



Thera Voice

January 2020



Welcome to Thera Voice, Thera Group's newsletter!

Here are just some of the stories in this bumper edition:

- Promoting access to 'parkrun' in Cambridgeshire
- Riverstock 2019 is a huge success!
- Fringing 9 to 5 with Gig Buddies Scotland
- Leadership starts with me
- Accessible beach hut opens in Harwich
- New employment resources launched
- Aspire holds STOMP development day in Hereford
- Supporting people into employment with the My Way project
- Plus, have your say on support policies



Promoting access to parkrun



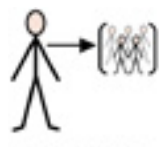
running



presentation



interest



participate



information

Justin Smith, Operational Manager for Thera East Anglia has been helping to promote access to parkrun for people with a learning disability and/or autism.

Parkrun organise free, weekly, timed 5K runs around the world. It's inclusive, friendly, safe and fun. The events take place all over the UK and aim to improve people's fitness and help them meet other people.

Justin has been promoting parkrun on social media as well as delivering two presentations to Thera East Anglia's Company Members to get people interested and signed up.

Lewis, who we support in Cambridgeshire, expressed an interest in taking part a while back, so Justin ran the route with him on a non-parkrun day before they did an actual parkrun together and then Lewis ran it unaccompanied. This then inspired Lewis to join Justin and share his experience at the most recent Company Members' meeting.

Since raising awareness of the runs, several people we support have completed them at Littleport, Gorleston and Peterborough.

But the promotional work is not over! We want to get more people with a learning disability and/or autism involved in their local parkrun.

If you are interested in finding out more about parkrun, please get in touch with Justin at: Justin.Smith@thera.co.uk or visit the parkrun website: www.parkrun.org.uk



holiday



entertainment

Good news stories!

Susan's holiday to Butlins

Susan recently went on holiday to Butlins in Bognor Regis with her Team Coordinator and her key worker from The Camden Society (London).

This was Susan's first holiday away since she was a child. She absolutely loved going to the beach and shopping but spent most of her time having great fun in the arcades.

Every night Susan went dancing after the live show at the resort, which included an Elton John tribute night. Susan said: "I had such a good time that I did not want to come home!"



Riverstock 2019 is a huge success!



music



performance



stall



funds

Riverstock is an annual music event organised by people we support and staff at Riverside, which is part of The Camden Society (London).

This year's event was attended by over 100 people with a learning disability from around Southwark. People were able to help organise the event and take part, showcasing their musical and artistic talents.

There was a full bill of music acts, all of which included someone with a learning disability.

As well as music, people we support set up stalls to fundraise for Riverstock 2020 and Riverside's new garden, selling vegetables and plants grown by the gardening group and cakes from the baking group, amongst many other things.

We also invited people from the local community and parents and carers to join in the fun. We managed to raise nearly £250!





Fringing 9 to 5 with Gig Buddies Scotland!



festival



event



comedian



fantastic



fun

The Edinburgh Festival Fringe is the biggest arts festival in the world and every year Gig Buddies Scotland enables its members to access a variety of shows, from musicals to poetry and stand up comedy.

On Saturday 3 August, Gig Buddies Scotland held their biggest event ever. They teamed up with the Edinburgh Festival Fringe to enable 10 Gig Buddies members to get out to the festival from 9am-5am in an event they called 'Fringing 9 to 5'.

Throughout the day they saw 6 shows, including Mark Watson and David O'Doherty, then went clubbing from midnight until 5 o'clock in the morning!

One of the acts they saw included musical comedians called 'Flo and Joan'. Gig Buddies member Joseph was lucky enough to interview them and you can watch the video at: <https://bit.ly/2ZWaJQs>

Everyone had a fantastic time 'Fringing 9 to 5'. For some people it was their first time going to a Fringe Festival show, and for others it was their first time clubbing.

Gig Buddies ambassador Richard said: "Fringing 9 to 5 was the highlight of my year!" and member Ian said: "It was really fun, hopefully we can do it again!"

