



# Believe and Achieve

North Park News

**HS4LC**

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After a long, cold winter, Spring has finally sprung at HS4LC.

Thank you Robert, for helping to take this lovely photo of the bluebells outside our front door.



## In This Issue

- Awards and qualifications
- Chocolate making workshop
- Summer BBQ invitation

**\*\*\*STOP PRESS\*\*\***

**Scarborough Trip 20<sup>th</sup> July.  
£8 per person. Book soon!**

## HS4LC Awarded for Community Contribution



Representatives from HS4LC attended a big award ceremony at Sheffield Cathedral on 24<sup>th</sup> April, to mark its third successful bid for the Duke of York Community Initiative Award. CEO Hadyn Moorby-Davies collected the Award from HRH Prince Andrew along with 61 other winning organisations from around Yorkshire.

In his speech, Prince Andrew praised Award winners, saying places like HS4LC often don't get recognised for the hard work they do to help improve the lives of the people they serve. He asked us to pass on his thanks to all of our colleagues, so well done everyone. The fabulous work we do at HS4LC has the Royal Seal of Approval!



Hadyn, Gillian and Jess

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## Welcome to Vicki and Nicky

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**Name:** Vicki Addyman

**What will you be doing at HS4LC?**

I am the new marketing and communications manager. I will be raising awareness of the centre online, in the press and on social media for events like craft fairs.

**What attracted you to HS4LC?** When I saw the job advertised at HS4LC I could see that not very much was being done to make people aware of the great things HS4LC does. I look forward to the challenge of raising awareness.

**Do you have a family?** I have a husband and an 11 month old son called Finley.

**Do you have any pets?** Yes. I have two Black Labradors, Missy who is 7 and Meg who is 3. They are very energetic!

**What do you like doing in your spare time?** I like spending time with my family. I have music and baby sensory classes with Finley. We go swimming on a Saturday and take long walks with the dogs. We particularly enjoy walking from Starbeck to Ripley.

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**Name:** Nicky Shamir

**What do you do at HS4SC?** I assist the managers at the day centre and homes with their day to day administration. I maintain records, prepare documents, manage day centre supplies, collect fees, deal with queries and try to ensure the office systems function effectively!

**What other jobs have you done?** I am qualified as a Basic Skills and English as a Foreign Language Teacher. I am a trained Holistic Therapist and most recently did sales and marketing in an interiors showroom. A bit of a mix!

**Do you have a family?** Yes, a husband and a 13 year old son called Aron.

**What do you like doing in your spare time?** Theatre, reading, photography, walking, watching my son play football and spending time with my family and friends.



## Welcome to Rudding Park Ambassador Rita

We are pleased to welcome Rita Carvalho to HS4LC. Rita is a Management Trainee at Rudding Park where she works as a housekeeping supervisor.



Rita is building links with HS4LC ahead of a new venture starting in September. HS4LC will be training a group of school leavers with learning difficulties and disabilities in work skills. They will then be supported to train as interns with Rudding Park and other employers. This means they will learn the skills needed to work in an area of interest like gardening, cooking, office work or housekeeping. The aim is that at the end of the programme interns will have the skills and knowledge needed to apply for jobs and build a successful career.

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## Rosemary Boswell 24.03.48 – 30.03.18



In April we received the sad news that one of our clients Rosemary Boswell had passed away. Some of you will remember Rosemary from when she attended The Junction in our old building at Mornington Terrace.

Rosemary loved typing stories on the computer. She enjoyed French knitting and was very skilled at cross stitch and needle work. She also took part in some of our drama productions.

Sadly we didn't see Rosemary very often after her health deteriorated, however she did return briefly to HS4LC a few years ago to do computers on Tuesday mornings where she took great pride in typing her chosen poems. Rosemary will be missed by everyone who knew her.





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### Stepping-UP to Success

Well done to 17 learners who have successfully completed their Step-UP qualification in their classes this year.

Here are pictures of some of them in action, learning and perfecting new skills.

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### Chocolatiers are Go!

