

Shap Road

Winter Newsletter 2024





Cambian



From the Shap Road Team



Throughout the second part of this year, the residents have built an unforgettable experience, with an incredible winter wonderland holiday at Center Parcs. It was a brilliant trip filled with laughter, relaxation, football and the chance to enjoy the beauty of nature walking throughout the woodlands. Alongside this, we've been working hard to build an even stronger connection to the local community, ensuring that everyone has opportunities to engage, socialise, explore and promote the relationships

that they have previously built over the past few years. Attending the local Art and Gardening Club have been a standout success, providing a creative opportunity and a chance to connect with others through shared passions and interests. All have enjoyed expressing themselves through various artistic projects and enjoyed growing different vegetables that we have all enjoyed cooking with for our meals. This is from potatoes, carrots and many different herbs. This has not only boosted morale for all, but also enhanced our environment factor to be a greener home.

Another highlight of the year has been the brilliant involvement in the Torchlight Procession throughout Kendal, where three of the residents took part in this community celebration, adding their own style and making their own outfits at the local clubs. Their participation has been welcomed by the local community and have already been asked to participate in next year's event.

Additionally, residents have had the opportunity to engage in a variety of sensory activities, this is from attending the Alan Shearer centre in Newcastle, sensory swims and local sessions within the local community. It's been an exciting and fulfilling year, filled with opportunities for growth, connection, and enjoyment for all here at Shap Road. We look forward to continuing to build on these successes and offering even more exciting initiatives to show you in the future.



Cambian



August 2024



Booths Café in Keswick

On the 1st of August, Jon went on the 555 bus to Keswick where he then went to the Booths Café and enjoyed watching the world go by

Grange over Sands

On the 1st Sam enjoyed going on a trip to Grange over Sands where he went for a walk and then visited the local park and outdoor activity.



Rydal

On the 3rd Sam went on a beautiful walk around Rydal water and the local caves, this was followed by a stop in a local café.

Brewery Art Centre

Fern went to to the Brewery Art Centre where she watched a band and enjoyed doing some dancing with her friends.

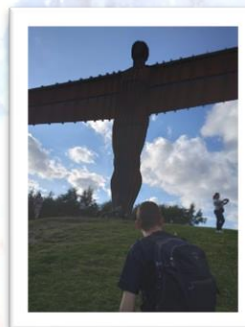


Sunbeams

Fern enjoyed going to Sunbeams this month where she played different instruments like the Ukulele, drums and tambourine.

Newcastle United FC

On 11th of August, Sam and Jon went to Newcastle to watch the final pre season game and get ready for the season ahead. While there they walked around, they stopped at the club shop and got a new shirt.



Angel Of The North

After watching the Newcastle football match, Sam and Jon visited the Angel Of The North.

Watchtree Wheelers

In August Sam, Jon and Fern wen to Watchtree Wheelers whre they enjoyed going around the site on bikes. Everyone had a great day!



Motorcycle Videos

Recently a member of the team have passed their motorcycle test and began a youtube channel. This is something that jon has taken great pleasure watching and talking about with the staff.



Hydrotherapy Pool

Sam has enjoyed going to the Sandgate Hydrotherpay pool each Friday evening. This has been a great opportunity for Sam has had his place confirmed for 2025.



Setting Up The Table

Sam enjoys helpingaround the home. sam is great at setting the table and getting everything ready for the evening meal.



Bowling

Jon and Sam have gone to Morecambe where they enjoyed a game of bowling and then had lunch out at a local café.



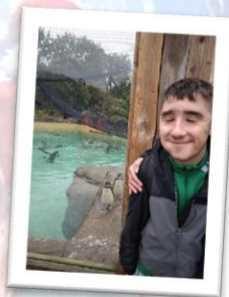
Vintage Bus Ride

On the 31st Jon went to Morecambe as there was a vintage bus circulating. Jon enjoyed going for a ride around Morecambe on the the vintage bus.