Watch what the Gig Buddies members got up to when they went Fringing 9 to 5 at: <http://bit.ly/30Fe7iz>



Leadership starts with me



opportunity



resources



show



proud



website

People we support and their staff in Derbyshire recently had the opportunity to get involved in the Skills for Care "Everyday Leaders" project.

Skills for Care wanted to show how support workers and other frontline care staff display leadership skills as part of their everyday jobs.

As a result of the project, Skills for Care have published a series of resources, called "Leadership Starts With Me". This includes short films about everyday leadership, in which people we support and their teams feature. The resources aim to help managers to talk about, and encourage the development of, leadership skills within their teams.

Sue took part in the project alongside her team and some of the people she supports. She said: "We are all really pleased that we could show what Thera does best and that is giving the people we support their voice and choice in their lives."

Adam Wells, Managing Director for Thera East Midlands, said: "Since becoming the Managing Director for Thera East Midlands 3 years ago there have been many things I have been proud of, but I think this tops it all. Watching the films made me feel so proud of the teams and all that they have achieved with the people they support."

Visit www.thera.co.uk/news/leadership-starts-with-me for more information.





Accessible beach hut opens in Harwich



target

People supported by Thera East have reached their fundraising target to open a new accessible beach hut in Dovercourt!

Many of the people we support in Thera East enjoy visiting the seaside but found there was a lack of accessible facilities. They set up a project to open an accessible beach hut in Dovercourt nearly 4 years ago. Through their fundraising efforts they have finally seen their vision come to life.



accessibility



beach



say

The hut is open plan with a ramp for wheelchairs. It has everything needed for a pleasant day out. There are also keys to a fully equipped changing facility, which is just a stone's throw away from the beach hut.

The hut is now known as 109 Dolphins Bay. It is somewhere people can get together with their team, family or friends, play some games or just relax with the sound of the sea in the distance. Bookings are open to everyone, not just people within Thera.

Graham Skidmore, Service Quality Director and Bridie Stanford, Executive Assistant at Thera East, said: "It has been lovely getting together with everyone to paint the hut, then stopping for chips by the sea. We can't wait to see what the future holds and we hope everyone enjoys using the beach hut as much as we have enjoyed setting it up."

For booking information and enquiries, please call Bridie on 0740 331 6735 or email bridie.stanford@thera.co.uk



New employment resources launched by Thera East employment group



booklet



experience

The Thera East employment group are excited to launch their new employment booklets! They hope that the booklets will help people with a learning disability to find work.

The employment group has been set up by Graham Skidmore, Service Quality Director for Thera East. It is a place where people can support each other and share advice and experiences.

