

Rossendale Trust



A newsletter from Rossendale Trust

Rossendale Tales



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April 2023



Celebrations in WorkTaste

-More details inside

Dignity in Supported Living

-More details inside

Charlotte excels in Oakwood

-More details inside



The Rossendale Trust



Hello, and welcome to our April newsletter.

It seems like a long time since our last Newsletter; there is a lot for you all to catch up on as it's been a very busy time at Rossendale. You will see in this edition that many celebrations have been taking place, from our first Dignity Action Day since before the pandemic to celebrating milestone birthdays for our award winning WorkTaste service to celebrating Marlene's 80th birthday earlier this year.

We also have lots of news to tell you about some fundraising events which have taken place and ones which are still to come. These wonderful fundraising events show people going above and beyond their comfort zones to raise money for our charity which is just astonishing, I don't know how they do it, but it demonstrates the passion people have in ensuring our valuable services can continue to run for the lovely people we support every day at Rossendale.

As usual there are some real success stories from our Oakwood and WorkTaste services, plus lots more. Enjoy reading and I hope you can all help to make our 50th anniversary year a very special one. Thank you as always for your support and take care!

-Andrea Wright - Registered Manager & Head of Supported Living

Dignity Action Day



On 1st February we took part in the annual Dignity Action Day. Dignity Action Day aims to ensure people who use care services are treated as individuals and are given choice, control and a sense of purpose in their daily lives.



This year was the first time since the pandemic that we could invite everyone from around the Trust to come together and mark the occasion. It was clear that everyone who attended enjoyed catching up with friends, sharing a brew and of course cake! We were treated to a beautiful selection of cupcakes, kindly made by Louise Browns Bakes.

The day centered around the Trust's new values which were agreed upon at the end of 2022 after consultations with tenants and staff. These new values are at the very heart of everything we do at Rossendale.

The values are as follows;

Warm – The Trust is a homely environment where everyone feels welcome and well supported. (chosen by our tenants)

Respectful – We respect and appreciate others for their Individual beliefs, passions, goals, and choices whilst embracing person centred care. (chosen by our staff)

Inclusive – The Trust provides an inclusive environment where people of all backgrounds can come together and feel valued. (jointly chosen by staff and tenants)

During the day everyone was asked what these values meant to them and they were encouraged and supported to record their thoughts.

We then planted our own 'Digni-Tree' in the grounds of Rossendale Hall. Our values have been carved into logs which will surround the tree as a reminder to everyone who visits the Trust.

Zoe Williams, Family Liaison Officer at the Trust said "It was a wonderful afternoon and lovely to see so many tenants together again to celebrate a special day."



Welcome to Edendale



It is now time to replace "Harolds Cabin". We have used this cabin as an operational hub for a number of years.

It is a place for our day service users to meet before going out on trips and for the horticulture groups to make a brew and have their lunch. The cabin has served it's purpose but sadly is at the end of it's days. The roof leaks and the floor has gone in places. We are planning to replace it with a slightly larger insulated garden room. It will incorporate a separate but linked building as a "**changing places**" style toilet with a ceiling hoist.

We also plan to rejuvenate the area around and including the pond which has become over-grown with perennial weeds.

Once the remedial work has been completed by external contractors with a mechanical digger the pond area will be re planted according to a seasonal planting scheme as advised by Scotwood Nurseries, Swanscoe, Macclesfield.

There will be plenty of opportunities for volunteers throughout the year and we look forward to welcoming community involvement with this project which is now known as the Edendale project.

Not so

pint sized partner

We are delighted to have been chosen as the charity partner for this year's Macc Beer Fest. Money raised from the event will be very generously donated to the Trust and will help us to fulfil the plans we have for the Edendale project.

The event will run over the weekend of **12 - 13th May 2023** and will include a family fun day on the Saturday afternoon with a vintage market and fun and games for all the family. This is always a popular event and the weekend promises to be full of beer, bands and food stalls.

Tickets are now available now at
www.macclesfieldbeerfestival.org

**MACC
BEER
FEST**

The Edendale
Project's JustGiving
Page



Lion King for Cara - Manchester

The day had finally arrived for Cara to go and watch The Lion King Musical. Tickets were booked back in May 2022 originally for a December show, but this was then rescheduled for March 2023. Cara and Alex got the train to Manchester and enjoyed some lunch at Pizza Express before making their way to The Palace Theatre.

