

Dementia support group gives John a boost



Chris has been her husband John's carer since his diagnosis with Alzheimer's disease three years ago. 'It's a constant supervisory, entertainment and protection role that fills every day from waking to sleeping - and through the night,' she says.

When Chris heard about the new dementia support group at Botton Village, it sounded ideal. As part of our work to support adults with learning disabilities and mental health conditions, our North Yorkshire community has expanded its facilities to local people with dementia and related conditions.

John grew up on a farm and had always been active and sociable, so now he is attending three days a week.

'It's about prompting memories and encouraging people to take part'

'We have dementia friendly film screenings, a walking group and our social farm where people enjoy being outdoors and helping with the animals,' explains Social Farm Coordinator Michele. 'And we've created a 'farmhouse kitchen', a home from home where people take part in familiar activities like baking, washing or crafts.'



For Chris, the benefits are clear: 'When John hears the cheery 'good mornings' from Michele and the team at Botton, his face lights up. He feels useful doing jobs around the farm. And he's in beautiful surroundings, with cheerful, positive people, doing things that boost his self-esteem.'

Call in and say hello this summer!

Summer is just around the corner (we hope!) and there's always lots going on at Camphill Village Trust. If you're near one of our communities over summer, why not come along to our events?

Summer Garden Party

Stourbridge Community,
West Midlands
30th June

A day of opportunities

Taurus Crafts,
Gloucestershire
3rd July

Summer Fête

Botton Village,
North Yorkshire
7th July

Summer Fair

Delrow,
Watford
7th July

Summer Fair

Croft Community,
Malton, North Yorkshire
13th July

Open Day

Larchfield Community,
Middlesbrough
1st August

Harvest Festival

Oaklands Park,
Gloucestershire
14th September

Visit www.camphillvillagetrust.org.uk for a full list of events and activities at all our communities - and you can find us on Facebook and Instagram too!



St Albans and Croft Communities get 'outstanding' results!

Our St Albans and Croft Communities have recently had an external assessment. CQC - the Care Quality Commission - which inspects all adult care facilities, inspected both communities in January.

CQC's assessment considers five areas: safety, effectiveness, caring, responsiveness and leadership. While both communities were rated 'good' overall, staff were delighted to learn that they'd scored 'outstanding' for responsiveness!



Inspectors who visited the Croft Community in Malton commented that people were able to 'lead connected, fulfilled lives and make informed choices,' while staff at St Albans were praised for their 'innovative and creative approach' to providing social activities and work experience.



Well done to everyone at both communities for their hard work!

What a difference your support makes!

Last autumn, we asked you to help us create some new opportunities at Taurus Crafts and Larchfield Community. This is what we've achieved with your support.

People who live in, or access Day Opportunities at, our Gloucestershire communities of Grange Village, Oaklands Park and Taurus Crafts now have a brand-new cookery school. We caught up with Susie and Tim to find out more.

'We've been making cheese scones this morning,' says Tim. 'They had cheese and chives in. I had them for lunch and they were really nice.'

'They were really light, not too heavy,' agrees Susie. 'I had two for lunch and I'm taking the rest home for supper.'



A place to learn new skills

The funds raised by our supporters last year have been used to create a training kitchen, in a previously empty room next to the café kitchen. It features big work benches, a central oven and lots of natural light.

Cookery classes run two days a week, and a separate hospitality skills group runs on a third day. With a focus on customer care, cash handling and health and hygiene, this class is aimed at people who hope to progress to paid employment.

'I've just got my first certificate in knife skills,' says Susie. 'I feel more confident in the kitchen now, and I like that I can do it at home. I like knowing that I can do it.'



Alan is our shabby chic expert!

'Upcycled' furniture is all the rage these days, and the folk at Larchfield Community's newly-extended craft workshop have been quick to spot this trend. Alan explains how it's done:

'You've got to make the wood look distressed, so it doesn't look brand new. We use a chalk-based paint. You put it on, then rub it down, to rub the newness off. Then after the paint, you put the wax on. That's how you get the shabby chic look.'

Growing confidence

Along with one-of-a-kind vintage furniture pieces, people attending the craft workshop can try embroidery, weaving, feltwork, glasswork, ceramics and more. 'I'm lucky I can turn my hand to most things,' says Alan. 'It's helped me get more confident. It's nice to see the finished product, you get a lot of satisfaction out of that.'

Sharing the benefits

The generosity of readers who supported last summer's fundraising appeal has helped us to extend the craft workshop. The extra space means that we'll soon be welcoming new people from the local area to enjoy the same activities as Alan.

A huge thank you to everyone who made this possible!

Thank you Felbridge Bowling Club

We're delighted that this West Sussex club has adopted Camphill Village Trust as their charity of the year. And it's all down to Club President and our long-standing supporter, Andy Hathaway.

