



# Hunter Lodge Annual Report 2008-2009



Department of Adult Services

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## Introduction

Wow how time flies when you're having fun ! This is our ninth End of Year report and what a great read..

First of all I would like to thank all the people who have contributed to this report for all their hard work and effort, we have had yet another busy and productive year as you will discover and together we move forward into 2009

Our main target for the coming year is to continue to increase people's independence, choice and control over their lives and to promote community inclusion through the Personalization Agenda. We now have one member of staff trained up as a champion for community connecting and each individual member has a file with a copy of the tools. We have also formed a strong partnership with Wigan and Leigh College and have become a Community Education centre successfully running six courses where five members of the community have also attended

Continuing to promote healthy living we have been involved in wheels for all, steps to health, health walks, swimming, taster sessions and stop smoking and healthy eating training. We are all working extremely hard to educate ourselves into a healthier lifestyle ( but we do still enjoy the odd cream cake ! )

The gardening group has had another productive year venturing further afield and going up to Haigh Hall to use the allotments there. They have grown some wonderful home grown vegetables that were sold and appreciated by others. We are definitely looking forward to sampling this year's produce and who knows we may have a stall on the next Farmers market

I think all that is left to say is that we are all really excited about working together over the next twelve months and developing Hunter Lodge into people's vision for the future



## **Service Standards**

The government aims to increase people's independence, choice and control over the care and support that they receive and promote community inclusion through the personalisation of adult social care.

In December 2008 Wigan Council worked with MOBIUS UK to provide consultation workshops to Service Users, Carers and staff from Wigan Council to produce a vision for local action to transform Social Care. A service user and staff member from Hunter Lodge attended to share their views.

Hunter Lodge has service standards in place that were drawn up alongside members who use the service to set the foundations of what Hunter Lodge offers and a annual way of monitoring and updating the service, giving users the choice and control over the service they receive.



# **Hunter Lodge Service Standards 2009-2010**

Department of Adult Services

## STANDARD 1 - SERVICE PHILOSOPHY

March 2009

Review date March 2010

STANDARD	PROCEDURE	MEASURE	PERFORMANCE LEVEL
<p>People using the service will work in partnership, and contribute to the smooth running and maintenance of the clubhouse.</p> <p>The service will support people's inclusion in society, in line with current legislation and guidance.</p> <p>People will be supported to develop their independence, raise self-esteem and build confidence.</p>	<ul style="list-style-type: none"> <li>• Individual person centred planning – person centred planning.</li> <li>• Key worker system.</li> <li>• Daily briefing / steering group meetings.</li> <li>• Induction period. – Internal reviews.</li> <li>• Work skills opportunities –</li> <li>• reception induction coaching session</li> <li>• admin.</li> <li>• Conference room Booking, Shopping, and Catering evaluation.</li> <li>• Disability Advice Line               <ul style="list-style-type: none"> <li>• Embrace Wigan &amp; Leigh</li> <li>• Disability Forum</li> <li>• Further Education</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Quality Monitoring</li> <li>• Person centred plan produced within 6 months</li> <li>• Keyworker file within 4 weeks</li> <li>• person centred plan and Keyworker file monitored at 6 monthly review.- induction period 6 weeks</li> <li>• reviews completed</li> <li>• Community connecting achievement tools.</li> <li>• Briefing minutes daily/ steering group minutes within 5 working days</li> <li>• Completed work placement. evaluation</li> <li>• initial booking,</li> <li>• off site activity form</li> <li>• initial evaluation</li> <li>• Completed course's certificates gained.</li> </ul>	<p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>80%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>80%</p>

**STANDARD 2 - CARER SUPPORT****MARCH 2009****Review date march 2010**

<b>STANDARD</b>	<b>PROCEDURE</b>	<b>MEASURE</b>	<b>PERFORMANCE LEVELS</b>
To offer support to carers and promote effective access to relevant information.	<ul style="list-style-type: none"><li>• Produce a newsletter monthly</li><li>• Carers are informed of contact names and telephone numbers.</li><li>• Carers will be invited to 3 organised events at Hunter Lodge throughout the year.</li><li>• Carer's questionnaire will be distributed on an annual basis looking at how Hunter Lodge can support you. (variable numbers)</li></ul>	<ul style="list-style-type: none"><li>• 240 newsletters distributed 2008 – 2009. 200 – 2010 plan for 240 to be distributed.</li><li>• Introductory visits logged in diary</li><li>• Hunter Lodge information pack given at introductory visit.</li><li>• Records kept in visitors book</li><li>• event logged in office diary</li><li>• Numbers attended.</li><li>• Proxy returned and support identified Within appropriate resources. Analyse returns and produce report</li></ul>	100% 100% 100% 100% 100% 100%

**STANDARD 3 - MEALS AND REFRESHMENTS**

March 2009

Review date March 2010

STANDARD	PROCEDURE	MEASURE	PERFORMANCE LEVELS
<p>To enable service users to choose (and help prepare) food and offer assistance in order that they are as self-managing as possible.</p>	<ul style="list-style-type: none"> <li>• Support with the preparation of food and drinks.</li> <li>• Support with purchases of food items.</li> <li>• Advice on healthy eating. From staff team and other agencies. ( Primary Care Trust)</li> <li>• Support with special dietary requirements.</li> <li>• Adapted kitchen .Specialist equipment.</li> <li>• Staff training – Food Hygiene.</li> <li>• On site training Food Hygiene service users.</li> </ul>	<p>Meals and drinks prepared –</p> <p>Off site activity</p> <p>Reviews/ activities</p> <p>Reviews, self assessment, progress plans</p> <p>Decrease in dependency</p> <p>Training completed.</p>	<p>100%</p> <p>100%</p> <p>100%</p> <p>50%</p> <p>100%</p> <p>80%</p>

**STANDARD 4 - PERSON CENTRED PLANNING**

March 2009

Review date March 2010

STANDARD	PROCEDURE	MEASURE	PERFORMANCE LEVELS
<p>All service users will have a person centred plan, which is responsive to their individual needs and choices.</p>	<ul style="list-style-type: none"> <li>• Induction period 6 weeks, questionnaire.</li> <li>• Assessment tools – community connecting</li> <li>• Keyworker allocation on commencement of placement.</li> <li>• Care Plan.(commissioner's)</li> <li>• Self-assessment with in 3 months.</li> <li>• Quarterly internal reviewing system.</li> <li>• Essential Lifestyle Plan with in 6 months.</li> <li>• Monthly progress recording.</li> <li>• Diary notes.</li> </ul>	<ul style="list-style-type: none"> <li>• Induction questioners.</li> <li>• Completed assessments</li> <li>• Keyworker files.</li> <li>• Care Plan</li> <li>• Recording systems.</li> <li>• Monitoring of systems.</li> <li>• Completed E.L.P.</li> <li>• Progress reports.</li> <li>• Service user files.</li> </ul>	<p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>95%</p> <p>100%</p> <p>100%</p>

**STANDARD 5 - PERSONAL FINANCIAL PRACTICE**

March 2009

Review date March 2010

<b>STANDARD</b>	<b>PROCEDURE</b>	<b>MEASURE</b>	<b>PERFORMANCE LEVELS</b>
Service Users are supported with finances to promote independence/functioning levels will be respected when dealing with finances.	<ul style="list-style-type: none"><li>• Support with cash handling for payment of food and drinks at the clubhouse. For individuals identified on risk assessment.</li><li>• Self-assessment.</li></ul>	<ul style="list-style-type: none"><li>• Audit of risk assessment every 6 months or change of circumstance.</li><li>• Annual self-assessment completed.</li></ul>	100%  100%

**STANDARD 6 - HEALTH & SAFETY**

March 2009

Review date March 2010

STANDARD	PROCEDURE	MEASURE	PERFORMANCE LEVELS
<p>The service will ensure a safe working environment.</p>	<ul style="list-style-type: none"> <li>• Quarterly building inspection.</li> <li>• Weekly checklist</li> <li>• Health &amp; Safety training all staff within twelve months of commencement of service.</li> <li>• Fire Procedure. Induction procedure within first week.</li> <li>• Weekly fire test, annual evacuations.</li> <li>• Fire Risk Assessments</li> <li>• Hazard reporting.</li> <li>• Accident / Incident recording</li> <li>• Risk Assessment/ service users</li> <li>• Job role risk assessment.</li>   <li>• Central Safety Section inspection.</li> <li>• Environmental Health Inspection.</li> </ul>	<ul style="list-style-type: none"> <li>• Record of inspection reports and checks.</li> <li>• Staff training log.</li>   <li>• Fire safety and risk procedure read and understood signed/dated.</li>   <li>• Record in logbook.</li>   <li>• Annual review dated.</li> <li>• Log of all hazards completed.</li> <li>• Monitoring systems accident / incidents. Monthly.</li> <li>• Risk Assessment in place for all service users within 6 weeks. Reviewed every 6 months after.</li> <li>• In place annual review, dated.</li>   <li>• Building inspection report. As and when undertaken corporately</li> <li>• As and when undertaken corporately.</li> </ul>	<p>100%</p> <p>100%</p> <p>100%</p> <p>98%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p>

**STANDARD 7 - STAFF DEVELOPMENT**

March 2009

Review date March 2010

STANDARD	PROCEDURE	MEASURE	PERFORMANCE LEVELS.
<ul style="list-style-type: none"> <li>• To develop and support staff.</li> </ul>	<ul style="list-style-type: none"> <li>• Skills for care internal induction. Within 6 weeks.               <ul style="list-style-type: none"> <li>• Nominations for health &amp; safety, Manual Handling, Fire awareness and food hygiene.</li> </ul> </li> <li>• N.V.Q</li> <li>• Developing and Supporting Staff.</li> <li>• Hunter lodge Staff development meeting</li> <li>• Minimum 4 per year.</li> </ul>	<p>Induction process completed and recorded.</p> <p>Nominations made within induction period.</p> <p>N.V.Q Nominations within 6 months of commencement of service.</p> <p>Personal Development plan (PDP) Annual Appraisal Record of supervision in line with divisional standard.</p> <p>Minutes of meetings.</p>	<p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p>

**STANDARD 8 – MOBILITY**

March 2009

Review date March 2010

<b>STANDARD</b>	<b>PROCEDURE</b>	<b>MEASURE</b>	<b>PERFORMANCE LEVELS</b>
To ensure that people with mobility problems Have full access to the services in accordance with the Disability discrimination Act.	<ul style="list-style-type: none"><li>• Building accessible – Automatically operating front door. All internal doors wheelchair accessible.</li><li>• Internal reviewing system</li><li>• Risk Assessments.</li><li>• Identification of moving and transfer aides...</li></ul>	<ul style="list-style-type: none"><li>• Continual monitoring of access. Use of Health &amp; Safety audit quarterly.</li><li>• Suitability of use audits. External audit 3 yearly.</li><li>• Review record...</li><li>• Recorded on risk assessments, care plans.</li></ul>	100%  100% 100%

**STANDARD 9 – COMMUNICATION**

March 2009

Review date March 2010

<b>STANDARD</b>	<b>PROCEDURE</b>	<b>MEASURE</b>	<b>PERFORMANCE LEVEL</b>
To support and promote effective communication	<ul style="list-style-type: none"><li>• Allocation of keyworker on commencement of placement.</li><li>• Daily briefing allocation of task, exchange of information.</li> <li>• Monthly steering group.</li><li>• Quarterly reviews in first year 6 monthly after.</li><li>• Free Newsletter monthly,</li><li>• Individual off site activity.</li><li>• Loop System in operation.</li><li>• Headsets / telephone.</li><li>• Internet access</li></ul>	<ul style="list-style-type: none"><li>• Records on file. Keyworker file.</li> <li>• Record of briefing.</li> <li>• Minutes of meeting</li><li>• Review report on key worker files.</li> <li>• 20 newsletters printed.<ul style="list-style-type: none"><li>• Recording system in place.</li></ul></li><li>• Monthly test. Logging system in operation.</li></ul>	100%  100%  100%  100% 100% 100% 100%

**STANDARD 10 – INVOLVEMENT**

March 2009

Review date March 2010

STANDARD	PROCEDURE	MEASURE	PERFORMANCE LEVEL
<p>Service users will be involved in all meetings to plan and develop the service.</p> <p>Service users will be involved in the recruitment of staff that supports them. Service user will be kept fully informed of any new developments and changes</p>	<ul style="list-style-type: none"> <li>• Daily morning briefing.</li> <li>• Monthly steering group meetings</li> <li>• Internal reviews, key worker input.</li> <li>• Free monthly newsletter. 20 printed.</li> <li>• Recruitment and selection training.</li> <li>• Task groups (public information)</li> <li>• Annual questionnaire</li> <li>• Informal discussion,</li> <li>• Loop system</li> </ul>	<ul style="list-style-type: none"> <li>• Briefing notes. Minutes from steering groups.</li> <li>• Review reports.</li> <li>• Number of newsletters taken.</li> <li>• Induction/evaluation</li> <li>• Results from questionnaires.</li> <li>• Logged in diary</li> <li>• Monthly test recorded.</li> </ul>	<p>100%</p> <p>100%</p> <p>75%</p> <p>100%</p> <p>100%</p> <p>100%</p> <p>100%</p>



## **Hunter Lodge Customer Satisfaction Results**

Thankyou to everyone who took the time to complete the annual customer satisfaction questionnaire for 2008

The following results have now been compiled from the answers you gave.

