

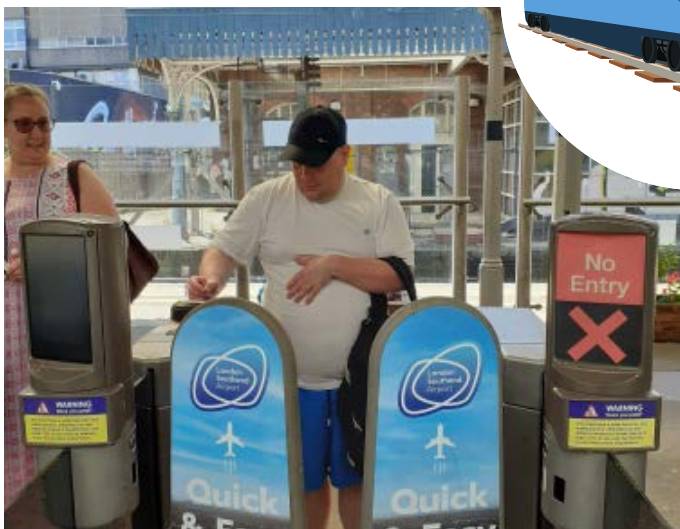
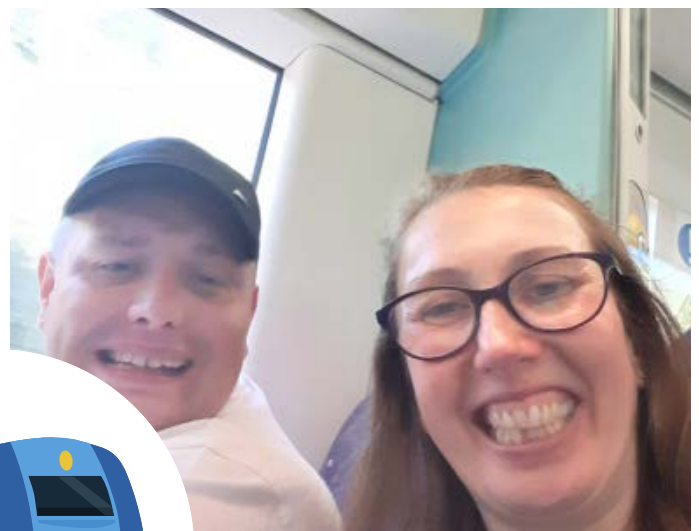
Day Opportunities News

Basildon

Edition 8

Southend

Shaun, Rachel, Ella, and Becky enjoyed a fantastic day out in Southend, made possible by Activities Facilitator Katie's support. They effectively utilised their travel training by taking the train. The sun was shining, and they loved interacting with the local community. They finished their day with a satisfying meal of fish and chips, followed by ice cream.



