

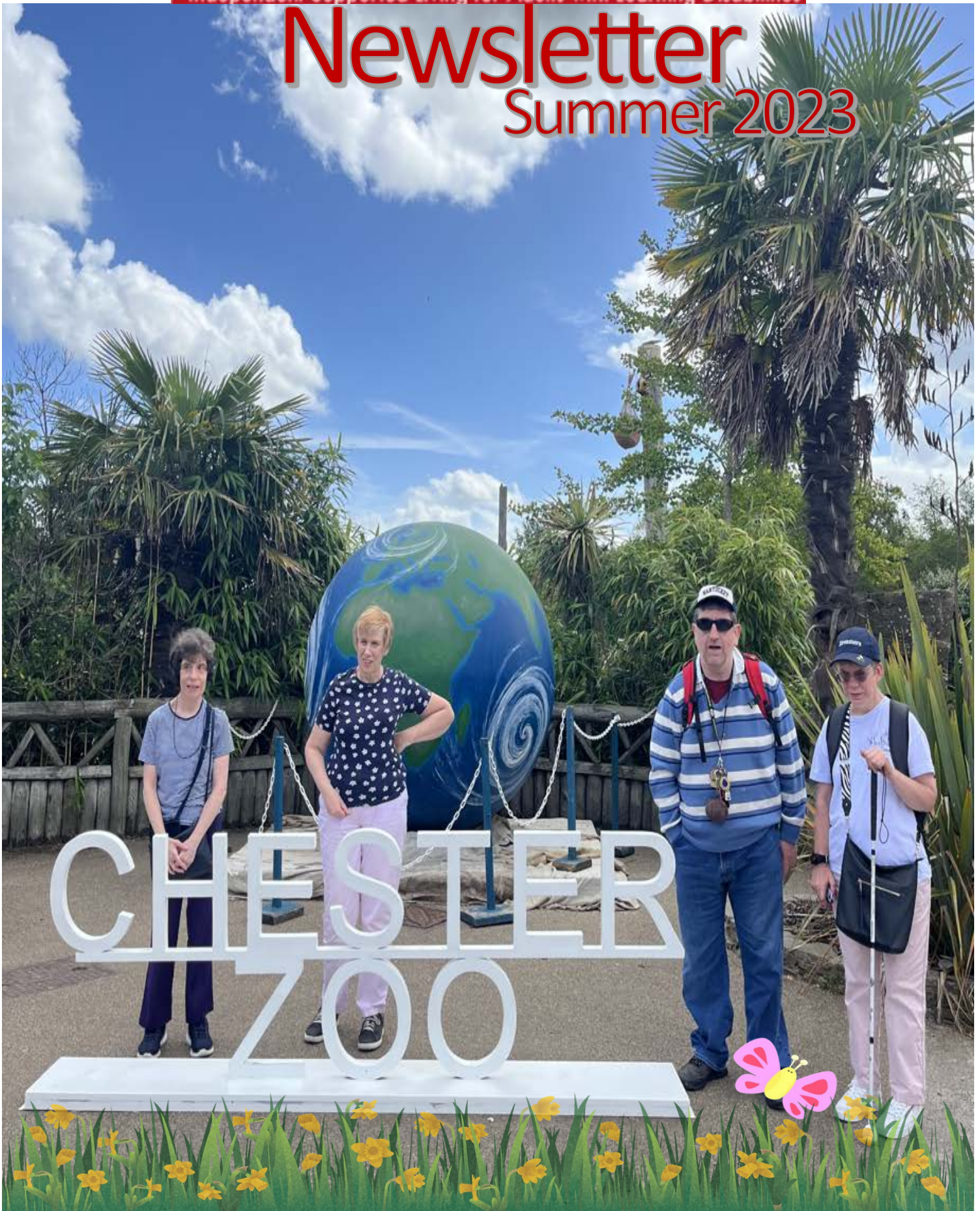


The Chester Link

Independent Supported Living for Adults with Learning Disabilities



Newsletter Summer 2023





Anna's words

This summer has been a bit of a wash-out and it seems as though we are racing towards autumn.

This newsletter shows us all the interesting places and activities that the service users have enjoyed during 2023, making the most of the sunny days.

Thank you to Natalie, our new Administrator, so much time and enthusiasm into this newsletter, and to all of the service users and staff who have worked on the photo's and articles.