On 22<sup>nd</sup> May, Mark from The York Chocolate Story came in to hold a chocolate making workshop for our enterprise groups. Everyone got to make and decorate a chocolate shape of their own design and also made different flavoured chocolate truffles. "This has been a great introduction for our enterprise group into the art of chocolate making," said tutor Fran, "and hopefully will lead to us launching a HS4LC chocolate enterprise in the near future!" Everyone had a great time and got to take home all their handmade goodies. Samples that made it to the office got a big thumbs up too. Gillian, Judith and Rosana were in chocolate heaven!

We would like to say a massive thank you to Mark ([pictured below, centre](#)) and The York Chocolate Story.

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## Client News and Achievements

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### Chris's 'Egg-cellent' Breakfast



Sarah had a surprise for tutor Chris Pierce in the Friday Cooking Group when she brought in an enormous egg laid by one of her 3 geese. Chris and Sophie Pierce cooked the eggs with some bacon for breakfast. Chris said the egg was very rich and tasted "absolutely beautiful!", adding that he will now be looking out for goose eggs in the shops.



**Photos: Above left; Sarah and her goose egg, shown next to two hens' eggs. Above right; Chris and Sophie's delicious egg and bacon breakfast.**

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### Thank you Graham Sanderson Interiors

We would like to thank Graham Sanderson Interiors on 120-130 Kings Road, Harrogate for giving us an old fabric sample book for our enterprise crafters to use. Here is Cecilia making a lovely cushion using one of the samples. The finished cushion (pictured right) will be sold at our craft fair. Beautiful work, Cecilia!



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### Celebrating our Wonderful Volunteers

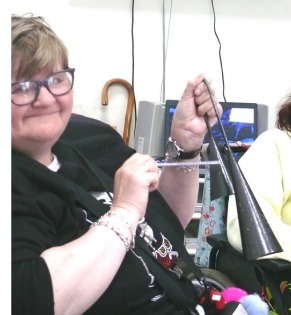
We would like to say a special thank you to volunteer Rachel who stepped in to tidy and vacuum the centre while our cleaner was on holiday.

1<sup>st</sup> -7<sup>th</sup> June was Volunteers Week and Rachel, along with our other long-standing volunteers Jess and Sandra was given a certificate to celebrate the wonderful work our volunteers do at HS4LC. Here is Rachel receiving her certificate. Many thanks to all our volunteers. Your help makes all the difference!



## Late April Showers

Despite the recent good weather it has been raining every Tuesday in the Music Room. The Music and Movement Group are playing instruments to 'April Showers' from 'Bambi', producing a spine-tingling performance. Soloist Mandy plays the double cowbells as rain drops. Chris on the drum and Sharon and Stephen on cymbals echo the thunder. The rest of the group use shakers for wind and rain. The performance will be filmed in memory of Brian Crossley who took part in a similar performance 3 years ago and is still fondly remembered.



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## Easter Fair Success

A bit of rain didn't spoil the "electric atmosphere and buzz" of the Easter Craft Fair on 27 March, says Enterprise Craft Group tutor, Naz. "The quality of the products the learners made was very high. It was a real team effort and we made £400 at the fair, the profits of which will go to Craft Enterprise Group members".



Special thanks go to Susan ([pictured above](#)), who looked after the outside marquee all day. "She created a great, warm atmosphere outside", says Naz. Susan says she really enjoyed staffing the marquee, and added "I like helping people". Well done Susan and all the crafters. We are all now looking forward to the Summer Fair, details of which will be announced soon. Watch this space!





## BBQ Summer

Brackenley extend a warm invitation to their annual BBQ to be held from 12 noon until 6pm on Saturday 28 July. Free BBQ food and soft drinks will be provided.

Ask a member of staff for more details and to get free tickets to the BBQ. Friends and relatives are also welcome. Please note, there is no parking on site.

Brackenley are thrilled to announce that local band "Let Luce" will be providing music again after last year's success. Lead singer is centre staff member Paula's daughter Lucy. Paula's brother David and our very own Chris Pierce play in the band.

## Get Fit for Summer

We are delighted to announce that the HS4LC Gym is now open for business. Springwater School students are working out on Mondays and 'Believe and Achieve' reporters Chrissie, David F and David H had their gym inductions in May. Chrissie reported that CEO Hadyn's induction session was "great fun". David said that he had his heart rate monitored and was shown how to use the equipment safely. "You need to keep your back straight and your heart rate down" he explained.



If you are interested in becoming a gym member ask a member of staff to book you an induction session and get fit for summer!



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