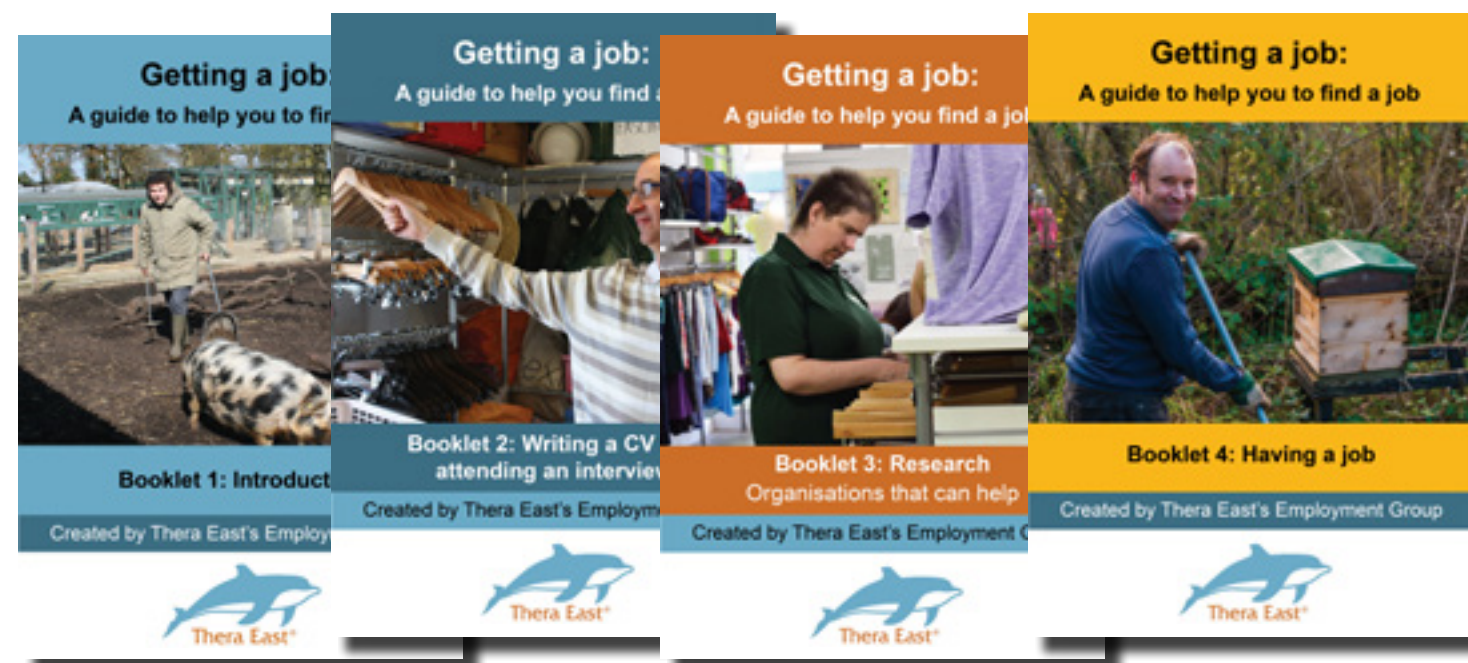
The group wanted to help other people with a learning disability to achieve their employment goals by producing a series of information booklets.

- Employment booklet 1 is a guide to **getting a job**.
- Employment booklet 2 will tell you **how to write a CV and cover letter**. It also gives you tips for attending interviews.
- Employment booklet 3 is about **where you can get help with looking for a job** in your local area.
- Employment booklet 4 will tell you **how to prepare for having a job** and the paperwork they will need to read and sign.



