

# Options Newsletter

Opportunities for disabled people

May 2014

## Race Night

The Options race night was a huge success, over 70 people attended and £374 was raised. Many thanks to everyone who attended and supported the running of the night and also everyone who sponsored races and horses. Everyone enjoyed a pie and pea supper whilst watching races involving horses, dogs and even pigs.



## Plot to Plate

Members from the Wednesday group are taking part in the Plot to Plate project. The 16 week course is held at the PCP and is aiming to develop a socially inclusive community garden. The members have so far cleared the site, sown seeds and will learn further about growing and cultivating fruit and vegetables.



## 10 Years Volunteering

Alison Stephenson recently celebrated the outstanding achievement of volunteering for 10 years at Options. Alison said "I can't believe that 10 years could pass so quickly. Every day at Options is totally different, but always

enjoyable. It has been like being part of an extended family. I look forward to the next 10 years."



## Charlotte

A warm welcome to our Health and Social Care Apprentice Charlotte Bugg. Charlotte will be involved with Options and the Social Club full time until September then part time until April.



Health, wellbeing and learning for all

**Pioneering Care Centre**

Carers Way, Newton Aycliffe, County Durham, DL5 4SF

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Company No: 3491237

Charity No. 1067888

## Michael Smallman

My name is Michael Smallman and I live in Newton Aycliffe. I have been a member of Options for over 5 years. I have made lots of friends and the staff are always friendly. I like to help by tidying up.

We do lots of activities. My favourite is sport and it helps me keep fit. We have just been to the Lake District for an activity weekend. My favourite bit was canoeing and we always have fun splashing each other, but we are always safe as the staff take care of us. I always remember to wear my life jacket too. I also really enjoyed the rocket building and my team won as our rocket went the furthest.



## Health Trainers

Learning Disability Health Trainers can offer support to help people make lifestyle changes in order to improve their health and wellbeing. If you would like to speak to a Health Trainer please contact a member of staff at Options or the Social Club.

## Social Club

The Options Social Club runs every Thursday from 6pm—8pm. Activities include pool, table tennis, wii games, board games and bingo. We also have weekly themed activities, for example: boxercise, line dancing, speed pool and play your cards right. Parties and discos have all been held.

## Kepplewray

At the end of April we had another excellent visit to Kepplewray Activity Centre in the Lake District. 15 members and 5 support staff enjoyed canoeing, archery, abseiling and team games in lovely weather.



## Joining Options

Do you know anyone who would like to join Options? You could give them one of our leaflets, this newsletter or ask them to phone us on one of the numbers below.

## Member Reviews

We would like to attend all Members' reviews so if you know you are having one could you please inform a member of staff.

## Options Contacts



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