

Day Opportunities News

Ipswich

Edition 8

Boost Your Self Esteem Month

February was International Boost Your Self-Esteem Month! Self-esteem is our perception of our self-worth. Having a positive self-image and self-esteem can be impactful in all areas of our lives. At Ipswich Day Opportunities we decided to celebrate this month by creating our own special flower display in our centre. The Idea was simple: throughout the month, everyone including staff and customers could write positive messages to themselves or others to help our flower grow! Just like a flower, our self-esteem and confidence need to be nurtured and 'watered' to bloom. We created posters and positivity stations around the building for everyone to leave their messages to go on the board.

We also incorporated this theme in several of our sessions including our weekly discussion week, where the customers were encouraged to think about and discuss the power of kindness to ourselves and others and how our self-esteem impacts our daily lives and experiences.

Below are just a few of our many messages which were left by both customers and staff:

- 'My family look after me'
- 'Be confident to yourself and be kind to yourself and others'
- 'Thank you to all the customers and staff who pick me up on my bad days and make it a little easier'
- 'Well done Rebecca for being so helpful to staff and other customers'
- 'I like working with Elaine, she is my best friend'



Poster and positivity station for everyone to leave their messages.



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Activities Facilitator, Oli said, "The messages shared by all remind me of a quote: 'The very nature of kindness is to spread. If you are kind to others, today they will be kind to you, and tomorrow to somebody else.' If we all were just a little kinder to ourselves and those around us, maybe our own self-esteem could continue to flourish and grow just like our flower. Remember, kindness costs nothing."

See our pictures showing the progression of our flower throughout the month!



Week 1 – Our Flower starting off just small and regular, but excited for what's to come.



Week 2 – Our flower has changed quite significantly in both size and colour over the past week!



Week 3 and 4 – As you can see our flower has grown substantially and is more vibrant and expressive as ever! It has taken on a life of its own! It now starting to grow its way around the building!



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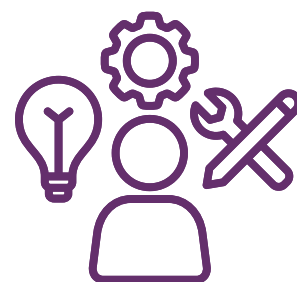
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Experts by Experience

At Papworth Trust's Day Opportunities services, customers are given an opportunity to play a vital role in the services. This role is called 'Experts by Experience'. The role involves gathering feedback to improve services and the customers' experience. A large part of this role includes ensuring that all customers feel comfortable in voicing their suggestions and concerns about the service and how staff can keep making it better. They are integral in being the voice of the customers and empowering them to explore new areas of interest and experiences.

In the past, customers were actively engaged in this role, and their contributions were invaluable. At Ipswich Day Opportunities, Harriet was appointed as the new Expert by Experience. Harriet, on top of her new role, also volunteers at Ipswich Day Opportunities and has been a driving force for positive change there. However, she is not alone, and another volunteer, Rebecca, has also taken on a supportive role to help Harriet in engaging with the customers.

We caught up with Harriet and Rebecca to find out about their new roles and what they have planned.



Oli: "So Harriet as the newly appointed Experts By Experience how do you feel?"

Harriet: 'I feel happy and honoured to be asked to do it. I feel happy that I get the privilege to help people and get new ideas for Papworth'

Oli: 'What does your new role involve?'



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Harriet: "Asking clients different questions about different things and see if we can do it or not"

Oli: "Do you have any plans or ideas you want to do in your role?"

Harriet: "Just to get people's suggestions and see what they want to do"

Oli: "Why is Experts by Experience important?"

Harriet: "So people can have their say, what they like doing, and what they would like to do, because obviously it is their centre and they can hopefully do what they want to do, obviously within boundaries!"

Oli: 'So Rebecca how will you be supporting Harriet?"

Rebecca: "I think I will be Harriet's admin assistant and maybe helping her with the questions"

Oli: "Are you excited to support Harriet?"

Rebecca: "I am, of course I am! Harriet is lovely and I think that we get on well done don't we Harriet?"

Harriet: "We do, we do indeed Rebecca"

Oli: "Why is Expert by Experience important?"

Rebecca: "Because the feedback is important and that is what we are here for"

Well done Harriet and Rebecca! We are excited to see the amazing work you both have in store to help make Ipswich Day Opportunities the best service it can be. Stay tuned and watch this space!