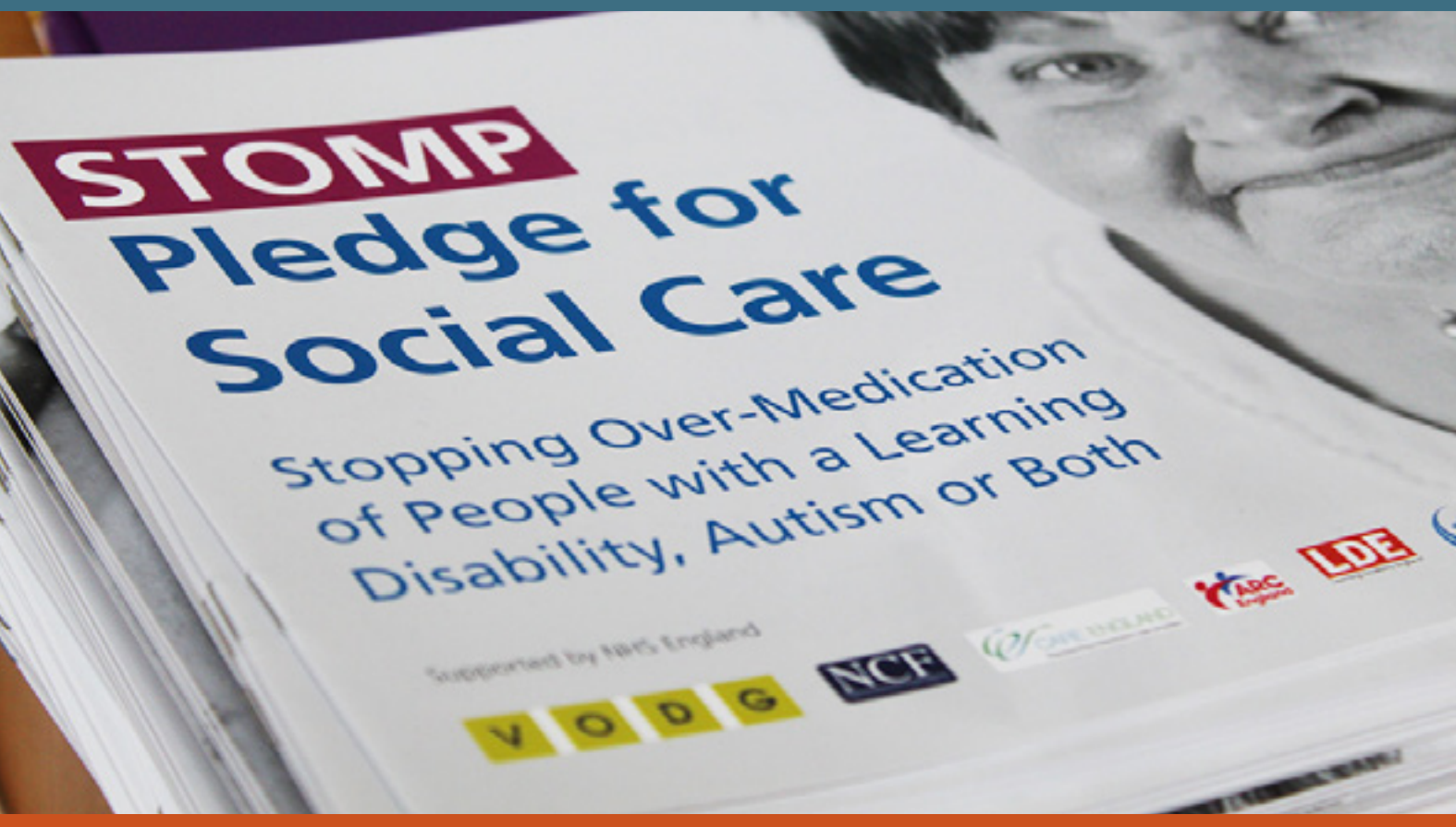
website

Visit www.thera.co.uk/help/job/employment-resources for more information and to view the resources.





Aspire holds STOMP development day



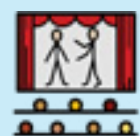
event



introduction



told



performance



soup

Aspire welcomed over 100 people to its community hub for a workforce development day, which aimed to share good practice and encourage people to make a pledge to STOMP.

Jill Parker, national learning disability lead for STOMP, told attendees what the project is all about. She gave an update about the progress of the national strategy.

Jill told attendees: “People with a learning disability are experiencing harm and sometimes dying as a consequence of their medication. However, by acknowledging this one fact, we’re launching ourselves together on a journey to change it.”

After Jill’s speech the MiXiT Theatre Company performed the STOMP story, a powerful performance about the effects of being overmedicated from the perspective of people who have experienced it themselves. It was a fantastic performance which received a standing ovation.

Aspire Growing catered for the event, with delicious homemade soup and rolls for lunch and freshly baked cakes during the break. The produce was grown at the hub’s allotment.



Aspire holds STOMP development day



results



stories



work together



pledge

Katherine and Jayne from Hereford NHS Trust then presented results from their pilot project: 9 people were supported to gradually reduce their medication, of which 4 were successful and 3 returned to or remained at the same level.

Neil and Luke, who are supported by Aspire and were participants in the Hereford NHS Trust pilot project, shared that they had worked together with health professionals and their support teams to achieve great outcomes in reducing their medication. They plan to share their journeys to encourage more people to pledge to the STOMP initiative.

Aspire is working even more closely with health professionals since the STOMP event and medication reviews are generally called STOMP reviews now.