September 2024

Haverthwaite Railway

Fern visited the Haverthwaite Railway station. While there Fern enjoyed looking at the display of the old steam trains and having a hot choc in the café.



Blackpool Zoo

Fern, Sam and Jon completed a group activity to blackpool zoo. This was a great success and a highlight of the visit was seeing the sea lion display.

Garden Club

Jon and Sam enjoyed visiting their plot at the local allotment and cultivating the potatoes that they had planted earlier in the year. These have now been used during cooking back at Shap Road.



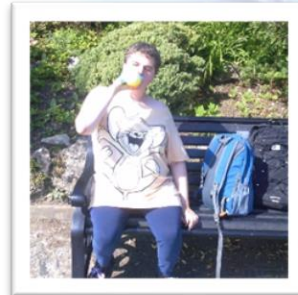
Sunbeams

Fern continued with her weekly visit to sunbeams. Throughout this session, Fern took the lead with singing a song.



Grange Over Sands

Fern went to Grange Over Sands, completed a lovely stroll down the prom and stopping at Costa for a spot of light lunch.



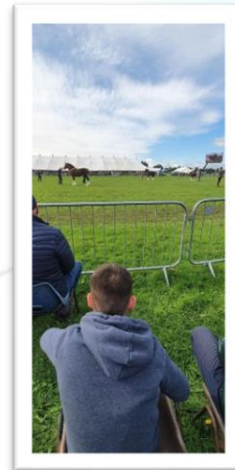
Emma's Dell

Jon visited Grasmere where he enjoyed a fresh cup of tea at Emma's Dell which is one of Jon's favourite Cafes in the lakes.



Lancaster Castle

Jon visited Lancaster castle. Throughout this visit he went on a paid tour and visited all of the old cells.

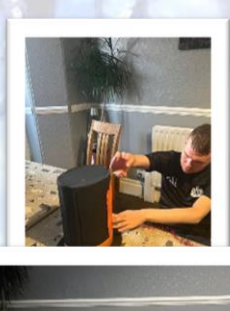


Westmorland Show

Jon went to the Westmorland show, while there he visited the heavy horses, shows and spent a lot of time at the police stand. Putting on a vest and jumping in the back of the van.

Art Club

Jon and Sam enjoyed going to Art Club on Mondays where they started making prints to be used for making Christmas Cards.



Making Hats For Torchlight

Sam and Jon spent time decorating their top hats with colourful decoration in preparation for the Torchlight Festival that would take place later in the month.

Bob and Bert's Café

Jon went to the loval Bob and Bert's for a cup of tea.



Friends Club

Fern enjoyed going to Friends Club where she made a hat with staff and friends and she was proud to wear it and show it around.



Hayes Garden World

As the Christmas decorations were out, Fern went to Hayes Gargen World to have a look at the Christmas decorations.



Torchlight Street Party

Fern enjoyed the day going to the Torchlight Street party where she got a baloon animal that she then later turned into a baloon hat.



Torchlight Street Parade

Jon and Sam took part in the annual Torchlight Street Parade here in Kendal. They managed really well and enjoyed every minute.



October 2024



Sunbeams

In October Fern continued to go to Sunbeams regularly and she has enjoyed actively taking part in the music being played.

Bendrigg

On the 5th of October Fern went to Bendrigg where she enjoyed a hot drink and took part in the activities there such as cycling.





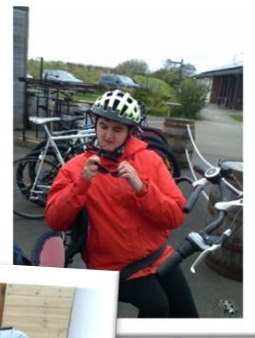
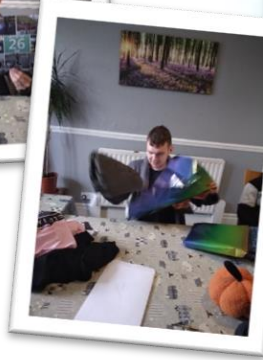
Art Club

This month Sam and Jon worked on making prints through different methods which will be then be used to make Christmas Cards.

