

SUMMER/AUTUMN 21

WITHOUT LIMITS

YOUR ST ANNE'S UPDATE



HEALTH AND WELLBEING

It is important all our clients have access to good health and well-being activities, promoting healthy lives. Throughout the year we have supported many of them to enjoy the things they value the most. See more on:

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50TH YEAR PROJECTS

2021 has been a year of celebrations and events as we marked our 50th anniversary. Throughout the year our services and clients have undertaken projects with a 50th-year theme, discover more on:

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FANTASTIC CREATIVITY

We love to support our clients with creativity and sensory experiences. The arts and crafts many of them create are stunning and support health and wellbeing and relaxation. Discover more on:

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HEALTH AND WELL BEING

During Mental Health Awareness Week in May, staff and residents at Heatherstones (in Halifax) went for a walk along the canal towpath which runs from Copley to Sowerby Bridge. The staff worked very hard to prepare for this adventure. While a walk along the canal is easy for some, those with large wheelchairs can find the uneven paths and steep hills a challenge.

After spending a lot of time shielding due to Covid-19 it was great that clients could get out and enjoy nature, exercise, and the change of scenery.

GREEN FINGERS

Gardening has been a favourite pass time for many of our clients over the last year. Pictured are some of the residents from Cardigan Road and Portland Avenue enjoying time in the garden.



ENJOYING NATURE

Janet and Harry, with their support worker Rebeca, have been tending to the St. Anne's Outreach allotment during 2021.

Harry and Janet and other clients, have been going to the allotment regularly throughout the year to water the plants and see how the seeds they planted were doing. At the end of the season, they enjoyed harvesting what they had grown.

Harry planted some potatoes and roses, and Janet sowed a mixture of seeds that benefited the bees.

Tending an allotment has been brilliant for the clients, it has allowed them to enjoy the outdoors and interact with nature.



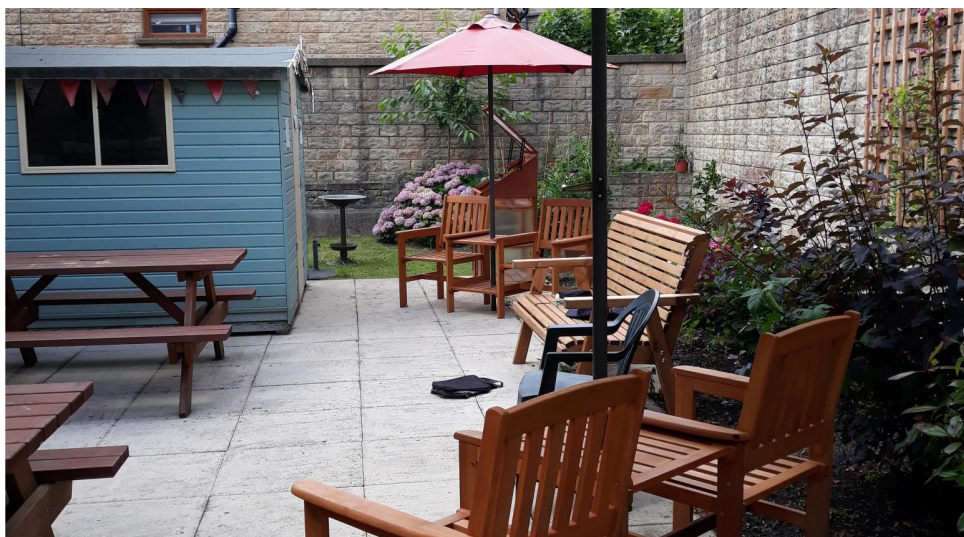
OUT AND ABOUT



During summer, Thomas from Portland Avenue was often out and about. On one occasion he found a lovely little village in the grass. He said he felt like Gulliver when he travelled to Liliput

AMAZING MOMENTS

Residents and staff at Roslin had a big BBQ bash to celebrate everyone getting back together after lockdowns. With live music and great food everyone had a wonderful time



50TH ANNIVERSARY PROJECTS

Throughout 2021, many of our services have enjoyed taking part in 50th-anniversary projects.

Hawthorn Street gave their garden a makeover. They added new garden furniture, flowers, trestles, and garden games. Residents and staff are now able to enjoy the garden in style (pictured above).



In July we planted and opened a new sensory garden in Leeds. The garden was planted in Queens Square, Leeds, in honour of our 50th Anniversary.

