



Autonomy Post

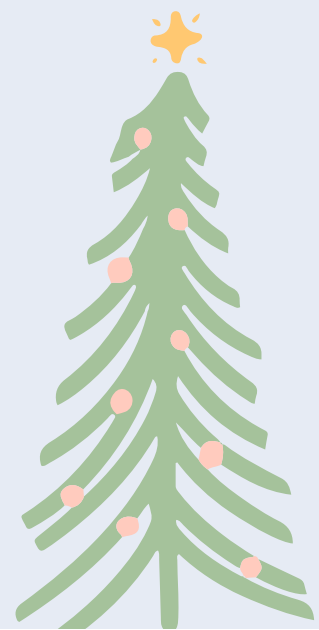
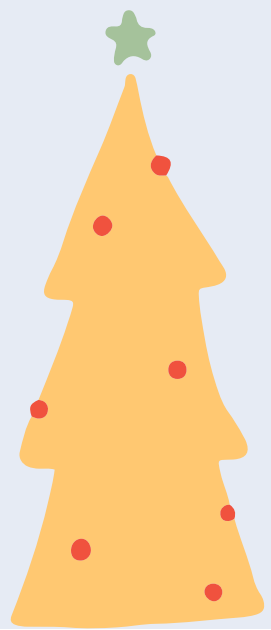
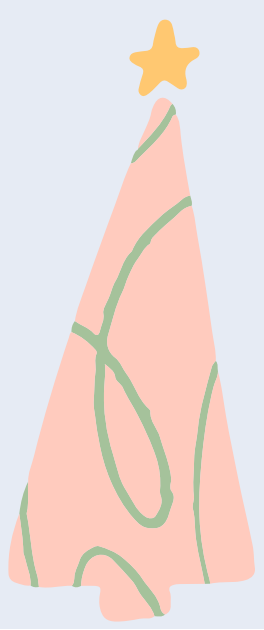


Issue Two – Winter 2023



News & views from around Autonomy Care Group

Let's stay connected



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Welcome

to our second edition of our new group newsletter!



Let's start the newsletter with a message from our Commercial Director, Lucy!

“

For those of you that haven't met me, I am the Commercial Director for Autonomy Care Group Limited and cover Finance, HR and Marketing for the Group.

I have worked for the company for over 13 years now after taking some time out from my career to raise a young family.

I first started in the company as a Financial Assistant, working part time to balance my work and family commitments. Since then, Autonomy Care

Group has given me the opportunity to grow and progress with the company, developing my skills and knowledge to be appointed Director in 2016.

I am very proud to be part of the Autonomy team, and its journey over the last 13 years. It is the people I work with that makes working here special, I really couldn't and wouldn't want to do it without you all!



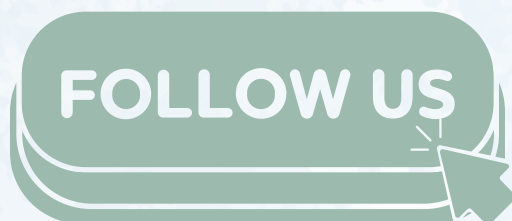


Weavers Lodge

FOLLOW OUR JOURNEY!

For any further information on Weavers Lodge, please contact Nick who will be delighted to assist on:

E: nick@autonomygroup.net T: 07925133323





Winter Edition

AUTONOMY CARE

Congratulations to one of our service users Jacob, who has now successfully had his second overnight stay at respite and is getting on well and adjusting to the transition with the support of staff member Matt Laverick.



Richard Coppin is moving house next week, from Bradford on Avon to Trowbridge.

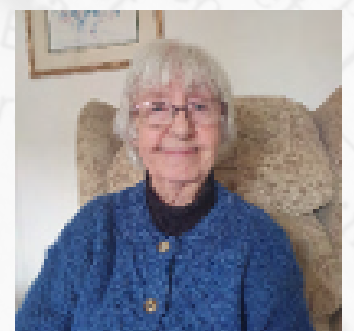


Chizitere Ehrim had a baby girl on the 22nd October! Congratulations from all of us at Autonomy Care!



“

Lovely Patricia Campbell has now moved into a care home and we will no longer be supporting her. She sends her love to all that have supported her over her time with us and is grateful for everything we have done for her.



Our best bits!



