

HFHC!

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CELEBRATING AMAZING ACHIEVEMENTS!

EXCLUSIVE PICTURES: OUR FANTASTIC HFHC SUMMER FAIR!



Supporting & celebrating some amazing personal achievements

See what *I* can do...



We support each individual to achieve their goals, however large or small - on their own terms. This varies - for some it may be small steps towards independence through developing 'ordinary life' skills such as room care, cooking and shopping in their local community. For others it

may be realising their ambition to see a favourite band in concert, to go on a holiday or to try a new skill. We continuously review evolving needs & personal aspirations so individuals are encouraged to take the steps towards achieving their full potential!



IN MY COMMUNITY

Living life as part of the local community is a key focus. We support individuals to develop confidence in accessing their local environment, from having a haircut, joining a local church to worship or simply visiting the local café or pub. Always building on outcomes, this may mean progressing from remote local walks to busier environments such as wildlife parks and shopping centres. Engaging in inclusive activities and holidays in unfamiliar environments can be a great personal achievement with fantastic outcomes; for example, spending a whole week on an activity holiday, enjoying new adventures such as a treetop high ropes challenge.



LIFELONG LEARNING

We encourage individuals to progress in their personal development. Learning new skills at all levels through both formal and informal training has included: gaining HFHC First Aid certification following sessions learning basic first response; taking part in a photography skills session; and kitchen & cookery training with Chef Darren.



MOVING ON

When an individual is ready for the next stage in their journey, we identify how to make this happen and celebrate their achievement. Continuously reviewing and understanding evolving needs means we adapt or find the right setting to encourage independence and enhance a sense of self-worth and fulfilment. This may be moving home as a next step in their social integration; transitioning from a larger home environment to a mews cottage/apartment as independence develops; moving into our supported living service; or moving into another service.

A SOCIAL LIFE

Building confidence to access and share communal and social spaces with others is a significant achievement, especially for those individuals who find this challenging. For some, our low intensity sessions (at HFHC events or Activity Hub sessions) gives the chance to build social skills in a less stimulating setting.

We regularly create opportunities for individuals to socialise and try new experiences and activities, knowing that friendships can be formed from a shared interest, such as country walks, a love of theme parks or enjoying the same sports.



'ORDINARY' LIFE SKILLS

We enable each person to live an 'ordinary life' on their own terms. Supporting individuals to enjoy the freedom and autonomy of doing everyday things has a powerful effect on their wellbeing - both mental and physical. Whether it's popping to the shops, cooking lunch for friends or simply loading the dishwasher, we support the individuals in our care to achieve their own 'ordinary life' goals.





SUMMER SPECTACULAR HFHC'S ANNUAL CELEBRATION

Despite the unwelcome guest of storm Antoni - this did not dampen anyone's spirits for this year's biggest and best Summer Fair ever! With the support from local businesses providing food, tractors, animals, raffle prizes and a visit (planned) from the fire & rescue team with a fire engine, there was something for everyone.

It was inspiring to see so many individuals we support, colleagues and families coming together to enjoy themselves in such a wonderfully inclusive community setting. Such a memorable day for all and we give big thanks to our incredible ONE TEAM for making the event happen and enabling so many incredible outcomes for the individuals we support.



MARVELLOUS MAY BALL!

Individuals we support and their families came together for a royally rewarding event as we joined the nation in celebrating the Coronation of King Charles. With a larger venue and a dedicated low intensity session, this was our most inclusive event ever.

We had animals from snakes and snails, to foxes and owls, plus a new activity hub sensory area. The HFHC band played a fantastic set with individuals also getting up to sing and there was a great photo prop area for everyone to take a photo keepsake for the occasion. A party fit for a king!



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