

Autonomy Post



SPRING



Issue 3

Spring Edition



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My Accidental Career

For those of you who haven't met me, I am one of the Directors at Autonomy Care Group.

I am the Nominated Individual for the adult services and the responsible individual for the children's services, this means that I am responsible for the operational management of the care services.

My entry into care was in fact entirely accidental after leaving the British Army at the end of 1999 I needed to find something to do. After a few security and investigatory roles in the public sector, I realised that this was not for me and needed to find something else.

I happened upon an advert in the local paper that was recruiting for a residential children's home organisation based in Herefordshire and Powys, what really attracted me was the fact the advert stated 'no experience necessary' and the rest is history.

Entering the care world I quickly realised how entirely ill equipped I was, but learned very quickly. This learning was down to working alongside some real luminaries in the care sector and this experience has been invaluable.

Now 24 years into this I can say without question that this has been the single best decision I have ever made. I have had the opportunity to work with incredible people, visionary managers and above all the people we support.

This is no ordinary job, it's been both an amazing and humbling experience working in this sector and my drive has always been to professionalise the term 'carer' as the general public have no idea what you do, the hardships, the pressure and the long hours take a heavy toll but I can assure you the difference you make every day is world changing for those we support.

So on behalf of all those who cannot say thank you, I say thank you on their behalf.



Nicholas Faulkner-Elliott
Director

Autonomy
LIFE

Weavers Lodge

FOLLOW OUR JOURNEY!



[Blog](#)

RECRUITING NOW!

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

E: nick@autonomygroup.net T: 07925133323

THE OAKS NEWS

Refurbishments

We would like to share our home improvements with you all! The top floor refurb is now complete, this was a huge project whereby we knocked through two rooms to create a large open space which we are now using as an office and training room.



We have also redecorated the main communal lounge; the colours and soft furnishings were inspired by our service users.

WOW

My holiday to Trecco Bay in Porthcawl, by Ellen Allen

“On Monday I woke and was really excited for my holiday with Maddy. I said bye to everyone at The Oaks and wheeled my suitcase down to the car, the sun was shining and Dave gave us a lift to Porthcawl.

It was a long journey, so we stopped off on the way for a drink. I had a coke and wrote in my holiday notepad.

When we arrived Maddy checked us in, and we got the keys to our caravan. I chose the bedroom with the biggest bed!

After unpacking, we went to look around to find something to eat for lunch afterwards. I saw the arcade and won lots of 2ps on the penny machine.

We went for another walk around and stopped to listen to music that was playing.

On Tuesday I wanted to do the crazy golf, but the course was waterlogged so Maddy suggested we walk to the beach instead and get an ice cream, this was fun and Maddy took some photos of me so I can show everybody at The Oaks.

I also found a new word search book and bought the ingredients to cook spaghetti Bolognese for dinner.

On Wednesday I booked a pottery class and chose to paint a cat for my sister Carol as she loves cats!

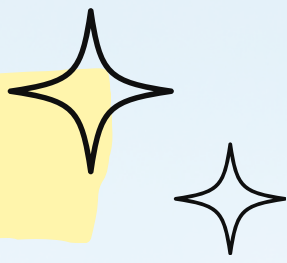
Afterwards I went to buy some gifts for my friends at the Oaks.

I really enjoyed my holiday to Porthcawl with Maddy, I had lots of fun. Thank you for taking me Maddy.”

Love from Ellen x



Congrats!



A huge congratulations to Katey Allberry as she is now the new Assistant Manager for Autonomy Care.