Autonomy
Care



WILLOWS NEWS

SUCCESS STORY



Our success story is about Suzy Brain and how much she has improved in her walking distance ability, how much she is interacting with members of the public and she loves going out with support staff and watching the world. Suzy, with the help of her support workers, has been doing independent tasks such as helping to cook. Suzy has also built a wonderful relationship with our new service user, Beth and it is inspiring to see them interacting; considering that Suzy is non-verbal and deaf. They have built a way to communicate. It is inspiring to see,

Well done!

Our best bits!



OAKS NEWS

ADVENTURE TIME FOR BEN



In September, Ben was supported on his first holiday to Burnham on sea with his keyworker Joe and support worker David. A lot of planning was involved to ensure Bens first ever holiday with staff was an enjoyable experience for him. When Ben first moved to the Oaks in July 2022 his anxieties around traveling in the car alone were preventing him from traveling outside of Malvern. So, it was the ultimate goal for Ben which he achieved in little over a year thanks to all the support he has had from staff every day.

Also, in September Mark was supported to the hospital to have some tests done under general anaesthetic, due to Marks complex needs this took a lot of planning as it was vital it was well coordinated from start to finish. Mark coped extremely well. Thank you to support workers Tim and Magenta for supporting him.



OAKS NEWS

CONGRATULATIONS SARAH!

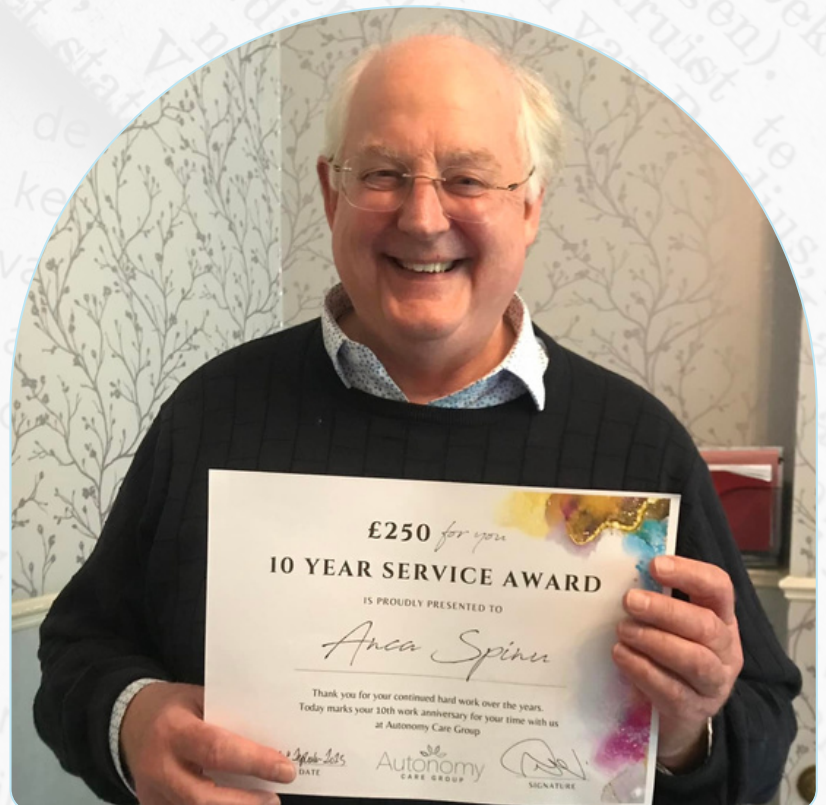


Sarah has also faced her fears over the last few months and been seen at the dental anxiety referral unit to work towards having a bridge fitted to get her beautiful smile back. Watch this space! Bank support worker Lawna has been a fantastic support attending every appointment with Sarah.

Celebrating
— 10 YEARS —

Here we have a lovely photo of our Chairman Andrew ready to hand over a certificate for 10 years of service to Anca.

We just wanted to say a huge thank you for your hard work and dedication over the years Anca, and we hope you enjoy our small token of appreciation



Our best bits!



The Oaks





HARESFIELD NEWS

OFSTED INSPECTION 2023



On August 22nd and 23rd, Haresfield had their annual Ofsted inspection.

After two very long days, the home was graded as “GOOD”

The report stated that “Children receive good-quality care and support from staff who enjoy their work.” and “Children are supported to actively participate in the daily decisions made about their care. This can involve the use of communication aids, such as photos as a point of reference, symbols and a feelings chart.” This reflected the commitment of the team in working to provide the best care and support for the young people that live at Haresfield.

Mike would like to thank all the staff for all their efforts put in over the past year to help contribute towards the outcome.