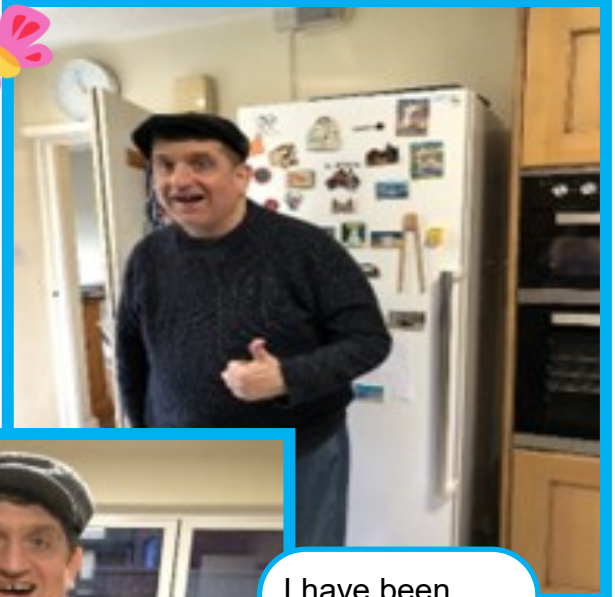


I hope you enjoy reading it.

Anna



I Have been out and about riding my e-bike. This was when the weather was still a bit chilly.



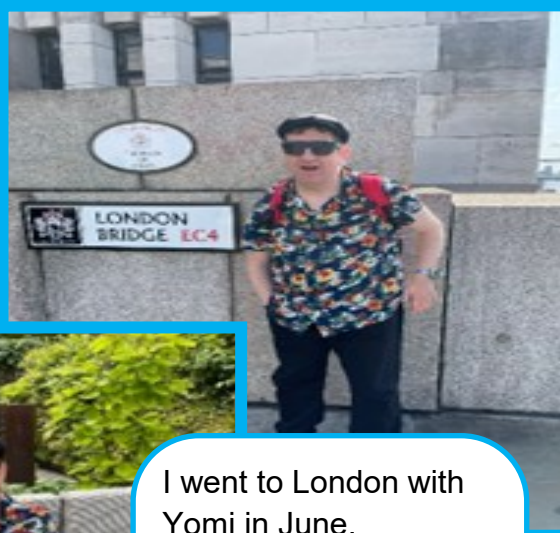
I have been making home-made pasties and sausage rolls on my cooking night.



Dan

Here I am playing swing ball - I like to whack it!

I have been away with my cousin Cliff and his family to Bridge North. We went in the camper van, and I took my bike with me. It was great!



Here I am sitting on the memory bench which has a plaque on it in memory of my mum and dad.



I went to London with Yomi in June. We went on the tour bus and had lots of fun seeing all the sights. My favourite part is the cooked breakfast at the hotel.





This year I have done lots of exciting things! I have been on four holidays; to the lake with my parents, to London with staff and Alison, another to Blackpool with staff and Anne and finally on holiday again with my parents.

I have been going on more days out with my friends independently when my sports club isn't on and I have tried attending new clubs with Anne to see all my friends, I am maintaining a very good social life.

I haven't heard from my physiotherapist in a while as she is recovering from an injury but I have progressed so much with my walking and physio exercises, and with help from Danielle and my support staff I have done great work in decreasing my anxieties around tall buildings and bridges.

Overall, I am very happy and healthy and enjoy doing new activities as well as hobbies I enjoy like crafting.



Sian 





James



I enjoy going out with staff and independently to explore new places and get exercise.

James was not able to go for bike rides previously due to his health issues and he was recovering. Now he gained his strength back and he is back on his bike. He enjoys bike riding so much and he likes going for bike rides along with staff which allows more engagement with staff, It also keeps him active and allows him to go to different places which makes him save a bit money and makes him independent as well.





Anne



I love going to all my social events such as Canal Street, Kaleidoscope, Live! New Scene and the Tuesday disco. I enjoy socialising with all of my friends and dancing the night away.



I particularly enjoy catching the train to Birkenhead on my 1-1 days and even catching the ferry!



