



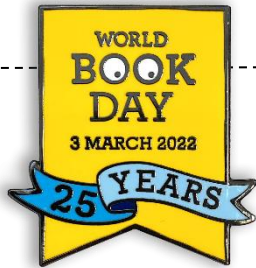
March/April Newsletter 2023 Cambian Dilston College

It's official, Cambian Dilston College has now been graded as 'Good' by Care Quality Commission (CQC), who inspected us in February 2023. The report has now been published and it was so lovely to hear the positive feedback/comments from parents, carers and social workers. You can download the report by following this link:

[Cambian Dilston College - Care Quality Commission \(cqc.org.uk\)](https://www.cqc.org.uk).

We are working through decorating all of our accommodations on site and making improvements where needed, we will share photos where possible/appropriate. We are in the process of working on our shop, and will start the work on the sensory room before the summer. We will keep you up to date with all of the works in the next newsletter, it's an exciting time of change!

- Marie Flatman, Principal



Let's catch up!

We've celebrated **Story Telling Week** last term; the Literacy Trust created a fantastic programme of events and resources that enabled our students to go on a fictional journey. We also celebrated **World Book Day** which has become an essential calendar fixture for schools, settings and communities. These days provide fantastic opportunities to focus on reading for pleasure and embedding a habit of reading which brings forward a wide range of benefits.

We were thrilled to bring **LGBTQ+ History Month** into our curriculum last term. Delivering this teaching to our young-people and staff members provides them with the knowledge and understanding to embrace the rich diversity of the world we live in, and for some, it provides them with the words to describe their own experiences. This year's theme was 'behind the lens' which gave us the wonderful opportunity to recognise and celebrate the lives and professional accomplishments of the LGBTQ+ community!



Place2Be launched their first ever **Children's Mental Health Week** in 2015 to shine a spotlight on the importance of children and young-people's mental health. Nine years on, they hope to encourage more people than ever to get involved, spread the word and raise vital funds for children's mental health.

Evidence shows that connecting with others and forming good relationships with family and friends, as well as the wider community is important for mental wellbeing. Building stronger, broader social connections in your life can increase your feelings of happiness and self-worth. In aid of supporting Children's Mental Health Week, we centred the weekly activities around the theme of connecting with others.



We have welcomed seven new members of staff to the Dilston team over the last couple of weeks. Most of which have travelled across the world to work with our learners on site which is truly amazing. If you see them around please say hello and give them a warm welcome, we are sure they will be a great asset to the Care Team!



Hima, Kelly, Lincy, Princy, Mimo, Laly, Mereena



COMIC RELIEF

RED NOSE DAY



Red Nose Day is a charity event which is held by Comic Relief every year. Comic Relief supports incredible projects and organisations who are making a difference for people across the UK and around the world. The money raised will help support people struggling with the cost-of-living crisis and tackle issues such as homelessness, mental health problems and food poverty.

It was great to see all of our staff and learners join in on the Red Nose Day fundraising activities last week in aid of Comic Relief. Together we raised £46.70 in our Red Owl Café with support from Kyle and all other learners who were involved!

Everybody was encouraged to wear red in support of the Red Nose Day charity! We also designed our own red noses and our learners participated in some great afternoon activities. Everybody on site also thoroughly enjoyed the Red Nose Day biscuits which were kindly made by our Chef, Christine.



Our Horticulture Sessions

Our Horticulture sessions at Dilston College aid our learners understanding of our world's natural sciences. By using their creativity and practical skills our learners are working together to plant trees and look after our outdoor area. We use the garden as a safe and secure place to develop our learner's ability to mix socially and learn practical skills that will help them to become more independent.



Freedom Day for the Dilston Ladies

It's time for our ladies to return to the outdoors as Bird Flu restrictions were lifted on the 18th April. Our ladies are happier than ever and we're glad to see them back in action!



Our New Sensory Swing

Sensory swings create a safe, calming environment to help our learners regulate their sensory systems, cope with sensory overload and enjoy safe sensory seeking behaviours.

We have placed this swing in our outdoor gym area to encourage our students to access the outdoors during their sessions and free-time.





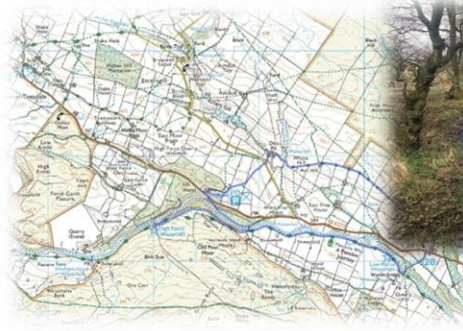
Our learners, Kyle and ***** have embraced the outdoors lately and have been exploring the beauty of Northumberland with tutors, Ian Robinson and Julie Webb. Kyle and ***** have had to overcome challenges and learn new skills throughout their time participating in the **Duke of Edinburgh** scheme, everybody at Dilston College can see how much this has built up their resilience and boosted their self-confidence, this in turn has had a hugely positive impact on their mental and physical wellbeing.