Cara absolutely loved the show - the wait was worth it! Alex said how nice it was to spend the day with Cara and agreed that the show was fantastic.



Brave WorkTaste Coach teams up to take the plunge



On Sunday 5th March, WorkTaste coach Sarah literally took the plunge for the Trust. Sarah, her husband Richard, daughter Jennifer and two friends Nathan and Maxwell Taylor all took part in a skydive.

Freefalling from 15,000 ft over the beautiful Lake District and reaching speeds of about 120mph, Sarah said she didn't really have time to take in the view!!!

Sarah and the team has already raised over £1300 for the Trust. A huge thank you to everyone involved for this amazing support. You can still donate to their fundraising page here -

<https://www.justgiving.com/fundraising/sarah-burke23>

Happy Birthday WorkTaste & updates...

Way, way back in 2013 following a visit to Derwen College by our then Head of Care, and Family Liaison Officer, the idea of WorkTaste was born and the Rossendale Trust added a new department, WorkTaste.



It was set up to give our tenants a taste of the world of work. The project was only established after a successful fundraising campaign and the support of funders and donors remain critical to its success today.

The very first placement set up for Nick was at Broadstock Office Furniture. As a result of the structured approach and dedication of the whole team, Nick managed to maintain a full year of attendance! This placement was to continue for as long as Nick wished to attend, and his prized possessions were his clocking in cards and his uniform.

From that first placement, WorkTaste approached more and more local businesses to join them on their new quest, and as a result of some very supportive employers and fantastic collaborations WorkTaste has grown to where it is today.

We currently have 22 of our tenants in placements including Arighi Bianchi's, Moss Head Kennels, Bear Grills, The Gawsworth Hub to

name but a few. We even host our own placements at the Hall. We supply Job Coaches to local colleges where we support students on a 39 week Supported Internship program. We currently support 10 learners on a reduced support program which aims to lead them to paid work and we have 70% success rate! WorkTaste also support 5 external clients in a PA role and we encourage them to work as part of their support.

WorkTaste continues to grow and grow and we plan to provide even more support for people with physical and learning disabilities for many years to come.

Happy Birthday WorkTaste!

Lisa Bracewell - **The Guild for Lifelong Learning**



Lisa started her WorkTaste placement at the Guild for Lifelong learning, based in Wilmslow, in October 2022 as an assistant in the community cafe. She was initially quite anxious and shy but she was made to feel welcome by the staff there. As she got used to her tasks and with the support of her WorkTaste coach and colleagues, we saw Lisa's confidence improve and she has really enjoyed her time at

work.

Following a meeting with WorkTaste and the Guild, we explored the possibility of some e learning to develop Lisa's skills and knowledge in the workplace. Lisa was enrolled onto the Essentials of Food Hygiene course, and we spent the next few weeks completing the modules. Lisa was fully engaged in the learning and concentrated well. She has good listening skills and was able to recall the answers to the questions from what she had learned in the sessions. Lisa achieved her certificate and her confidence increased even further.

After a couple of weeks putting her new skills and learning into practice, Lisa enrolled for the Level 1 Certificate in Food Hygiene. Again, Lisa listened well to the learning modules and was able to answer the test questions at the end. She achieved her Level 1 qualification and was really proud to receive her certificate.

The working partnership between WorkTaste and the Guild has proved that with the right support and encouragement our WorkTasters are enabled to achieve their work potential and develop their social and work life skills to great effect.

Congratulations to Lisa and thank you to the team at the Guild for their continuing support of our WorkTaste placements.

Julia McCoy - WorkTaste

Helen Martin – Moss Head Kennels



Julie Barnes, WorkTaste Coach last worked at Moss Head Kennels in 1989. Back then, Manager Louise was on a YTS placement and Julie was her Placement Officer. So fast forward 34 years and Julie is now back there supporting Rossendale tenant, Helen on a WorkTaste placement.

Helen's placement is for one afternoon a week. She cleans out and sanitises the kennels and dog beds and gets them ready for the next canine occupant. She also exercises the dogs who are boarding there, and this is something she really enjoys. Helen communicates with her line manager, Louise, to ask which dogs need walking and in what order. She takes them walking all around the exercise field either on or off lead and then gives them a treat when she has safely taken them back inside their kennel.

Louise is very supportive of Helen and explains "It is lovely to see Helen and Julie each week and the dogs look forward to their walks and treats. Helen and Julie are great to have here on the WorkTaste programme and I really enjoy working with them."

