

HFHC!

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EXCLUSIVE:
pictures from
HFHC's winter
celebrations
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MY VOICE, MY CHOICE

special HFHC social interaction edition
see centre pages



Supporting social interaction and inclusion for everyone...

MY voice, MY choice

Included, not excluded! Building relationships and being social is something we all look for throughout our lives. We all need friends, family, social groups – giving us a sense of belonging, being appreciated and respected.

At HFHC we support individuals with complex needs to achieve this social interaction – on their terms - enabling them to live the 'ordinary' life which most of us take for granted. For us, it is an essential part of supporting individuals to achieve meaningful outcomes which enhance their quality of life.



Mark and Ann Marie took great pleasure decorating the Christmas tree together. Although their needs and communication skills are very different, they enjoyed the shared experience of decorating the tree together and posing for a photo when completed.

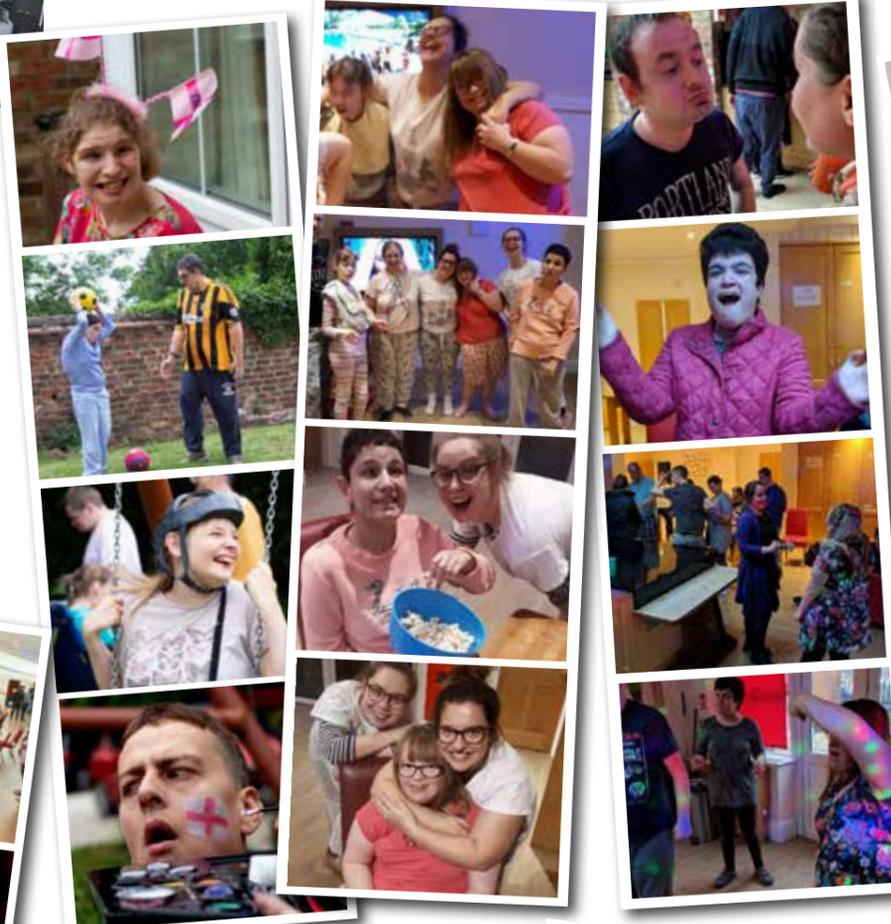
PARTIES & SOCIAL EVENTS

We all like to be invited & included in things, and enjoy feeling part of something – or at least having the option to choose to decline for ourselves. And this is the same for each individual we support. At HFHC, we hold annual events where everyone is invited and supported to attend, if they choose. Those who don't like spending time amongst the crowds may choose to arrive earlier or later to enjoy the event in a way which best suits them. There are also numerous smaller parties, events & celebrations in the homes.



TRIPS & HOLIDAYS

A short break or holiday is something we all look forward to; whether it's to explore a particular interest, or to simply enjoy a break from the day to day routine. It might be to visit a Castle in Scotland for a day, to spend a week at the seaside with friends, to join in a family holiday, or take a trip to a theme park – individuals are supported in planning and preparing for trips and holidays that are meaningful for them.



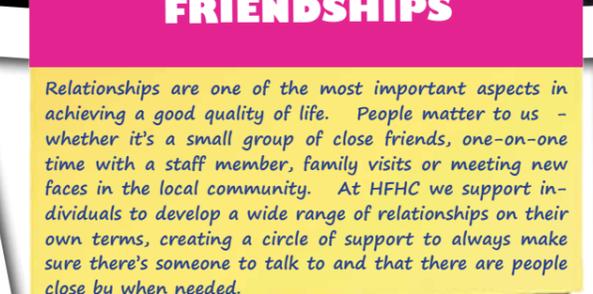
DAY OPPORTUNITIES

Not all our friends have the same interests as us. HFHC's Day Opportunities team regularly host events and activities that individuals from across HFHC may access. This environment helps the individuals we support to meet new people who have similar interests, to try something different or to learn something new. Individuals are involved sharing ideas to develop new activities, which has led to a wide-ranging programme including music, Zumba, wood-work, gardening, football and even fishing!



FRIENDSHIPS

Relationships are one of the most important aspects in achieving a good quality of life. People matter to us – whether it's a small group of close friends, one-on-one time with a staff member, family visits or meeting new faces in the local community. At HFHC we support individuals to develop a wide range of relationships on their own terms, creating a circle of support to always make sure there's someone to talk to and that there are people close by when needed.





FEELING FESTIVE...

ENJOYING THE CELEBRATIONS AT HFHC's CHRISTMAS PARTY!

Over 50 individuals gathered for an evening of festive fun at Home From Home Care's Christmas party. Two huge Christmas trees created a spectacular backdrop, displaying a range of decorations made by individuals, and tables decked out with festive place settings. Disco music and lights provided a stimulating sensory experience, with lots of dancing and laughing with friends and staff on the dance floor. A delicious buffet was followed by a magical visit from Santa. This seasonal celebration offers a great opportunity for individuals to catch up and have fun with friends from across HFHC.



FRIGHT NIGHT...

...AT HFHC's HALLOWEEN PARTY!

HFHC's annual Halloween Ball was a spooky-tacular night, with friends joining together to celebrate.

Individuals played an integral role in putting the event together, from party planning to decoration design. In Day Opportunities sessions, individuals had plenty of hands-on sensory fun creating decorations, pumpkin carving and costume making. The venue was transformed into a magical setting, with individuals and staff dressed to scare.

Events such as Halloween are important activities in the social calendar, with the emphasis always being on inclusion. Having a quieter time before the main party gets underway for people to access the event alone on their own terms and a quiet 'break out room' during the party, ensures everyone is included. Small things like these can make a big difference to those attending and makes the event enjoyable for everyone.



SKI CHALLENGE...

...STEVEN'S AMAZING 10K!

This year Steven has been working hard to make healthier choices, adopting a new diet and exercise regime, and becoming a regular at his local gym. His enjoyment of exercise sparked the idea of signing up for a challenge – 'skiing' 10k on a virtual ski machine in a bid to raise money for the British Heart Foundation.

On the day of the challenge Steven paced himself well and made good time, completing the distance in an impressive 1 hour and 15 minutes. The challenge was not only a great feat for Steven, it also helped him to raise over £300 for the charity – a fantastic achievement!

