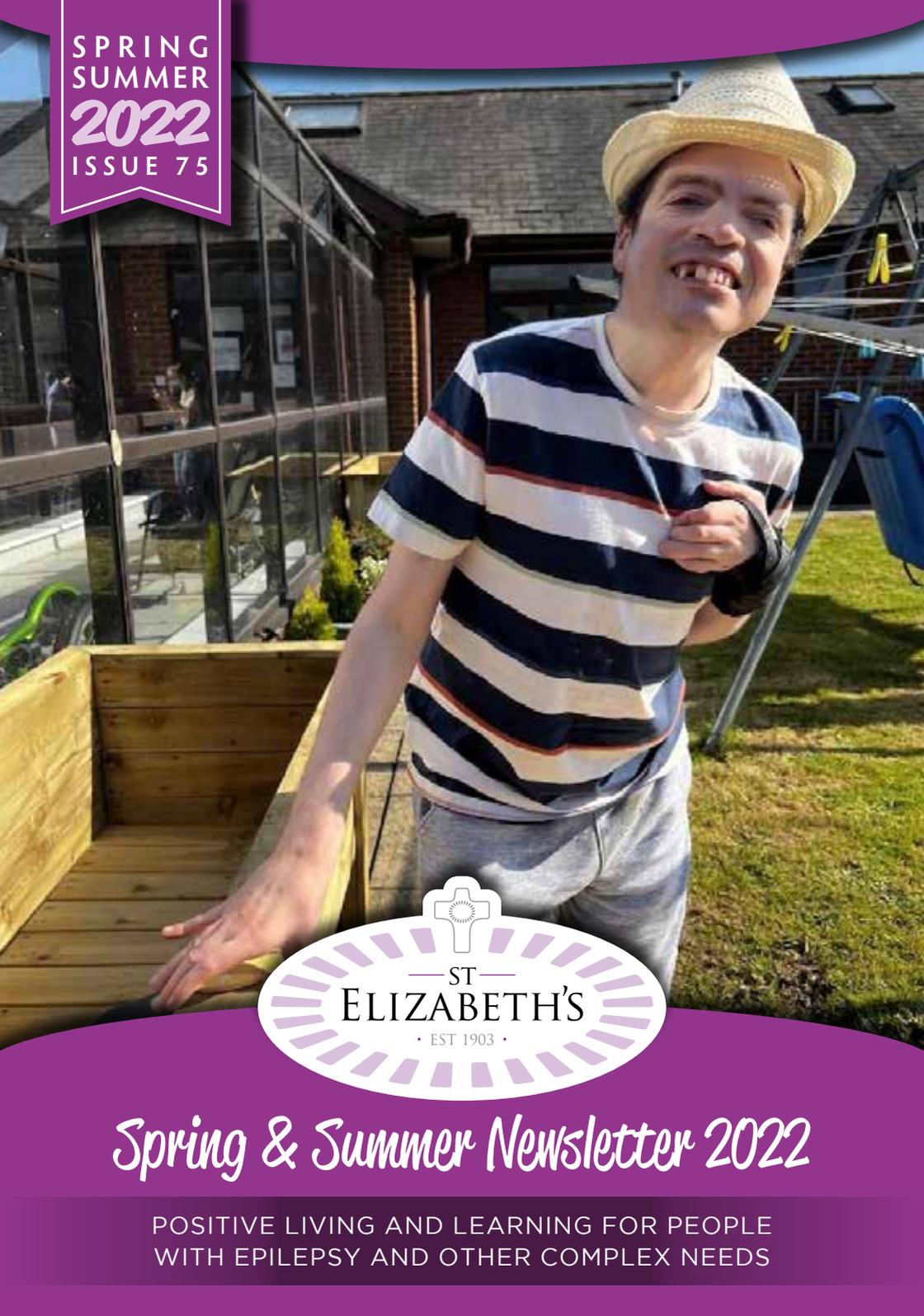


SPRING
SUMMER
2022
ISSUE 75



Spring & Summer Newsletter 2022

POSITIVE LIVING AND LEARNING FOR PEOPLE
WITH EPILEPSY AND OTHER COMPLEX NEEDS

Message from our Chief Executive, Jill Rankin:



Spring has well and truly arrived at St Elizabeth's, and we are all looking for the first of our annual ducklings to appear! I am so pleased that our staff and residents are now able to enjoy the weather and to see so many making use of our beautiful grounds.

