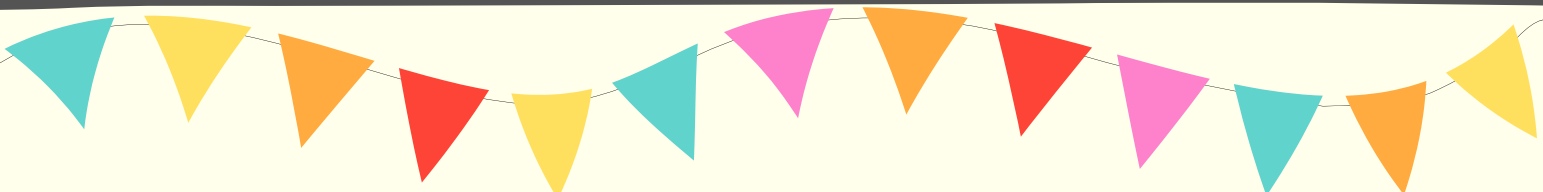
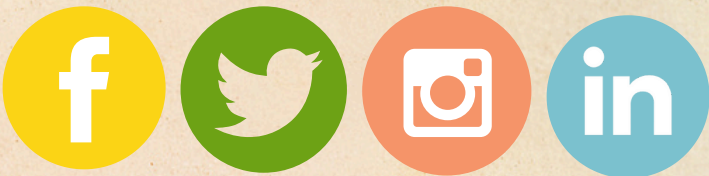


SUMMER

The word 'SUMMER' is written in large, colorful, stylized letters. Each letter is filled with a different pattern or color: 'S' is red with a dashed outline, 'U' is a yellow drink with a red and white striped straw, 'M' is blue with white dots, 'M' is red with white stars, 'E' is green with a dashed outline, and 'R' is multi-colored with diagonal stripes. The background is a light yellow gradient with various summer icons scattered around the letters, including a sun, sunglasses, a beach ball, flip-flops, a beach umbrella, and flowers.

NEWSLETTER



ISSUE 4

CONTENTS PAGE

Autonomy Care News	Pg. 1	Let's Connect	Pg. 17
The Willows News	Pg. 2	Get Involved	Pg. 18
Haresfield News	Pg. 3		
The Oaks News	Pg. 4-5		
Andrew's 70th BBQ	Pg. 6		
Weavers Lodge Opening	Pg. 7		
Staff Achievements	Pg. 8		
Events 2024	Pg. 9-13		
Upcoming Birthdays	Pg. 14		
Action for Happiness	Pg. 15		
Cosy Corner	Pg. 16		



AUTONOMY CARE NEWS

On a positive note, our new service user Josh has settled in really well to his new support team. Only a week in and he is working with his staff team to achieve goals and smash expectations! A massive well done to all of Josh's team on their commitment and positive attitudes which have helped him to become more social and begin enjoying his local community again.



MAKATON TRAINING

We also received some really positive feedback from a Makaton training course which was completed recently. Staff really enjoyed completing the Makaton training and the trainer left us with some positive feedback too. Ian Clark wrote, "Your staff team as always were enthusiastic and engaged to be part of the learning which always makes it a pleasure to come and work with your service".

HOORAY!

Whilst at Larkrise Farm both Josh and Jake received more AQA awards! They have both worked extremely hard to achieve these awards and everyone is extremely proud of them. Well done Josh and Jake!



THE WILLOWS NEWS

OUR STAFF APPRECIATION BOOK

“Working at The Willows is a privilege and an absolute pleasure. Staff become like family and supporting our service users is a joy and an honour that we are all very lucky to have the opportunity to” - Nikki

“I feel privileged to work with some amazing people on our team” - Sue

“Even though I am officially retired I have been fortunate to be able to work one day a week, along with my colleagues who not only do their best to support the residents, but also support us as a team. I look forward to coming in on a Monday morning” - Janet

Wishing Happy Birthday to service user Suzy on 13th July



A special shout out to our lovely maintenance man, Archie for going above and beyond for all staff and service users at The Willows.

TRAINING ACHIEVEMENT

A fantastic personal achievement for both Emily and Saskia!

Emily Reed has just completed her Understanding Autism course.

Saskia receives her Level 4 Diploma in Adult Care!



HOORAY!

£118 raised at our Families Day in May for Wiltshire Mind Charity.

HARESFIELD NEWS

We have been working with one of our young people around building their skills in the kitchen. After several link works with the young person, they have now managed to make cupcakes from scratch with the help of the adult's supporting them.

Another young person has now been supported to start to attend swimming lessons once a week at school. He is now building confidence and using a float independently.

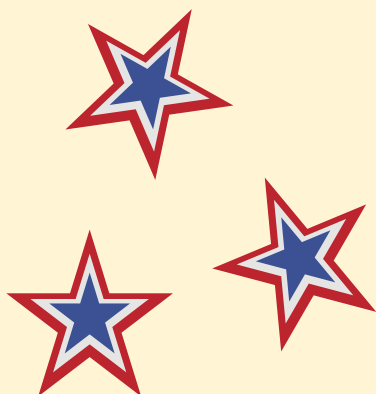


SERVICE USER ACHIEVEMENT

One of our young people is celebrating the fact that they are now having positive days at school. He is choosing different activities as a reward and recently picked to go out to the fair as a reward for his good engagement.