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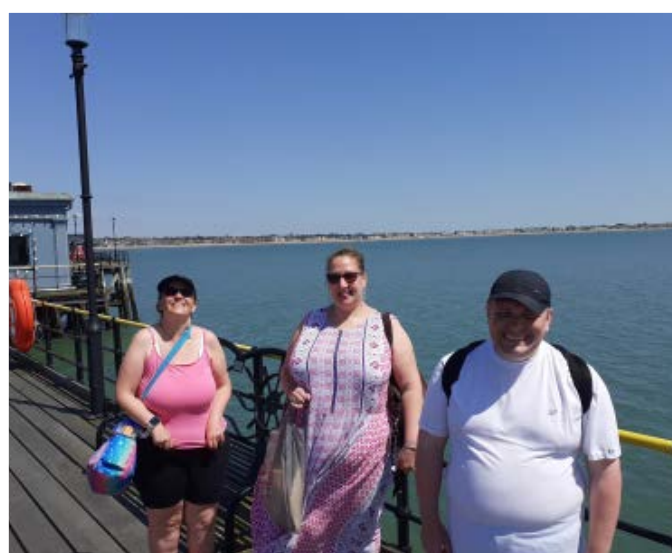
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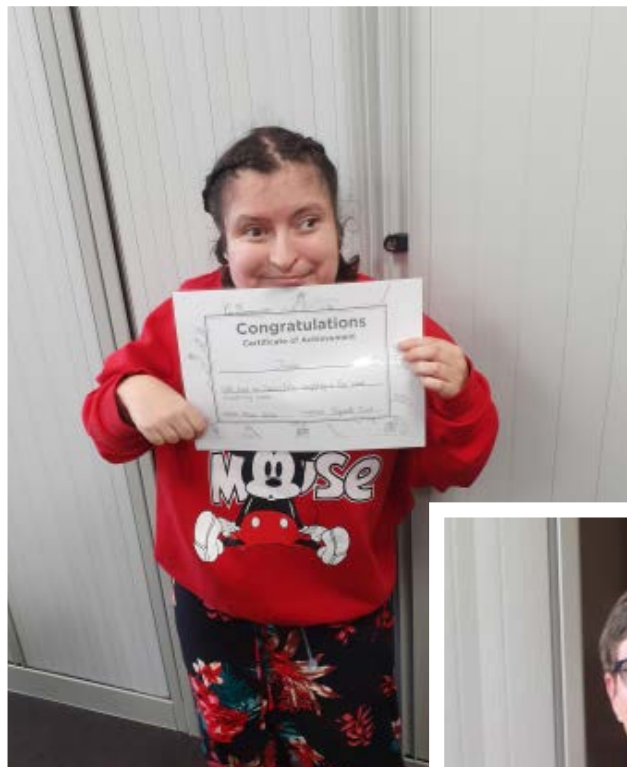


Gardening Course

Nikki, our horticulturist, has been guiding customers through a gardening course focused on health and safety, plant care, and growing fresh produce. Recently, customers harvested their hard work, resulting in a delicious stir fry made with broad beans they grew themselves.

Congratulations to Sue, Joanne, Eliane, Emily, and Jade for successfully completing the four-week gardening course!



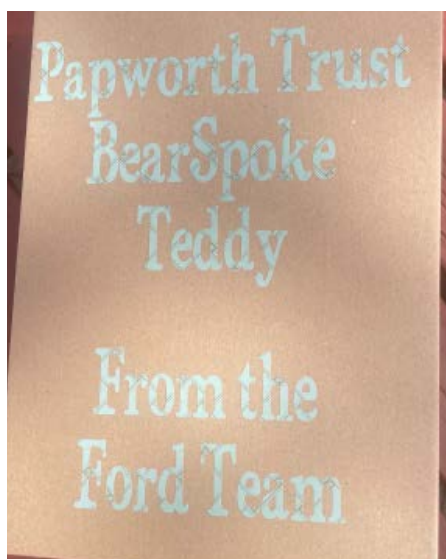


Essex Ford Volunteering

A dedicated team from Essex Ford Basildon recently volunteered at Papworth Trust, making significant improvements to our facilities. They repaired and painted external window frames, painted garden planters, and transformed a bathroom and some car park bollards. Additionally, they tended to the garden and painted two picnic tables, enhancing the overall appearance of the site. Their outstanding efforts have greatly improved the environment, making it lovely for all attendees.

