



DEER WITH MATURE ANTLERS IN AN AUTUMNAL WOODLAND SUNRISE

MILEWOOD MESSENGER

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A WORD FROM THE EDITOR | HOLLY PARSONS

MICHELIN STAR FOR CHEF MARY-ANNE!



Pictured above is the very lovely Mary-Anne from Blenheim House, part of the Redcar Scheme. Mary-Anne has been touching up her culinary skills with a little help from staff member Nicola Lawrence and has whipped up a rather delicious looking Shepherd's Pie and a brilliant batch of Yorkshire Puddings too! This is the first time since Mary Anne moved into Blenheim House that she has cooked her own meals in her own flat with limited

support. She cooked the meal for both herself and staff who said it was truly delicious. Mary-Anne has taken a strong interest in the foods she eats and has devised a weekly menu so that she can continue to develop her life skills. Mary Anne recognises that this is a big step for her and stated: "I am really proud of myself and I am looking forward to cooking for myself again". Once

Welcome everyone to the 3rd quarterly edition of the Milewood Messenger! Autumn is almost upon us as September draws to a close which will bring with it beautiful landscapes draped in orange, yellow and red as the leaves prepare to fall for the winter. Great time to get out and about with your cameras! We can see you've had a wonderful summer from the stories our lovely home managers have told us over the past three months, there are just so many fun things packed into this quarter's newsletter! We have lots of new Milewood homes to tell you about, lots of outings and birthdays to celebrate too! Enjoy!

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Mary Anne had finished her dish, she told us she "had really enjoyed it". This is a wonderful achievement and we're all very proud of you for very proud of you for enhancing this valuable skill. Devising a menu and eating healthily is amazing! Well done!

MORE NEW HOMES FOR MILEWOOD!

Here at Milewood & Care Network Solutions, we believe we offer a service which is amongst the best in the UK for personally tailored plans towards individual client needs that help progress towards an independent future out in the community. We aim to build our service user's confidence and teach real-life practical skills which will enable them the tools necessary to go on to fulfil their own ambitions and goals outside of residential and supported living environments. We've been busy bees this year researching areas which could further benefit from our level of care and dedication for those with learning difficulties. We've been set to work searching for the perfect properties to bring into our care group to reach more individuals with our specialised Pathway to community developmental plans. We are pleased to announce we have welcomed four new additions to the Care Network Solutions and Milewood care group with further coming on-board in the coming months before Christmas. We're very happy to be able to offer more places on our schemes to help even more individuals become part of the Milewood family.

HILLSIDE HOUSE



Pictured above is the first of our new additions to the Care Network group, Hillside House which is based in Leeds, West Yorkshire. Hillside was previously a children's home which we took over ownership for in June and converted into a residential care home with capacity for eight adults with learning disabilities. Hillside is currently being run our Regional Operations Manager Farah Hutchinson and Deputy Home Manager Laura Peel; both of whom have a great deal of experience and know the area well. Residents moving into Hillside will receive a tailored care package designed with their personal goals and

aspirations at the forefront. "I'm excited to work in the area; the building is in such a great location on the top of a hill with stunning views overlooking West Yorkshire" – Farah Hutchinson.

ASHTREE HOUSE



Picture above is the new addition to our Milewood Healthcare Ltd care group, Ashtree House which is located in Redcar. Ashtree came to the Milewood group in September and has joined the Redcar Scheme under the careful watch of scheme manager Leah Mackey. Leah has been with the company for over ten years and has the wealth of local knowledge and experience necessary to help Ashtree residents get the most from their environment as possible. Ashtree is also a full residential care home with a current capacity of three. It also has had planning permission granted for two more beds. It set in a lovely green space and surrounded by residential bungalows. Leah is excited to welcome Ashtree to her flock and is looking forward to meeting the new Service Users coming to the development!

SUTHERLAND

Also joining the Milewood care group in September is Sutherland House, a supported living unit based in York. Sutherland has the capacity to house seven clients on a supported living basis. Tenants based here will be under the diligent care of manager Adriana Kolano, who also manages Willow Tree House and Willow Lodge both in York. Adriana has been working with our supported living clients for over three years and has grown from a support worker to managing three supported living

homes with the help of her three deputies Kelly, Megan and Tomas. Aside from the essential care plan in place for each service user, the supported living program includes our specialised Pathway care plan to better identify areas each individual may need extra focus on to prepare them for independent living, all at their own pace. Each service user is evaluated on a one-by-one basis and is then given a care plan based upon what they would like to see themselves achieve next. For some this could be voluntary or paid work, for others it may mean money management. Our staff will work with each service user individually to encourage them to learn and feel comfortable with each skill to the point where they can achieve their desired tasks unassisted.



RODLEY HOUSE

Next to join the Care Network Solutions care group is Rodley House situated in Leeds. Before Rodley House came to us, it was used for privately rented accommodation - we have since transferred it for use as a seven bed capacity supported living care home for adults with learning disabilities. Currently, Rodley is home to four residents who have settled in comfortably to their new surroundings.

