

Newsletter



Issue 3 – Summer 2024

Welcome to the latest edition of our newsletter, featuring a roundup of stories and happenings from across Expect.

If you have a good news story or a feature piece to be included in an upcoming issue, please send details and a photo to Kevin Byrne at kevin.byrne@expect.org.uk



Company Update from CEO Marg:

As I'm writing this the sun is shining (for a change) and hopefully you will all be enjoying this summer season, even if the weather has not been as good as could be reasonably expected at this time of year.

I'm sure that many of you will have either been away on holiday or be looking forward to some relaxing time away with your families and friends. Similarly many of our service users have either already had a holiday or are excited about taking a trip somewhere they like and on behalf of them I would like to thank you all for making their holiday dreams come true as to have that opportunity is so important.

2024 marks Expect's 35 year anniversary and I am very excited to bring you the news that we will shortly be launching our new logo and values, which were decided upon following a number of workshops held with staff, service users and their families, as well as external stakeholders.

Our anniversary and re-brand coincides with what is a very busy time for Expect as we look to develop new services so that we can continue to make a real difference to the lives of people living with mental health illness or a learning disability by supporting them to achieve their own personal goals.

Talking about goals it's almost time for the start of the new football season and I hope that whether you're a Red or a Blue (personally I'm a massive Red!) that our Merseyside teams give us all something to cheer about in the coming months. I know that many of the people we support are passionate about supporting their favourite team so make sure that their activities on match days are planned around the game!

Finally I would like to thank you all for your hard work and commitment in supporting our service users to live ordinary and rewarding lives that are tailored to their personal choices. Trustees recently approved a pay rise for support staff and as and when Expect are able to expand on its service provision I can assure you that we will be keeping the pay rates for operational staff under constant review.

May the sun continue to shine!
Marg Ollivier -Chief Executive



Collaborate. Challenge. Care.

Our mission is to help deliver person-centred support to people with a disability, promoting and enabling independent choice and integration into the community. We offer Individual, focussed support to help you live your best possible life.

Expect News:

GARY'S HOLIDAY TO TURKEY:

Gary has been a part of Expect since 2016. During that time, he has gained a lot of confidence and self-belief, so much so, that he decided that he was going to go away on holiday independently this year.

Gary says:

“With on-going staff support and encouragement I feel I have been empowered to live a good life at Expect. My achievements are that I now go out with staff, go clothes shopping, to play snooker, bowl and have trips to the cinema. I even go out for meals with other service users. Staff have also supported me to use a smartphone and have taught me how to send emails and use the computer.



I have gained so much confidence that I decided to go on holiday to Turkey for two weeks. I kept in touch with staff everyday by email and by sending them pictures, showing them what a good time I was having. I am happy with my suntan! I would like to say thank you for everything that the staff do for me that makes my life better”.

Gary has already started planning his next trip. Well done Gary.

RYAN GOES FISHING!

Ryan enjoys fishing and has recently gained his fishing license along with fishing rods, seats and equipment, all that he requires to start fishing regularly.

Ryan chooses what he wants to do with his days and staff discuss this with him in helping organise his week. Fishing is a top priority!

Staff know the fishing sites where Ryan can fish and have directions on how to get him there. Ryan also knows where he can get his fishing bait from. He enjoys having competitions with support staff around who catches the most fish!

Karen, Ryan's sister has some lovely words about Expect and the support that Ryan receives. She says:

“My brother is supported so he can achieve his dreams and aspirations, the relationships and interactions he has with his team are incredible. He is also supported to maintain his family relationships which is really positive. The team around my brother are flexible, they demonstrate kindness, empathy, calmness and they have a very good understanding of his needs. They are very much appreciated”.



Bowersdale Resource Centre (BRC) News:

BLACKPOOL ROCK!

Our long awaited residential weekend to Blackpool has finally taken place. 20 staff and service users enjoyed the fun including the evening entertainment at the hotel of cash bingo and live music!

During the day, everyone enjoyed walks along the prom, shopping and the famous Coral Island amusement arcade. The group also played wizard themed crazy golf which provided a lot of laughs.

The holiday experience was a huge achievement for our service users, some of whom have not been on holiday for 30 plus years and for others who have never been out of the Sefton area before.

GETTING FIT AT THE BRC:

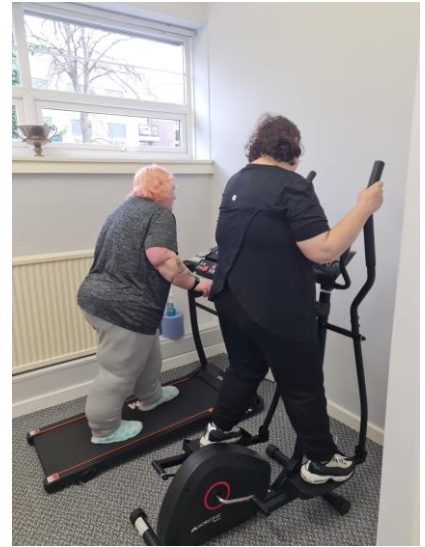
In February, gym equipment was purchased to set up an onsite free access gym for service users during the Centre's opening hours. Large equipment bought includes a running machine and a cross trainer. Smaller equipment includes weights, resistance bands, steps and foot cycles. The set up was also designed to run 6 week projects where service users have to book onto and commit to for the duration of the project.



Our first project "Keeping Fit" received additional funding from Merseyside and Cheshire Cancer Alliance. These funds were used to purchase gym clothing and water bottles for all service users who participated. It also funded the purchase of ingredients to prepare a healthy meal for service users to enjoy after each session.

The 6 week "Keeping Fit" project delivered 6 one hour sessions to 7 service users. The project encouraged service users to adopt a healthier lifestyle and aimed to decrease obesity, make healthier food choices and increase physical activity.

Each service user's weight was monitored and recorded throughout the project. On beginning the project all 7 service users were above the national average weight for their height.



On completing the project 5 of the 7 service users either lost weight or remained the same weight as their starting weight. **A group lost a total combined weight of 16.32 kilograms (2.56 stone).**

Well done everyone!

AWARENESS OF FIRST AID FOR MENTAL HEALTH:

6 of our service users and 3 staff successfully completed their Level 1 Award in Awareness of First Aid for Mental Health. The course was delivered by Select Training CIC and was free to access. The Centre will be hosting an awards ceremony in September where certificates will be given out in celebration.



Bon Pan Get Together For Mental Health Awareness Week:

To celebrate Mental Health Awareness week this past May, twenty staff and service users visited Bon Pan, an all you can eat buffet restaurant in Liverpool City Centre. Everyone ate like Kings! It was great to see our service users outside of the day centre environment, enjoying one another's company.



Abseil Challenge!



For the first time ever, Expect have six places in The Liverpool Cathedral Abseil to take place on Saturday 7th September. Participants will abseil down the 210ft of the Cathedral, seeing stunning views of the city from the top.

Entry is free, but we ask that you raise £200 in sponsorships.



Money raised from the event, will go towards the purchase of iPads and laptops for use across our services by service users and staff.

If you are Interested In taking part, please email Kevin Byrne, Business Development Manager of Expect to find out more or to book your place. Kevin.byrne@expect-excellence.org

Our next Expect newsletter will be released this winter, featuring more updates and news from around our services.