

A day off with a difference

Office workers in Gloucester and Middlesbrough have swapped their business suits for wellies and gardening gloves in support of Camphill Village Trust.

Each year, a staff team from Kingscott-Dix accountants in Gloucester volunteers in the gardens of Oaklands Park and Grange Village. Meanwhile, our Larchfield Community is reaping the benefits of the hard work of a team from Barclaycard in Stockton-on-Tees.

And the benefits work both ways!

This kind of 'corporate volunteering' allows our communities to draft in extra short-term or occasional help. The Barclaycard team at Larchfield Community have tackled painting, mowing, strimming, with members of their staff helping out for a few days each over a fortnight in the summer.



Kingscott-Dix volunteers

'Just recently Kingscott-Dix volunteers have helped dig a new garden at Oaklands Park and some compost heaps at Grange Village,' says Clare, Day Opportunities Manager at Oaklands Park. 'Having a large group of people to work on these bigger projects makes a real difference.'

Both companies recognise the benefits for their staff making a regular commitment to volunteering, and have been supporting us in this way for a number of years. 'It's great to give something back to the community,' says Josh, who works for Barclaycard in Stockton-on-Tees, 'and it's good to be out in the open instead of being stuck in an office!'

If your company would be interested in corporate volunteering opportunities for staff, why not get in touch to discuss how we could work together?

Contact Alex, our Corporate Fundraiser on 01287 661238 or email alex.robertson@cvt.org.uk

Botton Social Farm is a hit at the show!

The Great Yorkshire Show is one of the highlights of the agricultural calendar. So when the Yorkshire Young Farmers' Federation invited Botton Social Farm to share their stand for the day, we knew it would be an exciting day out!

'Lots of people came and talked to us at the stall,' says Daniel. 'They wanted to know about Botton, so I told them it's a wonderful place!'

There was plenty of time to see the sights of the show too. 'I saw lots of big cows, and touched their faces,' says Catherine. 'And there were birds of prey too,' adds Daniel.

Learning from each other

With the farming sector starting to focus on the links between health and agriculture, and growing public interest in how food is produced, farm manager Robin had plenty to talk about with more traditional farmers. 'Both sides have a lot to learn from each other,' he says.

'It was a great day out,' says Catherine. And Robin agrees: 'Everyone who took part should be very proud of how they represented Camphill Village Trust.'



Barclaycard volunteer

L-R: Richard Findlay, NFU; Hannah Jackson, The Red Shepherdess; Sam Dillcock, BBC Radio York; Robin Asquith, Camphill Village Trust

Young Farmers



family life

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A week to remember at Taurus Crafts

'Co-production Week was lovely, I think we should do it again!'

That's the verdict from Kristian. He summed up an action-packed week of activities open to the general public at Taurus Crafts, showcasing how we put the principle of 'co-production' into practice.

Trying new activities

'I enjoyed seeing all the different stands in the marquee,' says Kristian. 'There was retail, and the new hospitality school.' The aim was to provide taster sessions of the different activities we offer, for the benefit of people from outside our communities who may be considering joining us on a day placement once or twice a week.



Lots to learn

An interactive quiz was also held, to show the public how life is different for adults with learning disabilities. 'We had questions about whether or not people with learning disabilities get the chance to live with their partners, or get a job,' says Kristian. 'And I think some people were a bit shocked at the answers.'

3% of people with a learning disability live as part of a couple, in comparison with 70% of the general adult population in England.

6% of adults with a learning disability known to their local authority in England are in paid work, compared to 74% of people aged 16 to 64 in the general population.

Co-production is all about enabling community members to decide, with staff support, what care and support they need. And it's at the heart of everything we do. Phil Gibson, who managed Co-production Week, explains: 'We do lots of things to engage and consult people, but we want to do more, so that people we support can develop their own ideas and plans.'



Getting active in our new gym

Community members and staff at Larchfield Community have found a new way to keep fit. With a bright idea and a lot of hard work, they've transformed an under-used store room into a new community gym.

Debbie helped to set up the gym and was one of the first people to use it. She explains why it's needed: 'It will make people healthy and fit, and help people lose weight,' she says.



With a little help from our friends

Staff and community members worked together to clear the room, and put out a request for unwanted gym equipment on email and social media. And the generosity was amazing! 'We were given a treadmill, bikes, a cross trainer and a weight bench!' laughs Debbie.

Accessible for everyone

'It's difficult for people who can't go to the gym in town, if they haven't got the money or transport,' says Debbie. Sensitivity to noise, light or crowds can also make it difficult for people to exercise in public. 'But the new gym is on site, so it's handy for people.'

