

NEWSLETTER

AUTONOMY POST



ISSUE 5

Autumn

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Have a look at what our Autumn Newsletter entails!
The children at Haresfield have gone back to school, the nights are drawing in, and the woolly jumpers are back out!

Take a peek at what's happening around the services at Autonomy Care Group this cosy season.



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WELCOME

“A fallen leaf is nothing more than a Summer's wave goodbye”





HELLO



“ Hello Everyone,


For those that are new to Autonomy Care Group, I would like to say hello! I am Jen, the Digital Marketing Lead for the company.

I have now introduced seasonal newsletters as a tool to share relevant and valuable information with everyone, to keep the services connected and in the know about what's happening.

Our Autumn edition is our fifth issue to date, and there has been nothing but positive comments on the newsletters.

If you would like to get involved in the next newsletter to share personal or work achievements, promote any charitable events, or to highlight a success story within the service, please do get in touch by the 18th November.

Thank you,
Jen

 jen@autonomygroup.net



CQC REGISTERED



<https://shorturl.at/FltCm>

RECRUITING NOW!



Residents set to move into Castle Cary's Weavers Lodge after CQC approval

Weavers Lodge gets ready to welcome first residents, and launches a major recruitment drive.

Shepton Mallet Nub News / Sep 23

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

E: nick@autonomygroup.net T: 01963 602099



NICK RICKWOOD

Registered Manager



DONNA-MARIE EICHMANN

Assistant Manager



THE OAKS NEWS



Earlier this year Sarah chose to plan and book a holiday to her favourite place Western-Super-Mare. Sarah expressed that she wanted her key worker Maddy to accompany her. Maddy supported Sarah to complete a budget plan which enabled Sarah to save money towards her holiday and spending money.

Sarah also planned her activities: bowling, crazy golf, and a visit to the Pier.

Sarah really enjoyed her holiday, particularly relaxing on the beach with an ice-cream!

20TH ANNIVERSARY MILESTONE

Maddy - the biggest congratulations on reaching your 20th Anniversary with Autonomy Care Group on 1st September.

What a milestone!

A few photos from a big celebration, as people from different services arrived to congratulate Maddy on her huge achievement!

Greeted with a wonderful buffet, gifts and the most amazing personalised cake!

Maddy was awarded £1,000 towards a holiday including a week's annual leave.

Just a token of thank you from the company!





Autumn Edition

AUTONOMY CARE NEWS



Rory, Kira's father, sent a special recognition to her team and has also nominated Stacey, Kate and Mel for Employees of the Month for August, as well as an extra shout out to Ann for "stepping into the breach, helping out whilst she's meant to be on holiday!" It's been exceptionally difficult given the sudden spike in Kira's behaviours and they deserve the recognition for giving their all whilst working a massive increase in hours to cover staffing shortages within the team over the last few months. The team are due to be taking Kira away on holiday again at the end of September for a return trip to Butlins! We hope they have an amazing time!

Georgina, Josh's mother, conveyed a compliment regarding how the support is going for Josh recently. Georgina stated that "the team are doing a tremendous job. I'm sleeping better knowing that Josh is being supported well. Thank you so much for taking Josh on and giving him a better life. Please pass my thanks onto the team". Josh has been getting on exceptionally well and has achieved lots of milestones over the short time we have been supporting him. He is now accessing the community more often, is building great relationships with his team and has even started helping out with domestic tasks to maintain his home! We are so proud of everything that Josh has managed to achieve with his team and look forward to watching him grow and progress further in the future.



Autumn Edition

AUTONOMY CARE NEWS

Appreciation post for our Registered Manager Sammy



Staff have said that Sammy always keeps information confidential and staff feel confident approaching Sammy when they have concerns or problems. Sammy always makes time for others, although she is always very busy herself. Sammy gets things sorted! You know that information discussed, will be actioned. When you ask her to complete something for you, it is always done either straight away or in a very short time scale. Sammy is friendly, supportive, approachable and always happy. Sammy always has time for the service users and will make conversation with them whenever we visit them. Sammy always has a smile on her face and approaches things in a positive manner. She is really supportive and always checks in with staff, even in the evening when she is at home and notices that an ABC or incident has been submitted, she will always check in with you to make sure you are okay. Sammy is so committed to her role, she arrives at the office early every morning and will always stay later if needed to ensure that things are in place and staff and service users are safe and happy. Sammy never receives half of the recognition she deserves and we all think she is absolutely amazing!

Thank you so much for being an outstanding Manager!

Autumn Edition



HARESFIELD NEWS

This month we say goodbye to two of our staff team. Jordan and Gemma are both leaving us after several years working at Haresfield.