All comments have been addressed with individuals on a 1-1 basis

**Department of Adult Services**

## Customer Satisfaction Results 2008

### Section 1

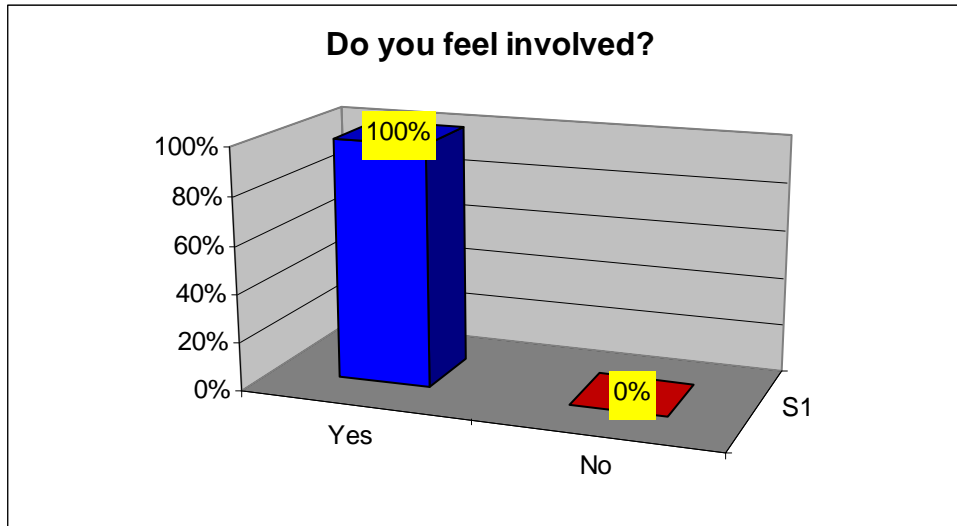
1a. Do you feel involved in the day to day running of the clubhouse?

Yes **100%**

No

Comments;

**Helpful, understanding and very good.**

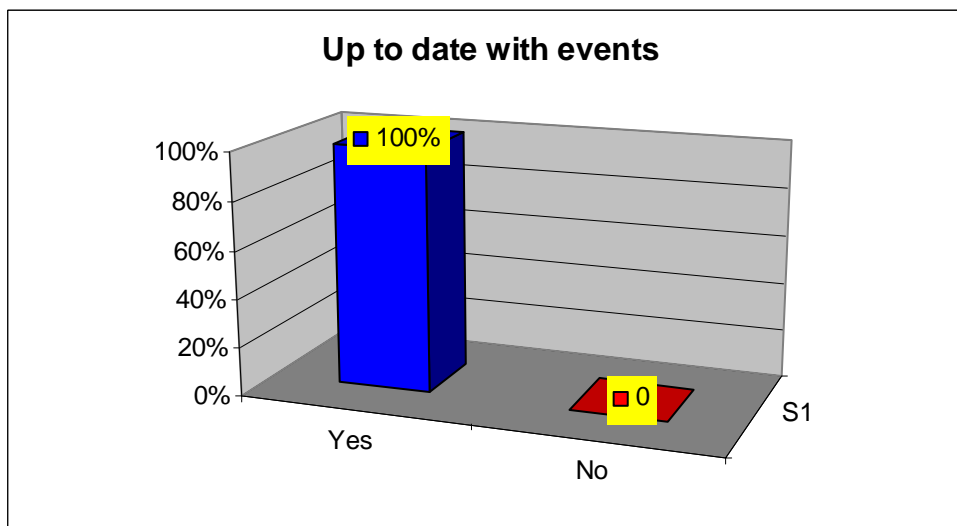


1.b Do you feel your are kept up to date with all events at the clubhouse?

Yes **100%**

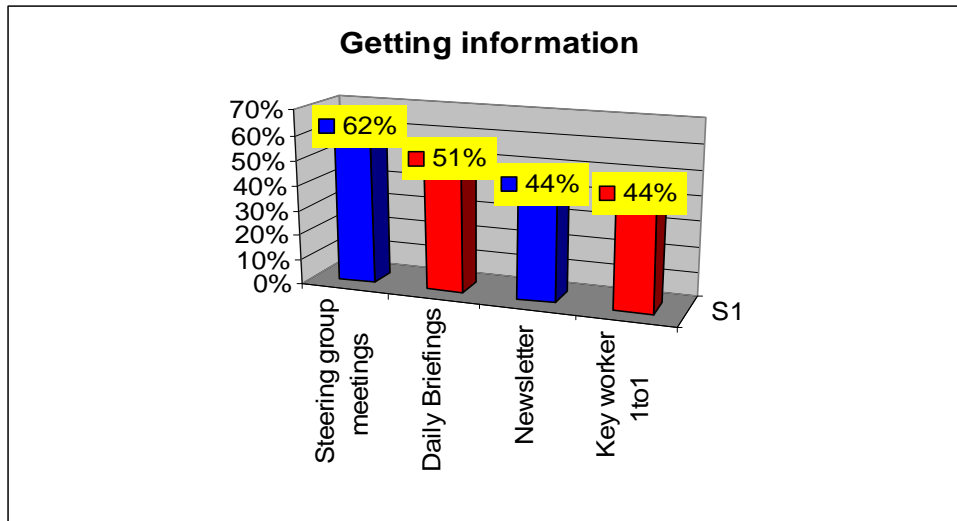
No

Comments



1c. What do you find is the best way of giving and receiving information at the clubhouse?

Steering group meetings **62%**  
 Daily briefings **51%**  
 Newsletter **44%**  
 Key worker 1-1 **44%**

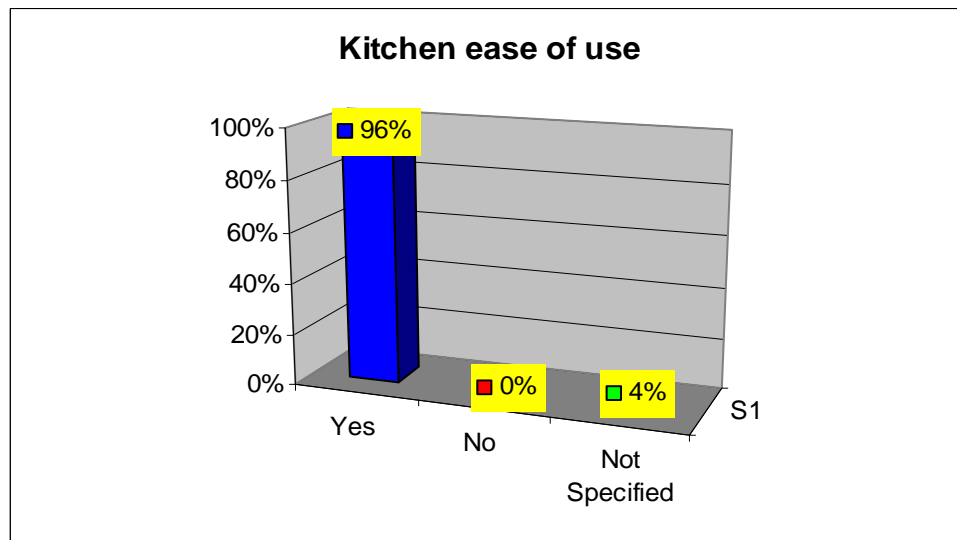


**Section 2**

2a. Do you feel that the clubhouse kitchen is easy to use?

Yes **96%**      No      Not Specified **4%**

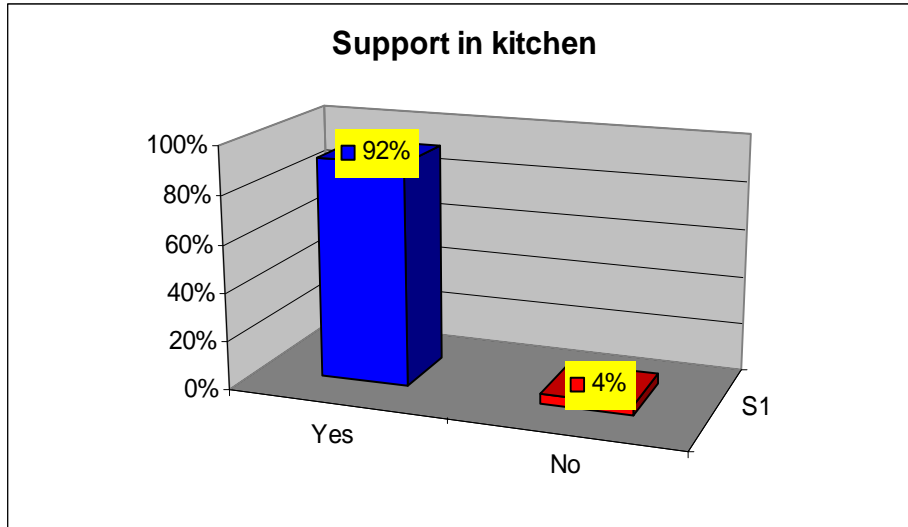
Comments



2b. Do you feel supported when preparing your meals?

Yes **92%** No **8%**

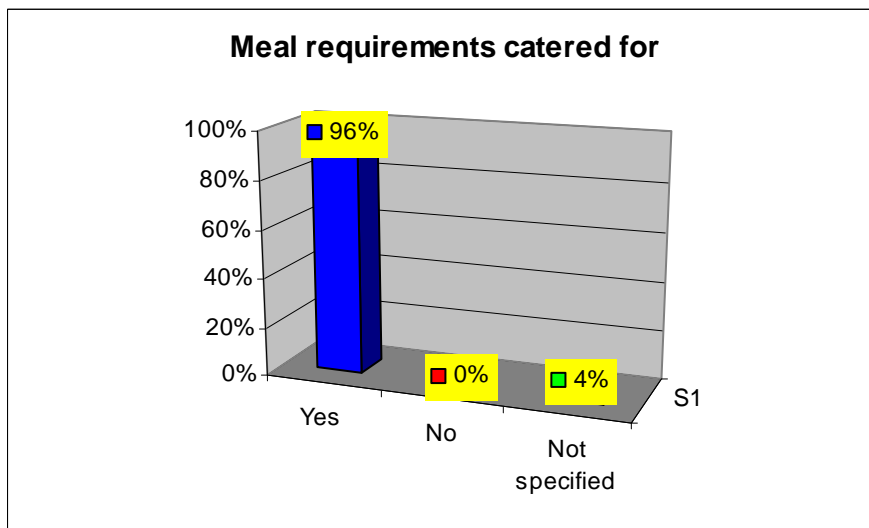
If No how could this be improved



2c. Are your meal requirements understood and catered for when ordering and preparing lunch?

