



THE BEECHES

WINTER NEWSLETTER

WELCOME TO OUR WINTER 2022 NEWSLETTER!

What a great few months we've had here at The Beeches! We were delighted to receive accreditations from The Good Business Charter and Committed to Equality in December, and recently completed some exciting renovations within our homes including a brand-new sensory room which will be a fantastic benefit for our young people.

As we continue to expand The Beeches, we have employed new colleagues across a variety of roles. We would like to welcome our new joiners to the team who are all doing extremely well, and have already built great relationships with our young people.

Watching our young people grow and develop has been an absolute privilege, and makes everything we do worthwhile. Four of our young people have moved on to semi-independence over the Winter period which is truly amazing. We have been checking in with them and are pleased to announce that they are progressing very well.

All our homes had a great Christmas and New Year with celebrations including disco parties, plenty of yummy food, and making great memories together.

Students at The Beeches Independent Special School continue to excel in their studies. The team prepared a delicious Christmas feast which our students sat down and enjoyed together with all the teaching staff. It really was a magical time in the school!

Over the next three months we will be running various activities and charity challenges, including one in support of Autism where staff and residents will walk 10,000 steps every day for a week. We are all looking forward to participating in this together. In addition to the personalised sports coaching already available to all our residents, we are starting up a football club where they will get the chance to train and play in matches.

Finally, we would like to take this opportunity to thank our team for their continued hard work and commitment to delivering the best quality support to all our young people. We hope you enjoy reading about all their achievements and everything they've been up to this Winter!

THE CEDARS

The Cedars got into the Christmas spirit with a trip to Nottingham Christmas market where they walked around all the different stalls and took a ride on the Ferris wheel.

They also visited Waterside Garden Centre where they enjoyed looking at all the aquatics and Christmas decorations. They then went to Baytree Garden Centre where they enjoyed looking at all the animals such as rabbits and spiders.

On Christmas Eve residents opened their Christmas boxes which were filled with sweet treats including hot chocolate, marshmallows, and gingerbread men, as well as Christmas themed pyjamas and fluffy socks.

The team have been on plenty of fun group trips including to the cinema, bowling alley, and arcade, where they enjoyed the racing games and playing pool against staff – we can reveal that it was a draw on the final score, so a rematch is most certainly due!

Some of our residents have shown off their daredevil sides at go-karting, the skate park, and at Flip Out where they had a great time jumping on trampolines and working their way through all the inflatable obstacle courses, before spending time in the virtual reality room. The fun always continues even after they leave, with everyone participating in a group sing-along session on the way home!





Other residents have shown off their flair for baking by making delicious cupcakes and carrot cake. We may have a future junior bake-off winner on our hands!



THE WILLOWS

The Willows kicked off the festive period in the best way possible – with plenty of food! Residents and staff worked together to make mince pies completely from scratch. They ate most of them but managed to save one for Santa on Christmas Eve! They also made other desserts including cheesecake and cookies. For each recipe, residents went to the shop with staff to buy ingredients beforehand, then were supported to prepare the delicious treats in the kitchen together.



They also went on a group trip to Skylark Garden Centre where they admired all the Christmas decorations and lights.

On Christmas Eve residents enjoyed opening their Christmas boxes in front of the Christmas Tree whilst listening to Christmas music.

They all laughed and smiled in excitement as they rummaged through all the toys and treats that the elves had specially packaged for them. They then sat down together to watch Home Alone for a cosy night in (with their mugs of hot chocolate of course)! On Christmas day itself, everyone enjoyed opening their presents in the morning, followed by a traditional Christmas meal with all the trimmings, and a yummy yule log to finish!



The team made sure they got plenty of fresh air and exercise this Winter, with trips to Ferry Meadows and Barnwell Park.



One football lover went to watch Birmingham City FC v Cardiff City FC in Birmingham. They thoroughly enjoyed the experience and made sure they dressed the part in full football kit!



We were also really proud of our residents who decided they would like to donate their outgrown clothing and footwear to the local fire fighters charity.

THE MAPLES

Residents at The Maples got creative with their Christmas gifts this year, making homemade pom-pom characters which they gave to their family. The team also enjoyed a trip to the pantomime to watch Cinderella. On Boxing Day they went to Silverstone Racecourse, where they drove around the track for the festival of lights.