If you would like to make a pledge to STOMP, please contact Karen Pritchard at: karen.pritchard@aspireliving.org.uk





Supporting people into employment with the My Way project



employment

Funding from Thera Trust and Cambridgeshire County Council's Innovate and Cultivate fund means that Thera East Anglia can support more people to achieve their work and training goals!

Two job coaches have been employed as a result of the funding and they will be working with people we support on a one to one basis to achieve their ambitions.



working

Donna's story

Donna has been working with Terri, our Employment Support Manager, to find employment. Terri supported Donna to complete a vocational profile, which looks at a person's skills and past experiences.

Donna has previously been a part time support worker, working with older people. Donna also wanted to work or volunteer at Addenbrookes Hospital, who looked after her when she came close to losing her life.



hospital



roles



forms



induction

Terri and Donna looked at different roles available at the hospital. They looked at what roles Donna would like to try. Terri supported Donna to apply for a volunteer role online and then to attend an interview.

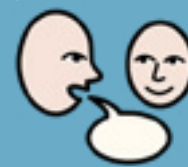
Donna was offered the post of volunteer porter and Terri supported Donna, along with her supporter Natasha, to complete her medical forms and DBS checks online.

Once the bulk of the background work was completed, Donna attended her induction, completed online training modules and started her journey at the hospital with support from her staff team.



information

For more information about the My Way project, please contact Terri at: terri.dumont@thera.co.uk



Have your say on support policies



feedback

The Support Policy Development Group would like to hear feedback from staff and people we support on the following policies.

If you would like to comment on them, please use the 'support policies feedback sheet' and send it to: tracey.brooks@thera.co.uk

Policy name:	Feedback deadline:
Person Centred Approaches and Planning	January 2020
Supporting People with Money and Financial Transactions	January 2020
Implementing the Mental Capacity Act (England)	March 2020
Support People to do Activities	March 2020
Adult Support and Protection (Scotland)	June 2020
Adult Support and Protection (Scotland) Accessible Booklet	June 2020
Implementing the Adults with Incapacity (Scotland) Act 2000	July 2020
Positive Behaviour Support (previously Supporting People with Complex Behavioural Needs)	July 2020
Supporting People with Relationships	July 2020
Supporting People to Choose a Holiday including appendix 1, 2, 3, 4, 5, 6, 7, 8	July 2020
Supporting People to use Alternative or Complimentary Therapies	July 2020
Supporting People at the End of Life	July 2020
Safeguarding Adults (England) Staff Handbook	July 2020
Safeguarding Adults (England) Investigator Handbook	July 2020
Safeguarding Adults (England)	October 2020
Guidance on Missing Persons	October 2020
Supporting People to Deal with Police Investigations	October 2020

Good news stories!

Michael enjoys an active break at Elvedon Forest



forest

Michael recently took a break at Centreparks in Elvedon Forest, with the support of his Team Coordinator and Key Worker from The Camden Society (London).

He enjoyed long walks through the forest, boating, swimming and visiting the Suffolk bird sanctuary.

Michael has not been on holiday for 4 years and he enjoyed it so much he is hoping to make it an annual event.



enjoyed



Good news stories!



Brian increases his independence

Brian is 52 years old and has been supported by Thera for the past 2 and a half years. He receives 16 hours of support per week.



Brian had lived in residential care for most of his life and is used to having people around him all the time. The person he house-shared with has recently moved out and Brian found the change difficult as he was not used to living alone.



Over the past few weeks, Brian and his staff have been working together to improve his skills to ensure he can be as independent as possible and to help him form natural friendships. Brian has started batch cooking, independently cleaning, following a budget and going to activities in his local community.



Brian has attended a course with Step Forward in Darlington to develop his employment skills. He loves history and railways and he is now volunteering 3 days a week at the local railway museum. He is a tour guide and loves his job!



Brian said: "Things are getting better and better and my team are just brilliant."



Do you have a story to share?

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



Thera Trust



@TheraTrust



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We would love to hear your feedback on Thera Voice!

Please complete the short survey at:

www.surveymonkey.co.uk/r/TheraVoiceFeedback