

# connect

SPECIALIST CARE SERVICES PROVIDED IN YOUR HOME BY HELPING HANDS

[www.helpinghands.co.uk](http://www.helpinghands.co.uk)

## Pulling pints in The Woolpack

Sandra Robison enjoyed the trip of a lifetime to Emmerdale Studios recently - to see behind the scenes of one of the country's longest running and most popular TV shows.

With replica sets and original costumes she toured the site to see first-hand where the magic happens.

Sandra, who suffers from Smith-Magenis Syndrome, posed to pull a few pints behind the bar at The Woolpack.

The memorable trip was made possible through the support of Helping Hands carers Tracey Summers and Lindsay Jeffery.

After this visit, they enjoyed winding down with a meal at the Cosmopolitan Hotel, selected as part of the holiday package provided by National Express Holidays. They let their hair down with a drink and singalong, accompanied by the blow-up guitar that Sandra won. They spent the night singing and dancing before turning in for the night.

The next day saw an early start as they began their journey back calling into York for a spot of shopping and a pub lunch, where Sandra enjoyed some fish and chips.

The last stop after York was Newcastle Racecourse, where Sandra received the full VIP treatment - having her own entrance and chance to meet the staff.



With a careful eye, she assessed the horses in her programme and struck lucky several times. After cheering her horses coming over the winning line, Sandra went down to the winner's enclosure to meet some of the jockeys.

Such memorable trips for service users like Sandra are only made possible through the efforts of the dedicated staff at Helping Hands.

## Bubble rush for charity



**Congratulations to our specialist care and support officer Rachel White, and close friend Sam, for completing the Bubble Rush for charity!**

More than 1,000 people took part in the 5K obstacle bubble rush course that took place at Leazes Park, Richardson Road, Newcastle earlier this year.

Rachel joined others wading through a sea of foam before being bombarded by different coloured bubble stations, with cannons creating a 4ft bubble bath to run through.

They managed to raise more than £230 for Thyroid Butterfly Cancer Trust! This is a charity close to Rachel's heart as they supported her through her own diagnosis at only 20 years old.

# Swimming at Center Parcs



**Helping Hands carers enabled Lee Parker to enjoy a mini-break to Center Parks in Cumbria.**

Carers Kerry Archibald and Michelle Thompson helped organise and then spent time supporting Lee to ensure he had a break from his everyday routine.

This was a new experience for Lee, because he had never been somewhere like Center Parcs before.

With the support of his carers, he was able to experience many new activities,

including swimming, horse and carriage ride, an 80s music show, bowling and even holding a snake!

Lee, from Haltwhistle, fully engaged with all activities, and his carers reported he had "a constant smile across his face, grinning from ear to ear every day."

This fun-filled break offered some well-deserved respite and time to let loose, for our service user Lee Parker as well as carers Kerry and Michelle!



## Events and festive fundraisers

**It has been a busy and bustling summer for those at Helping Hands and the Walk of Life charity, in Holywell, but we aren't slowing down as we head into winter.**

Kicking off autumn, on November 6, was a special event of remembrance for WW1 and WW2, 75 years since D Day landing. Utilising the power of songs from war time to commemorate this important part of history.

November 27 will see the festivities picking up with wreath making sessions, to prepare for the Christmas party at Seghill Comrades Club on December 7 – everyone welcome to bring your disco moves!

Further festivities continue into December with Christmas Carol singing alongside a buffet on December 18, to sing ourselves into the jolly season.

## Crafty service user

**Our artistically gifted service user Lee Parker recently put his skills to the test in designing and crafting a cushion cover.**

He'd previously worked on a hook and latch project some years ago at the Gateway Arts and Crafts Club. Recently, at the markets in Carlisle he was attracted by the opportunity to complete a cushion cover.

With the help of carer Kerry Archibald, he chose a design and the two of them worked closely together, ensuring every pin and stitch was placed in the correct position and there wasn't a thread out of place.



## Fishing trip



**In the sweeping breeze and summer sunshine of July, a fun day was had by all from the Walk of Life charity, who ventured out to Fontburn Reservoir for a fishing day out.**

Our service user Kirsty Wood was accompanied by staff and carers including Michelle Dodds, Sonia Pye, Jennifer Snaithe, Kelly Sharpe and Christopher Absalam among others. Although no trout were caught, a delicious picnic was enjoyed by all in the beautiful scenery.

## BBC Music Day



**Staff across Helping Hands – including Specialist Care Services – took part in belting out a rendition of the Beatles Classic, 'Hey Jude', in support of BBC Music Day on September 26.**

Staff from across our three branches in Hexham and Cramlington, along with volunteers at the Walk of Life charity in Holywell, took part in the nationwide sing-along, a giant chorus of voices singing in unison to raise awareness of those living with dementia.