Haresfield would also like to thank Clare who was our inspector over the past three years, for her support as she has now retired.

We wish her well.



Winter Edition

HARESFIELD NEWS

HELLO TEAM!

Rachael is our new Senior Support Worker, She joined us in September and has settled in to the Haresfield team quickly.



Tara is our new Support worker. She joined us in August, and is enjoying the opportunity to spend time with the boys and get to know them.

Hayley is our new Support Worker. She joined us in August. Hayley has settling well and has enjoyed getting to know the boys in the home.



Our best bits!



Haresfield





Welcome Sarah Bull to our Autonomy Care team



Welcome Abbie Cooper, Rachael Wallace and Jessica Taylor



Welcome Sarah Bunting, and Laxmi Thapa Magar to our Willows team



Welcome Sinnocent Atamah, Michael McNamara and Aliesha Escorcio to the Oaks



We will miss you

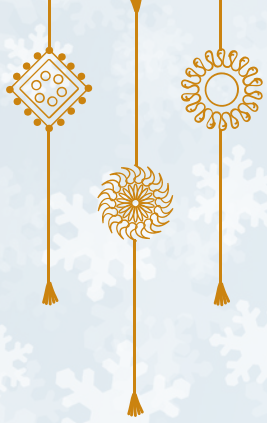


Wishing Mollie Sieviewright from the Behavioural Team a very happy future in her new adventures! She will be leaving our head Office team on 17th November.

She will be greatly missed across Autonomy Care Group.



Our Managing Director James Hamilton, left the company in early October. We wish him the very best of luck in the future.



Staff Achievements

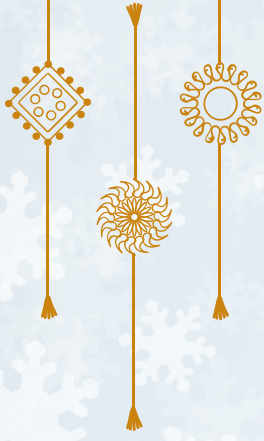
Katey, our Care Coordinator for our Autonomy Care service has purchased her very first house. Congratulations, and good luck with the move from everyone at Autonomy Care Group.



Our Digital Marketing Lead Jen is a final for 'Women Achieving Greatness in Social Care' in the category of 'Communications Guru!' The awards night will be taking place in London on 21st November!

Wish Jen luck!





Autonomy Academy

Learn. Achieve. Care.

LEARN MORE



The Willows team Leader Nikki Bannister and our Wake Night Support Worker Kieren Wilson have just enrolled on their Level 3 Lead Adult Care Worker (Diploma in Lead Adult Care) through Autonomy Academy and are both looking forward to learning new skills and progressing in their roles. Some of the team also completed their PBM Pro training on Friday 13th October. They dedicated all of their time and attention to complete the course and they have excelled themselves in their learning. They are already implementing the skills they learned into their day to day support. Well done to them!

Congratulations to Jessica Clark and Andi Frost from Autonomy Care who have now completed their Care Certificates!

Congratulations to Ryan Wedgbury at The Oaks, who was promoted from Night Support Worker to Team Leader, Ryan is a great asset to our team, and he has adapted to his new role and responsibilities with ease.



**HALLOWEEN
PHOTOS
2023**





UPCOMING EVENTS

Please join us for

Bonfire NIGHT

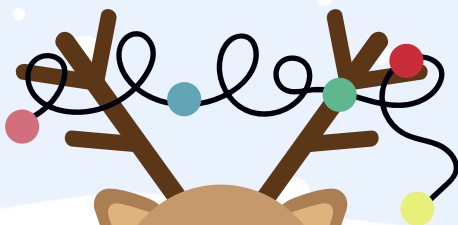
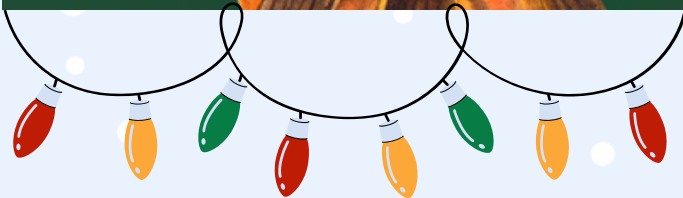
A mini bonfire night and a chance to get all cozy with some hot chocolate at The Willows.