AUTONOMY CARE NEWS

Welcome

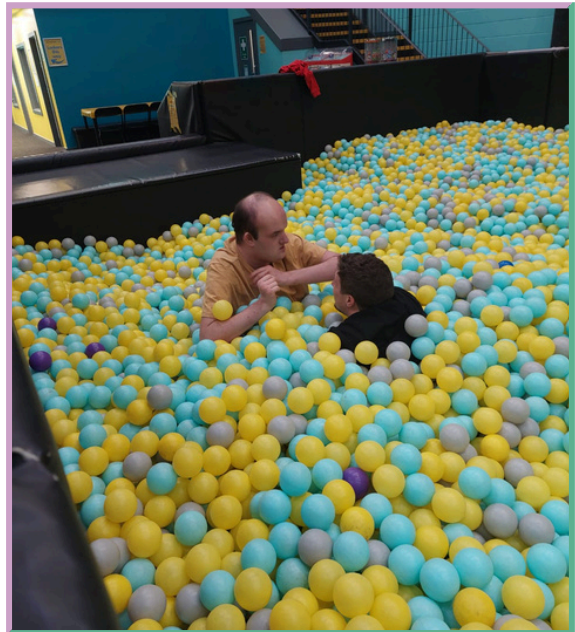
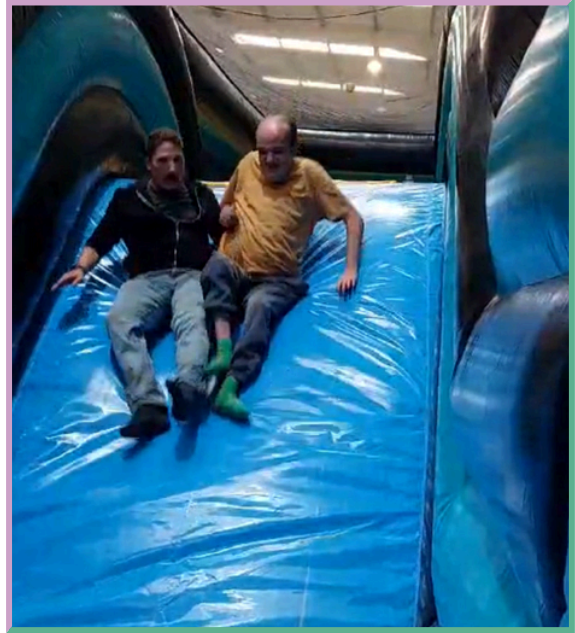
A big welcome to Harry Kirkman, one of our newest service users. We have received really positive feedback from Harry's mum already regarding staff attitude and building of professional relationships. We look forward to seeing young Harry grow and develop with the support of Autonomy.

Staff member Jessica Clark gave birth to her beautiful baby boy, Alro. He was born on 11/02/2024, weighing 7lb 15oz. A massive congratulations to her!



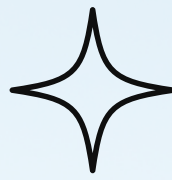
HELLO!





Will and Kira
having a
fantastic time at
the soft play!

HARESFIELD NEWS



Training



During March the home began its annual training refresher. With all the team undertaking eLearning a few were excited to do some face to face training.

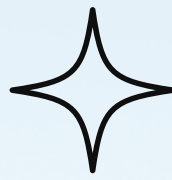
Simon, Ella, Cleo have all completed their First Aid at Work training. We were privileged to be joined by Bethan and two Support Workers from ACL.

Haresfield team really enjoyed the company for the day!

We have also held Manual Handling training. Connor and Wayne passed this course with lots of compliments from the trainer. Well done guys!



HARESFIELD NEWS



Meet our team!



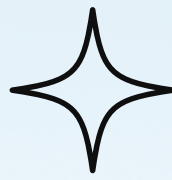
Wayne Paterson

Wayne is a Senior Support Worker who joined Haresfield in January 2024 and quickly has become a key member of our team.

“Hi, I’m Wayne. I have worked at Haresfield since January 2024. I absolutely love working with the Children and love getting out and about and stuck in to different activities. When I’m not working, I love spending time at home with my baby and partner. I’m a huge Harry Potter fan (even have my own wand and robes) and also love anything to do with Marvel. I also love cooking!

My dislikes are mushrooms, cold mornings and rainy days.”

HARESFIELD NEWS



Meet our team!



Connor Looker

Connor is a Support Worker who joined us in December 2023.

“Hi, I am Connor. I would say that I am a fun go getting person who goes above and beyond. My most memorable moments have been hand feeding a giraffe and i have also met the Queen! My favourite thing is being around others.”

WOW ✨ ✨

John has had his first tattoo in memory of his Brother Ron who served in the Duke Of Edinburgs Regiment (Wilts & Berks)



WILLOWS NEWS

Welcome

A new service user has now joined The Willows on 19th March, a big welcome to Marc!



Grazina with her flourishing plants ready for Spring in the Willows green House. The spinach is coming along nicely!



