



**The Independent
Supporters Newsletter**

Spring 2016

Registered Charity Number: 1022680



Welcome to the Spring newsletter!

Spring is always a time to look forward and at Independent Options we have been doing just that. We now have a splendid new roof on Hallfield Guest House, and our fundraising team is working hard on raising the money to purchase a new minibus for Short Breaks. Fundraising has gone very well this past year and I am grateful to everyone who has helped with our efforts, it has really paid off and I encourage everyone to get involved where you can, particularly with the Easter Egg Hunt and final bag packing event at Sainsbury's coming up!

We have also successfully received funding for our wonderful Children and Family Centre from BBC Children in Need for the next three years! This is fantastic news for us and I am so glad for Sam and her team of volunteers. It will mean that we will have the money now to take on a part time play assistant to expand the range of activities we undertake in the Centre.

- Steve



Events

Mud, Sweat, and Cheers

Independent Options staff and supporters endured Lyme Park Night Run, a 3k or 7k run through the park's tough terrain, but did fantastically well and raised a grand total of £216.25! Team member and Independent Options Finance Officer, Allan, commented: "The Night Run was a really enjoyable event to take part in, however the dreadful weather made it a much more difficult task as it rained sideways from start to finish, which meant we were absolutely caked in mud by the end! Taking on a challenge like this was a lot of fun and a great way to raise funds for Independent Options."





In For a Penny...

A huge thank you to 1st Hazel Grove Sycamore Beavers who raised £35.33 for Independent Options by making a 76m long penny trail!

We Hear From Volunteers

Independent Options celebrated its unsung heroes with Volunteer Month, which ran across its social media throughout February. Videos and photos were shared, hearing from our wonderful team of current volunteers about their thoughts on their various roles within the organisation and explaining the many different ways that it is possible to get involved. For more information on volunteering, visit www.independentoptions.org.uk or contact Lucy on 0161 456 6502.



A Very Large Thank You

Throughout the past year Independent Options has been O'Neills Patient Solicitors' Charity of the Year. We'd like to say a huge thank you to the whole team at O'Neill's, who, over the course of the last 12 months, have donated a staggering £6,500.33!



By the Same Token

ASDA Hazel Grove kindly nominated Independent Options as one of its green token charities, meaning we were in with a chance of winning a cash prize. A big thank you to everyone who voted for us, as we were delighted to have won a fantastic £200!

On Air

Be sure to tune in to Pure 107.8FM over the next few weeks, where you may hear our lovely ad!



Caring Event

Independent Options teamed up with Gorvins Solicitors to hold an information evening for carers of young adults with a disability. Held on 3rd March, the event was a fantastic success, with many attendees coming along to find out more about topics including personal budgets, planning for the future and wills and legacies. Along with presentations on the topics, guests were invited to join in a Q&A session, before being treated to cakes and refreshments.

Easter Egg Hunt

Independent Options held its annual Easter egg hunt recently, and we are thrilled to say that we raised a fantastic £844! We would like to say a huge thank you to everyone who came along and supported the event, which was a great success!



Upcoming Events

Guess Who's Pack!

We're excited to be holding another bag packing event at Sainsbury's Hazel Grove on 29th April, 30th April, and 1st May!

Our last bag packing event in December saw us raise a phenomenal £2,456.44, and as this is our final bag pack as the store's Charity of the Year, we'd love to be able to top that amount! If you can help out, please get in touch! 0161 456 6502 or email

fundraising@independentoptions.org.uk



World Autism Awareness Week

World Autism Awareness Week is back for its second year, running from 2nd April—8 April to raise awareness about autism and support those with autism. Here we answer some common questions about autism.

? What is autism?

Autism is a developmental disability that can affect how someone communicates, how they relate to other people, and how that person experiences the world around them.

? Are there many people affected by autism?

Autism is much more common than many people think, with more than 1 in 100 people living with the condition in the UK - that's around 700,000 people. Typically more males than females are diagnosed with autism.

? Is there a cure?

No, autism is incurable but the right support can make a huge difference to people's lives.

? Does everyone who has autism have a learning disability?

No, around half (between 48% - 56%) of autistic people do not have a learning disability.

? Is there enough support for those with autism?

70% of autistic adults say that they are not getting the help that they need from social services, and the same amount said that with the right support they would feel less isolated. Services provided by Independent Options support those with autism, and make sure that each person is treated as an individual, and there are many other organisations and services that are available too.

For more information on autism, visit:

The National Autistic Society <http://www.autism.org.uk/>

NHS <http://www.nhs.uk/conditions/autistic-spectrum-disorder/Pages/Introduction.aspx>

AuKids Magazine <http://www.aukids.co.uk/>

The Curly Hair Project <http://thegirlwiththecurlyhair.co.uk/>

With thanks to the National Autistic Society

Service Updates

SAILS

As of 1st April, the Supported Activities and Independent Living Skills service (SAILS) will be known as Community Support Team, and support workers will be known as outreach workers. Rachel Hegarty, SAILS Team Leader, is now on maternity leave, having recently welcomed her twins!