Yes **96%** No Not specified **4%**

Comments

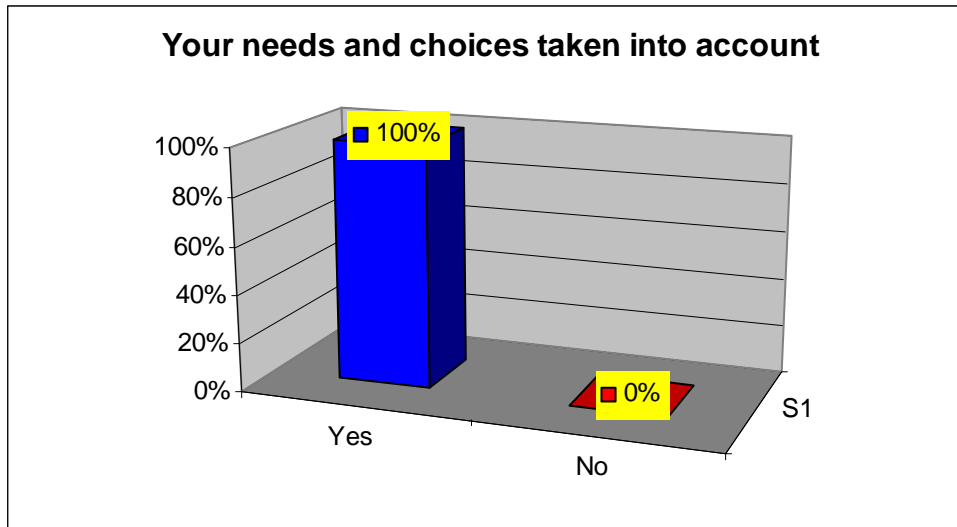


**Section 3**

3a. Do you feel that the clubhouse staff take into account your individual needs and choices?

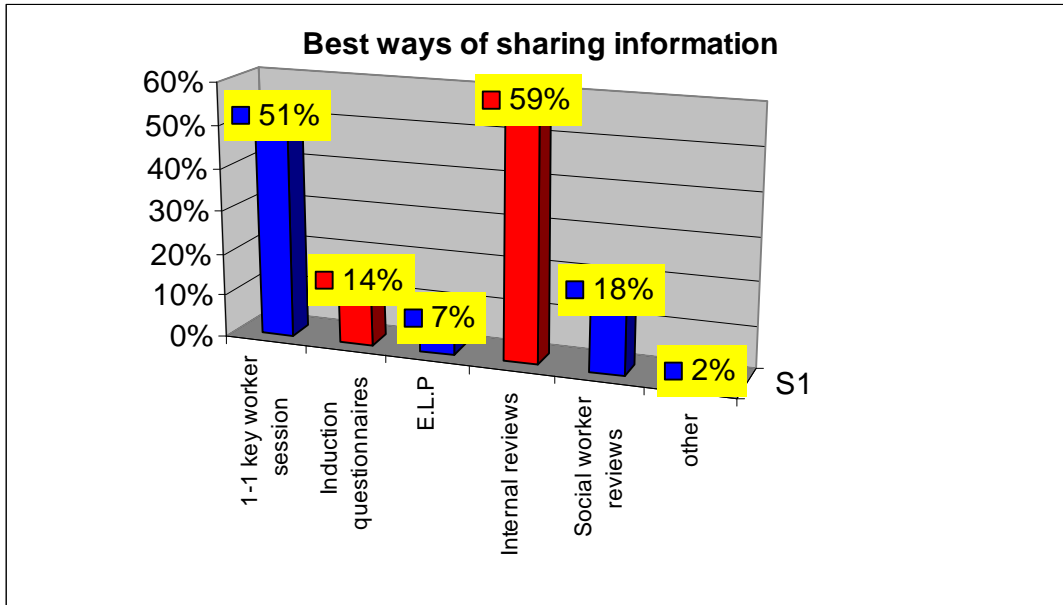
Yes **100%**                      No

Comments



3b. What do you find is the best way of giving that information?

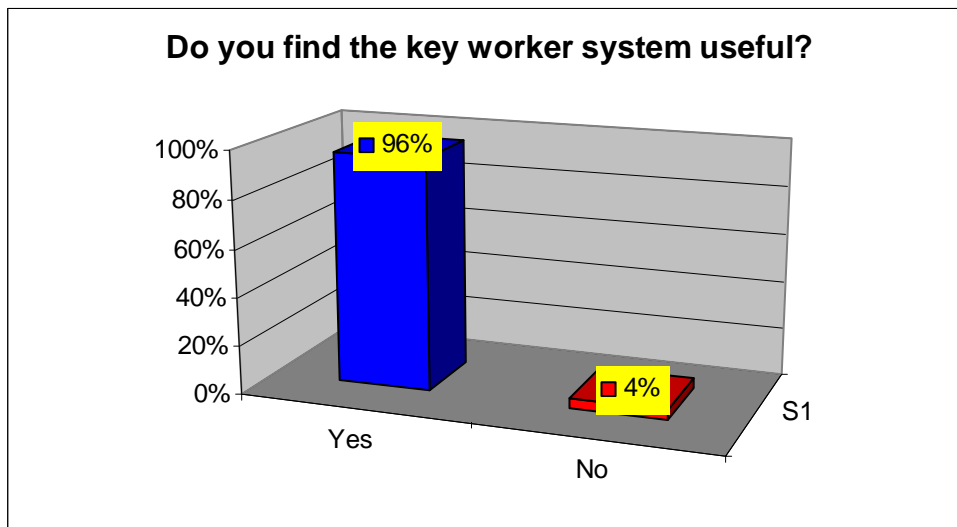
1-2 key worker sessions	<b>51%</b>
Induction questionnaires	<b>14%</b>
E.L.P	<b>7%</b>
Internal reviews	<b>59%</b>
Commissioner reviews	<b>18%</b>
Other	<b>2%</b>



3c. Do you find the key worker system useful?  
 Yes **96%**      No **4%**

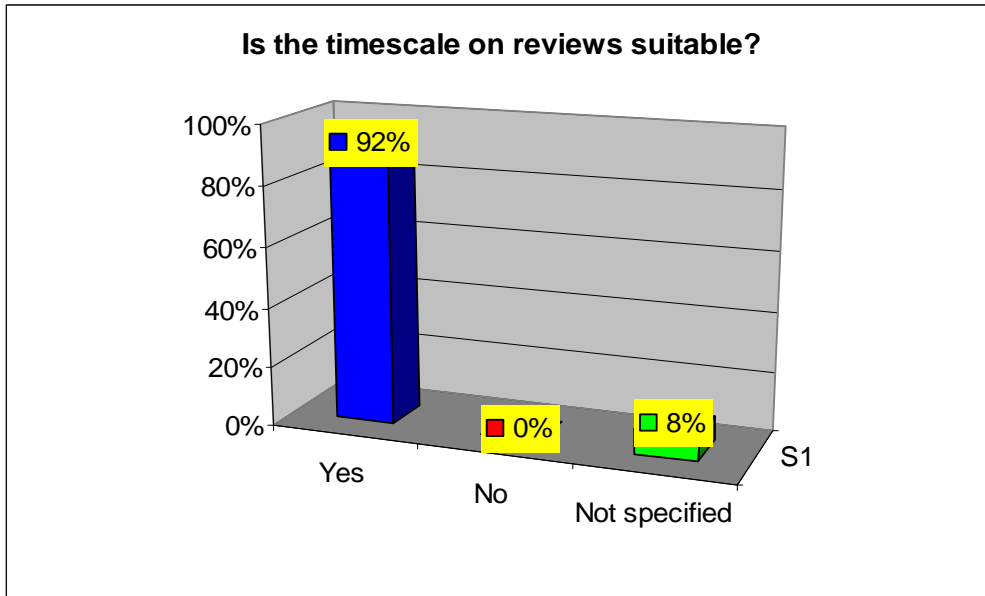
Please specify:

**someone to talk to if you have a problem, someone to talk to private.  
 Keyworker changed due to staffing and never had any issues.**



3d. Do you feel that the time scale on internal reviews is suitable?  
Yes **92%** No Not specified **8%**

Comments

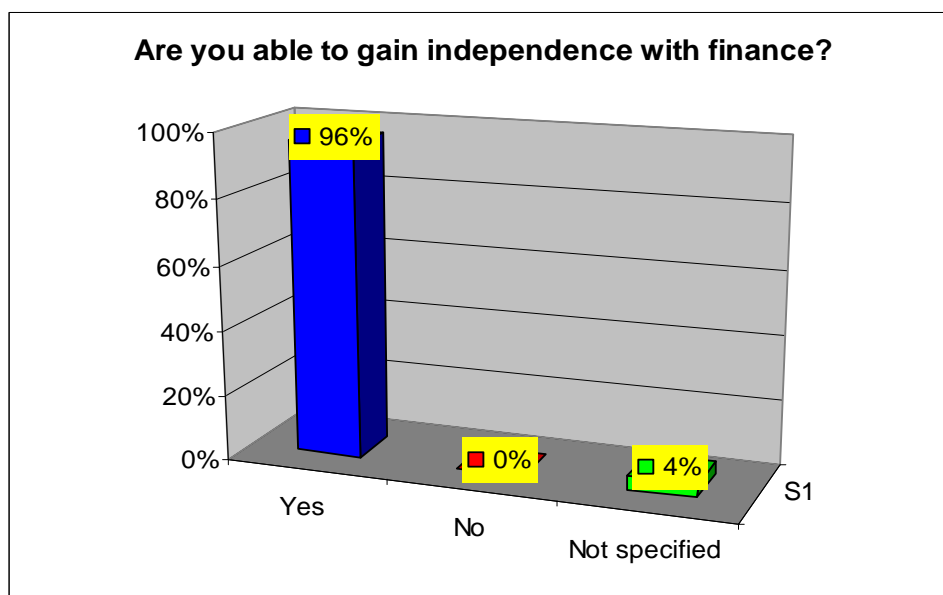


**Section 4**

4. Do you feel you are able you gain independence with your finance whilst being supported at the clubhouse?

Yes **96%** No Not specified **4%**

Comments

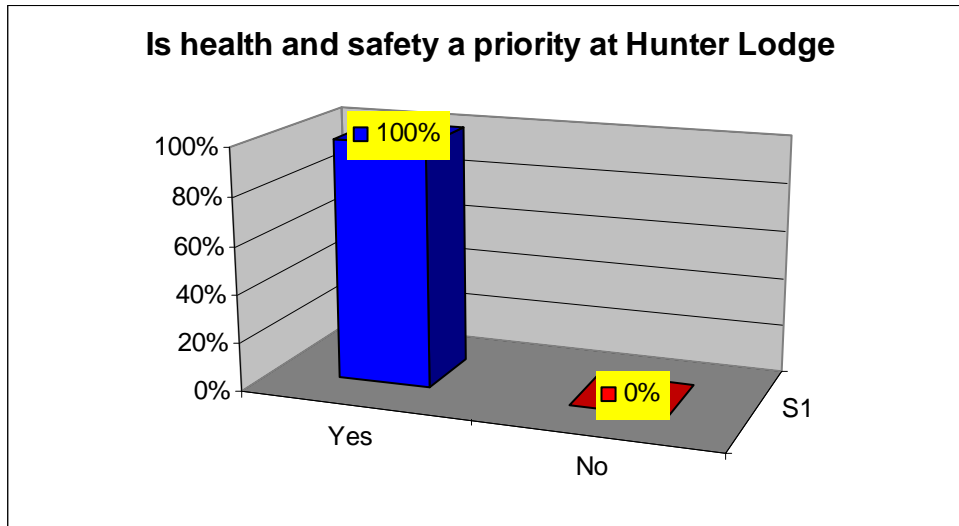


**Section 5**

5a. Do you feel that Health and safety is a priority within Hunter Lodge?

