's 30th birthday celebration!

Written by Vicki Handley

**'Twas the night before the party, when all through the house
Not a creature was stirring, not even a mouse...**



decorating

...Except for our Hub team, who worked tirelessly into the night decorating Aspire's Community Hub into our very own Wonderland!

People we support made all sorts of decorations in the months leading up to the event. We had an enormous 11.5kg rainbow cake as our centre piece, which was the winning design in our cake design competition. It was baked by Bonnie Collins, who prepares all our healthy food at Aspire Community Hub.



greeted

When the clock struck 10:00am, guests were personally greeted by the Mad Hatter and the White Rabbit, who escorted them by umbrella to Wonderland's Entrance. Every guest received Wonderland-themed mocktails and a slice of delicious rainbow cake!



speech

The opening speech was given by Martin Samuels, the Director for Adults and Wellbeing at Herefordshire Council. Ian Harper, our Service Quality Director, presented on the day.

Our very own Garry DJed for six hours and the dancing went on all day, other than a short pause for eating. The building was full of happy people and music.



DJ





Aspire's 30th birthday celebration!

Written by Vicki Handley



dancing

It was fantastic to see the people we support, staff and volunteers embracing the theme of fancy dress and to welcome families and partner professionals.

It was quite a sight watching everyone dancing together to tunes including YMCA and La Macarena, as well as playing Flamingo Croquet on our sensory footpath. Some of our cake even made its way back to the Local Authority and CCG offices.



awards

The afternoon included Aspire's very first Staff Awards Ceremony. It was a great opportunity to celebrate and to recognise the fantastic difference that our staff make to people's lives. Jeremy Oseman, our Young Ambassador, stole the show and gave an acceptance speech worthy of the Oscars.



great

One person we support had such a great time that he refused to leave.

Here's to our next thirty years!

Find out more about Aspire at: www.aspireliving.org.uk



Peter tells us about his role as a Non-Executive Director



non executive

Peter is a Non Executive Director for Thera South West. As part of the Board, Peter uses his experience of having a learning disability to ensure that Thera South West is led and managed well.



skills

Since becoming a Non Executive Director, Peter has been learning new skills which have included:

- **Travelling independently**
- **Networking with other people**
- **Giving presentations**
- **Leading on meetings**



aspiration

Peter's career aspiration is to develop himself further so becoming a Non-Executive Director was a fantastic way of doing this. He has previously been involved in Dorset People First and The Friendship Club.



achievement

Peter's proudest achievement since becoming Non Executive Director is being able to travel independently. Peter told us about the first time he travelled to London alone:

"It was my first time travelling to London on the train by myself. I felt nervous.



underground

I didn't know anyone and wasn't sure where to go when I got to the London Underground. It was a bit of a nightmare! I asked for help from the customer assistance team. They also had people helping on the platform.

When I was travelling, I got talking to a lady who suggested a route for me. It is great being able to speak to new people because you find out useful information from them.



plan

If you are travelling alone, I would recommend you plan your journey. Make sure you know where you want to go. Make sure you get assistance in place before you travel. If you run into problems try not to panic because you are in the same boat as everybody else.

Travelling alone is a learning curve. Try not to get stressed or upset. Stay calm and think of another way.



London

I have travelled to London on my own three times now and I am really proud of myself."



Peter tells us about his role as a Non-Executive Director



favourite

Peter's favourite part of being a Non-Executive Director is the travelling and the networking.

Here are Peter's top tips for people with a learning disability who are thinking about becoming a Non-Executive Director:

- **Be involved and have your say**
- **Get the training you need**
- **Have confidence in yourself**
- **Do your own research – being a Non Executive Director is a 4 year commitment**



information

We are looking for more people with a learning disability to join our boards as Non-Executive Directors.

If you would like information about becoming a Non-Executive Director, please contact Tarnya Thompson on 0300 303 1280 or email Tarnya.Thompson@thera.co.uk



Derek is looking for a pen pal



pen pal

Derek would like to find a pen pal with similar interests to him.

He is supported by Thera East Anglia at The Meeting Place for 2 days a week. He is very keen to make new friends.



enjoys

Derek enjoys writing about Peterborough United Football club, the weather, current news and music. His big passion is music from the 50/60s.



interested

If you are interested in being Derek's pen pal please get in touch with us at: info@thera.co.uk





Ashley receives an 'Outstanding Contribution' award for his volunteering



training

The OWL Café in Sawston provides training opportunities for people with a learning disability to learn how to serve customers, prepare food and drinks. It provides them with the experience needed to work in a café in the future.



cafe

OWL stands for Opportunities Without Limits. It is a busy community café open five days a week. Ashley decided that he wanted to work there and found out that he could become a volunteer. He was bored with his previous work experience and wanted to learn more!



volunteer

He was interviewed for the volunteer role and was successful. With support from Melanie, Ashley completed training in food hygiene, safeguarding and health and safety. He really enjoys it and works very hard.



team

He prepares vegetables, meals and snacks, takes food orders and serves customers. He clears everything away at the end of the day. He is a valued and very reliable member of the team.



awards

Ashley has now been there for a whole year and recently achieved a volunteer award. He also received a bag of goodies including a hoody and oven gloves. He is proud to work in Sawston and has learned so much. In the future he might get paid employment working in the café or volunteer somewhere else.

For more information about getting a job, visit www.thera.co.uk/help/job or speak to your Community Support Leader.



The Gallery - sharing our photographs



My name is Jack. I would like to write a very good story about what I have been doing at the Cotgrave leisure centre on a Wednesday.

I have joined the gym there and have been doing very well on the gym equipment.

Sometimes I do ball games in a group in the main sports hall. I do very good with the football and basketball.

I have really enjoyed it.



The history group meets every Friday in Bingham. They have been learning about French history, writing about Marie Antoinette and discussing the French revolution.

It is the first time we have looked into French history and the group have enjoyed deciding whether she was a fashionable queen or a greedy royal.



My name is Adrian. I have bought myself a bike to go out on in the better weather. Here is a picture of me.

I have been on an adult cycling proficiency test to make me safe on the roads.



Do you know about the Holiday Support Fund and Thera Grants?



fund

Holiday Support Fund

Many people with a learning disability want to go on holiday but require support to enable them to do so. This means that they need to pay for their support worker to accompany them. This makes it very expensive for the person and means that many people cannot afford to go on holiday.

Thera has a Holiday Support Fund. It funds the cost of the support required for someone to go on holiday, for example by paying for the support worker's accommodation or flight. The person we support then only needs to pay for themselves and does not need to worry about the extra cost of having support on their holiday.

If you are interested in learning more about the Holiday Support Fund, email holidaysupportfund@thera.co.uk for guidelines and an application form.



grant

Thera Grants

Thera Grants are available to people supported by Thera. These grants pay for items that are not paid for through statutory bodies, or for things that the person cannot afford to buy themselves.

Previous grants have included washing machines, garden works and adaptations to a car.

If you or someone you support would benefit from a Thera Grant, please email theragrants@thera.co.uk for guidelines and an application form.



members

Decisions on applications for Thera Grants and the Holiday Support Fund are made by members of Thera's fundraising committee.

The committee is looking for new members! Please see enclosed flyer to find out more about what the responsibilities are and how to express an interest in joining the committee.



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



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