Seamus Armstrong has moved to the SAILS service as a temporary manager as from 11th January 2016.

Short Breaks



Hallfield Guesthouse's roof has now been replaced and is back to looking its best now that all the scaffolding has disappeared. We're delighted with the end result as it means that the roof is secure and will last us a good many years to come, and what's more the builders completed the work quickly and with very little disruption to the Short Breaks service.

Before...



The office upstairs now looks brand new and the carpets throughout the guesthouse have been professionally cleaned, so the communal areas are looking lovely and fresh too.



...and after!



We'd like to say a big thank you to the Screwfix Foundation, which donated a very generous £3,000 to help fund the repair work to the roof. Pictured is Short Breaks admin Heather Brannigan, along with Chris Oates and Mark Smith of Stockport Screwfix, who came along to present the cheque to Fundraising Manager, Lucy Sawdon-Molloy.

Supported Living

Jennie Gets Inspired by Lowry

Jennie is a freelance artist who has autism and learning difficulties, and is supported by Independent Options' Supported Living team. The gallery is supporting Jennie's love of artwork, particularly her love of LS Lowry. Jennie regularly visits The Lowry, and often takes inspiration from the artist in her own work. On a recent visit to the gallery, Jennie was shown around by the gallery's Curator of L S Lowry Collections, Claire Stewart, who also gave Jennie a special tour of its archive. Looking at Lowry's work requires a lot of 'spotting' - Jennie enjoyed spotting the dogs in every piece she was shown, and talking to Claire about the materials she uses in her own work (biro and felt pen, the same as Lowry). Jennie's visit also featured in a blog post on the gallery's website, which can be found at:

<https://thelowryblog.wordpress.com/2016/03/29/an-afternoon-with-jennie-franklin-and-ls-lowry/>

Alex and Dane Are on the Road Again



Recent changes to the amenities provided by social services have affected many people, including Alex and Dane, who live together in a supported tenancy. The changes meant that the guys were no longer able to receive access to transport. However, Independent Options' Supported Living team put their heads together to come up with a solution, as it was important that the lads were able to get to work and out and about in the community, and the pair now have a car of their own.

A New Supported Tenancy

Supported Living are delighted to announce that a new tenancy is open for its three new tenants! Supported Living works closely with Care Housing Association, which has helped with the opening of the bespoke tenancy where the tenants choose their own homes and everything that they need to go in it. We are looking forward to working with the team again on the next tenancy. Pictured is CEO of the Housing Association, Matthew Eddisford with Senior Support Worker Zoe Robinson in the house.



The Children and Family Centre

We are thrilled to announce that we have secured THREE years future funding from BBC Children In Need for our wonderful Children and Family Centre!



Along with keeping the Centre open and managed by Sam, the new funding will allow us to hire an additional part time play worker, which will in turn help us to provide:

- Additional school holiday and weekend provision
- Additional pre-school and primary school term time provision
- NEW 11-14 year old provision.
- Parent/carer training and workshops.

VACANCY: Children and Family Centre Play Worker (25 hours/week) £14,196 - £15,193 pro rata. For full details visit www.independentoptions.org.uk

The Easter holidays are fast approaching, why not come along for **All groups are for children aged 0 – 10 years who have additional needs or a disability, and their siblings. An appropriate adult must stay for the duration of the group.** Please contact Sam for more information or to book places in the groups: 0161 482 7933 /

sjarvis@independentoptions.org.uk

Week 1 4 th -10 th April Week 2 11 th -17 th April	Group	Cost
Monday (4 th and 11 th) 10am till 4pm	All day play day This is a drop in free play session. There will be lots of toys and outdoor play available throughout the day. Feel free to bring packed lunches to have a picnic while you are here.	£2 per child No booking required, just come along when suits you.
Tuesday (5 th and 12 th) 2pm till 4pm	Messy play and crafts Come in your scruffs because today is all about messy play. There will be a variety of crafts available and water play and more.	£3 per child Booking is required
Wednesday (6 th and 13 th) 12pm till 2pm	Lunch club This special lunch time club means that your child will get to make their own lunch and eat it. We will be making pasta salads, sandwiches and wraps.	£4 per child Booking is required
Thursday (7 th and 14 th) 10am till 12pm	Sensory play This morning group is all about exploring our senses. We will have our sensory room set up, sensory toys and messy play to explore.	£3 per child Booking is required
Saturday (9 th) 10am till 2pm	Weekend Boredom Buster This is a drop in free-play session. There will be lots of toys and outdoor play available throughout the day. Feel free to bring packed lunches to have a picnic while you are here.	£2 per child No booking required, just come along when suits you.



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Needs You!



Sainsbury's Hazel Grove

29th April, 30th April, 1st May

We are in need of volunteers for a bag packing event at Sainsbury's Hazel Grove on the above dates.

If you are free even for a couple of hours that weekend to help, please let us know!

Please contact Lucy for more details:

0161 482 7936 / fundraising@independentoptions.org.uk