Yes **100%** No

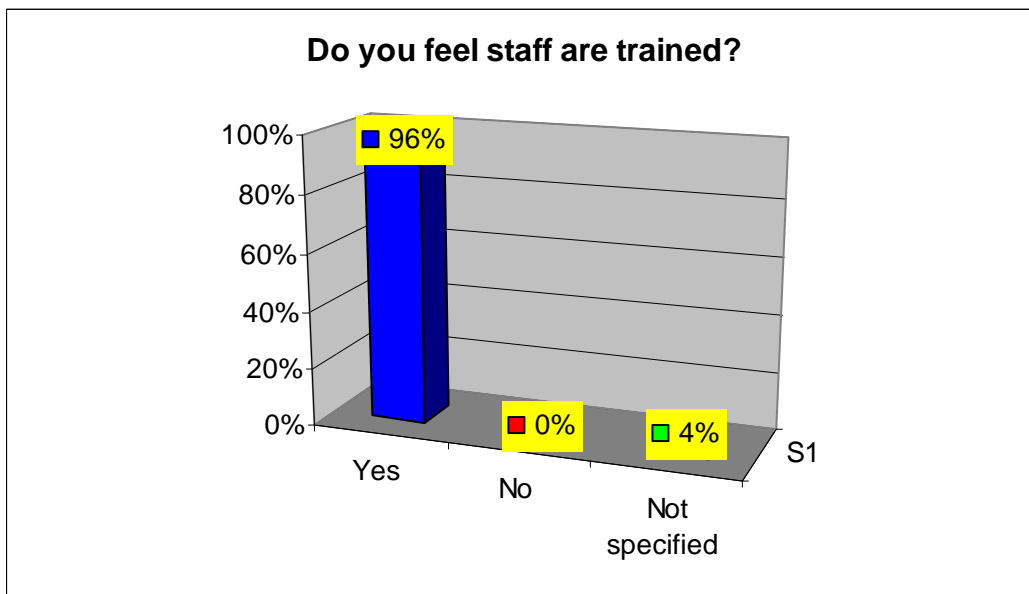
Comments



5b. Do you feel that staff are appropriately trained?

Yes **96%** No Not specified **4%**

Comments

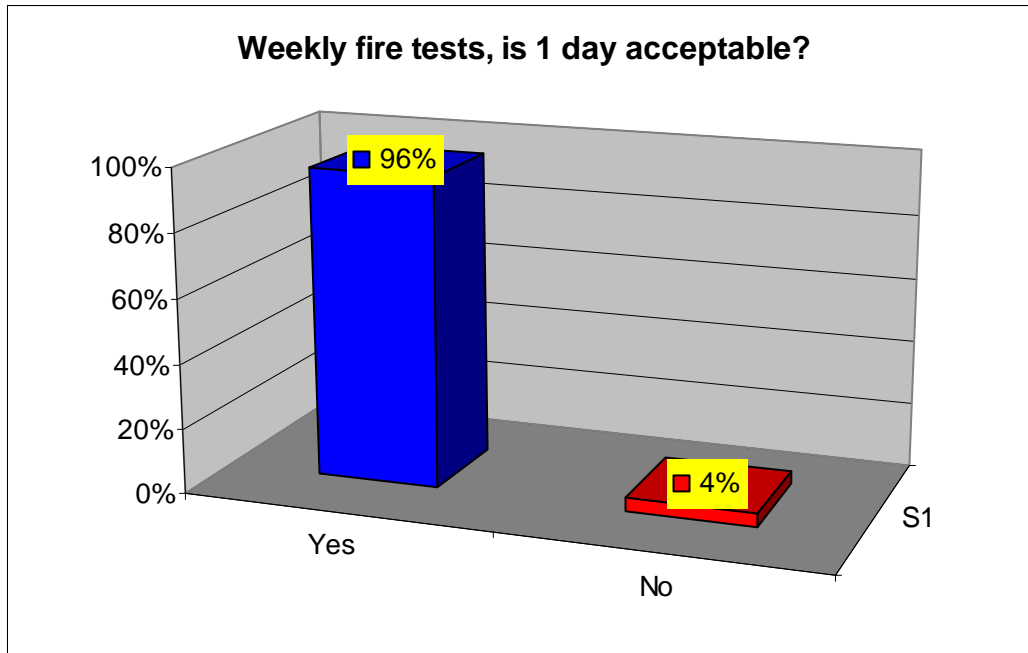


5c. The fire Alarm is tested every Friday morning, do you feel this is acceptable?

Yes **96%** No **4%**

If no how do you think this process can be done better?

**Tests carried out on other days for others to hear the alarm sound.**

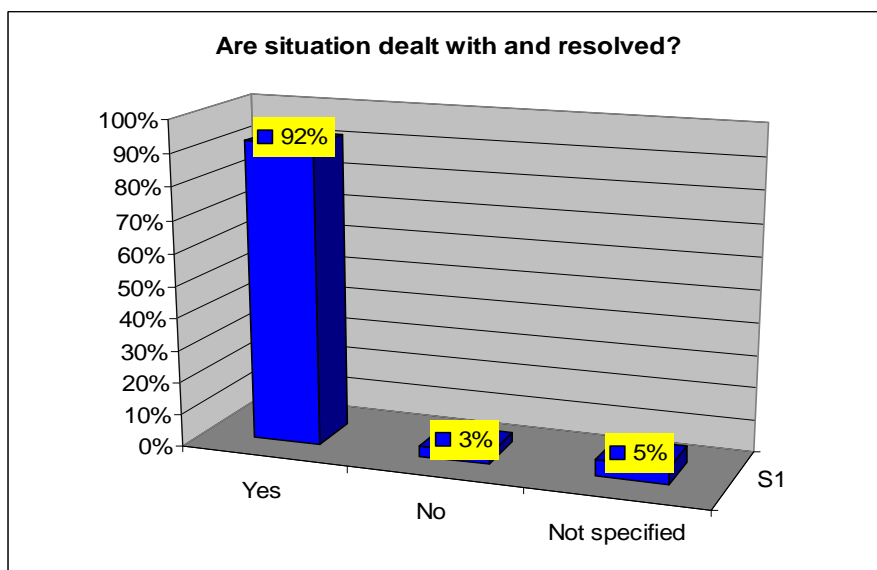


5d. All hazard accidents and incidents are recorded and reported. Do you feel these are dealt with and any situation resolved?

Yes **92%** No **3%** Not specified **5%**

Comments

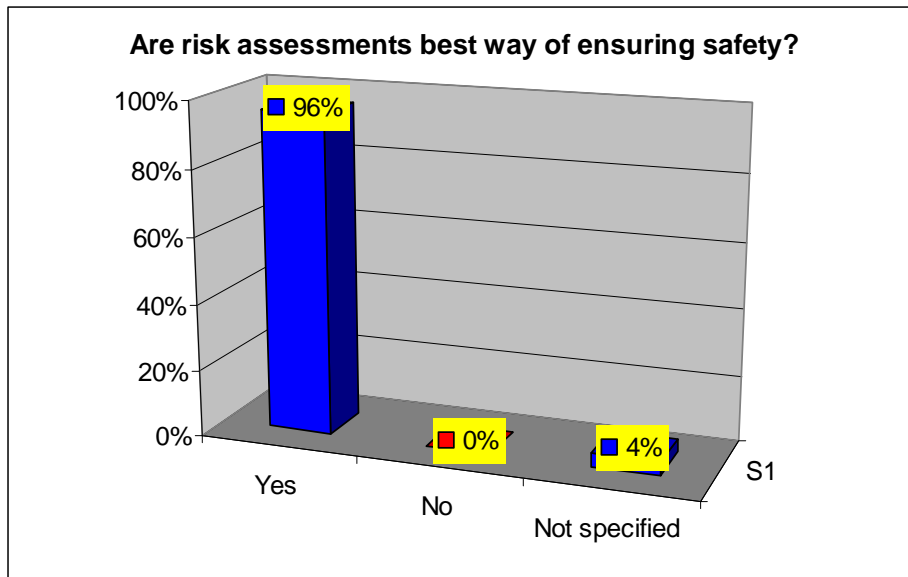
**slow responses from NPS for hazards reported.**



5e. All individuals at the clubhouse have a risk assessment; these are reviewed on a 6 monthly basis, any changes in-between this time, are noticed by staff or done by you. These are changed immediately to ensure safe practice is consistent. Do you feel this is the best way of monitoring and ensuring individuals safety continues?

Yes **96%** No Not specified **4%**

If no what changes do you think could improve this practice?

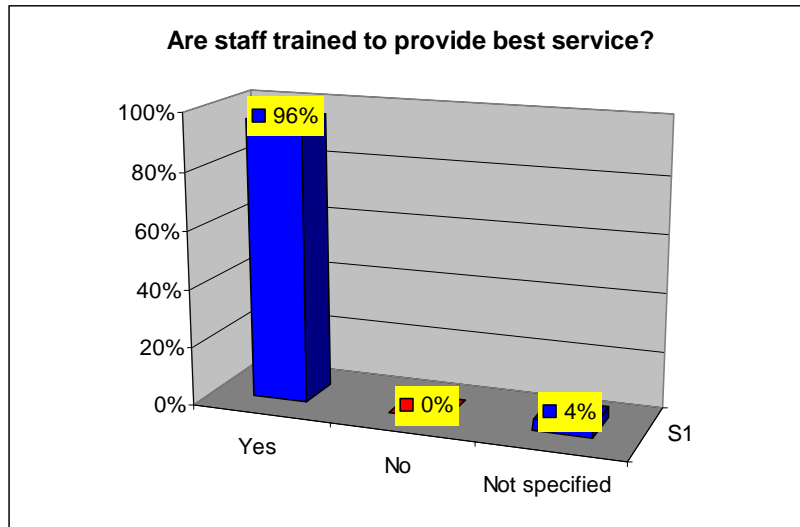


## **Section 6**

6a. Do you feel staff are trained to a high standards to provide the best service available?

Yes **96%** No Not specified **4%**

Comments

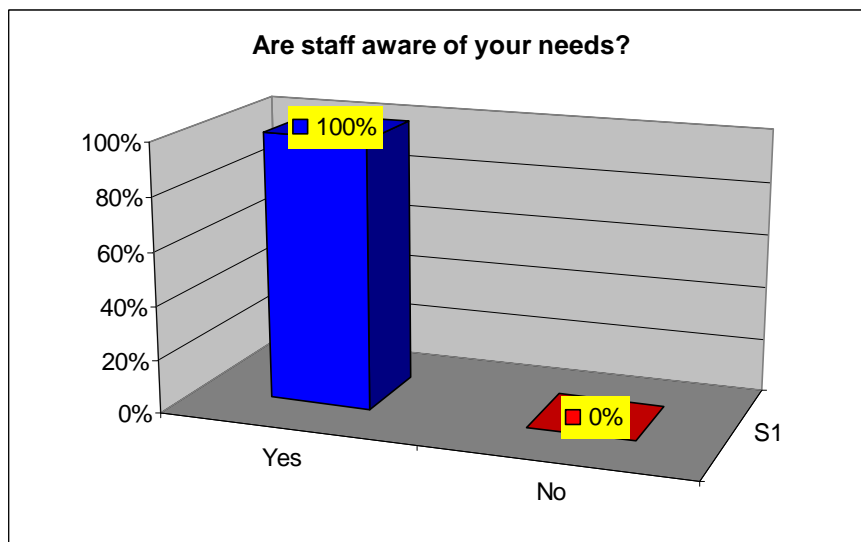


6b. Do you feel that staff are aware of you individual needs and abilities?