As well as keeping fit, Debbie enjoys her role in our Learn to lead group, and regularly meets up with members of other local communities. 'I'll be telling people from the Croft and Botton about our new gym,' says Debbie, 'because I think it's a really good idea!'

Events near you

With autumn and harvest upon us, and Advent preparations just around the corner, there's lots going on in our communities. We'd love to see you at one of our seasonal events if you're in the area:

Forest Food Showcase

at the Speech House Hotel
Oaklands Park and Grange Village,
Gloucestershire
6th October

Christmas Fair

Larchfield Community,
Middlesbrough
23rd November

Advent Fair

Delrow Community,
Watford
24th November

Advent Fair

Botton Village,
Danby, North Yorkshire
30th November

Christmas Markets Weekend Fairs

Taurus Crafts,
Gloucestershire
30th November - 15th December

Advent Fair

Grange Village,
Newnham-on-Severn
7th December

Creative corner

In every newsletter, we like to shine a spotlight on our talented and creative community members. This time, we're delighted to introduce Emily, from our St Albans Community, who has written a poem with a powerful message.

Growing up with Down's Syndrome, Emily found it difficult to make friends. But she's found her voice now. 'I'm definitely not the girl I used to be,' she says proudly. 'I used to hide behind my mum. But now I want to be a public speaker and a poet.'

'Writing makes me feel really good,' says Emily. 'I grew up writing on my desk and drawing on the walls! Nowadays, she has other ways to express herself. As well as writing poetry, she's studying drama and creates her own videos on her YouTube channel.'



A lot of Emily's writing is based on the challenges she's faced. 'I wrote my first poem because I'd had enough. I needed to express myself. And it makes me feel good if I can write about my feelings.'

The poem we've featured shows Emily's determination. 'I wrote this poem because society thinks differently about people with Down's Syndrome and I wanted to change their minds,' she says. 'People say that we don't have any abilities. But look at me, I write poems, I'm in supported living, I have friends and a boyfriend. I'm doing all these things I'm really proud of. I want to stand up for disability rights, and one way I can do that is through my poetry.'

Disability poem

**You call me a disability, why do you call me a disability? It's like you are calling me a nobody or stupid or dumb
I am no disability, I am just me**

Let's just separate disability, we have the Dis, we have the ability, it's like we don't have abilities, but you know what, we do have abilities we can do anything if we put our hearts to it, everyone has a heart a heart to follow, we all have love, hope and believing in our dreams. why do you step up to me and say we can't do that? you are hurting our feelings, we are all human, this is our world too, stop treating us like we are kids, stop treating us like we are stupid, stop treating us like we are a nobody, we live in this world together stop hating us of who we are, we can't change of who we are.

I have a disability and I have accepted it,

This is who I am, deal with it.



Watch Emily recite her poem - scan the QR code or visit <https://bit.ly/emilypoem>

Thanks to your support...

'Our new kitchen is really good,' says Esther. 'There's lots of room and loads of cookers, also spaces to put our food. It's much easier and nicer to cook in.'

Josh agrees: 'The space is great, it's bigger. I really like cooking in there.'

Now we get to choose!

The new kitchen at Delrow House, in Delrow Community, offers more than just a fresh new look - the new design was carefully planned to give people more control and choice about their meals.

The new central island, for example, makes it easier for anyone who wants to cook their own individual meal - because there's space for a member of staff to stand alongside or opposite, helping when needed. But there's still plenty of room for everyone who wants to get together for a shared meal. And having two cookers instead of one means that both can happen at the same time.

Extra fridges have made life easier for people who have special dietary requirements, or who want to take charge of their own shopping and meal planning. 'It's about individual choice and giving people more options,' says General Manager, Phil.

The new kitchen was funded by donations from our supporters, in response to our 2018 summer appeal. Thanks to you, the people we support have extra choices on the menu!



Road safety on our minds



Malton is a busy market town, and traffic on the narrow roads can be heavy at times. So the Learn to lead group at Croft Community decided it was time for a safety reminder.

Sharing important information

'Lots of us go out into town by ourselves, we're quite independent,' says Tom. 'We wanted everyone in the community to be safe, so we decided to make a video.'

The group produced a three-minute road safety film aimed at people with disabilities. It's full of practical advice, showing viewers how to keep safe when out and about. 'It reminds us to stop, look and listen,' says Ben.

Listening to feedback

The film has been shown at Croft and Larchfield Communities, to get feedback. Mark explains, 'We did a survey and questionnaire about the video. We got a lot of good feedback. People were really impressed.'



But the most important thing? 'I think making the video reminded me about road safety. It was a refresher for a lot of people,' says Tom.