NEXT EVENT

Haresfield will be celebrating 4th of July with a BBQ tea party.



THE OAKS NEWS

“When I started to smoking, I was having over 20 a day. I’ve managed to cutdown to 8 cigs a day now and I am very happy with myself. Staff are very proud of me to!
I can now save money for a holiday and do more activities.

Thank you for all the staff that have helped me and believed in me.”

Written by,
Sarah Brooks.



UPCOMING BIRTHDAY

We will be celebrating Mark Callaghan’s birthday on the 14th August he will be 58 years old.



TRAINING

Bethan and Claire delivered the first PRICE training to the Oaks staff team in May.

Two more courses are scheduled for the 15th - 17th July and the 21st-23rd August.

Autonomy
LIFE

- YOU ARE INVITED TO OUR -

SUMMER BBQ

AT THE OAKS

FRIDAY 12TH JULY 2024
165 Worcester Road, Malvern, Worcestershire
WR14 1ET

THE BBQ WILL BE FIRED UP AT 12PM

PRICE
TRAINING

Restraint
Reduction
Network
Approved

THE OAKS HOLIDAY SPECIAL

John was supported by staff David and Maddy on a holiday and wanted to share his Holiday experience with everybody and agreed to an interview with his support worker Edward.

Edward - Where did you stay during your holiday John, and did you enjoy staying there?

John - I stayed in Burnham-on-sea - Brean in a lodge. I liked it there, but I would have preferred a hotel, but due to my mobility I couldn't stay at a hotel. If the first floor gets full, it's hard for me to use the stairs if the elevator isn't working.

Edward - What did think about the holiday?

John - I think it was a nice holiday.

Edward - What was the most memorable moment of your holiday?

John - When I went to the railway museum and saw the trains.

Edward - Can you describe the local food and cuisine you tried and really enjoyed?

John - Fish and chips and cream tea.

Edward - Did you like the way you were supported by staff throughout your holiday?

John - I love the way I was supported by staff during my holiday.

Edward - Would you love to go for more of such holidays?

John - Yes, I think by next year.



ANDREW'S 70TH BBQ

THURSDAY 13TH JUNE 2024

A very special occasion, celebrating the Chairman's 70th Birthday with a surprise BBQ!

The event took place at The Willows, and the staff did such an amazing job helping with the buffet. A big thank you to Archie and Adam for running the BBQ too!

Andrew would like to say a huge thank you to everyone who attended, he was very touched by the surprise party!



WEAVERS LODGE GRAND OPENING

TUESDAY 25TH JUNE 2024

Weavers Lodge, a newly opened specialist service in Castle Cary, Somerset, now provides tailored support for adults with learning disabilities and complex needs. Set against the backdrop of the idyllic Somerset countryside, the facility is ideally located just a stone's throw from the town's bustling High Street, blending convenience with tranquillity.

The historic Weavers Lodge, which dates back to the 18th century, has been thoughtfully restored to accommodate eight large, beautifully designed bedrooms, all featuring en suite facilities and scenic views of the surrounding garden or countryside. Six of these rooms are dedicated to permanent residents, while two are reserved for short-term assessment and crisis intervention.

This specialist autism-friendly design aims to transform the functional space into a warm and inviting home for its residents.

During the official opening, the Lord-Lieutenant of Somerset, Mr Mohammed Saddiq, commended the facility for its innovative approach and its commitment to community integration. In his speech, Mr Saddiq highlighted the essential role facilities like Weavers Lodge play in the community. "The work that you do here and the way you've engaged with the community has been nothing less than exemplary," he remarked. "We often forget that there are many within our communities who, through no fault of their own, have fallen on hard times or have needs that cannot be normally met through existing community services." Mr Saddiq continued, "Facilities like this provide a crucial bridge, helping individuals make the important transition back into the community. This is incredibly important."

Weavers Lodge not only offers a safe haven but also provides crucial transitional support and effective multidisciplinary assessment. Services such as the Garden Studio and The South Room boast specialist furniture and amenities like a securable kitchenette, which are integral in developing the life skills needed for residents to transition successfully towards greater independence.

The facility's crisis support service is also noteworthy, offering same-day referrals to respond swiftly to emergencies where individuals require immediate and intensive support.

Mr Saddiq closed his address with a hopeful note, expressing his best wishes for the facility's future. "So can I just wish you all the best in your wonderful new facility and hope your relationship with the local community continues to flourish," he concluded.



STAFF ACHIEVEMENTS



Simon, a member of the Senior team at Haresfield popped the question and is now engaged! Congratulations to them both!



Linzi Coles at Autonomy Care has just celebrated 10 years service with Autonomy! She has been such a dedicated Team Leader to Aaron and continues to help him to achieve his goals and support him and his team to achieve great things!