Jordan joined us in October 2020 and quickly became a key member of the team. Jordan has developed over the past few years and has given his all to the young people, with the goal to giving them the best lives through his support. Jordan has supported the children to push the boundaries and develop their skills in a way they may not have managed without his knowledge. This has in turn, aided confidence within the staff team, and they have become a very confident and skilled team as a result.



Gemma joined Haresfield in May 2022, and this was her first venture into residential childcare. Gemma quickly settled into the team and her confidence grew. She was quick to show that she had a natural ability to support the children living at the home. Gemma has always been keen to help and support everyone and her caring nature makes her a very special person to all of the children.

Jordan and Gemma are relocating to Cornwall, where they are going to be starting a new life together. Both Jordan and Gemma will leave a hole at Haresfield, for both the children and the team. They will be missed by everyone, but we wish them all the best in their new venture and they will forever be a part of the Haresfield family, and are always welcome to visit for a coffee anytime.



Autumn Edition

THE WILLOWS NEWS



Jon is really interested in getting involved in a sponsored walk alongside his key worker Sarah. She has been contacting the Royal Hospital in Chelsea and is awaiting a response.

Keep your eyes peeled for more information on this, and let's all get together and support this fantastic cause.



Nikki Bannister - On 7th September marked 2 years in service!

CULTURAL FOODS FROM AROUND THE WORLD

Our home has been getting very involved in our 'Around the World Food Series' and we'd like to share just a few photos!

Can you guess which traditional dish is from which country?



9th November is Colin's 80th Birthday!





Autumn Edition

GOOD NEWS ONLY



The Willows celebrated Mikena's last day before going on maternity leave, with having a mini surprise baby shower! The Willows residents enjoyed celebrating and wishing Mikena best wishes before going off to have her baby.

Grazina at The Willows enjoyed going to the theatre to see 'Hello Dolly' with the support of Helen!



Well done to Innocent Atamah at The Oaks, who passed his UK practical driving test!



Paul Ellis, Jasmine Wilkes and Katey Allberry are all now certified Advantage Trainers and are in the process of providing training to Autonomy Care, as well as other services. Thank you to all of them for taking on the responsibility and opportunity to progress within their roles and provide training to others to help them progress also.

Hellos



Victoria Hollis

Assistant Manager at Haresfield



Katy Galliers

HR Assistant



Rita Monteiro

Support Worker at Weavers Lodge



Frankie Beaumont

Maintenance Manager



Tula Jackson

Support Worker at Weavers Lodge

Farewells

Rebecca Norton

Support Worker at Haresfield

Bethany Walker

Support Worker at The Oaks

Jordan Baker

Assistant Manager at Haresfield

Gemma Coleman

Support Worker at Haresfield

Phillip Shergold

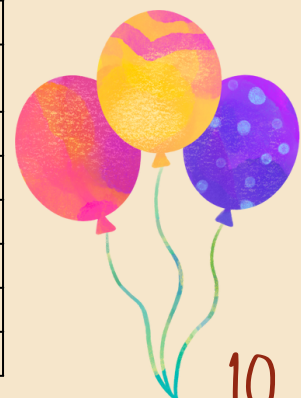
Maintenance Manager

Ciara Botham

HR Assistant

HAPPY BIRTHDAY

Sophie Clark	12 September	Autonomy Care Group Ltd
Jessica Taylor	19 September	Haresfield Autonomy Plus
Samantha Goodall	20 October	Haresfield Autonomy Plus
Connor Looker	24 November	Haresfield Autonomy Plus
Jerin George	22 October	Haresfield Autonomy Plus
Victoria Hollis	28 October	Haresfield Autonomy Plus
Charlotte Fry	11 October	Haresfield Autonomy Plus
Carol Mitchell	14 October	The Oaks
Valentin Adamache	19 October	The Oaks
Paul Abina	14 September	The Oaks
Pauline Caines	13 September	The Oaks
Temitope Omolewo	02 October	The Oaks
Farah Khan	16 September	The Oaks
Edward Utogbo	10 September	The Oaks
Precious Craig	03 October	The Oaks
Tapiwa Zimbeva	17 November	The Oaks
Magenta - Jayne Wilson	15 October	The Willows
Roseanne Davies	28 September	The Willows
Arthur Bligdon	15 October	The Willows
Saskia Morpus-Connery	20 November	The Willows
Kieren Wilson	15 September	The Willows
Paul Chester	29 September	The Willows
Cyrus Mungai	10 November	The Willows
Sharon Wheeler	18 October	The Willows
Nicola Bannister	07 September	The Willows
Jack Calvin	22 November	The Willows
Donna - Marie Eichmann	20 October	Weavers Lodge
Ramotallahi Sanni - Ramat	21 September	Weavers Lodge
Darryl Webb	29 October	Weavers Lodge
Wilma Nyaa	08 September	Weavers Lodge
Jessica Clark	02 September	Wiltshire - Autonomy Care
Katey Allberry	13 September	Wiltshire - Autonomy Care
Jemma Connor	30 November	Wiltshire - Autonomy Care
Karen Coles	05 September	Wiltshire - Autonomy Care
Jasmine Wilkes	08 September	Wiltshire - Autonomy Care
Lynn Cauldwell	22 September	Wiltshire - Autonomy Care
Katie Hunt	30 September	Wiltshire - Autonomy Care