Sensory Session

During a recent sensory session customers made Play doh, moon sand, bubble foam, cloud dough, shaving foam paint, slime, glitter bottles, sand foam, sensory sort bins, and stress balls. To set the calming and relaxation mood staff used battery lit candles that they placed on the tables, they turned the lights off and had sensory wild animal or fish videos on the TV which plays calming music. Jessie said she loves this session and always looks forward to it. Cassie says she wants this session to carry on as she finds it calming. Sharon wasn't too keen at first but now she says she likes it and it makes her so relaxed she gets sleepy!







Thursday Forum volunteering

For the past couple of months two customers Jamie and Jessie have been volunteering at the Thursday Forum at Christ Church. Ann Fox one of the Deacons at Christ Church had written a letter outlining what happens at the Thursday Forum and the great work both Jamie and Jessie have been doing:

“The ‘Thursday Forum’ meets every week at Christ Church in Tacket Street and consists of a lunch for up to 40 people and is followed by a talk or entertainment. For this to happen, lots of work is involved. The most obvious is the work in cooking the meals and the skill of the speakers and entertainers. But it also involves laying tables, preparing coffee and tea provision, setting up the table for returning dirty plates, clearing the tables and then cleaning everything afterwards.

We already had one volunteer; Karl Bachelor, who attends Papworth Trust, who offered to set up the hall ready for the meals, but he could only do once a fortnight. He soon asked his dad to help him as things go a lot quicker with two people.

Papworth Trust was asked to find two other people who could help on alternate Thursdays, and we were delighted to meet Jamie and Jessie who quickly learnt how to do all the jobs. It takes about 45 minutes to do the job well, so they arrive around 11.00am so they know they will be ready in time for 12.00pm when the hatch to the kitchen opens and meals are served.

They are given a free meal, and they can choose from the menu.

As they get used to doing the job they are gaining in confidence, and as they get used to having lunch with other adults – most of whom they have never seen - they are learning vital life skills.

Thank you, Papworth Trust, Jamie and Jesse, for all your work.”

Ann and the ‘Forum’ team.



We asked both Jamie and Jessie about their experience volunteering at the Thursday Forum and this is what they had to say:

Jessie: "I like it here as they are nice people and respect god. I am a Christian so I believe that we can help each other in the community"

Jamie: "Me and Jessie are the very best team. The Thursday forum is brilliant, because all the guys here are kind, and responsible and listen to each other. We get our jobs done here at the forum"



Coffee and a Wander Group

On World Book Day, the Coffee and a Wander group attended the book shop "Get a Free Book" special event. Customers were treated to a selection of books to take home, accompanied by biscuits and drinks. An art activity allowed them to create their own bookmarks, adding a personal touch to their new reads.

The event was a huge success, with customers thoroughly enjoying the experience. "Get a Free Book" kindly provided the venue and activities, making it a memorable day for all involved.







Litter Picking

Papworth Trust's litter pickers have worked very hard to keep our town nice and clean. They have worked in the cold, wind, rain and sun. Nothing stops this team from helping the community. Customers have had countless compliments on their journeys by members of the public saying thank you, and how well they are doing, and to keep it up.



Drama Performances

Our drama group have been busy rehearsing for performances of the musicals, Grease and the Wizard of Oz. Customers have co-directed the performances, contributing significantly to choreography and staging. Furthermore, they have demonstrated improved knowledge and understanding of performance skills, character development, and stage directions.



Activities Facilitator, Chloe and her colleague Rachel collaborated to create the Wizard of Oz group and the craft group to design and create the costumes and props. The customers are now prepared to showcase their work through performances open to customers and staff. During the next programme Grease rehearsals will return and continue ready for a longer production and The Wizard of Oz will be swapped to either Matilda or Mamma Mia.



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Upcoming events



Social club is back!

Social club is returning on **Tuesday 8 April**, we will be doing activities



via **zoom**, at Foundation Street and out in the community. Social club will also be held on a Saturday once a month.

Please ask staff for a programme of activities.



Jason from rubbish walks

Jason from Rubbish Walks is coming back to do some sessions. He will be doing an all-day session for 6 weeks starting **Tuesday 8 April**. The programme is called:

It's a wild world



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