Yes **100%**

No

Comments



**Section 7**

7a. Do you feel the clubhouse is accessible both in and out doors?

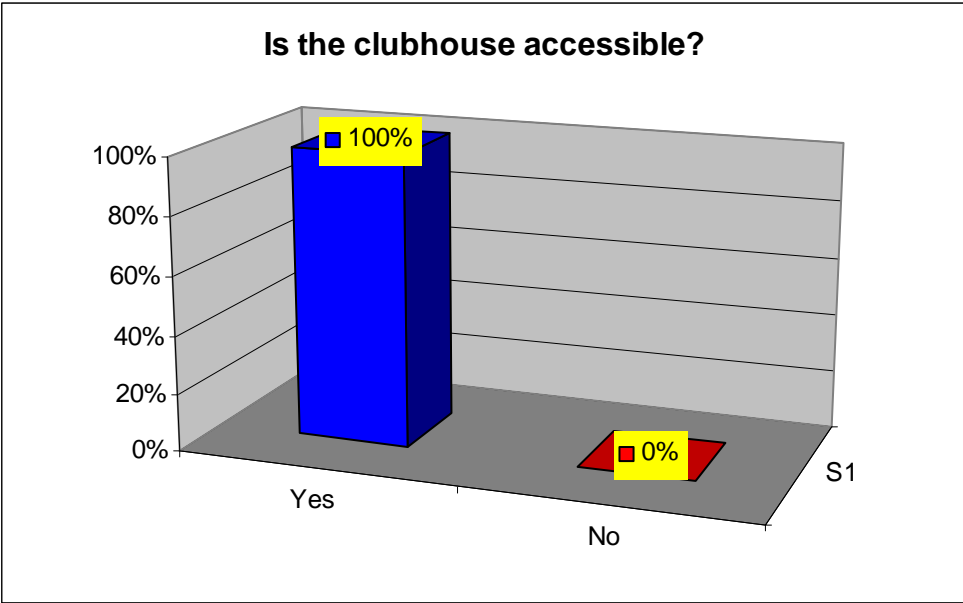
Yes **100%**

No

If no what changes could be made to make it easier for you to move around the clubhouse ?

If yes to the above how does this effect the service you receive?

**Good service received, able to move around freely getting in and out with ease. Feel safe.**



Thank you for taking the time to complete the questionnaire, all the information gathered will be used to monitor Hunter Lodge Quality Standard's, to ensure we continue to meet and work to the specified requirements as set by you.

## Hunter Lodge Occupancy

At the end of March 2009 we have 32 members on the register for Hunter Lodge, lower than last year which stood at 41 people on the register at the end of March.

This year we have supported; through confidence building and skill development the moving forwards of 4 clubhouse members.

- 1 member left to attend college full time
- 1 member left to access part time paid employment
- 1 member has put their place on hold to complete some additional voluntary work
- 1 member left to access a voluntary work placement.

We are currently supporting;

- 1 member to get voluntary employment through Wigan Council following him becoming a registered volunteer.
- 1 member to access work solutions to gain employment
- 2 members to become registered with supported employment following the successful work with 3 other members.

With the personalisation of Adult Social Care, we are hoping to see more members commence and use the service to develop skills and achieve their goals.



**Staff Qualifications**  
**2009-2010**

To promote best practice staff at Hunter Lodge are trained to the required standards for their job role and continued personal development.

Below is the training qualifications the current team hold.

<b>Job Role</b>	<b>Qualifications Gained</b>	<b>Qualifications Working Towards</b>
Manager	NVQ 3	NVQ 4
Centre Supervisor	NVQ 3	NVQ 4
Development Officer	NVQ 3	
1 Development Worker	NVQ 2, 3	
1 Development Worker	NVQ 2	NVQ 3
1 Development Worker		NVQ 2
Kitchen Support Worker	Skills for care, food hygiene	

## Communications

### Daily Briefing

Here at Hunter Lodge we hold daily briefing sessions to inform members and staff of their daily tasks and responsibilities.

The daily briefing sheet is prepared in advance by a member of staff to ensure that everyone is fully aware of their individual and group tasks for that day.

Each briefing is 'chaired' by a different member so that everyone gains valuable experience and confidence when speaking in front of a group of people.

The members carry out all the tasks, i.e. collecting amenities, drinks money and helping to sanitise tables and empty the dishwasher.

During briefing all the day's activities are highlighted i.e. Maths and English courses, gardening group, computer skills, wheels for all etc.



At the end of the briefing we ask members if they have any other business to raise before we all embark on our individual tasks.

By holding this type of briefing session it ensures that all the members can have their voice heard and at the same time keep everyone fully up to date with all the days' activities.

### **Promotional DVD**

To assist the information and communication process we have produced a promotional DVD about Hunter Lodge. The members worked hard to produce this DVD to share with people out-lining the activities and daily running of Hunter Lodge. This DVD can now be viewed via the Wigan Council website.

### **Steering Group**

The steering group is held on two days during each month. This is a more formal meeting to discuss any areas of concern or any issues that need resolving by the majority of members.

This forms a vital role in communicating information to the members and ensures the smooth running of Hunter Lodge for the benefit of the members.

### **Reception Duty**

One of the daily tasks involves one member being allocated to perform reception duties during both morning and afternoon.

We feel this post provides positive outcomes for the members on reception duty in terms of experiencing a position of considerable responsibility. It also provides the opportunity to communicate in an appropriate manner with a range of visitors in a professional manner. It also provides valuable support and greatly eases the smooth running of Hunter Lodge benefiting both members and staff alike.



## Hunter Lodge Conference Room

Hunter Lodge continues to offer the conference room facilities for hire. This year we were contacted by Adult Services Staff Development Section, we completed a form of the options we are able to offer and will be available as a training venue if requested.

The generated income from the conference room for 2008/2009 was £241.90. This is a decrease from last years income.

To attract more bookings the modernisation of the room was suggested and taken to steering group and was placed on the wish list, due to other commitments this has not been top of the list.

It will be revisited in April 2009 to prioritise the wish list for the new financial year.



## Spending

For the financial year 2008-2009 we went to our wish list to look at items we were looking to purchase.

From last year we were still awaiting the make over of the lounge, new chairs and a new carpet.

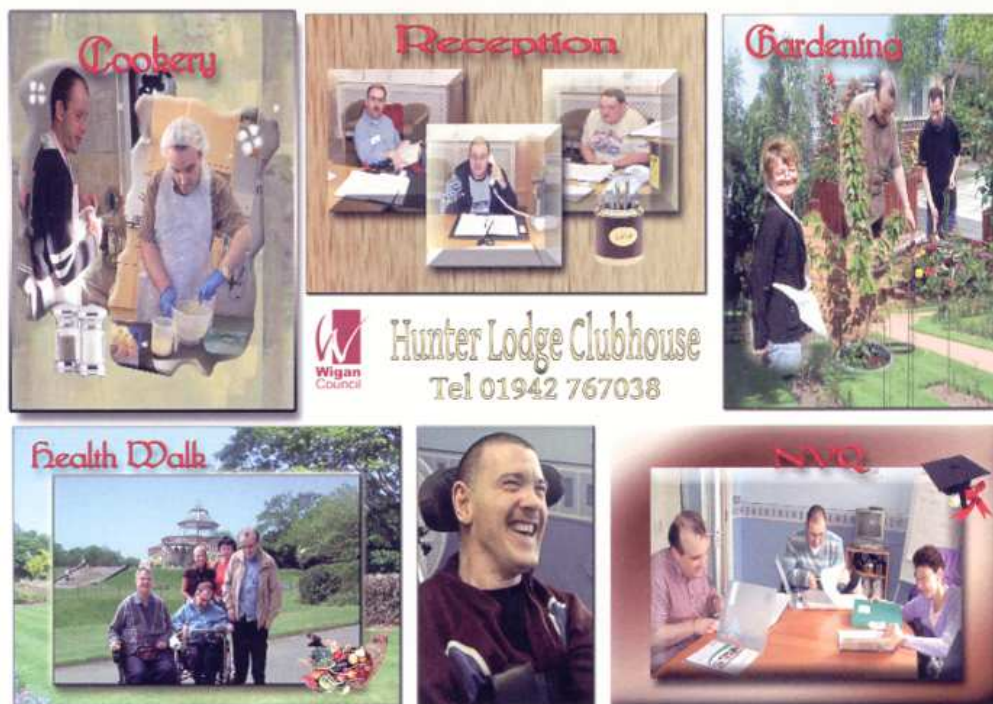
The handyman was booked to paint the kitchen and dining room, the development area and the lounge. In steering group it was decided that it would be a good idea to put the new carpet on hold until the paint work was completed and go ahead and order the new chairs at a cost of £2850.00.

Sadly the work took longer than expected due to the handyman being in such demand and the painting of the lounge was only completed in November and as October arrived the none essential spends were withdrawn, leaving the carpet still to be ordered. This has been put onto the wish list for next year.

The promotion of Hunter Lodge remains significant and this year we added subtitles to the Hunter Lodge DVD to enable us to add to our webpage - <http://www.wigan.gov.uk/Services/HealthSocialCare/DayServices/HunterLodge>

It was suggested that we look at the promotional postcards we have and update them as things have now changed.

We discussed costings and managed to negotiate £490.00 for both the subtitles and 500 postcards.



The horticulture group got a new patio set for the garden area.



The publicity group have got a new digital camera.  
Small spends have been made for kitchen equipment to replace when broken or improve the facilities to support people when preparing their lunch.

## **Fundraising**

Every year we continue to raise money for the amenities fund at Hunter Lodge. We have various fundraising events and a continued weekly donation. The amenities balance is £5,049.28.

We held a Easter raffle which raised £58.75 for amenities.

In April 2008 we had a carers day where we had tombola, cake stall and raffle we raised £ 95.90

In December 2008 we held a Christmas raffle and raised £82.00 for amenities

We raffled chocolates and a teddy bear for Valentines Day and raised £23.50 for amenities



Over the years we have again supported other organisations and charities.

In October 2008 we took part in raising money for 'Jeans for Genes' day where we all paid a £1 we raised £20.

On the 5<sup>th</sup> on November 2008 it was bring a £1 to work day in support of smooth FM. Macmillan cancer care we raised £18.

In November 2008 we supported the British Legion with Hunter Lodge members selling poppies in the town centre for Remembrance day and raised £845.74



Also in November 2008 we supported Children in Need. We held a sponsored walk, a sponsored silence, a coffee morning, a raffle and had a loose change jar. We raised £334.63

For Oxfam we raised £20, instead of sending christmas cards we donated £2, the money went towards building an allotment .

In March 2009 we held a carers day offering tombola and a raffle and we raised £95.00

We decided to have a raffle, quiz, scratch cards for 'Comic Relief 2009' in total we raised £38.50



## **Carers Support Days**

### **Hunter Lodge Clubhouse**

During 2008 the staff at Hunter Lodge supported both Families and Carers by organising three separate, 'Information Open Days' on site. The endeavour over the three days was to provide an array of information of all the options and services that are available to carers.



### **Informal Carers Day(s)**

The first two informal events took place on Thursday 17<sup>th</sup> April 2008 and Thursday 19<sup>th</sup> March 2009 and was aimed at providing carers with a 'hands on' opportunity to see exactly what services and support is provided at both Hunter Lodge and within the borough area.

