

April 2024



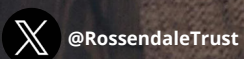
A newsletter from Rossendale Trust

RossenTales



**Casino
Royale Ball**
June 8th 2024
- See inside
for details

Packed with great news from around the Trust



www.rossendaletrust.org



Hello and welcome to our April newsletter.

Here we are in April and Spring is starting to appear with lighter nights and some brighter days and amidst all the rain I am sure I can see sunshine on the horizon!!!

I am delighted to bring you many more stories from around the Trust. Every time I read another issue, I am taken aback by how much everyone has achieved and the breadth of activities that are taking place every day.

You will recall that back in 2022 we rewrote our core values and all agreed on Warm, Respectful and Inclusive. When I read the stories in this edition of RossenTales I am bursting with pride to see how these values are displayed in every aspect of the work we do here.

I really hope you enjoy catching up on all the latest news from Supported Living, Oakwood and Work-Taste. There's also plenty of news to catch up on from our fundraising team and don't forget tickets are now on sale for our Casino Royale Summer Ball, a perfect opportunity for you to support the Trust!

-Andrea Wright - Registered Manager & Head of Supported Living



Suzy enjoying spring in the Peak District - fancy a challenge see page 13.



Farewell to Ray

Raymond lived with The Rossendale Trust for many years. He lived first at Cavendale, before moving to the Paddock in 2010 with some of his friends. During his time at the Trust, Raymond has enjoyed many holidays & days trips out supported by staff.

Raymond sadly passed away on Sunday 3rd March 2024. Raymond was a character with a great sense of humour. He will be remembered for his love of animals, especially giraffes and will be missed immensely by all the tenants and staff.

In Raymond's memory we plan to adopt a giraffe at Chester Zoo.

Gift Aid Awareness

Ticking the Gift Aid box takes seconds, but it can make a lifetime of difference to the people we support. So next time you donate please make sure you tick the box. By ticking the box, we can claim an extra 25% on your donation, an extra 25p for every £1 donated. And it doesn't cost you a single penny.

If you donate online you will be prompted to tick the box, if you are making a cash or cheque donation then you can download a Gift Aid form from our website and send this to us along with your donation.

giftaid it

£1 + = £1^{25p}

Donate with Gift Aid and the government will add 25% to your donation. It won't cost you an extra penny and all you have to do is [#TickTheBox](#)

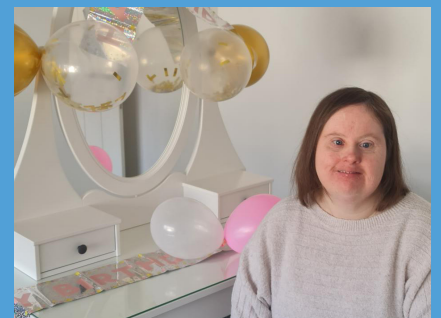
Supported Living

Here at the Trust, we provide Supported Living accommodation for individuals within which we encourage and support everyone to live as independently as possible, enabling them to grow in confidence and flourish. Here in RossenTales we bring you a selection of news from Supported Living in which we showcase how we achieve this.

Birthdays

It feels like not a week goes by without another birthday celebration here at the Trust. Here are just a few of the recent birthdays that tenants have enjoyed with friends and family.

- Mandy celebrated with a trip to The Blue Planet Aquarium followed by a meal at TGI Fridays with Doug where they even sang Happy Birthday to her.
- Trevor enjoyed a trip to the bowling alley before going for a curry.
- Bryony also enjoyed bowling as part of her birthday celebrations.
- Cara had a birthday breakfast with friends, received a new dressing table for her bedroom and had a trip to the cinema.



Monster Trucks

Ashley and Ben enjoyed a thrilling evening out when they went to watch the iconic Hot Wheels Monster Trucks live at the AO Arena in Manchester. The special event also featured a guest appearance from the car-eating, fire-breathing transforming robot Megasaurus as well as the high-flyers of the Freestyle Motocross team. Both Ben & Ashley had a great night and we are sure that it's an evening that they won't forget in a hurry.