Helen told us "I love going to the kennels and I especially like taking the dogs walking and giving them a treat afterwards".

We would like to thank Louise for giving Helen the opportunity not only to gain practical work experience but also for offering her such a positive and supportive placement at Moss Head.

Julie Barnes-WorkTaste

Ben Hayes – Gawsworth Community Hub



The Gawsworth Community Hub first opened in March 2011 and has proved to be a popular asset within the village. In October 2021 a café was added to the Hub. Since then, it has grown in popularity which is staffed mainly by volunteers.

Ben Hayes was offered a WorkTaste placement at Gawsworth Community Hub and attended a meet and greet session, where he met manager Janet Keates, he started his placement a week later on 30th November 2022. Ben is now in his thirteenth week at The Hub and Janet is very pleased with Ben's progress. She said "Ben has settled in well, is punctual, always dressed appropriately and is liked by customers and staff. He copes very well with the variety of tasks in the café and shop which include placing stock in the outside store, emptying the dishwasher, clearing and wiping tables and packing sweets". Ben takes everything in his stride and copes well when the café is busy.

When putting stock away in the outside store Ben checks the dates and does stock rotation. He is very particular and places items with their labels facing the correct way. The use of Makaton and picture cards by myself and Janet has been a big help in communicating with Ben.

It is a pleasure to work with Ben. He is happy with his placement and is keen to continue.

Philip Hanford-WorkTaste

Nick's 60th at Bar 27

Nick has been a football fan since childhood and has spent many Saturday afternoons watching Macclesfield Town, even working as part of the grounds team for many years.



When it came time to think about how Nick wanted to celebrate his upcoming 60th birthday he said he would like to go for a meal with his family; it was decided that Bar 27 at Macclesfield Football Club would be the perfect venue.

Overlooking the pitch Nick enjoyed his meal and celebratory pint with his family before returning to his apartment for cake and further celebrations with his friends.

Going the extra mile for Rossendale Trust

The next few months are an exceptionally busy time for our Rossendale Runners as we see the return of The London Marathon to it's traditional slot in April (23rd) and we welcome a new event to our fundraising calendar, as we support runners at the London Landmarks Half Marathon.

Another strong and dedicated team will take on this year's London Marathon. Not many of us would choose to run 26.2 miles, so in case you were wondering why, we sat down with our runners and asked exactly that question!

Toby Eyre



20 years you've been running for the Trust, that's an amazing achievement, why do you keep coming back to support us?

I was involved with the Trust long before running, I used to go with the cubs and scouts helping out with the gardening. I guess Rossendale was part of my village life and when I decided 20 years ago to run The London Marathon for the first time there was

only one place I wanted to do it for. For me it's about giving something back and hopefully making a difference.

Having taken part in so many London Marathons, what is your favourite memory from across the years?

I have lots but the one that will stick with me was when I was dressed as Evel Knievel and I came across a blind runner with his guide. That runner was PC Rathband (the policeman who was shot and blinded by Raoul Moat) the guide was explaining my outfit to him and he was smiling. Unfortunately he took his own life a few months later. For me it was very humbling to share a few moments with him and be able to make him smile, I will always remember that.

You are known for your costumes, any ideas what you will be wearing at this year's race?

Well, this year it is on St George's day so maybe something along that theme...but you never know and neither do I until about a week beforehand.

Do you think you'll still be running marathons in another 20 years???

If my body allows it why the heck not. To be fair I never thought I'd do another after the first time and here we are 20 years later and still at it...as James Bond would say 'never say never again' !!!

On a personal note I would like to thank each and every person who supports me be it sponsorship or words and messages of encouragement..

I couldn't do it without you...
THANK YOU.

Robert Kenyon



What has inspired you to take part in the London Marathon?

I was inspired to do the London Marathon after supporting Anthea, my wife with her training to run the 2022 London Marathon and then joining the Rossendale Team on the day - the atmosphere and support was simply amazing!

Has Anthea been giving you lots of advice?

It's been Anthea's turn to support me this time, keeping me company with our two huskies during some of my runs, she's also been sharing her experience of running last year and giving me advice on how to prepare for the big day!

Support our London Marathon runners by donating below:

[justgiving.com/
campaign/london-
marathon-23](https://justgiving.com/campaign/london-marathon-23)



Will this be your first marathon?