### **Official Carers Day**

We then held an official carers afternoon on Friday 21<sup>st</sup> November 2008, which involved inviting representatives from a variety of caring organisations to Hunter Lodge to provide an information stand which highlighted their individual areas of expertise. The organisations that provided stands are:

Supported Employment  
Direct Payments  
Carers Group  
Embrace  
Job Centre Plus  
Steps to Health  
Voluntary Work  
Community College Course  
Paveways  
Assistive Technology  
Citizens Advice Bureau  
Local Involvement Group



By working in partnership with other agencies we hope to continue to build a reliable portfolio of community connections that our members will feel confident to use in the future.

This event was very well attended by members and carers alike and we hope to build on this success in the future.

## **Carers Information Support Group**

The group is made up of members of Hunter Lodge and each year the group work together to collate information about the local services and community groups that are available to help carers. This information is used to produce information packs, which are distributed at all the carer's events. These information packs also form an integral part of our community mapping project, which aims to enable people to lead full and purposeful lives in their communities and to develop a range of friendships, activities and relationships.

Community mapping helps people to:

- connect with individuals and local organisations in their community;
- find voluntary and/or paid work;
- take part in educational opportunities.

### **Questionnaire**

The carers group produced a questionnaire, which was sent out to each member's carer to see if they would like any information on local support services. A total of 37 questionnaires were distributed to carers but only 5 completed forms were returned, from the five completed forms only one carer requested further information.

Although the response was minimal, we can take encouragement from providing even one positive response to a carers problem.

### **Future Events**

This year Hunter Lodge will hold three events

- Hunter Lodge official carers afternoon – 26<sup>th</sup> June 2009
- Hunter Lodge carers afternoon – 16<sup>th</sup> November 2009
- Hunter Lodge carers afternoon – 18<sup>th</sup> March 2010

Dear

The carers group at Hunter Lodge have worked together to gather information about local services available to you the carer, in the borough. These services are listed below, please select which you would like more information on, and return to Hunter Lodge.

- **Direct payments**

Direct payments means that the council provides you with cash to buy the care you need, rather than have them arranged by a social worker. Direct payments mean that you get help when you want it, and from the person you have chosen.

- **Assistive Technology**

Assistive technology service can help you to live independently at home, by providing reassurance and peace of mind whenever you need it. Assistive technology is equipment that may increase the range of activities, independence or well being of vulnerable people, the aim is to help people to live more safely at home by providing early warning of when they are at risk, and to make sure they receive help quickly.

- **Fourways**

Fourways is an assessment and rehabilitation service for adults with physical disabilities and/ or head injuries. It caters for people between the ages of 18 – 50 years. It is time spent away from home, within a residential setting, with staff support.

- **Paveways Plus**

Paveways plus is an information, advice, and enabling service for people with a disability and their carers, if you are of working age and have a disability, or if you are a carer for someone who has a disability Paveways plus can support you.

- **Embrace**

Embrace is a voluntary organisation and registered charity working for all ages with all disabilities who live, work or use services within the borough. The organisation provides advice, support and a personal advocacy service for all disabled people and their families and promotes opportunity, choice and inclusion for all.

- **Crossroads**

Crossroads provides practical support where it is most needed - in the home. Trained carer support workers go into the carers home to take over the caring tasks, giving the carer an essential break.

- **Carers Centre**

The Carers Centre works with and for the benefit of carers, throughout the borough of Wigan, they offer help, advice, information and support on any issue relating to carers.

- **Starting Point (Age Concern)**

Starting point is a preventative service which provides helpful, reliable staff who are here to advise and help with your everyday needs. Wigan borough has contracted Starting point to provide a helpline for those people who are no longer eligible for help from Adult Services.

- **Carers Grant**

Each Year, each local authority is given money to spend on helping carers take a break from their caring role. A break service is one that gives the carer a break from direct responsibility of caring for a dependent person by allowing them some time to themselves

- **Supported Employment**

Supported employment is a service funded by Wigan Council and the Department of Work and Pensions, the role of the service is to support people with a range of disabilities to gain and sustain employment. The service works alongside a variety of employers, supporting local and national companies to recruit a diverse workforce that reflects the local community.

- **Ring and Ride**

Ring and ride provides a door to door mini bus service for people of all ages who find it difficult to use ordinary public Transport.

- **Shop Mobility**

Their service is designed to help people with limited mobility shop and socialise independently in Wigan Borough.

- **Disability Forum**

The disability forum represents people with disabilities across the Wigan and Leigh Borough. Enabling anyone with a disability to have a say on local issues and take part in local life.

- **Occupational Therapy service**

Occupational therapists (OT's) provide information and advice about managing a disability. They undertake assessments and, when necessary, can recommend

equipment and adaptations to the home, there aim is to enable people with disabilities to live as independently as possible within their own home.

- I do not wish to receive any information



Regards

Leanne Dobson  
Development Officer

## Hunter Lodge Webpage

This year the web development group met to review and discuss the current contents of the web pages for Hunter Lodge.

The group already had in-mind to add the Promotional DVD to the page and now it was suggested that the Annual Report also be published on Hunter Lodge web pages.

We worked with One Vision Media Productions to included subtitles and then Wigan Council's Customer Relations and I.T Support Services to get the information accurate and available on the internet.

The group have arranged for new images to be taken and these are due to be updated.

<http://www.wigan.gov.uk/Services/HealthSocialCare/DayServices/HunterLodge>





The opportunity came up for a member of staff to take part in the community connecting training which was commissioned by Helen Sanderson associates, this was to become a “champion” this would entail us taking part in the training sessions, throughout the year.

Our first session, we were joined by other champions and our “leaders”, where we all met Michelle Livesey who was our facilitator, who ran through the agenda for the day, we discussed various topics on how we are doing in relation to community connecting in Wigan.

Our role as champions is to;

- believe in community connecting
- understand the aims of community connecting
- promote community connecting throughout our own teams
- promote community connecting with Individuals, Family and carers, colleagues, wider community and other organisations
- Use the community connecting tools within the workplace.

We would do this by developing a training programme, preparing training materials, deliver training and delivering presentations



After each training day I would return to Hunter Lodge and in each steering group meeting I would deliver a presentation on how to complete the community

connecting tools. In steering group we discussed “what community means to you” “relationship circles”, and we completed a “Shield and achievement” tool.

Each member has a community connecting file which has a completed copy of all the community connecting tools, this gave staff and members the opportunity to find out what peoples dreams and aspirations are, these are reviewed every 6 months to see if they have achieved their goals.

We produced a community map, the map highlights each members area of responsibility and ownership for any facilities, group meetings, events and general items of interest taking place in their areas.



Each member having visited and researched their own area will record or collate any relevant information in the community mapping folders located at the bottom of the map. The folders act as a community connecting resource bank, highlighting community groups, associations, organisations and voluntary opportunities, the folders contain information about each members area, the folders can be updated at any time by members or staff.

## Community Education Centre

Following a discussion in steering group, last year we got in contact with the organiser of the community courses for Wigan & Leigh College Joe Martland, to see what courses were on offer and the possibility of us facilitating any future courses as a Community Education Centre.

Joe came to Hunter Lodge and assessed the building, she agreed it was a good idea as Hunter Lodge is ideally situated and accessible for the local community of Marsh Green, who until now had no community facilities for Adult Education.

During the meeting we decided that we would have a open day here to promote community courses.

Joe had 500 flyers produced to promote the event. Hunter Lodge took the responsibility of distributing these in the local community, posting the flyers through people's doors.

The open day was successful with approx 30-40 members of the local community attending and expressing an interest, in the courses on offer.

Hunter Lodge is now listed as a Community Education Centre and courses available are published in the Wigan & Leigh College Course guide

So far this is working well, we have supported;

- British Sign Language taster session saw 6 members from Hunter Lodge and 1 member of the community enrol.
- Beauty Therapy saw 6 members from Hunter Lodge enrol
- Nail Art saw 6 members from Hunter Lodge enrol.
- Literacy and numeracy runs on Tuesday and Thursdays with 10 members from Hunter Lodge and 4 members of the community enrolled.
- Computers made Easy saw 6 members from Hunter Lodge enrol.



## **Beauty & Nail Art**

I showed an interest in beauty, we arranged for a beauty therapy group to run on Friday afternoons, with Wigan and Leigh college, the tutor who came was called Vicky she was very understanding and knowledgeable about her profession. We started the sessions using different moisturisers, doing hand massages, as a person who has always looked after my hands, I have found this very interesting, if the course was to run again I would like to take part again, We then went on to do a nail art course for 6 weeks in which she showed us different methods to decorate our nails, such as using foils, stickers, and nail art, we all practiced on each others nails, I enjoyed the sessions very much.

By Pat Baxter



## N.V.Q

I have worked on reception for a long time. The opportunity to do N.V.Q Customer Care level 1 came up. So I enrolled myself on the course. So far I have completed 4 units.

Every month my assessor comes to Hunter Lodge to assess how i am doing; she sets more work and sees if we have any problems.

I hope to complete the rest of the units very soon.

At first I found the course quite hard, as the months have gone by it's gone easier, I have enjoyed doing the course, writing up different scenario's for each unit, the N.V.Q. gives me more knowledge about my role on reception.

By Debbie Johnson



## Literacy and Numeracy

Hunter Lodge has now become a venue for different aspects of the college syllabus. I am at present enrolled in the numeracy and literacy course. I was very apprehensive at the start, but due to the support and patience of the tutorial staff, the courses themselves are proving to be both enjoyable, and very beneficial. Hopefully, I will eventually become more independent with my re-learned monetary skills, and feel confident when the time comes for me to be able to purchase items from any shopping outlet.

The courses cover all different levels, and can be adapted to suit every ones individual needs, requirements, and styles of learning.

The three main kinds of learning are:-

1. Visual      2. Auditory      3. Kinaesthetic.

On asking everyone attending it seems that both courses are proving to be very constructive, and because they enable learning at each person's individuals pace, are enjoyable.

The course will end with various exams in both subjects.

Who ever said "Learning could be fun?"

Taking part in these courses, - they might just be right.

By Carole Wilson.



## Healthy Eating and Food Hygiene Courses

In February the clubhouse organised a course to inform members and staff on what makes a good diet and what is good food hygiene. A lady called Kathy Rudd from Staff Development came and gave us a talk. She came on 4 occasions, twice on a Tuesday and twice on a Friday.

The course for healthy eating included what to eat and what not to eat. Some examples of bad things to eat and drink were chocolate, pies, sweets, chips, crisps, biscuits and fizzy pop.

Examples of good things to eat were yoghurts, cereals and fruit & vegetables. She identified that a balanced diet and lifestyle should include breakfast every morning, plenty of water and regular exercise.

The course started at 1.00pm and finished at 3.00pm.

Everyone now understands what a balanced diet should have in it and not to eat too many of the identified bad things. It has encouraged some members to eat a more varied and healthier diet.

The Food Hygiene Course was to inform members and staff of how to keep the kitchen clean and avoid food poisoning. It covered the dangers of cross contamination and bacterial diseases. This course encompassed food poisoning, personal hygiene, premises, equipment, pest control cleaning and disinfection. This course also ran from 1.00pm until 3.00pm.

Everyone now has a better appreciation of how to keep the kitchen cleaner and safer.



## Reception

Hunter Lodge has a reception which is run independently by clubhouse members. It gives us the opportunity to develop our skills and build confidence whilst gaining valuable work experience.

Receptionists have the responsibility to complete the following tasks: Answer the phone, fax, photocopy , opening and distributing mail, greeting visitors and asking People to sign in & out for health and safety and complete any other duties that they are asked to do.

We run on a rota based system, with members working morning or afternoon shifts.