'I've been donating to Camphill Village Trust for many years and love being able to help people with learning disabilities to make the most of life,' says Andy. 'So now that I'm President of the club, I didn't think twice about making them our charity for the year.'

A series of social and fundraising events will be held across the lawn bowls season at Felbridge Bowling Club, to promote our work to as many people as possible.

So, on behalf of all your friends at Camphill Village Trust, we thank you Andy and wish you and the club a very successful 2019 season.

To find out more about adopting us as your club or group's charity of the year, contact family@cvvt.org.uk and we will be delighted to help with your fundraising.



Don't be afraid - be cancer aware!

Fear of the unknown and unfamiliar 'jargon' can make talking to health professionals difficult for people with learning disabilities. And that can cause problems when we're faced with potentially serious illness.

Finding out the facts

That's why Botton Village and Larchfield Community have joined forces with Macmillan Cancer Support. Together they're providing 'peer educator' training sessions so that people in our communities can learn about how cancer is diagnosed and treated.

Stephen was one of the people who took part. 'I didn't know much about cancer, but now I've been to the training I know a lot more,' he says. 'I used to think cancer was scary and worrying but they helped me get over that.'

Sharing what we've learned

The training sessions were specially designed to meet the needs of adults with learning disabilities. 'We heard real life stories,' Stephen explains. 'And we did a role play about making an appointment. Doing the role play really helped.'

Now that Stephen has attended the training, he's able to share what he's learned with other community members. 'If people want to talk to someone about cancer, they can come to me. I feel very confident and ready to talk to people about it now.'



All change at Kingfisher!

Regular visitors to Kingfisher Café in Malton will notice it's closed for renovations. Meanwhile, the team are setting up a temporary kitchen at nearby Croft Community.

New opportunities

'I'm looking forward to cooking at the Croft,' says Mark who works at Kingfisher Café four days a week. 'And while the café's closed I'm doing a customer service course for café workers.'



A kitchen that meets our needs

'It's exciting because they're making the kitchen bigger,' says Mark. 'It's a very small kitchen, but it's going to be extended.'

The changes will create more space for one-to-one coaching. But it's about more than just space: 'Our plans also look at natural light, acoustics and air flow,' says Stuart, Croft Community manager. 'Getting these things right will help people with sensory issues cope better in a busy commercial kitchen.'

Work hasn't yet started, but the café has closed early so that everyone can settle into the new routine. We can't wait to show you some photos when the alterations are complete!



A new home and a new hobby

Victoria is busy every day of the week since she moved to Oaklands Park. 'I go to the weavery Monday, Tuesday and Friday,' she says. 'Wednesday it's arts and crafts, and Thursday it's basketry.'

But there's time to unwind too. Victoria loves her new flat: 'I can just relax and listen to Classic FM in my little flat. I live by myself but there's always a support worker around if I need them.'

Discovering new talents

'I'd never done much weaving before I came here but I really enjoy it,' says Victoria. Because she has a visual impairment, staff have gone the extra mile to support her new interest. 'We experimented with different table top colours to provide better visual differentiation for the threads,' says support worker Bridie. 'But we soon realised that with her narrow visual field, Victoria would find a more compact loom easier - so we ordered one!'

This combination of the right support and a lot of hard work on Victoria's part is paying off. Her first project was a unique piece of weaving.



'I've just made a cushion cover inspired by the Titanic,' says Victoria. 'I think the story of the Titanic is really interesting.' Using two paintings of the Titanic at night as an inspiration for the cushion's colours, Victoria chose a midnight blue yarn, and contrasted it with yellows and golds.

The completed cushion now has pride of place in Victoria's flat. 'I think it looks nice,' she tells us. 'I'm really pleased with it.'



Shared Lives is just right for Alex

Alex has been living with carers Chris and Nicky as part of their family since March. They're members of our Shared Lives scheme in Dudley, which matches adults with learning disabilities and other support needs with specially trained carers, who offer a supportive home environment and help with becoming independent.

'I've got lots more things to do now'

For Alex this has meant getting used to new family routines. 'Where I lived before, I was getting up when I wanted, eating ready meals every day. But now I've got a checklist to help with my morning routine. And I'm helping to cook meals.

I've learned how to cook my favourite, spaghetti bolognese.'

As Shared Lives carers, Chris and Nicky are helping Alex gain independence in a supportive family setting. 'I'd never touched an iron before, but Chris has shown me how to do my own washing and ironing,' explains Alex.



Planning for the future

With the support of Chris and Nicky, Alex is taking on new challenges. 'I've written to the Black Country Museum about volunteering with them,' says Alex. 'And I'm going to college too. I'm hoping to do Health & Social Care and Childcare Level 2. I'd like to work in a nursery or with people with disabilities.'