Sam's Birthday

On the 15th of October we celebrated Sam's birthday.

Sam started out the morning by unwrapping his presents and looking at his birthday card which he seemed to enjoy and then later had Domino's for tea and some birthday cake.



Watchtree Wheelers

After Celebrating Sam's Birthday in the morning, Sam, Fern and Jon went to Watchtree Wheelers where they enjoyed riding the bicycles around the site. Everyone had a very good day and enjoyed the ride.

Watchtree Wheelers Café

After riding the bicycles everyone enjoyed some lunch, a drink and some cake at the Watchtree Wheelers Café.



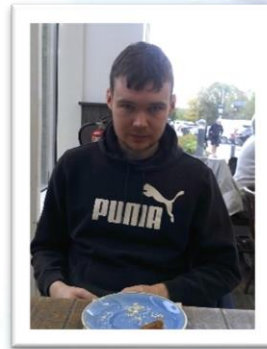
Windermere Boat

Jon took the boat from Windermere to Ambleside and then went to Hayes Garden World to have a look at the Christmas displays.



Cockshott Café

After going for a good walk around Bowness, Sam then went to the café at Cockshott where he enjoyed a drink and a slice of cake.



McDonald's

After watching the football match in at Manchester United, Jon then went to McDonalds where he had some chips and and an ice cream



Windermere Lake

Sam enjoyed going for a walk around Windermere Lake with staff. During the walk Sam enjoyed taking in the scenery.



Pumpkin Patch

Fern, Jon and Sam visited some local pumpkin patches to choose some pumpkins to carve out for Holoween.



Friends Club Play

Fern took part in a play at Friends Club. Fern really enjoyed this and preformed really well.



Pumpkin Carving

On the 29th Jon, Sam and Fern chose their own design and carved their own pumpkin in preparation for Halloween. The pumpkins were put in the window for display and to welcome visitors to the door for trick or treat.



November 2024

Winter Holiday

On the 11th of November Sam, Jon and Fern went to Center Parcs for a week for the winter holiday. At the Center Parcs they enjoyed a wide range of activities that included walking around the forest, swimming, bowling, visiting Santa's Workshop, Crazy golf, pantomime shows, going to the entertainment centre and walking around the Winter Wonderland to name a few.

Throughout the week, everybody went on some group meals to the local pub and belle Italia. This was followed by a lovely walk through the woodlands to the sports centre and watched the England football game.





Barton Grange Winter Wonderland

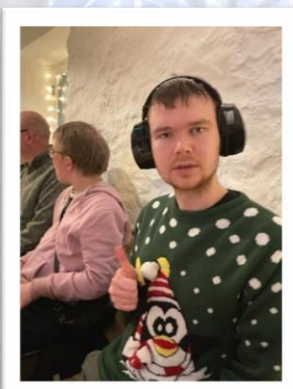
Jon and Sam visited the Barton Grange Winter Wonderland where they walked around the decorations and enjoyed all of the Christmas themed decorations and lights.

Setting up the Christmas Tree

Towards the end of November, Fern, Sam and Jon worked together to set up the Christmas tree and took turns decorating the tree as well as the house.



December 2024



Christmas Meal at Art Club

Sam and Jon enjoyed a small meal and drink at Art Club Christmas party.

