

Opportunities Without Limits News

Basildon

Edition 4



Adrian scoops an award

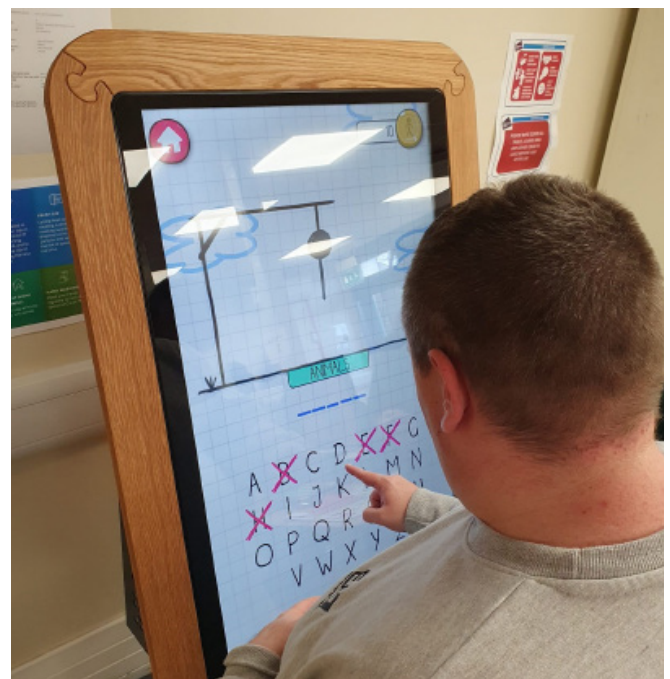
A volunteer at our centre, Adrian Swinchatt, has won the 'Inspirational Role Model' award at the 2023 Basildon Borough Volunteer Awards.

These awards are for special individuals across the Borough to recognise their brilliant achievements. Well done Adrian, well deserved!

Rainbow tablet is proving popular

Customers have been experimenting with a Rainbow tablet. The tablet is similar to a giant iPad but is used for sensory and educational needs. It covers quizzes, pictorial support, sensory games, word search, YouTube, math skills and money skills; most subjects can be covered.

You can use it in a group session or 1:1. It helps customers with limited sight to see things clearer with larger print and is great for all ages. As you will see from these pictures, it continues to be very popular and incredibly well-used.



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Swimming challenge



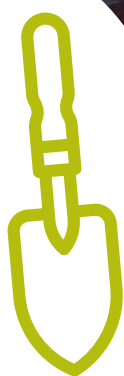
One of our Garden Support Workers in Basildon, Nikki Simmonds, is taking on Papworth Trust's Brit 23 challenge by swimming 23 miles over 2 months. This equates to 40 lengths, 4 days a week for 9 weeks, so quite a bit of swimming!

You can donate to Nikki's Just Giving page by clicking this link:

<https://www.justgiving.com/fundraising/nikki-simmonds3>

Perrywood Garden Centre donates seeds

We have received a generous donation from Perrywood Garden Centre in Tiptree Essex. The newly acquired stock of plant and vegetable seeds will enable customers to get involved by growing new produce. A huge thanks to them!



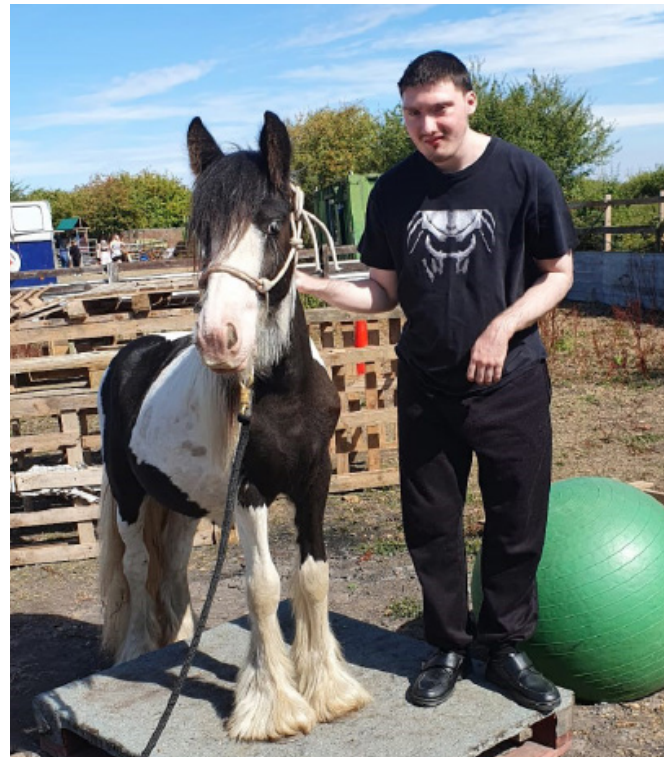
Out and about

Customers have been out and about lately. Some customers participated in a bird watching exercise and others have been volunteering at Barleylands Farm.



Out and about

Customers enjoyed another trip to Peaceful Pony. They lent a hand with everyday tasks including brushing horses.



Cooking Sessions

During their cooking sessions, customers have been making lots of yummy foods. They made a lovely cottage pie, great comfort food to keep them warm during the cold weather.



Cooking Sessions



They also enjoyed making homemade jam with the grapes they grew in the garden!

Supporting disabled people to be seen for who they are.



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