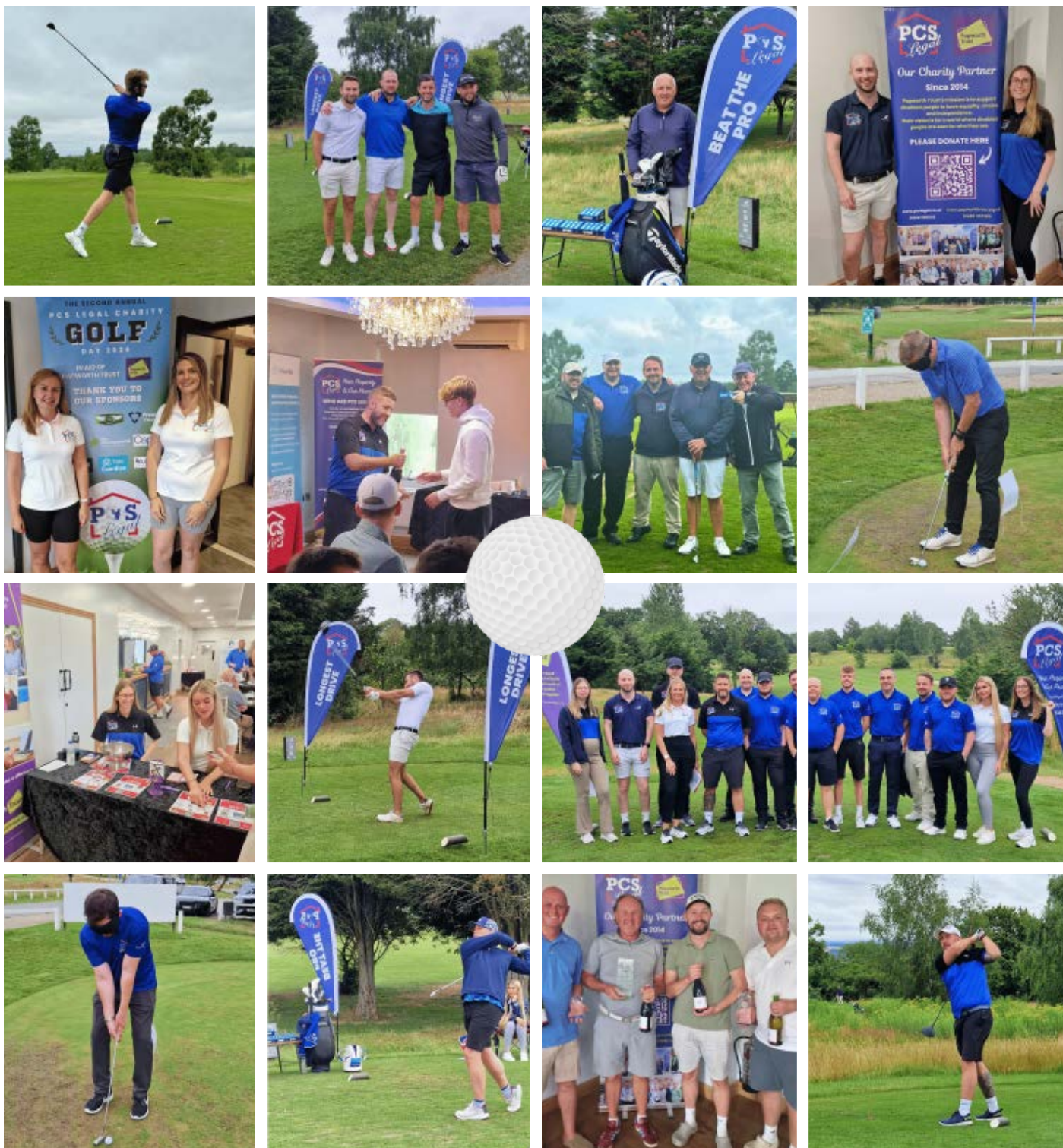
A special thanks goes to Emma for creating a delightful bear as a gift for our customers, whose chosen name you will hear towards the end of the newsletter!





PCS Legal

A huge shoutout to PCS Legal for raising over £3,000 for us during their annual golf day! Their incredible support is greatly appreciated. Thank you!

