



WINTER NEWSLETTER

The creation of a thousand forests is in one acorn.

Welcome to all in our New Year 2023... let's hope it's a good one for all of us.

So, it's been a very cold winter so far with two freezing snaps in December and January which left Whinflower Hall with frozen pipes for a short while in December, but we coped. The new Electricity tariffs are hitting everyone in the UK, including Acorn, and the people we support, so we are all trying to save energy at every opportunity by switching off unnecessary lights and turning down the heating (where possible), so please ensure you all do your 'bit' whilst at work to help us all save a few pounds.

The Acorn Christmas party on the 16th of December was a great night and everyone seemed to enjoy themselves with the various activities on offer during the evening. The Magician was a big hit with some of the people we support as well as the chocolate fountain and the magic mirror photo experience. I think all who attended will agree that Angus (The Yorkshire Auctioneer) was the highlight of the evening as he managed to get many of us into a bidding frenzy which resulted in the charity auction raising just over £2,000.



We won't mention the cake dropping incident on stage during the auction (yes we will, it was hilarious!) but let's just say that a certain HR manager was left very red faced! Carolyn Storr (Trustee) ran our tombola which raised well over £100. Carolyn was responsible for the majority of the prizes/auction lots donated to us and so a **Big thank you to Carolyn!**

The evening finished with a disco and as usual, Tom was one of the first on the dancefloor! There was a magnificent array of Christmas jumpers as you can see below. Oh and just to mention that the party leftovers were all taken down to the Derwent Lodge hostel for the homeless by John and Chris. We hope they enjoyed the impromptu buffet!





Festive Period

Hopefully everyone had a lovely Christmas! Below are a few photo's from different houses of the people we support, enjoying themselves on Christmas Day.



Bill at home with his family & dog.



Blayne spending Christmas day with Andrea and her family



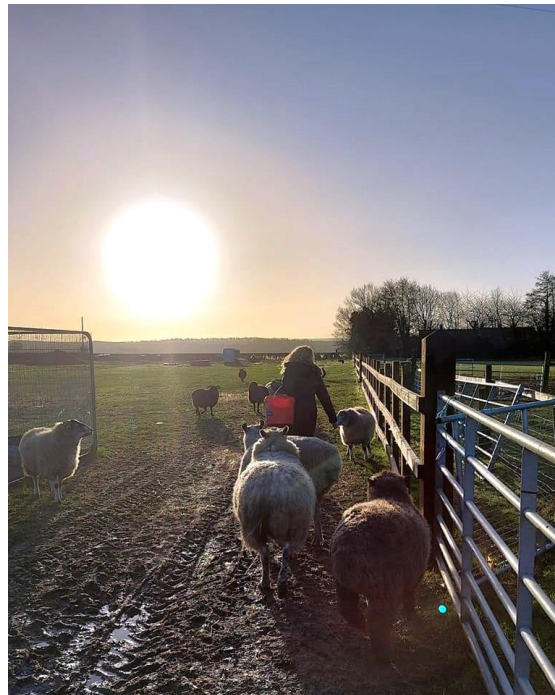
Toby & Kris at Middlecave Road



Russ spending Christmas day with John & Nicky

The Farm

Although Acorn Community Care shut the Day Service for the Christmas period, all the animals still need feeding. A big thank you to all the members of staff who volunteer to come in and feed and water all our animals. Even on Christmas Day!



New faces

We have had two new staff start with us in early January – Merick Ballantyne who joins us and Kaitlan Knowles. Warm welcome to both of them and we hope you enjoy working for the Acorn 'family'.

Ollie Varey- sponsorship for Acorn.

During January, Ollie Varey offered to assist our charity by doing his own 'iron man challenge' and raise funds through sponsorship. Ollie is a local personal trainer, working at Norton swimming baths. Ollie approached Acorn as he wants to 'give a little back' to the local community charities by fundraising through exercise and awareness. His plan is to choose a local charity/organisation every month and raise awareness of the amazing things they do and the cause they are continually working to help and aid.

★ GIVE A LITTLE BACK ★

So what is Ollie doing to help us

He started Monday 16th January and set himself a target to Run/Walk – 100km, Bike - 300km, Cross trainer - 200km, Swim - 5 miles **in a month** and do 100 Press ups a day. Basically, he was doing as many events as possible along with his own triathlons. Ollie will also be running exercises classes for the people we support at Acorn during this month and already several of the people we support have been down to the gym to workout alongside Ollie.



Ollie is inspired by an inspirational quote from the superman that is Kevin Sinfield, “If we all try and be a bit of a better friend from time to time then we might have a bit of a better place to live in”. We will let you all know how much Ollie raised for the charity at the end of his ‘marathon’ of events.



Upcoming Events

Ali Cashmore (our publicity manager) plans to hold more events this year to promote our charity but most importantly get us all together. Plans are coming together for a comedy and music night at the beginning of June, held at The Milton Rooms in Malton. Hopefully this can become a quarterly event. There are also plans to have an Artisan Market at The War Memorial Hall in Old Malton which could also become a regular event.

We welcome any ideas anyone has for future events and if you do have an idea email it to us at admin@acorncommunity.care or simply call into the office and speak to Ali.

Mental health Champions

We are trying to raise awareness amongst staff about mental health and the support that is available within Acorn. Both Dave Holden and Jane Tobin are fully trained mental health first aiders, but it is felt that what we also need are ‘champions’ within the company to ensure that staff have more access to help and support should they be having issues with their mental health. These ‘champions’ would receive training in mental health awareness and if approached by staff, would be equipped to be able to offer appropriate advice and guidance on the help and support that is available within our company and from externally services.

Anyone interested in becoming a mental health champion – please directly approach your manager and lodge your interest.

In house Training courses

During 2022, Garry Blythe our project Manager developed and ran several courses for both Managers and Support Workers all aimed at improving the quality of the service we deliver.

Training was provided to all Support Staff on the recording of Daily Notes. The aim of the training was to improve the quality of daily notes and to achieve a level of consistency across all services. On our journey to become an 'outstanding provider' we looked at how we could engage the people we support in their own daily notes, taking part in writing them and signing off to agree the content. Garry has run four sessions so far and still have a few people who need to do the training. Hopefully, this will be completed in the next few weeks. From the feedback we have received people who attended found it interesting and informative and have embraced the changes to the Daily Notes.

In November managers underwent training on Positive Risk Taking. This training looked at how we can constantly apply our principles of enabling the people we support to have the best life possible and to get us to think about how we can enable the people we support to take risks to enhance their quality of life. It also covered the importance of how we protect ourselves and our organization when enabling people to take risks.

Managers also received further training in November on Recruitment which generated several good ideas and initiatives which we are looking to implement. The other areas we are going to cover are Staff, Governance, Safeguarding, Person Centered Care, Health and Medication Management. Sessions are planned for each month through the first half of the year.

During 2023 we hope to develop more in house training opportunities for all Support Staff which will concentrate on quality, improvement and enhancing the lives of the people we support.

Care, Respect, Empowerment, Trust and Integrity