SUNDAY

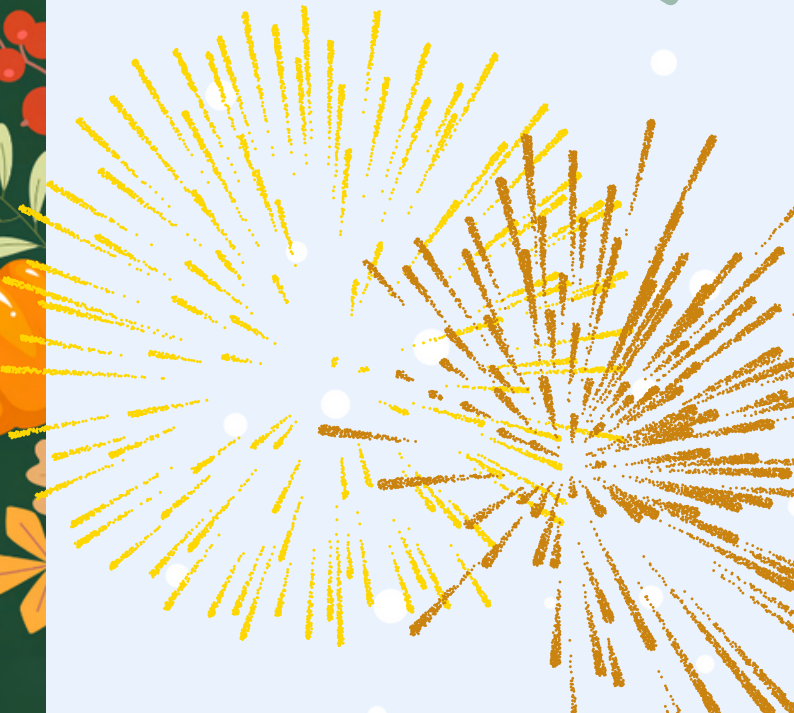
NOV

5

5PM -
7:30PM



THE WILLOWS



Autonomy
LIFE

THE WILLOWS Rockin' Christmas Party

THURSDAY 14TH OF DECEMBER

3PM - 6PM

It's almost that time of year! We will be providing a festive buffet, mulled wine will be served (Non-Alcoholic too), and a chance to see our wonderful Christmas Crafts and Festive Tree.

Service users and their families, staff and their families can enjoy a wonderful evening for all!

MERRY
XMAS





Save
the Date

05/11/23 – For bonfire night we are having a buffet followed by hot chocolate and sparklers!

08/12/23 – 12:00 – 14:00 – Service users Christmas Party, mulled wine, minced pies, and live music.

18/12/23 – 18:00 – Staff Xmas Party at the New Inn.

20/12/23 – 20:00 – Staff Xmas Party at Spice Cottage.

16/02/23 – 11:00 – 12:30 – Coffee Morning, tea coffee and cakes.