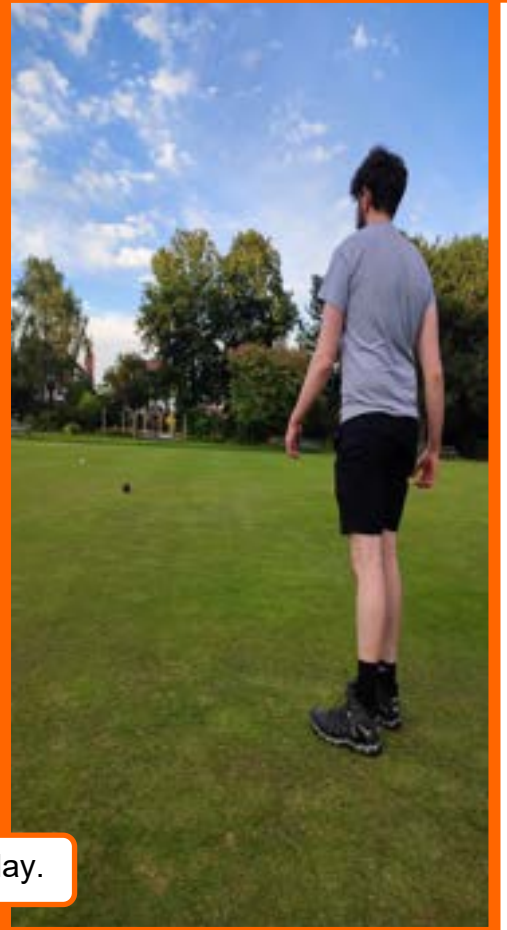
I enjoy seeing my mum at the weekends and having pancakes together in the Morrisons café.



Oliver



Basketball practice!



Enjoying a game of bowls on a nice day.



Holiday starts with a coffee and a cake.



Me with staff at Blackpool fair.... not really staff he was scary!



Ready to be eaten by a dinosaur.



Trevor



Me trying to win a teddy.

Lovely ice-cream at Blackpool zoo.





Joe

Joe has been on holiday to Centre Parcs in Cumbria. He really enjoyed the swimming pool, walks in the forest and the food in the restaurants.

Joe is a huge Liverpool FC supporter and also enjoys playing football himself.

He has enjoyed going to the community garden during the summer, meeting his friends and girlfriend and has been busy at work too.





During his trip to London, Paul enjoyed a visit to the theatre and lunches out.

Paul has been on walks with his key worker, visited Chester Zoo and explored the Christmas markets.



Paul

Celebrating the King's Coronation.



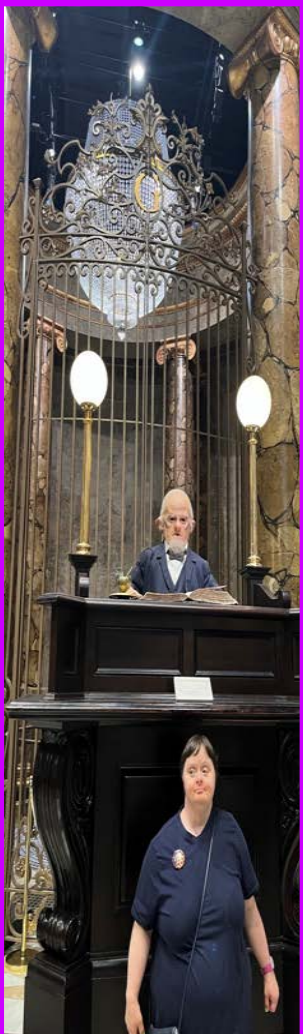


Ian



Ian has been out on lots of bike rides and enjoying different historical events this year.





Alison



My summer holidays have been filled with magic, sunshine and plenty of cooked breakfasts. I went on holiday to London with Sian, Becca and Brett and we visited the Shrek adventure and The Harry Potter studios where I got to practice being a witch.



We also saw 'The play that goes wrong'. I really enjoyed this.



I went to Plymouth for 5 days with my family and had a great time in their caravan.

I've been super busy at work, showing my skills off and I am super excited for the upcoming Halloween party and to get back into swimming.

Jo



New hair cut and colour, I am so pleased with it and ready for my holiday.



Jo has been enjoying social activities including bingo, friendship group, singing group and the grub club! She has been doing lots of arts and crafts—her favourite ones include unicorns



Giving the car a good Hoover on a sunny morning



Diane



Celebrating Fiona's Birthday at Made in Italy, Hoole.



Eating lunch and celebrating the King's coronation.



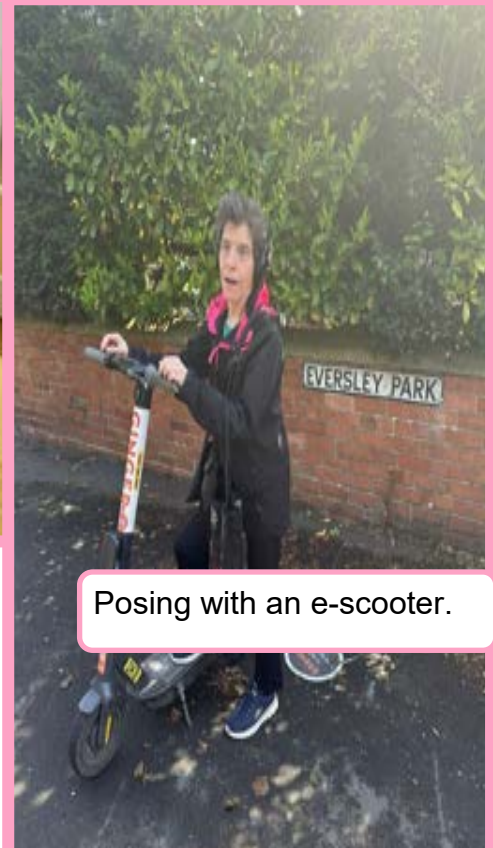
Halloween horns!