Clonter Opera

A number of tenants recently enjoyed an Afternoon Tea and a musical performance of The Minstrels Song Book by Pete Morton at Clonter Opera. From the popular ballads and standards of the 1920's to the well-known folk and pop songs of the 1960's all the tenants had a wonderful afternoon. Christine was in fine singing form and Hilary enjoyed clapping along to the music. Staff supporting on the day said it was a brilliant afternoon and it was great to see the tenants enjoying themselves so much.



Blue Planet

Jeanette had a memorable day trip out when she visited Blue Planet Aquarium recently.



Riverside gets Musical

Support Worker Darren has been working at the Trust for just over 12 months. Darren has a real passion for music and having spotted our tenants love of music, Darren has invested a lot of time supporting them to listen and even play musical instruments themselves.

Darren, a self taught musician, says that he regularly plays music for the tenants whether this be the piano, guitar or ukulele. A piano has recently been installed in apartment 5. He even makes his own Cigar Box Guitars!

Whilst working in apartment 5 one day, Darren noticed that Jonathan was clearly enjoying some banjo music and so when next returning to work, he presented Jonathan with his own banjo and sat with him to play some notes. This was a thoroughly enjoyable experience for Jonathan.

James had also told Darren how much he enjoyed the guitar at his Oakwood music sessions, so Darren has been assisting James to play. He started off strumming the guitar and very recently James learnt to play his first chord. Both James and Darren were so proud of this achievement and there are plans afoot for more lessons.

Darren says "I find the time I spend with tenants so enjoyable and rewarding, it really doesn't feel like work."



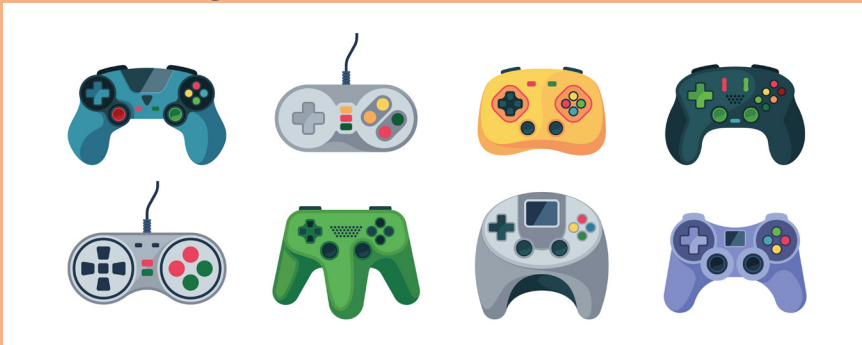
Spring is here

Making the most of the beautiful spring sunshine; Jon, Suzy and Mandy went for a walk around the Goyt Valley.



Oakwood

Video Gaming



Oakwood's video gaming sessions allow individuals with a love of playing video games, or who want to know more about them, the chance to play and have fun in a social environment. Playing video games as a group encourages those participating to engage with others, share experiences, ideas and game suggestions.

The sessions have transformed over the past 18 months, with those attending contributing to the development by suggesting new gaming consoles and games. There is always a fantastic energy in the room during the sessions and the enjoyment is clear to see on people's faces!



Jason Blythe, Oakwood Day Activities Manager popped into a recent session to ask a couple of questions to those in the group:

Jason "So what do you get up to in here?"

"I play bowling and like the Just Dance game on the Switch"

"I go on the Switch and the Nintendo Wii, I play Mario Kart, Carnival games and sports."

"I like playing on the PS2, fighting, sports, karting, shooting games, I like winning and movie games."

Jason "What is the best part of the Video Gaming sessions?"

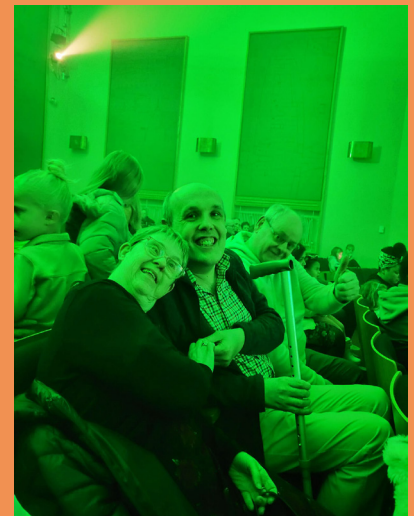
"The Switch is fun and you can play with friends."

"I like the Switch it's got loads of games."

"I love playing all the games from when I was younger."