This will be the first time I've taken on a full Marathon, I'm hoping all of the the training in the sleet and rain will pay-off.

Why have you chosen to run for the Trust?

I've chosen to run for the Trust because of the amazing work that it does, everyone involved in the Trust works tirelessly to provide a caring and safe environment for the residents. I find it hugely inspiring and will be looking for further ways to be involved in supporting Rossendale in the future.

What's the first thing you going to do you cross the finish line?

When I cross the finish line the first thing I'll do is make my way to the meeting point to meet the rest of the team, the second thing will be to go for a well-earned beer with them!

Nigel Wright



London is just one of many runs for you this year, tell us about your plans for running in 2023?

I am running 7 marathons in 7 months including The Berlin Half Marathon, London Marathon, St Cuthberts Ultra Marathon, Great North Run, Berlin (again) Munich, and Athens with other smaller rac-

es in between. I am exhausted just thinking about it!!

So, this will be your first time at London, what are you most looking forward to it?

Definitely the atmosphere.

Have any tenants given you advice for race day?

One tenant has told me to "run fast"

What's the first thing you are going to do when you cross the finish line?

I will be heading straight to the nearest bar for a beer!!

London Landmarks Half – a first for the Trust

We are delighted to be involved in this year's London Landmarks Half Marathon (LLHM), taking place on Sunday 2nd April. The route takes runners past iconic landmarks and they are treated to lots of entertainment and plenty of support along the 13.1 mile course.

Lucie Bevan



For the first time ever the organisers of LLHM had decided to allow

wheelchair participants in 2023 and we just knew that one of our tenants in particular would love to take part. Regular readers of Ros-senTales will be aware of Lucie Bevan, a tenant at the Trust, who has taken part in a number of 10k races in the past. Lucie loves to be outdoors and loves to experience the thrill of race day with the crowds cheering, the music playing and all the sensory experiences that come from being pushed along the route.

With the support of Lucie's family, we are delighted to be able to support Lucie at this year's event. Lucie will be the first tenant at the Trust to ever complete a half marathon. Lucie will be supported by Operations Manager David Clifford and PR and Fundraising Officer, Susanne Tidswell. The trio have been in training for the big day and a few weeks back took part in an organised 10k race. David has supported Lucie in her previous races but this was the first time Susanne had run while pushing Lucie, "I have had to adjust my style of running to participate with Lucie and I'm not sure how I will be feeling after 13.1 miles!! Lucie thoroughly enjoys our training runs and smiles all the way round. I cannot wait to be part of Lucie's team in London, it's going to be a very memorable day for us all."

Money raised is going to help us to transform our horticulture cabin and pond area here at Rossendale Hall (see p4 for more details).

Support our London Landmarks Half Marathon by donating below:

[justgiving.com/
campaign/
LLHM2023](https://justgiving.com/campaign/LLHM2023)

Continued on the next page...



London Landmarks Half – *Continued*

Judy & Fiona

Mother and daughter duo Judy and Fiona will be supporting each other around LLHM and they know first hand what a difference the Trust makes to the people we support as Judy's son and Fiona's brother, Stevie is a tenant here.

Judy explains " Why at 74 am I running the London Half Marathon? My arm was twisted up my back and feet tied together by my oldest daughter Fiona who wanted me to accompany her and the Rossendale Trust has got to be the charity that I support. I must give back what has been given to me over a long period of time.

"From the age of 24 my son, Stevie has been supported and cared for by the Trust, having the privilege of occupying his own apartment at Canalside. This was a major step towards independent living. Stevie also takes part in WorkTaste. This project has been the making of Stevie. He undertakes two rounds – one in Henbury and the other in Bollington, delivering the Local People magazine. He is immensely proud of his job and the satisfaction he feels. I will continue to support this indispensable project, I can't think of any other reason why the Rossendale Trust should not be my chosen charity."

Fiona has been sponsored by Sylk Flooring, Macclesfield, thank you to everyone there for their support. Judy and Fiona are fundraising for WorkTaste.

Catherine Mitchell

Tells us why she chose to run for Rossendale

"When a place in LLHM became available with the Trust, it seemed a great opportunity to celebrate a key milestone birthday by running in London again and raise money for the trust. My sister lives in Langley and so we have seen the work the trust does, my kids have been to summer fetes there and so to raise money for a local cause feels an ideal opportunity to give a little back."