A lovely Birthday Breakfast, lot's of Birthday cards to open and a big chocolate cake. Yum !



A day out at Chester Zoo



Posing with an e-scooter.



John



We have planted lots of different flowers in the Shirley House garden. I like to get involved in watering the plants to take care of them.

We also have some new garden furniture. I have been enjoying having my meals outside in the warmer weather with my housemates.

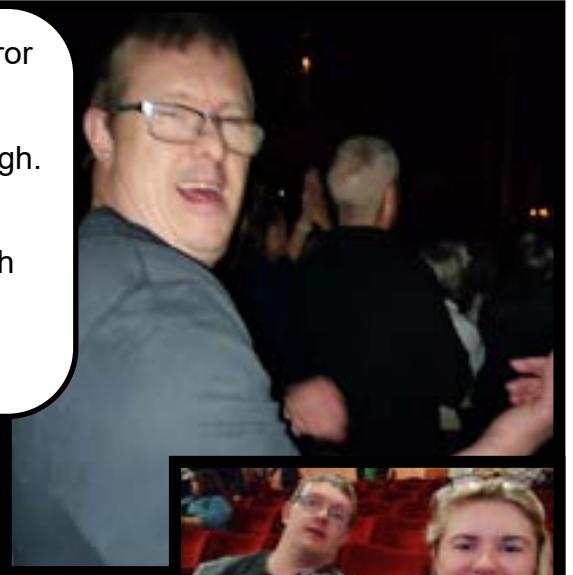
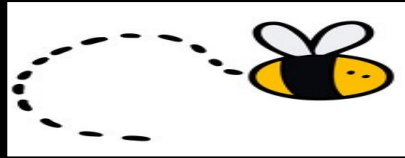


I have been attending some of the Kaleidoscope events at Storyhouse.

This is a picture of me, Fiona and Julia enjoying a dance at the club night disco.



Chris has been to see the Rocky Horror Picture Show, Liverpool Legends, on holiday to Exmouth and Scarborough. Chris really enjoyed going to a Queen Tribute act and likes to spend time with staff going on holidays and going out dancing in the evenings.



Chris





I celebrated my birthday with a party.

Laura

Things that I enjoy doing

Tomorrow Women

I have been a member of Tomorrow Women from when I lived in Birkenhead.

I go two days a week, on a Tuesday from 1.30 - 2.30pm there is a sing-along group.



CSASS for Women

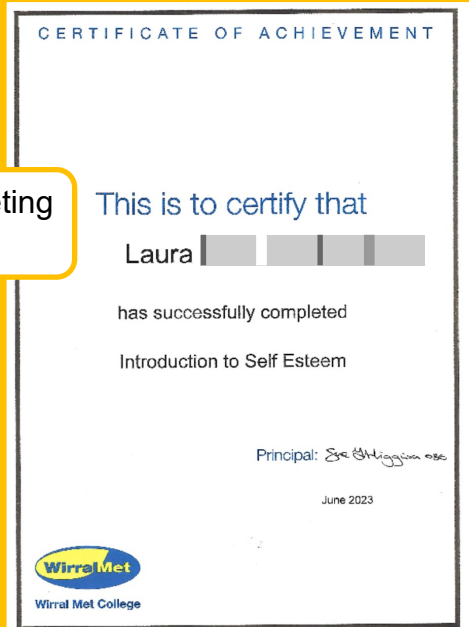
The activities that run at the CSASS drop in are crafts, music, sing-along, walk & talk, puzzles, community cookery and mindfulness and many other classes.

There is a private room that has no charge.

They are on Facebook, Twitter and have a website with news!



I've been busy completing courses this year.



This is to certify that

Laura [redacted]

has successfully completed

Introduction to Self Esteem

Principal: Sue Higgins BSc

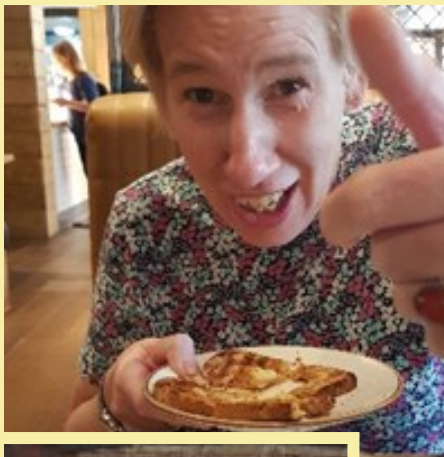
June 2023



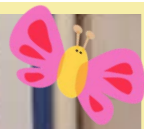
A cheers to the house anniversary!