Shrek the Musical

This year the Oakwood music group are busy rehearsing for their performance - an adaptation of Shrek The Musical. One of the members of the music group had noticed that there was a performance of the musical locally at the Mitchell Arts Centre in Hanley, so a few of the group took the chance to pop along and check out the competition!



The group said the performance was absolutely brilliant and they had a thoroughly wonderful evening, busily taking tips for their own show later this year! The group even got to stay behind after the performance to meet the cast.

Trevor, who attended the performance explained;

"It was very good, we got to meet the cast, watching it has helped with ideas for our show."



SPRING

The Oakwood Horticulture group are busy preparing for the upcoming spring and summer growing season, the plants are starting to arrive in droves, so it's all hands-on deck filling pots and planting, growing the plants on until it's time for them to be placed into hanging baskets and planters.

Jane Hitchener, Oakwood Team Leader caught up with a couple of the group to find out what they enjoy about this activity.

"I like breaking up the soil, I like the feel of the soil when I break it up."

"I like it when the flowers grow, they have nice colours and smells."

"Helping Jeff (Oakwood Volunteer) with the plants"

"I like to help and that I do different jobs."

"I like watering the plants and carving pumpkins at Halloween time"



Our legendary hanging baskets are now available to order through our website – simply follow this link to pre order your basket which will be ready for collection at the end of May

To place your order visit our ordering page:

www.rossendaletrust.org/day-activities/hanging-baskets/

WorkTaste

Alex Joins the Avro Team



"How about joining our team?" This was the question Roger Yates, Avro Heritage Museum trustee, asked Alex Marquis and of course he answered, "Yes, great!"

Alex, who came to Cheshire from the USA four years ago, is supported by the Rossendale Trust through the WorkTaste program. Alex has undertaken WorkTaste placements and has been supported by our P.A program. During time spent with his PA, Alex had become a regular visitor to the museum.

Roger could see that Alex would benefit from becoming more involved. In the museum which has a strong track record of supporting volunteers with a range of physical and learning difficulties. Roger recognised there was a place for Alex where he could be encouraged to undertake necessary tasks, be supported by other volunteers, as well as continuing to enjoy the activities offered there, including the flight simulator.

As Roger commented, *"There are so many small but significant jobs to do each day, so we rely on our enthusiastic team of volunteers to run the Avro Museum. It's good to have Alex on board"*.

Now a regular volunteer, Alex has become part of the Visitor Facilities Team, helping to get the museum ready for opening on Friday mornings. With the support of his WorkTaste coach, Sarah, Alex is able to go through his check list of tasks: from hoovering the stairs (or *"vacuuming"* as Alex says it's called in America), to cleaning the cafe prep area.

"It's a welcoming place," said Sarah, *"where Alex has become part of a small and encouraging team; where they know him and see he wants to get on with the work. The routine of the activity is helpful to Alex, but he has shown he's flexible and prepared to take on new tasks too. Everyone here is a volunteer and it's wonderful to see Alex's positive attitude to being part of the Avro team"*.

Getting Crafty at St. Peter's

During the cold winter weather our tenants move from the Community Gardens at St Peter's to inside the nice warm Church, where they get crafty! They have been tasked with making many wonderful things including Christmas tree decorations, making (and eating!) pancakes for pancake day, making cards for Mothers' day, producing a stained-glass butterfly display, decorating pots to make mini planters and more!



The weather should be changing now for the better so we will all be heading back outside! Look out for us working hard when you walk past. We are all looking forward to more crafting next winter.

Ashley at Leek Building Society



WorkTaste Coach Claire began supporting Ashley on his placement last summer and could clearly see how much work had been put in place by his previous coach Phil. With the support of Phil, Ashley had established himself in his role at the Leek Building Society. The building society has a tuck shop in the staff kitchen which Ashley keeps well stocked with crisps, chocolate and cold drinks. The staff pay per item to the charitable trust who then donate to local projects...such as previous donations to our very own Oakwood!

When Ashley arrives, he counts the previous week's takings and takes this to the cashier desk, paying it into the tuck shop account. Ashley has worked so hard to build up his confidence that he is now able to do this task completely independently. He is issued with a paying in receipt which he then takes to the accounts department. The difference in Ashley's confidence is clear for all to see. When Claire first began supporting him, Ashley would shy away from conversing with his colleagues but he is now able to move through the building independently and his colleagues are calling his name and waving hello to him.