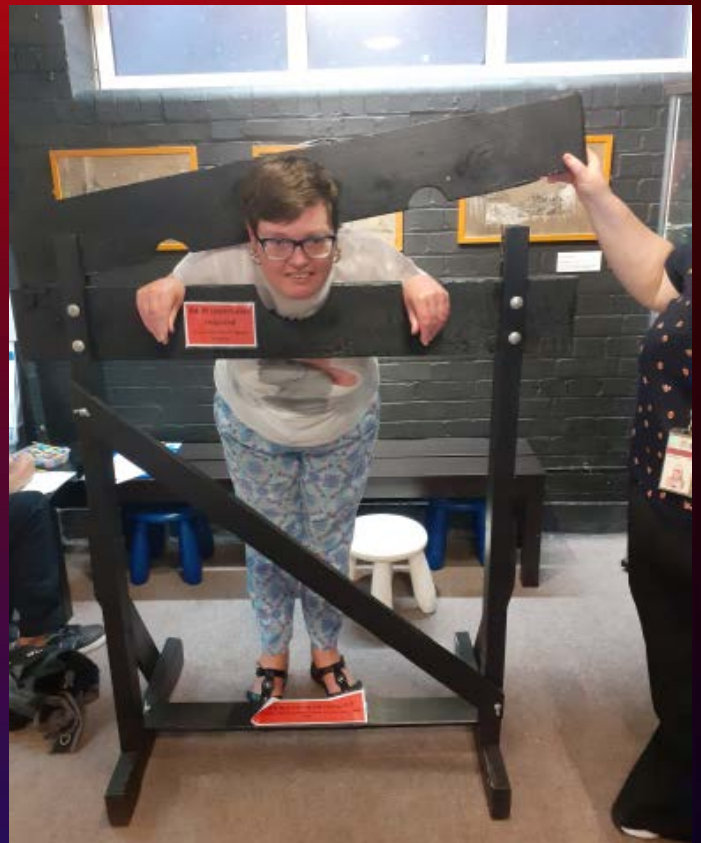


Police Museum

Customers had an exciting visit to the police museum in Chelmsford. They explored a staged crime scene, took their fingerprints, and learned about forensics. The experience included trying on police uniforms, which turned out to be heavier than they expected. The day concluded with a relaxing picnic in the park, where everyone shared their thoughts on the morning's thrilling activities.







Bikeability completion

Customers recently completed a successful four-week Bikeability course, demonstrating significant progress and enjoying themselves throughout. The programme concluded with a celebratory presentation to recognise their achievements. Elaine, Lee-Anne, and Emily showed remarkable improvement over the course duration.

In addition to customers making great progress, Rachel, Jade, and Billie successfully attained their Level 1 certification. As a surprise reward, these three participants each received a new bicycle to take home, along with essential safety equipment including helmets, lights, bike locks, and high-visibility clothing.

A special acknowledgement goes to Lydia from Pedal Power for facilitating this valuable opportunity and to our Activities Facilitator, Katie, for organising the course with Pedal Power. The Essex Pedal Power initiative, which provides free bicycles to residents in disadvantaged communities, played a crucial role in making this experience possible for the participants.

This Bikeability course not only improved the cycling abilities of our customers but also promoted active lifestyles and independence, aligning with the programme's goal of giving people the confidence to cycle and enjoy this skill for life.





Staff Day

We hosted another successful staff day following last year's fantastic turnout. The event featured a naming ceremony for a lovely handmade teddy donated by Ford, with Billie, our Expert by Experience, winning the competition with the name 'Harmony'.

The Ladybirds Song Group entertained everyone with a wonderful performance, leading to a lively singalong and dance enjoyed by customers, parents and staff. Service Manager Maggie delivered a heartfelt speech, expressing gratitude to the staff for their hard work throughout the year.

During the event, PCS Legal visited after exceeding their fundraising target of £10,000. They were presented with the Highly Commended Corporate Partner of the Year Award at the Chartered Institute of Fundraising East Anglia Regional Awards.

As the day ended, customers finished with some karaoke, adding a fun and interactive element to the celebration.







Supporting disabled people to be seen for who they are.



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