WORLD'S BIGGEST COFFEE MORNING

MACMILLAN CANCER SUPPORT



2024

Service

Upcoming Events





The Willows

Saturday 28th September - Germany Day

Saturday 12th October - Italian Day

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





WORLD'S BIGGEST
**COFFEE
MORNING**

**MACMILLAN
CANCER SUPPORT**



MAKE, BAKE OR DONATE

FRIDAY 27TH SEPTEMBER

11AM ONWARDS



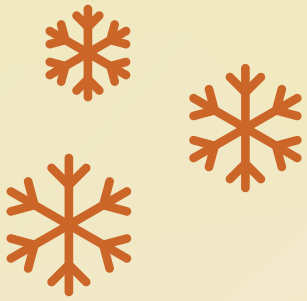
WE RAISED
£155
FOR CANCER SUPPORT!

Thank you

YOU ARE INVITED TO OUR MACMILLAN'S CAKE
MORNING! LET'S DO WHATEVER IT TAKES TO SUPPORT
PEOPLE LIVING WITH CANCER.



THE WILLOWS, 72 BOREHAM ROAD



The Oaks

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



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

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

WORLD'S BIGGEST
**COFFEE
MORNING**

**MACMILLAN
CANCER SUPPORT**



MAKE, BAKE OR DONATE

FRIDAY 27TH SEPTEMBER

9 AM - 1 PM



WE RAISED
£115
FOR CANCER SUPPORT!

Thank you

YOU ARE INVITED TO OUR MACMILLAN'S CAKE
MORNING! LET'S DO WHATEVER IT TAKES TO SUPPORT
PEOPLE LIVING WITH CANCER.



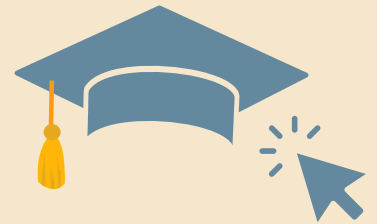
Autonomy Care, 53 High Street, Melksham

Autonomy Academy

Learn. Achieve. Care.



Find out more by
visiting our
website or clicking
the graduation hat
below



Whether you are just starting your career in care or have experience at management level your development is important to us, as soon as you join us you will be enrolled into the Autonomy Academy.

Induction

Our bespoke induction training will give you the understanding of who we are, what you will do and how to do it. Along side our friendly dedicated team who will continuously support you, your induction training will also consist of a combination of e-learning, shadowing, mentoring, peer support, and additional training around core skills. Training will focus on the people we support to ensure their care is person centred.

What is an apprenticeship?

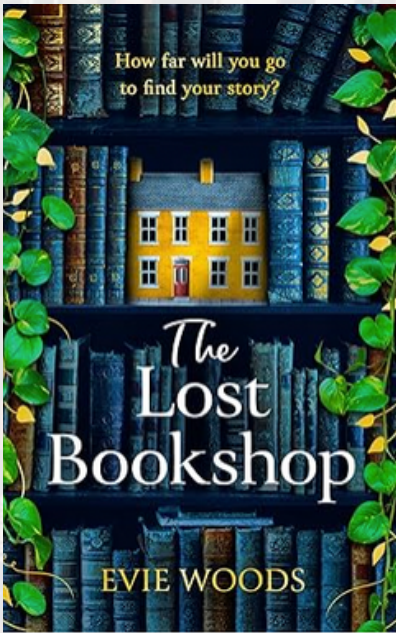
An apprenticeship is where you're employed to do a real job while studying for a formal qualification. By the end of your apprenticeship, you'll hopefully have gained the skills and knowledge needed to either succeed in your chosen career or progress onto the next apprenticeship level. Autonomy Academy follows an approved study programme, which means you'll gain a nationally-recognised qualification at the end of your apprenticeship.

Cosy Corner

“Grab a cuppa, let’s have a read...”



Want some advice on what to read next?



The Lost Bookshop

Evie Woods



The Honey Witch

Sydney J. Shields





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.

www.actionforhappiness.org

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



ACTION FOR HAPPINESS



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!



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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!



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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

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



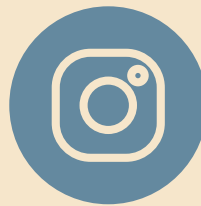
AutonomyTheWillows



AutonomyWeaversLodge



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 this Winter

25th November 2024

Information needs to be submitted by 5pm
Monday 18th November

Email jen@autonomygroup.net or speak to your Manager