Support our London Landmarks Half Marathon & 10k runners by donating below:

[justgiving.com/
campaign/
LLHM2023](https://www.justgiving.com/campaign/LLHM2023)

For Judith

We were all saddened by the sudden passing of our dear colleague Judith Dodd in 2022. We have recently been in touch with one of Judith's granddaughters Molly who has decided to complete a 10k run in memory of her.

Molly is already training hard running 3km every day and her intention is to gather with friends and family and run 10k

in May of this year. Molly is fundraising for the Trust and here she explains why.

"I am raising money for the trust on behalf of my Nan Judith as I know how much her job meant to her when she was here and how much she would love to give back to everyone there. The least I can do is set up something like this to thank you all on her behalf and also on behalf of everyone that the Trust helps each day. My Nan had nothing but positive feedback on her job and it really was a key part in her life."

Molly is happy for people to go along and support her on run day and we will share further details with you all once available. In the meantime, you can support Molly by donating to her fundraising page - www.gofundme.com/f/rossendale-trust

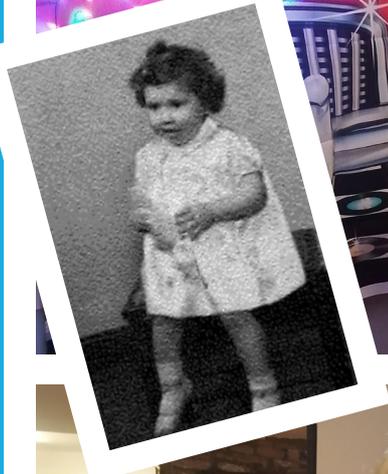


Congrats' Marlene

Marlene Nield has been a tenant at the Trust for over 40 years and it was a real pleasure for staff and friends at the Trust to help her celebrate her 80th Birthday earlier this year.

Marlene loves her music and theatre so it was only right that she had a music themed party. She enjoyed an afternoon tea with friends and a beautiful theatrical looking Birthday cake.

Marlene's support workers found this photo of her as a young child recently and wanted to share this along with pictures from her 80th celebrations.



Cheers!

Our first fundraising event hosted by Emily Wilson at La Dulce Vendima, Church Street, Macclesfield was a great success. The intimate atmosphere created in this venue was enjoyed by eighteen guests. Emily took our palates on a journey through different countries, tasting a selection of white, red and rose wines - not normally available on the high street. Accompanied by a tasty platter of cheese and meats our guests were certainly interested in coming again. Thank you to everyone who came - we raised £550 including proceeds from a raffle. Thank You.

Oakwood - updates



Oakwood Manager Jason Blythe caught up with Paul McCandless who has recently partnered with the Trust in a project to grow more trees for the local area.

Hi Paul, what is it that you are doing at the Trust?"

Paul "We are growing trees from seeds we've collected in the local area. We are trying to combat climate change and benefit wildlife. The Trust's back garden is one of our main growing sites. We have 4 others and a number of people growing trees in their own back gardens."

What happens to the trees once they have grown?"

"Most will go out to local rewilding projects when they reach about 2ft tall. We are also growing some to be planted in more urban areas like streets, parks and gardens. These tend to be smaller, prettier and non-native. These will be grown for several years until they reach 6ft plus. We've been growing trees for about a year now and we have around 300 ready to go out this planting season.

They were all snapped up straight away though. It is clear that there is quite a big demand. We have a map on our Facebook page actually, that marks where they've all ended up.

This time next year, we are hoping to have several thousand ready to go to forever homes. I suspect that there will be an increased demand from companies wanting to have trees planted to try and offset emissions, so, we need to crack on and get growing them. It's all dependent on volunteer numbers though. The more helpers we have, the more trees we can get in the ground. At the moment there are not many of us. Hopefully, people will read your article, turn off love island, put their gardening gloves on and come along and help save the planet."

What will the environmental impact be?"

"A fully grown oak tree for example might suck up 1 tonne of Co2 by its 40th birthday. It can provide food and shelter for a large number of insect and bird species, not to mention squirrels and mice. You've got a few oaks in your back yard. We collected and planted around 3 thousand acorns from them in November. By December they'd all been scooped!! Hopefully, we can get a bit of funding to construct some mouse meshed growing frames for next time. If so, there's potential there for 3000 tonnes of CO2 to be removed from the air around Macc in the coming years. That would just be from 1 year's crop of Rossendale acorns - assuming all the trees were

planted in the right places and made it to 40. Just a few acorns and a bit of volunteer power could really make a difference I think. Obviously, the mice wouldn't be happy."