★ HIGHLY COMMENDED ★
2024



Our Digital Marketing Lead Jen was awarded Highly Commended at The Stars of Social Care Event in London, for the Great Marketeer Award 2024!



advantage

Well done to Naomi Gardner and Ryan Wedgebury at The Oaks who have applied to become part of advantage training group to deliver in house approved training to upskill our team here at the Oaks.

2024

Service Events



The Oaks

2024 Events

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



The Willows

2024 Events

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

Friday 13th December - Service users Christmas party!

Tuesday 31st December - NYE Party



Haresfield

2024 Events

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



Autonomy Care

2024 Events

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



Autonomy Care Staff:

Kyle Coles - 10th July
Linzi Coles - 12th July
Dennis Dredge - 12th July
Paul Green - 14th July
Andi Frost - 17th July
Melanie Tugwell - 24th July
Leanne Barber - 20th Aug
Kerry King - 24th Aug

Service Users:

Aaron Few - 14th July
Brian Carter - 6th Aug
Sandra Brown - 15th Aug



Head Office Staff:

Matthew Stratton - 7th July
Lucy Jolliffe - 6th Aug
Lashana Hutchinson 23rd Aug

Oaks Staff:

Lisa Birks - 16th July
Lawna Randell - 3rd Aug
Naomi Gardner - 13th Aug
Juliet Ogbonna - 14th Aug
Robyn Wilkinson - 22nd Aug
Violet Gbadebo - 25th Aug

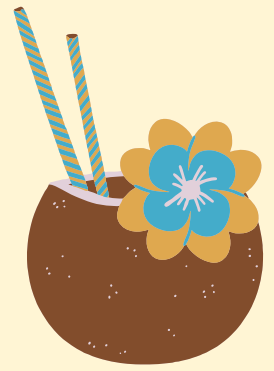
Willows Staff:

David Selmes - 1st July
Maria Allen - 2nd July
Kelly Griggs - 22nd July
Joseph Bumstead - 16th Aug
Sarah Bunting - 17th Aug
Yasmin Tahari - 20th Aug
Patricia Shuttlewood - 29th Aug



Haresfield Staff:

Ethan Evans - 7th Aug



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.

Jump Back Up July 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

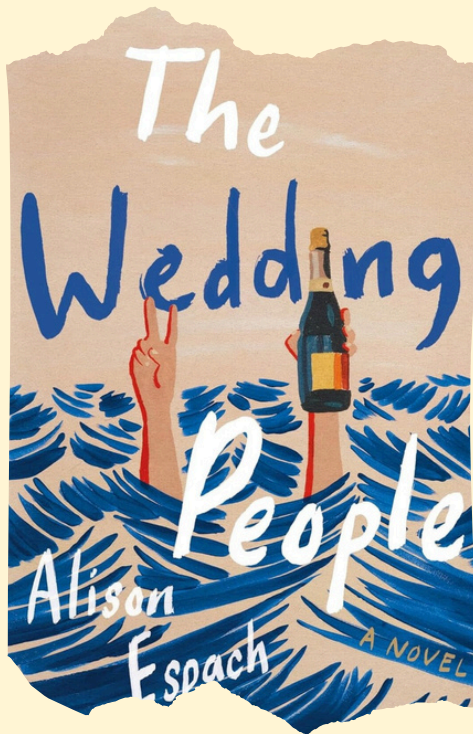
ACTION FOR HAPPINESS



Cosy Corner

SUMMER SPECIAL

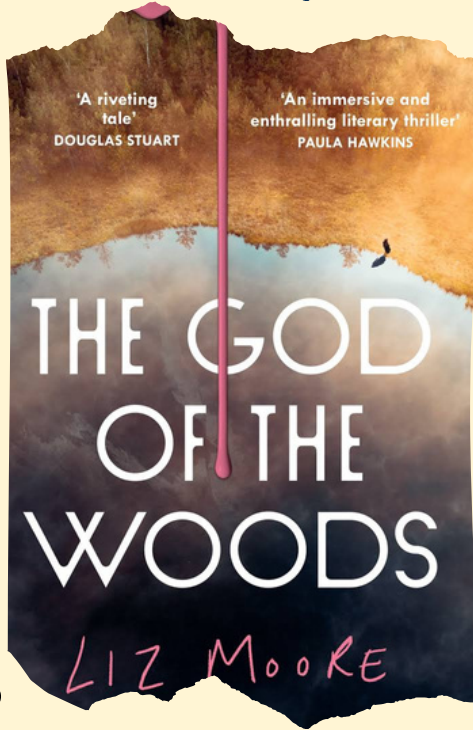
Want some advice on what to read next?



[The Wedding People](#)

[Alison Espach](#)

Expected publish: July 30, 2024



[The God of the Woods](#)

[Liz Moore](#)

Expected publish: July 02, 2024



Stay Connected



AutonomyCare



AutonomyHaresfield



AutonomyTheOaks



AutonomyTheWillows



AutonomyWeaversLodge



autonomygroup



autonomy_group



autonomy care group

Have some
positive
news to
share?



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 Autumn

2nd September 2024

Information needs to be submitted by 5pm
Tuesday 27th August



Email jen@autonomygroup.net or speak to your Manager