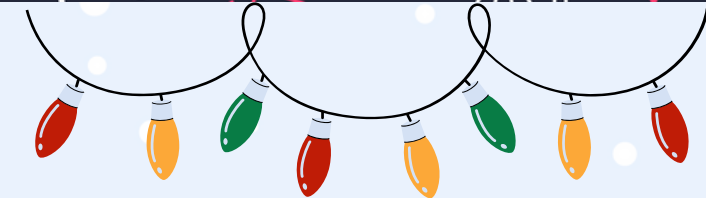


HARESFIELD

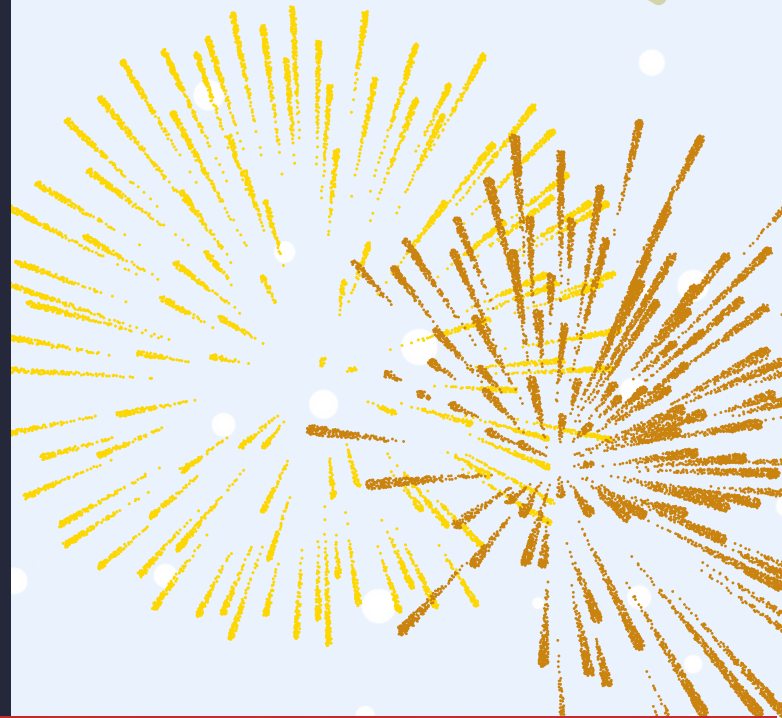
BONFIRE NIGHT

Toffee Apple Decorating!
Then off to a firework display

NOVEMBER 05 | 4PM START



HARESFIELD



Autonomy
PLUS

Haresfield Christmas Party

Friday 22nd December

12PM - 2PM

DRESS CODE: CHRISTMAS JUMPERS!



Music & games

Festive buffet

Christmas postbox

Staff secret santa





Autonomy
CARE

Scotland's National Day
St. Andrews Day
Thursday 30th November



Shortbread will be available in the office
throughout the day



AUTONOMY
CARE



Autonomy
CARE

Autonomy Care Christmas Party

TUESDAY 19TH & WEDNESDAY 20TH DECEMBER

FOR OUR SERVICE USERS AND STAFF

10AM - 2PM BOTH DAYS

Festive buffet, mince pies
and mulled wine

Christmas music and a film

Head in a hole board photo fun!

Staff hampers

53 HIGH STREET, MELKSHAM, SN12 6JY

HEAD
OFFICE



24.



Calendar Of Events



Nov. 05



Bonfire Night



Nov. 11



Remembrance Day

Nov. 30



St. Andrew's



Dec. 25



Christmas



Birthday

SHOUT OUTS



Jemma Connor 30th Nov (Staff)
Richard Coppin 5th Nov (SU)



Staff at The Willows
Annalee Hebdidge 2nd Nov
Saskia 20th Nov

Staff at The Oaks
Jack Calvin 22nd Nov

Birthday

SHOUT OUTS



Staff at The Oaks:

Kornelia Moore 15th Dec
Michael McNamara 6th Dec
Aliesha Escorcio 20th Dec
Lucy Green 28th Dec
Richard Atkin 26th Dec

Staff at The Willows:

Emily Reed 6th Dec
Beverley Patruno 14th Dec



Ann Williams 22nd Dec
Tania Mackey 19th Dec



Rebecca Young 27th Dec

Fundraising

Head Office MacMillan Morning

Like every year, we participate and put on a coffee morning full of treats and games in aid of Cancer Support.

We raised a wonderful £110 for Macmillan Cancer Support during our coffee morning at head office on Thursday 28th September.

Thank you to everyone who donated a cake and spare change for this fantastic cause!



**MACMILLAN
CANCER SUPPORT**

£110 raised!

September 2023

Thank You

Congratulations!

Time in service

Head Office:

Caroline 5 Years 06.11.23

ACL Wiltshire:

Christopher Heginbotham 5 years 13.08.23

Katie Hunt 5 Years 01.10.23

Oaks:

Lucy Guest 1 year 15.08.23

Maddison Mitchell Mountford. 1 year 05.11.23

Majenta Wilson. 1 year 07.11.23

David Haffield 5 Years 13.09.23

Anca Spinu 10 Years 27.09.23

Willows:

Nicola Bannister 1 year 05.09.23

Poppy Bridge. 1 Year 03.10.23

Maciej Roszman 1 year 16.11.23

Our Star Employees



If you'd like to nominate a member of staff, please speak to your management team.

Star Employees are announced. at the beginning of each month across Facebook and will also have a shout out on our website!

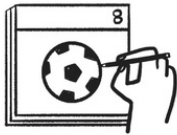


Everyday should be Mental Health Day to educate, spread awareness and for advocacy against social stigma.

Let's continue to spread positivity in 2023/24 and to create actions for happiness across our services.

New Ways November 2023

MONDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show



ACTION FOR HAPPINESS

Happier · Kinder · Together

ACTION FOR HAPPINESS





Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

We have advice posters (please feel free to print if needed) with information on who & where to contact if you need to talk to somebody about your mental health or are concerned for a friend or family member. You can find these on our community page on our website. At Autonomy Care Group, we have a dedicated team of Mental Health First Aiders who you can speak to in confidence should you need to. Please speak to your management team or alternatively our HR department to get started.