Spending time in the garden with a butterfly on my shoulder.



In June I visited London. We took the train and enjoyed a picnic on the way.



I ate some lovely food in Southwark. The hotel was very comfortable for me, Paddington and Larry Parry.



My favourite part of the trip was watching Mamma Mia at The Novello Theatre!



At home I have been looking after the birds in the garden, making sure they have plenty of water.



I am enjoying the Kaleidoscope club night.



Fiona



Art with Ali, Patchwork choir with Matt and bikes are some of the fun activities I take part in.





Ruth



Ruth has been enjoying lunches out and went on a trip to Liverpool to watch Encanto at the Liverpool Philharmonic Hall.

Ruth also celebrated her birthday with a party!





Adam has been on holiday to Abergele and Llandudno in Wales where we had fish and chips, walked along the pier, shopped, went to the arcade and went on a red tour bus to Conwy and back. He enjoyed getting the bus while we were on holiday and enjoyed the ice cream!

Adam also visited St Giles Church in Wrexham on a day out.



Adam





John



Time for lunch.



I don't like sharing my bread with the ducks.



Not another photo?



Julia



I got my face painted on a day trip to the zoo.

I am a Tiger!

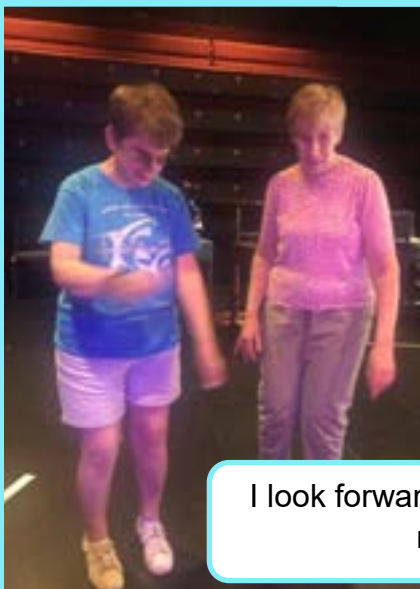


I love creating at art class.

I enjoy using different mediums, especially sticking down colourful paper and painting.



I took part in the Patchwork Christmas concert, and I sang a beautiful solo.



I look forward to going to the Storyhouse club nights every month and I dance the night away.





Chairman's words

It seems quite a period of time since my last set of words for the newsletter. Since the start of 2023 the company's new board structure has become embedded in our governance processes with both new subcommittees and the board now meeting on a regular basis.

I am very pleased to announce that we have a new trustee joining the team, his name is Ian Matson. Ian has extensive experience as an accountant and has worked as a trustee in a learning disability charitable organisation previously. I know Ian is going to be a great addition to the board.

At the time of writing these notes, summer has finally arrived after a soggy few months, I hope you all enjoy the autumn period and more good weather to participate in some outdoor activities.

On behalf of all my trustee colleagues our continued thanks to the service users, staff teams and our families and friends for your continued support to the charity.

Finally, I hope to see as many of you as possible at our annual Christmas party in December 2023.

Roger



Our Staff

Anna - Chief Officer

Elaine - Registered Manager

Cate - Care Co-ordinator

Charlotte - Housing Co-ordinator

Hannah - Training Co-ordinator

Lorna - Staff Co-ordinator (Maternity leave)

Danielle - Mental Health Support

Natalie - Administrator



Shirley House



Lead Support worker

Kayleigh

Helen
Lisa P
Elaine S
Aimee
Ishioma
Rayan
Yomi
Chloe

Hoole Road & Lavender Place



Lead Support worker

Adellade

Brett
Becca
Lauren
Chris N
Charlotte BA
Neyo
Esther
Emily
Courtney

Dispersed Services



Lead Support worker

Marc

Gareth
Chris S
Marcin
Ellie
Deepika
Macwillson
Paul

Greville Drive



Lead Support worker

Simon

Anne
Brenda
Elaine H
Lisa R
Jackie
Erioluwa
Mark
Ada
Beth
Chinonso

Relief Staff

Afeez	Angel	Arian	Caroline	Cavan	Dana	Jason	
Jo	Justina	Lauren B	Maureen	Ola	Patricia	Sophie	William