We have a few new exciting projects coming up, including two new outdoor gyms. These are nearly finished, and I am sure everyone

will enjoy keeping fit and getting out even more. Easter saw many of our adults and children take part in a range of activities including Egg Hunts, Chapel services and statue walks. Now that the restrictions are lifting it has been great to see everyone have the opportunity to see others and socialise a little more.

I would like to offer my sincere thanks to you all for your ongoing support and encouragement over these recent months - I am well aware of how challenging it has been. Our recruitment drive continues to be positive and our overseas recruitment is also working well. We are optimistic that the staffing levels will continue to improve and that going forward we will be in a much stronger position.

Welcome from our Director of Adult Services, Caroline Theodorou



My name is Caroline, and I joined as Interim Director of Adult Services in January 2022. I have a background in social care spanning over 30 years in many different settings working with adults and young people.

My role is to provide oversight and leadership for all social care activities for Adults, Supported Living and Day Opportunities. I feel very privileged to work at St Elizabeth's and feel it's a real opportunity to work

collaboratively to think creatively about how to support people to connect to things that matter to them. It's the simple things, starting with building good relationships in a safe environment, where people are encouraged to participate in daily activities to lead fulfilled lives.

I like the concept of thinking about what a perfect day looks like for each person and doing our very best every day to facilitate those needs and wishes. We know all too well the challenges, but it has made us more resilient and from speaking to colleagues, has given us a renewed sense of optimism about how we structure services post pandemic.

Thank you to each and every person that has been on this journey and a warm welcome to our new colleagues soon to join us at St Elizabeth's.



Caroline's story

Caroline is 45 years old, and has lived at St Elizabeth's since 2006. She is one of the adult residents in our adult home, and to celebrate coming out of full lockdown, recently had both her nose and belly button pierced!

"I have been here at St Elizabeth's for some time now and some of my favourite activities to do are painting and going to The Drawing Room. I absolutely love to sing and dance and I enjoy doing this the most at the bull and bush. I enjoy singing and dancing with all my peers and staff.

My favourite thing to do on Vaughan House is to watch top of the pops with my peers before we go to bed at night. I really enjoy singing to all of the songs. Another thing I like on Vaughan house is the fishes. I love to sit there and watch them swim around the tank. I also like to feed them and watch them grow."



Spring has Sprung!

As we come out of the winter fog, the sun is starting to shine bright at St Elizabeth's, with the arrival of some much needed better weather! Ducklings are starting to appear, the trees are turning green and the bikes have been dusted off for some rides around the site.

With Covid restrictions nearly a thing of the past, our residents, learners and school students are making the most of getting back to normal by taking part in lots of activities. We had a super fun Easter Egg hunt, dressed up for World Book Day and took part in our annual 'Soup Day' in aid of CAFOD.

We were delighted to receive a Japanese cherry tree from our local MP Julie Marson, as part of the Sakura Cherry Tree Project. The tree we planted are some of the 6,500 Japanese cherry trees - or Sakura in Japanese - given to the UK by Japan, and planted across the country in parks, gardens and schools to celebrate Japan's relationship with the UK.

Staff wellbeing continues to be a priority and an area of focus for our HR team. As well as investing in our own Employee Assistance Programme, we have been putting on regular classes and drop-in sessions with particular emphasis on different themes. April saw us focus on Stress Awareness, with opportunities for staff to take part in meditation, crochet and flower-arranging, as well as free health and welfare check-ups and stress seminars.

School & College

Our School children have really embraced Easter over the past month, enjoying lots of different activities and events. Each class recounted a section of the story of Holy Week in an Easter Liturgy assembly and did an amazing job of retelling the story in their own way. Classes have also been learning about UK geography, different currencies and current affairs!

Our College have been enjoying trips out to the cinema, restaurants and even the nail salon! In class

learners have been taking part in Bird Watching Month, listening to a presentation from the RSPB and learning more about springtime birds. Learners have been improving their Maths skills by shopping independently and handling their own money. Learners have also been taking part in Easter activities including baking, Easter walks and sending cards and chocolates to family and friends.

On the 21st January, school teacher Charlotte Fernandes was invited to Heart FM's Hertfordshire Heroes awards ceremony after being selected as a finalist in the Teacher category. Charlotte was nominated by her family last year, following her acceptance onto a PhD research programme to help promote inclusion for special educational needs children within education alongside previously setting up a mentorship programme for disabled adults.

