



Halloween at Kingwood

On the 29th October Kingwood held its annual Halloween party at Head Office over 20 people we support came along to party with their support workers. The thriller dance competition was one of the highlights of the day and karaoke was especially entertaining, although not always Halloween themed. Especially the sing-a-long to Summer Holiday!

Apple bobbing was a new challenge for some of the people we support, however they all got stuck into the game and really enjoyed it. Adele and Fin were the winners of the costume competition.

Beeching Way also had a Halloween party on the 31st. The costumes were very impressive and Paul's joker costume was quite scary!



New Director Of Services

Kingwood are very pleased to announce that we have recruited for the vacant role of Director of Services. Estelle Christmas has been appointed to the role and started on the 30th November.

Estelle has worked in social care services for over 25 years, commencing her career as a “care assistant” for people with learning disabilities living in a long stay hospital. She went on to train as a Registered Nurse for people with Learning Disabilities and has been fortunate to work in a variety of organisational settings, ranging from Health Care provisions to independent organisations and charities.

Estelle is passionate about ensuring that individuals receive good quality support that maximises their independence and

thrives on new challenges.

Estelle lives with her family in Surrey and is currently studying a MBA (Masters in Business Administration) with Henley Business School

Kingwood has now fully recruited all senior positions.

New Baby!

We are pleased to announce that Eleri Booth had her son Jack on the 9th September. She is currently on maternity leave and will be returning Spring 2016 to the role of Autism Practice Manager.



Fundraising

It has been a busy few months for Keith Hasted. He has been developing our legacies information following our receipt of a very generous legacy donation this year. The donation has contributed towards several of our research and development projects and a refurbishment of Head Office.

Richard Williams, the brother of one of the people we support at Wallingford, did a charity bike cycle and rode 100 miles in one day with a group of 10 other cyclists! Richard also raised money for Prostate Cancer UK, Helen and Douglas House, and the Oxford Centre for Enablement. Richard and his team have so far raised £637.50 for Kingwood. Some of this donation will be used for the Christmas party for people we support at our head office on the 18th December.

Basingstoke Rock Choir nominated Kingwood as their charity this year and they have raised £300.00. Kingwood was delighted to be nominated by one of the people we support who is part of the choir along with her mother, Kingwood will use this donation to fund the Peter Roberts disco at the Parents, Families and people we support Christmas party.

The people we support also helped raise money for other charities; Patrick completed a walk in aid of Type 1 diabetes and raised £50 for the Juvenile Diabetes Research Foundation.

Keith is working closely with partners to help secure the funding for important projects such as Dogs For Good (formerly Dogs for the Disabled), and the 7th year of our work with the Royal College of Art.



Patrick and Maria showing off their medals after the walk for JDRF

Infection Control

Infection control is the name given to a wide range of policies, procedures and techniques intended to prevent the spread of infectious diseases amongst staff and people we support.

This time of the year the flu can be a particular risk and in addition to being unpleasant, can be quite dangerous for the vulnerable. Hands should ideally be washed after each sneeze using soap or hand gel.

Remember to **‘Catch it, bin it, kill it’**

Staff and visitors are at risk of infection or of spreading infection, especially if they come into contact with bodily fluids like urine, faeces, vomit, blood or sputum. Do

remember to keep your hands away from your mouth, eyes and nose as these are the prime access points for germs.

Good, basic hygiene is the most powerful weapon against infection, particularly with respect to hand washing.



Kingwood Christmas Party

On the 9th of December Kingwood will host the annual Families and Parents evening and Christmas Party. We are back again at Millets Farm in Abingdon. Peter Roberts will be the DJ for the night and there will be a karaoke session.

We have organised a raffle for people we support and have fundraised for several prizes including cinema membership, Beale Park tickets, chocolates and wine. The tickets for the people we support are free and will be given out on the night. The prizes were chosen based on feedback from the September People We Support Forum.

A separate raffle for staff will also take place with prizes including a balloon ride, a bottle of champagne, a day experience at Nirvana Spa and cinema membership. Employees can purchase tickets from Support Managers or Liz.

At the parents and families meeting we will provide an overview of the year, introduce Estelle and provide an update from the Psychology Team; who will give an insight into the work that they do. We will talk about how Kingwood has adopted the care certificate process, and share feedback from our annual questionnaire.

Good News stories from Kingwood

Kingwood has been working with the people we support, organizing block holiday rentals and assisting people to have a holiday. For some this was the first holiday they have been on since they left home or school.

Several people we support who have Asperger Syndrome were also able to take part in the Kingwood holiday that went to the Isle of Wight; they really enjoyed the break. People we support from Wallingford and other areas also enjoyed a few nights to the Isle of Wight. Hazel Hand did a fantastic job organising the holidays and coordinating all the ferries, support and activities.

Ray from Reading went to Spain for a week this year with Claire Baker, his support worker. The holiday was a great success and Ray is now planning 5 more years of holidays, and for 2016 he is planning on going to Greece.