By  
Wayne Simms



## **I.T. Group**

In January a group was formed to complete a ten week I.T. course. The group was led by our volunteer, Isabelle. There was no qualification or certificate to achieve but lots of experience and knowledge to gain. The group is split into two sessions and commences every Monday and Wednesday afternoon six members take part.

The course started with the basics of how to turn a computer on and how to open up a new document. It moved on to word processing and emailing. Everyone that has taken part has enjoyed the course but most importantly learnt a lot. The course has been enjoyable and informative. I now feel more confident when using a computer.



## **Recruitment & Selection**

With the Transformation of Social Care individuals are now being given control of the support they receive how and by whom.

To equip people with the skills to employ their own staff team, we offered recruitment and selection training in a 6 week block.

The aim of the session was to give people the knowledge, skills and confidence to take control and put their own support package in place.

More people are choosing direct payments and employing personal assistants of their choice.

More recruitment & Selection sessions are being planned.



## Spanish Group

A group of members showed an interest in speaking Spanish because one member has a holiday home in Spain and some of the other members like to go on holiday there. We were fortunate to have a member of staff, Leanne who speaks reasonable Spanish.

We established that the following members were interested in taking part in the group.

Debbie Johnson  
Lynn Bickerdike  
Pat Baxter  
Pam Walsh  
Kath Whitehead

The group has been established for approximately one year.

We started with the basics such as family names, simple sentences, food and drink and counting in Spanish. We also learnt basic Spanish for asking directions. I found this particularly useful because my family own a villa in Cabo Roig, Costa Blanca.



To compliment the weekly classes we recently held a Spanish day to show all the clubhouse members the different types of food and drink for the different regions of Spain. This involved going to buy the food and drink and then preparing it as well. We also bought some fruit for the Sangria which was enjoyed by all.



We prepared a Menu in both English and Spanish as can be seen below:-

STARTERS  
GAZPACHO SOUP  
CRUSTY ROLL

TAPAS  
PITTED BLACK AND GREEN OLIVES  
CHORIZO  
SPANISH SALAMI  
PORK KEBABS WITH HERBS  
CHICKEN KEBAB WITH LEMON

MAIN MEAL  
SPANISH OMELETTE  
PAELLA

DRINKS  
SANGRIA WITH ALCOHOL  
SANGRIA WITHOUT ALCOHOL

SPANISH MENU

LA CARTA

ENTREMESES  
GAZPACHO SOUP CON PAN

TAPAS

LA ACEITUNA, NEGRO Y VERDE  
CHORIZO  
SALCHICHON  
EL CERDO PINCHITOS CON LA HIERBA  
EL POLLO PINCHITOS CON LIMON

SEGUNDO PLATO  
TORTILLA (ESPANOLA)  
PAELLA

BEBIDAS  
SANGREA CON ALCOHOL  
SANGREA SIN ALCOHOL

To highlight the different types of food and drink in the different regions of Spain we produced a large map, which was displayed in the dining room.



The Spanish day was well received by everyone that took part and we hopefully provided authentic Spanish food and drink for everyone to enjoy.

## Craft chat

On Friday afternoons a small group from Hunter Lodge went up to Marsh Green library, to take part in the craft chat sessions, at the sessions we talked about our hobbies and interests, I talked about concord, we then listened to everyone else talking about their hobbies and interests, I enjoyed going wish we could go again in the future, it gave me more confidence to speak in front of other people

Neil Speakman



## Perceptions

Perceptions is a disability arts network project which Hunter Lodge was asked to take part in.

We were asked to create a wall hanging to be displayed in a exhibition the Turnpike art Gallery in Leigh.

The perceptions project was created to challenge, change and explore communities' views and outlook about disability.

An artist called Emma came to help us with our work we had four weeks to create our piece for the project and the aspect of perceptions our group had to focus on was labels. We discussed the negative labels which the group felt disabled people was given in society. We also discussed positive labels we give to each other.



The group decided that we would use white t shirts each member with one each, then we made stamps and printed the positive labels on to our t shirts. We then Mân printed the negative labels on to luggage tags to have these hanging off the t shirts, this was to say that the positive labels are what we are and the negative labels are just what people give to us and are therefore insignificant.

The group decided to have the t shirts suspended from the ceiling with clear wire as if they were floating.

We also had a photographer come to Hunter lodge to take pictures of us for the display we wore our t shirts.

Our work has been displayed in the turnpike Gallery in Leigh some of the members went to see it and it looks great. The perceptions display ran 17th-31st January 2009.



The members who took part in the project said they thoroughly enjoyed taking part and creating their art piece, and would be interested in taking part in any new projects the disability arts network has to offer.

By Disability Art group at Hunter Lodge

## Sign Language

A few clubhouse member's at Hunter lodge have taken part in a "Sign – Language" Course. The course itself lasted seven weeks, and was open to both clubhouse members and members of the public.

Most of us did not realise that there are quite a few different types of signing, one-handed, two-handed, one adapted for children to use, and some have even been adapted for different regions.

All though the course was of a serious nature, learning has been very enjoyable, and sometimes hilarious. On asking people what they thought of the course, everyone was of the same mind. They had enjoyed it very much even the homework.

Hopefully with practice, the course would enable us to communicate better with other clubhouse members, or members of the public who are hard of hearing, or deaf.

I would recommend the course to anyone, and I would be one of the first persons to enrol on the course again.

By Carole Wilson



## **Gardening Group 2008.**

The gardening group consists of the following clubhouse members:-

Steven Swift  
Bill Matthews  
Debbie Johnson  
Mike Atherton,  
Amanda  
Mick.

### **Haigh Hall**

The gardening group have been going to Haigh hall for approximately 10 months. The access for wheelchair users is reasonable but could be improved in the future. We go to Haigh Hall alternate Monday.

We have been allocated four raised beds at the allotments so that the members can grow vegetables or flowers. This year we have grown potatoes, cabbages & onions.

The vegetables were sold and eaten by other clubhouse members. Everyone said how much they enjoyed eating our home grown vegetables and are looking forward to next years produce.



Four new raised beds

On arriving at Haigh Hall one Monday morning, we were all surprised to see that someone had been very busy overnight in one of the new raised beds. It looked like a scene from the well known TV Comedy Classic, "ONE FOOT IN THE GRAVE". In the words of Victor Meldrew, 'WE DIDN'T BELIEVE IT'. Yes, there was one foot in

the RAISED BED. Someone had planted a plastic foot, which at a distance, looked quite realistic. It certainly made for a topic of conversation and general amusement.

I DON'T BELIEVE IT



Michael and Steven decided to investigate further and establish if the foot was indeed real by, Tickling it. Mike confirmed the foot to be plastic and very cold.

## **Hunter Lodge Garden**

The garden has been in full bloom this year with a wide variety of flowers and plants, which included a number of Sunflowers

The four raised beds have been well used with a variety of potatoes, cabbages, radish, onions, green beans and lettuce. Once gathered the produce has been sold to clubhouse members for their enjoyment.

It is hoped that next year we will divide three of the raised soil beds into individual sections and then be allocated to individual members. Each member will then be made responsible for their own piece of land, which will include planting, watering, weeding and general maintenance of their individual plots. Each member will be able to decide what they want to grow i.e. flowers or vegetables with the only restriction being the particular growing season itself.

Each member can also complete a weekly log showing the work completed and recording the progress of their individual choice of vegetables. This can also include a photographic log showing the progress from seed to sale. Each member will then prepare and sell their own particular produce.

Any funds raised will be returned to the gardening fund for future projects.

## **Hunter Lodge Greenhouse**

The greenhouse has been the focal point for this years garden activities. Plants have been grown from seed in the greenhouse before being planted in the garden.

This year has seen a bumper crop of Tomatoes, which have been sold to clubhouse members. This was achieved through the hard work of the gardening group as a whole. Special thanks must go to Bill Mathews who provided all the technical expertise, advice and general 'knowhow' when it comes to any aspect of gardening.



## **Hanging Baskets**

This year hanging baskets were then brought back to Hunter Lodge and formed a very attractive part of the floral display. All the members enjoyed the experience of making their own individual hanging baskets and then having them displayed at the Clubhouse. We took advantage of a workshop run by Wigan Leisure and Culture Trust, at Haigh Hall about making Hanging Baskets. Six members attended the workshop and made their own hanging baskets under the supervision of the team of experts.



Being involved in the gardening group has provided all the members with an outdoor activity and a little bit of exercise as well. We hope to continue to build on our success in the future and we are already planning next years growing season.

## **Grow your own !**

A number of people from the gardening group attended a session at Beech Hill Library organised by the BCTV who are based at Haigh Hall.

The group discussed the simplicity of growing vegetables in containers in even the smallest gardens and explaining the allotment scheme at Haigh Hall, were we already have a plot.

They produced a variety of home grown vegetables and some shop bought equivalents to facilitate a taster session so that we could compare the flavours of various items.

They arranged for people to have induction sessions at Haigh Hall to see the facilities.

THE GARDENING GROUP

## Money Management

In November we started a group that was called money management. This was a small weekly sessions on a Wednesday morning that was aimed at getting a better understanding of money.

The reason that I wanted to be in this session was because I would like to gain more independence and having the knowledge of the values of money would allow me to go shopping alone knowing that I can spend it wisely. The more knowledge I have, the less likely I am to be short changed when I go shopping. I am enjoying learning new skills especially the ones that would be useful outside Hunter Lodge clubhouse.

By Debbie Johnson



## Publicity Group

Before October we had a Magazine and a Newsletter. The Magazine came out every three months and the Newsletter every month. The Magazine cost 50p and contained quizzes, puzzles, up and coming events, birthdays and a few articles. There was also a competition for the front cover design.

The Newsletter was free, and contained all the relevant news for the month as well as a few articles.

Since October 2008 the Magazine and Newsletter have been combined. This has culminated in the publicity group producing a thicker newsletter and no Magazine. The newsletter is published monthly. It is free and available to all members to take home with them.

The newsletter is written by members and it contains articles of what has been done in the previous month and also articles of up and coming events at the clubhouse.

By Lynne Bickerdike



## **Independent Living**

At Hunter Lodge we are encouraged to take part in independent living activities such as household tasks and shopping for provisions.

This boosts confidence and social skills are enhanced by taking part in these activities.

I take part in shopping for provisions, I monitor the weekly stock of condiments, making a list of what is needed and with support I go for the goods at the local Asda supermarket.

Walk to Asda keeping me fit and active.

I enjoy the opportunity and it makes me feel worthwhile and valued.

Maureen Almond  
Clubhouse member



## Watercolour

There was an opportunity to take part in a three week session at Marsh Green library to do watercolour painting. Myself and two other members were interested in taking part.

The first week we talked about the watercolours.

Second week we did still life and landscapes we also did colour mixing.

The third week we carried on from where we left off from the previous week i really enjoyed it when we started doing the still life.

By Debbie Johnson



## Coffee Morning

A group of members have been attending coffee mornings at Saint Francis Church in Pemberton for around 7 months.

The coffee mornings take place on a Monday and are run by Mayfield Day Service. This is a good opportunity for us to meet people from the local community and other services to exchange ideas.

Tommy Harvey is one of the members who attends the coffee morning, Tommy says, he enjoys going to the coffee morning because he gets to meet new people and enjoys chatting to people from church and Mayfield.



Tommy suggested in steering group that Hunter lodge should hold a coffee morning, all members thought this was a good idea, it was decided at steering group that the coffee morning would be a one off event and would raise money for Children in Need.

Tommy and myself created leaflets to be posted around the local community, One Vision, Mencap and the coffee mornings we attend.

The coffee morning was held on 12<sup>th</sup> November 2008.

We decided to have a tombola, sell tea, coffee, toast and tea-cakes to raise money for Children in Need.

Everyone got involved, myself, Steven Rennox and Mike Atherton prepared drinks and toast. Amanda and Peter Garry helped with the tombola.