The team kept busy over the Winter period with trips to the bowling alley, arcade, trampoline park, and Inflation Nation, where they enjoyed going on all the slides, bouncing on the various sections, and playing in the ball pits.

They have been on lots of walking trips including to Ferry Meadows, Sandringham, Grafham Water, Boughton House, and Rutland Water where they enjoyed looking at all the wildlife and taking pictures. In Hunstanton they walked along the beach and watched the kite surfers, then visited the arcade followed by a visit to Sea Life where they saw all different types of fish and penguins. In Central Park Peterborough, residents made some of the local birds and squirrels very happy by feeding them wild nuts!

The team also went on an adventure to Woburn Safari Park where they went on a drive through sweeping parkland reserves to look at all the wild animals. They enjoyed getting up close and personal with some of the most endangered animals on the planet. Their favourite part was being in the monkey enclosure and watching the cheeky monkeys climb on the car!

Residents have also been practicing independent life skills such as helping staff with the house shop and chores including cleaning, cooking, and emptying the bins. They also went to buy food which they donated to Peterborough Soup Kitchen. Keep up the good work guys!



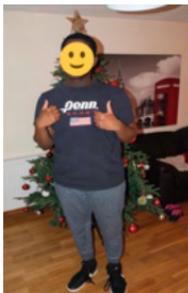
SUPPORTED LIVING

Residents in our supported living provision have been progressing really well over the last few months. We provided funds for our staff and young people to celebrate Christmas and New Year's Eve, including gifts, decorations, food, and meals out (plus cake)!

At Woodhurst, staff have supported residents with going to the gym, searching for jobs, and participating in cooking sessions. Everyone worked together to prepare a celebratory dinner on New Year's Eve.

At Welland, the team had a great Christmas and prepared a delicious dinner on the day. On New Year's Eve, they enjoyed a meal out at a local restaurant and also reflected on what they would like to achieve in the new year. One resident decided that they would like to pass their driving test before their 18th birthday. As the New Year countdown commenced, the team and all their neighbours filled the streets to watch a firework display organised by local residents. Everyone enjoyed mingling and taking pictures before retiring to bed.

Some of our Bluebell and Dogsthorpe residents joined forces and celebrated Christmas day together, where they enjoyed playing games and interacting with each other. On New Year's Eve they enjoyed a night in together watching movies and socialising – including dancing under the home's new disco lights! On New Year's Day, staff and residents went out for a leisurely lunch at Harvester.



INDEPENDENT SPECIAL SCHOOL

It has been busy past few months at our Independent Special School, and we are delighted to welcome our new Teaching Assistants Kristy and Megan to the team.

Students have been learning about lots of new topics across English and Science including Space, Charles Darwin's theory of evolution, and day and night. In Maths they have been practicing multiplication, money, and number problems.

In RE, students have been researching the Islamic religion to finds out about Muslim traditions, beliefs, and the festivals they celebrate.

In Life Skills, students got the chance to meet a new fluffy friend called Samson. They went for a walk and trip to the local pet store to purchase Samson some food, a new bed, and a harness. Whilst in the shop, Samson took advantage of the free dog treats and may have eaten a sausage (or three)!

As part of learning about work experience, students have been looking at what jobs would suit their qualities, skills, and interests. For example, looking at what qualifications, skills, and qualities you would need to become a hairdresser. They even had a go at practicing some very fancy hair up-dos! The students have started writing their own letters to send off to potential work placements.



In Art, students made self-portraits of themselves to go up on the school walls. Everyone worked really hard on this and showed off their great artistic skills. They also worked on a "hope" canvas representing all the children who have gone through war, looking at famous artist such as Banksy to get inspiration. Students were able to express how they felt about their artwork and the message it sends out for other children.



Some students took part in the Anderson Shelter Project which ran across 4 weeks. Students were given a booklet where they had to carry out their own research. They were given a set of questions about the shelters such as who invented them and why, how big they were, and what they were made from etc. They then collected different resources and materials from outside in order to make their Anderson shelter e.g. leaves in order to camouflage the shelter, dried moss as grass, and stones as a pavement.



Finally, in PE, students are very excited to have started up their swimming sessions this month.

We are really proud of all the students and how hard they have worked. We are excited to see how they progress in the new year!