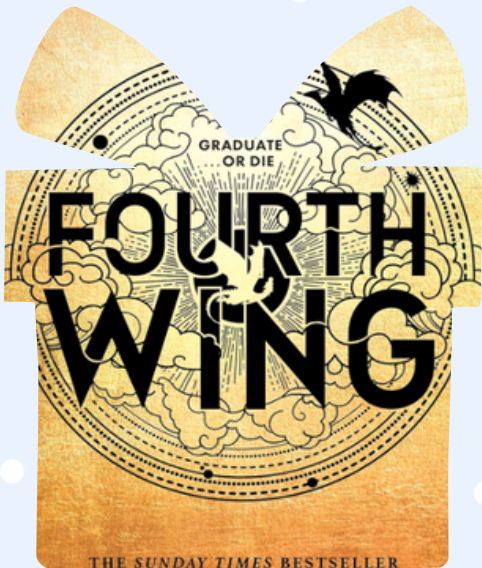
[CLICK HERE](#)



Cosy Corner

FESTIVE SPECIAL

Want some advice on what to read next?



Fourth Wing: Exclusive Edition

Rebecca Yarros

Expected publication November 28, 2023



My Name is Barbra

Barbra Streisand

Expected publication November 7, 2023



Why register with Blue Light Card ...



BLUE LIGHT CARD™



ONLINE SAVINGS

Whether you're looking for a weekend getaway, fashion fix, or state-of-the-art device; save online with thousands of retailers!



YOUR BLUE LIGHT CARD

Personalised to each member, your Blue Light Card costs just £4.99 for 2-years access to our amazing range of discounts online and on the high street!



HIGH STREET SAVINGS

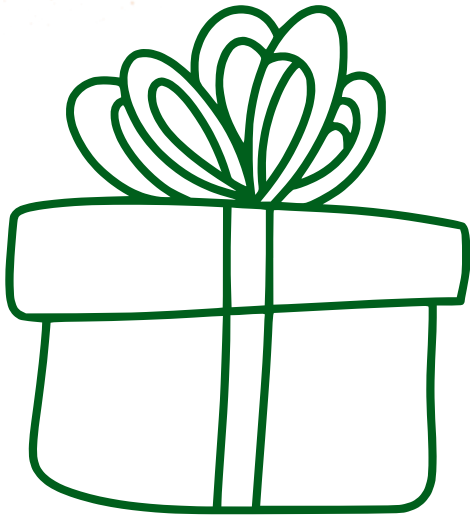
Shop and save on the go at hundreds of high street retailers, restaurants and cinema with our handy mobile app!

Range of discounts

Blue Light Card is home of a range of official discounts from large national retailers to local businesses in a wide range of categories including holidays, cars, days out, fashion, gifts, insurance, phones and much more!



Find out more



We're Hiring

£300 Welcome Bonus

T&C'S APPLY

in

WWW.AUTONOMYGROUP.NET

- Paid £300 on completion of your first 3 months of employment
- To work an average of 24 hours per week during the first 3 months of employment
- The bonus is subject to tax and other deductions if applicable
- The bonus will be paid through payroll in the month following entitlement
- Must have no disciplinaries, a clean performance record and an acceptable absence record
- Must still be in employment at the bonus entitlement date and not in resignation period
- If you have been employed previously by Autonomy Care Group, within the last 12 months, you are not eligible for the welcome bonus
- Mandatory training must be completed
- Autonomy Care Group reserve the right to withdraw or amend this scheme at any time

REFER A FRIEND



£300

Terms & Conditions

Referral payments paid:

£50 for completion of first week

£100 for successful completion of induction/shadow shifts
and first supervision

£150 for successful completion of probationary period

Payment is subject to normal tax , pension and NI deductions.

To make a referral please contact your service manager

Stay Connected



AutonomyCare



AutonomyHaresfield



AutonomyTheOaks



AutonomyTheWillows



autonomygroup



autonomy_group



autonomy care group



Have some
positive
news to
share?


Autonomy
CARE GROUP



Get involved in our
Autonomy Care
Group Newsletter!

Speak to your management team
or

Email: jen@autonomygroup.net



Get involved in our next newsletter coming out on
1st January 2024

Information needs to be submitted by 5pm Wednesday 20th
December

Email jen@autonomygroup.net or speak to your manager



Autonomy

CARE GROUP



Autonomy
LIFE



Autonomy
CARE



Autonomy
PLUS