WILLOWS NEWS



Looking good!

We now have a new floor laid throughout the kitchen and back hall. These rooms have also been decorated!



The team at the Willows had so much fun celebrating Red Nose Day! The staff and people we support designed and wore t-shirts and had lots of games and activities throughout the day planned!

The background of the page is a vibrant, sunlit field of dandelions and small yellow flowers. The sky is a soft, pale blue with a bright sunburst graphic at the top center. The text is overlaid on this background.

2024

Service Events

The Oaks



2024 Events

Sunday 31st March - Easter Sunday - Easter egg hunt and Easter themed arts and crafts

Tuesday 23rd April - St Georges Day - Wear red and white to work day, face painting and flag making

Friday 3rd May - Afternoon Tea, family and friends encouraged to attend

Friday 12th July - Summer BBQ, family and friends encouraged to attend

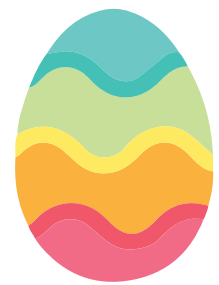
Thursday 31st October - Halloween fancy dress party

Tuesday 5th November - Bonfire Night, evening buffet and outdoor sparklers

Friday 6th December - Service users Christmas party!

Tuesday 31st December - NYE Party

Haresfield



2024

Events

Sunday 31st March - Easter Sunday - Easter egg hunt and Easter themed arts and crafts

Tuesday 23rd April - St Georges Day - Wear red and white to work day, face painting and flag making

Thursday 4th July - USA themed party

Thursday 22nd August - Summer BBQ

Thursday 31st October - Halloween fancy dress party

Tuesday 5th November - Bonfire Night, evening buffet and outdoor sparklers

Monday 11th November - Remembrance Day

Saturday 30th November - St. Andrew's Day

Friday 20th December - Service users Christmas party!

Tuesday 31st December - NYE Party

The Willows



2024

Events

Sunday 31st March - Easter Sunday - Easter egg hunt and Easter themed arts and crafts

June 2024 - Celebrating Pride Month

Wednesday 5th June - Wiltshire Day

Thursday 20th June - Summer BBQ & garden games

Thursday 4th July - USA themed party

Thursday 1st August - Yorkshire Day celebrations

Thursday 31st October - Halloween fancy dress party

Friday 1st November - Diwali celebrations

Tuesday 5th November - Bonfire Night, evening buffet and outdoor sparklers

Monday 11th November - Remembrance Day

Saturday 30th November - St. Andrew's Day

Thursday 5th December - Service users Christmas party!

Tuesday 31st December - NYE Party

Autonomy Care



2024 Events

Thursday 28th March - Easter egg hamper raffle

Tuesday 23rd April - St Georges Day - Wear red and white to work day

Thursday 4th July - USA themed buffet & movie

Thursday 31st October - Halloween fun!

Tuesday 5th November - Bonfire Night toffee apple making

Monday 11th November - Remembrance Day

18th & 19th December - Service users & staff Christmas parties

Tuesday 31st December - NYE celebrations



Training

Bethan, Claire and Nick successfully completed their train the trainer P.R.I.C.E training and are now fully licensed instructors. Well done!

They will now deliver training to Autonomy Care Group staff, within PRICE's person centred and human rights framework so that the support to the individuals being supported by our services continues to place them centrally to all that we do.



advantage

We are excited to announce that we are partnering with Advantage Accreditation so that we can deliver recognised face to face training programmes. Our nominated trainers are currently going through the approval process, and we will be aiming to roll out these courses from April.

The courses that we will be delivering are:

L2 Safeguarding Adults	L2 Safeguarding Children
L2 MCA & DOLS –	L2 Infection Control
L2 Autism Spectrum	L3 Managing Risk in Care
L2 Safe Handling Medication	L3 Emergency First Aid at Work
L2 Moving Assisting & Hoisting	L2 Epilepsy

A bit about us...



“The Somerset Health and Care Strategy highlights key areas such as the rate of obesity, the rate of depression, the rate of smoking and the number of those that have a long-term healthcare condition or disability. When this is combined with the number of people living in a rural area, or a deprived neighbourhood, or a low-income family, and those that do not have access to a car, how healthcare is administered and by whom, becomes very important.