"I think it's really good. Everything is really nice and I like my flat. I like all the staff." JG – Resident at Rodley House. "It's absolutely brilliant being here. You can really do what you want. Staff are great, it's ace" – DF, resident at Rodley House. Rodley House is currently being managed by our Regional Ops Manager Farah Hutchinson who is looking forward to the new challenge.



Who has been celebrating their birthday this quarter? It's time to wish a Happy Birthday to of our lovely residents and see how they spent their special day.

We have a very special birthday to congratulate this issue! The 26th September 2015 was Terry's (from Hudson Street) 60th birthday! He celebrated in style by hiring out a room at the local Rifle club. There was a disco with various guests including a number of Terry's family, friends from Tuesday club and also from various other Milewood homes including Oxbridge, Redfern and Park View. Terry said he was grateful and glad that so many people had come to wish him well on his big day. Happy Birthday Terry! Many, many happy returns.

Also celebrating this quarter were Christine from Parkview, Pat, Sharon & John from Redfern, John and David from Oxbridge, Daniel and Mick from Hawthorn and Shirley from Vincent. Harlington House wishes to say a big happy birthday to Fiona and Susan! Daniel, Anne, Qassim and Johnny have celebrated their birthdays from Willow and all service users at Blenheim have blown out candles too! Happy Birthday Everyone!



TALES FROM THE HOMES...

SNIPER FITNESS ASSAULT SUCCESS



Darren from Hudson Street took part in the sniperfitness.com war games weekend assault race on the 27th September 2015. Supporting him and taking part were staff members Cheryne and Roman. The event comprised of a 5K run and obstacle course held in the grounds of Stepney Hill Farm near Scarborough. The course wound its way through mud, water and over valleys. Even though Darren finished well ahead of the staff, he said it was a serious challenge. He stated he found part of the event whereby he had to climb over bales of hay challenging but that the water feature was not really an obstacle. Well done Darren!

BUTLINS FOR WHITBY SERVICE USERS



Chris J, Cheryl and Karen from Caedmon House along with Chris A, Cyril, Ian, John B and Robin from Hudson Street enjoyed a week's holiday at Butlins in Skegness from the 21st to the 25th September 2015. They all said that they had a great time with the various



attractions and markets and a number of them are already making plans for another trip next year. Pictured above are Cheryl and Robin posing and having fun!

NEW COLLEGE FOR DANNY!

On the 3rd September 2015, Danny from Caedmon House started a new college course at Yorkshire Coast College working towards his level 1 diploma in construction skills. His course runs over three full days in the week and Danny is also maintaining a farm work placement at the Haysed Experience for another two days. This is a real achievement for Danny and things are progressing really well. The team at Hudson house would like to wish Danny all the success for the future. Well done Danny!

Beckdale takes to the Streets of the Soaps!



Beckdale resident Jessica Pickwick took a recent trip to the set of Coronation Street for a 'nosey round the streets'! You can see her in the picture to the left, standing in the entrance to the famous convenience store. We hope you had lots of fun Jessica!

Also from Beckdale, Maya has been on her first holiday. Whilst on holiday, Maya took a

trip to the set of Emmerdale for a tour and even stopped for a drink in the 'Woolpack'! Pictured to the right is Maya and supporting staff next to the Emmerdale sign. You look very happy here Maya, we hope you had a fabulous holiday!



NEWS FROM CLARENCE HOUSE

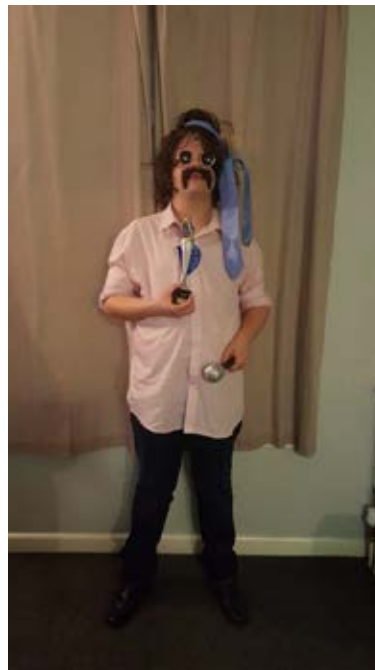
Roseanne went to Benidorm on her first holiday abroad on a plane and went swimming with dolphins in September. What an experience!

Laurie started a work placement in August at the miniature steam train line and it really enjoying performing maintenance and fixing the trains. Well done Laurie for putting your great skills to such good use!

David-Lee started a construction course at Dewsbury College in September and is learning valuable new skills. Congratulations to David-Lee, this is wonderful.

Chantal went to Blackpool in August and her favourite part of the trip was sitting on the beach with staff member Michelle eating cinnamon waffles. Yum yum!

MILEWOOD'S GOT TALENT!



Congratulations to DLB from Clarence House for winning this year's Milewood's Got Talent competition! DLB was a tribute Elvis singer and won the judges hearts over with his renditions of the classic Elvis songs! David has said that he feels very good about winning the trophy and is happy to be the winner for Milewood's Got Talent 2015 Best Singer. A massive well done to you for performance and effort! You look fab with your trophy!