Oakwood in tune

Oakwood has recently started a new activity, Musical Theatre. In the musical theatre sessions, the groups sing, dance and act their way through famous musicals such as Grease, The Greatest Showman and Joseph. At each session, the group play drama games, learn scripts from famous scenes and get active with a dance routine. There are also lots of opportunities to perform to the rest of the group!

Sarah, our session lead said "The musical theatre session is a fusion of acting singing and dancing, the activity formed from a natural development of the drama session we were already running. The group loved to sing, dance and act to musicals so as a group, we decided to split the two and have a session based purely on that, it's been great that the group have led the direction of the activity."

Stacey, who has been attending the sessions said "It's top dollar, top of the world, everyone has got great voices and we all get on so well".

Adam, another member of the group said "I like that there are more and more people in the group and everyone is really nice".

Charlotte onboard



Charlotte Rayner recently passed her care worker apprenticeship and has taken on a permanent role at the Trust with Oakwood, whilst also working on the Supported Living side as bank staff.

Charlotte was nominated for Care Worker Apprentice of the year by her tutor from Macclesfield College and attended an awards night at the College. We are delighted to say that Charlotte won the award. We are all very proud of Charlotte and look forward to working with her to progress her career even further!



Celebration of 50 years of the Rossendale Trust

Garden Party with Live Music
13th July 2023 - 1pm - 5pm



Afternoon Tea available £10 per person

Pre order now at

www.rossendaletrust.org/events

Rossendale Hall, Sutton, Macclesfield. SK11 0HR

Reg. charity no. 1146771

Egg-tremely grateful

Rossendale were egg-stra egg-cited to receive an egg-ceptionally large chocolate donation.

Our tenants will enjoy plenty of chocolate over the Easter break. Thank you very much for this kind donation.



Rossendale Trust

50
YEARS

ANNIVERSARY

*“Help us
celebrate
50 years
of the Trust”*

Ladies Lunch

May 4th 2023 - Mottram Hall, Wilmslow Rd, Macclesfield.

Golden Ball

June 17th 2023 - Macclesfield Town Hall.

50th Anniversary Celebration

July 13th 2023 - Rossendale Hall, Hollin Lane, Sutton.

Annual Fete

August 6th 2023 - Rossendale Hall, Hollin Lane, Sutton, Macclesfield.

Golden Golf Day

September 16th 2023 - Marton Meadows, Marton.

Fashion Show & Christmas Market

November 2nd 2023 - Astra Zeneca, Charter Way Macclesfield.



Scan here to find out more or visit
www.rossendaletrust.org/events
for further details and to book tickets.

Reg. charity no. 1146771

A fond farewell to Judy Edge - we ALL wish you a very happy retirement



From left to right - Judy Edge (Operations Manager) and Marie Allan-Gray (Senior Operations Manager)



Judy joined the Trust in March 2013 as Operation Manager at Canalside view. 10 years later Judy has decided to retire to spend time with her family and friends.

Judy worked for CEC for years in day services taking the lead in Person Centred Planning. We were lucky enough for her to settle here at the Trust where she maintained and built amazing relationships with the staff and tenants at Canalside and around the Trust. Judy became involved in Tenants forums, parties, staff training, Dignity Day as well as so much more.

Everyone at the Trust wishes Judy a long and happy retirement!



The Rossendale Trust

We are looking for

Support Workers & Senior Support Workers

to join our award winning team!



PRINCESS ROYAL
TRAINING AWARD
2022



Call 07521 257804 or visit www.rossendaletrust.org/work-for-us to find out more

This month's Fantastic 5 lottery has been drawn. It's a great way of supporting the Trust.

The lucky winners - your cheques are on their way!

If you would like a chance to win one of 5 fantastic

cash prizes - you can sign up by visiting

www.rossendaletrust.org/fantastic-5-sign-up-page/



The Rossendale Trust



Supported Living



Oakwood



WorkTaste

RossenTales Online is published by The Rossendale Trust. If you have any comments about the newsletter please get in touch. Write to Karl Downing at the address (right) or email karl.downing@rossendaletrust.org

VISION

To create an environment in which people can develop and grow, enabling them to have ownership of their own lives and futures.

MISSION

To meet the needs of people in our care by supporting them to live a full and meaningful life.

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