It has been recognised that there is significant demand for skills and roles in health and social care compounded by an ageing population and the effects of the pandemic. There is currently, and will continue to be, excellent opportunities for those considering a career in the healthcare sector in Somerset.

The Autonomy Care Group has built a highly skilled and experienced team who provide care with empathy and respect, but meeting the increasing demand for care provision (as demonstrated by our new Weavers Lodge home in Castle Cary, which opens this Spring) also requires a suitably trained and supported workforce.

To help us facilitate staff learning and development, we made the decision to work with the South West Association of Training Providers, also known as Swatpro. This not-for-profit organisation predominantly provides apprenticeship programmes in health & social care, business skills, hospitality and catering, and engineering; although other options for learning are available.

The health and social care team provide adult care apprenticeships from Level 2 (GCSE level) to Level 5 (foundation degree level) as well as wrap-around support dealing with safeguarding, maths / English qualifications, and access to hundreds of e-learning courses covering everything from presentation skills to mental wellbeing.

The apprenticeships provide hands-on, practical experience in real healthcare and social care settings, allowing apprentices to apply theoretical knowledge to practical situations. They develop a broad range of skills, communication, empathy, and teamwork as well as acquiring skills relevant to the specific role in health and social care, building experience and enhancing career prospects. They are designed to meet industry standards and regulations, ensuring that apprentices receive training that aligns with best practices in the sector.

Completing a health and social care apprenticeship can provide a foundation for further specialisation and career advancement as staff progress from Level 2, through to Level 5 qualifications within adult care, ensuring that you can progress and develop as your career moves forward.

Apprenticeships in adult care include recognised qualifications and certifications. These qualifications include diplomas, alongside other vocational qualifications that are nationally or industry-recognised, enhancing an individual's credibility and employability in this field.

An apprentice benefits from mentorship and supervision by experienced professionals in the field. This support is invaluable for navigating the challenges of healthcare work and gaining insights from seasoned practitioners and completing a health and social care apprenticeship often leads to secure employment, as employers are more likely to retain individuals who have undergone structured training and demonstrated commitment to the profession.

Health and social care apprenticeships emphasise the development of effective communication skills. These skills are essential for building rapport with service users, their families, and colleagues - and for dealing with critical and emotional situations. An apprenticeship in health and social care provides individuals with the necessary skills for their role at Autonomy and we believe that the ethos of support and encouragement from Swatpro is a great match for our own.

The tutors at Swatpro - Sarah Foster, Heather Willis, Anne Lee and Michelle Jasinski - all have years of experience in the sector and have been working with individuals to successfully complete their qualifications and apprenticeships for a number of years... and they look forward to supporting you to achieve to!"



All our services across Autonomy Care Group have lots of face-to-face training booked for staff this upcoming year, so lots of learning opportunities to look forward to!



Wiltshire College & University Centre's Health and Life Sciences team started working in partnership with Autonomy Care in the Autumn of 2023.

The Health and Life Sciences (HLS) team is made up of 10 assessors who help deliver apprenticeships in the areas of Health Care, Adult Care, Residential Childcare, Teaching Assistant and Early Years, across Wiltshire and beyond.

All assessors are highly qualified in their areas of delivery and have extensive industry experience.

Here is a quick introduction to some of the Wiltshire College & University Centre (WCUC) team who you may get to know over the coming months:

Scott Williams

Scott delivers the Level 4 and Level 5 Residential Childcare apprenticeships, as well as Teaching Assistant courses at Level 2 and 3.

Helen Morgan

Helen delivers the Level 4 and Level 5 apprenticeships for Residential Childcare as well as Health Care and Adult Care apprenticeships at Levels 2, 3, 4 and 5.

Clare Whitehead

Clare delivers the Level 4 and Level 5 apprenticeships for Residential Childcare as well as Early Years apprenticeships.

Corrine Dawson

Corinne delivers Adult Care and Health Care apprenticeship at Levels 2 and 3 and has a lot of experience in dementia care.

Aimee Collins

Aimee delivers Adult Care and Health Care apprenticeships at Levels 2, 3, 4 and 5. She specialises in mental health.

What is an apprenticeship?