Kingwood have also supported people to go to Disneyland Paris. Some students from Kingwood College went away together to a large house in the New Forest for a long weekend.

Holidays can be very beneficial for the people we support

enabling them to experience different environments and activities that they might not normally have access to.

Kingwood have applied for the Landmark50 holiday giveaway and we are hopeful that Kingwood will be selected for a 4 night break, so that we might be able to provide some of the people we support a chance for a holiday when their budgets might not normally allow it.

Dogs for Good has been working with Kingwood for some time. This year they have been working with two people who have quite a severe phobia of dogs that was impacting on their day to day lives. Over the course of the year Dogs for Good have developed a programme to reduce their anxieties to the level where they can now interact with the dogs.

The Kingwood Psychology team and Dogs for Good will work together to create some materials to help others overcome their phobia of dogs.

Kingwood is delighted to have assisted Nick Statter into employment. Nick has been training to be an accountant and this year passed his AAT level 1, a local accountancy firm have offered Nick a few hours per week as an assistant. Congratulations Nick!

New Bicester Office

Kingwood has taken on a new office in Bicester to aid with our expanding services in the North of Oxfordshire. Area Managers Stuart Noble and Anna Michie will be based there.

There is a meeting room and a large training room that can be hired. Kingwood will be using these facilities for team meetings and training.

The address of the new office is:

Suite 7
Enterprise House
Telford Road
Bicester
OX26 4LD

Runners/Volunteers wanted

Kingwood will provide free entry for staff/volunteers to run in the Reading Half Marathon on the 3rd April 2016. We will also take this opportunity to raise awareness about autism and Asperger Syndrome as the date is very close to World Autism Awareness Day.

Kingwood are looking for people who are interested in running and raising money for Kingwood, or those who would like to help by handing out information leaflets to the crowd and to cheer on the runners at the same time.

If you are interested in running or volunteering for Kingwood please can you let Liz Sandith know by the 10th January 2016: liz.sandith@kingwood.org.uk 01189310143.

Activities

Kingwood has had a busy year of activities, the ice skating sessions at Oxford Ice Rink have been very popular, and the regularity of the sessions have allowed some of the people we support to build up their confidence on the ice. Bob has arranged the following 2016 skating sessions at the Oxford Ice Rink:

January 18th	February 15th	March 15th
April 14th	May 16th	June 13th
July 11th	September 12	October 17th
November 14th	December 12th	

The boat trips have been so popular this year that Bob is arranging a further 6 trips for 2016. There will be 2 from Eynsham in Oxford, 2 from Caversham and 2 trips from Henley. The trips are provided by the Rivertime Boat Trust on the 42" cruiser and were subsidised in 2015 from a donation as one of the Mayor of Henley's chosen charities. We would like to thank the Mayor for enabling the trips to take place. Keith and Bob will work together to source funds that will help subsidise the 2016 boat trips

On the 18th December Kingwood will be hosting its annual Lunchtime Christmas Party for the people we support. The crafts include making a wreath, hand print reindeer, beaded candy cane and melting snowmen biscuits. There will be a disco, and lunch is provided for everyone. The party is from 11.30am to 2.30pm.

Looking forward to 2016 Kingwood will have an Easter Party on March 23rd at the Kingwood Head Office. There are plans to restart the monthly disco in Reading—details to be confirmed in January. Wallingford Tuesday club meet every other week at Wallingford Methodist Church, please contact Hazel or any of the team at Beeching Way for further information.



Paul takes to the ice at the November skating session.

Plans for the 2016 AGM are underway therefore we are launching the people we support competition now! We would like the people we support to create something based on their favorite activity. This could be a photo, a drawing/painting, a collage or even a poem about the activity. It should fit onto an A3 piece of paper and the winner will get their item professionally copied onto a t-shirt and a framed picture of the winning design will be displayed at Head office for the year.

Entries need to be received to Head Office by the 10th June 2016. Materials can be provided to people we support to help them with their entries.

On the 9th November John Lubbock organised a Music for Autism concert at Radley College, Silk Hall. Many of the people we support attended and danced along to the music. We are awaiting dates for next year and we hope that there will be a concert at Dorchester Abbey in early 2016.

Several of the local theatres are presenting relaxed/autism friendly performances of their pantos:

22nd December, Didcot Cornerstone: The Snow Dragon
30th December, Oxford New Theatre: Annie
31st December, Reading Hexagon: Dick Whittington,
2nd January, Newbury Corn Exchange: Dick Wittington.

Finally, there are other Panto performances at Oxford Playhouse (Aladdin), The Kenton Theatre Henley (Jack and the Beanstalk), Banbury Academy (Cinderella) these however are not relaxed performances. If you would like to arrange to go to any of the performances please contact Bob.



Ladies holiday on the Isle of Wight



Merry Christmas!