Jacqueline Carver from our Learning and Development team worked really hard helping to plan the planting and the launch event. We would like to send out a special thank you to her, and to the clients Melanie, Mervin, Paul, and David for helping to plant and launch the garden, and partners Leeds City Council for supporting us.

We encourage everyone to go visit the garden if they can and experience all the sensory sensations it has to offer.



TIME CAPSULE

To celebrate and commemorate our 50th Anniversary on Wednesday 15th September, a time capsule was buried in Temple Newsam Park, Leeds.

Organised by our Shared Lives Team, the time capsule captures life in 2021 and includes; letters from the Lord Mayor of Leeds Councillor Ashghar Khan and St Anne's Chief Executive Officer Azra Kirkby and mementos from daily life, including photos and artwork from Shared Lives clients, coins, recordings from Shared Lives carers and a current newspaper.

Clients, carers, and staff all had a wonderful time and enjoyed the amazing weather, company, and delicious food. It was a wonderful day and well deserved by all the Shared Lives team who have been doing a fantastic job over the past 18 months.

The time capsule has been registered on a time capsule website, and will be dug up in 2071.

(Pictured above is the cake cutting, pictured below is our Shared Lives Team and Azra Kirkby our Chief Executive Officer)



A YEAR IN THE LIFE

2020 was a year that none of us could have imagined. Despite the challenges, it brought the folks at our Harwood service came up with a great idea.

At one of the client's monthly meetings, they came up with the idea of producing a book to illustrate some of the activities that they have enjoyed doing during 2020.

Working together, with the support of staff, clients have produced a wonderful yearbook of photos. The book can be shared with their loved ones and is also great to look back on, to remember the special moments of 2020.

Lisa H, one of the clients, said that her favourite picture was of the Halloween Party which "Me and my friends enjoyed".

'The Harwood Yearbook' is now set to be a tradition and plans are already in development for the 2021 edition!





CREATIVE AND BRILLIANT ART

We love to share the talents of our clients. Above is some truly stunning artwork from one of our Mental Health Outreach clients.

Clients are supported to attend art classes with staff, this supports confidence, relaxation, and sensory creativity. As you can see the results of the work are amazing.

SCARECROW TIME

In October, at Alan Gray Court a local community Police Officer came out to help clients making scarecrows.

The local Police kindly donated some of their old hi-vis clothing to dress the scarecrows in.

Clients were able to get in the Police van and sound the sirens, and play with the lights which they thoroughly enjoyed.

Thank you to the local Police for getting involved and making a lovely day.



WELCOME ADDITION

Emma and her Shared Lives carer Deborah welcomed a new addition to their home during the summer.

After some initial hesitation, Deborah started looking into service dogs that could not only be a beloved pet but also help Emma become more confident and independent. In the end, they decided to adopt Elsie, a lovely Springer Spaniel.

She is now 13 weeks old and has already completed some very basic dog training. She will continue her training when she is older so that she can help Emma with things like crossing the road.

Since getting Elsie, Emma has been very responsible and has been taking great care of her new pet.

Welcome to Elsie!



GARDEN PARTY

The sun was shining on Saturday 11th September when clients, staff, and guests enjoyed Heatherstone's "Golden Anniversary" garden party, celebrating our 50th year.

The outdoor space allowed everyone to safely get together and enjoy a buffet, live music, and the chance to meet up and appreciate each other's company. It was a great atmosphere!



SPARKLING

Many of our services held wonderful Bonfire Night celebrations.

Our clients enjoyed the sights and sounds of the fireworks, including some spectacular sparklers.

GREAT DAYS OUT

The Hull Outreach service has had some lovely days out, recently they have visited the ice cream parlour for some delicious milkshakes, and 'The Deep' aquarium, where they saw some beautiful sea creatures.

They have also been to the bowling alley for a game or two and had a day at the coast.

The days out support access to new experiences and community interaction, which helps client confidence. These are very beneficial.



HAPPY CHRISTMAS

This year we have held a client Christmas Card Competition.

We had over 50 entries from across our services, and the designs and artwork were amazing. Our clients really enjoyed making the designs.

After judging by our client group, we have great pleasure in using Matthew Rowe's design, from our Halifax services.

We would like to wish all our clients, families, partners and supporters a wonderful Christmas and a Happy New Year.