Adult Home & Supported Living

Thanks to our Catholic Ethos Advocate Pauline, a few of our adult residents from Hume House had a very joyful and uplifting trip to St Albans Cathedral in February. They attended the fascinating Scripture Festival, and were given a tour around the cathedral and grounds.

With the help of our Family Association group, we have been busy making our Adult Home and Supported Living gardens ready for the summer! Lots of cleaning and gardening has been done so they can be enjoyed by everyone.

Health & Therapy

New equipment has meant our Health and Therapy team have been able to adapt their sessions

and help our residents, learners and students develop a range of skills. New scooters and bikes means residents are able to mobilise more independently, and the arrival of our Outdoor Gyms will enable everyone



to keep active at their own pace and right on their own doorstep!

Centre & Chapel

As a charity, we have been supporting local appeals to help those affected by the conflict in Ukraine. Staff and residents collected in total two car loads of toiletries which were donated to refugees that have fled to the Moldova border. We also held a reflections service to honour the Ukrainian people in our on-site Chapel, which many attended.



News from the Fundraising team



We continue to be so grateful for the generous donations we have received this year. Every donation we receive enables us to develop much-needed projects, and purchase important pieces of equipment for everyone to use. On behalf of us all, we want to say a huge THANK YOU!

Since our last newsletter, we now have our very own QR code making it even easier to make a donation. Simply open your camera on your phone, hover over the code (on our back page) and follow the instructions! Our QR code is also on display in our Charity Shops and across our marketing channels.

We've been lucky enough to have been selected by Ordinary2Exordinary (O2E) for another year, and are delighted to say with their help, we've been able to purchase two brand

new Outdoor Gyms and a much needed therapy bike! O2E is a community of philanthropic volunteers who enjoy furthering themselves through exercise and adventure. We were honoured to attend their annual charity launch night to collect our donation of £30,000 and learn they are supporting us for another year! A huge thank you to Grant and the team for their support.

We are pleased to say that work on updating our Children's Health Centre is well underway, featuring lots of new essential equipment. This upgrade was made possible by the incredible efforts of Endurance Limits, our group of brave rowers who rowed from California to Hawaii last year. One of the rowers is the father of one of our School Residential children, who will directly benefit from our new health centre. Thank you again to our Ocean Challenge funders!

Missed out on a ballot place this year for the London Marathon, but still want to run? Get in touch! We still have charity places left and would love to hear from you. Please email fundraising@stelizabeths.org.uk for more information.

Community Update:

- ♥ A huge thank you to the 'Mini-Vinnies' at St Luke's Catholic School (Our Lady of Fatima Catholic Multi Academy Trust) who visited our Staple Tye Charity Shop in Harlow. The children listened closely and asked some excellent questions, as well as having a quick browse! The children have decided to host an Easter Spring Clean campaign for St Elizabeth's as one of their activities.
- ♥ Thank you to Bishop's Stortford U3A (University of the Third Age) group for giving us the opportunity to come along to their meeting and give a presentation about St Elizabeth's. Our talks in the community give us the chance to build strong relationships and link in with other community groups. It also helps us build corporate partnerships and raise vital funds.

♥ Well done to our Charity Shop in Bush Fair (Harlow) for raising over £200 as part of our Purple Day celebrations! They hosted a raffle in the shop, and dyed their hair purple to help raise awareness. All funds raised from our Purple Day event will go towards projects at St Elizabeth's.

♥ Santa Dash proved a huge success, as we were supported once again by the Rapid Relief Team BBQ, and new edition Ells Churros stand! Thank you both for your continued support.

♥ Our Summer Fayre is back! After a two year break due to Covid restrictions, we are thrilled to say the popular occasion will be returning on Saturday 25th June here at the Centre. For more information or to host/book a stall, please email fundraising@stelizabeths.org.uk

Could you take on a challenge or fundraising event for St Elizabeth's?

Email us for further info! If you want to keep up to date with what's going on in and around the Centre and within the local community, follow us on Facebook, Twitter and Instagram.



Juliet's story

We heard about St Elizabeth's through a mutual friend, who's daughter has been a resident for many years, and Jessica joined in 2019. We particularly liked that it was focused on epilepsy and community living. Community living is very important to Jessica and we have seen that St Elizabeth's provides a sense of community spirit that she really thrives off.

The setting is one of the community's greatest assets and we love to walk around the grounds with Jessica - she likes looking at the apple trees, counting the chickens and loves spotting the planes in the sky. We read magazines under the tree and listen to music with her. She loves opera!

