

HFHC!

No 0022 • JANUARY 2017 • FREE!



MAKING WAVES... see back page for full story of Dan & Robyn's wonderful waterski adventures!



LET IT SNOW!

Festive Fun at HFHC's Christmas Party!



LAURA'S WORLD:

exclusive pictures from Laura's busy schedule with "a week in my life" special feature!



MONDAY
keeping fit...

ESSENTIAL EXERCISE Swimming is an important part of Laura's weekly activities to maintain and develop her mobility. Variety is important and other activities that Laura chooses include cycling and skating.

Laura shares a typical week with us and shows just some of what she gets up to through her Layered Activities programme...

a week in my life...

WEDNESDAY
taking the reins...



THERAPEUTIC ACTIVITIES Laura finds baking very therapeutic - it helps concentrate her mind and gives her a sense of achievement which is essential to her wellbeing. She likes eating the cakes too!

TUESDAY
busy in the kitchen...



GOAL ACHIEVEMENT Some time ago, Laura set herself the goal of learning to ride and is now able to ride off the lead rein - a great achievement and thanks to the brilliant encouragement and support from Laura's Core Team and the local riding school. A new goal is driving ponies in a carriage which she loves!



THURSDAY
new people, new places...

ACCESSING THE WIDER COMMUNITY Laura met a local community group through her Core Team and visits every other week. This group gives her the chance to meet new friends in the wider community, opening new possibilities for social interaction and developing her social skills.



FRIDAY
spending time with friends...



MICRO-COMMUNITY LIVING When not out & about in the wider community, Laura loves being part of The Old Vicarage Micro Community - her extended home. She joins friends for meals, plans activities or simply pops in for coffee. A great opportunity to socialise with many different people on a daily basis.



SATURDAY
ready to party...



SOCIAL ACTIVITIES Laura enjoys socialising and taking in the odd pub & club! She has a great time at the social events that HFHC organises and particularly enjoys the build up to the May Ball and the Summer BBQ where she is often first to arrive.



SUNDAY
learning skills for life...



LIFE SKILLS Staff encourage Laura to take responsibility for her things and keep her room tidy - or at least try to! Developing life skills and giving her a sense of personal pride is important to Laura and so her staff team support her to achieve this rather than her relying on them to do it for her.





ON THE WATER...

ROBYN & DAN ENJOY AN EXHILARATING NEW ACTIVITY!

Dan and Robyn from Vicarage Lodge had an exciting time as they joined the Sports Disability Waterskiing events in association with the BDW-SA (British Disabled Water Skiing Association) at Covenham Reservoir. They were supported onto a three-man raft that was towed around the reservoir. Dan & Robyn were laughing and smiling throughout and enjoyed the feel of the water spray on their faces as well as the breeze. It was a really intensive activity which offered plenty of sensory stimulation as well as fun! At first the captain started at a steady speed, but as Robyn & Dan showed their enjoyment he released the throttle and they began to zip along the water. Dan & Robyn especially enjoyed seeing their support staff getting soaked!



IT'S SNOW FUN...

...AT HFHC's CHRISTMAS PARTY!

The annual Christmas celebrations at Home From Home Care were extra-wintery this year with the popular addition of a snow machine. Caroline Wood, Registered Manager at The Old Vicarage, reports: "The Old Vicarage hosted this year's HFHC Christmas Party at Stallingsborough Village Hall and we welcomed residents and staff from across all the homes. It was wonderful to see so many fantastically colourful jumpers and costumes, as well as everyone getting into the Christmas spirit taking festive selfies. The snow machine was a huge hit - as well as being a lot of fun, the snow added a great sensory experience to the celebrations". Parties such as this are a great opportunity for individuals to come together and socialise in different groups. HFHC events are held every month, with each one hosted by a different home.



PICTURED ABOVE: Santa presents Alison with her special award for winning the annual HFHC Christmas Card Design competition with her fantastic entry, left.