

family life

ISSUE 68 ~ SPRING 2019

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camphill
village
trust

We're proud to be Camphill Village Trust

You've probably noticed that your latest newsletter from Camphill Village Trust looks a little different, so let us tell you what we've been up to.

In the increasingly competitive charity world we need a strong identity to stand out from the crowd as we encourage more people to get involved. So, with the help of some community members, their families, supporters and staff we have created an exciting, fresh new look for Camphill Village Trust.

One of the key changes is that we are now using our full name, so rather than communicating under Camphill Family or CVT, we will be using Camphill Village Trust. We are proud of our historical identity and feel that using our full name will help us in telling our story. This also means that our websites will be changing. Rather than having the three different websites of CVT, Camphill Family and Camphill Press, you will now be able to find all our information in one place at www.camphillvillagetrust.org.uk.

Communities embracing their unique identity

The refreshed look gives each of our nine communities their own unique identity while still clearly being part of Camphill Village Trust, embracing our valued local connections whilst working together as one charity to support adults with learning disabilities.

Communities helped to choose their own shape which they felt represented their location. And you can see some of these images on the articles.

Inviting new friends

To ensure adults with learning disabilities can have a life of opportunity we need to encourage more people to support us, by giving gifts or raising money for us. Having a consistent, strong identity will help people meeting us for the first time to understand who we are and what we do.



And we hope that this awareness will help more people to become friends of Camphill Village Trust, just like you!

Thank you

We want to thank you for your continued support and hope that you love the new look Camphill Village Trust newsletter as much as we do. We will continue to stay in touch in the usual ways and provide exceptional support to exceptional people, unwavering in our focus to provide a life of opportunity to our Camphill Village Trust family.

Shane is on top of the world...

And the view is fantastic! When Shane decided it was time to get in shape, support worker Gary gave him a target to aim for.

Roseberry Topping is a familiar landmark, around Teesside. It's 1,000 feet high, so you can see its distinctive summit on the horizon from Larchfield, seven miles away. Gary set Shane a challenge that one day they'd make it to the top of 'the shark's fin'.



Starting small and building confidence

But getting in shape meant starting with short walks and going to the gym. Gary and the team encouraged Shane to start gradually with 10-minute sessions. Food was another challenge, as Shane finds new tastes and textures difficult.

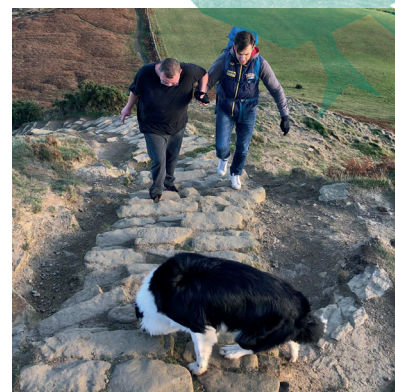
So support workers Gary and Alex became 'The Food Police' - helping Shane get involved in food preparation and learn how to make his own gluten free pizza.

Then, on a crisp sunny day in October, Shane decided to head for the summit of Roseberry Topping. A support team of Carl, Alex and Lloyd the dog provided Shane with plenty of encouragement over the steep steps - and giving Lloyd a fuss from time to time helped keep spirits high! And the view from the top was worth the effort!

A change for the better

Shane is enjoying his new-found fitness. 'I'm eating healthy now thanks to the Food Police!' he laughs. His weight is down and recently he and Gary took another stroll - 10km along the front at Scarborough!

And getting fit brings the added bonus of feeling proud of yourself 'I feel like a role model and I get to make adult decisions,' says Shane.



Creative Corner

Our newsletter is a chance for people we support to share their own stories and ideas. This time we're delighted to feature Mary, from Botton Village, who has written a seasonal poem especially for our spring newsletter.

Spring

*Spring takes winter away, warmth ever outward.
Summer lovers going on happy for warmth every day.
Except for some, they prefer winter to stay.
Warm countries, alright for them -
as long as they have the sea,
going out to swim like ever free.*



Everyday creativity

The rhythm of words flows naturally for Mary: 'In the morning I help with the dishwasher but in that time I am making poems up in my head' she says. 'And when I am sitting in the lounge with my friends I like to make poems up too. I try to write in my diary every day. I write down my thoughts and feelings.'