An apprenticeship is a paid job where the employee learns and gains valuable experiences. When you enrol, you'll be allocated an assessor who will guide and support you throughout your apprenticeship journey.

You'll spend at least 6 hours a week on learning and development related to your apprenticeship, this could shadowing other staff, learning new procedures, completing assignments or planning activities

Don't worry if you don't have English and maths qualifications, you'll gain these during your apprenticeship with your tutor visiting you in the workplace to deliver learning.

At the end of your apprenticeship you'll complete a final End-Point Assessment with an independent assessor, your allocated assessor will fully prepare you for this.

If you complete a Level 4 or Level 5 apprenticeship, you'll be invited to our annual Graduation ceremony at Salisbury Cathedral, which is held every October.

International Recruitment

Skilled worker sponsorship is available to candidates who have already been living in the UK for at least 12 months. They will need to live in a commutable distance from the role they are applying for, so must have already relocated close to the service prior to applying.

SCAN ME



As this process is very new to Autonomy Care Group, further information can be found by scanning the QR code provided which will take you to the GOV.uk site.

Staff Achievements

“Fantastic news, Katey Allberry has achieved a distinction in both components of her EPA and has therefore achieved her Level 4 Apprenticeship with the outstanding achievement of Distinction.

This clearly shows that Katey has worked hard and invested a significant amount of time and effort in her studies. Please can you pass on the congratulations of the whole Swatpro team.”

Chris Corrie

A huge shout out to Kerry King also who completed her Level 4 NVQ in Adult Care

Autonomy Academy 
Learn. Achieve. Care.


training in partnership



Jen our Digital Marketing Lead is off to Mt. Toubkal in the Atlas Mountains in Morocco to conquer the highest summit in May! Wish her luck!

Fundraising!

Let's join together in supporting Autonomy Care's Assistant Manager Katey Allberry, in raising essential funds for Cancer Research.

"This May I'll be taking part in the Race for Life to raise valuable donations and awareness for Cancer Research. Thousands of families every year are affected by Cancer, and mine is no different. In 2020 my dad was given his first Cancer diagnosis, but despite the odds, with sheer determination and the support of everyone around him, he continues to fight his Cancer battle 4 years on. No one ever prepares you for the heartbreak or struggles in life that Cancer brings with it, but precious donations to charities such as Cancer Research are helping to fund life saving treatments and support for families affected by Cancer. This year, myself and my brother will be continuing to support my dad, not just through the challenges of life, but to complete the Race for Life 5K on May 4th at Lydiard Park.

If you are someone who would like to show your support and join us in the fight against Cancer, please use the link provided to our Just Giving page where you'll be able to make a donation. Together we can make a difference, change lives and create a brighter future for everyone living with Cancer."

Katey's fundraising page!



SUPPORT



Race for Life

Farewells



At Head Office we said goodbye to our Finance Assistant Sarah and also our Behavioural Specialist Caroline in January 2024.
In April we said farewell to one of our Finance Managers Kayleigh.



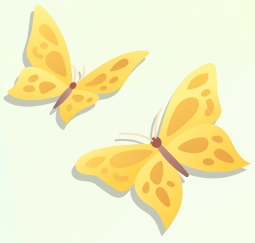
Sadly, we have said goodbye to Kornelia Moore at our Oaks service.



Sadly we are saying goodbye to Andrew La Bouchardiere at the end of March. We wish him the best of luck with his gluten free baking business and thank him for all of his years working with Autonomy Care.

Sadly we are saying goodbye to Maureen Allen and Jonathan Evans. Maureen has moved to another provider who is able to provide her with the large influx of support hours that the social worker outlined. Before leaving, Maureen's husband, Jack, thanked all the staff for all of their help and support. Jonathan will be leaving Autonomy support to join his local support network at Furlong Close. This will provide Jon with more independence as well as help to improve his social interaction. Again, Jon's father, Tim, thanked everyone for all of their support and expressed this decision was not made lightly as Jon got on so well with all of his staff members.