Since Christmas, Ashley has been logging into the computers at the building society and placing a weekly online order to be delivered ready for him to restock his tuck shop the following week. He decides what has sold well and what size items are good value. He is now working towards building a spreadsheet to update and use as a record of what items to order.

WorkTaste Coach Clare explains what a difference this placement made to Ashley, *"Working with Ash has shown me how valuable a WorkTaste placement is and how it can open so many opportunities to the people we support. Ashley has overcome many barriers and been able to take on a role that gives him the opportunity to meet new people and hold conversations with the friends and colleagues he has made. He takes great pride in seeing the whole process of how the tuck shop raises funds for the Charitable Trust. The HUGE leap in confidence he is displaying is a real delight"*.

Chris is cooking on gas at Kings!



Coach Julie began supporting Chris in the kitchen at Kings School in January this year. He works on prepping vegetables and helping the ladies in the Patisserie section. It is lovely to see Chris gaining in confidence each week and it is clear to see how much he is really enjoying his placement.

Jamie Stewart-Milne, Executive Head Chef at Kings confirmed how well Chris has settled into the role,

"Chris is always smiling and has an infectious warm heart. He is happy to do any task given from prepping veg to making cookies. Both Chris and his coach Julie have fitted in so well with all the staff in the kitchen and they look forward to working with Chris every Friday - it is a wonderful end to the week."



All the staff are so welcoming each week and nothing is too much trouble for them, they go out of their way to ensure Chris is happy and gaining experience in lots of different tasks. Chris always leaves at the end of the session with a hot chocolate (and squirty cream!) and some form of delicious cake or cookies that he has made. Julie explains;

"It is a pleasure to be supporting Chris in such a lovely environment and I'd like to thank all the staff at Kings for making us both feel so welcome and ensuring that we both feel part of their fabulous catering team."



Dignity Day

Supported Living

Dignity Action Day happens on the 1st February each year. It 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.

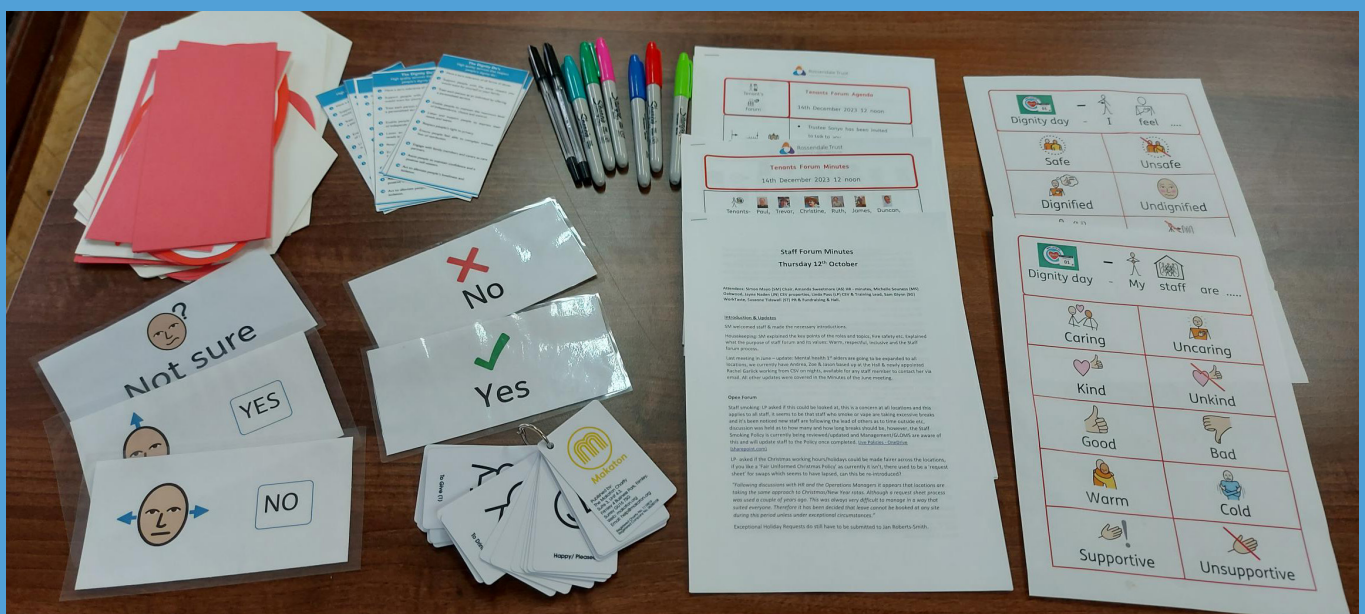
By supporting Dignity Action Day each year, we aim to:

- Raise awareness of the importance of Dignity in Care in our tenants and staff members every day lives
- Demonstrate that everybody at the Trust and in the community has a role to play in upholding Dignity in Care
- Remind us all that everyone has a right to be treated with dignity and respect.

This year we celebrated Dignity Day with tenants, Oakwood users and staff coming together for a couple of hours. We asked people to wear red, 'to put undignified care to bed', as per the National Dignity Action Day campaign.

We shared drinks and cakes, and as well as being a wonderful social occasion, we asked everyone attending to answer some important questions about their care and the way they are treated. There was a brilliant turn out, at times there was nowhere to move.

To help people answer the questions there were copies of the most recent minutes from tenant and staff forums, copies of the 10 Dignity do's, Makaton flash cards and word ideas.



| | | | |
|---------------------------|-------------|---------------------------------|--------------|
| Dignity day - I feel | | Dignity day - My staff are | |
| Safe | Unsafe | Caring | Uncaring |
| Dignified | Undignified | Kind | Unkind |
| Included | Excluded | Good | Bad |
| Listened to | Ignored | Warm | Cold |
| Happy | Sad | Supportive | Unsupportive |

What we asked:

- How are you treated?
- How would you like to be treated?
- What is going well?
- What is not going well?
- Would you like to be involved in forums?

Everyone's responses are visible now on the wall in reception at the Rossendale Trust.



Creating our own Dignity Day Logo

Next year we will use our own logo, designed in-house and chosen by the Tenants.

4 logo's were sent out to all the tenants for them to vote for their favorite.

There was a clear winner with 67% of the votes – the winner is -



This logo will be used from now on to advertise our yearly Dignity Day celebrations and go up on the wall with the information gathered on the day.



A landmark for Rob & Anthea



Husband and wife, Rob & Anthea Kenyon have been loyal supporters of the Trust for many years and at the beginning of April, they chose to take on the London Landmarks Half Marathon for Rossendale.

A warm and slightly blustery day awaited them in the capital but the conditions clearly worked in the favour. After running 13.1 miles and taking in some of London's most iconic landmarks en route, they crossed the finish line together in a very speedy 1 hour and 54 minutes.

Rob and Anthea have also raised £1200 for the Trust in the process, and we couldn't be more grateful to them. The support we receive from individuals taking on challenges such as this make a huge difference to the Trust and the people we support.



Anthea told us "We had a great day, and it was an honour to do it for you guys". So if you are feeling inspired by this story, then do get in touch. We will be securing places for the 2025 event very soon!

Walking in the Peaks



Later this year, supporters (and employees) of Rossendale will tackle some of the UK's peaks in aid of the Trust.

Andrew Lamont and his wife Jane will be tackling the Yorkshire Three Peaks in July, a challenge which will see them summit the iconic three peaks of Pen-y-ghent, Wharfedale and Ingleborough in just 12 hours. And Simone Trevena has chosen to complete the Lake District 7 Peaks in September described as one of the Lake District's toughest challenges but with the reward of epic panoramic views.

We caught up with Simone to find out more about her challenge;

1. What challenge have you chosen to take on and why?

I chose the Lake District 7 peaks challenge and I'm not sure why because it sounds extremely hard! I think I was drawn to this challenge simply because I've hiked Scafell Pike before, so what's 6 more mountains in one day...

Working at the Rossendale Trust has given me so much, from self-worth, friendships and a job I'm proud of. The tenants and external clients all mean so much to me too, it will be wonderful to give something back, and to experience a unique challenge at the same time is a bonus.

2. Are you doing any training before hand?

I used to walk regularly in the Peak District but fell out of the habit after having my third baby, mainly due to time restraints with work and family. Now the evenings are getting lighter I am easing myself back in with local walks after work. Eventually I will need to go for at least three long walks a week with hill climbs in order to reach a level of fitness needed to complete the challenge.