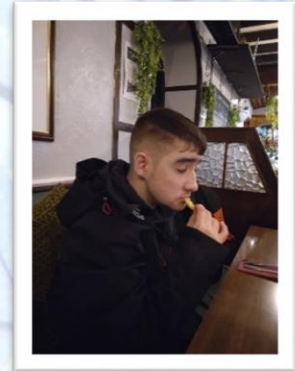
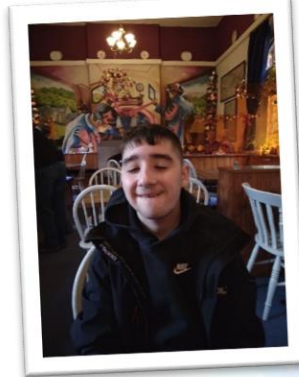
Haverthwaite Railway

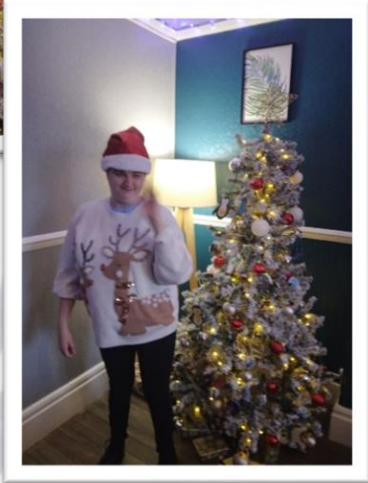
Jon and Sam went to the Haverthwaite Railway where they visited the café and enjoyed a hot drink on cold day.

They then went on the steam train and during the train ride they had a visit from Santa Claus. While enjoying the train ride Sam and Jon enjoyed had a small snack and drink.

After going on the steam train for a ride, Sam and Jon then went to a local pub where they enjoyed a nice meal for lunch. Jon tried some chips and had some mash and Sam enjoyed a fish finger sandwich.

When they finished their lunch, Sam and Jon took part in a small Christmas themed pub quiz which they enjoyed.





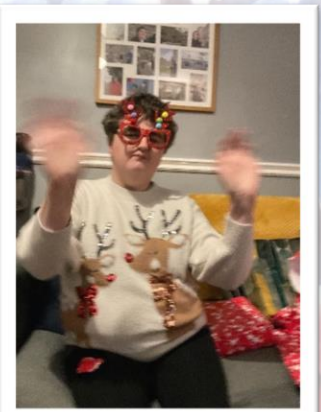
Christmas Jumper Day

On the 12th of December, Jon, Fern and Sam wore their Christmas Jumpers to celebrate Christmas Jumper Day.

Fern's Birthday

On the 19th December, Fern celebrated her 28th birthday!! She spent the day going exploring the beautiful lake district on the bus, buying some local items and returning for an evening filled with presents, joy and laughter.

Fern had a brilliant day and thoroughly enjoyed every second.



Messages from the staff.....

A final touch to the newsletter is a chance for you to hear from some members of the staffing team about what their highs and most enjoyable moments over the past few months have been:

"Since I started working at Shap Road in August 2024, I've been able to build relationships with all of the residents and have enjoyed all the activities that they do. I'm looking forward to continuing my journey and going out on more activities with them and sharing lots of smiles and laughter".

Olivia Carey

"This September two of our residents who attend Art Club were asked to take part in the Torchlight parade, this was a great achievement as it was very busy and noisy and they both coped well and appeared to enjoy themselves".

Trish Fishwick

"The residents of Shap Road have had a fantastic last few months, enjoying a beautiful winter holiday to Centre Parcs and we are all looking forward to the festive activities to come!"

Emma Kemp

"I really enjoyed being able to take the residents on a second holiday this year, especially because they got to enjoy the Winter Wonderland at Center Parcs, this was a new experience for them and I am proud that we have been able to support everyone on another great holiday. I am really looking forward to next year"

Dani Whittaker



Merry Christmas & a Happy New Year!

We hope you enjoyed reading about all of the exciting things we have done over the remainder of 2024.

Please complete our short *Family Feedback Survey* which we have included with this Newsletter. Your feedback, no matter how small is greatly received.

We look forward to sharing with you more of the memories we make in 2025!