Inspired by nature

'I write about birds and nature. I like to walk around the village for half an hour, and I get ideas for poems by looking around me. I go to Whitby and then write about what I did there and what I saw.'

There's no doubt that creativity - whether in the form of art, music, writing or performing - can be great for our mood and wellbeing. Mary sums up what she gets out of it:

'Writing makes me feel better - I've put love into something.'

St Albans Café is our 'Little Gem'!

St Albans' Café on the Corner is first and foremost a social enterprise. That means our priority is the quality of the training and supported work opportunities we offer to adults with learning disabilities. But attracting customers is key to making sure the café is sustainable in the long term.



'If we weren't here, it would be a real loss to the people who get so much out of working here,' says Social Enterprise Manager, Nicole. And so the team works hard to do all they can to attract customers.

Tasty food, arty surroundings and great company

Fresh food with provenance and low food miles is really important. 'A lot of the ingredients come from our own allotment,' says Joanna who works at the café once a week. 'We do lots of different salads, green beans, beetroot and feta, tomato - we've got a really good chutney as well, and a chilli jam that's made with our chillies.'

The original artwork, created by people we support in our nearby art studio, displayed on the walls means the café looks great too.

And the hard work is paying off.

The café team recently took part in a local competition to design an Advent window display and won first prize!

One regular customer calls us 'a little gem in a side street' while others have commented on the



friendly, helpful staff and tasty food. 'We're hosting a weekly Spanish class and a pottery group' says Nicole. 'And we have a regular group of mums and babies meeting here.'

Keeping our focus on the people we support

'We involve the people we support in everything we do - preparing food, taking orders, making coffee and using the till,' says Nicole. And the benefits are plain to see.

'The best thing about the café is the teamwork,' says Joanna who divides her time between the café, the allotment and the art studio. 'They call me the queen of scones because I'm so good at it - and I've taught other people how to make them too.'

Joanna is gaining more than just food preparation skills. 'It's really rewarding to see your own artwork for sale in the café,' she says. 'And I love serving customers, especially when the mums and babies come in - the babies are ever so cute!'

If you want to see and hear more from Café on the Corner they have their own Facebook page [@CVTcafeonthecorner](#)



Pride in our work

People with disabilities are keen to work and contribute, but research suggests that across the UK as few as 6% of adults with learning disabilities are in paid employment. And a lack of volunteering, training opportunities or suitable activities can lead to boredom and isolation.

But the people we support are bucking this trend. We caught up with three people from different Camphill Village Trust communities to find out what they enjoy about the working life.

Teamwork

Ollie came to Taurus Crafts to regain his independence and has progressed to paid employment. He enjoys talking to customers in his job at Taurus Café: 'I could go on Dragons Den I'm so good at selling our cakes!' he laughs. 'But when you're working in a restaurant you can't pick and choose. You have to be willing to do everything, serving customers, clearing the tables, everything. It's about being part of a team.'



Keeping active

Paul, who lives at the Croft Community, divides his week between two separate volunteer roles, at a care home and a charity shop: 'I start at 10, have my lunch at half 12 and I start again at one o'clock. When I get back home, I'm tired, but I fit in with everybody in the house. We have a rota for jobs and then it's time for watching telly and relaxing!'



Confidence and independence

Tom, from Grange Village, has been working at a local café for three years now: 'Sometimes the café is quiet, but I prefer it when it's really busy! I do washing up and peeling vegetables, and sometimes I serve customers. I get to work by bus - I go by myself.'



Reaching our full potential

Workshops - whether craft activities, growing vegetables or working in our stores and cafés - have always been part of our community life. With growing skills and the self-confidence which comes from regular activity, some people are keen to take on more responsibility.

We want to make sure that everyone we support can find what suits them best - whether that's volunteering, taking part in supported work placements with an element of training, or moving on to regular work.

A regular rhythm for life

Celebrating together has always been a part of Camphill Village Trust life. Easter and the other Christian festivals are a chance to come together as a community, and everyone is welcome to take part. But many traditions surrounding these festivals draw on more universal, pre-Christian roots.



'Lent is a time of preparation. But the word 'Lent' in Anglo-Saxon also meant 'lengthening', so it's strongly linked with springtime, and the days getting longer,' explains Bogdan, who works at Botton Village.