Hello



Matt Stratton
Financial Manager



Lashana Hutchinson
Accounts Assistant

Donna Marie-Eichmann

New Assistant Manager at Weavers Lodge



5 Year Work Anniversary!

Pauline Caines 23/03 The Oaks
Tina Reddy 11/03 The Willows



HAPPY



BIRTHDAY

Stephanie Newman	25th May	Autonomy Care Group Ltd
Ciara Botham	16th April	Autonomy Care Group Ltd
Nichola Brawn	26th June	Autonomy Care Group Ltd
Ella Brindley	21st April	Haresfield Autonomy Plus
Simon Fortune	15th April	Haresfield Autonomy Plus
Michael Evans	24th June	Haresfield Autonomy Plus
Deborah Oatley	7th May	Haresfield Autonomy Plus
Ottilia Ganda	4th April	The Oaks
Innocent Atamah	18th April	The Oaks
Gabriella Barry	28th June	The Oaks
Madison Mitchell Mountford	27th April	The Oaks
Madeleine Barnett	14th April	The Oaks
Claire Hawkins	13th May	The Oaks
Alexandra Marcham	25th April	The Oaks
David Haffield	10th April	The Oaks
Camelia Iures	8th June	The Oaks
Brindusa Stan	2nd June	The Oaks
Holly Tranter	26th May	The Oaks
Kerry Francis	4th June	The Willows
Susan Mogg	24th April	The Willows
Troy Brock	17th April	The Willows
Sharlene Davidson	2nd June	The Willows
Maciej Roszman	16th June	The Willows
Poppy Bridge	9th April	The Willows
Matthew Laverick	16th May	Wiltshire - Autonomy Care
Mandy Marland	15th April	Wiltshire - Autonomy Care
Tina Birch	7th June	Wiltshire - Autonomy Care
Samantha O'Dwyer	10th June	Wiltshire - Autonomy Care
Shirley Handy	19th May	Wiltshire - Autonomy Care
Clare Stephens	8th May	Wiltshire - Autonomy Care
Linda Miles	9th April	Wiltshire - Autonomy Care
Chizitere Ehrim	25th April	Wiltshire - Autonomy Care
Stacey Bolwell	28th May	Wiltshire - Autonomy Care
Paul Ellis	29th May	Wiltshire - Autonomy Care

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 2024 and to create actions for happiness across our services.

Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS Happier · Kinder · Together



Cosy Corner

SPRING SPECIAL

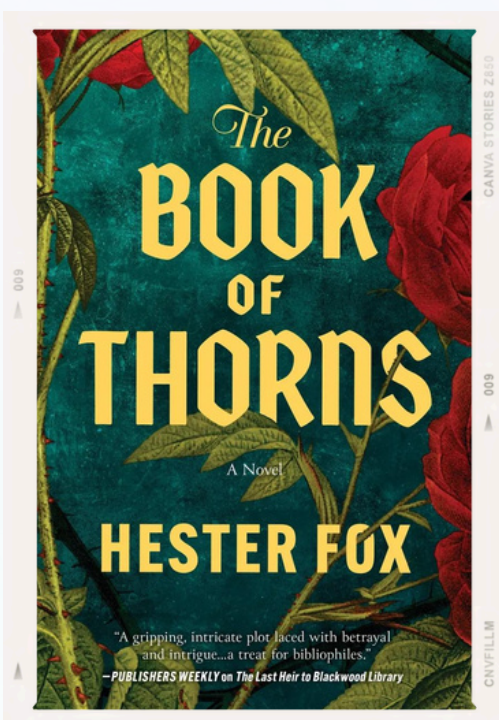
Want some advice on what to read next?



FORGOTTEN SISTERS

CYNTHIA PELAYO

Published March 19th 2024



THE BOOK OF THORNS

HESTER FOX

Published April 2nd 2024






FUN FACT



Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. They often learn their songs within two months of being born.



Spring used to be called lent.



April showers bring May flowers!

Did you know that the first day of spring is called the Vernal Equinox? This is a special day, usually around March 20th or 21st, when day and night are almost the same length.

It marks the beginning of spring in the Northern Hemisphere.

Around the world, many festivals celebrate spring and its promise of renewal.

For example, in Japan, people celebrate Hanami by gathering under cherry blossom trees.

In India, Holi, the festival of colors, marks the end of winter and the abundance of the upcoming spring harvest.



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 in the Summer

20th June 2024

Information needs to be submitted by 5pm
Monday 10th June

Email jen@autonomygroup.net or speak to your Manager