

Newsletter



Issue 4 – Autumn 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 Sam Bellamy at Sam.Bellamy@expect.org.uk



Intro from CEO:

A very warm welcome to our autumn newsletter. I hope that you all managed to have some much needed rest and relaxation during the summer months and are looking forward to autumn

celebrations such as Halloween and Bonfire Night, complete with trick or treating, pumpkins and bonfire toffee!

The BRC held their Halloween party on 31st October with competitions for the Best Dressed and Best Dancer. The party was another great success. I know that the judges had a difficult job on their hands because our service users always go all out to have the scariest, freakiest costumes.

As promised in the Summer Newsletter Expect launched its new logo at the end of September and our new values – Collaborate, Challenge and Care – will be pivotal in ensuring that the people who we support can live their best lives. I hope that you will also have noticed that our website has had a makeover and we now have a Chabot

on the front page called AccessAva, which is an AI tool to assist people who are experiencing difficulties in accessing appropriate adult social care assistance. This is going to be a game changer for the sector and it is fantastic that Expect are one of the very first organisations to provide the service.

Our newest service – Beaconsfield Road – has just opened and I know that you will all join me in welcoming the four ladies moving into their new home. We are also looking to provide, in the New Year, a new Mental Health Transformation Service to address loneliness and isolation in adults with severe mental illness and will shortly be advertising for a Mental Health Care Navigator and a team of volunteers.

As always I want to thank you for the inspiring work that you do with all of our service users, be it in the Merseyside region, Bolton or Wales. The empathetic and active support that you provide makes a real difference to people's lives and in 2025 we will be celebrating that work through an Awards Night so watch this space...

Marg Ollivier
Chief Executive



Collaborate. Challenge. Care.

Expect News:

Enjoying a day out:

Charlie, Robert, Pauline and Ian enjoy a day out along with, Jamie, Carl and staff Josh, Mark and Vikki.



Charlie, one of our service users has kindly written about his recent positive experiences during two Expect led trips. One being to Blackpool and the other being a day trip to Chester Zoo.

"On the 18th and 19th September I went on two fantastic day trips, one to Chester Zoo (18th) and the other to Blackpool (19th), courtesy of Expect.

Both days were absolutely amazing and I was able to experience new things, as I had not been to Blackpool since I was under six months old (and who can remember anything from that time of their life?).

Both days helped improve my mental health tremendously, having these trips planned gave me something to look forward to. During the trips I felt happy and carefree and then after those trips I felt a lot better, more myself and more positive as I had a good thing to focus on and talk about, seeing the animals, driving through Blackpool lights and going up Blackpool tower were my highlights.

Overall, I am very thankful to the people who gave us the funding and to the Expect staff for making these trips possible. "



Robert, Pauline and staff member Connie at Chester Zoo



Charlie, pictured at the Halloween party held at the Bowersdale Resource Centre (BRC).

Abseil Success:

Staff and supporters of Expect took the plunge in September, taking part in the annual abseil down Liverpool Cathedral. £1,139.53 has been raised in total.

A huge thank you to everyone who took part. If you would like to take part in a fundraising Challenge of your own in support of Expect, Please contact Kevin our Business Development Manager at kevin.byrne@expect.org.uk



Bowersdale Resource Centre (BRC) News:

Llandudno Trip:

Our trip to Llandudno to visit the Great Orme Tramway was a great success. Twenty seven service users and staff spent the afternoon climbing aboard the tramcars and enjoying a journey through the winding roads of the Great Orme. When reaching the top, service users were able to bask in the beauty of the great outdoors and the views below. They were also treated to chips and ice creams at the cafe. The trip was a first in so many ways for our services users. For some it was their first time to Llandudno and for others, their first time to Wales. For many, it was also their first time on a Tram.



“I had a really nice time on the trip. I liked the views and I’m looking forward to the next trip”. Rona

“I had a good day, I was scared going on the tram but we had so many laughs. There were so many steps to climb I slept well that night” Suzanne

World Mental Health Day:



To celebrate World Mental Health Day on 10th October, service users and staff enjoyed a visit to Toby Carvery in Aintree for an all you can eat Carvery buffet.

Service user Bernie said of the trip:

“It was a privilege to enjoy a meal out with great company at the Toby Carvery. Celebrating World Mental Health Day was lovely. The staff and friends at the Bowersdale Centre made it a special day.”

Northwest 'In Bloom' Awards:

This October, Jerryann and Donna from the BRC attended Bolton Wanderers Toughsheet Stadium for The Northwest in Bloom Gardening Awards Ceremony.

It was the Bowersdale's second year entering for an “its Your Neighborhood Award” in reflection of all of our service users hard work in transforming our garden space.

We were awarded a **'Level 4 Thriving'** award which is really impressive. Last year we achieved 'Level 3 Advancing', so the project continues to go from strength to strength.

The service users and staff involved in the ongoing project are very proud of what they have achieved so far and are excited and looking forward to next year and working on improving our garden further.

Service users commented;

“We are pulling out all the stops for next year and planning on taking home the Level 5 award!”



BRC Halloween Party:



The Centre hosted its annual Halloween party on Halloween itself, Thursday 31st October. 73 service users and staff attended the event, a superb turn out. The main hall of the Centre was transformed into a spooky, scary haven with decorations galore. Balloon arches, inflatable graveyards, floating ghosts and even a 5 foot 7 skeleton welcomed everyone into the event.

There was an endless supply of buffet food which was enjoyed by everyone, with some service users even going home with full trays of food! As usual, our DJ had the entire room up and dancing and we were even treated to some karaoke.

Well done to Sarah and Cheryl who won best dressed for the outfits – Edward Scissorhands and the Nun and to Claire who won the best dancer award for her party moves.



Housing Initiatives (HI) News:

Garden Development:



HI are currently in the process of applying for grants to be able to develop the garden at one of their services – 7 St Edmonds Road, Bootle.

Grant funding would enable tenants to access an outdoor space of their own to relax in and for them to grow their own plants and vegetables.

The hope would be to open up the garden for other Housing Initiatives tenants to come and take part in helping rejuvenate the space as a collective to make sure they all get access to the benefits of being outdoors more often.

Hopefully the garden will eventually consist of raised beds, storage shed for tools and equipment, a seating area for tenants and bird or insect houses.



Image of the garden at 7 St Edmonds Road in its current unused state.

(An AI generated mock-up of what the garden could be turned into with a grant from the National Garden Scheme.)

Our next Expect Newsletter will be released this winter, in time for Christmas, with more features, news and updates from around our services.