Well done to Kyle, ***** and all of the tutors involved!

Here's where we've been adventuring to lately...



Wooler



High Force



Penrith

Oh, I do like to be beside the seaside...



Over the Easter holidays our care staff and residential learners made the most of the nice weather and headed down to South Shields for a well-deserved beach day. As their sunglasses and sun cream were packed, they were ready to go and enjoy the sea air (which is made even more enjoyable with fish, chips and a scoop of ice cream for dessert).



"It was a huge success and you can see that from how big the smiles are on our faces!"

- Wendy Jefferson, Learning Supporter

"it's so good to see our young people having fun together and also to see the great team work. Well done to all of the hardy souls who ventured into the North Sea. This is evidence of Dilston doing what it is so good at, having fun with our amazing young people"

- Carol Brown, Head of Care





*****, "the man with the rock star hair is leaving us"

- Catherine Lincoln, Transitions Co-Ordinator

***** has been a huge part of the Dilston community since October 2019. He sadly moved on this month but we are so happy that he has settled into his new home after a long transition. From everybody here at Dilston College, we wish ***** all the best on his new adventure.

A huge Welcome to our new learner, *****!

***** was welcomed to Dilston College at the beginning of April, his infectious smile and mischievous sense of humour has been a great addition to the college environment.

"I enjoy playing on the swing at the park, watching YouTube videos and watching movies, my favourite movie is Turner and Hooch. I also like to listen to music in my accommodation and in the car, I specifically like Elvis Presley!"



"***** has been to Tyne Green [...] he was fantastic fun and behaved brilliantly throughout! [...] we had Elvis on in the car which ***** wiggled around and rocked to throughout the drive!"

- Sarah Massey, Learning Supporter



Supermarket Sweep



"Move over Dale Winton, we have a new shopper about town! [...] ***** has been to Hexham to do some personal shopping, picked up some bits for another student and had his photo ID taken for a bus pass. This was a tall order for ***** but he excelled himself [...] we're super proud!"

- Sarah Massey, Learning Supporter

Birthday Celebrations!

"***** started the day off by opening his presents from the College and then had a lovely trip out to Saltwell Park and finished his afternoon off with a lovely visit from his family. He also had a quick power nap after such a busy day!"

- Wendy Jefferson, Learning Supporter



Important Upcoming Dates:

Monday 29th May - Bank Holiday

Wednesday 21st June - Culture Day

Friday 23rd June - Site Clean Up Day

Friday 14th July - Sports Day

Friday 21st July - Celebration Day

Reminder: Day Students will not attend college on Bank Holidays!

Dilston's Dream Team will be back at Hexham Market



Tuesday 16th May 2023

Tuesday 27th June 2023

Tuesday 18th July 2023

For important updates and information follow us on **Facebook:**

Search: Cambian Dilston College

We are delighted to announce that CQC inspected our provision and rated us 'GOOD' in March. They have shared their feedback with us and the comments which we have read from our learners' families regarding how much we care for our young people is truly wonderful and a real credit to Dilston College. We have so much more to improve on, but we are on the right path and together we can reach outstanding.

"They have worked wonders with [family member], they are learning independence and they have come on in leaps and bounds there"

"Relatives said that the staff knew how to support people in a safe way because they understood their family members. A relative commented, "we feel [person] is 100% safe as staff know them really, really well"

"The service has enabled [person's] growth and development, resulting in far fewer challenges than may have been the case otherwise"

"I really struggle to find anything negative as they have opened up [person's] world"

"we are comfortable talking to the managers and we have a close relationship with staff. It's the only place that has included us in everything"



Staff Development!

Our Principal, Marie Flatman and Vice Principal, Karen Bell have undergone 'Mind of My Own' training. At Dilston College we are eager to communicate with our young people and encourage them to express their thoughts, wishes and feelings directly to us. Mind of My Own is a participation tool for young people who use health, care and education services

Our Art Tutor, Bridget attended a continuing professional development workshop at the **Baltic Centre for Contemporary Art** at the beginning of March. This workshop centred around "getting creative" with the SEND curriculum, teachers were given the opportunity to practically experiment with the different art techniques suitable for the SEND classroom. Bridget has brought back a range of ideas to enhance the art curriculum and will be disseminating some of the ideas across the college, her main focus will be looking at art techniques that have a more sensory approach.

Getting Creative



British Values



We have the freedom to choose how we are treated and we can show kindness and respect to others.
We can talk positively about ourselves and others.
We can develop our self esteem and confidence by sharing achievements and success.
We can take risks, challenges and responsibilities.