Since coming out of lockdown she went to see the Wizard of Oz at the theatre which is one of her favourite movies and



loved listening to all the songs. That was a great highlight for her as she knows all the songs backwards as I'm sure everyone in her house does now!

Jessica's carer's in Lewis House take time to listen to her as she really likes to chat, loves someone sitting with her talking and looking through magazines or photo albums. She has a toy dog that always has to be on her pillow each night and they always make sure he is there.

St Elizabeth's is making great strides in involving families more in any changes and upcoming events that we can all be a part of. They have been instrumental in helping me set up The Family Association.

The group's goal is to connect and support parents or siblings across the adult care houses as well as support St Elizabeth's in any fundraising or onsite activities. We will be having a stand at the Summer Fayre to raise awareness of the group and connect even more families. Come and see us there or please drop me a line any time.

For more information on joining The Family Association, please see opposite!



Why not join our

St Elizabeth's Adult Family Association

Meet other family members

Learn about fundraising projects

Find out how you can help

Get support from other families

The St Elizabeth's Adult Family Association is currently open to all family members of our adult residents.

For more information please contact Juliet Anderson at ststephensav@hotmail.com



Reg Charity No. 1176777





Why not join our School and College Governing Body?

Are you interested in helping us create a positive and rewarding learning experience for our children and young people?

Are you willing to share your skills and experience and make a difference to our community?

If so, we want to hear from you!

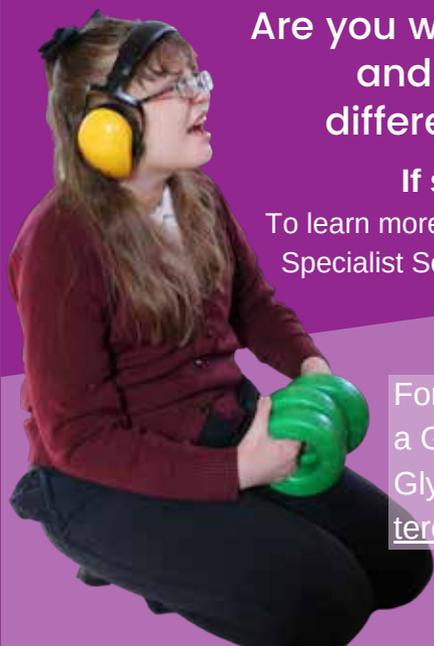
To learn more about our Catholic, non-maintained Specialist School and Independent Specialist FE College, please visit

www.stelizabeths.org.uk

For more information on becoming a Governor, please contact Teresa Glynn at teresa.glynn@stelizabeths.org.uk



Reg Charity No. 1176777



WE ARE RECRUITING

St Elizabeth's is situated in 60 acres of countryside between Harlow and Bishop's Stortford. We support people with epilepsy and other complex needs in our Children's Homes, School, College, Residential Home with Nursing and Day Centre.

ST ELIZABETH'S CARE TEAM NEED YOU!
HOURLY RATES FROM £12.00 PER HOUR
FULL TIME, PART TIME AND BANK AVAILABLE

Are you or someone you know interested?

Contact our recruitment team:

- **01279 844409**

- recruitment@stelizabeths.org.uk



Please Support St Elizabeth's

Thank You!

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We hope you have enjoyed reading our newsletter and will feel inspired to support St Elizabeth's. There are many ways to help, for example by making a donation, supporting one of our fundraising events, volunteering or by sharing this newsletter with someone you know.

If you would like to make a donation, please complete the enclosed form and return to the Freepost address below. Alternatively, you can use the Donate button on our website to give via Debit or Credit Card, or use our brand new QR code!

As our Summer Fayre will be returning this year, we will be drawing our Summer Raffle at the end of this event with some top prizes up for grabs!

If you would like further information on the Centre or how to support us, please contact our Fundraising team at fundraising@stelizabeths.org.uk or on **01279 844355**.



Dates for your Diary

St Elizabeth's Summer Fayre

Saturday 25th June

St Elizabeth's Apple Day

Saturday 24th September

St Elizabeth's Christmas Bazaar

Saturday 26th November

Please send to:

FREEPOST, St Elizabeth's, Much Hadham, Herts SG10 6BR

☎ 01279 844355 ✉ fundraising@stelizabeths.org.uk

www.stelizabeths.org.uk