

# Amber Support's Newsletter



November 2009

Sunflowers



## CQC 3 Star Excellent Service Quality Rating

### Care Quality Commission Inspection

We are all in a celebratory mood as we heard news of our 3 Star Excellent Quality Rating!

We would like to take this opportunity to thank staff and everyone who took part in the process which was reached by an assessment of all the information they had on our service and took into account the views and experiences of the people with whom we support.

This was an unannounced Key Inspection and we are all extremely proud of our achievements.



### Staff News

We would like to welcome on board four new members of staff to our team; Lisa, Jami, Glynnis and Rosie, and congratulate three existing members of staff; Claire for achieving NVQ 2 and Michelle and Sarah who have achieved NVQ 3.

Four further members of staff, John, David, Emma and Cheryl are just starting their NVQ training and we wish them luck on their journey ahead.

Finally we are also full of pride that two members of staff, Michelle and Mark are developing their careers further and taking a Foundation Degree in Health and Social Care at Worcester University.

## Because you can...

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Because you can...

## August Holiday Scheme

This year's Holiday Scheme was a little different from previous years as we included activities from specialist companies who promote independence for people with disabilities.

### Horse Riding

A particular favourite was at the Riding School which had great facilities and was set in a beautiful country location. After a warm welcome from the staff everybody was introduced to the horses and given riding hats to wear.

It was non-stop laughter with those that didn't fancy riding a horse going on a Cart Horse Ride instead.



### Outdoor Challenge Day

We were all looking forward to this day with many of us experiencing different activities for the very first time.

There was an assault course and a rope course where we were able to conquer some of our fears! We had a go at archery, shuffled through a series of tunnels and even tried abseiling!

Because you can...

Some of us tried grass sledging, along with adventure walks and treks. We all got a bit dirty but a lot of fun was had too!

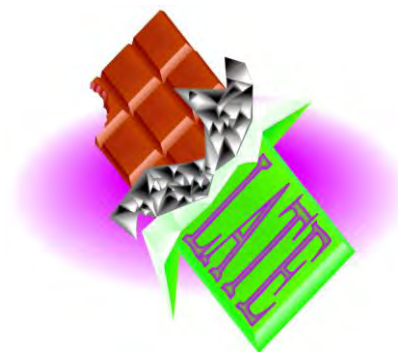
Abseiling, trekking, grass sledging, archery and shuffling through tunnels ensured we all went home tired, muddy but with smiles on our faces!

### Chocolate Galore

At Cadbury World we all learnt how chocolate was made and where it originated from. We were told how the Cadbury brothers founded the area and Bourneville College.

We got to write our names in chocolate and travel back in time to discover the secret behind chocolate production.

We ended the visit with a trip to the Cadbury Shop where we could buy what we fancied!



### Beach Party

Throughout our Holiday Scheme we had been making decorations and preparing for the party which we had decided should have a Beach theme.

The day before the event we completely decorated the activity rooms with our designs which included surf boards and palm trees!

On the day we had music playing to set the theme and made homemade burgers, hotdogs, pasta and salad.

You could dance, sing, join in musical rhythm games and even play Beach Bingo!

There were many highlights to the day with one of those being the Piñata. Being made out of papier mache it took a while but finally one of our Clients, John, knocked it sufficiently that all the sweets and gifts came tumbling down!

Enjoying the day at our fund raising...



## Halloween Disco

We have a spooky fancy dress disco at Amber Support Services on freaky Friday 30<sup>th</sup> October.

There will be a disco, games, and party food and if you choose to you can come in fancy dress - it's not compulsory but it all adds to the atmosphere and there will be a prize for the best spooky costume!



## Supported Living Update

During August we worked with the Clients in Droitwich to redesign their back garden. They firstly interviewed and employed a new gardener, and then gave him some tips and ideas on what they were looking for. We think he is going to be rather busy for a long time!

Because you can...

Whilst some Clients went away with family and friends, others went shopping for new furniture, ideas and colour schemes for their bedrooms.

"For the first time I have been involved in choosing the colours for my room - and its lilac!" Julie said

They also spent time deciding and planning their next holiday; finally settling on a chalet in Burnham-on-Sea. They are now looking forward to this and will be packing their bags for a week's holiday at the end of October!



## News in Brief:

### 1. 3 Stars Excellent Service

Our unannounced Care Quality Commission Key Inspection has resulted in our Supported Living Scheme been given and Excellent Rating.

### 2. Staff News

A big welcome to new staff and congratulations to existing staff who have worked so hard towards achieving their NVQ's

We wish the two students who joined us on Work Experience from Worcester Sixth Form College the best of luck with their Health and Social Care Diploma

### 3. August Holiday Scheme

Read about our experiences and the Beach Party where some of us got dressed up as surf dudes!

### 4. Halloween Disco

If you would like to join us for our Halloween Party on 30<sup>th</sup> October give Jodeen Evans a call on 01527 873426 for more details

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