Tommy explained that he thought it was a fabulous day and was pleased with how many people turned up.

The coffee morning raised a total of £184.00 for Children in Need which is a great achievement. Well done to everyone involved.

With the coffee morning being so successful it was decided in steering group that we will hold more sessions, but change them to an afternoon for tea and scones in the hope of getting more people for the community involved.



## Health Walks

Through the year. Clubhouse members have been lucky enough to go on various health walks. The two main ones were held at Alexander Park, at Newtown, and Mesnes Park at Wigan.

On every occasion, clubhouse members were met by park rangers, who in turn were only too pleased to inform us of every aspect of the parks, from the funding to the planting of different types of trees and flowers.

They also discussed what future plans they had for each of the parks.

Members of the public were also invited to take part in the health walks, this in turn helped Clubhouse members of Hunter Lodge to continue with their "Community Connecting" project.

Alexander Park now boasts an excellent skateboard facility, whilst Mesnes Park has continued to return to its former glory, with aspects which connect past events, i.e. small area designed for remembrance of the holocaust; to modern aspects, i.e. internment of a time-capsule.

Everyone who took part in the health walk all agreed that they had enjoyed themselves. Having an ice-cream was just an added extra bonus. Most of the clubhouse members have stated that they are really looking forward to the next health walk.

By Carole Wilson.



### Steps to Health

In my review I showed an interest in going to the gym, I spoke to my keyworker who informed me that I would need a G. P referral.

I made myself a GP appointment and once I got my G. P referral, myself and my keyworker rang the active living team to make an appointment for my 'Steps to Health induction.

I went down had a look at the facilities, myself and a member of staff from the active living team worked out a suitable programme.

I now attend the gym, once a week, I really enjoy going making me feel fit and healthy

Ian Hurst

active**living**

## **Health And Wellbeing**

On Thursday afternoon we do a taster session where we cook and discuss healthy foods.

We try to learn foods that are good for you and not foods that are unhealthy. We have 4-6 clubhouse members that come in the group. We wear hats, gloves, and aprons. The members take it in turns to chop, peel, weigh, and mix the food they also wash up and put away

We usually look through cookery books for recipes and choose healthy foods, we do a variety of things like smoothies and pasta dishes.

Everyone then tastes the food in the clubhouse.

Everyone enjoys doing taster sessions.



## **Wheels For All**

Wigan's 'Wheels for All' is particularly tailored for those with disabilities and differing needs who are unable to use two-wheeled bicycles.

'Wheels for All' is being co-ordinated by Wigan Leisure and Culture Trust's Active Living team in partnership with Wheels for All. It provides cycling opportunities for people of all abilities to enjoy.

Through this type of project it is hoped to introduce people to cycling and providing the opportunity to try out a variety of special cycles. It is important that everybody gets an opportunity to get active. Cycling is fun and has huge health benefits and this is the ideal opportunity for people of all abilities give it a go.

On every Tuesday members of Hunter Lodge go to Robin Park Sport's Centre to use the running track for, 'WHEELS FOR ALL'.

The member's who attend at the moment are:-

Wayne Simms,  
Neil Hughes,  
Stephen Rennox.  
Steven Gallagher  
Deborah Cheetham

We are supported by Beth and Mick.

In order to get on 'WHEELS FOR ALL' you need a GP referral form to say that you are fit enough to take part.

The cost is £2.00 per person, per session.

- ➔ The bikes are specially adapted for people who need physical support to cycle.
- ➔ They are useful for people who may use a wheelchair to get around.
- ➔ The passenger sits in the front part and the personal assistant sits at the rear and pedals.



The wheelchair is secured to the bike with safety straps and all participants **MUST** wear a safety helmet and seat belt for their own personal protection.

Once the wheelchair is secured on the bike a member of staff i.e. Beth pedals us round the track at high speed i.e.2 mph.

The other bikes that are available to ride allow members to ride the bike using “HAND PEDALS” to power the cycle round the track.



Steven Rennox enjoying a blast round the track using the specially adapted “HAND POWERED” cycle. Steven could only manage 2 laps of the track before complaining that his muscles were aching.

During the winter months we use the indoor track at the sports centre to avoid the bad weather. This allows us to ‘carry on cycling’ all year round.

## Swimming



Beth and Pam look forward to a refreshing dip during a blistering hot summer's day in Hindley !!!!!!!!!!!!!!!

The members at Hunter Lodge go swimming every Friday at Hindley Sport & Leisure Centre. The members who have been swimming are as follows:-

Michael Atherton  
Pam Walsh  
Deborah Cheetham  
Stephen Sheridan  
Neil Speakman  
Peter Stott

We are accompanied in the pool by, Beth, Mick, Chris and Steve who take it in turn to help out and go swimming with us.

Everyone can swim at their own level under strict supervision by staff and pool lifeguards. We are limited to using the shallow end in the large pool, which has a chair hoist to assist with pool access as and when necessary.

It's also a good opportunity to "DUNK" anyone who has given you a bit of an ear bashing over recent weeks. It was good to see Mick giving Stephen Sheridan a quick

view of the pool floor after, Stephen gave Mick, more ear ache. Stephen just couldn't resist having the last word and under he went – all light hearted of course!

From April 2009 everyone in Wigan can swim for free, in any of the local pools managed by Wigan Leisure and Culture Trust. – Ashton Leisure Centre, Hindley Pool, Howe Bridge Sports Centre, Tyldesley Pool and Leigh Sports Village, people can have fun, keep healthy and meet new people!

To benefit from swimming without a charge you will need to be a member of the Lifestyle Scheme. Application are available from any of the Leisure centres.

Swimming allows anyone to get involved in sport and fitness activities and is available to everyone, regardless of age or ability.

We are all looking forward to the new Joint Service Centre opening in 2010 in Wigan town centre, because looking at the artist impression below, the swimming pool looks GREAT.



## Steps to Health

To gain better fitness members have been attending Pro Files Gym weekly. We generally walk to the gym or if the weather is severe we will use the minibus. We try to walk as often as possible to get exercise and to be more independent and less reliable on the bus and others. It costs members £2.90 every time. I go to the gym with a member of Hunter Lodge staff.

Once at the gym I have a set program on a tag key. You put it into a machine and it activates your program. It then informs me what to do first and in what order to do each exercise. Many members have attended the gym. The majority of people attend for a 12 week period. This is so as many people as possible can try the gym and hopefully members will then attend without a member of staff. Once I have completed my program I walk back to Hunter Lodge feeling energised and much better. Attending the gym can give people more confidence, make you healthier, lose weight and enable the individual to meet new people.

Mike Atherton



### **Wigan & Leigh Stop Smoking Training**

Someone came to give us a talk about helping ourselves or others to stop smoking. I found it very helpful, and to go on the full day course. I also took some information home which came very useful. My neighbour was smoking 15 cigarettes a day, now thanks to information that I passed on to him he has managed to cut down to 4 cigarettes a day. I would like to go on the full day course and if it helps other people to stop smoking it will be time well spent.

By Lynn Bickerdike



## Reflex

Every so often a group of members from Hunter Lodge attend the Reflex nightclub which is based in King Street Wigan. These events are organised in conjunction with both the Reflex night club and the Active Living Team, who are based at Robin Park, the main objective of these nights is so people can meet up with each other who are perhaps experiencing a night club environment for the first time, I had my first taste of night club life a few months ago and really enjoyed it, it was good to have a sense of freedom as I was able to be self sufficient and be less reliant upon others for just those few short hours, thus giving me a strong sense of independence, this is something that I advocate most strongly, and would encourage others to do so. The last Reflex night, I took responsibility for organising for people from Hunter Lodge to get tickets and arranging the payment, collection and distribution. The night didn't disappoint.

By Wayne Simms.



## Success Story

I started voluntary work at the Thomas Linacre Centre about one year ago. I work on x-ray reception two mornings a week. My duties involve answering the phone, making appointments and checking people's details when they attend for x-rays and scans. When I first started I was very apprehensive but now I have the confidence to work and deal with people of all ages. Also I have made new friends among the staff and was invited to their Christmas meal at the Brocket. By taking this step I have gained confidence and look forward to going each week and I have not looked back, and can now look forward to the future.

I would encourage anyone to take that first step and do some voluntary work. It has opened up so many opportunities in my work and social life.

Barbara Green



## Personal Achievement

I have been attending Hunter Lodge since the 7 July 2007.

When I first started to attend I was very quiet and shy, I found it hard communicating with other members at Hunter Lodge.

When we started to split up into groups I was very quiet and withdrawn, I didn't know what to do or ask because I was afraid to ask.

Now I have been attending for nearly 2 years I have got over the problem of being shy and quiet.

It has helped me when im out and about because if im spoken to I will communicate back not stay silent.

I put this down to my work I have done at Hunter Lodge.

Andy Daniels



## **My Personal Achievement**

Since starting Hunter Lodge in November 08

I have become more confident, more independent I now go to the shop and buy my ingredients to prepare and cook my own lunch. I have took part in wheels for all, where I go every week, I have joined steps to health I have also enrolled to do a I. T taster course which is run by Wigan and Leigh college, I wanted to learn more about how to deal with money so I joined in the money management sessions.

I have made lots of friends at Hunter Lodge, we all arranged to go to reflex night club, which I enjoyed and would like to go again, Hunter Lodge has given me more opportunities to do more things

Ian Hurst



### **Platt Bridge Youth Zone**

Following my experience at Hunter Lodge I finally put my learning into practice when I began a voluntary work placement at Platt bridge youth zone on the reception area, my duties include answering the phone, distribution of mail to different departments within the complex, these departments include, Embrace and Mini – Zone nursery. My other duties are to make sure that visitors sign in and out, general filing and photo copying and so – on. All – in all it has been a good learning curb for me and it also given me a insight into what it would be like to venture into paid employment which eventually will be my goal.

By Wayne Simms



## **Personal Achievement**

With the confidence I gained at Hunter Lodge, I enrolled on a skills for life course at Wigan and Leigh College.

Following that I took the City & Guilds level 2 exam in English and Maths.

I passed both ! achieving a long time ambition. At the age of 57.

Thank you Hunter Lodge.

Maureen Almond  
Clubhouse Member



## My Achievement

During the past few months when I take a minute to reflect, a smile comes to my face. Am I that same person? Yes, but then again No.

No, I'm not so frightened; I can now walk into Hunter Lodge and feel I'm safe. I have gained, not only in confidence, but in achieving different small goals, which in turn hopefully will aid in my return to some kind of paid employment. They say "pride comes before a fall", well hopefully mine will only be a little tumble, because through other club members, and some members of staff, giving me support, their patience, and encouragement, I am so proud of what I have achieved. From a person who found leaving the house very difficult, to a person who has taken part in various aspects, and courses here at Hunter Lodge.

From Maths/English to Health walks, from poppy selling to reception duties.

Yes, I am the same person, and Yes look at what I have achieved.

Mind you, apparently, I still need to work on my sense of humour, but don't hold your breath, even I can't achieve everything.

Carole Wilson



## **Actions for 2009 – 2010**

### **Personalization Agenda**

We are aiming to increase people's independence, choice and control over their lives through the personalization agenda

### **Training**

We are aiming to provide relevant training in-order to support people to move forward through the personalization agenda. Examples of this are safeguarding training and recruitment and selection training to enable people to interview for their own personal assistants

### **Health worker links**

We have just made contact with some NHS project workers who are new in post and aim to forge stronger links which we hope will enable us to access a lot more opportunities in the coming year

### **Carers Information Day**

Leanne is working hard to build up stronger links with a wide range of professionals so that we can hold a big information sharing event in the Summer at a venue yet to be decided

### **Work Solutions / Supported Employment**

We are aiming to continue to support people through this process which will enable people to enjoy the success we have had in the previous twelve months