3. What part of the challenge are you most looking forward to?

The pint at the end!

4. What difference do you think your fundraising will make to the Rossendale Trust?

As an activity leader at Oakwood I have chosen to raise funds specifically towards the construction of a new purpose built facility for Oakwood day service users. The majority of people who come to Oakwood will be familiar with 'the cabin', it is arguably the hub of Oakwood but it is in dire need of replacement. The new building would significantly improve the service for Oakwood clients and offer them a more suitable, accessible, and user friendly experience.

5. How can people show their support/donate to you?

I have set up a Just giving page where people can donate any amount they have spare. It would be great if people could share the link to my just giving page too. I also hope to organise an arts and crafts coffee morning and plan to sell some handmade crochet in order to raise money too.

www.justgiving.com/page/simone-trevena-lakes7peakschallenge

We are proud to work with Elite Adventures to be able to offer our supporters the opportunity to take part in these organised challenges. You can find out more about the events they are running over 2024 and how you can get involved and support the Trust, by visiting their website www.eliteadventures.co.uk.

Dan from Elite Adventures explains "Through our partnership with The Rossendale Trust, Elite Adventures not only offers thrilling experiences but also a platform for compassion and community contribution. Each event is a chance to challenge oneself while championing a noble cause, turning adventures into opportunities for fundraising and positive impact." – So what are you waiting for????



Rossendale Trust
Supporting independent futures

Casino Royale Ball

June 8th 2024

Doors Open 6pm
Macclesfield Town Hall
£100pp

Includes:
Drinks Reception
3 Course Dinner
Live Entertainment
Fun Casino & Roulette
Live Auction

For more info or to book your ticket

www.rossendaletrust.org/events

Reg. Charity No. 1146771

Cheers!



Thanks to everyone who supported our wine tasting event at La Dulce Vendimia, on Thursday 14 March. La Dulce Vendimia (Sweet Vintage) is on one of Macclesfield's most characterful streets – Castle Street. Specialising in wines from around the world, this is our third tasting event at this intimate venue. During the course of the evening, our host, Emily Wilson introduced our guests to six wines that were a “*little bit*” different. The tasting event was also accompanied by a tasty Spanish themed meat and cheese platter.



Rossendale Trust
Supporting independent futures

Ladies Lunch

Thursday May 9th at 11.30 am
Welcome drink & 2 course lunch



For more info or to book your ticket
www.rossendaletrust.org/events



Latest Fashions by
SOS Boutique,
Bramhall.



New Trustee - Ros Bevan

The Board of Trustees are proud to welcome Ros Bevan to the Board. Ros is widely known to many of our tenants and staff as the parent of Lucie, who moved to the Trust in 1989 at the age of 16.

Lucie was a tenant at the property known as "Woodlands" before she moved to the purpose built apartments on Black Road in 2013.

Ros is an accomplished musician and music teacher. Ros served in the early days on a fundraising committee and now liaises on behalf of the Trust with the Charity Christmas card shop. Ros has spent the last 12 years working at the Citizens Advice Bureau. She brings an invaluable wealth of life experience and insight to the Board.

Chair of Trustees, Adam Schofield, said, "We are delighted to have Ros join the board of Trustees, it's vitally important that the voices of family members are represented, and we know Ros will be the perfect addition to the board."

Should you, after reading this feel like you would like to serve on the Board of Trustees, we are always open to applications and keep all applications on file until a suitable position becomes available. **Please contact adam.schofield@rossendaletrust.org**



Happy Easter Everyone!

Super egg - cited to announce that we have received a donation from a generous benefactor again this year. This donation enables every one of our tenants to enjoy a chocolate Easter egg at Easter time. Pictured here is Trevor Kennerley in front of the chocolate mountain before distribution.

Our Core Values

Warm The Trust is a homely environment where everyone feels welcome and well supported.

Respectful We respect and appreciate others for their individual beliefs, passions, goals and choices, whilst embracing person centred care.

Inclusive The Trust provides an inclusive environment where people of all backgrounds can come together and feel valued.



'Employer of the Year'



PRINCESS ROYAL TRAINING AWARD 2022