Sharing responsibility and talent

It's the Cultural Group who takes the lead on organising festivals at our Botton Village community. This group brings together residents, staff and volunteers every Wednesday to plan a busy programme of seasonal festivals and other cultural events.

Community traditions

For the coming Easter week, the group have arranged that the community will meet every morning to talk about the events of the day. Artistic activities take a seasonal theme, depicting ancient symbols like the hare. And everyone loves to paint the eggs which will decorate the hall, along with fresh flowers on Easter Sunday.

'These activities unite people - they help keep the community together,' says one member of the Cultural Group. And on Palm Sunday we walk the boundaries of the community together, a tradition shared with local farmers, to check the fences and walls are in good repair.

After a long dark winter, the Easter celebrations are a welcome chance to reflect on the changing seasons and reconnect with each other. 'The Easter story has a universal meaning, no matter what your faith,' says Bogdan. 'It's a message that hope exists, even after pain there is hope, and a new beginning.'

A big difference at Ashfield House

Regular readers might remember our 2016 fundraising appeal to refurbish Ashfield House, on the edge of Stourbridge. We'd like to update you on what you've helped us achieve.

Ashfield House is home to a small group of people with complex support needs. With patience, consistency and kindness we've created a warm and supportive home, but we needed to improve the facilities to match the care we offer.



A place to relax

With the help of our supporters, we've created a second quiet lounge. This has become known as the 'therapy room' with calming light projections, bubble tubes, cosy furry blankets and cushions.

When people don't want to watch TV or socialise with housemates, it's the perfect place to relax.

Recently, Peter, who's had a family bereavement, and Val, who's recovering from a broken hip, have both spent time in the therapy room. 'We have somewhere just to spend quiet time, and that's so important when people need to de-stress,' says Registered Manager, Sharon.

Building for the future

What's more, people can now choose between baths or showers thanks to the new bathroom. 'It's wonderful - for some people having a bath is so much more relaxing,' says Sharon.

And we're delighted to say that your support has helped us create two more bedrooms in an annex. Now we can welcome new people who need our individual person-centred care. With few other providers offering this kind of accommodation locally, these new facilities at Ashfield House will benefit adults with complex needs for many years to come.

Thanks to all our supporters who have helped to make this possible!

Introducing Janine

Your newsletter previously came to you with a letter from Andy Paton, our Director of Communications. With Andy's retirement, we'd like to introduce Janine Moorcroft, who will be writing to you from now on. As Director of Care and Support, Janine works closely with the people we support, across all our communities, so can tell you first hand about the difference your support makes. We caught up with Janine to find out more about her.

Life on the farm

'Getting up at 5am on a December morning to help milk the cows at Botton Village has probably been the most unusual thing so far!' laughs Janine. 'But my job involves working closely with the general managers of all our communities, so I need to understand what community life is like.'



Janine's background is in local authority adult social care, so she's had to get used to a different way of working. Since joining Camphill Village Trust last July, she's been travelling the country, getting to know our communities and our plans for the future.

'I'm really excited by some of the work we're doing at the moment,' she says. 'Expanding our day opportunities so that more people from outside our communities can join in, and our co-production work, involving people we support in shaping what we do - these are just two examples of how we're moving forwards. And we're developing our staff training, and our communication plans - things that make a real day to day difference to people we support and their families.'

Enjoying the challenge

'What I liked from the outset is that this is an ambitious organisation. Managers and staff are honest about the challenges that they face, but everyone shares the focus of achieving the very best for people we support.'

Welcome Janine - we're delighted to have you on the team!

STOP PRESS

Angie's a winner!

Angie, a support worker at Botton Village, has scooped the Home Care Newcomer Award, at the North East Care Awards ceremony!



'I love everything about my job, it's so rewarding helping people get out and about and do things that others take for granted,' says Angie. 'It was nice just to be nominated but to win an award was fantastic. You could have knocked me down with a feather!'

Shop online

Following the popularity of our Christmas cards and hampers not only do we have a new spring brochure for you to peruse but a far wider, and ever changing, selection of Camphill Village Trust produce will soon be available to purchase from our website. Please go to www.camphillvillagetrust.org.uk to see our selection of homeware, textiles, beauty products and food.

